Suicide Awareness and Prevention

Event Information

We all Have a Role in Suicide Prevention
The event will include practices for self-care, personal stories, new insights from neuroscience and a panel-led conversation. This multi-sensory event will also include special choreographed performances by dancers from Groove Nation.

When: Friday, Sept. 8, 6-8:30 pm
Where: Clark County Family YMCA, 11324 NE 51st Circle, in Vancouver

When: Tuesday, September 12, 6-8:30 pm
Where: The Grove Alliance Church, 2116 E Kessler Blvd. in Longview

Listen and Share: Personal Stories about Suicide
Mary Jadwisiak, Director of Holding the Hope, will speak alongside individuals with personal stories. This informal community of sharing will include dance performances, music and time for all to be heard.

When: Tuesday, September 19, 6-8:30 pm
Where: Grove Alliance Church, 2116 E Kessler Blvd. in Longview

When: Tuesday, September 26, 6-8:30 pm
Where: Saint Paul Lutheran Church, 1309 Franklin Street. In Vancouver

Broken Beauty Art Show Through September 5-27
Art will be displayed at:
Vancouver: Fort Vancouver Regional Library: 901 C Street
Longview: Mr. Bill's Espresso, 5810 Ocean Beach Hwy
Lower Columbia CAP, 1526 Commerce Ave
PeaceHealth St John, Behavioral Health Unit, 1615 Delaware St

Silent Art Auction Open House
When: Friday, October 6, 5-8 pm
Where: Firefly Atelier Hair Salon, 309 E 15th St #C, Vancouver

Call 360-695-2823 in Vancouver or 360-703-6722 for more information.
Dear Members and Friends,

Summer is over and our Fall is starting with a number of great new programs with newly trained people involved. We are so very grateful for all our members who have recently volunteered to become class educators and group facilitators. In the past few months we have been able to get over 30 people trained in a way that will allow us to expand the number of classes and groups considerably. We welcome new friends from Wahkiakum County and look forward to experimenting with distance learning there and in Skamania County over the next months.

September is Suicide Awareness and Prevention Month. Programs for this month of exciting activities were designed by a large group of volunteers, led by Jerri Clark, Annett Pickett, and Angela Swanson. Major public programs will take place in Clark and Cowlitz counties. See page 1 for the schedule. The first sessions focus on some of the newest brain research; we hope to use these sessions to start a new conversation in our region that will focus us all more on the possibility of prevention of suicide rather than simply awareness about this huge issue, especially for our youth, our vets and our senior citizens who all face a greater risk of suicide. We hope to see many of you at each of these four sessions. Please stop by the sites that are exhibiting art created by people who have been touched by suicide and come to the Art Auction October 6th where your favorite pieces just might be offered for sale. I also want to recognize the tremendous effort made by those who have participated in our art groups, painting and labeling 500 rocks for placement around our four counties. If you can help distribute rocks, please come by either of our offices. Follow the trails of the rocks with #namiswwaartrocks on our Instagram and our Twitter pages. Have a wonderful September and we look forward to seeing you at our many programs,

Peggy

Vancouver Heights United Methodist Church Missions Committee Supports NAMI SW WA

Darla Borella, Chair of the Missions Committee since January, visited NAMI SW WA’s Vancouver office early in the year in a jovial and companionate mood asking, “what are your immediate needs that will make a difference in people's lives?” She proceeded to tell us that the Missions Committee of her church, Vancouver Heights United Methodist Church, had voted to serve underserved organizations, agencies, and people and that mental health services are “certainly underserved.” We told her that supplying toilet paper, paper towels, and other items would make a big difference every day. So, on a regular basis, Darla shows up with these items, which are deeply appreciated! In June, the Church raised money for NAMI SW WA’s Lift Up Life Suicide Awareness and Prevention Program as well. She asked us to share in this article that her congregation is LBGTQ friendly. Thank you, Darla and everyone involved in supporting NAMI SW WA!
Let’s Talk Mental Health
Suicide in Older Adults: Myths or Facts
(“Older adults” are used to refer to individuals over the age of 65, however, adults under 65 can experience a lot of the same life stressors and be at risk for suicide.)

Myth: The senior years are the best years of your life.
Fact: For some people, the 65+ years are good. For others, the challenges of health problems, finances, losing loved ones, or losing independence can be difficult and painful. They may lead to feelings of hopelessness. In some cases, having many stressors at once can lead to thoughts of suicide.

Myth: Young people are more likely than older people to complete suicide.
Fact: People 65 and older complete suicide at a higher rate than those aged 15-24 due to a variety of reasons. Their intentions are harder to gauge. They tend to talk about suicide less and display fewer warning signs. Many live alone, so there is less chance of survival in an attempt. There is more deliberation and determination to end their lives. They tend to use more lethal means (like firearms) when attempting suicide. The cause of death may be less rigorously investigated.

