



## MENTAL WELLNESS TOOLS

NAMI Far North welcomes Brenda Hammond as our guest speaker on September 17. Most recently with Paladin Services, Brenda is now with North Idaho Children's Mental Health as an adult clinician; and is the Mental Health Specialist at Mountain States Early Head Start. In addition, she has been facilitating a local Voice Hearer's group since 2010 and is on the national Voice Hearer's Board. She will share insights for coping with stress and fostering resilience. Mental wellness is wrapped around the mental, emotional, social, physical, and spiritual attributes of an individual. Brenda's message and handouts will be a good addition to our mental wellness toolboxes.

## IDAHO BEHAVIORAL HEALTH TRANSFORMATION

On July 1, Idaho behavioral health transformation legislation became law and provides those at a regional level the opportunity to have more say in how recovery support services are provided. The newly appointed Region 1 Behavioral Health Board met August 7 in CDA to begin the monumental task of determining how best to serve the needs of the people of the five northern counties. The twenty-two member board has wide state mandated representation. See Idaho Code Chapter 31, Title 39. Bonner County is represented by Daryl Wheeler, Bonner County Sheriff; Jennifer Giesbrecht, Bonner County Drug Court Coordinator; Marilyn Kesner, Court Appointed Judiciary Representative. Gini Woodward represents the Boundary County Commissioners and NAMI Far North. More information about Regional Mental Health Boards is available at <http://healthandwelfare.idaho.gov/Medical/MentalHealth/RegionalMentalHealthBoards>

## INVOLUNTARY HOSPITALIZATION

### This is a fourth in a series of educational articles about civil commitment in Idaho

The process for the involuntary hospitalization for the care and treatment of a mentally ill person by the Department of Health and Welfare (Civil Commitment) officially begins with the filing of an application with a court having proper jurisdiction. The application is not necessarily the result of police intervention or the custody of the individual. It may be originated by a friend, relative, spouse or guardian of the proposed patient, a licensed physician, a physician's assistance or advanced practice registered nurse in a hospital, a prosecuting attorney or other public official of a municipality, county or state, or by the director of any facility in which the patient may be. The application must properly identify the patient and his or her next of kin if that can be ascertained, and set forth certain other facts about whether care can otherwise be provided and whether the patient is voluntary. It must be accompanied by a certificate from a Designated Examiner stating that, on personal examination, he has determined that the proposed patient is (a) mentally ill, (b) likely to injure himself or others OR (c) is gravely disabled due to mental illness, and (d) lacks capacity to make informed decisions about treatment. If the proposed patient has refused to submit to examination by a Designated Examiner, the applicant may report this fact to the court in writing. An application to the court for civil commitment is necessary whether the person is already in protective custody or not.

Immediately upon receiving an application for commitment of a person in protective custody, the court must appoint another Designated Examiner to personally examine him or her. This DE is called the Senior D.E. If the proposed patient has not yet been examined, as when, for example, a friend or family member seeks the commitment of a loved one because of relapse situational decompensation or medication ineffectiveness, two Designated Examiners must independently examine him or her

and report their findings in writing to the court within 72 hours. The court can then terminate the proceedings and dismiss the application with no further action if the DE's report that the proposed patient is not mentally ill or, although mentally ill, is not likely to injure himself or others or is not gravely disabled. In this case, the proposed patient is released immediately.

If the DE's certify that the person is mentally ill and either likely to injure himself or others or is gravely disabled, the court must institute a hearing not more than 7 days in the future, and arrange for the proposed patient to reside in an appropriate facility pending that hearing. Although it is a CIVIL proceeding and not a CRIMINAL one, the interests of the state in protecting the individual's safety and that of the community are represented by the jurisdiction's Prosecuting Attorney. The proposed patient has the right to be represented by counsel, and if he cannot provide counsel for himself, the court must appoint a defense attorney for him. Defense for the proposed patient in that case would be provided by a Public Defender, whose job is not necessarily to serve the best interests of the patient, but to prevent his or her being committed to the hospital.

Civil Commitment hearings were historically always conducted in a court room, often requiring a temporarily hospitalized patient to be transported by police squad car or detention van to and from their place of temporary residence. This practice caused additional trauma to proposed patients and contributed to the high cost of commitment proceedings. Currently in Idaho, hearings are conducted in hospitals, facility conference rooms or wherever the proposed patient may be in residence, so as to minimize the disruption and psychological distress suffered in the process.

