

North Soundings

Public Meetings in the North Sound Area, Summer 2005

Meeting	August	September	October
NSMHA MH Advisory Board	Tue. 8/2, 1:00 PM	Tue. 9/6, 1:00 PM	Tue. 10/4, 1:00 PM
NSMHA Board of Directors	Thur. 8/11, 1:30 PM	Thur. 9/8, 1:30	Thurs. 10/13, 1:30 PM
Island County MH Advisory Board	Mon. 8/29, 10 AM	Mon. 9/26, 10 AM	Mon. 10/26, 10 AM
San Juan County MH Advisory Board	Mon. 8/22, 11:50 AM	Mon. 9/19, 11:50 AM	Mon. 10/19, 11:50 AM
Skagit County MH Advisory Board	Mon. 8/1, Noon	Mon., 9/5, Noon	Mon. 10/3, Noon
Snohomish County MH Advisory Board	No meeting in August	Mon. 9/12, 5:45 PM	Mon. 10/12, 5:45 PM
Whatcom County MH Advisory Board	Mon. 8/15, Noon	Mon. 9/12, Noon	Mon. 10/12, Noon
Holidays – NSMHA Office Closed		Mon. 9/5 - Labor Day	

Recovery Around the Sound

A Publication of the North Sound Mental Health Administration
Regional Support Network for Island, San Juan, Skagit, Snohomish, and Whatcom Counties

Volume XIX
Summer 2005

Maintaining Focus

There are many things impacting the North Sound Mental Health Administration's public mental health system.

To name a few: Centers for Medicare and Medicaid Services rules, State Contracts, House Bill 1290, Senate Bill 5763, Balanced Budget Act (BBA), Mental Health Task Force, a Medicaid rate reduction, an increase in State-only funding, and Washington Medicaid Integration Partnership (WMIP).

I am now a believer that the only thing constant in the mental health arena is change itself. The fluxes of changes currently are:

- Higher level of fiscal scrutiny by the Centers for Medicare and Medicaid Services
- Increased administrative burdens by Federal and State governments
- Ombuds can no longer be employed by the North Sound Mental Health Administration
- The Mental Health Task Force is continuing its work on reviewing the public mental health system in Washington State
- Medicaid funding decreased by \$15 million
- State funding increased by \$13 million
- Potential loss of \$7 million in Medicaid and State funding to the WMIP in Snohomish County

The good news is that mental illness is in the limelight. It sure would be nice if all this attention on mental illnesses has a positive effect of reducing the stigma placed on people with mental illnesses. We must hold on to our **Vision of Hope and Path(s) to Recovery** in the North Sound Region.

It would be easy to get caught up in analyzing the pluses and minuses of all the above. However, we need to maintain our focus on **Recovery and Resiliency** for people with mental illnesses.

In closing, let's take a moment to discuss the positive occurrences:

- The five counties of North Sound Mental Health Administration have been the successful bidders for the substance abuse/mental illness crisis responder pilot that includes a regional 16-bed secure detox facility to be located in Skagit County
- The State Legislature & Government approved \$80 Million in State-only funding for mental health services
- The mental health task force is continuing
- The North Sound Mental Health Administration scored very well in the External Quality Review conducted by an independent external agency

God Bless, and let's continue on our **Vision of Hope and Path(s) to Recovery**.



The View From Here

Charles R. Benjamin
NSMHA Executive Director

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North Sound Mental Health Administration
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Mount Vernon WA 98273

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Voice of the Advocate

Hot Links

The Importance of Advocacy

Marie Jubie
NSMHA Advisory Board Chair

I have been going down on most Wednesdays for the past eleven years, and I expect I will persevere until I no longer can. I love shuffling through those halls stirring up the marble dust. I tell you it gets into your blood, and you can't get enough of it!

I began going to Olympia when I worked at Sunrise Services Inc. with people who have developmental disabilities. Project Inte-Great! was a grant through Snohomish County Developmental Disabilities to promote advocacy for people with DD. We had fun and brought our message to the Legislators.

How to be an effective advocate:

- *Be kind, be kind, be kind!*
 - Do not blame anyone or argue
 - Be nice to all assistants
 - Always say thank you
- *Be brief, be brief, be brief!*
 - You are there to tell your story, but practice so that you can say it in three minutes
 - If you are asking for money, think of how you could save or garner some
- *Advocacy is about education.*
 - Leave a one-page letter with your concerns and follow with a thank-you note
 - Call, write, or e-mail to keep your topic on their desk

Advocacy makes a difference. Laws and budgets have been changed because of the efforts of advocates such as myself. That is empowering, that is advocating, that is being an American!



