

Please visit our website at www.namikitsap.org for the latest information. You can email us at info@namikitsap.org. All of NAMI Kitsap programs are free and available to the community.

OUR GOAL IS TO PROVIDE EDUCATION, SUPPORT and ADVOCACY FOR FAMILIES AND FOR PEOPLE WHO FACE A MENTAL ILLNESS.

#####

Behavioral Health Court

Kitsap County has a newly formed Behavioral Health Court as of November, 2016. The program provides treatment and support for people accused of crimes that are a result of their mental illness. They also receive supervision for a year or more to make sure they comply with the terms. At the end, for those who have met the terms, the charges are dropped.

District Court Judge Claire Bradley, who oversees the program, expects it to grow, like other “therapeutic courts” for particular issues, because it is more effective in helping people overcome the problems rather than falling into the same behaviors.

The most common obstacle for people in the program is housing and transportation, according to Bradley. These needs are being addressed by two behavioral health specialists employed by KMHS with grant money secured by the city of Poulsbo.

Chief Deputy Prosecutor Kevin Kelly, who oversees district court cases for the Prosecutor’s Office, noted that the program is not an easy way out. If a person simply pleaded guilty, they would be released back

into society with little to no supervision, help or assurance they would comply with treatment requirements.

Kim Hendrickson, who helped in organizing the community to get CIO’s in the police departments in the County, is the project manager for the city of Poulsbo. She noted that the two specialists do the “front end” work of evaluating potential participants to see if the program is a good fit for them. Not every defendant is a fit.

The \$333,000 grant from the county mental health tax also pays for the behavioral health specialists to work with defend-ants suffering from mental illnesses in municipal courts in Bainbridge Island, Bremerton and Poulsbo. Every step along the journey is a small victory.

(Based on article in the **Kitsap Sun**)

Fishline and Mental Health

North Kitsap **Fishline** is planning to construct a 15,000-square-foot building at their new location on Viking Avenue in Poulsbo. They are anticipating providing a variety of services for those in need, including mental health treatment and dental care.

“When you’re in a meltdown mode, you just want to go sit with somebody once, tell your story and know that you can trust them to help you,” said Fishline Executive Director Mary Nader. It’s no easy task to navigate the world of social services. With

Mental Health Advocacy

Join us for NAMI Day at the State Capitol! The date is February 20, 2017. It’s Presidents’ Day. NAMI members and supporters are the most effective people to educate legislators about mental illness and the need to change our current “mental illness” system to a “mental health” system, and to get the State of Washington out of the bottom rankings in the nation.

NAMI Washington will meet at the Temple Beth Hatifloh, 201 8th Avenue SE, in Olympia. At 8:30 AM there is a continental breakfast; 9:00 AM is a welcome and briefings on 2017 Legislative Priorities (also found on NAMIWA web page), and hints on how to tell your story; and 10:45 - 3:00 PM Legislative visits.

NAMI supports Mental Health reform legislation that will help people living with mental health conditions by:

- Improving the *availability* of quality mental health care;
- Promoting early identification and intervention;
- Reducing criminalization (treatment rather than incarceration);
- Enforcing insurance parity.

NAMI’s biggest victory this past year came in December, when Congress and President Obama made history by signing mental health reform into law by an

expanding populations here, the needs will increase.

Funds are still needed for the project. If you want to donate to Fishline go to: nkfishline.org.

(Based on article in the **Kitsap Sun**)

overwhelming vote of 422-2. The law improves access to mental health services, expands programs for people affected by their first episode of psychosis and provides funds to reduce the number of people living with mental illness in jails and prisons. With over 230,000 petition signatures to Senate leaders and 85,922 emails and tweets to Congress, NAMI supporters made their voice heard in 2016.

NAMI: Principles of Support

- We will see the individual first, not the illness.
- We recognize mental illnesses are brain disorders.
- We aim for better coping skills.
- We find strength in sharing experiences.
- We reject stigma in ourselves and others.
- We won’t judge anyone’s pain as less than our own.
- We forgive ourselves and reject guilt.
- We embrace humor as healthy.
- We accept we cannot resolve all problems.
- We expect a better future in a realistic way.
- We will never give up hope!

- + Learn as much as you can about mental illness, including new discoveries.
- + Recognize strange behavior as a symptom of the illness. Don’t take it personally.
- + Reevaluate previously held expectations of loved one and be more realistic.

NAMI Family-to-Family Class

NAMI Family-to-Family Class(es) began

on January 28, 2017 in Poulsbo, beginning with 15 people signed up to take the class. Check our website for more details, or you can contact Jennifer and David Hovik (davjenhovic@yahoo.com) or Kathleen Cronin (wraparoundservices@hotmail.com)

NAMIWalk Washington

“The purpose of the NAMIWalks Washington event is to raise awareness and

Government Contacts:

President Donald Trump
The White House
1600 Pennsylvania Ave. NW
Washington, D.C. 20500
president@whitehouse.gov

Senator Maria Cantwell (D)
311 Hart Senate Office Bldg
Washington, D. C. 20510
maria_cantwell@cantwell.senate.gov

Senator Patty Murray (D)
154 Russell Senate Office Bldg
Washington, D.C. 20510

Representative Derek Kilmer (D)
U. S. House of Representatives
Washington, D.C. 20515
WA06DKima@mail.house.gov

Governor Jay Inslee (D)
P. O. Box 40002
Olympia, WA 98504
(360) 902-4111

Senator Christine Rolfes (D)
233 John A. Cherberg Bldg
P.O. Box 40423
Olympia, WA 98504-0423

funds for our mission of improving the lives of individuals living with mental illness and their families.” It is in collaboration with NAMI National and local NAMI affiliates in the State of Washington. This year the event will take place at the Marina Park in Kirkland on Saturday, June 3rd. Anyone is welcome to participate. You can go to www.namiwa.org to learn more and/or to sign up.

Christine.Rolfes@leg.wa.gov

Representative Sherry Appleton (D)
132F Legislative Bldg
P.O. Box 40600
Olympia, WA 98504-0600
Sherry.Appleton@leg.wa.org

Representative Drew Hanson (D)
369 John L. O’Brien Bldg
P. O. Box 40600
Olympia, WA 98504-0600
Drew.Hanson@leg.wa.org

Kitsap County Commissioners
Robert Gelder, Charlotte Garrido, Ed Wolfe
Commissioners Office, MS-4
614 Division Street
Port Orchard, WA 98366
360-377-7080

NAMI and other Support Groups

NAMI Family Support Groups

Bainbridge Island, 2nd Monday - 7 PM
Winslow Arms – Club house (behind)
220 Parfitt Way

Contact: Jeanette Rerecich
360-697-5531

Silverdale, Last Tuesday - 7 PM

2819 NW Kitsap Place, Suite #204
Contact: Teri Tennyson 360-440-6211

Peer Support Groups

Bainbridge Island, 2nd & 4th Tuesdays -
12:30 PM (Home Town Bank Bldg)
921 Hildebrand Lane NE
Contact: Jane Cartmell 206-898-6092

Poulsbo, 1st & 3rd Tuesdays - 1:30 PM
Hostmark Community Center
703 NE Hostmark Street
Contact: Ann Clark 360-697-8509

Combined Support Group

Depression BiPolar Support Group
Key Peninsula Lutheran Church
4213 Lacky Rd KP N
Lakebay, WA 98349
Contact: Kimberly Wood
dbsabremerton@gmail.com