

VICE PRESIDENT'S MESSAGE

At its regular meeting last month, NAMI Far North conducted its annual election of Directors, in accordance with its governing process as described elsewhere in this newsletter. At this election, Board members Jan Burt, Ann Wimberley and Amber Snoddy, were re-elected and well-known community member Bev Kee was elected to the Board. These Directors join Ruth McKnight, Catherine Perusse, Lynn Pietz, Gini Woodward, and Victor Vosen who will be eligible for re-election in 2015. The Board thanks for her service former Director Pat Jensen who did not seek re-election this term. We also give special thanks to Doug McKnight, who has moved out of state after having served as NAMI Far North Board Treasurer since the organization's birth. Thank you, Doug, for 7 years of hard work, excellent advice and deep loyalty to the mission of NAMI Far North!

One of the first actions of the newly-elected Board is the election of Officers from among its members. At its meeting on March 13, NAMI Far North's Board elected the following Officers to serve one-year terms: Amber Snoddy, President; Gini Woodward, Vice President; Lynn Pietz, Secretary; Bev Kee, Treasurer.

With each new election of Officers come new ideas and different experience to enrich the organization and move it forward. As these new Officers take up their responsibilities, there will be challenges for the organization and new opportunities for greater growth and service within NAMI Far North. You will hear new voices in this newsletter and at NAMI Meetings. There may be differences and changes, but the focus and goal will remain constant: to improve the lives of individuals living with mental illness, their families and friends.

NAMI Far North welcomes 2014's new Officers and wishes them great success in continuing to serve our community by providing mental illness support, education and advocacy in Bonner and Boundary Counties.

—Ruth McKnight, Vice President
NAMI Far North

CIT UPDATE

Region 1 CIT Academy #6 recently graduated twenty-six students from nine agencies. From February 17-21 the participants attended 40 hours of training, passed a state written exam, and passed de-escalation scenarios to earn CIT certification. Host agency Bonner County Sheriff's Office sent nine deputies. Sandpoint Police Dept. sent a sergeant and patrol officer. Eleven students represented five Kootenai County agencies, including Adult Misdemeanor Probation, Juvenile Probation, ISP Regional Communications Center, Kootenai County 911, and Kootenai County Juvenile Probation. The Shoshone County Sheriff's office sent three deputies and the Bonners Ferry Police Dept. Chaplain attended. A former CIT Academy graduate attended to refresh learnings.

Law Enforcement CIT Coordinators included Deputy Aaron Walker, Bonner County Sheriff's Office; Sergeant Foster Mayo, Bonners Ferry Police Dept and Corporal Leslie Lehman, ISP. Holly Bonwell, Region 1 Behavioral Health Program Director served as Mental Health Coordinator. NAMI Far North Coordinators included Amber Snoddy, Lynn Pietz, and Ann Wimberley. Highly rated keynote speakers Ellis Amdur of Edgeworks and Sgt. Brian Caldwell, Meridian Police Dept. addressed students. The remainder of the faculty included volunteer local mental health providers, law enforcement officers, physicians, a county prosecutor, mental health court judge, a veteran with PTSD, and people living with or affected by mental illness. Members of the Sandpoint High School Drama class made their debut serving as actors in the de-escalation scenarios. The actors were a big hit and hopefully will be an addition to future CIT trainings.

Bonner County Sheriff Daryl Wheeler and Holly Bonwell officiated at graduation, which was attended by all three Bonner County Commissioners, the Sandpoint Mayor, and others. Sandpoint Police Officer Theresa Heberer was awarded 2013 CIT Officer of the Year and received a gift certificate for dinner from Trinity's at City Beach. Heberer was

nominated by a NAMI Far North member for advocating treatment for a person in a mental health crisis.

Funding for CIT # 6 was provided by a grant from Fund for Idaho, the Sandpoint Police Dept., NAMI Coeur d' Alene, and funds raised at the NAMI Far North *Take a Seat at the Table* and CIT celebration, June 2013. Region 1 Behavioral Health printed copies of the class syllabus for the students and provided clerical assistance. Kootenai Medical Center, Northern Lights Energy, and First Christian Church provided the venues for the programs. Many area businesses contributed to the success of CIT #6. Kootenai Behavioral Hospital, Pine Street Bakery, Miller's Country Store, Yoke's, Monarch Mountain Coffee, Second Avenue Pizza, and Stacy's Country Kitchen contributed to breakfast and lunches for the students.

