

Fall 2010

Recovery & Supports

For and by people concerned with mental illness and recovery throughout Lewis, Pacific, and Wahkiakum Counties. Clients recover, clinicians facilitate recovery with systems and communities support recovery.

Time to refresh, renew, recover the momentum to facilitate and support the new Timberlands RSN newsletter...

Per the February 12, 2010 Governing Board meeting a concern was raised in regards to the monthly costs of publishing the Voices & Choices newsletter. In lieu of the DSHS / DBHR mental health budget cuts the Advisory Board recommended the newsletter funds be spent on medically necessary mental health services rather than the monthly newsletter. Dialogue followed as to the purpose, readership, possibility of publishing in house and reducing the frequency to quarterly instead of monthly as a cost savings measure. A unanimous decision was made to solicit input from all avenues to include the Governing & Advisory Boards, QRT members, provider agency staff, Ombuds Services, clients, family members, Tribes, allied providers, advocates and community members, as well as TRSN staff.

As we embark with a fresh start down a new path, a new name seemed appropriate and we believe that RECOVERY & SUPPORTS is most suitable as the mission remains the same 'for and by people concerned with mental illness and recovery throughout Lewis, Pacific and Wahkiakum Counties' we added 'Clients recover, clinicians facilitate recovery with systems and communities support recovery.' Our intent is for this newsletter to be a most powerful positive tool for all Lewis, Pacific and Wahkiakum County residents but it will take your input and contributions to become a success!

As a bit of history, the Voices & Choices newsletter September 2003 first edition came from combining two existing newsletters, the Wahkiakum NAMI 'New Voice' with the Cascade Mental Health Care 'Choices' to become the TRSN Voices and Choices newsletter. If the new newsletter name 'Recovery & Supports' is not your cup of tea we encourage you to submit your newsletter name suggestion and / or newsletter comments to Timberlands RSN, P O Box 217, Cathlamet, WA 98612, 800 392-6898 / 360 795-3118 or email us at timberlandsrsn@trsn.org. The name submission deadline is December 31, 2010.

TELL US WHAT YOU THINK?

As a recipient of this newsletter it is important for us to keep in touch with you! We have prepared a short 10 question survey for you to complete to let us know your thoughts and ideas for future newsletters. Thank you for taking a few moments to complete our survey.

Take the survey at SurveyMonkey today by logging on to <http://www.surveymonkey.com/s/PJVLV72>

LEWIS COUNTY

CASCADE MENTAL HEALTH CARE

135 West Main, Chehalis, WA 98532
360 748-6696

2428 Reynolds Ave, Centralia, WA 98531
360 330-9044

Toll Free: 800 559-6696

Email: kililays@cascaementalhealth.org

Website: www.cascaementalhealth.org

NAMI LEWIS

NAMI Connection Recovery Support Group
For information call Ellalou 623-5619

NAMI Educational Support Meeting
For information call Judy 785-9668

NAMI Family Support Group
For information call Sherry 748-4024

WAHAKIAKUM COUNTY

WAHAKIAKUM COUNTY MENTAL HEALTH SERVICES

42 Elochoman Valley Road,
Cathlamet, WA 98612

360 795-8630

Toll Free: 800 635-5989

Email: brightj@co.wahkiakum.wa.us

Website: <http://www.co.wahkiakum.wa.us/depts/health/MentalHealthServices.htm>

Anyone interested in **NAMI Wahkiakum**
call 360 795-8630 / 800 635-5989.

PACIFIC COUNTY

WILLAPA BEHAVIORAL HEALTH

2204 Pacific Ave North, Long Beach, WA.
360 642-3787

Mail: PO Box 863, Long Beach, WA 98631

300 Ocean Avenue, Raymond
360 942-2303

Mail: PO Box 65, South Bend, WA 98586

Toll Free 800 884-2298

Email: cumminse@willapabh.org

Website: willapabh.org

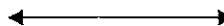
NAMI PACIFIC

Meetings are the **third** Tuesday at 3:00 to 4:30 pm in the Memorial Room at the Peninsula Church Center 5000 N. Place (Washington Avenue) in Seaview. Contact Kat 665-6305 or Rosi 665-5372 for more information.

