

Mary Heitzman, Editor Pro Tem
Ginny and Gerry Clerget, Circulation

May 2008

War Veteran's Mental Health Needs

Adrian Magnuson-Whyte and **Casper LeBlanc** with *Mental Health Professionals, LLC* will give a very special presentation on those returning soldiers that battle with subsequent mental illness. There will also be an important conversation on the Washington State Department of Veteran's Affairs (WDVA) PTSD program. Adrian and Casper contract with WDVA's program to provide a wide range of treatment services along with a much needed linkage to services to veterans in Shelton. Join us at the **Olympia Center, 222 N. Columbia, Rooms 101/102, Olympia WA, 98501 at 7:00 p.m. on Tuesday, May 27. Any Questions, please contact 360 753-9273 or 360 493-6021.**

MARK YOUR CALENDAR

- Sat., May 10** NAMI WALK Click on nami.org, than NAMI WALKS, Then find Washington State & locate NAMI Thurston/Mason. You can make donations through June!
- Mon., May 19** Free 12-week class **Family-to-Family classes:** On Monday Evenings.
- Wed., May 21** PBS Documentary: Depression: *Out of the Shadows.* (Check listings for time)
- Tues., May 20, 7 pm** NAMI T/M Board Meeting: Executive Center, 4305 Lacey Blvd. Lacey
- Tues., May 27, 6 pm** Educational Meeting at 7:00: Discussion on PTSD & Veterans at the Olympia Center, 222 N. Columbia, rooms 101/102, Olympia WA.
- Sat, June 14, 9 am – 6 pm** SUPER SATURDAY, Evergreen State College. We need help to staff a NAMI educational table for 2-hour shifts. Please call 493-6021 or 491-0580 if no answer.
- Sun, July 13, 2 – 5 pm** NAMI T/M Picnic, Priest Point Park, Kitchen #3,
- Tues. August 19, 7 pm** NAMI T/M Board Meeting: Executive Center, 4305 Lacey Blvd. Lacey. *Special Note: There will be no educational meetings for June, July, or August.*

Support groups sponsored by NAMI T/M: Conference Room, Executive Center, 4305 Lacey Blvd., Lacey.
Bipolar Peer Support Group meets the 1st Tuesday of every month at 7:00 pm.
General Support Meetings on the 2nd Tuesday of every month at 7:00 pm.
NAMI C.A.R.E. Support Meetings: Community Room, 1021 Homann Drive, Lacey, from 1:30-3:00 pm.
Meets the 2nd and 4th Mondays, for persons striving toward recovery from mental illness (Parent-to-Parent signs on the left.).

Washington Behavioral Healthcare Conference: June 11 – 13, Yakima, 206 629-4608 ext 12. or www.wcmhcn.net
NAMI National Convention: June 13 – 16, Orlando, Florida, Rosen Centre Hotel. Also see NAMI.org/convention.

In this Issue

Page 2

President's Message
Family-To-Family Class
Tumwater Garden's Current Needs

Page 3

Summer Picnic
NAMI T/M Board Changes
PBS Documentary

President's Message: NAMI T/M Needs Volunteers

By Hank Toombs

We're coming up on the season where we'll need volunteers for various events. I'm calling on anyone who is able to do the smallest or the largest of tasks. This includes setting up the tables and chairs and displays at events like Super Saturday, the Combined Fund Drive, and other such functions. We also need people to man the tables at these events. If you can sit in a chair and like to talk, what better job could you want?

Volunteerism is being heavily promoted in the media lately, and I'm living testimony that it is very rewarding, no matter how little you do it. Volunteering is a form of advocacy, whether it be helping out at functions, attending support groups, the NAMI Walk, helping around the office, almost anything. We need a bigger pool of volunteers to draw from. So, please, take a minute to call the office at (360 493-6021,

and leave a message about what you are interested in helping us with. If you feel that NAMI has helped you in any small way, then it might be time to repay the favor. Since it is volunteering, it can be as much or as little as you want. That's the nice thing about it, and the pay is beyond belief, not in dollars and cents, but in pride for yourself and your organization, and in seeing an event be a success. Remember, NAMI T/M is **your** organization, and it benefits **you**.