I suppose I have been an advocate all of my life. When I was 10, my youngest brother Paul was born. Due to an accident at birth, he sustained brain damage which caused several developmental disabilities. In the early 60's there were few accommodations in our schools or the community for people with a disability. My mother spent many hours on the phone and in meeting with the schools to get Paul an education. Through the efforts and determination of my mother, Jacqueline Jubie, and countless other advocates, many changes have been made in laws and in our society. Advocacy is powerful! It is simple! All you have to do is show up!



"It is lots of fun and the experience builds confidence and self-esteem..."

Find a group of people that share your concern and join them. *There is power in numbers.* I found the Arc (Advocates for the Rights of Citizens with Developmental Disabilities) of Snohomish County. Even though Paul was gone, I felt the need to work to see that other people with developmental disabilities did not suffer the fate of my brother, an accident in a place where he was supposed to be safe. It has made his loss less painful. It has made his life remembered and honored, not forgotten. It gave me the courage to start showing up at the Arc.

Through the Arc, I became involved and eventually became a member of People First of Everett, now of Snohomish County. People First is a self-advocacy organization whose belief is that we are People first and our disabilities are second. It is funded by the Developmental Disabilities Council and the Arc of Washington. It is a program to help citizens organize and inform anyone who shows up. We also participate in Advocacy Day in Olympia each Wednesday during the Legislative session. Staff and advocates brief us on the latest activities on the hill that we need to support or oppose. They supply useful materials on how to advocate on bills and the budget, and provide printed messages which we distribute floor by floor on issues of interest to us. It is lots of fun and the experience builds confidence and self-esteem, and provides a way to learn effective advocacy.

Whatcom County Health and Human Services and Whatcom NAMI present:

Visions for Tomorrow: A free nine-week course for parents/caregivers of children 18 and under living with the challenges of psychiatric disorders, focusing on skill development to help families, including empathy and communication skills; coping and self-care strategies. Pre-registration is required. Free child care will be provided.

Next class begins **September 14th, 7:00-9:30 p.m.**
For registration information, call **Betty Scott** at: **(360) 738-7675**

NAMI Whatcom County Family to Family Course

7:00 p.m. September 14th St. Luke's Health Support 3333 Squalicum Parkway, Bellingham, WA 98225
For more information, or to register, call **Terry Price** at: **360.371.0284** or e-mail to **dardnterry@comcast.net**

NAMI gives a FREE class twice a year for family members (son, daughter, wife, husband, grandchild, sister, brother, etc.) of people with a mental illness. The knowledge and support the family members receive from this program is priceless. The class meets for 12 consecutive Wednesdays beginning on September 14th. Pre-registration is required.

NAMI Skagit County Peer-to-Peer Education Course

This education course is centered on the topic of recovery for anyone living with serious mental illness who is interested in establishing and maintaining wellness. The course is designed to offer an opportunity for growth to ANY individual living with mental illness. It is taught by a team of three trained mentors who are experienced at living well with mental illness.

7:00 p.m. September 13th First United Methodist Church 1607 East Division Street Mount Vernon, Washington 98273
For more information, call **Beth Gould** at **360.445.5103**

NAMI Contacts:

NAMI Toll-free: 1.800.782.9264
NAMI Whatcom County office: 360.671.4950
NAMI Skagit County office: 360.424.7935
NAMI Snohomish County office: 425.339.3620
NAMI Whidbey Island office: 360.675.7358
NAMI Camano Island office: 360.384.3858

Ombuds

If you need help, or are unhappy with your mental health services in Island, San Juan, Skagit, Snohomish, or Whatcom County -
Call your Ombuds today!
360.416.7008 or **1.888.336.6164**
Services are free and confidential.
The North Sound Region Ombuds will be moving to a new location in September 2005. Check our website, www.nshma.org, for updates on the move.

¿ Tiene Crisis ?

Llame Salud de Mental Servicios de Crisis a 800-584-3578 24 Horas - Llame da Gratis
North Sound Mental Health Administration, Salud de Mental Publico de Island, San Juan, Skagit, Snohomish y Whatcom Condados.