For after hours emergencies...

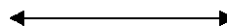
Cascade Mental Health Care

748-6696 / 800 559-6696



Willapa Behavioral Health

Long Beach 642-3787 / Raymond 942-2303
800 884-2298



Wahkiakum Mental Health Services

795-8630 / 800 635-5989



Ombuds Services

Theresa Mahar

866 439-3064

theresamahar@msn.com

★ Please feel free to pass along copies ★
★ of the TRSN newsletter ★
★ to other interested parties. ★

Did you know?
You have the right to:

- ⇒ Receive RSN Practice Guidelines upon request from your provider agency. Timberlands RSN has adopted two (2) Practice Guidelines per Federal Regulation. Practice Guidelines are available for Major Depressive Disorder & Posttraumatic Stress Disorder. Additional Practice Guidelines will be developed periodically.
- ⇒ Obtain a second opinion from a mental health professional.
- ⇒ Review your clinical record as well as be given an opportunity to make amendments or corrections.

Please note if you would like to be added to our mailing list or if you prefer to opt out of receiving the Recovery & Supports newsletter contact Timberlands Regional Support Network.

PO Box 217, Cathlamet, WA 98612
360 795-3118 / 800 392-6298
timberlandrsn@trsn.org /
everman@trsn.org

Quick Winning Recipe Every Time

One brick of cream cheese - softened
 ⇒ Small jar of salsa

Top with:
 ⇒ Chopped green onions
 ⇒ Season with salt, pepper & garlic to taste

For a different topping:
 ⇒ One bottle of seafood sauce
 ⇒ Can of shrimp, crab, tuna fish etc

Top with:
 ⇒ Chopped green onions
 Season with salt, pepper & garlic to taste

Serve with crackers, chips or bread & invent your own favorite toppings to enjoy!



Jan's Quality Corner

Hi, I am *Jan*

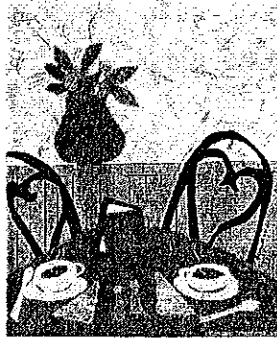
Kaschmitter the Quality Manager at Timberlands Regional Support Network (TRSN).

How can I help? I am really excited about this newsletter and I believe it is a great opportunity to get to know people, in order to start dialogues about important mental health topics, to answer questions, learn something new, etc. To make that happen, I need to hear from you, contact me.

As a licensed therapist, I have worked in the mental health field for about thirteen years at a community mental health agency, RSN and in an inpatient psychiatric unit. I have a lot of different responsibilities at TRSN that primarily focus on the quality of services clients receive as well as working with clients and their families, providers, the Division of Behavioral Health and Recovery (formerly known as the Mental Health Division) and others to make that happen.

I may not have the answer to every question, but I am very motivated to find an answer & to assist with your concerns. I would love to contribute articles about topics of interest, conduct surveys, have a question and answer column, etc.

Please feel free to contact me at Timberlands RSN timberlandrsn@trsn.org / 360 795-3118 / 800 392-6298 to let me know what you would like to see in the newsletter. It would be great if we could keep the newsletter going and make it a newsletter people looked forward to receiving.



Coffee with the Ombuds

What is the Ombuds? The Ombuds is a private contractor who works for public mental health clients and families resolving complaints, providing information and ensuring services are the best that can be provided.

Hi, I am **Theresa Mahar**, the Ombuds for Timberlands RSN serving Lewis, Pacific and Wahkiakum Counties. My job is to help clients and families resolve complaints by providing information, gathering resources and investigating issues. I am not an employee of your local mental health agency. Instead, I work as a private individual who is also a family member of a client who has a mental illness and receives services in our system.

What is my experience with mental illness? Professionally I was fortunate to work at both State hospitals as well as at the Mental Health Division now called Division of Behavioral Health and Recovery. This provided me with a multi layer look at the mental health system. I am also a family member. I have worked with my family member seeking services in the public mental health system and I too have faced frustrations in getting my family member services. As your Ombuds / Advocate, I work with the local mental health agencies to ensure you receive the services you need to get to recovery.

