

www.nami.org/sites/
namifarnorth



namifarnorth@yahoo.com

(208)597-2047

Gini Woodward, Editor

Affiliated with

NAMI Idaho and



*NAMI Far North meets the third
Wednesday of each month except
December in the Bonner General
Health classroom at 6 p.m.*

Find help Find hope

NAMI Far North March-April 2015 Calendar

March, 2015

3/18 NFN Annual meeting &
Election of Directors
Bonner General Hospital
Classroom
6pm: Dr. Terry Johnson, Seri-
ous mental illness
7-8:30 Family Support
7-8:30 NAMI Connection

3/2, 9, 16, 23, 30
Family to Family
Bonners Ferry
Panhandle Health District
6-8:30 pm

April, 2015

4/1 NAMI Connection
Sandpoint Gardenia Center
11:30 Lunch
12-1:30 Support Group

4/15 Regular Monthly Meeting
Bonner General Hospital
Classroom
6pm: Idaho Legislature update
7-8:30 Family Support
7-8:30 NAMI Connection

4/6, 4/13, 4/20, 4/27,
Family to Family
Bonners Ferry
Panhandle Health District
6-8:30 pm

Take a Seat at the Table

*Please save the date June 12,2015 for
NAMI Far North's fundraiser event. En-
joy a fun evening of food, silent auction
and live auction of painted chairs, etc.
donated by local artists and businesses.
Yes, we need your donated chairs and
artists to decorate them.
Contact Amber Snoddy or Lynn Pietz
for more information 208-597-2047*

*Improving the lives of those affected by mental illness
through education, support and advocacy*

P.O. Box 2415
Sandpoint, ID 83864

NAMI Far North
National Alliance on Mental Illness



Far North

ADVOCATE

Dr. Terry Johnson

March 18 program

NAMI Far North wel-
comes the return of Dr.
Terry Johnson as guest
speaker March 18. His
presentation will include
Schizophrenia and Bi-
Polar Disorder. Last Au-
gust he introduced him-
self to NAMI Far North
by speaking on Treatment
Resistant Depression. Dr.
Johnson moved to
Sandpoint and Bonner
General Health recently
from North Dakota where
he practiced for thirty
years. His specialty is
adult psychiatry. Please
join us to listen to this
special guest at the
NAMI Far North general
meeting March 18 at 6
p.m. in the Bonner Gen-
eral Hospital classroom.
The public is welcome.



Annual Meeting

March 18 Election of Board of Directors

Preceding Dr. Johnson's
presentation on March 18,
NAMI Far North, Inc. will
hold a brief annual mem-
bership meeting of the or-
ganization and election of
Directors. The current
board of directors include:

Amber Snoddy, President
Gini Woodward*, Vice-
President
Sue Haynes, Treasurer
Lynn Pietz, Secretary
Ann Wimberly, M.D.(ret)
Jan Burt
Ruth McKnight*
Catherine Perusse*, LMSW
Victor Vosen*

The * indicates directors'
terms which expire this
year. With the exception of
Ruth McKnight, these di-
rectors are willing to serve
another two year term if re-

elected.

Ruth McKnight has
moved to Arizona and
will no longer serve on
the board, although
NAMI Far North will
continue to rely on the
professional expertise of
both Doug and Ruth who
were among the original
directors when NAMI Far
North was organized.

The nominating commit-
tee recruited and recom-
mends the election of
Jessica Chilcott to the
NFN Board of Directors.
Jessica supervises the
mental health case man-
agement and develop-
mental disabilities pro-
grams at North Idaho
Children's Mental
Health. She also serves
on the Bonner County
Human Rights Task
Force and is an active
participant with the Idaho
Legislature. Other nomi-
nations from the floor for
Directors will be accept-
ed prior to the election.
All members are entitled
to vote and are encour-
aged to attend the meet-
ing and.

