



VOICES & CHOICES

For and by people concerned with mental illness and recovery in
Lewis, Pacific, and Wahkiakum Counties.

July 2009

Michelle Roberts is a freelance writer based in Portland, Oregon. A recipient of a 2004-05 Rosalynn Carter Fellowship for Mental Health Journalism, she specializes in mental health and family issues. The following are excerpts from her article in the Spring 2009 issue of a new magazine, esperanza. To read the entire article, visit esperanza magazine at www.hopetocope.com

The Mask of Male Depression

More than 14 million American adults suffered a major depressive episode in the past year; more than 35 million have had one at some point in their lives. Nearly two-thirds of both those groups are women. However, a chorus of mental health professionals believes that men may suffer from depression at a much higher rate than is documented because they don't recognize their symptoms or aren't willing to get help. Even so, more than 6 million men are known to have depression each year in the United States alone, according to the National Institute of Mental Health (NIMH).

... but many mental health leaders say that male depression is underreported. Part of the reason for this is that men who are depressed often fail to recognize their condition, chalking it up to apathy, low self-esteem, and anger. And as such, experts say, they experience depression differently than women, often masking the disorder by self-medicating with drugs or alcohol. ...men are four times as likely to die by suicide.

"Men tend to feel that they need to rely only on themselves and that it is somehow weak to have to depend on someone else, even for a short time," says Frederick E. Rabinowitz, Ph.D., co-author of Men and Depression: Clinical and Empirical Perspectives (Academic Press, 2000), written to help therapists work with men experiencing depression.

The way that men think about themselves can impede how they are identified and treated for depression, experts say. Compared with women, men tend to be far more concerned with being competitive, powerful, and successful. They often don't like to admit that they feel fragile or vulnerable, so they're less likely to talk about their feelings with their friends, loved ones, or even their doctors.

Scientists and public health officials in North America are now shifting their attention to bringing male depression into the spotlight. Several years ago the NIMH launched a nationwide television, print, and Internet campaign called "Real Men. Real Depression," designed to counteract the notion that mood disorders are a sign of psychological or moral weakness.

Men, unlike women, are less likely to reach out and be receptive to the suggestion that they may need some kind of support. Culturally, men are in a position where they have lived a life where any kind of suggestion of ill health is an assault to their own self-image.

Continued next page

“Men often experience depression differently from women. Culturally, women have more words to describe their inner emotional world and men have fewer words to describe it,” says Rabinowitz, who leads depression support groups for men. “So, for guys there’s more of a tendency to try to distract themselves from the nagging from that emotional world.”

They may be grumpy or irritable, or lose their sense of humor. They might drink too much or abuse drugs. They might work all the time or compulsively seek thrills in high-risk behavior. Or, they may become isolated and no longer interested in the people or things they used to enjoy.

Men are particularly vulnerable when the economy is bad, experts say. Recent studies have shown that up to one in seven men who become unemployed will develop a depressive illness within the following six months. In fact, after relationship difficulties, unemployment is the most likely thing to push a man into a deeper depression. This isn’t surprising, experts say, as work is often the main source of a man’s sense of self-worth and self-esteem.

Whatever the cause of a man’s pain, if he fails to get to the heart of it, he often turns that discomfort outward in the form of aggression, or simply masks it with drugs and alcohol. “Men tend to have a higher substance abuse rate, and the data shows they’re twice as likely to be alcoholics,” Rabinowitz says. “I believe that is a reflection of depression forced outward.”

NAMI Connections Statewide Training

Connections is an ongoing group that is open to anyone at any point in their recovery, no registration fee, no cost. Groups meet for 90 minutes weekly work within a solid model to keep people focused in a positive recovery oriented direction.

The NAMI Connections training is going to be commencing in Seat-Tac Sept. 26-28. We need at least 3 people from your affiliate who would be a good fit for facilitators. All expenses will be provided, room, food and travel reimbursement. [See www.namiwa.org for general information sheet on Connections, the flyer with the dates, hotel (Sea-Tac Marriott), and also the application.]

Laurie Scott
NAMI Connections,
Hm# 425-641-0745 cell #425-223-9328

NAMI Pacific County

Submitted by: Kat Erskine

We’ll be having our annual picnic at Carol Wright’s house on Tuesday, July 14, around 5:00. Bring something to share. It’s always lots of fun. Call 665-6305 or 665-6463 for more information and directions to Carol’s.

NAMI Lewis County

Submitted by: Judy Baskett

Please note (page seven) that there have been changes in meeting dates, times, and location.

