



VOICES & CHOICES

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

February 2010

...farewell to

Donna Karvia~

The Lewis County Board of Commissioners appointed Donna Karvia to serve on the Timberlands Regional Support Network Governing Board in 2007. Donna came to the Governing Board as the retired Lewis County Superior Court Clerk, with thirty years of experience in the law and justice system, over forty years volunteering in community causes and eight years working with access to health care in Lewis County. This background influenced her belief that ones efforts would be most effective with community collaboration, pooling of resources and a commitment not only to crisis care but also for the intervention, prevention and integrated medical and mental health services.

Donna has been married to her husband John for 53 years, John was a police officer for 32 ½ years they have three sons, seven grandchildren and have lived in the same Lewis County house for 47 years. Donna has served on a multitude of State organizations and received numerous awards; she currently serves as president of the Soroptimist International of Centralia-Chehalis, board member of Valley View Community Health Center and an active member of the Lewis County Mental Health Coalition just to name a few. Donna enjoys family, travel, genealogy, Lewis County history and community services organizations.

Donna has been a essential asset on the TRSN Governing Board strengthening community collaboration and commitment to Lewis County residents as we all work together to deliver quality mental health services. People state Donna is a shining example of not only talking the TALK but she truly walks the WALK, Lewis County is truly lucky to have DONNA KARVIA ~



*~positive reminder,
Clients **recover**
Clinicians **facilitate** recovery.
Systems and communities
support **recovery**.*

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

Raymond – coming February 2010

Wahkiakum County

Family Health Center

335 Una Ave

Cathlamet – 795-3201

...Did you know?

You have the right to:

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

Voices & Choices Survey....

Timberlands Regional Support Network (TRSN) would like to hear from **YOU** - we are currently evaluating the Voices and Choices monthly newsletter. Tell us what you think could improve the newsletter, additions, types of information and or what you would like to see changed. As we move forward in 2010 with budget cuts, we want to be sure that clients, advocates and family members get the most out of the Voices and Choices newsletter. Please let us know your thoughts by contacting Sandy at **Timberlands RSN, P O Box 217, Cathlamet, WA 98612** or everman@trsn.org / 360 795-3118 / 800 392-6298. Thank you for your time as we work together to deliver quality mental health services in Lewis, Pacific and Wahkiakum Counties.

Timberlands RSN Regional Advisory Board
**Lewis, Pacific & Wahkiakum County
Vacancies**

Currently TRSN Regional Advisory Board has vacancies for Lewis, Pacific and Wahkiakum 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 a TRSN Advisory Board application. Applications are reviewed by the TRSN Advisory Board and applicants are invited to attend both a TRSN Advisory and Governing Board meeting. Applications are sent to the Board of County Commissioners as all TRSN Advisory Board appointments are made by the Board of County Commissioners for their applicants. The Regional Advisory Board currently meets monthly in Cathlamet. Applicants must be able to commit to attending the meetings.

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

Centralia College Student Plans Centralia Massacre Movie ‘The Forgotten: Armistice Day 1919’: Film Will Focus on Attorney Elmer Smith’s Point of View

By Eric Schwartz

Originally published: Saturday, November 14, 2009

Four months ago, Michael Duffy didn’t know who Elmer Smith was.

After talking with friends, he discovered that he wasn’t the only one.

Now, the Centralia College honor student has launched plans to write, produce and direct a Centralia Massacre drama from the point of view of the Centralia attorney who was placed on trial with International Workers of the World Members, and later fought for their release from prison.

Duffy showed a short trailer for the film tentatively titled “The Forgotten: Armistice Day 1919” during an event Friday night at Centralia College aimed at commemorating and remembering the massacre.

Smith, the focus of the movie, was the Centralia attorney who was placed on trial with 10 Wobblies — a term used to describe I.W.W. labor union members — following the explosion of violence on Nov. 11, 1919.

World War I veterans were parading in downtown Centralia in recognition of Armistice Day when gunfire broke out. Some say the American Legion members stormed the I.W.W. hall, while others maintain that it was a carefully set ambush by I.W.W.

Regardless of the specifics, four legionnaires were killed and I.W.W. icon Wesley Everest was beaten, shot and hung while other Wobblies were arrested and placed on trial.

Smith was said to be sympathetic to the Wobblies and had advised them prior to the events of Nov. 11, but was acquitted following a trial in Montesano. Seven Wobblies were found guilty of murder and were sentenced to long prison terms.

Smith tried for their release until his death in 1932.

Duffy said a bronze plaque dedicated to Smith on the Centralia College clock tower sparked his interest in the man. He found Tom Copeland’s book “The Centralia tragedy 1919: Elmer Smith and the Wobblies” at the library and soon decided he wanted to produce a film. He also plans to play Smith in the film, which will include the work of other Centralia College students.

“The man needs to be known for his contributions,” said Duffy.

Not knowing the contentious nature of the local debate, Duffy said he originally planned to title the film “Fool’s Parade.”

“But you don’t got to the Rotary Club and tell people that,” he said.

The film will essentially be comprised of three acts, Duffy said. It will move from an introduction to Smith, into a dramatization of the tragedy and conclude with the trial.

He said he plans to film on location in some cases, and said he might visit towns like Pe Ell and Morton for some portions of production.