Myth: Talking with an older family member or loved one about suicide will cause them to become suicidal.
Fact: It may allow someone who has been harboring suicidal thoughts to discuss them. They have a greater chance of getting the help they need if they can talk about how they feel with someone who cares.

Myth: Older people who attempt suicide usually do so to gain attention or to manipulate family members.
Fact: Older people seldom attempt suicide to get attention or as a cry for help. Most suicide attempts made by older people are well planned and completed.

Myth: The signs for suicide are the same no matter what the age.
Fact: In addition to predicted signs for all ages, the following warning signs could mean an older adult could be in immediate danger: making statements such as "Life's not worth living" or "Everyone would be better off without me", giving away belongings, a new preoccupation with "getting their affairs in order, buying a firearm or stockpiling pills when they have not done so before, and saying goodbye to family and friends.

More information can be found on NAMI National Alliance on Mental Illness web address: https://www.nami.org/Learn-More/Fact-Sheet-Library-Support.

No matter what the age, if you are in Clark or Skamania county and believe a person is in crisis, call the Southwest Washington Crisis Line at (800) 626-8137, TTY: (866) 835-2755 to talk to a skilled, trained counselor. If you are in Cowlitz county, call (800) 803-8833. If you are outside of Clark, Skamania, or Cowlitz county, call the National Suicide Prevention Lifeline at (800) 273-8255, TTY (800) 799-4889. These services are available 24 hours a day, 7 days a week.
Parents’ Guide to Advocating for Your Child's Special Education (part 2)

By Angela Swanson

Q&A

Now that you've entered into the world of IEP’s, perhaps you're unsure of what exactly your rights are. Questions like, how can I be sure my child is learning the fundamentals of math? Or will my school positively support my child’s behavioral needs? It can get overwhelming when you start to think about all the little things that may impact your child’s education.

What if your child's condition wasn't identified early on and is already far behind?
Although public schools aren’t required to ensure that a student performs at grade level, they have an obligation to provide services allowing a student to progress toward becoming an independent adult. And a parent, you have the right to request things you think your child will need to be successful (just be prepared to support your requests with a little research or documentation as to why your child may need x, y or z).

You also have the right to supplement any services the school provides to your child (tutoring, a program in a private school, etc.), but beware that the school may not be required to pay for these services.

What if your child's behavior due to specific conditions or mental health issues is impacting his education?
You know when your child is frustrated, overwhelmed or just checked out. It happens at home, and you know all too well that it's going on in the classroom. Now you have the right to request what's called a Functional Behavioral Analysis, which will help identify any issues your child may be struggling with in the classroom environment.

If the evaluation finds a problem with your child's behavior, a behavior development plan is integrated into his/her IEP. This includes something called Positive Behavioral Interventions and Supports (PBIS). As its name implies, PBIS focuses not on taking away privileges for challenging behaviors, but on reinforcing appropriate behaviors and redirecting students when they are struggling.

What if your child needs a particular service the school district is unable to provide or says he/she is making satisfactory progress?
Sometimes cost, or lack of appropriately trained staff can preclude a school from being able to provide a needed service. When this happens, it becomes your responsibility to prove a clinical or educational basis for the service and how those problems impact your child’s success in a free and appropriate education.

(Continued on page 5)
There are laws all public schools must follow to accommodate children with specific disabilities or conditions. Individuals with Disabilities Education Act (IDEA) Every Student Succeeds Act (ESSA) They both require schools to educate and assess all children, regardless of their learning styles, abilities or needs.

Sounds like a huge burden, but it’s still achievable a few ways:

You must prove that an alternative program the school does offer isn’t effective for your child (use report cards, progress reports, achievement tests, etc.).

You must also prove that the service you want for your child is necessary. Do your research, get outside mental health or educational professionals involved. Be a champion for what you believe is best for your child.

If the school acknowledges the service is indeed necessary (preferably in writing), you as a parent have a better chance to get that service via other means (another school, due process, etc.).

So perhaps your child has been diagnosed with bipolar disorder, as mine was. Although no special needs issue is easily addressed in the classroom, I felt her mental health challenges were particularly difficult for teachers to work with because schools know very little about the depression, bipolar, anxiety, and other mental health related disorders. What is seen as a child choosing to act out may, in fact, be the child entering a depressive or manic state. My participation in the IEP process and continuous contact with the school was vital to educate and inform about my daughter’s specific mental health issues.

Having mental health professionals involved in the IEP process was essential in making sure my daughter’s bipolar disorder was considered in her IEP. They could ensure that multiple strategies were employed in the IEP to account for the myriad ways the disorder manifests itself.