Recently, I have begun doing a series of training on physical health and mental health advance directives. An advance directive is a plan / form that clearly states what your wishes are if you are unable to speak for yourself. The advance directive can identify who you want to speak for you in the case you cannot. Physical health directives have been around a long time. The mental health directive also provides you with the same benefits – identifying what works for you and who can speak for you if needed. The Department of Health now offers a website where you can register your physical and mental health advance directives. Your documents can be accessed anywhere in the nation. That is a great service for those who travel a lot.

COFFEE with the OMBUDS

Please take the time to meet your Ombuds and have a cup of coffee
The Ombuds wants you to share your experiences in order for the Ombuds to improve her services to YOU~
Do you not understand the system?
Are you having a problem? Give me a call and let's chat as I work for YOU~

1 866 439-3064

Theresa Mahar
Ombuds Services
theresamahar@msn.com

DATE	TIME	LOCATION
October 8	12 - 1	Johnson House, Cathlamet
October 14	1 - 2	Lewis Health Department Annex 360 NW North Street, Chehalis
October 14	5:30- 6	NAMI Education Night Pearsall Building, Aberdeen
October 19	3 - 4:30	NAMI Education Night Grace Family Fellowship 37th and Pacific Highway, Seaview
October 25	1 - 2	Group Room, Willapa Behavioral Health 300 Ocean Avenue, Raymond
October 27	1 - 2	White Pass Coalition 123 Main Street, Morton
TBA		Ocean Shores
TBA		Westport



The Administrator's Avenue

Hello, I am **Bill Hardy**, Administrator of the Timberlands Regional Support Network. I hope to include in each issue a section called 'The Administrator's Avenue'. In my column I plan to keep you abreast of the Washington State Public Mental Health System and specifically what that means for TRSN and the residents of Lewis, Pacific and Wahkiakum Counties that seek publically (State) funded mental health services.

First off - who am I? I am a father of three children and a grandfather to two, soon to be three grandchildren. I live with my wife and two dogs in Cathlamet, Washington. I began as the administrator for TRSN in August 2008. Prior to my employment at TRSN I worked for the North Central Washington RSN for 12 1/2 years. In addition to working for RSNs I have worked as an administrator and clinician at a community mental health agency and at various inpatient facilities over the past twenty five years.

In future newsletters I will write about issues that I think are timely for the RSN and the individuals who reside in our Counties and respond to questions about State funded public mental health services in the TRSN region. Please feel free to send me questions either by land mail at P.O. Box 217, Cathlamet, WA 98612 or through our general email address timberlandsrn@trsn.org. Thank you - **Bill**



Helpful LINKS...

We have received gratifying reviews regarding our new *Timberlands RSN* web page. We hope you take the time to review our website as it has countless amounts of information available at www.trsn.org and we always welcome your comments. If you do not have a computer please take advantage of public computer access at your local library.

Timberlands Regional Support Network
www.trsn.org

Department of Social & Health Services
www.dshs.wa.gov

Division of Behavioral Health & Recovery
www.dshs.wa.gov/Mentalhealth

WA Association of Area Agencies on Aging
www.agingwashington.org

National NAMI
www.nami.org

Washington State NAMI
www.nami.org/MSTemplate.cfm?Site=NAMI_Washington

SAMHSA
www.samhsa.gov

Lewis Community Mental Health Coalition Newsletter
Contact Carolyn Price at Carolyn.Price@lewiscountywa.gov

Toledo residents, Cowlitz Tribe members can get free laptop

By Barbara LaBoe / The Daily News The Daily News Online | Posted: Monday, September 27, 2010

Toledo residents and any member of the Cowlitz Tribe can receive computer training, a free laptop and discounted high-speed Internet access thanks to a \$2.1 million federal grant the Toledo Telephone Co. received Monday.

The federal economic stimulus grant will pay for 30,000 hours of training in computer literacy and job searching skills for approximately 750 residents. Participants in the training also qualify for a new laptop computer that will be "on loan" for the two-year training period but then will be theirs to keep, said Dale Merten, chief operating officer of Toledo Telephone. The computers will be middle-of-the-road models as far as cost and capability, similar to a Dell 1500 Inspiron, Merten said.