Hearings generally last approximately 30 minutes, although some are shorter and some much longer. They consist of the Prosecuting Attorney presenting the case for involuntary hospitalization, relying on evidence of the proposed patient's behavior and the assessment of the Designated Examiners. The Defense attorney may call upon the proposed patient to speak for him or herself, or may obtain evidence from

family members, friends or other mental health providers.

Like all judicial hearings, civil commitment hearings are adversarial, which means that each side opposes the position of the other, has the right to cross-examine witnesses, and to ask the presiding judge or magistrate to draw inferences from the facts presented. The adversarial model has the advantage of creating a 'crucible' in which opposing positions can be heard and debated in an open, yet civilized manner subject to rules of evidence and procedure. This model is by no means perfect, but historically has proved itself to be the most effective way of achieving justice. A very experienced Idaho Senior Designated Examiner interviewed for this article believes that the system results in an appropriate balance between an over-paternalistic attitude in which individual rights are not protected and a too-libertarian system in which people who desperately need treatment are free to decline to receive it. The hearing component of the process of civil commitment is designed to meet the needs of both the proposed patient and the society for self-esteem, confidence, achievement, and respect of and by others.

Our next article will discuss Mental Illness and the issue of Liberty

Idaho Statutes Title 66 Chapter 3, Sections 66-317, 66-326, 66-329.

Special thanks to Linda Hatzenbuehler, Ph.D., ABPP, Associate Vice President & Executive Dean Division of Health Sciences, Idaho State University.

—Ruth McKnight, Esq  
NAMI Far North board member

## **PRESIDENT'S MESSAGE** **BE PROUD to be the agent of** **change in your family.**

Getting healthier yourself is the best place to start. Once your loved ones see how good YOU feel, they might want what you have!

Positively influence your friends and family using these 10 simple tips. You're not going to deprive them of taste or enjoyment; you're going to give them the gift of abundant health and happiness — something that everyone wants!

- When going to the supermarket bring back nuts, fruit, guacamole, hummus and veggies as a snack instead of chips, pretzels and cheese dips.
- Bring a healthy dish to a BBQ or party and share with everyone.
- Instead of ordering a burger and fries, ask to have your burger without a bun

and cheese and put it on top of a salad.

- When taking a long car trip, make a big healthy smoothie for the whole family and then divide it up into little to-go bottles.
- Don't order alcohol when you go out; switch to sparkling water with lime instead
- Ride your bike to the restaurant, market or friends house.
- Meet your friends or family for a walk in the park instead of going out for coffee or ice cream.
- Encourage everyone to get at least 7-8 hours of sleep every night.
- Start a garden in your back yard; grow fruits, vegetables and herbs. If you live in an apartment, grow in pots!
- Share healthy recipes with your friends and co-workers.

*This message is from the Amen Clinic.*

—Amber Snoddy, President  
NAMI Far North

## **CRISIS INTERVENTION TEAM** **(CIT) UPDATE:**

Region 1 CIT Academy #7 is scheduled for March 2-6, 2015. Venues have been selected and keynote speakers, Ellis Amdur of Edgeworks and Sgt Brian Caldwell of the Meridian Police Department, are scheduled. Mike Wraith, who recently joined Region 1 Behavioral Health as the ACT Team supervisor, will serve as the Chairman of the Curriculum Committee. Mike attended the NAMI Idaho funded De-escalation Train the Trainer taught by Major Sam Cochran and Dr Randy Dupont and Associates from the gold standard Memphis CIT program. He then attended Region 1 CIT Academy #5 and returned to Region 3 to lead the implementation of CIT there. The Region 1 CIT Steering Committee will meet on September 9 at the Bonner County Sheriff's Office.

The Idaho CIT Work Group met on July 23 with videoconference sites at regional DHW offices and State Hospital North. All 7 regions are actively working on CIT academies. Planning continues also at the Idaho Department of Corrections. The De-escalation TTT Committee reported their recommendations for standards for CIT Coordinators in Idaho CIT programs. The Work Group will meet again on October 22.