Lastly, advocacy takes all kind of shapes in our everyday lives, too. The more we talk about mental illness openly and without the shame and stigma, the more it will be understood and not shunned. And when you speak of someone with a mental illness, if you say "a mentally ill person", correct yourself and say "I should say a person **with** a mental

illness." It just seems to change the whole meaning and people will relate to that and hopefully remember it in the future. If you hear someone make an untoward remark about someone that is struggling with mental illness, be sure to correct their thinking. They'll remember it.

And, if whenever we talk with anyone about mental illness we could ask them to please join NAMI. You'll never know unless you ask, and you just might be surprised by the results. So, please promote NAMI T/M when the opportunity arises.

Advocate, advocate, advocate!

Currently, we need someone to take the lead role in planning for the NAMI Thurston/Mason Summer Picnic. Again, we need volunteers for other events also.

LAST REMINDER! Family-to-Family Classes Starts May 19

This **FREE** 12-week course is taught by family members - specially trained to teach other family members. NAMI's Family-to-Family Course has helped families deal with the challenges of having a family member with a severe mental illness. We will again be offering this wonderful program in the Olympia area on Monday evenings starting **May 19**. Registration is required and class size is limited. Call **360 491-3423** or **360 264-2304** to register.

Please help Tumwater Gardens make a safe haven for those with mental illness

Behavioral Health Resource's (BHR) new 34-unit apartment complex still has essential needs for its tenants. **BHR is emphasizing in May a desperate need for furniture items such as: end tables, small kitchen and**

coffee tables. Again, their needs will change month by month. They also have other Living, Kitchen, Bedroom and Bathroom needs. Please call **BHR at 360 704-7170** for instructions on donations

SUMMER PICNIC AT PRIEST POINT PARK

On Sunday, July 13, from 2 pm – 4:30 pm, we look forward to our annual potluck summer picnic at shelter #1 (near the Rose Garden) in Priest Point Park, 2600 East Bay Drive in Olympia. It will be a time for socializing, making new friends, and renewing old friendships. Bring a platter of your favorite dish, enough to serve several people.

To assure that we have a variety of dishes, we will need a variety of desserts, main dishes, salads and rolls/butter. Paper plates and cups, plastic silverware, and beverage will be provided. The whole family is invited, and we hope to greet many of our members. **We have the Shelter between 1:30 and 5:00 p.m. to help set up and time to clean up after the picnic.** Please call 493-6021 for more info.

NAMI TM Board Changes

We wish **Carlene Cloud** the best in whatever endeavors come her way. She has stepped down from the NAMI T/M Board of Directors. Whenever there was a function put on by NAMI TM, Carlene was always one to volunteer. She is our Peer Programs Coordinator and has given 2 Peer-to-Peer classes with her co-instructors. – along with her bimonthly C.A.R.E. meetings. Her hard work and dedication will be sorely missed, but I'm sure we'll see her at various events.

Taking Carlene's place on the board will be **Heidi Lawrence**, a recent Family-to-Family graduate. Both she and her daughter are both very outspoken about mental illness and will be a welcome part of the organization. Heidi is the NAMI Walk captain this year and has 10 walkers signed up.

May 21: PBS Depression Documentary: NAMI and Jane Pauley

Please Mark your calendars for the PBS Special Documentary - [**DEPRESSION: Out of the Shadows**](#), on Wednesday, May 21. Check your local PBS station listings for time

NAMI is the national outreach partner for the program, which is a production of Twin Cities Public Television (Minneapolis-St. Paul) and WGBH Boston. YMCA of the USA is the community outreach partner. The project is part of [**TAKE ONE STEP**](#), a broader PBS Health

Campaign which previously has addressed heart disease and obesity.

In addition to the documentary, the project will feature a destination Web site at PBS.org, and a nationwide promotional campaign targeting print, broadcast, and online media. Educational outreach will include screenings and panel discussions in major cities and on college campuses, and Web-based resources on depression. The summits organized by local PBS

stations will encourage mental health providers to strategize with public and private institutions.

The National Institute of Mental Health reports that approximately 18.8 million American adults have a depressive disorder. The disease is not discriminating; seeping into all age, race, gender, and socioeconomic groups. Depression stalls careers, strains relationships, and sometimes ends lives.

Don't miss NAMI medical director Ken Duckworth discussing depression as part of a panel of experts moderated by

broadcast journalist Jane Pauley on ***TAKE ONE STEP: Caring for Depression, with Jane Pauley***. The program will

immediately follow the national premiere of the PBS documentary.