1 persona entre 5 tiene una enfermedad mental, **pero hoy la gente SE RECUPERA.**
Si necesita ayuda llame gratis al **1-888-693-7200.**

About Recovery Around the Sound

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All letters and articles become the property of *Recovery Around the Sound* and are edited prior to publication.

1 person in 5 has a mental illness, but today **people are RECOVERING!**
For help, call toll-free 1-888-693-7200.



Informative Web Sites

Public and private patient assistance programs helping low-income, uninsured patients get free (or nearly free) medicines:
www.helpingpatients.org
SAMHSA's National Mental Health Information Center
www.mentalhealth.samhsa.gov
Depression and Bipolar Support Alliance (DBSA)
www.dbsalliance.org

National Institute of Mental Health
www.nimh.nih.gov
National Mental Health Association
www.nmha.org
National Alliance for the Mentally Ill
www.nami.org
Mental Health Matters
www.mental-health-matters.com
National Foundation for Depressive Illness, Inc
www.depression.org

NSMHA News

Waving Goodbye...



Shirley Conger

Shirley's principles, kindness, and courage as a North Sound Mental Health Ombuds will be remembered with respect and affection.



Judy Susia

was an outstanding resource and will be fondly remembered by NSMHA staff and by all those she touched with her warmth and humor.



Deborah Moskowitz
Ombuds/QRT



Dennis Regan
Data Support Analyst



Debra Jaccard
NSMHA Quality Specialist



Sandy Whitcutt
NSMHA Quality Specialist

Sharri Dempsey

accomplished much at the NSMHA, instituting the only RSN Tribal program in the State. Her accomplishments included establishing the Tribal Mental Health Conference and the Recovery Conference. We wish her all the best.



Waving Hello...

To the many new faces at NSMHA

Margaret Rojas

Consumer Affairs Coordinator



Have You Written *Your* Advance Directive?

A mental health advance directive is a written document stating your directions and preferences for treatment and care during times when you are having difficulty communicating and making decisions. It can inform others about what treatment you want or don't want, and it can identify an agent you trust to make decisions on your part.

Advantages of having an advance directive:

- You have more control over what happens to you during a period of crisis
- Providers and others will know what you want even if you are unable to express yourself
- Your directive can help your case manager and others who are involved in your mental health treatment
- Providers are required by law to respect what you write in a mental health advance directive to the fullest extent possible

How is a mental health advance directive created?

- The form is available at: <http://www1.dshs.wa.gov/mentalhealth>

Examples of what can be included in a mental health advance directive:

- Consent for or refusal of particular medications
- Consent for or refusal of inpatient admission
- Who can visit you if you are in the hospital
- Who you appoint to make your decisions and take actions for you (your agent)
- Anything else you do or do not want in your future care

For more information about mental health advance directives:

- * Read the law on-line at <http://www.leg.wa.gov>. Follow the links to Laws and Agency Rules. Look under the Revised Code of Washington for RCW 71.32.
- * Call your local mental health provider or North Sound Ombuds (1-888-336-6164)
- * Call the Mental Health Office of Consumer Affairs: (1-800-446-0259)

This information was taken from the DSHS brochure "Mental Health Advance Directives Information for Consumers. To read the whole brochure, visit: <http://www1.dshs.wa.gov/mentalhealth/advdirectives.html>



Congratulations to the Winners of NSMHA's 5th Annual Poster Contest!

We received over a hundred entries for this year's "My Vision of Hope" poster contest! We will have the posters on our walls through the month of August, please drop by and stroll the halls to admire the talent of our consumers. Our Board of Directors and Guest Judge, Representative Kelli Linville of Bellingham, had the tough job of choosing the three finalists.

Everyone at the North Sound Mental Health Administration feels honored to have had the opportunity to share the creative expression of so many, and would like to thank all the participants who entered the contest. Photographs of the winning posters can be viewed by visiting the NSMHA website: <http://www.nsmha.org> and clicking on the "Poster Contest" link.

