



# VOICES & CHOICES

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

October 2009

## Dreaming With My Eyes Open

By: Michael Duffy

It's the start of a new quarter. The last quarter had a bit of a hiccup when I kept having panic attacks in my Basic Math class. It was too much. I cracked. Some people think within the box, some people think outside the box...me, I wear the box as a hat. Okay, lesson learned. I am not good at math. But that still doesn't stop my scholastic evolution and that's what I want to write about. The goal to *follow your dream* and see how it may evolve into something that surprises you.

You never know what direction that a chance may take. Michael Compton of Compton Networks and a client is developing his home computer business that is growing by leaps and bounds. He helps fellow clients by putting together donated computer parts. He has a dream and he is pursuing it. Check out his website at [www.compton-networks.org](http://www.compton-networks.org) You won't regret it. He does great work.

I've had many dreams and false starts in trying to reach those goals. It's all about the evolution of choices and how things develop from one thing to another. I wanted to work as an animator and upon taking a class that taught animation, found that I could not compete with the 20 year old "fast as lightning" that made me look like a tortoise. Nope, evolution and note to self...keep animation as a hobby. File that one under life lesson learned.

Ah, but from failure, another opportunity springs. I took an online webinar for disabled people. It lasted for 8 weeks and it was fantastic. It was hosted by WATF. Washington Assistive Technology Foundation Their website is [www.watf.org](http://www.watf.org) They give loans to us disabled people for many things. Their motto is "Independence is priceless – We make it affordable" I attended all the webinars and studied the material, then they helped with the business plan and I was approved for a small business loan for my company Toonsmith Studios. Something I have been working on for a long time. I kept thinking of something to do with the computer, as my symptoms kept wreaking havoc with even stepping out the door on most days. Okay, I learned that I was not going to be employed at Pixar anytime soon. I was too old. So I thought about recording audio books from the safety of my apartment. But once again, evolution of thinking about things. I had been turned down by DVR about making videos, something I had loved doing when I was younger, but the audio book idea evolved into an histori

cal DVD idea and suddenly it clicked...and WATF approved me for the loan to buy a high definition broadcast quality camera to do it. (I am still in shock) Now that's evolution for ya.

So now it's the new quarter and I just turned in my Honors application to do my first video as a school project and get college credit for it. The video project is called The Forgotten – Armistice Day 1919 and it is about the Centralia Tragedy. I play Elmer Smith, who was the local lawyer who defended and fought for the rights of the men who were unjustly imprisoned in a corrupt case that was the O.J. Simpson trial of its day. How did I discover this story? By walking past the clock tower each day at the campus and seeing a portrait of Elmer Smith. I had no idea who he was? Neither did my instructor or many of the students... in fact, the statue in front of the local library was a puzzle as well. So, with the help of Professor Susanne Weil, Tom Copeland who wrote the definitive book *The Centralia Tragedy of 1919* (who answers all of my thousands of emails) and a cast of volunteers, if you don't know about the Centralia Tragedy, you will be able to buy my DVD and find out. It's all about following your dreams, stumbling and ideas that evolve. Check out the websites and never let anyone tell you your ideas are delusional. They very well may be, but they are YOUR dreams and ideas and you never know what just may spark!

## **Quality Review Team Report**

**August 2009—September 11, 2009 Meeting**

*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 August for their regular meeting. Highlights of the meetings included: QRT finished the survey for the adult family homes/boarding homes and is in the midst of scheduling site visits to utilize the survey. Coordinator made calls to a number of facilities and volunteers blocked out a few dates through September. Regarding coordinating the very involved TRSN volunteers: they are all so super and they are very much appreciated.

The visibility issue with the Morton (Cascade Mental Health Care) Comment Box was discussed and QRT are planning a trip to Morton in September to resolve the issue.

Work continued regarding the planning of the upcoming Speakouts. The one for Cascade Mental Health Care took place this month and it was indeed helpful having the provider's clinical director there to answer and field questions that QRT could not have answered...thank you Matt!

The Speakout for Pacific County will take place September 8<sup>th</sup> at the Peninsula Church Center: 5000 'N' Place (Washington Avenue) in Seaview in the Memorial Room, North building, South entrance.

*Continued next page*

The Speakout for Wahkiakum County is being scheduled for October at the Johnson House and a confirmed date will be announced soon.

