IMPORTANT DATES:

- November 2, 2016, 6:30-8:30pm, Peer to Peer Begins
- November 9, 2016, 4:30-6pm, Board of Directors Meeting
- November 11, 2016 Closed in Observance of Veteran’s Day
- November 14, 2016, Building Bridges to Recovery Community Forum
- November 24, 2016 Closed in Observance of Thanksgiving
- November 25, 2016 Closed in Observance of Thanksgiving

BUILDING BRIDGES TO RECOVERY: A Community Forum to foster understanding of mental health and substance abuse issues.

Monday, November 14, 2016, 3-5 p.m.

St. Timothy’s Church, 4105 Richey Road, Yakima WA 98908

A panel of speakers will address the transition into the community from jail or institutions, for people with mental health and/or substance abuse issues. The goal is to improve outcomes by increasing communication among law enforcement officers, service providers and the community. Participants will discuss the roadblocks to recovery and ways to address them. Refreshments will be served.

The forum is sponsored by NAMI Yakima and the Yakima Peer Advocacy Group, through a grant funded by DBHR. For more information contact NAMI Yakima at 509-453-8229.

NAMI PEER TO PEER begins Tuesday, November 8, 2016-January 10, 2017, 6:30-8:30pm. If you want to learn more about living in recovery with your mental illness, call today to reserve your seat in class, (509)453-8229. This class is completely FREE and all materials are included!
On September 29, Annie Bringloe and I traveled to Port Angeles, WA for the State Conference sponsored by NAMI Washington. We left a day early, traveling for seven hours across White Pass and taking the scenic route up Hood Canal.

The pre-conference workshop on Mental Illness and the Justice System, was geared toward attorneys and judges and others involved in the legal system. There was an overview of mental illness taken directly from the NAMI Family to Family workbook. Sandy Ando, a Spokane attorney who is NAMI WA Public Policy Chair and David Lord, Disability Rights Washington, Director of Public Policy were the presenters.

Because of the work of our Peer Advocacy Group, I attended many of the workshops related to Mental Illness and the criminal justice system, including diversion programs and CODE, a Tacoma program where mental health professionals accompany police on calls. I attended a workshop on the use of the 1/10 of 1 percent tax to provide community programs and several of the plenary sessions offered information on lobbying and using collective impact in decriminalizing mental illness.

Leaders from the various affiliates had the opportunity to meet with Mary Giliberti, President of NAMI National. This was mostly a listening session on the activities of the various affiliates, though Mary did discuss Federal mental health legislation pending in the Senate.

It has taken me awhile to process the information and interpret my notes, but it was a wonderful opportunity to see what other communities are doing. I am hopeful that the contacts I made and the knowledge gained will enable us to have a positive influence on the justice system here in Yakima.

~Mary Stephenson, President
It has always seemed odd to me that we reserve one day a year to “be thankful” but as I have grown older I have realized that it is not about saying “thank you” it is about remembering why we are “thankful”. This past year at NAMI Yakima saw a lot of rapid changes. There were so many people that I would never do any of them justice by trying to say thank you, instead I am going to attempt something really crazy...I am going to remember what I am thankful for instead of who I am thankful to.

I am thankful for my mental illnesses because they have taught me to be resourceful and creative. I have had to learn to just roll with it. Not everything I set out to do turned out as I wanted it to because of my mental illnesses. For instance, I recently took the Statue of Liberty and Ellis Island Tour. I have wanted to see both for a very long time. After many hours at the Statue of Liberty, in crowds of people standing in lines to go through security checks, walking endless numbers of steps, hearing multiples of languages spoken at once, looking at vistas from hundreds of feet in the sky, I was exhausted. My brain was so overstimulated and stressed that by the time I reached Ellis Island, my husband had to find a wheelchair for me and I literally passed out and remember very little of my Ellis Island experience. The good news is that I did see both wonderful places and I did not allow my mental illnesses to keep me home, safe, and sheltered. I went with people who knew how to take care of me if things did not go as expected. I communicated with my people about how I was feeling, I allowed others to help me when I needed help. I saw the Statue of Liberty and Ellis Island. I am so thankful I did not allow my mental illness to rob me of those experiences.

This Thanksgiving, try to look for the crazy things to be thankful. Go out on a limb here and think about what it is that mental illness has given you. So often we look at what it has taken from us, but for everything that was taken, something has been given. My Thanksgiving Challenge is for you to share with others why you are thankful for the mental illness in your life.
**NAMI Peer-to-Peer**

This FREE recovery-focused educational program is for adults to establish and maintain wellness in response to their mental health challenges by providing critical information and strategies related to living with mental illness.