The Region 1 CIT Steering Committee and Curriculum Committee met March 12 to review and evaluate CIT #6 and to begin preliminary planning for CIT #7. Students rated CIT #6 as 4.59 out of possible 5. Statistics are being collected on Bonner County CIT calls to track the progress of the program.

The NAMI Idaho CIT Work Group CIT Train the Trainer Committee met by conference call on March 12, allowing officers, mental health providers, POST and NAMI representatives from across the state to evaluate how to best train and certify additional CIT trainers, primarily in de-escalation techniques. NAMI Idaho funds the conference calls.

—Ann Wimberley, MD (retired)
Region I NAMI CIT Coordinator

'GOVERNANCE': HOW NAMI FAR NORTH OPERATES

There is a system of rules, practices and processes called 'governance' by which every organization is directed and controlled, providing the framework for attaining its objectives, and encompassing every sphere of management from action plans and internal controls to performance measurement and reporting. Governance of a Non-profit organization focuses primarily on the fiduciary responsibility its board of directors has in exercising authority over the explicit public trust

existing between its mission and those that the organization serves.

NAMI Far North's governance is established by its Articles of Incorporation and Bylaws, which you are encouraged to read on our website at <http://www.nami.org/sites/namifarnorth> and www.nami.org/sites/namifarnorth. In accordance with these governance documents, every year one-half of the members of the Board of Directors face re-election for two-year terms, resulting in annual review and possible re-election of Directors, but without the entire Board ever being up for re-election at the same time.

All Directors owe their organization the duties of loyalty and care, and are elected only after giving assurances that they do not have conflicts of interest that might cloud their ability to govern it. Directors must also have the skill, experience and ability to deliberate and decide on organizational matters, and in NAMI's case, a certain number of Directors must themselves live with a mental illness or have a family member who does.

An especially important aspect of governance in non-profit organizations is that there be sufficient continuity among the leadership to ensure consistent direction and accomplishment of established goals but adequate change and renewal among the leadership to interject new vision and prevent stagnation.

NAMI FAR NORTH CONNECTION:

Talk to someone who understands...

someone just like you

Connection is a NAMI signature program for people living with mental illness. It is a recovery support group providing a place that offers respect, understanding, encouragement and hope, with a relaxed approach to sharing the challenges and successes of coping with mental illness.

NAMI Far North sponsors two Connection group meetings each month. The daytime group meets the first Wednesday at 11:30 a.m. at the Gardenia Center. Following a free soup lunch, the support group meets upstairs from 12-1:30. The evening Connection group follows the NAMI Far North Regular Monthly meeting on the third Wednesday of each month. This open meeting begins with a speaker at 6 p.m., followed by separate Family Support and Connection support groups from 7-8:30. As a NAMI

signature program, Connection follows a flexible support group structure with a non-educational format.

Connection groups are facilitated by NAMI trained members who are in recovery themselves. Understanding the daily challenges of living with mental illness, they offer encouragement and support to others. The groups are free and confidential. Membership in NAMI is encouraged. NAMI Far North has an open door policy and a scholarship program that covers the cost of membership dues for individuals who cannot otherwise pay them.

—Jan Burt
Connection Facilitator

MARCH IS THE MONTH OF EXPECTATION

“March is the Month of Expectation.

The things we do not know—

The Persons of prognostication

Are coming now—

We try to show becoming firmness—

But pompous Joy

Betrays us, as his first Betrothal

Betrays a Boy.”

When introvert poet Emily Dickinson (1830-1886) wrote these words she was sharing her anticipation of the joyful arrival of spring. She lived a solitary life and her writings were often dark and gloomy. Most of her prolific writings were not discovered until after her death. Although it is impossible to know, a 2001 study in the *American Journal of Psychiatry* examined cycles of Dickinson's productivity and suggested that the woman, known as one of the best poets of all time, today would be considered to have bipolar disorder, a diagnosis that did not exist in that winter of understanding and treatment of brain disorders.