An updated Allied Provider Survey report is forthcoming. Coordinator researched emails for allied providers and emailed quite a few. Emailing this go around has not proven effective, as no responses came from the email effort. Coordinator requested help in the future from the TRSN and its providers at the TRSN's Quality Management Committee meeting to express the importance of such a survey to the allied systems and how the feedback can be useful in bettering client services.

This writer attended the Recovery and Resiliency training, co-facilitated by Alicia Gillispie, QRT member Lewis County and Mary Jadwisiak from Clark County. Not only was this a great training for community members, advocates, clients, families and clinicians, but this writer was able to connect with a number of allied providers, since the training dovetailed with the work that QRT does. The importance of the allied provider survey was stressed and it was explained how the feedback can help improve services for our shared clients.

A site visit was made to the Cascade Mental Health Care Centralia site for the lobby check and outreach material was distributed.

The QRT/Ombuds tri-annual meeting with the Department of Behavioral Health and Recovery (formerly known as the mental health division) was this month and another is scheduled for October. David Reed and Stephanie Lane announced the changes in DSHS and how their new department has been affected and how those changes affect the QRT and Ombuds programs. Data tracking was also discussed, including the QRT semi-annual report and tracking changes in capacity at our local providers.

It was also announced the Office of Consumer Partnerships is looking for members to be a part of an advisory board for the office.

This writer participated in the quality management section of the EQRO (External Quality Review Organization) audit and received positive feedback from the reviewers.

This writer attended the TRSN's Quality Management Committee meeting and followed-up on Client Satisfaction Survey recommendations, inquiring as to whether they would be discussed at this meeting as per the TRSN Governing Board recommendation. At the next QMC meeting, this will be its own topic, rather than under the QRT report section.

This writer submitted the QRT report to the *Voices and Choices* newsletter.

QRT Coordinator may be reached toll free at 1-877-736-3162 or at [QRT@localaccess.com](mailto: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, or Shoalwater Bay Indian Nation).

**From: JAN Job Accommodation Network (www.jan.wvu.edu )**

**U.S. Department of Labor**

Submitted by: Niki Thomas

**U.S. Labor Department announces  
“Expectation + opportunity = full participation”  
as National Disability Employment Awareness Month theme**

WASHINGTON – The U.S. Department of Labor today announced “Expectation + Opportunity = Full Participation” as the official theme for October’s National Disability Employment Awareness Month. It is intended to urge employers, as they seek to fill positions, to embrace the richness of America’s diversity by considering the talents of all workers, including workers with disabilities.

This year’s theme emphasizes the vision of the Labor Department’s Office of Disability Employment Policy (ODEP): a world in which people with disabilities have unlimited employment opportunities. Early selection of an annual theme for upcoming National Disability Employment Awareness Month helps the private sector; federal, state and local governments; and advocacy organizations plan events and programs that showcase the abilities and skills of job seekers and working Americans who have disabilities.

ODEP is the nation’s first assistant secretary-led office that addresses policies that impact upon the employment of people with disabilities. The office provides national leadership on disability employment policy by developing and influencing the use of evidence-based disability employment policies and practices, building collaborative partnerships, and delivering authoritative and credible data on the employment of people with disabilities.

As background for National Disability Employment Awareness Month, Public Law 176, enacted by Congress in 1945, designated the first week in October as “National Employ the Physically Handicapped Week.” President Harry S. Truman designated the (now former) President’s Committee on Employment of People with Disabilities to carry out the law. Congress changed the name to “National Disability Employment Awareness Month” in 1988. The responsibility for leading the nationwide recognition was transferred to the newly created ODEP in 2001.

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.

## NAMI Lewis County

By: Judy Baskett

Our October 6th NAMI Educational meeting topic will be a Mental Health Transformation Grant Project: Partnership for Recovery and Resiliency facilitated by Alicia Gillispie.

The November 3rd Educational meeting topic will be The Jail system and Mental Illness. An eye-opening insight.

Our Nami Family Group is going great.

NAMI Lewis County is very proud to share the success of our NEWEST Group. The NAMI Connection recovery support group. NAMI Connection is a weekly 90 minute support group for adults with mental illness led by trained individuals who are in recovery themselves. The group is free of charge and offers a casual environment to share the challenges and successes of coping with mental illness. NAMI Connection is a support group that provides a place that offers respect, understanding, encouragement, and hope. All group meetings are confidential-where you can share as much or as little as you wish. No need to register. Just come when you feel you need to talk. The NAMI Connection weekly support group meets every Tuesday evening 6:00 pm to 7:30 pm at Immanuel Lutheran Church, 1209 N. Scheuber Road, Centralia WA. (The meeting time coordinates with the bus schedule.) For more information contact Ellalou 623-5619.