"The goal is to get a good quality laptop in everybody's hands," he said. "I just wish I could do this for all the neighboring communities."

Toledo Telephone also will offer discounted home broadband Internet to participants to encourage the adoption of the high-speed service.

The training, computers and discounted service are available to anyone in the Toledo service area - designated by telephone numbers with a 864 prefix - and any member of the Cowlitz Tribe no matter where they live.

The Sustainable Broadband Adoption grant was part of \$206.8 million in grants announced Monday, nationwide, according to a press release from U.S. Commerce Secretary Gary Locke.

"In a globalized 21st century economy, when you don't have regular access to high-speed Internet, you don't have access to all the educational, business and employment opportunities it provides," Locke said in the press release.

Fewer than 50 percent of Toledo households subscribe to broadband Internet, and fewer than 20 percent of residents in the neighboring tribal area subscribe, according to a grant fact sheet. The area also is disproportionately low-income, unemployed, under-educated and older, according to the fact sheet.

The family owned Telephone Company will partner with the Cowlitz Tribe for the grant and use Tribe connections and publications to spread the word, according to the grant fact sheet.

For details, call the telephone company's business office at 360 864-4552.

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MENTAL HEALTH AWARENESS WEEK

October 3-9, 2010

NAMI is on Facebook - connect with NAMI.

www.facebook.com/officialNAMI



**FEDERALLY
QUALIFIED HEALTH
CENTERS (FQHC)**

http://wacmhc.org/chc_map.php

Lewis County

Valley View Health Centers

2690 NE Kresky Ave

Chehalis - 330-9595

Centralia - 736-3042

Winlock - 785-9400

Toledo - 864-4400

Onalaska - 978-6600

Morton - 496-5101

www.vvhc.org

Pacific County

Family Health Center

21610 Pacific Hwy

Ocean Park - 665-3000

South Bend - 815-5579

**Shoalwater Bay Wellness
Center**

2373 Old Tokeland Road

Tokeland - 267-0119

**Valley View Health Center
300 Ocean Avenue**

Raymond - 360 942-3040

**Wahkiakum
County**

Family Health Center

335 Una Ave

Cathlamet - 795-3201

**Staying Connected in Tough Times:
Need help paying your telephone bill?**

By Amanda Maxwell

Utilities and Transportation Commission

While stock market changes, job losses, foreclosures and financial stress continue to batter our communities, more residents are depending on public assistance. More than ever, people need to stay connected to community resources and emergency services that can help them survive this economic crisis. Access to local telephone service can be the difference between finding help and feeling isolated.

The Washington Telephone Assistance Program (WTAP) offers eligible residents a low cost landline telephone for about \$8 a month. If you, or someone you know, is receiving assistance from the Department of Social and Health Services (DSHS), you may qualify for the WTAP program.

Residents receiving food stamps, Temporary Assistance For Needy Families (TANF), general assistance and other public programs could qualify for the WTAP program. To sign up, call your local telephone provider and provide your DSHS client ID number. You can receive a low to no cost phone line installation, and basic local phone service for \$8 a month with no deposit required. If landline telephone service is not available, WTAP provides a voice mailbox and personal telephone number because the line between a job interview and a job offer can be as thin as a telephone cord.

While times may be tough, the ability to stay connected with family, friends and resources can improve the quality of life for those who may be struggling. Pass this information on to those who need to stay connected and help our neighbors work through these tough times!

**For more information on the WTAP
program or landline telephone services,
contact the WA Utilities and Transportation
Commission's Consumer Help Line at**

1 888 333-9882

consumer@utc.wa.gov

We Are Strength-Based

By Roy W. Schlegel, MD

The sun does not shine directly through the north-facing window of my office in Centralia. The sky might be bright blue and cloudless; the temperature outside might be perfect—neither too hot nor too cold. The bright daylight tries to make its way through the one-way blinds, but the fluorescents put out a brighter light. Many people do not like fluorescent lighting—too cold and greenish-blue. Despite the clear near-perfect day outside, there is pain in the office: sadness that will not go away; worry, fear, and grief. And pain from not being able to function the way you know you can. There is confusion—how did I get this way? Why can't I get better?

