



January, 2017

Volume 3, Issue 4

### **IMPORTANT DATES:**

- January 2, Office Closed
- January 4, 2017, 5:30-7pm,
   Gina McCabe Listening Tour
- January 11, 2017, 4:30-6pm,
   Board of Directors Meeting
- January 16, Office Closed
- January 17, 2017, 4-5:30pm,
   NAMI Day Planning Meeting
- January 26, 2017, 5-6:30pm
   Facilitator Meeting
- February 8, 2017, 4:30-6pm,
   Board of Directors Meeting
- February 20, Office Closed
- February 20, 2017 NAMI Lobby Day, Olympia, WA

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# NAMI DAY 2017

### NAMI DAY 2017 is 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.

Join the NAMI Advocacy Committee in preparations **Tuesday**, **January 17**, **2017**, **4pm**, at **Comprehensive Healthcare** in **Room A143** Call NAMI Yakima (509)453-8229 if you are interested.

NAMI Yakima Mental Health T-Shirt Contest

Deadline March 1, 2017

Open to Public Tell Your Friends!

Winner receives \$25 MasterCard and T-shirt

#### NAMI Yakima Mental Health T-Shirt Design Contest Rules

- 1. Must be the artist's original work
- 2. Must contain a Mental Health
- 3. Submissions must fit within 8 1/2 x 11 white paper (with or without borders)
- 4. Must contain **Official NAMI Colors** somewhere in the design NAMI Blue R=0 G=37 B=150

  StigmaFree Green R=0 G=163

  B=83
- 5. It is **not necessary** to have NAMI or NAMI Yakima in the design.
- Submissions must be received by March 1, 2017 at NAMI Yakima Email info@namiyakima.org or

Mail NAMI Yakima P O Box 10918 Yakima, WA 98909

- 7. Winner will receive a \$25 Master Card and T-shirt
- 8. Winner will be announced in the April 2017 Newsletter
- 9. Questions should be directed to Deanna at (509) 453-8229



Position	Name
President	Mary Stephenson
Vice President	Paul Rush
Treasurer	Jackie Lloyd
Secretary	Deanna Roy
Positrio 1	Annie Bringloe
At Large 2	Linda Murray
At Large 3	Lynni Serrata
At Large 4	Ann Pratt
At Large 5	Raquel Acosta
At Large 6	Benine McDonnell
At Large 7	
At Large 8	
At Large 9	

**Board meetings** are held the **SECOND WEDNESDAY** of each month at 4:30pm, at Comprehensive in Room B101

If you are interested in attending a board meeting, please join us. Board meetings are open to all.

**Upcoming Board Meetings** \*\*Wednesday, January 11, 2017, 4:30-6:00pm

\*Wednesday, February 8, 2017, 4:30-6:00pm

> **KEEP CALM** AND END **MENTAL HEALTH STIGMA AND** DISCRIMINATION

Welcome 2017! A new year and President's renewed commitment to the mission of NAMI Yakima to provide support, education and advocacy for the unmet needs of those affected by

mental illness, their families, friends and the community.



The **NAMI Board of Directors** has made increasing the number of facilitators and teachers who meet NAMI standards a priority. Thank you to Annie Bringloe and **Deanna Roy** who have faithfully

facilitated the NAMI Connections Recovery Support Groups and NAMI Family Support Groups. My hope is that more facilitators will be trained in 2017 so that we can provide even more support groups in the coming year throughout the Yakima Valley. We also need more trained teachers for the NAMI Peer to Peer and NAMI Family to Family classes, as well as other NAMI signature courses such as NAMI Basics and NAMI Homefront.

The **Advocacy Committee** participated in a Peer Advocacy Project in 2016, which has developed outreach to community service providers and to peers who need resources upon release from jail or the hospital. Goals for 2017 include contacting our legislators and local officials to see that mental health care is available to all and that peers have a voice at the table when policy decisions are made.

The NAMI Yakima Board of Directors has also set goals to improve our infrastructure, engage our membership and strengthen our fundraising efforts. 2016 was a good year for setting goals. 2017 will be a year to achieve them!

~Mary Stephenson, NAMI Yakima Board President

NAMI Yakima currently has 3 vacant **board member** positions. Please call the office at (509)453-8229 if this interests you. Board meetings are held monthly on the Second Wednesday of every month.

There are several **committees** looking for members to help plan and implement upcoming projects such as NAMI Lobby Day and NAMI Walks. Call the office at (509)453-8229 and let someone know if you are interested in being on a committee.



### YOU CAN HELP

# NAMI Yakima (Yakima Advocates for the Mentally III) EARN DONATIONS JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards
   Card to NAMI Yakima (Yakima Advocates for the Mentally III) at
   www.fredmeyer.com/communityrewards. You can search for us by our name or by
   our non-profit number 91-1151684.
- Then, every time you shop and use your Rewards Card, you are helping NAMI Yakima (Yakima Advocates for the Mentally Ill) earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.
- For more information, please visit www.fredmeyer.com/communityrewards.









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.

Taking names for Spring 2017 class Call TODAY (509)453-8229 to reserve your spot!



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. Taking names for Spring 2017 class Call TODAY (509)453-8229 to reserve your spot!



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.

Call TODAY to reserve your spot (509)453-8229

## CONTROL ATTAINS OF MARIANT BINAS RECOVERY SUPPORT GROUP

\*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.



\*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.

## **MAMI** 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.

Call TODAY to reserve your spot (509)453-8229

## Suicide Support Group

\*Second & 4th, Mondays, 5:30-7pm

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

Support for friends and family.

NAMI-Yakima, 402 South 4th Avenue, Yakima (509) 453-8229 info@namiyakima.org www.namiyakima.org

# EDUCATION

# Facilitator Quarterly Meeting AND Education/ Support Committee Meeting will be held Thursday, January

26, 2017, 5-6:30pm, Comprehensive Healthcare, Room A143. All trained facilitators need to be present to set the calendar for Spring 2017.

\*These two groups will be working together to strengthen the education and support programs. Please join us if this interests you.



Pacific Northwest University of Health Services 3200 Inspiration Drive, Yakima, WA 98901 "The idea behind this listening tour is to give people an opportunity to directly engage with their government," said Gina McCabe. "After the holidays, I'll be spending the majority of my time in Olympia as lawmakers work to iron out a new, two year budget. It's important I give residents of the Fourteenth District the ability to share their ideas, ask questions, and voice their concerns so I can represent them effectively."

McCabe will discuss challenges lawmakers face heading into the 2017 session and allow for questions from the

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.



Get it at your App Store



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** 1-800-273-8255 press 1









YAKIMA

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National Alliance On Mental Illness-Yakima

Supported by



United Way of Central Washington



\*MEMORIAL

Family of Services





January, 2017



We are online! www.namiyakima.org







## Family Support Group

### **Suicide Support Group**

### \*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.

### \*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.

\*Second Mondays, Fourth Mondays, 5:30-7:00pm

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

Support for friends, family, and survivors of suicide.

