

www.nami.org/sites/  
namifarnorth



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Gini Woodward, Editor

Affiliated with  
NAMI Idaho and



NAMI Far North meets the third  
Wednesday of each month except  
December in the Bonner General  
Health classroom at 6 p.m.

Find help Find hope

## NAMI Far North March-April 2015 Calendar

### March, 2015

3/18 NFN Annual meeting &  
Election of Directors  
Bonner General Hospital  
Classroom  
6pm: Dr. Terry Johnson, Seri-  
ous mental illness  
7-8:30 Family Support  
7-8:30 NAMI Connection

3/2, 9, 16, 23, 30  
Family to Family  
Bonners Ferry  
Panhandle Health District  
6-8:30 pm

### April, 2015

4/1 NAMI Connection  
Sandpoint Gardenia Center  
11:30 Lunch  
12-1:30 Support Group

4/15 Regular Monthly Meeting  
Bonner General Hospital  
Classroom  
6pm: Idaho Legislature update  
7-8:30 Family Support  
7-8:30 NAMI Connection

4/6, 4/13, 4/20, 4/27,  
Family to Family  
Bonners Ferry  
Panhandle Health District  
6-8:30 pm

### Take a Seat at the Table

Please save the date June 12, 2015 for  
NAMI Far North's fundraiser event. En-  
joy a fun evening of food, silent auction  
and live auction of painted chairs, etc.  
donated by local artists and businesses.  
Yes, we need your donated chairs and  
artists to decorate them.  
Contact Amber Snoddy or Lynn Pietz  
for more information 208-597-2047

Improving the lives of those affected by mental illness  
through education, support and advocacy

P.O. Box 2415  
Sandpoint, ID 83864



# ADVOCATE

VOLUME 9

MARCH-APRIL, 2015

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### Social Work Paves the Way for Change

is the theme for National Professional Social Work Month in March. Social workers—more than any other profession—recognize that more must be done to address persistent social problems such as poverty, lack of education and health care access, and discrimination based on gender, race, sexuality, or income. And they know that all people, no matter their circumstance, at some time in their lives may need the expertise of a skilled social worker. For more information, visit [www.socialworkmonth.org](http://www.socialworkmonth.org).

### LINKS OF INTEREST

- "When Mental Illness Enters the Family" [www.nami.org/Blogs/NAMI-Blog/February](http://www.nami.org/Blogs/NAMI-Blog/February)
- "Mortality and Mental disorders" [www.nimh.nih.gov/about/director/2015](http://www.nimh.nih.gov/about/director/2015)
- "Maybe not a Normal life, but a good life" [www.treatmentadvocacycenter.org](http://www.treatmentadvocacycenter.org)
- "Start the conversation. End the Stigma." [www.bringchange2mind.org](http://www.bringchange2mind.org)

### Dr. Terry Johnson

#### March 18 program

NAMI Far North welcomes the return of Dr. Terry Johnson as guest speaker March 18. His presentation will include Schizophrenia and Bi-Polar Disorder. Last August he introduced himself to NAMI Far North by speaking on Treatment Resistant Depression. Dr. Johnson moved to Sandpoint and Bonner General Health recently from North Dakota where he practiced for thirty years. His specialty is adult psychiatry. Please join us to listen to this special guest at the NAMI Far North general meeting March 18 at 6 p.m. in the Bonner General Hospital classroom. The public is welcome.



### Annual Meeting

#### March 18 Election of Board of Directors

Preceding Dr. Johnson's presentation on March 18, NAMI Far North, Inc. will hold a brief annual membership meeting of the organization and election of Directors. The current board of directors include:

- Amber Snoddy, President
- Gini Woodward\*, Vice-President
- Sue Haynes, Treasurer
- Lynn Pietz, Secretary
- Ann Wimberly, M.D.(ret)
- Jan Burt
- Ruth McKnight\*
- Catherine Perusse\*, LMSW
- Victor Vosen\*

The \* indicates directors' terms which expire this year. With the exception of Ruth McKnight, these directors are willing to serve another two year term if re-

elected.

Ruth McKnight has moved to Arizona and will no longer serve on the board, although NAMI Far North will continue to rely on the professional expertise of both Doug and Ruth who were among the original directors when NAMI Far North was organized.

The nominating committee recruited and recommends the election of Jessica Chilcott to the NFN Board of Directors. Jessica supervises the mental health case management and developmental disabilities programs at North Idaho Children's Mental Health. She also serves on the Bonner County Human Rights Task Force and is an active participant with the Idaho Legislature. Other nominations from the floor for Directors will be accepted prior to the election. All members are entitled to vote and are encouraged to attend the meeting and.