Over a century later, science is at the edge of winter, anticipating better understanding of the structure and workings of the most complex organ in the human body. Nearly two decades ago, the National Institute of Mental Health began focusing on disorders of the brain. Powerful tools of neuroscience have revealed through imaging that the human brain, is an inner universe that is thought to have close to 86 billion neurons, which each have about 10,000 connections and yet are roughly only ten percent of the cells in the human brain.

The much anticipated spring of brain research is the *Human Connectome Project* (HCP), the mapping of the human brain, one of the great scientific challenges of

the 21st century. A consortium led by Washington University, University of Minnesota, and Oxford University (the WU-Minn HCP consortium) is comprehensively mapping human brain circuitry in a target number of 1200 healthy adults using cutting-edge methods of noninvasive neuroimaging. It will yield invaluable information about brain connectivity, its relationship to behavior, and the contributions of genetic and environmental factors to individual differences in brain circuitry and behavior.

Unlike Dickinson's work which was hidden until after her death, the data from the Human Connectome Project will be available to all scientists as it is being collected. Starting with the first quarterly (Q1) data release (March, 2013), HCP datasets are being made freely available to the scientific community. Four imaging modalities are used to acquire data with unprecedented resolution in space and time. Resting-state functional MRI (rfMRI) and diffusion imaging (dMRI) provide information about brain connectivity. Task-evoked fMRI reveals much about brain function. Structural MRI captures the shape of the highly convoluted cerebral cortex. Behavioral data provides the basis for relating brain circuits to individual differences in cognition, perception, and personality. In addition, 100 participants will be studied using magnetoencephalography and electroencephalography (MEG/EEG).

Successful charting of the human connectome in healthy adults will pave the way for future studies of brain circuitry during development and aging and in numerous brain disorders. In short, it will transform our understanding of the human brain in health and disease. I can't help wondering what Emily Dickinson would write in anticipation of the approaching season of the brain.

The information in this article is from www.humanconnectome.org and <http://www.nimh.nih.gov>

SERIOUS MENTAL ILLNESS -SMI

While mental disorders are common in the United States, their burden of illness is particularly concentrated among those who experience disability due to serious mental illness (SMI).

The data presented here are from the www.samhsa.gov/data/NSDUH/2k12MH/FindingsandDetTables/2K12MHF/NSDUHmhfr2012.htm National Survey

on Drug Use and Health (NSDUH), which defines SMI as:

A mental, behavioral, or emotional disorder (excluding developmental and substance use disorders);

Diagnosable currently or within the past year;

Of sufficient duration to meet diagnostic criteria specified within the 4th edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-IV);

Resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.

In 2012, there were an estimated 9.6 million adults aged 18 or older in the U.S. with SMI in the past year. This represented 4.1 percent of all U.S. adults. www.nimh.nih.gov/statistics/SMI_AASR.shtml

KUDOS !

Albert Einstein said "The value of a man resides in what he gives and not in what he is capable of receiving".

Beginning with the conception of NAMI Far North seven years ago, Doug and Ruth McKnight have given unselfishly of their time, resources, and hearts to help create and support an organization that improves the lives of people and families affected by mental illness.

Whether it has been educational programs, support groups, advocacy, newsletters, website, lending library, governance, accounting, or fundraising, they have pulled up their chairs and filled the seat. In addition they have advocated for people with mental illness statewide and nationally.

Doug and Ruth have a new home in Arizona and they leave behind some pretty big chairs to fill. Perhaps part of a person's

value is what they leave behind. Thank you for all you have done. We'll save a seat at the table for when you come home to visit your NAMI Far North Family.

A BEHAVIORAL HEALTH HERO

When Chicago Bears wide receiver Brandon Marshall wore green shoes for Mental Illness Awareness Week in October 2013, he knew he was violating the NFL 'dress code'. Fined \$10,500 for this breach of NFL policy, Brandon tweeted "Football is my platform not my purpose. This fine is nothing compared to the conversation started & awareness raised."

Having come to terms with his diagnosis of borderline personality

disorder, this well-known athlete has devoted himself to making a difference in the lives of others struggling with mental illness. He has gone public with his diagnosis and created a foundation to further his goal of giving others a chance at recovery.