As the next school year quickly approaches, it is essential to equip yourself with the tools you need to ensure your child’s success. If an IEP is a part of your toolkit, knowing what to expect, what your rights are, and how you can be a part of your child’s education plan will be a huge factor in securing a happy, productive and successful year in the classroom.

About The Author: Angela Swanson is driven to be the voice for those who may not be empowered to speak for themselves, raising awareness of mental health issues, and challenging public opinions. She knows what it means to be in pain, to overcome, to be human, thus shaping her ideas of reform, recovery and allowed her to be a disability and mental health advocate.

### Board Committees

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GenevaWoods®

Behavioral Health

Our packaging options and dependable delivery are an added benefit for your clients, and our Refill Maintenance program coordinates clients, providers and insurance to offer patients streamlined prescription refills.

844.653.0314
genevawoods.com

There's no place like Healthy

Free Adherence Packaging
- Client's name
- Date and day of week medication should be taken
- List of medications in each bubble
- Color coordination for time of day to be taken
- Easier to open peel back instead of push through
- A larger blister, perforated and portable

Additional Services
- Clozapine monitoring program
- Prior Authorizations
- Pharmacist collaboration
- Health Minder Refill Maintenance
- Web Connect
- Telephone support for client questions

Free Delivery
Psychoeducation and tools for a successful and sustained recovery from mental illness. Support for friends and family of people who have a mental health diagnosis.

**Drop in.** Support for families of military personnel who are struggling with mental health issues. (call to sign up)

**Peer support group for those affected by mental illness. (Drop in)**

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**Mental Health Medication Consult**

by appointment

Call 360-695-2823

**Disability/Work Incentives Counseling**

Call 360-695-2823

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**All listed events are held at our Vancouver office unless otherwise noted (**)**

**Unforeseen circumstances that cause a group or class to be canceled. Please call ahead to confirm.**

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**Network of Information and Referral**

- Call 360-695-2823
- Information Line: 9-5 Monday-Friday

**Provides support and resources**

- On Mill Plain Blvd between Devine and MacArthur.

**2823 E. Mill Plain**

**Suite 4**

**5411 E. Mill Plain**
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**NEW LOCATION**

1128 Broadway
Longview, WA 98632

**INFORMATION LINE**
Call 360-695-2823
9-5 Monday-Friday

**MENTAL HEALTH MEDICATION CONSULT**
Call 360-695-2823
BY APPOINTMENT w/Cindy Falter

**DISABLES WORK INCENTIVES COUNSELING**
Call 360-695-2823
BY APPOINTMENT

**Peer Support Group**
For those affected by a mental illness.

**FAMILY SUPPORT GROUP**
Support for friends and family of people who have a mental health diagnosis.

**STRIVE FIRST STEPS (Drop in)**
Support for successful and sustained recovery from mental illness.

**Psychoeducation and tools for a successful and sustained recovery from mental illness. (Drop in)**

**Volunteer Orientation - 4th Thursday every month**

**Peer Support Group**
For those affected by a mental illness.

**Office Hours**

- **MONDAY**
  - 10-4
  - 2-3:30 pm

- **TUESDAY**
  - 1-4
  - 4-5:30 pm
  - 2-3 pm

- **WEDNESDAY**
  - 10-4
  - 4-5:30 pm
  - 1-2:30 pm

- **THURSDAY**
  - 10-4
  - 4-5:30 pm
  - 2-3 pm

- **FRIDAY**
  - Closed
  - 2-3 pm

**CONTACT INFORMATION**

- **disability/work incentives counseling**
  - Call 360-695-2823

- **mental health medication consult**
  - Call 360-695-2823

- **disability/work incentives counseling**
  - Call 360-695-2823

- **Volunteer Orientation - 4th Thursday every month**

- **Peer Support Group**
  - Call 360-695-2823

- ** Psycoeducation and tools for a successful and sustained recovery from mental illness.**
  - Call 360-695-2823

- **Volunteer Orientation - 4th Thursday every month**

- **Peer Support Group**
  - Call 360-695-2823

- **Psychoeducation and tools for a successful and sustained recovery from mental illness.**
  - Call 360-695-2823
Only good children
Text and Drawing
By Chiara Caballero

