



NAMI CLARK COUNTY

Affiliate of the National Alliance on Mental Illness
The Nation's Voice on Mental Illness



"Our mission is to improve the quality of life for all those struggling with and affected by brain disorders; people with a psychiatric condition, family members, mental health professionals, and concerned citizens. Our goal is to support, educate, advocate, promote recovery, encourage research, and political advocacy."

Office Info.

Office & Library

Hours:

Monday – Friday
11:00 am–3:00 pm
(closed on holidays)

Phone:

(360) 695-2823

Fax:

(360) 823-1088

Physical Address

317 East 39th Street
(SW corner of 39th
& Main Street)

Mailing Address:

PO Box 5353
Vancouver, WA 98668

Website:

www.nami-clark.com

HAPPY NEW YEAR

JANUARY-FEBRUARY 2008

COMING EVENTS

January 8th (2nd Tuesday)

Education Meeting: 7:00-8:30pm

Antonia Rathbun, Children's Center

January 10, 2008

Family 2 Family 12 week classes begin

6:30-9:00pm

Classes continuing each Thursday

January 15th (3rd Tuesday)

Family Support Group: 7:00-8:30pm

February 12 (2nd Tuesday)

Education Meeting: 7:00-8:30pm

Brad Berry, CVAB

**ATTENTION ALL NAMI-Clark
County MEMBERS**

January 29th – Tuesday-6:30 PM

**NAMI-Clark County Annual
Membership Meeting and Election of
Board of Directors**

Board of Directors

Officers

President: Don Greenwood

Vice Pres.: Harley Sell

Secretary: Judy Straub

Treasurer: Dave Sanders

Board Members

Criss Denny

Michael Mattox

Linda Phelan

Nancy Shafton

Loretta Walsh

Michele Wollert

Monthly Meetings:

Education Meeting

2nd Tuesday
7:00-8:30 p.m.

Family Support Group

3rd Tuesday
7-8:30 p.m.

Depression Bipolar Support Alliance

Group
3rd Thursday

YOU ARE INVITED FAMILY FORUM

Participate in an open forum to discuss how to cope with mental illness in the family.

Topics to Include:

Law Enforcement Special Training

Crises Management

Thursday, January 31st

6:00-8:00 PM

Covington Middle School
11200 NE Rosewood Ave.

Vancouver, WA

THE FAMILY VIEW OF RECOVERY

Submitted By

Pat Roe, Family Support Specialist, Clark County Dept. of Community Services
(360) 397-2130, ext. 7874 - patricia.roe@clark.wa.gov

In a recent community meeting, we were all asked to ponder the question, “What is your view of recovery?” I used to equate my recovery with that of my son. When he was having a bad time, so was I. When life was going okay for him, I could get on as well. Whether he liked it or not, our recovery journeys were so intertwined that I couldn’t envision a time when I could go through a day without connecting with him to see how we were. And then at a meeting one night someone introduced me to the word “detach” and I started a whole new journey of my own.

There are really two components that went into my family and personal recovery. The first was being able to let go of my son and allow him the room to recover, and the second was having the resiliency to keep on trying when things weren’t working out the way they should.

Resiliency comes into play whenever we need to look beyond the struggles of today to the hope for what tomorrow may bring. Pennsylvania State University has a web site dedicated to Family and Youth Resiliency and they state that “resiliency is the ability of a family to develop and or maintain healthy functioning and successfully adapt to life’s challenges and risks.” Sounds a lot like recovery, doesn’t it?

I was speaking with another mother the other day and she described their life with her son as a roller coaster. One day things are going well and the next they are in crisis. It can be truly overwhelming. I understood her analogy because I had used it myself. For many years, I too was on that roller coaster. The worst part of it all was that I never bought a ticket for that ride, it just grabbed me and off we went. When I made a conscious decision to stop riding, I got better and was able to get out of my son’s way so he could take control of his journey through recovery.

Getting back to the original question, “What is your view of recovery?” I would have to say that my view of recovery is wrapped around everyone in my family choosing to live purposefully in a healthy environment while growing and adapting to whatever life throws at us. And, as we each find and define our personal recovery, our family as a whole recovers and we can stop the roller coaster forever.



Thank you to all our Volunteers and Sponsors who helped make our Annual Consumer Holiday Celebration a success once again this year. We thank all those who attended who celebrated with their families.

TIME TO RENEW YOUR MEMBERSHIP BECOME A MEMBER IN 2008

NAMI Clark County relies upon membership dues to help fund the production and mailing of this newsletter as well as our other programs. We appreciate your support.

Membership includes:

- NAMI National Advocate quarterly magazine
- NAMI Clark County bi-monthly newsletter
- NAMI Clark County voting rights

We are a registered non-profit organization and donations are tax deductible.

Membership dues are \$35 for an individual.

Please fill out the Membership Form enclosed with this Newsletter today and mail with your check today!

We thank you for your support.

VOLUNTEERS NEEDED

NAMI Clark County is looking for a few good men and women to volunteer

- Hospitality Team: Arrange for refreshments at meetings, special events and classes
- Support Group Assistant
- Outreach: hanging our posters and pamphlets
- Information Table: set up at the mall during Mental Health Month – May
- Advocate: talk to our legislators in Olympia on NAMI Day (Martin Luther King’s birthday)

If interested call the office or Don Greenwood