The National Council for Behavioral Health will honor Brandon Marshall and other behavioral health heroes with the Inspiring Hope and Impact Awards of Excellence on Tuesday, May 6 in Washington DC. Behavioral health champion Patrick Kennedy will deliver the keynote address.

<http://echo4.bluehornet.com/ct/33533950:25683852545:m:1:1465643288:F719EB7FDEE547068919D00336BE4682:r> \t "blank"

IN MEMORIUM

For my mother Lynne Patton Vosen 1943-2014

*The lead violin has left the piece;
The orchestra continues to play.
The basses and the baritone lose their place.
The clarinet begins to falter,
And the flute pauses in respect
While the children sit and wonder
What will happen next.*

*But the conductor keeps the melody moving on
For he knows that far above
The violinist plays ever more sweetly and freely
Surrounded by unending love.*

*So we listen for that unearthly music
Wishing for another glimpse of her face,
Knowing that someday we join her
Yet missing her in this place.
—Christina Vosen Ostendorf*

Lynne (Patton) Vosen passed away with cancer at her home on March 3, 2014. In addition to many other community activities and interests, she was an active member of NAMI Far North and will be missed by the many community organizations to whom she offered her presence, her gifts, and her service.

She is survived by her husband Hal/Clayton Vosen, and children Christina (Mark) Ostendorf, David (Elyse) Vosen, and Victor Vosen and extended family. Her son Victor serves as a NAMI Far North board member.

Memorial services were held March 8, in Heron, MT. A family interment of ashes will be held in July in Heron. Among other charities, a memorial fund for Lynne has been established by NAMI Far North.

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.

Name _____
Address _____
City, State, Zip _____
Phone _____
Email _____

Optional Information:

I AM A: _____ CONSUMER _____ FAMILY MEMBER _____ FRIEND
_____ MENTAL HEALTH PROFESSIONAL _____ OTHER

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.

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

NAMI FAR NORTH 2014 CALENDAR

<p>MARCH 3/19 Regular Monthly Meeting Bonner General Hospital 6 pm: Pete Earley DVD 7-8:30 Family Support 7-8:30 NAMI Connection</p> <p>3/24 Bonners Ferry Family Support Suzy Falk Panhandle Health Dist. 6-8:30 pm</p>	<p>4/28 Bonners Ferry Family Support Panhandle Health District 6-8:30 pm</p> <p>MAY 5/7 NAMI Connection Sandpoint Gardenia Center 11:30 Lunch 12-1:30 Support Group</p>	<p>JUNE 6/2 NAMI Connection Sandpoint Gardenia Center 11:30 Lunch 12-1:30 Support Group</p>
<p>APRIL 4/2 NAMI Connection Sandpoint Gardenia Center 11:30 Lunch 12-1:30 Support Group</p> <p>4/16 Regular Monthly Meeting Bonner General Hospital 6pm: Dennis Thibault <i>"Vocational Rehabilitation"</i> 7-8:30 Family Support 7-8:30 NAMI Connection</p>	<p>5/10 Boundary County Hospital Health Fair 9 am - noon</p> <p>5/18 NAMI Far North Annual Walk in the Woods</p> <p>5/21 Regular Monthly Meeting Bonner General Hospital 6 pm: Cpl. Leslie Lehman, Idaho State Patrol (CIT International) 7-8:30 Family Support 7-8:30 NAMI Connection</p>	<p>6/18 Regular Monthly Meeting Bonner General Hospital 6 pm: Catherine Perusse <i>Idaho Lives Project</i> 7-8:30 Family Support 7-8:30 NAMI Connection</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p>YOUR MEMBERSHIP IS VITAL TO THIS GRASSROOTS ORGANIZATION</p> <p>Send your completed application (page 3 of this Newsletter) and membership dues of \$35 (Open Door membership: \$3) to NAMI Far North, P.O. Box 2415, Sandpoint, ID 83864."</p> </div>



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Gini Woodward, Editor
 Donna Brosh, Graphics

If you do not wish to continue receiving this newsletter, please email 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.



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For more information about NAMI, please go to www.nami.org

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