VOLUME 9

MARCH-APRIL, 2015

INSIDE THIS ISSUE:

President's message	2
Connection	2
We Win	2
Crisis Center Update	3
Conduit of Care	3
Calendar	4
Take a Seat	4

**Social Work Paves the
Way for Change** is the
theme for National Profes-
sional Social Work Month
in March. Social workers—
more than any other profes-
sion—recognize that more
must be done to address
persistent social problems
such as poverty, lack of
education and health care
access, and discrimination
based on gender, race, sex-
uality, or income. And they
know that all people, no
matter their circumstance,
at some time in their lives
may need the expertise of a
skilled social worker. For
more information, visit
www.socialworkmonth.org.



Legislative Update

April 15

The NFN program on
April 15 will focus on
actions taken by Idaho
Legislature during the
current session. If the
session is over, elected
representatives will talk

about the issues that im-
pact people with mental
illness. Visit

www.Legislature.idaho.gov
to watch the progress of the
process. Bills that may be
of interest include:

H0150 Interstate Medical
Licensure Compact,
HB159 Sale of cigarettes
to minors

HB178 Rural Physicians
educational debt repay-
ment

HB205 Medicaid
S1060 Psychologists pre-
scription authority
S1106 Cannabidiol Oil
S1104 Veteran's Home
North Idaho.

LINKS OF INTEREST

**"When Mental Illness Enters
the Family"** [www.nami.org/Blogs/
NAMI-Blog/February](http://www.nami.org/Blogs/NAMI-Blog/February)

**"Mortality and Mental disor-
ders"** [www.nimh.nih.gov/about/
director/2015](http://www.nimh.nih.gov/about/director/2015)

**"Maybe not a Normal life, but
a good life"**
www.treatmentadvocacycenter.org

**"Start the conversation. End
the Stigma."**
www.bringchange2mind.org

NAMI FAR NORTH President's Message

Dear Families, Friends, and Advocates for people with mental illness,

I'd like to tell you about my own experience with the NAMI Far North Family to Family education program. It convinced me of the amazing power that families have to influence other families dealing with mental illness.

Hearing my story from someone else I was able to say "I know what that's like, that's just what I went through." It was a very different experience than that provided through professional health caregivers.

It gave me questions to ask that I didn't know to ask otherwise. Family to Family is a NAMI signature 12 week program. The information is first rate and just the information families' need.

There is a bonding process and an important healing process that happens. It provides a sense to mothers, fathers, sisters, brothers, husbands, wives, that you are not alone. The cornerstones of this program are:

1. Work with the family to help them not lose hope.

2. Relapse prevention, staying stable in the community, recovery and rehabilitation.

3. Family education, including what the illness is like and what to monitor in terms of side effects and symptoms.

The winter session of NAMI Far North Family to Family is nearing completion in Bonners Ferry.

We are offering F2F again this Fall in Sandpoint. If you are interested or know someone who might be interested in the Sandpoint class, please call me at 208-597-6573 or email me at bizserv@imaxmail.net.

Amber Snoddy,

Information Insight Understanding Empowerment

CONNECTION: False Guilt and True Guilt -What is the difference?

Hi, my name is Jan Burt. I struggle with and am in recovery from manic-depression, O.C.D. Obsessive Compulsive Disorder and a mixed anxiety disorder.

In a book, *Happiness is a Choice*, the symptoms, causes and cures of depression are described by Frank Minirth M.D. and Paul Meir M.D. My first hospitalization was at the Minirth Meir Clinic in 1996. They write that guilt is a form of pent-up anger toward our self. True guilt is the uncomfortable inner awareness that we made a mistake. False guilt is feeling guilty for something that in reality wasn't wrong, and we shouldn't condemn ourselves for it.

Continuing, our conscience is molded by many influences in our environment; starting with what our parents, church, friends and teachers taught us was right or wrong; also by what they all practiced as being right or wrong.

In addition, true guilt can be very valuable. It can influence us to change our minds about what we

are doing. This improves our self-worth.

One way I slip into the trap of false guilt is after I have been around people outside my home. Most often I will say something and they respond and on and on. If I feel guilt about our conversation I play it over and over in my head. I play the shoulda, woulda, coulda game. I should've said, could've said, I wish I would've said... Then I have to decide if I need to apologize or not. I have to decide if my guilt is false or true guilt.

Lastly, I have to forgive myself if I made a mistake or for the time I wasted on all the negative thinking and then move on.

