

## Crisis Hotline

**Emergency:** Dial 911

**Regional Behavioral Health Crisis Line:**  
877-266-1818

**NAMI National Helpline:** 800-950-6264  
Text: NAMI to 741741

**Suicide Hotlines:** 800-273-8255  
800-784-2433

**National Runaway Switchboard**  
800-786-2929

**National Child Abuse Hotline**  
800-422-4453

**National Sexual Assault Hotline**  
800-656-4673

**National Domestic Violence Hotline:**  
800-799-7233

## NAMI Spokane Support

**Helpline** (if no answer, leave a message—we respond Mon-Fri. 509-838-5515  
or email [office@namispokane.org](mailto:office@namispokane.org)

**Weekly Social Call** Tues. 10:30-11:30 AM  
thru Mid-June, at least 425-

**[Online] CONNECTION Peer Support Group** 4 times per month

*Let us know if you're interested in Family Support ONLINE*

Email or call for details

NAMI Spokane  
10 N. Post St. Suite 638  
Spokane WA 99201

## Laree's Decrees

We've been busier than ever here at NAMI Spokane. The Board of Directors – the people you've chosen to represent you – is growing and becoming more diverse. We have many top-notch individuals who know multiple aspects of the organization's needs, your needs (family and peers), and many of the needs of the community. It's pretty exciting. To get an idea of who's joined the group, go to <http://www.namispokane.org/welcome-to-nami-spokane/#Board>.

We are trying to focus on the greatest areas of need. NAMI Spokane is committed to paving the way for people experiencing mental health concerns to –

- 1) get the right treatment,
- 2) get the right treatment at the right time, and
- 3) diverting individuals from the legal/justice system to interventions that help rather than punish.

We've developed relationships with key partners in the community to facilitate collaboration, including law enforcement, mental health court, Providence, Spokane Public Schools – specifically West Valley School District, the Public Health Department, Transitions/Women's Hearth, Disability Rights Washington, and so many more. If you interested in helping us connect with community groups or representing NAMI Spokane with special interest groups like the Suicide Prevention Coalition, for example, call us at 509-838-5515 to volunteer.

The transition from Eastern State Hospital (ESH) to being the first full-time, paid Executive Director for NAMI Spokane has been a good change for me. I still miss working with the folks confined to ESH's Forensic Services program and I've stayed in touch with many. I've met some really great, dedicated people here at NAMI Spokane and I'm happy to be here doing the best I can to make a difference.

If there's anything we can do to assist you on your mental health journey, don't hesitate to give us a call.

Take gentle care,

Laree



YOU CAN'T GO BACK AND  
CHANGE THE BEGINNING,  
BUT YOU CAN START  
WHERE YOU ARE AND  
CHANGE THE ENDING C. S. LEWIS

### DID YOU KNOW ???



Research shows that 1 in 5 individuals experiences mental illness.

Mental Healthcare IS Healthcare!

Mental illness is not the result of a character flaw, lack of self-control, or unrestrained anger. Mental Illness is caused by diseases that affect the brain, an organ in our bodies.

People with depression do not need a reason to be depressed. Depression can happen even when everything seems to be going well. That's because it is the result of a disease, not because of a bad day or a negative experience. That's why highly successful, accomplished, funny people can still have depression.

STIGMA (shame, disgrace, humiliation) stems from preconceived ideas about mental illness in ourselves and others. The way to fight STIGMA is through understanding and exposure to the reality of mental health conditions and to stand up against misrepresentations of mental illness, particularly in the media.

CONNECTION and SUPPORT are paramount for good treatment and successful

## ANNOUNCEMENTS

- ◆ **PROVIDENCE SUPPORT - NAMI Spokane is pleased to announce that, for a second year, we were selected to receive continued funding from Providence to support what we do in the Inland Northwest. Support from Providence Community Benefit Funding helps us reach more people, continue our valuable programs, advocate for the rights of people with mental illness and to work toward a broader understanding of the impact of mental illness.**
- ◆ MAY is Mental Health Awareness Month. Let's turn the town green and get the word out that people with mental illness can and do survive and thrive
- ◆ NAMI Spokane was notified that we were selected for the 2019 Best of Spokane Awards in the category of Local Business.
- ◆ For now, all in-person classes and support groups are on hold. We are putting together resources that will be available online.
- ◆ **VOLUNTEER TRAINING** - We need trained volunteers for our signature programs. Trainings are scheduled through 2020 (Online, for now.) Go to <https://www.namiwa.org/index.php/programs/education-training/nami-washington-trainings>
- ◆ **LOBBY DAY** - Olympia has had significant activity related to mental health during our most recent legislative session. This past President's Day - February 17<sup>th</sup>, four representatives from NAMI Spokane traveled across the mountains and met with legislators from our districts in Eastern Washington. One of the outcomes was that NAMI Washington was allocated significant funds by the legislature to replace lost funding from local behavioral health organizations. This will be directly beneficial to NAMI Spokane, ideally replacing funding we had lost for 2020.

Mark you calendars for President's Day 2021 for the next NAMI Lobby Day



## On a Personal Note



In this time of Covid-19, we are all being cautioned to practice “Social Distancing.” From both a personal and professional standpoint, I take issue with this language. During these strange times that are challenging for all of us, it is our duty to practice “physical” distancing in order to slow the spread of the Corona virus. We need to *physically* separate from others to protect them and ourselves. We do NOT need to socially separate, in fact, it is not recommended. In this day and age, we have more tools than ever to stay connected and involved with our community of choice. We must be able to reach out to others and let them reach out to us. Be creative and stay true to the knowledge that your connectedness with others in a meaningful way is a powerful recovery tool. Accept the required physical distance to wait out the corona virus storm, but actively resist social distance.

