

Meeting	November	December	January
NSMHA MH Advisory Board	Tues. 11/7, 1:00 PM	Tue. 12/5, 1:00 PM	Tue 1/2, 1:00 PM
NSMHA Board of Directors	Thurs. 11/9, 1:30 PM	Thurs. 12/14, 1:30 PM	Thurs 1/11, 1:30 PM
Island County MH Advisory Board	Mon. 11/20, 10 AM	No Meeting	Mon. 1/15, 10 AM
San Juan County MH Advisory Board	Mon. 11/20, 11:45 AM	Mon. 12/18, 11:45 AM	Mon. 1/15, 11:45 AM
Skagit County MH Advisory Board	Mon. 11/6, Noon	Mon. 12/4, Noon	Mon. 1/1, Noon
Snohomish County MH Advisory Board	Mon. 11/13, 5:45 PM	No Meeting	Mon. 1/8, 5:45 PM
Whatcom County MH Advisory Board	Mon. 11/13, Noon	Mon. 12/11, Noon	Mon. 1/8, Noon

The Challenges & Opportunities Ahead



Dave Gossett
Chair, NSMHA Board of Directors

Throughout the state, mental health services are changing rapidly. The State Mental Health Division is in the midst of a Transformation Grant. Here in the North Sound region, we are not waiting on the State's Transformation process--we are transforming our region's mental health system now.

Members of the North Sound Mental Health Administration have a number of issues to address – some are new and exciting while others reflect the difficulties of overseeing our local mental health system.

Our region is one of two demonstration sites for a "Detox Pilot Project." This project tests the concept of expanding the role of Involuntary Treatment services to meet the needs of persons addicted to alcohol and other drugs.

Designated Mental Health Professionals may detain involuntarily persons who frequently show up at hospital emergency rooms due to the effects of the drugs (including alcohol) which they use. After a maximum of 14 days of involuntary treatment, many of these persons choose to move on to 60 day voluntary treatment facilities to gain control of their drug use problem.

A second innovation in our region is the Jail Services Project which connects persons with mental illness in jail with treatment services even prior to their release. Our goal is to reduce the high rate of recidivism which causes mentally ill persons to end up in jail far too often. Staff in this project arrange for speedy reinstatement of Medicaid benefits for eligible inmates (they lose their Medicaid eligibility as a result of incarceration) so they can obtain the medications which help them to cope with their mental illness. Services also help released inmates to obtain housing, food and ongoing mental health counseling to slow or even stop the vicious cycle of re-offending and incarceration which afflicts too many persons with mental illness.

Even as Transformation is happening, we face daunting deficiencies in our mental health service network. Services for children with mental health problems, particularly emergency care, are woefully inadequate in our region.

These children often end up in facilities in Kitsap, Yakima and Spokane counties. Residential mental health services for adults and children also fall well short of the need for this care. Too many of our citizens spend far too long in inpatient mental health facilities awaiting a vacancy in the few boarding homes which treat persons with mental illness.

Finally, we all acknowledge that there are not enough public and private funds available to support mental health services. This deficit of support means we focus on responding to crisis. Preventive services which help persons with mental illness to cope effectively with their mental illness, or avoid mental illness altogether, end up with the "financial left-overs".

The foundation is here for a network of mental health services of which we can all be proud but we have much work to do. I look forward to working with the NSMHA board and staff, providers, consumers, and advocates as we transform the ways we meet the mental health needs of all our citizens.

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Exemplary Service Awards!

The Exemplary Service Award Ceremony was held Monday June 26th at the Skagit Resort. There were thirty-six different nominations in total, the nominees ranging from programs to individuals to facilities. After a fantastic lunch buffet, the Exemplary Service Award Winners were announced and received their awards. Guest speakers Pete Feigal and Sam Magill joined us in celebrating the exceptional work being done by exceptional people in the North Sound region. Congratulations to all the nominees and winners of this year's Exemplary Service Awards.

Exemplary Service Award winners by category:

- Direct Service Provider: **Jennifer Rugg, bridgeways**
- Systems Integration: **Maile Acoba, Skagit County Human Services**
- Advocate: **Marie Jubie, NSMHA Advisory Board**
- Customer Driven Service Innovation: **The Rainbow Center**

Thanks to all for your nominations in recognition of the exceptional work being done in our region!