We’re glad to announce that six clients are working to establish a depression/anxiety group and hope to have it in operation in July. Also, three clients have put their applications in for the Connections training to be held in Wenatchee. They will be a welcome addition to the resources available for us in this area.

Serenity House

By: Jeri Wagner

Well, things really look different at what is now called Serenity House. There are now five hours of groups, five days a week. Clients are encouraged to participate while there. Some groups need a referral; journaling and current events do not need referrals. Clients may still do laundry on Tuesday and Thursday. Showers are still available any day of the week, the earlier the better.

Quality Review Team Report

May 2009—June 12, 2009 meeting date

Heather Maxwell, QRT Coordinator

The Quality Review Team is responsible for fairly and independently reviewing the performance of the RSN and its contracted service providers to evaluate for systemic issues as outlined in WAC 388-865-0282 and provide to the TRSN Governing Board recommendations for improvements to the RSN system of care.

The Volunteer Team met once in May, as per their regular schedule.

Highlights of the meeting included:

The QRT discussed their policies and procedures and continued to develop a formal in-house training.

The Adult Family Home Project (outlined at the April TRSN Board meetings by Jan Kaschmitter, TRSN Quality Manager) was again discussed. QRT are planning a second meeting in June to devote to the work of this project. In regards to this project, QRT are also in the process of developing a set of questions for site visits and are planning to schedule site visits in the coming month.

The visibility issue with the Morton (Cascade Mental Health Care) Comment Box was on topic, as well as the number of RSN meetings that have been cancelled.

One QRT member worked with an agency clinical director as well as the TRSN Quality Manager to help resolve an issue in Lewis County.

The Behavioral Health Care Conference was also discussed and the confusion around new paperwork required by the RSN. The QRT Coordinator will be participating in a 'mini training' to help clarify how to use the new forms.

The Allied Provider Survey was also discussed and the draft report is on the agenda to be discussed at next QRT meeting, when the QRT will discuss their possible recommendations. Many surveys were mailed again this month after receiving updated addresses and many others were hand delivered during outreach to some agencies. A formal report is also anticipated next month.

Outreach included a site visit to the Ocean Beaches Hospital and medical clinic in Long Beach as well as attending the Pacific County Advisory Board meeting, where outreach materials and the Allied Provider Survey were provided. At the Advisory Board meeting a future speakout was discussed, as well as updating the allied provider address list.

Last month some outreach occurred that was not mentioned in the QRT April report: The Salkum Timberlands Library was visited and outreach materials were provided, as well as con-

firmation of the use of space for any upcoming Speakouts.

This writer provided notes for the conference call for the QRT workgroup hosted by the Mental Health Division and provided examples of what an 'ideal QRT' would look like according to volunteer feedback.

This writer submitted the QRT report to the *Voices and Choices* newsletter and had a brief phone call with TRSN Advisory Board Chair, Judy Basket.

QRT Coordinator may be reached toll free at 1-877-736-3162 or at QRT@localaccess.com or by postal service at PO Box 1435 Centralia, WA 98531
Please feel free to contact with questions, concerns, or comments, or if you are interested in volunteering (from Pacific or Wahkiakum Counties).

Ask Violet...

It has been very quiet in the "*Ask Violet*" column, in fact total silence. Please submit your questions or personal happenings to Violet Hugo msviolethugo@gmail.com or mail to Attention Violet Hugo, PO Box 217, Cathlamet, WA 98612

This sunny weather has been beautiful which promotes smiling, positive thoughts and being out side taking in the wonderful fresh air. Be sure to take advantage of this beautiful weather, as it is good for our physical health, mental health and our souls.

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Violet Hugo
msviolethugo@gmail.com

From namiwa.org...

"SHARING THE JOURNEY"

The National Alliance on Mental Illness, Washington State celebrates the thirtieth anniversary of NAMI with a high-energy statewide conference Aug 7-8! We will have an impressive two-day agenda of speakers, workshops and creative events, offered at a bargain price that includes meals, a night's lodging, all programs, and even parking.

Our four featured speakers are Dr. John Chiles on choices in recovery, Rev. Craig Rennebohm on working with homeless adults in Seattle, Judy Eron, MSW, on learning about mania in a loved one, and Lori Yates, MSW, on improvisational drama as a healing practice. All four are authors of nationally recognized books in mental health.

