



# VOICES & CHOICES

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

March 2010

## ...Valerie Voght fond farewell~

Per my request for **Valerie Voght, Lewis County representative** from the Timberlands Regional Support Network Advisory Board submitted the following bio for her Voices and Choices farewell article.

There has been a history of mental illness in my family for many years, dating back to my paternal grandmother who was institutionalized and passed away before I was born, to uncles and cousins. At that time, this subject was hushed and not spoken of openly.

In the 1990's, while I was attending Columbia Basin College for my Associate's Degree, I had a call that my daughter had been hospitalized. Not much was said concerning her condition and because she was over the age of 21, I could not get any information. For several years the same daughter (my one and only child) had refused to talk to me. I spoke to her several times while she was in the hospital and then once again, she refused to talk to me.

Five years later my husband, who had been a complete quadriplegic since a fall at work eleven years before, passed away suddenly. My daughter and I were living together, when she visited her Dad and Stepmom and had an episode that landed her back in the mental hospital.

I moved to Chehalis that summer, when my daughter called and asked to stay with me again. We went on the roller coaster of Bi-Polar Disorder and addiction to prescription drugs. We were in every emergency room and several doctors' offices from Chehalis to Longview to Tacoma. When she could get there, she saw a counselor at Cascade Mental Health Care.

During this time of extreme frustration on my part, I was invited to join a Support Group for family members. After attending this Support Group, joining NAMI and learning about Bi-Polar disorders, understanding what was happening, learning better ways of communication and setting boundaries; I found peace in my life again.

I was invited and appointed to join the Timberlands Regional Support Network Advisory Board, as I wanted to give back to the community in gratitude for the difference knowledge and understand made in my life. I want to say that my terms on the Advisory Board have increased my compassion and understanding of mental illnesses.

*Continued on bottom page three*



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

## **FEDERALLY QUALIFIED HEALTH CENTERS (FQHC)**

[http://wacmhc.org/chc\\_map.php](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](http://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](mailto: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 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 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](mailto:everman@trsn.org) 795-3118 / 800 392-6298 or P O Box 217, Cathlamet, WA 98612.**

*Continued from page one...*

I am happy to say that my daughter and I have a great relationship now and she has told me what it meant to her for me to learn about her illness and to take an active role.

It is now time for me to move on. I have just recently taken on the role of companion for my Mother and I volunteer at several other groups as well as spending time with my two other passions – QUILTING & TRAVELING~ **Valerie's dedicated service will be missed by all but we want to wish her happy trails in her future as she continues to volunteer in Lewis County.**

## Quality Review Team Report

*Heather Maxwell, QRT Coordinator*

January 2010  
Meeting Date February 12, 2010

*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 January for their regular meeting. Highlights of the meeting included: a lengthy discussion related to the process of QRT making recommendations for system improvement, the history of the process (es), as well as how to improve the process. This discussion will be continued.

Time constraints did not allow for QRT members to finish their work on their recommendations for the Allied Provider Survey or the Speakout report, so members will finish this work independently.

QRT continued their discussion related to the budget cuts and how these cuts affect customer service.

QRT will be scheduling the remainder of the adult family home visits (Chehalis/Centralia area) for February as volunteer time allows.

Finally, the Team continued their calls to ProtoCall through the December/January holiday season and discovered no difficulties/issues.

The upcoming state meeting/training was discussed: a Quality Review Team basic training will occur and this meeting/training will be Stephanie Lane's last day as the Manager of the Office of Consumer Partnerships.

During the TRSN Governing Board meeting there was a discussion related to Quality Review Team member applications and reappointments and this will be on topic at the next QRT meeting. Furthermore: it was requested that the agencies receive provider specific information related to the allied provider survey and this writer emailed said information.

At the Quality Management Committee meeting there was a discussion related to QRT surveys with provider and the TRSN's Quality Manager input which will be presented to QRT at their next meeting, as not all QRT are able to work via email. A revised Client Satisfaction Survey will be made following the QRT members' input.

This writer worked with TRSN IS Manager regarding how surveys are sent out, tallied and how information is kept, so the IS manager can build a database for future survey work.