Saying Goodbye to a Long Time Advocate

John Patchamatla passed away on September 12, 2006. John served on the North Sound Regional Advisory Board as a strong advocate for persons with mental illness. John is remembered as a kind man who gave back to his home community of Everett for a number of years. He will be missed.

NSMHA Online Training & Conference Calendar

Julie de Losada, Youth Care Advocate and Chair, Regional Training Committee

The NSMHA would like to let you know of a new online resource available to providers, consumers, and other natural supports throughout the region. Thanks to the recommendations of our Regional Training Committee and the work of our IT department, we have added a Training and Conference Calendar to our website. We hope that both providers and consumers and/or their family members will find this site helpful in locating education workshops, trainings and conferences throughout the state.

The direct link to the calendar is: http://www.nsmha.org/News/Training_Calendar.asp. The calendar can be accessed from our website, www.nsmha.org by clicking the "Calendar of Events" button on the left. From there, click on the red "Training & Conference Calendar" link.

If you know of a training that is not listed and would like to see it added, please contact me at nrsrn@nrsrn.org and I will review it for addition to the calendar. As a reminder, we would like to keep our postings relevant to community mental health, although a training does not need to be provided by a community mental health agency to be listed. The NSMHA is providing this information as a resource only and does not necessarily endorse trainings, workshops, or conferences posted. Our intention is to keep the site current with weekly updates, so be sure to check back often!

Dignity and Respect

Chuck Davis – North Sound Regional Ombuds 1-888-336-6164

In the Ombuds office we hear a lot about respect and dignity. "Respect" is a crucial concept in all societies. From Aretha Franklin's "R-E-S-P-E-C-T," to "Fear This" bumper stickers, to the alternative lifestyle fight for acceptance, to gang warfare, to hostilities in the Middle East...everyone wants respect. Mental health consumers demand it too! In fact, Washington's new Transformation Grant is designed to help them gain respect.

"Human dignity" is another weighty concept! Human dignity is so important that respect for it is enforced in our society by law. For example, requirements mandating respect and honoring dignity to consumers are found in the Community Mental Health Washington Administrative Code and the Mental Health Division's Benefits booklet. The Washington Administrative Code says, "You have the right to be treated with respect, dignity and privacy." The booklet says essentially the same thing.

When the Washington State Legislature envisioned a public mental health system of capitated costs and managed care, it saw the potential for respect and dignity to be overlooked. That's one reason they formed Ombuds.

Respect and dignity are human rights that we all must keep foremost in our minds and attitudes as we interact with each other. Consumers may not always dress in the finest garb, drive the finest cars or have some of the other things that seem to engender respect in our society, but as equal citizens of our country they deserve all the admiration and respect due every citizen.

Respect and dignity complaints that Ombuds pursue include: condescending attitudes, not listening, ignoring phone calls, rudeness, accusations that the consumer is wrong about facts, impatience, curtness, summarily dismissing questions or suggestions, undeserved criticism, sarcasm,

inappropriate comments, withholding information, and confrontational attitudes. Consumers tend to get these attitudes frequently from society and they are acutely aware of them. They shouldn't get them from the community mental health system.

What are some things we can do to esteem and value others, ensure their respect, and honor their dignity? If you dissect the word "respect," you find "spect" which means to "look or consider;" and "Re," which means to take another look. Maybe we all need to take another (and a closer) look at how we treat others.

Consumers and treatment professionals alike can decide to treat each other courteously and respectfully. Check up on your own attitudes and actions frequently. Make respect and human dignity your mantra. When you feel frustrated with others, implement whatever your "calm-down-quick" techniques are. Hear people out; don't interrupt; remain courteous.

Parent Groups

The Training in Resource Partnership (T.R.I.P.) will be organizing three parent support groups and training opportunities in the North Sound Region. The groups will focus on parent partners, empowerment, advocacy, education and systems navigation. Please call Barbara Andrews at 1.800.396.9059 for more information.

Need information?

Try 2-1-1...

2-1-1 is the three-digit telephone number assigned by the Federal Communications Commission for the purpose of providing quick and easy access to information about health and human services.

Recovery Conference

The 2007 Recovery Conference will be held the first week of October to coincide with Mental Health Week. Check NSMHA's website for future details!

Shared Care Plan

To better serve consumers, St. Joseph hospital has developed a "Shared Care Plan". This is a free, easy-to-use, personal health record that lets consumers organize and store vital health information with physicians and treatment providers. For more information, go to www.Shared-CarePlan.org.

