

October - December 2009

NAMI Chelan Douglas Newsletter

National Alliance on Mental Illness
PO Box 4051, Wenatchee, WA 98807, Message Line: 509-663-8282

Get the latest news! Visit www.namicd.org

Mission Statement

Provide free support and education for anyone with mental illness, and their loved ones. Promote quality of care, and fighting for the rights and interests of anyone with mental illness, particularly for those who cannot speak for themselves. We advocate for policies at the local, state, and national levels.

Join us in breaking the stigmas of blame and shame associated with mental illness! NAMI CD is the local chapter of the national organization and a 501c3 non-profit, run by volunteers.

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Local Crisis Line: 509-662-7105

National NAMI Helpline/website:
1-800-950-6264 / www.nami.org

NAMI Chelan Douglas Message Line:
509-663-8282 / www.namicd.org

NAMI CD stocks a library at RiverWest Assisted Living on a broad array of books concerning mental illness.

Please return the books as soon as possible so that others can use them too. Thanks!

NAMI Support and Education Programs are FREE and Open to Everyone!

Support Meetings

Get support. Give support. Learn about local resources and services and how to advocate for better care for yourself or a loved one.

NEW! Two different meetings a month in Wenatchee.

Confidentiality required. Questions? Contact Caleb, 509-884-6521.

FIRST Monday of each month, 5:00-6:30 pm at the Praise Center, 435 S. Mission, Wenatchee, WA. Parking available at Dogwise, 403 S. Mission, north of the church.

Monday, Nov. 2, 2009

Monday, Dec. 7, 2009

THIRD Tuesday of each month at RiverWest Assisted Living 900 N. Western Ave., Wenatchee, (the building in the back).

Tuesday, Oct. 20, 2009: Preserve Social Security benefits while returning to work. Heather Hobbs from Behavioral Health

Tuesday, Nov. 17, 2009: Learn the warning signs of suicide, suicide prevention and intervention with Cheryl French from Behavioral Health

Tuesday, Dec. 15, 2009: Christmas Party. Refreshments provided but feel free to bring something to share.

Grant County Consumer Support Group

NAMI Connection is a weekly support group focused on mental wellness and recovery. Led by trained peer facilitators, they meet every Wednesday 10:30am-12 noon at Grant County Integrated Services Building, 840 E. Plum Street, Room C, in Moses Lake. Contact Sam Lankhaar, 509-398-2883 or just come.

Thank you

Thank you, **RiverWest Assisted Living and The Praise Center**, for allowing NAMI CD to use your facility.

Thank you, **Crunch Pak**, for your generous support of our current anti-stigma campaign.

Thankyou, **Wenatchee World**, for promoting our upcoming NAMI programs.

namicd.org

NAMI Chelan Douglas has a web site full of relevant information concerning mental illness at www.namicd.org.

New information added weekly to keep you informed!



Business Meetings

1st Tuesday, 7 pm, of every month at RiverWest. All members are decision makers and have a vote! Come and learn more.

FREE Education Programs

Family to Family

A free, 12-week course for family caregivers of adult individuals with severe mental illnesses. Discusses the clinical treatment of these illnesses, and teaches the knowledge and skills that family members need to cope more effectively. For questions or to register for our next class, call Sharon Browne, 509-662-8230.

NAMI Basics Education Program--Classes start soon!

For parents of children up to 18 years of age, who have mental health or behavioral issues. Learn to advocate in school and with other professionals. For questions or to register for our next class, call Dena Turner, 509-886-3677.

PBS Program, "Minds on the Edge"

"**Minds on the Edge: Facing Mental Illness**" is a program that zeros in on wrenching situations playing out every day in hospital ERs, on city streets and school campuses, in courtrooms and in jails, as Americans struggle with serious mental illnesses like schizophrenia and bipolar disorder. The dramatic scenario of this October program reveals personal dilemmas facing individuals and families, medical practices that can be obstacles to treatment, and public policies that are falling short.