A bright white room with antiques and nice furniture. I was told to touch nothing. I was a child who was being rehabilitated for bad behavior. They gave me a turtle suit I wore with nothing beneath it. I had to keep my parts covered with the meager pieces provided. I had to roll with the suit on, somersault-like to get from one area to the next. The white light burned my skin and I was sent back to the beginning each time to redo the assignment. At some point, I was in a large puddle and my face was stuck underneath a metal toilet. My head only fit if it turned a certain way. I was being instructed to turn my head and get out from under the pipe which connected toilet to wall. I gritted my teeth as the metal connected with my collarbone. “Only good children.” My hands cuffed to the pipe. “Only good children get out of here.” I repeated after my instructors who were quickly losing patience. “Only good children...” through gritted teeth as I thrashed my wet hair whipped into my eyes.
September is Suicide Awareness and Prevention month. Volunteers and friends of NAMI SW WA have been busy designing art and painting those designs on 500 plus rocks in all kinds of shapes and sizes. Many have encouraging words and phrases on them. What is so special about that? We are going to put these rocks in public spaces in Clark, Cowlitz, Skamania, and Wahkiakum counties beginning in September! This project is all about our Lift Up Life; We all Have a Role in Suicide Prevention Program. If you find one of these rocks, please take a photo and send it to #namiswwartrocks on Instagram or Twitter to post your find! That hashtag # is on the bottom of each rock. You can keep the rock or replace it for others to find.
NAMI SW WA has openings for mental health intakes on the same or next day for those insured by Washington State Medicaid (Apple Health) and assigned to either Molina Healthcare or Community Health Plan of Washington. (Must be residents of Clark or Skamania counties). Please call our office at 360-695-2823 for more information.

After a summer break, education classes will be starting in the fall for both Vancouver and Longview office locations. Videoconference connections may be available for some classes in Skamania and Wahkiakum counties. For more detailed information on class content and format, see our website (www.namiswwa.org) under “Support and Programs”. To register, please call 360-695-2823 for Vancouver classes and 360-703-6722 for Longview classes.

Family to Family is a twelve-week education course for families with adult family members with a mental health diagnosis.

- **Vancouver**: September 11 – November 20, Mondays 10:30 am – 1 pm
- **Vancouver**: September 12 – November 21, Tuesday evenings 6 pm – 8:30 pm (full at press time)
- **Longview**: Coming soon! Start date tentatively scheduled for October

Peer to Peer is a ten-week education course for adults with a mental health diagnosis who want to better understand their condition and journey toward recovery.

- **Vancouver**: September 14 – November 16, Thursdays 6 pm – 8:30 pm
- **Longview**: September 15 – November 17, Fridays 12 pm – 2:30 pm

Basics is a six-week education program for parents and other caregivers of children and adolescents living with mental health challenges or diagnosis. Pre-registration required.

**Vancouver & Longview**: October 10 – November 14, Tuesdays 10 am – 12:30 pm

NAMI SW WA is offering an evening Family Support Group beginning on Tuesday, September 5, 6-7:30 pm.

NAMI SW WA is offering an hour of exercise, twice a week, at the Vancouver office. **When**: Tuesdays, starting September 5, from 1 to 2 pm, and Thursdays from 11 to Noon. **Who**: for those who need to exercise from a seated position. The class is for beginners.

NAMI SW WA is offering a weekly LBGTQ Support Group beginning Tuesday, September 19th from 6 to 7:30 pm.

Would you like to be a NAMI trained educator or facilitator? We have several classes coming up. There is no cost to you. If you have any questions, please call 360-695-2823 or speak to staff in either office. The schedule is as follows:

- **Homefront is September 9-10 in Kirkland** and Basics is October 13-15 in Kirkland

New Chronic Pain Management Group starting Thursday October 5, 2 to 3:30 pm, for 12-weeks.

Join us at one or both Burgerville fundraising partnerships in September! We receive 10% of the receipts!

- **Thursday, September 14, 6-8 pm**
  - Burgerville Fishers Landing
  - 16416 SE McGillivray Blvd
  - Vancouver, WA 98683
- **Thursday, September 28, 6-8 pm**
  - Burgerville Cascade Park
  - 11704 SE Mill Plain Blvd,
  - Vancouver, WA 98684
Membership Form — fees changed July 1, 2017

There are three types of memberships:

- Individual Membership Fee
  - $60 ($40 fee + $20 donation)
  - $100 ($40 fee + $60 donation)
  - $40 individual membership fee

- Household Membership Fee (*new)
  - $75 ($60 fee + $15 donation)
  - $100 ($60 fee + $40 donation)
  - $60 household membership

(List each name in the household below)

□ $____ My Tax-Deductible Donation

Open-Door Membership (limited income)
□ $5 membership fee

Name(s) __________________________ Date __________________________

______________________________________________________________

Address ______________________________________________________

City __________________________ Zip ______ State __

Primary Phone __________________________ Secondary Phone __________________________

Email __________________________ □ I prefer to receive the newsletter via email

NAMI Membership Includes:
- NAMI National Advocate Magazine, quarterly
- NAMI Washington Friday Facts, weekly e-mail by request
- NAMI Member Discounts on NAMI events and materials
- NAMI SW WA Newsletter, monthly
- At Annual Meeting, vote for NAMI SW WA Board of Directors and the by-laws

Please return your payment and completed form to 5411 E Mill Plain Blvd, Suite 4, Vancouver, WA 98661

To use a credit or debit card visit www.namiswwa.org and click on Join NAMI.