NAMI Whatcom Classes:

Visions for Tomorrow

FREE 10-week course for parent/caregivers of children living with the challenges of psychiatric disorders. Topics include an overview of psychiatric disorders affecting children. Focus on skill development to help families cope with their children's challenges. Free childcare provided! The class will run for 10 weeks on Tuesday nights from 6:30-9:00 pm. Register by contacting Betty Scott at 360.738.7675.

NAMI Skagit Peer-to-Peer Education Course

This is a FREE nine-week program with classes for 2.5 hours per week. This program is for any person with serious mental illness to establish and maintain wellness. Register by calling Beth Gould at 360.445.5103.

**Canoe Journey/
Life's Journey:**

A Life Skills Manual for Native Adolescents, written by Dr. June LaMarr and Dr. G. Alan Marlatt

Writers

June LaMarr, Ph.D (Paiute/Pit River) received her Ph.D in clinical psychology with distinction from the University of Washington. While in graduate school, June took the lead in the development of Canoe Journey/Life's Journey manual and was member of the team that implemented the curriculum in Seattle. She presently works for the Tulalip Tribes, and is the acting manager of beda?chelh, an Indian child welfare program.

G. Alan Marlatt, Ph.D is director of the University of Washington's Addictive Behaviors Research Center and was the principal investigator on the U of W team in collaboration with the Seattle Indian Health Board on Canoe Journey.

Manual description

The Canoe Journey/Life's Journey is an evidence-based culturally appropriate intervention curriculum that was a collaborative effort between the Seattle Indian Health Board and the Addictive Behaviors Research Center, U of W. It was developed over three years as part of Journeys of the Circle Project, and is a comprehensive life skills curriculum that helps youth make positive choices while avoiding the hazards of alcohol, tobacco, and other drugs. Developed for urban Native American adolescents, Canoe Journey/Life's Journey is appropriate for all teens and all settings, in prevention, treatment, and criminal justice.

The program uses the canoe journey as a metaphor for learning on how to cope successfully with various life challenges and risks, so as to complete the journey safely and to enhance the value of a healthy lifestyle. The Medicine Wheel, which emphasizes harmony, balance, and the interconnectedness of all things, is interwoven in the curriculum. Traditional symbols and stories are used to enhance youth training in communication, problem solving, decision-making, coping skills, and spiritual values.

The manual contains eight sessions each of which include facilitator notes and handouts:

- o The Medicine Wheel/Canoe Journey as a Metaphor
- o Who Am I? The Beginning at the Center
- o Community Help and Support: Help on the Journey
- o The Quest: Goal Setting
- o Overcoming Obstacles: Solving Problems
- o Effective Communications: Listening to Others and Expressing thoughts and feelings
- o Strengthening our Body & Spirit

Implementation

The manual was first implemented on a group of urban native adolescents who were patients of the Seattle Indian Health Board community, with positive results. Consequently, the curriculum was extended to the Tulalip Tribal community

The National Institute of Health (NIH) and the One Sky Center, the first National Resource Center for American Indians and Alaska Natives dedicated to improving prevention and treatment of substance abuse and mental health, funded a pilot project to implement the curriculum of the canoe journey life skills manual



Dr. June LaMarr presents her life skills manual for Native adolescents at the 2006 Tribal Mental Health Conference.

in the Tulalip Tribes community. June LaMarr, Sheryl Fryberg and Fred Beauvais, (Colorado State University) orchestrated the process. Five meetings were held with community members to adapt the curriculum to the Tulalip culture. Individuals from the canoe family were trained to teach the curriculum. The Tulalip Tribes canoe family traditionally have a night where they assemble to participate in cultural activities and drumming. The curriculum was implemented in this setting with a group of Tulalip adolescents.

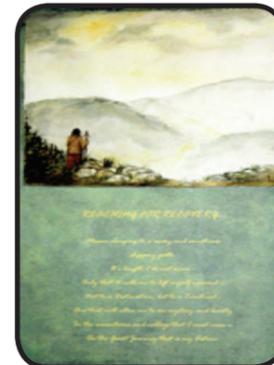
Dr. June LaMarr has since visited the Tsawout, B.C. community and Quadra Island, B.C. where she gave a workshop to representatives of ten different communities. She has plans to work with other communities in Canada in the near future. June has also presented on the manual at our very own North Sound Tribal Mental Health Conference.

To order your copy of Canoe Journey: Life's Journey, call 1-800-328-9000 or visit www.hazelden.org/bookstore. All non-profit royalties from this manual go to supporting the Seattle Indian Health Board's youth programs.