Depression for some causes existence to seem gray and oppressive causes a bright-blue day to seem mocking, teasing you with what you are missing, what you are incapable of enjoying today. Anxiety—the fight or flight response with no obvious threat—also causes a freezing response. You are now unable to move while knowing that you are missing out on life.

You have tried fixing it, tried to make yourself feel happy, tried alcohol to sleep, tried weed to calm down. They wear off and you are right back where you were or maybe getting worse. Something is still wrong and you feel you cannot fix it. You used to be able to fix things but you cannot fix this.

What makes it worse is the knowledge that you used to be able to function—used to be able to make a decision, get up off the couch, or even get out of bed. Sadness, fear, regret, and all of the "shoulds" you keep repeating to yourself, build up on each other until you feel truly stuck.

Getting to the office for an intake or psychiatric evaluation is often the first movement in a frozen situation, the first step towards recovery. You have asked for help, which is a huge step. You are becoming unstuck; you may not even know it yet.

The next step is the step your counselor, your case manager, and your doctor take with you. We ask, "What is this person good at? What are the strengths and supports this person has?" We look for outside supports you might have: friends, family, church, sports, and social activities.

The inner strengths and personal strengths we look for include spiritual beliefs, good health, and intelligence—which are often street smarts or resourcefulness when you lack a formal degree. Even the small things you don't give yourself credit for, like riding a bicycle, taking your dog for a walk, or writing in a journal, are signs of inner strength. The things you used to enjoy and were good at are also strengths, such as being good at fishing or good at putting puzzles together.

Despite the depression telling you that you are worthless or the anxiety telling you that you cannot do anything, you can still do certain things. First and foremost: today you got up out of bed, dressed yourself, and came in for help. You could and you did. It does not matter that you are wearing sweats or you did not shave or get your hair combed; you made it in. Access to, and access of, care is a strength we often don't talk with you about, but one of the most important ones we monitor as people progress in recovery. Are you making it in for appointments with your counselor and are you attending groups? Are you keeping in touch? Are you calling the on-call person when you are hurting in the middle of the night?

Self-esteem improves when you realize you have accomplished something—anything—on your own without help. When a caring person reminds you what you just did on your own—without overblown praise or platitudes (those trite and clichéd sayings)—it helps you to start regaining some self-esteem, which has been shot down by the depression. Depression causes you to focus on what is wrong, not what is going right. Focusing on what is wrong does not help you towards recovery; focusing on strength is movement in a positive direction. That is the meaning of Strength-Based. We look for your strengths and remind you of what you are able to do. When you do something on your own, you are being capable; you are being strong. When you begin to realize you are doing things on your own, you begin to recover.

There will be difficult days with lousy weather and there will be nice days with sunshine and cool breezes. The office is temperature-controlled with even lighting and drawings from children on the walls. I am sitting across from a person in pain, looking for your strengths—including the strength shown when you passed over the threshold into my office. You have strength and you can—you will—get better.

Washington Behavioral Healthcare Conference June 2010–Yakima

Reflections of the TRSN Quality Review Team (QRT):