1st Place Winner



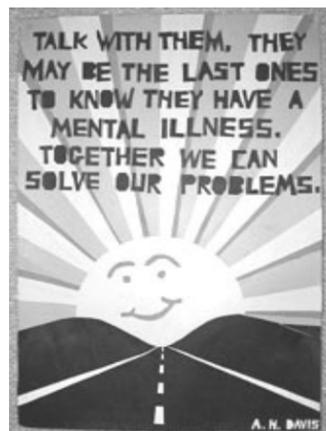
is *Sheryl Petrie* of Bellingham for her entry "Putting on Hope"

2nd Place Winner



is *Kristen Stout* of Snohomish for her entry "Dawn"

Directors Award Winner



is *Andrew Davis* of Bellingham for his entry "Together We Can Solve Our Problems"



Voice of Recovery

My name is Xanadu Daniells. I have a genetic illness called bipolar disorder. By the age of four I constantly said "I don't want to live" and "I wanna die." By second grade I had tried to jump out of my bedroom window, by my sophomore year of high school I had two long-term stays at a psychiatric hospital. I spent years going between two poles - the manic and the depressive ones.

When I was depressive, there would be times when I could hardly get out of bed. It was hard to concentrate. Doing simple things like reading was draining. I couldn't remember things, and simple decisions seemed overwhelming and frightening. I would worry, cry for no apparent reason, and when I got home I would sleep from the time I got in the door to the very next day. I felt like I was sleepwalking.

When I was manic, I was a bubbly social person that people loved. I had rapid thoughts and impulses that never seemed to cease. My mind would run a rampage with thoughts of

"I was fortunate, I got the right help, even if I didn't like it..."

inflicting pain on others or throwing a desk in midair. I did a lot of things while manic that I don't remember, but I do remember the sleepless nights. I would go for two weeks at a time with no sleep. I would talk so fast that people would tell me to slow down, but I couldn't control what was in my head. Before getting help, I felt like I was dying. 15% of people with bipolar disorder end their life, but I was fortunate. I got the right help, even if I didn't like it! I've been stabilized for three years now.

My recovery is allowing me to work and be an active member of my community. I am working at Homeplace as a nursing assistant and have the additional responsibility of supervising certain staff members. To keep myself stable and motivated I have become a marathon runner. Running not only keeps me healthy mentally, but physically too.

Today, I can say that I am truly living!



Drum Beats

Best Practices In Indian Country

2005 North Sound Tribal Mental Health Conference

The fifth annual Tribal Mental Health Conference was successfully held May 4th and 5th at the Skagit Resort. A fantastic selection of speakers were lauded by attendees, and for the first time at this conference a Pow-Wow was held, led by Ray Fryberg of the Tulalip Tribes. All enjoyed the presence of healers throughout the conference, sponsored by the Tulalip Tribes to provide complimentary medicinal massage, acupuncture, Reiki, and Bowen sessions. Thank you to everyone who registered and supported this year's conference, and who gave us feedback on what you enjoyed and how you felt the conference could be improved. We are listening to your suggestions! Here is an overview of the conference evaluations.

- 98% strongly believe that the conference should be held again next year
- 85% strongly believe that the conference addressed important topics
- 90% were highly satisfied with the hotel and food
- 94% were highly satisfied with the conference overall



What did you like best about the conference?

Attendees enjoyed the facility, renowned speakers such as June LaMarr, Karina Walters, and Al Siebert, informative workshops, cultural issues being addressed, exceptional emceeing by Rudy Vendiola and Ray Fryberg, and the positive atmosphere throughout the conference.



If you are a Tribal Person, how can this conference be more culturally accurate and/or informative?

Tribal members suggested having more personal stories as opposed to statistical data, inviting more tribes, including Canadian First Nations, having portions of the program in native languages, and holding workshops on how to incorporate more traditional native knowledge into therapy.

All are great suggestions and we appreciate those who took the time to fill out an evaluation form.

Recovery Conference 2006

Wednesday January 11th, 2006, 8:30 a.m. - 4:30 p.m.

Theme: "Recovery & Resiliency"

This year's Recovery Conference will be facilitated by Sam Magill. Sam is an Organizations Development Consultant who has been "weaving great conversations since 1971". Sam has 25 years of experience in Organizational Development and is currently focusing on coaching leadership groups in health care, public health and public services. We look forward to Sam's participation at this year's Recovery Conference.

We are pleased to announce that Peter Feigal has accepted our invitation to be our Keynote Speaker. Peter is a consumer who has lived with Bi-Polar Disorder for thirty years and with Multiple Sclerosis for seventeen years. He is a nationally known speaker, actor and artist. We look forward to hearing Peter's journey of recovery.



It's time to start planning!

We are looking for volunteers to participate on our Conference Committee. Your help is needed in setting our direction and making this conference a valuable learning experience.

If you are interested, please call Margaret Rojas at (360) 416.7013 or toll-free at 1.800.684.3555 for further information.