2006 NSMHA Poster Contest

Congratulations to the winners of NSMHA's 6th Annual Poster Contest! The winners were chosen by the NSMHA Board of Directors on July 13th, 2006. Each poster entry was proudly displayed in an Art Walk at NSMHA on Friday, August 4th.

Photographs of the winning posters can be viewed by visiting the NSMHA website: <http://nsmha.org> and clicking on the "Poster Contest" link. For a free copy of the poster, call 360.416.7013.



First Place Winner
"The Trailhead",
Kristen Stout



Second Place
Winner
"Forsaking Win-
ners' Mind",
Michelle Feller



Directors Award Winner
"Reach for Recovery III
(Around the World)",
Megan Haferkamp



Directors Award Winner
"Risen", Michelle Feller

The 2006 Tribal Mental Health Conference

"Trauma: Transformation to Triumph" was held on May 3rd & 4th at the Skagit Resort in Bow. This year the Keynote speakers were returning favorite Al Siebert, author of "The Resiliency Advantage", winner of the Independent Publisher's 2006 Best Self-Help Book Award, and reknowned actor and performer Swil Kanim, who delighted the audience with original compositions on his violin throughout his presentations.

In addition to those given by the keynote speakers, breakout sessions were given by Diane and Rudy Vendiola, Dr. June LaMarr, Rosemary Gibbons, and Gerry Oleman, and Ken Stark and Jennifer Lapointe.

The Native Youth theater group Red Eagle Soaring made a trip up from Seattle to put on a great performance of one of their plays on the evening of the 3rd.

A special thank you to everyone who participated in this years conference and made it such a success, and keep an eye out for invitations to the 2007 conference, we guarantee you won't want to miss it!

2006 Behavioral Health Conference

On June 14-16 2006, nineteen consumers from the North Sound region attended the Behavioral Health Conference "Creating Futures, Transforming Lives" in Wenatchee, WA. It was an inspirational time for everyone. Consumers, mental health professionals, advocates and "bureaucrats" all joined together in learning, sharing and dancing!

The keynote speakers listed below were exceptional with thought provoking words and performance.

+ Scott Miller, PhD, co-founder of the Institute for the Study of Therapeutic Change, a private group of clinicians and researchers dedicated to studying "what works" in treatment.

+Victoria Maxwell, one of North America's most sought-after consultants and speakers on workplace depression and bipolar disorder, mental illness and recovery, early detection of employee depression, reducing stigma and creating corporate mental health strategies.

+Daniel Tomasulo, PhD, TEP, MFA, who has gained international recognition for development of the Interactive-Behavioral Model of group psychotherapy for people with intellectual and psychiatric disabilities

We look forward to next year's conference. Please visit our website in 2007 for details as they become available.

Welcome New



Big changes are underway at NSMHA as six new staff have been hired recently! Debra Jaccard is now NSMHA's Quality Manager, and Margaret Rojas is now the Contracts Coordinator/Consumer Affairs Coordinator.

Staff!

Here is a little bit more about the six new staff we are thrilled to have on board!



**Kurt Aemmer,
Quality Specialist**

Kurt graduated from W.S.U. in 1976 with a B.A. in Sociology and worked in Cowlitz County as a Designated Mental Health Professional/Crisis Counselor before earning his M.S.W. from the University of Michigan. He worked for the Comprehensive Care Corporation for 15 years and in 1995 became a Certified Professional in Healthcare Quality. Kurt has 6 years experience as a quality data analyst, primarily in teaching and helping clinicians develop and utilize behavioral health treatment plans. Kurt is also an accomplished musician with five albums and three Blues awards under his belt!

Laura is a Licensed Independent Clinical Social Worker (LICSW) and has worked in inpatient and outpatient mental health services in this Region for a total of 8 years, including Compass South, Volunteers of America/Integrated Crisis Response System and Valley General Hospital Geropsych Unit. She has also worked for the Northwest Area Agency on Aging (AAA). Laura is on the National Association of Social Workers, Washington Chapter Board of Directors.

**Laura Davis,
Quality Specialist**



**Angela Fraser-Holtz,
Quality Specialist**

Angela last worked for Seattle Children's Home for the last 5 1/2 years with children from the ages of 3-21 years and their families. She worked in the residential unit, then on case management for youth transitional living and last as an outpatient clinician. Angela will now be working with the child system as a Children's Care Advocate and has an interest in learning more about direct care adult mental health service.