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

## NAMI PACIFIC COUNTY

By: Kat Erskine

Tuesday, October 13<sup>th</sup> will be our next NAMI meeting. It will be from 6:30-8:00 pm this month, so, please make a note of that. We will be welcoming back Debbie Stout, a Psychiatric Mental Health Nurse Practitioner with a private practice in Astoria, who spoke with us in May about the importance of balancing our lives. There was so much to discuss, and we are such a lively, interactive group, she agreed to return to continue the dialog. This time she will focus on recognizing and managing anxiety and stress. Once again, there will be time for questions. So, be prepared for an interesting and informative evening.

September's meeting Lynn Bisson, the clinical director from Willapa Behavioral Health was our guest speaker. She covered a lot of territory about what's offered there. I found the descriptions of Cognitive Behavioral Therapy and Dialectical Behavioral Therapy especially helpful. They're not just CBT, or DBT., "alphabet soup" abbreviations any longer. She also gave us information about the budget and grants. Public Mental Health is a very complex subject and she did a great job. Thanks, Lynn.

NAMI is held at the Peninsula Church Center, 5000 N Place (Washington Ave.) in Seaview. Currently the 2<sup>nd</sup> Tuesday of the month. October's meeting will be 6:30-8:00 pm in the church's social room. Anyone interested in mental health is welcome to our meetings, and there is no charge, although memberships are available.

Great news! Our website is up and running, thanks to Marilyn Watts. The address is: [www.namipacificcounty.org](http://www.namipacificcounty.org). Yet another thank you goes to Debbie Porter for the contribution of her expressive artwork.

See you on Tuesday, October 13<sup>th</sup>.

## Nearby People, Places, Groups

Clatsop County (Oregon) NAMI has monthly general meetings, support group sessions 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:woodavon@msn.com)

Cowlitz County NAMI has regular meetings and speakers. Contact person: Don Roy, [dgr55566@msn.com](mailto:dgr55566@msn.com), (360) 577-6581. 2007 president: Paula Grant, [pgrant@kalama.net](mailto: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](http://www.chadd.org), 1-800-233-4050.

DBSA, Depression and Bipolar Support Alliance is a national organization. [www.DBSAAlliance.org](http://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](http://www.mhselfhelp.org)

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

National Suicide Prevention Lifeline  
1-800-273-TALK

## Lewis County Citizens' Mental Health Advisory Board

The board meetings have been discontinued.

## Wahkiakum County Mental Health/Developmental Disabilities Advisory Board

The public is invited to attend these board meetings. They are held the first Thursday of each month at 3:30 pm at River Street Building, Cathlamet. Please note changes.

### *Please note -*

If you have recently changed your address or phone number, please let your local Mental Health agency know, as this will help tremendously in trying to contact you in the event of staff illness, schedule changes, or to cut down mail returned as undeliverable.

If you want to be REMOVED from the *Voices & Choices* mailing list please call 1 800 392-6298 or email [everman@trsn.org](mailto: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](mailto: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](mailto: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 &amp; 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: October 6, 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](mailto:baskettcase@myway.com)

**Next meeting: October 20, 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@cascademh.org](mailto:killillays@cascademh.org)  
WEB Site: [www.cascademh.org](http://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](mailto:cumminse@willapabh.org)

**NAMI PACIFIC**

35504 "J" Place, Ocean Park, WA 98640

**Kat Erskine**, President, **Carol Wright**, Vice-President, **Mary Bowers**, Secretary, **Rosi Sartwell**, Treasurer/Membership Coordinator, and **Charlotte Paliani**, Board Member

[www.namipacificcounty.org](http://www.namipacificcounty.org)

Meetings are the second Tuesday at 3:00 to 4:30 pm or 6:30 to 8:00 pm at the Peninsula Church Center 5000 N. Place (Washington Ave.) in Seaview.

**WAHIAKUM COUNTY**

Useful Numbers &amp; Web Sites

**NAMI WAHIAKUM**

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.

**WAHIAKUM 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](mailto: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](mailto: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](mailto:bgofish@wallapabay.org)

**NAMI**

National Office, Arlington VA

1-800-950-6264

[www.nami.org](http://www.nami.org)