Program topics include collaborating with schools, peer/consumer recovery successes, local and legislative advocacy, anti-stigma language, and practical personal support. We will have updates on current NAMI programs

This Conference is a great opportunity to gather and learn, for teachers, counselors and education administrators, juvenile and adult law enforcement and justice officials, legislators and other elected officials, medical and mental health professionals, faith community leaders - - anyone who is advocating for mental health, wellness and recovery. An art show featuring works by talented consumers/PEERS will be offered.

Contact NAMI Washington for further information, 360 584-9622 or office@namiwa.comcastbiz.net

2009 NAMI National Convention will be held in San Francisco July 6th—9th. For more information visit the NAMI web site: www.nami.org

Coming to Vancouver, WA

How Media Can Influence Public Perceptions of Mental Illnesses and What You Can Do About It

A free training and free lunch for individuals (reporters, consumers and peers, providers, caregivers) interested in seeing more accurate reporting on issues related to mental illness in the news. Anyone interested in improving public understanding of mental illness, wellness and recovery is invited.

DATE: Tuesday, July 14, 2009

TIME: 10:00 a.m. — 3:30 p.m.

LOCATION: Clark County Center for Community Health, Second Floor, Main Conference Rooms, 1601 East Fourth Plain Blvd, Building 17, Vancouver, WA

DEADLINE for registration:
Tuesday, July 7, 2009 Space is limited.

To register, please send fax or email to:

Melanie Green, Recovery Coordinator,
Clark County RSN, Phone: (360) 397-2130
ext.7805 • Fax: (360) 397-6028 • email:
Melanie.Green@clark.wa.gov

For more information, go to:
www.mhtransformation.wa.gov

Submitted by:
Carolyn Price, MSW
MH Liaison
Lewis County Social Services
360-740-1430

*Please feel free to pass along copies
of Voices & Choices
to other interested persons.*

ATTENTION!!!

DID YOU KNOW?

Did you know that there is a team of people who are interested in the quality of public mental health client services, known as the Q.R.T.?

WHAT IS Q.R.T.?

Q.R.T. otherwise known as Quality Review Team, is a group of clients, family members and community volunteers coordinated by a Timberlands Regional Support Network employee. This team functions independently of the TRSN.

WHAT IS THE FUNCTION OF Q.R.T.?

The function of the Q.R.T. is to survey clients and family members of public mental health services via speakouts, community forums, surveys and other forms of outreach throughout the year bearing several goals in mind all filed under one purpose, IMPROVING CLIENT SERVICES IN MENTAL HEALTH.

HOW CAN I VOLUNTEER?

Volunteering for the Q.R.T. is simple. Call the number below.

CONTACT INFORMATION:

Quality Review Team serving Lewis, Pacific, and Wahkiakum counties.

Timberlands Q.R.T.
Heather Maxwell, Coordinator
Phone: 1-877-736-3162 (Toll Free)
Email: qrt@localaccess.com
PO Box 1435
Centralia, WA 98531

Statement of Publication

Voices and Choices is a monthly newsletter supported and funded by TRSN for articles by clients /advocates/ family members, Advisory and Governing Board members, QRT, QMC members, Ombuds and Providers. It is provided free to interested persons. Opinions expressed herein are those of the authors of the individual articles. Circulation is approximately 1,200.

Nearby People, Places, Groups

Clatsop County (Oregon) NAMI has monthly general meetings, support group sessions 1st and 3rd Sunday afternoons, and education programs. President: Richard Elfering in Astoria, 1-503-325-7430. Education coordinator: Alice Kero Wood, 1-503-717-1835, woodavon@msn.com

Cowlitz County NAMI has regular meetings and speakers. Contact person: Don Roy, dgr55566@msn.com, (360) 577-6581.2007 president: Paula Grant, pgrant@kalama.net

CHADD is a national organization working with ADD and ADHD issues. It stands for Children and Adults with Attention Deficit/Hyperactivity Disorder, www.chadd.org, 1-800-233-4050.

DBSA, Depression and Bipolar Support Alliance is a national organization. www.DBSAAlliance.org, 1-800-826-3632 information. Crisis Line 1-800-442-4673 (HOPE).

Nationwide Suicide Prevention Crisis Line, 24-7, 1-800-442-4673

National Mental Health Consumers' Self-Help Clearinghouse. Based in Philadelphia PA, Source of information, scholarships, nationwide connections. 1-800-553-4539, www.mhselfhelp.org

Mental Health America (was National Mental Health Association) - offers weekly online news reports, education, etc. mentalhealthamerica.net

National Suicide Prevention Lifeline
1-800-273-TALK

Lewis County Citizens' Mental Health Advisory Board

The board meetings have been discontinued.