—Ann Ferguson Wimberley, M.D. (retired)  
Region 1 NAMI CIT Coordinator



## **KEYHOLES**

*The metaphor "Keyholes" is an invitation to you the reader to view the world from the perspective of one person living with a diagnosis of mental illness. In the last issue of the Advocate, Victor Vosen started a 5 point countdown of insights from Aunt Edna, and continues with...*

### **#4 You feel guilty for getting sick**

That is, you know, if you'll even admit you have a problem. Care providers sometimes make it worse by making quick diagnoses, when perhaps you think you're just being a typical restless teenager who has never learned how to cope with stronger emotions than you've ever felt before in your life. Then with a stigmatizing label, they still don't really know how to fix whatever it is. So you're looking at 5-50 years with something 'Wrong' with you and nobody quite knows exactly how to help you cope with this lifelong battle. Finally after running out of people or things to blame, you find yourself... totally dependent on society, taking hand-me-downs, because hey #5, Modern life is horribly complicated and #B, everyone is telling you it's probably your fault anyway and that your life is over because THEY now realize how true #5 is for you even if they won't admit that they sometimes have problems navigating life's road too. But seeing as how I'm really an outstanding product of my society, I reject that it can't really be all my fault... my mental illness.

---Story of growing people in vases  
<http://www.slideshare.net/crdixon/aynrandthecomprachicos>

---original source Victor Hugo, in "The Man Who Laughs"

---#2 People will assume it's your fault-from article "5 Things I didn't know about Health Care"

[http://www.cracked.com/blog/5-things-i-didnt-know-about-health-care-until-i-got-sick\\_p2/](http://www.cracked.com/blog/5-things-i-didnt-know-about-health-care-until-i-got-sick_p2/) —Victor Vosen

NAMI Far North Board Member

**NAMI FAR NORTH CONNECTION:**

I struggle with and am in recovery from manic depression, O.C.D. (obsessive compulsive disorder) and a mixed anxiety disorder. As part of my recovery, I facilitate the NAMI Far North Connection group.

One of my favorite authors is clinical psychologist Dr. John Townsend. His book *Hiding from Love, How to Change the Withdrawal Patterns that Imprison You* has been helpful in many areas of my life. He leads the reader to explore the "hiding patterns" which we have perhaps developed to keep us from the very relationships that we crave.

Townsend invites us to discover...

- How to be free to make mistakes without fear of exposing our failures and imperfections
- How to have joy and wholeness
- How to heal relationships and find a new freedom and joy in living
- The difference between "good" and "bad" hiding

As children our hiding patterns may have protected us in a threatening environment. As an adult those patterns can become a prison. Overly sensitive people tend to get hurt emotionally. Learning to not take things personally helps me when I feel like "hiding". The tools offered in this book are also helping me learn to forgive myself more quickly when I make mistakes.

It is common for those of us who struggle with the biological brain disorder known as mental illness to isolate and withdraw from others, thus hiding from

the love others can give. Some of us have social phobias which make it very difficult to interact with others but there is much to gain by taking that risk.

For questions or comments or if you just want to chat, please email me at [dannjanburt1@gmail.com](mailto:dannjanburt1@gmail.com) or call me at 208-263-7928.

—Jan Burt, Connection facilitator  
NAMI Far North Board Member



**BEAT DEPRESSION WITH DIRTY HANDS**

By Dr. Sanjay Gupta

Carrie and Alton Barron met in medical school. They married and made a life together, but they never expected to work together. She is a psychiatrist and he is a hand surgeon. Their two disciplines would seem to be miles apart.

Then they noticed their patients had something in common: When they were using their hands, their mental health improved.

"People started coming in and talking about activities they had done with

their hands over the weekend that had lifted their mood," Carrie says. Alton saw the other side of that equation — people who lost the use of their hands after an injury. He witnessed "the significant mood depression that occurs when people lose the ability to do what they need to do." Those observations evolved into a book they wrote together and called "The Creativity Cure."

They say it is no coincidence that modern people use their hands less than our ancestors, and also experience higher rates of anxiety and depression. More than half of the brain's cortex is mapped to the hands. That's evidence, Alton says, that our hands need to be engaged for our brains to be healthy.

They're quick to point out that texting doesn't cut it. "We're now hunched over our smartphones, texting and typing constantly," Alton says.

Carrie knits, plays guitar and writes longhand every morning. Alton repairs furniture around the house and is even using a chainsaw to carve a bench out of an old oak stump. Together, he and Carrie are weeding a plot of ground at their new home for a vegetable garden.

But they stress you don't need to be a master craftsman to get the benefit of using your hands: Fix things rather than replacing them, doodle, cook, make music. "It's not about the product," Carrie says. "It is really about the process."