This writer continued to work on the July through December semi-annual report, attended the TRSN's Quality Management Committee meeting, as well as the TRSN's Advisory and Governing Board meetings and prepared for the February tri-annual state QRT/Ombuds meeting.

**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, Lewis, or Wahkiakum** Counties, or **Shoalwater Bay Indian Nation**).

## NAMI Washington 2010 State Conference

### “Healing Families”

**August 13-14, Central WA University**

NAMI Washington is planning our second state conference, to be held Friday, August 13 and Saturday, August 14, 2010, in Ellensburg WA. Focus is on Healing Families – the families we grew up in, families who are helping loved ones find recovery, and families of choice that come together in NAMI classes, support groups, and communities of care.

Program plans to date are to start with opening session at 11 am Friday, end with banquet Saturday evening ending by 8 pm.

#### Speakers will include

- \*Filmmaker and physician Delaney Ruston, introducing her new memoir- documentary film “Unlisted” about regaining contact with her father, who had lived for decades with schizophrenia.
- \* NAMI national leadership consultant Valerie Hunter speaking about Families of Circumstance and Families of Choice
- \*Returning speakers from 2009 who won high praise from attendees.

#### Arrangements will include

- \*Housing at Sue Lombard and Kamola dormitories, both close to dining hall and meeting rooms, with elevators. One dorm has air conditioned sleeping rooms.
- \*Four buffet meals and a banquet dinner Saturday evening.
- \*All in one registration at reasonable rates as in 2009.
- \*Creative arts show by NAMI members
- \*Free showing of the new DVD “Walking in Recovery”
- \*Multiple workshops both days, including new partners such as WADADS

#### How can you be a part of this event?

Sign up for a committee. Teams will be:  
 Program – setting up workshops, speakers  
 Publicity - media, peer groups, written program  
 Finance, including scholarships  
 Local arrangements  
 Creative arts show

Contact President Barbara Bate, 360 665-4421,  
[bgofish@willapabay.org](mailto:bgofish@willapabay.org)

## Johnson House, Cathlamet

By: Colleen Bennett

The holidays are behind us and we're working toward fulfilling those New Year's resolutions.

As fitness and nutrition has been of interest to our participants, we have a Monday 10:00 – 11:00 a.m. class which covers these topics. “**New Image**” is open to clients and their friends who desire to workout with the weights and exercise balls. We put the concepts of good nutrition into practice by preparing meals for the group. This gives us a chance to incorporate low fat/calorie foods into our daily meal plans. Working with members of the Heath Department, University of Washington Extension, and the Elochoman Valley Partners, we are also participating in one of the community gardens planned by these worthwhile organizations! We decide what to grow and how we'll use it, and they'll help us by using a green house to get the seeds started. Once the weather turns warmer, the plants will be transplanted into our onsite garden and we'll have our own salad ingredients by Spring. We'll also be helping others in the community meet their nutritional needs, too!!!

**Craft Group seeking participants.** We have the material (literally), to practice and enhance sewing skills. . .we even have an extra sewing machine! Contact the Johnson House at (360) 795-8028 if you'd like to participate in our forming sewing group. We also have really good knitters and those who crochet who are willing to teach others these craft skills.

## Serenity House

By: Jeri Wagner

Our groups are still going strong, with more times and days of the week, and including depression groups, social groups, etc.

You're encouraged to call for more info at 360 748-1086.

## 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: [grt@localaccess.com](mailto:grt@localaccess.com)

PO Box 1435

Centralia, WA 98531

### It Doesn't Work

By: LaVonne M. Sparkman

There's a fact that I hate -  
I exercise to lose weight  
But talking doesn't make thin  
My prominent double-chin.

*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](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

**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: 800 635-5989**

Email: [brightj@co.wahkiakum.wa.us](mailto:brightj@co.wahkiakum.wa.us)

**PACIFIC COUNTY**

**NAMI PACIFIC**

35504 "P" 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 **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 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)

**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? March 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? March 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: 800 559-6696**

Email: [killillays@cascaementalhealth.org](mailto:killillays@cascaementalhealth.org)

WEB Site: [www.cascademh.org](http://www.cascademh.org)

**Other Useful Numbers and 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)