“It’s just been a blessed project all along because everyone is interested in it,” Duffy said.

He said he’s met relative of Smiths in the process of researching, and that he hopes the project can eventually flow into the creation of a historical center to commemorate the tragedy in Centralia.

Those interested in auditioning or contributing for the film can visit Duffy’s Web site at www.toonsmithstudios.com or E-mail him at toonsmith13@hotmail.com.

NAMI PACIFIC COUNTY

By: Kat Erskine

Our February meeting will be 3:00-4:30 at the Peninsula Church Center, 5000 'N' Place (Washington), in Seaview. We don't have a firm subject as of this writing, but will by then. Look at it as a surprise. Remember, we need our NAMI meetings especially during the glum winter months. Watch the paper and for Rosi's email. Or call one of us for more info-Kat 665-6305 or Rosi-665-5372. Brave the yucky weather and join us.

Pacific NAMI Connection Recovery Support Group

NAMI Connection continues to meet at Golden Sands, 21608 'Ln', in the library, 4:00-5:30 pm every Thursday. (Golden Sands is the third building back from the Senior Center). Many have shown interest in coming, or are glad we're here. Now is the time to show it. Come to a group! It's a new year. A time for new beginnings. Let's make NAMI Connections a part of it. Now is the time. Don't put it off any longer. For more information call Kat-665-6305 or Barb-665-4421.

Writing Can Help

By: LaVonne M. Sparkman

I've had depression half my life
While struggling to be mother and wife
Medicine has given a lot of relief
Then there's counseling and Christian belief.

But the greatest help I have found
Is writing; not a thought profound
So take your paper and your pen for tools
Forget about all confining rules.

Open your mind, let the words flow
And the blues and sadness have to go
Your mood will suddenly be lighter
And the world will seem much brighter.

Writing is not a cure-all, of course
And not likely to earn you a Porsche
But when you come to the end of the day
You will feel good to have had your say.

NAMI reprint...

What is IOOV?

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery.

The program was started with a grant from Eli Lilly and Company.

IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Throughout the IOOV presentation, audience members are encouraged to offer feedback and ask questions. Audience participation is an important aspect of IOOV because the more audience members become involved, the closer they come to understanding what it is like to live with a mental illness and stay in recovery.

IOOV presentations are given to consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups.

All presentations are offered free of charge.

Groups or organizations interested in seeing a presentation may request that one be given in their area through their state or local affiliate.

The goals of IOOV are to meet the need for consumer-run initiatives, to set a standard for quality education about mental illness from those who have been there, to offer genuine work opportunities, to encourage self-confidence and self-esteem in presenters, and to focus on recovery and the message of hope.

Anyone familiar with mental illness knows that recovery is not a singular event, but a multi-dimensional, multi-linear journey characterized more by the mindset of the one taking it than by his or her condition at any given moment along the way.

Understanding recovery as having several dimensions makes its uneven course easier to accept. Much as we don't blame the cancer patient for dying of invasive tumors, we can't condemn a consumer whose symptoms overtake his or her best efforts to manage illness. Recovery is the point in someone's illness in which the illness is no longer the first and foremost part of his or her life, no longer the essence of all his or her existence.

Ultimately, recovery is about attitude and making the effort.

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

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

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. 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

WAHKIAKUM COUNTY**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: 800 635-5989Email: brightj@co.wahkiakum.wa.us**PACIFIC COUNTY****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

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

NAMI Connection Recovery Support Group meets at Golden Sands, 21608 'Ln', in the library, 4:00-5:30 pm every Thursday.

WILLAPA BEHAVIORAL HEALTH2204 Pacific Ave North, Long Beach, WA. 642-3787
Mail: PO Box 863, Long Beach, WA 98631300 Ocean Avenue, Raymond 942-2303
Mail: P O Box 65, South Bend, WA 98586**Toll Free** (both locations): 800 884-2298Email: cumminse@willapabh.org**LEWIS COUNTY****NAMI LEWIS****NAMI Connection Recovery Support Group**

Only for those coping with mental illness.

Facilitated by trained individuals in recovery

Group meets **EVERY** Tuesday 6:00pm to 7:30pm

Emmanuel Lutheran Church, 1209 N. Schueber Rd

Centralia (bus #2) For more info: Ellalou 623-5619

Next meeting? Every Tuesday 6:00 to 7:30 pm**NAMI Educational Support Meeting**For **everyone** wanting to learn about Mental Illness.Meeting is the **first** Tuesday of each month 6:00pm.

Vernetta Smith Timberland Chehalis Library

400 N. Market Blvd., Chehalis info Judy: 785-9668

Next meeting? February 2nd 6:00pm to 7:30pm**NAMI Family Support Group**

Only for family of those coping with Mental Illness

Group is the **third** Tuesday of each month 5:30pm

Vernetta Smith Timberland Chehalis Library

400 N. Market Blvd., Chehalis info: Sherry 748-4024

Next meeting? February 16th 5:30pm to 7:00pm**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: 800 559-6696Email: killillays@cascaementalhealth.orgWEB Site: www.cascademh.org**Other Useful Numbers and Sites****Ombuds Services:** Theresa MaharNew 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