Charissa, a Washington resident for the past 16 years, has a M.S. in Mental Health Counseling from Western Washington University. Since graduate school, she has worked as a clinician at Compass Health and as a mental health counselor for the Department of Corrections.

**Charissa Fuller,
Quality Specialist**



**Tom Yost,
Planning Specialist**

Tom has worked for nearly 30 years counseling and providing mental health services to persons with developmental disabilities. Until recently, he was the co-chair of the Whatcom County Developmental Disabilities Advisory Board. Currently, in addition to working at NSMHA (1/2 time), he conducts training on counseling and communications with people who have developmental disabilities. As a volunteer, he also teaches math and English to non-English speaking persons in Whatcom County.

Sean has been working with computers since 2000, for telemarketing firms, Sears, CitiBank, and has had his own business in Oak Harbor for the last two years. His basement has 8 working computers, 5 non-working ones, and enough spare parts to make one or two more (working or not)!

**Sean Powell, IS
Support/Accounting
Assistant**

No Photo
Available

Mental Health Transformation Project

James Mead - Consumer/Advocate

This is an update on the Mental Health Transformation Project that started back in March 2005. While the consumer movement that ultimately led to Washington State's Transformation activities is decades old, the Transformation Grant process can be traced to the President's New Freedom Commission.

In April, 2002, President Bush signed Executive Order 13263 establishing the New Freedom Commission (NFC) on Mental Health to study problems and gaps in the mental health system and make concrete recommendation that federal, state, and local government, as well as public and private health care providers could implement. In July, 2003, the NFC issued its report Achieving the Promise: Transforming Mental Health Care in America.

Washington's Mental Health Transformation Grant was awarded in October 2005. The timeline has been developed to assure that the Comprehensive Mental Health Plan (CMHP) is completed and submitted to the Substance Abuse and Mental Health Services Administration (SAMHSA) on October 1, 2006. It is important to understand the Project's process for Subcommittees, Task Groups and the Transformation Work Group.

It has been my pleasure to be a part of this very large transformation project. There are several people in the North Sound Region that are a part of the many groups and committees working on making the Mental Health Transformation Project a big success for not only the consumer, but the families, providers, RSN's and County Coordinators as well as others.

There are (8) subcommittees that have put in long hours traveling around the state holding forums regarding Criminal Justice, Youth in Transition, Older Adult Consumers, Homeless, Co-Occuring Disorders, Adult Consumers and Families, Youth in Transition, and Children/Youth and Parents/Families. I meet in Olympia twice a month as a member of the Mental Health Transformation Grant-Evaluation-Task-Group. I am very excited that when we submitted our most recent report to the feds, they were totally impressed.

Some of the comments that we received from SAMHSA on our last report to them were "We were blown away by how readable, accessible and clear it was...", "Very professional and readable", "You set the standard." "Read like a novel."

All of you who have internet access can bring up the website for the Mental Health Transformation Grant at www.mhtransformation.wa.gov and learn more about the Project. You can be proud that the Governor is leading this project and the consumer/family is a large part of the transformation.

Radio Broadcast!

Linda Nelson, a mental health services consumer in the process of recovery, was interviewed by the Bellingham radio station KGMI on September 6th from 4:15 - 6:00 pm.

Linda gave a first hand account of going through the Involuntary Treatment Act process into a hospital. She spoke about the needs of mental health consumers and the importance of reducing stigma associated with mental illness. Linda stated that this was her opportunity to throw a stone at the great stigma of mental illness.

Congratulations, Linda, for giving a fantastic interview, and thank you for being a stellar advocate for persons with mental illness!

The first statewide Consumer Conference

took place September 15th and 16th in Kennewick, WA. The conference was entitled "Living with Purpose, Honoring Spirit, Mind and Body". The conference was sponsored by the Mental Health Transformation Project, bringing over 200 consumers from across the state together.

The keynote speaker, Joseph Rogers, is the Executive Director of the National Mental Health Consumers' Self-Help Clearinghouse and the CEO/President of the Mental Health Association of Southeastern Pennsylvania. Joseph had the crowd energized and inspired to build a statewide coalition of mental health consumers! Numerous workshops were offered, everything from an "Unconditional Love and Forgiveness" session to "How Employment Supports your Recovery Journey".

We look forward to next year's conference. Please visit our website in 2007 for details as they become available!