- “As always a well attended state conference on the status and projected future for Mental Health Services in our state. Over 700 paid attendees were on hand to follow the “Paths of Recovery” theme. I was struck by the increased involvement from the State of Washington Correction Department (prisons). They had 30 representatives present. As you know, corrections and mental health are joined in many of our recovery projects. This improved connection was continued as a topic throughout the conference’s session workshops. This partnership on a high level was the one thing that has been missing or practiced on a limited basis in my experience, so the excitement that more effort will be expended by both programs was the feel good moment for me.”
- “The WBH conference this year was as good as ever. I get so much information, it gets stored in my memory where it pops up here & there. Last year I saw Stephanie Lane & her mom present & was able to bring them to our local NAMI. So, stuff simmers in my brain & comes to me when I need it, & can share it. “
- “I was fortunate to have as my first work shop a presentation on employment and the power of having a job in the recovery process. I was able to present our own County experience of the TRSN and Health and Human Services in the development of Wahkiakum successful Elochoman Valley Partners LLC client driven employment program. At this conference, it was enthusiastically agreed that self-employment should be seriously researched as a possible source for building self-esteem and community acceptance for those we serve. This self employment experience should be made available at every level of recovery.”
- “This conference fit my past work experience and future involvement with Mental Health Services in the State of Washington. I worked as an employment specialist/case manager for Wahkiakum County Health and Human Services until retirement. I had an active role in the development of The Elochoman Valley Partners LLC and under that umbrella the “Made in Wahkiakum” gift store and “Wahkiakum on the Move” bus service were born as associate programs.”
- “I felt the power of all the varieties of people with a common bond. A pulling together of forces. And it stays with me.”
- “As member of the TRSN QRT I will have the opportunity to assist future TRSN programs to give our Mental Health workers the very best “Paths to Recovery” possible. The QRT, using surveys and personal interviews techniques gather information that will be useful discovering where our services are most needed. This for me is a wonderful way to continue to give back to my community.”

2010 Timberlands RSN Quality Review Team
Kat Erskine, Pacific County, Rolly Armstrong, Wahkiakum County and
LaRonna Lorber, Lewis County

Timberlands RSN Regional Advisory Board

Lewis & Pacific County Vacancies

Currently TRSN Regional Advisory Board has vacancies for Lewis and Pacific County representatives.

Timberlands Regional Support Network (TRSN) is responsible for providing publicly funded mental health service benefits, both outpatient and inpatient, to eligible persons in Lewis, Pacific and Wahkiakum Counties. The Regional Advisory Board independently reviews and provides comments to the Governing Board on plans, budgets and policies developed by the Timberlands Regional Support Network.

Per policy and WAC 388-865-0222 – Advisory Board, TRSN established a Regional Advisory Board per TRSN Governing Board Bylaws that is broadly representative of the demographic character of the region and is composed of at least fifty one percent (51%) current or past clients of public mental health services. Current or past clients of public mental health services may include youth, older adults or persons with a disability and families may include family, foster family members or caregivers of clients including parents of emotionally disturbed children.

All prospective Advisory Board members shall complete an TRSN Advisory Board application. The applications are reviewed by the TRSN Advisory Board and applicants are invited to attend both an Advisory and Governing Board meeting. Applications are sent to the Board of County Commissioners as all Advisory Board appointments are made by the Board of County Commissioners for each County. The Regional Advisory Board meets in Cathlamet. Applicants must be able to commit to attending the meetings.

To receive an application and / or for further information please contact Sandy Everman at everman@trsn.org 795-3118 / 800 392-6298 or P O Box 217, Cathlamet, WA 98612.

Share Your Thoughts

We believe everyone has a story to share and ideas to contribute in order to help others. We invite you to submit a personal story, a tip on staying well, a book or movie review, upcoming recovery events or information on regional mental health issues. The newsletter's basic goal is to inform, encourage and inspire.

Please send your submissions to

Timberlands RSN
PO Box 217
Cathlamet, WA 98612
timberlandsrsn@trsn.org

VERY IMPORTANT NOTICE

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 and to cut down mail returned as undeliverable.

Timberlands Quality Review Team (QRT)

Quality Review Team, is a group of clients, family members and community volunteers. The function of the QRT is to survey clients / family members of public mental health services through Speakouts, community forums, surveys and outreach throughout the year with one purpose of working together to deliver quality mental health in Lewis, Pacific and Wahkiakum Counties. For more information contact Heather Maxwell, TRSN QRT Coordinator 1 877 736-3162 or qrt@localaccess.com

Recovery & Supports
PO Box 217
Cathlamet WA 98612

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Fall 2010



TELL US WHAT YOU THINK?

As a recipient of this newsletter it is important for us to keep in touch with you! We have prepared a short 10 question survey for you to complete to let us know your thoughts and ideas for future newsletters.

Take the survey on SurveyMonkey today by logging on to

<http://www.surveymonkey.com/s/PJVLV72>

Thank you in advance for taking a few minutes to share your ideas and to let us know how we are doing.