Visit the *Minds on the Edge* Web site for TV schedule information and multimedia content on serious mental illness. If you miss the program on-air, you can watch online after October 1, 2009.

Healthcare Reform

NAMI is advocating for the following four key areas in the national healthcare reform:

1. Full parity of insurance coverage for mental illness and addictive disorders in all health plans.
2. Full integration of mental and physical health care, including early identification and intervention for mental illness in children and adolescents. People with serious mental illness die on average 25 years younger than the rest of the population. On average, a gap of almost 10 years exists between the onset of symptoms and intervention.
3. Elimination of the existing prohibition against Medicaid dollars being used for inpatient psychiatric or substance abuse treatment-the kind of discrimination that leads to dumping people from hospitals into homeless shelters.
4. Improved data collection, outcomes measurement and accountability.

NAMI CD invites you to

Walk for Mental Health



Make a statement and break the stigma of mental illness!

Saturday, October 17th, 1 - 4 pm
Rotary Park, Wenatchee
corner of Maple and Western

Mental illnesses are "an illness like any other" affecting 1 in 5 people in our community.
Treatment and recovery are possible!

Join us in showing your support of quality care and services.

Bounce House for the Kids! Yummy Snacks! Create a Poster for the Walk at the park!
Wagons, Wheelchairs and Leashed Pets Welcome!

Share what you can! Bring non-perishable food items for donation to local food banks.

Community Resources

WRAP (Wellness, Recovery, Action, Plan) Course, held quarterly

This free course helps you develop your personal wellness plan, crisis plan or advance directive for your medical charts, yourself, and to give to a loved one. Call Gen Derrick at 509-662-7195.

Dual Recovery Anonymous

for adults suffering from mental illness and addiction. This FREE support group is offered at three different times: **Mondays and Thursdays from noon to 1 pm** at 327 Okanogan Ave, Wenatchee, as well as on **Fridays, from 7 to 8 pm** upstairs at the Alano Club, 530 Wenatchee Ave, Wenatchee. 509-663-4567.

Support Group

sponsored by The Center for those who have loved ones with a substance abuse problem. Chris Tippet leads this support group, which meets **each Thursday from 5:30 to 7 pm** at 411 Okanogan Avenue, Wenatchee. 509-662-9673.

New Beginnings Wellness Center

a safe nurturing community for those who live with a mental health diagnosis. Located at 640 S Mission St., Wenatchee. Open Mon, Wed, Fri, and Sat. from 10 am to 6 pm. 509-663-2023.

Mental Health Ombuds

Need help navigating the mental health and social services system? Do you have a question or complaint about services you've received in our community? Contact Jill Dempsey at 886-0700 and get help.

Peer Counselor Training

An educational course for mental health peers (consumers and parents of consumers). This 36 hour training qualifies you to take a Peer Counselor certification test and apply for Peer Counselor jobs in our State. Contact Pam Draggoo, 509- 886-6318 or pdraggoo@cdrsn.org at the RSN to be notified of the next class.

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Mental Health First Aid

NAMI CD sponsored the first-ever Mental Health First Aid course in our community. Attended by 17 community members and professionals from agencies such as CASA, Catholic Family, Wenatchee Library, Chelan County Regional Justice Center, and Women's Resource Center who learned how to identify mental health emergencies / illnesses, work together as a team and become effective responders. This training provided a wonderful networking opportunity, knowledge of appropriate community resources and a chance to hear the varying perspectives of others. **Special Thanks to our MHFA trainers Chris Goehner and Helen Njus and their helpers Emily Millar and John Njus. Thanks to Wenatchee Valley Medical Center and the Sleep Center for excellent classroom space.**

Attendees said that they now felt empowered to break the stigma surrounding mental illness, and understand that early detection and treatment of mental illness improve the hope for recovery, just like with any other illness. Class evaluation forms tell us we're on the right track--everyone gave the class Excellent and Above Average ratings. And the food was terrific too!

For more information on upcoming Mental Health First Aid trainings, please contact Emily at 509-662-9293, trailponies@gmail.com or Helen at 509-888-0578, hnius@nwi.com.