Wahkiakum Human Services Advisory Board

Meets
First Thursday of each month
3:30-5PM

@
River Street Meeting Room
25 River Street
(Rear Lower Level)
Cathlamet, Washington

Public Welcome!
Check with Reception
360-795-8630
or
1-800-635-5989
If you have further questions

If you want to be REMOVED from the *Voices & Choices* mailing list please call 1 800 392-6298 or email everman@trsn.org. If you are no longer receiving mental health services as a consumer at Cascade MHC, Willapa BH or Wahkiakum CMHS but want to continue getting *Voices & Choices* by US mail, call 1 800 392-6298 or email everman@trsn.org. Thank you.

The Editorial Board of *Voices & Choices* invites you to
Share Your Story

We believe everyone has a story to share and ideas to contribute. We invite you to submit a personal story, a tip on staying well, a book or movie review, upcoming MH recovery events, or information on national and regional mental health issues. Submissions may or may not be used in a forthcoming issue, and may be edited for length. The newsletter's basic goal is to inform, encourage, and inspire.

Please send articles to Cereice Cook
Email: ccook@oz.net or mail to: Cereice Cook, PO Box 486,
Port Orchard, WA 98366-0486 more information: 360-876-1122

LEWIS COUNTY

Useful Numbers & Web Sites

NAMI LEWIS

The Educational Support Meeting (open to everybody) is the *first* Tuesday of each month, 6:00 at **NEW Timberlands-Chehalis Library**
400 N. Market Blvd., Chehalis

Next meeting: July 7, 2009, 6:00 pm

The Family Support Group (open to family members only) is on the *third* Tuesday of each month. Contact numbers are Sherry Palmer 748-4024, Valerie Voght 748-0229, and Judy Baskett
baskettcase@myway.com

Next meeting: July 21, 2009, 5:30 pm

For more information contact:
Richard Ponder 360 736-5847

CASCADE MENTAL HEALTH CARE

135 West Main, Chehalis, WA 98532 /
2428 Reynolds Street, Centralia, WA 98531
748-6696 Main Street Location /
330-9044 Reynolds Street Location.

Toll Free: 800 559-6696

Email: killillays@cascadementalhealth.org
WEB Site: www.cascademh.org

PACIFIC COUNTY

Useful Numbers

Willapa Behavioral Health

2204 Pacific Ave North, Long Beach, WA. 642-3787
Mail: PO Box 863, Long Beach, WA 98631

300 Ocean Avenue, Raymond 942-2303
Mail: P O Box 65, South Bend, WA 98586

Toll Free (both locations): 800 884-2298

Email: cumminse@willapabh.org

NAMI PACIFIC

PO Box 246, Oysterville WA 98641

Kat Erskine, Pres. 665-6305, kathrynersk@yahoo.com
Carol Wright, Vice-Pres., baywriter@hotmail.com
Mary Bowers, Secretary, mfb@centurytel.net
Rosi Sartwell, Treas./Mem. Coordinator, 665-5372
rsartwell@yahoo.com; and Charlotte Paliani, Board Member

Contact one of those listed above for more information. Meetings are the second Tuesdays at 4:00 or 4:30 pm at the Peninsula Church Center 5000 N. Place (Washington Ave.) in Seaview.

WAHKIAKUM COUNTY

Useful Numbers & Web Sites

NAMI WAHKIAKUM

PO Box 366, Cathlamet, WA 98612

There are no scheduled meetings at this time for NAMI Wahkiakum.

Interested individuals desiring to participate and set-up a meeting, or anyone interested in more information about NAMI may contact Colleen Bennett, 360-795-8630, or Chris Holmes, 1800-635-5989.

**WAHKIAKUM COUNTY
MENTAL HEALTH SERVICES**

42 Elochoman Valley Road,
Cathlamet, WA 98612

Including: Mental Health, Chemical Dependency,
Community Outreach, Developmental Disabilities
and Employment Center
360 795-8630

Toll Free: 800 635-5989

Email: brightj@co.wahkiakum.wa.us

**Other Useful Numbers
and Web Sites****Ombuds Services**

Theresa Mahar

New toll free number **866 439-3064**

Email: maharthe@yahoo.com

For after hours emergencies...**Cascade Mental Health Care:**

748-6696/ 800-559-6696

Willapa Behavioral Health:

Long Beach: 642-3787

Raymond: 875-9426

Toll Free: 800-884-2298

NAMI WASHINGTON

President: Barbara Bate

Email: bgofish@wallapabay.org

NAMI

National Office, Arlington VA

1-800-950-6264

www.nami.org

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