Tues, Nov. 8-Jan. 10, 2016, 6:30-8:30pm
Call TODAY (509)453-8229 to reserve your spot!

**NAMI Family-to-Family**

This FREE educational course is for family, caregivers, and friends of individuals living with mental illness to gain practical, up-to-date information; discover problem solving techniques, coping skills, and communication strategies; learn how to advocate; and to find community support.

Thurs, Sept. 22-Nov. 24, 2016, 6:30-8:30pm
Call TODAY (509)453-8229 to reserve your spot!

**NAMI Basics**

This FREE educational program is for parents and caregivers of children and adolescents living with mental illnesses. It covers the fundamentals of caring for yourself, for your family, and for your child. These families are also taught how to keep records necessary for communicating with doctors, specialists, schools, and the juvenile justice system to become the best advocate for their child and their family.

Time to sign up for the FALL class.
Call TODAY to reserve your spot (509)453-8229

**NAMI Homefront**

NAMI Homefront is an educational program specifically for loved ones of military Service Members and Veterans who experience symptoms of a mental health condition. Adapted from the evidence-based NAMI Family to Family program.

Time to sign up for the FALL class.
Call TODAY to reserve your spot (509)453-8229

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**NAMIC Connection**

*Every Wednesday, 7:00-8:30pm*
Comprehensive, ENTR#2
402 South 4th Avenue, Yakima

*Every Wednesday, 7:00-8:30pm*
Grandview Herald Building
107 Division Street, Grandview

Peer to Peer support group for those affected with mental illness.

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**NAMI Family Support Group**

*Every Wednesday, 7:00-8:30pm*
Comprehensive, ENTR#2,
402 South 4th Ave, Yakima

*Every Wednesday, 7:00-8:30pm*
Grandview Herald Building
107 Division Street, Grandview

Support for friends and family of people living with mental illness.

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**Suicide Support Group**

*First & Third, Mondays, 5:30-7pm
*Second & 4th, Mondays, 10-11:30am
Wellness House, 210 South 11th Ave, Suite 40, Yakima

Support for friends, family, and survivors of suicide.

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NAMI-Yakima, 402 South 4th Avenue, Yakima (509) 453-8229
info@namiyakima.org  www.namiyakima.org
NAMI Washington provides governance, advocacy and fundraising support for the 22 NAMI affiliate offices, large and small, throughout the state. NAMI’s mission is to improve the quality of life for all those affected by mental illness. We do this by providing a statewide, unifying voice of advocacy and coordinating the delivery of education, support and recovery. NAMI Washington trains affiliate volunteers to teach and lead NAMI’s programs in their community. More information about NAMI Washington and its affiliates and programs can be found at www.namiwa.org.

Facilitator Quarterly Meeting
All certified NAMI Signature Program Leaders and Education Committee Members please join us on Tuesday, November 29, 2016, 5-6pm, in Room B101. Please bring a finger food to share, your “what went good or not” list, any questions or concerns, and your calendar so we can plan for the upcoming quarter. If you have any questions, contact Deanna (509)453-8229.

Peer Advocacy Group Presents
Building Bridges to Recovery: A Community Forum to foster understanding of mental health and substance abuse issues.

Monday, November 14, 2016, 3-5 p.m.
St. Timothy’s Church, 4105 Richey Road, Yakima WA 98908

NAMI DAY 2017 will be President’s Day!
Join us on Monday, February 20, 2017 in Olympia as we meet with our legislators and tell them why mental health legislation is important. Join NAMI Washington for a luncheon with our legislators.

For People in Crisis Call 24 Hours a Day:
*Yakima County (509)575-4200
*Kittitas County (509)925-9861 or (509)925-4168
*Klickitat County 1-800-572-8122
*Veterans 1-800-273-TALK (8255) press 1
*Every Wednesday
7:00-8:30pm
Comprehensive, ENTR#2,
402 South 4th Avenue, Yakima

*Every Wednesday,
7:00-8:30pm
Grandview Herald Building
107 Division Street,
Grandview

Peer to Peer support group for those affected with mental illness.

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107 Division Street,
Grandview

Support for friends and family of people living with mental illness.

*First Mondays,
Third Mondays
5:30-7:00pm

*Second Mondays,
Fourth Mondays,
10:00-11:30am

Wellness House
210 South 11th Avenue,
Suite 40, Yakima

Support for friends, family, and survivors of suicide.