If you'd like to email me, my email is dannjanburt@gmail.com

Jan Burt, Connection support group facilitator



We Win

But we only really win with each other
All who survive get the prize
For this isn't a game that's sharply defined
This is the World, this is us, this Life
and no man/woman is an island
This is counter-intuitive, but real as real gets

We only win with and through each other
For we aren't playing to survive
We are fighting to survive and for others, too

People like us, people like you and me, to survive and thrive
So don't give in to the voices
It may be they're spirits and/or avatars of the Gods, even

Or the voices of friends or family or people we've shared with.

Our place is to Live, Laugh, Learn, and Love

I think voices are but our intuition, depending...

Depending on our imagination to be real...
Which is our greatest strength as well as weakness

So don't give up fighting alongside,
All who survive get the prize, All who survive Win

And all who win thrive

My advice, don't starve.

You are a winner in your own way,
This world is your world you were born into.

There's place for you, too

There's place for me as well

And if we Will Learn Resiliency?

Then they will Give US success!

Victor Vosen- NFN board member

Crisis Center Update

By Ross Edmunds & Joyce Broadsword
Idaho Department of Health and Welfare

Behavioral Health Crisis Centers are designed to be short term community resources that fill the gap for individuals experiencing a crisis that may otherwise end up in jail or the emergency room. These crisis centers serve as a link to the existing behavioral health services available in the community, which often-times may be beyond reach or access when a person is in crisis. The design is based largely on an operations model developed in Billings, MT. Governor Otter requested funding to initiate and Idaho-based model last fiscal year. With the support of the legislature, funding for one center was appropriated. Also approved was a new statute and administrative rule related to crisis centers.

Eastern Idaho was selected as the location for the initial site. The Department of Health and Welfare contracted with Bonneville County for establishment and operation of the first center in Idaho Falls. It opened December 12, 2014. During

the first two months of operation there were 186 admissions, of those, 103 individuals were self-admit or brought in by family or community members, 52 were brought voluntarily to the center by law enforcement and 31 were referred by the hospital. All were assessed at the center by trained staff.

We all know jail is not the place for anyone experiencing a mental health crisis. Crisis centers like the one in Idaho Falls offer an alternative. The Governor has once again requested funding to develop an additional center. There is good indication from the legislature that this request will be funded and the likelihood of it being located in Coeur d'Alene is high.

Conduit of Care

NAMI Far North volunteers continue to contribute cards, quilts, and messages of hope to patients at State Hospital North in Orofino. Two squirrel circus' were built and delivered by Chris shortly before Christmas. Staff at SHN commented, "The squirrel circuses are wonderful! We plan to have patients

help stain them soon so they don't weather as quickly. The weather has been gorgeous and the patients love to have something to do, helping in ways they can. The squirrels are happy, the dogs enjoy watching them and the patients/staff enjoy watching the dogs watch the squirrels or just the squirrels. Kind of humorous at times....we all need a



Squirrel Circus

little chuckle in our day." Learn more about Conduit of Care www2.nami.org/MSTemplate.cfm?Site=NAMI_Far_North

Become a Member of



When you join NAMI Far North, you will also become a member in NAMI Idaho and NAMI . You will receive the NAMI Advocate magazine, the NAMI Far North Advocate newsletter, program notices, and NFN membership directory ***

Membership Type (check one)

- ☐ Individual/Family (\$35.00 annual)
☐ Professional (\$35.00 annual)
☐ Open Door (\$3.00 annual) *
☐ Scholarship **
☐ Other tax deductible donation

* annual dues for individuals & families on limited income

**for individuals and families who can not afford open door dues

***Membership directory is distributed only to current members who have consented to have their names and contact information published.

Would you like to be listed in the NFN directory?

____ Yes ____ No

Name _____

Address _____

City, State, Zip _____

Phone _____

email _____

Optional information:

I am a : ____Consumer____Family Member____Friend

____Mental Health Professional____Other

Make checks payable to NAMI Far North .

Send to PO Box 2415 Sandpoint, ID 83864

or give application and check to a NFN board member at a monthly meeting