<http://www.everydayhealth.com/health-report/major-depression-resource-center/sanjay-gupta-using-your-hands-to-heal-your-head.aspx>

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**BECOME A MEMBER OF**  **NAMI Far North**  
National Alliance on Mental Illness

**Membership in NAMI Far North entitles you to membership in NAMI and NAMI Idaho. You will receive the NAMI Advocate magazine as well as the NAMI Far North Advocate newsletter.**

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**Optional Information:**  
 I AM A: \_\_\_\_\_ CONSUMER \_\_\_\_\_ FAMILY MEMBER \_\_\_\_\_ FRIEND  
 \_\_\_\_\_ MENTAL HEALTH PROFESSIONAL \_\_\_\_\_ OTHER

**MEMBERSHIP TYPES (check one)**

- INDIVIDUAL / FAMILY MEMBERSHIP (\$35.00 annual fee)
- PROFESSIONAL MEMBERSHIP (\$35.00 annual fee)
- OPEN DOOR MEMBERSHIP (\$3.00 annual fee) (full annual membership for individuals and families on limited income)
- SCHOLARSHIP MEMBERSHIP (full annual membership is paid by anonymous donor for individuals and families unable to afford the Open Door Membership)
- I want to make a tax-deductible donation to NAMI Far North

**Directory:**

The NAMI Far North membership directory is intended to facilitate communication and support among NAMI Far North members. It will only be distributed to NAMI Far North members who are current in their dues and who have consented to have their names and contact information published in the directory. It will not be distributed to anyone else for any purpose.

Would you like to be listed in our directory? \_\_\_\_\_ YES \_\_\_\_\_ NO

Make checks payable to NAMI Far North and send to:

**NAMI Far North • P.O. Box 2415 • Sandpoint, ID 83864**

You may also give your application and check to a NAMI Far North board member at a monthly meeting.

# NAMI FAR NORTH 2014 CALENDAR

<p><b>AUGUST</b></p> <p><b>8/25 Bonners Ferry Family Support</b> Panhandle Health District 6-8:30 pm</p> <p><b>SEPTEMBER</b></p> <p><b>9/3 NAMI Connection</b> Sandpoint Gardenia Center 11:30 Lunch 12-1:30 Support Group</p> <p><b>9/17 Regular Monthly Meeting</b> Bonner General Hospital 6 pm: Brenda Hammond: <i>Resilience</i> 7-8:30 Family Support 7-8:30 NAMI Connection</p> <p><b>9/20 NAMI Idaho Regional Conference</b> Coeur d'Alene</p>	<p><b>9/22 Bonners Ferry Family Support</b> Panhandle Health District 6-8:30 pm</p> <p><b>OCTOBER</b></p> <p><b>10/1 NAMI Connection</b> Sandpoint Gardenia Center 11:30 Lunch 12-1:30 Support Group</p> <p><b>10/15 Regular Monthly Meeting</b> Bonner General Hospital Classroom 6 pm: To be announced 7-8:30 Family Support 7-8:30 NAMI Connection</p> <p><b>10/27 Bonners Ferry Family Support</b> Panhandle Health District 6-8:30 pm</p>	<div style="border: 2px solid black; padding: 10px;"> <p><b>HELP WANTED</b></p> <p>Do you have a passion for improving the lives of people with mental illness? Do you have some professional or practical skills that you are willing to give to support the mission of NAMI Far North. Our organization needs volunteers like you to serve on the NAMI Board and or to participate in other ways. Please contact Catherine Perusse for more information <a href="mailto:cmperusse@gmail.com">cmperusse@gmail.com</a></p> </div>
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PO Box 2415 • Sandpoint, ID 83864  
 email: [namifarnorth@yahoo.com](mailto:namifarnorth@yahoo.com)  
 Website: [www.nami.org/sites/namifarnorth](http://www.nami.org/sites/namifarnorth)  
 (208) 597-2047

Gini Woodward, Editor  
 Donna Brosh, Graphics

If you do not wish to continue receiving this newsletter, please email [namifarnorth@yahoo.com](mailto:namifarnorth@yahoo.com)

**NAMI Far North** meets the third Wednesday of every month from 6:00 to 8:00 p.m. at the Bonner General Hospital Classroom.



**For more information about NAMI, please go to [www.nami.org](http://www.nami.org)**

*Find help. Find hope.*

P.O. Box 2415  
 Sandpoint, ID 83864