*Larree*

A LITTLE PROGRESS  
EACH DAY ADDS UP  
TO BIG RESULTS

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### *From the Editor*

*One thing I know for sure is that I'm passionate about mental health. When I was a young adult in college studying psychiatric nursing I found myself absolutely fascinated by the workings of our human mind. Little did I know then that at the age of 45 years I would find myself diagnosed with Bipolar Type 1 Disorder. I have lived with BPD for 25 years and have experienced and learned quite a few things along the way. I extend my deep heartfelt belief in all of you, NAMI'S readers. Just by the fact that you belong to NAMI shows that you care, and that's an amazing start!*

*Love to you all,*

*Karin*



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**Why  
Care?**

Because 1 in 5 people will be affected by mental illness in their lifetime. Take the time to show you care about mental health.

# VOLUNTEERS NEEDED!

We NEED volunteers to expand our capacity and assure more people are served and supported. In ALL cases, free training is provided. Here's an overview (not all inclusive) of available opportunities:

- ◆ **Office**— Assist with daily office operations. Answer the phones, help the caller identify available resources, respond to emails, distribute mail, file paperwork...you choose the tasks that best match your skills and interests. No experience required
- ◆ **Community Events** — Tell others about the Education, Support, and Advocacy work of NAMI Spokane at resource fairs, special events, festivals, and more. Invite others to join our efforts. Choose how much you wish to be involved.
- ◆ **Family to Family Facilitator** (F2F) -or- **Peer to Peer** (P2P) Facilitator — Use your own lived experience to help others. As a peer, you can share the practical knowledge gained on your road to recovery. As a family member, you've lived through a mental health condition in a loved one. You have the unique qualifications to help and teach others in similar situations.
- ◆ **Support Group Facilitators** for Family or Peers — Help support group participants share their experiences in a safe and confidential setting. Encourage them to have hope, help them find their inner strength, and help them develop their own support network.
- ◆ **Outreach**, with the aim to increase awareness of the challenges and prevalence of mental health conditions.
- ◆ **In Our Own Voice** — Tell your personal story, first hand. Help others understand what its like to live with a mental health condition — the challenges, the pain, and even the lessons and growth you've experienced. Audiences vary from professionals to community groups to family members and more. Training Provided at no cost.
- ◆ **Ending the Silence** — Speak to teachers, parents, and students in middle and high schools. Give your perspective as a family member or a young-person living with a mental health condition. You'll be grouped in pairs to help broaden the understanding, empathy, and acceptance of the audience around mental illness. Take away the mystery, the stigma, and the fear — you can really make a difference.
- ◆ **Newsletter** — Write, edit, design and format, assist with electronic and/or hard-copy distribution.
- ◆ **Process Memberships** and assure accuracy of our records. Send thank you cards to members and reminders for renewals.
- ◆ **Help us paint the town green for May**, Mental Health Awareness Month. Reach out to community partners and see how much green we can wash across the city. Help us make education about mental health easily accessible.

**All training provided at no cost.**

For more information or to learn about other volunteer opportunities, call the NAMI Spokane office at 509-838-5515.



10 N. Post Street, Suite 638; Spokane, WA 99201 ☎ (509) 838-5515

[office@namispokane.org](mailto:office@namispokane.org) ☎ <http://www.namispokane.org>

## HELPING OUT:

While our volunteer needs are great, we are modifying our activity to assure the safety of all constituents. During this Covid-19 threat, we've transitioned to online support groups. We are considering moving our education programs online, and our helpline continues Monday-Friday remotely, by returning calls from voicemail messages. We still need volunteers and we will make adjustments to keep everyone safe.

During this very strange time, we still need your support, financially. If you have the means to donate, we really appreciate it. If you can't but could donate, we're always looking for office supplies, writing utensils, wipe-off markers, thank-you cards, and so much more. Leave a message for Laree at the office or email [ED@namispokane.org](mailto:ED@namispokane.org) and we'll talk about what would be most helpful.

Training remains available (now online) to become leaders for our classes, facilitators for our support groups (high priority), and presenters for community programs.

## COPING WITH COVID-19

- ◆ **Stay socially connected** using your phone, a laptop, a letter or other means to stay connected while keeping a safe distance.
- ◆ **Exercise**—Try for 30 minutes. Take a walk and **get some fresh air** while you're at it. Make both a daily practice. You WILL feel better.
- ◆ Help someone—Find a way to reach out and help someone...the whole pay-it-forward effort. If you don't know what you can do to help someone.
- ◆ **DIET & MINDLESS EATING:** During the "stay at home" order, pay attention to your eating habits. Try not to go overboard with dietary constraints, but don't jump into a free-for-all, either. Look for balance as you work and live closer to your refrigerator.
- ◆ **RESILIENCE** - Focus on what you can control and focus on resilience. We can do this. You're not alone.
- ◆ **TIME** - There is a gift in all of this. So often, our lives accelerate out of control without time to pause and focus on what's important. Despite the drawbacks, we've been granted a slower pace and time to reflect. Let's use it.