We look forward to hearing from you!

2005 NSMHA Board of Directors

The NSMHA is fortunate to have a Board of Directors whose members are knowledgeable about mental health and dedicated and involved with the Mental Health community. These members are:

County Representatives:

Michael Shelton - County Commissioner, Board of Island County
 Jackie Henderson, Island County Health Department (*alt.*)
 Rhea Miller - County Commissioner, Board of San Juan County Commissioners
 Barbara LaBrash - San Juan County Coordinator, San Juan County Human Services (*alt.*)
 John Manning - Director, San Juan County Health and Community Services (*alt.*)
 Ken Dahlstedt - County Commissioner, Board of Skagit County Commissioners
 Dr. Chris Tobey - Skagit County Youth & Family Services (*alt.*)
 Aaron Reardon - County Executive, Snohomish County
 Janelle Sgrignoli - Director, Snohomish County Human Services (*alt.*)
 John Koster - Snohomish County Council
 James Del Ciella - Snohomish County Council (*alt.*)
 Dave Gossett - Snohomish County Council
 Carrie Schlade - Snohomish County Council (*alt.*)
 Kirke Sievers - Snohomish County Council
 Sharie Freemantle - Snohomish County Council (*alt.*)
 Pete Kremen - County Executive, Whatcom County Courthouse
 Regina Delahunt - Whatcom County Health Department Director (*alt.*)
 Dewey Desler - Deputy Administrator, Whatcom County (*alt.*)
 Ward Nelson - County Council Member, Whatcom County Council
 Sharon Roy - County Council Member, Whatcom County Council (*alt.*)
 Gary Williams - Whatcom County Health & Human Services (*alt.*)

Consumer Representatives:

Marie Jubie, Regional Advisory Board Chair
 Mary Good, Regional Advisory Board Member

Tribal Representatives:

Sheryl Fryberg, The Tulalip Tribes
 Dr. June LaMarr, The Tulalip Tribes (*alt.*)
 Joe Johnson, Nooksack Tribe



2005 NSMHA Regional Advisory Board

The NSMHA is also fortunate to have an Advisory Board of consumer representatives who are well-informed and committed to serving the Mental Health consumer community. These members are:

Island County

Census: 74,200
 Positions: 3
 1.) Patricia Whitcomb
 2.) *Vacancy*
 3.) *Vacancy*

Skagit County

Census: 99,357
 Positions: 3
 1.) Mary Good
 2.) Joan Lubbe
 3.) Jim King

Whatcom County

Census: 156,830
 Positions: 5
 1.) Tom Richardson
 2.) Charles Albertson
 3.) Russell S. Sapienza
 4.) Marianne Elgart
 5.) Andrew Davis

San Juan County

Census: 12,493
 Positions: 2
 1.) *Vacancy*
 2.) *Vacancy*

Snohomish County

Census: 587,783
 Positions: 8
 1.) Jack Bilsborough
 2.) Marie Jubie, Chair
 3.) Laurel Britt
 4.) Chris Walsh
 5.) James Mead
 6.) *Vacancy*
 7.) *Vacancy*
 8.) *Vacancy*

A vacancy is an opportunity for consumers and advocates to become involved. For information on being part of your County MH Advisory Board, call:

Island: Jackie Henderson - (360) 679-7350 x 7462
San Juan: Barbara LaBrash - (360) 376-6242
Skagit: Maile Acoba - (360) 336-9395 x 5501
Snohomish: Jill Dace - (435) 388-7209
Whatcom: Gary Williams - (360) 738-2504 x 30693

Community Planning on NSMHA's Strategic Plan



Currently, the North Sound Mental Health Administration is meeting with local advisory boards and community members to update our Strategic Plan. The North Sound Region will have an increase in State funding and a slightly larger decrease in Medicaid funding.

There is some flexibility with our State funding which will have a significant impact on services in our region. Priorities for spending these funds were identified by the Regional Medicaid Changes Workgroup in April of 2004 and adopted by the North Sound Mental Health Administration's Board in

September of 2004. Some additional options have been added since this policy was adopted.

We have established an online survey that will allow you to make a determination on where to spend State funding within the priorities identified. The priorities that emerge from this public process will be used to direct our future in serving people with mental illness in our region. Please encourage consumers, family members, advocates and community members to take the survey.

You can access the survey at the following address:

www.nsmha.org/scorecard

