

Seattle's Great Wheel will be lit #StigmaFree Green on May 15 and 16 in honor of May as Mental Health Awareness Month. Go enjoy this sight!

☆ **NAMI Walks Washington** will be Saturday, June 2, 2018. "The purpose of the NAMIWalks event is to raise awareness and funds for our mission of improving the lives of individuals living with mental illness and their families and loved ones." NAMI Kitsap is an official participant, and will share in the revenue. Anyone from here can join the Walk and/or donate to it. Individual walkers or NAMIWalks Teams can solicit funds for NAMI Kitsap. All Walkers raising \$100+ get a Walk T-shirt on Walk day.

☆ **Behavioral Health Outreach**

Nami Kitsap has recently become a co-sponsor of the "Behavioral Health Outreach Program," which is a multi-city, multi-agency criminal justice initiative facilitated by the City of Poulsbo for the whole county under the management of Kim Hendrickson. Working with police and the courts, trained professionals provide out-reach and liaison support to individuals with behavioral health issues (mental illness or co-occurring substance abuse disorders) who experience crisis or are at risk of arrest from the justice system.

☆ **NAMI State Conference**

The NAMI Washington State Conference will be in Yakima this year, Friday-Saturday, September 28-29. It brings together people living with mental illness, family members, legal, medical and research professionals and other providers to advance and explore important topics surrounding mental health. Come to share your story and wisdom, and be lifted in spirits and hope.

☆ **NAMI Educational Programs**

NAMI Washington offers training for many different programs to support and educate people, such as: Family-to-Family, Family Support Group, Homefront, Peer-to-Peer, Basics, In Our Own Voice, etc. You can find information about these programs, training dates and places, and download application forms from their web page: www.namiwa.org We encourage people to become active in these programs, to be instruments of education and advocacy in our county.

☆ **Forum on Mental Illness**

The Kitsap County Council for Human Rights is planning a public forum on Mental Illness on Saturday, June 9th at Bremerton Olympic College (Rm #0117 of the Engineering Bldg). The event is from 10:00 AM to noon. Put it on your calendar now, and plan to participate.

Besides NAMI Kitsap, there will be a representative from the Kitsap Public Health Department presenting on mental illness trends and statistics through a Public Health epidemiological lens, and also a local private therapist who will present on the bio-psycho-social model of brain development and how early childhood experience shapes one's risk for mental illness. Hopefully there will also be someone from the "First Responders" to present their work and experiences with this.

Reminder: Since becoming a full Model 'B' Affiliate, all membership dues for NAMI Kitsap need to be mailed to:

NAMI Washington
Attn: Membership
1107 NE 45th Street, suite 230
Seattle, WA 98105

Make check payable to NAMI Kitsap.
We appreciate all your work and service to make our county and state more welcoming and helpful in this cause.