### Legislative Update

#### April 15

The NFN program on April 15 will focus on actions taken by Idaho Legislature during the current session. If the session is over, elected representatives will talk

about the issues that impact people with mental illness. Visit [www.Legislature.idaho.gov](http://www.Legislature.idaho.gov) to watch the progress of the process. Bills that may be of interest include:

- H0150 Interstate Medical Licensure Compact,
- HB159 Sale of cigarettes to minors

- HB178 Rural Physicians educational debt repayment
- HB205 Medicaid
- S1060 Psychologists prescription authority
- S1106 Cannabidol Oil
- S1104 Veteran's Home North Idaho.

**NAMI FAR NORTH President's Message**

**Dear Families, Friends, and Advocates for people with mental illness,**

I'd like to tell you about my own experience with the NAMI Far North Family to Family education program. It convinced me of the amazing power that families have to influence other families dealing with mental illness. Hearing my story from someone else I was able to say "I know what that's like, that's just what I went through." It was a very different experience than that provided through professional health caregivers.

It gave me questions to ask that I didn't know to ask otherwise. Family to Family is a NAMI signature 12 week program. The information is first rate and just the information families' need.

There is a bonding process and an important healing process that happens. It provides a sense to mothers, fathers, sisters, brothers, husbands, wives, that you are not alone. The cornerstones of this program are:

1. Work with the family to help them not lose hope.

2. Relapse prevention, staying stable in the community, recovery and rehabilitation.
3. Family education, including what the illness is like and what to monitor in terms of side effects and symptoms.

**Information  
Insight  
Understanding  
Empowerment**

The winter session of NAMI Far North Family to Family is nearing completion in Bonners Ferry.

We are offering F2F again this Fall in Sandpoint. If you are interested or know someone who might be interested in the Sandpoint class, please call me at 208-597-6573 or email me at [bizserv@imaxmail.net](mailto:bizserv@imaxmail.net).

**Amber Snoddy,**

**CONNECTION: False Guilt and True Guilt -What is the difference?**



Hi, my name is Jan Burt. I struggle with and am in recovery from manic-depression, O.C.D. Obsessive Compulsive Disorder and a mixed anxiety disorder.

In a book, *Happiness is a Choice*, the symptoms, causes and cures of depression are described by Frank Minirth M.D. and Paul Meir M.D. My first hospitalization was at the Minirth Meir Clinic in 1996. They write that guilt is a form of pent-up anger toward our self. True guilt is the uncomfortable inner awareness that we made a mistake. False guilt is feeling guilty for something that in reality wasn't wrong, and we shouldn't condemn ourselves for it.

Continuing, our conscience is molded by many influences in our environment; starting with what our parents, church, friends and teachers taught us was right or wrong; also by what they all practiced as being right or wrong.

In addition, true guilt can be very valuable. It can influence us to change our minds about what we

are doing. This improves our self-worth.

One way I slip into the trap of false guilt is after I have been around people outside my home. Most often I will say something and they respond and on and on. If I feel guilt about our conversation I play it over and over in my head. I play the shoulda, woulda, coulda game. I should've said, could've said, I wish I would've said... Then I have to decide if I need to apologize or not. I have to decide if my guilt is false or true guilt.

Lastly, I have to forgive myself if I made a mistake or for the time I wasted on all the negative thinking and then move on.

If you'd like to email me, my email is [dannjanburt@gmail.com](mailto:dannjanburt@gmail.com)

**Jan Burt, Connection support group facilitator**

**We Win**

But we only really win with each other  
All who survive get the prize  
For this isn't a game that's sharply defined  
This is the World, this is us, this Life  
and no man/woman is an island  
This is counter-intuitive, but real as real gets

We only win with and through each other  
For we aren't playing to survive  
We are fighting to survive and for others, too

People like us, people like you and me, to survive and thrive

So don't give in to the voices  
It may be they're spirits and/or avatars of the Gods, even

Or the voices of friends or family or people we've shared with.

Our place is to Live, Laugh, Learn, and Love

I think voices are but our intuition, depending...

Depending on our imagination to be real...  
Which is our greatest strength as well as weakness

So don't give up fighting alongside,  
All who survive get the prize, All who survive Win

And all who win thrive  
My advice, don't starve.

You are a winner in your own way,  
This world is your world you were born into.

There's place for you, too  
There's place for me as well

And if we Will Learn Resiliency?  
Then they will Give US success!

**Victor Vosen- NFN board member**

**Crisis Center Update**

*By Ross Edmunds & Joyce Broadsword  
Idaho Department of Health and Welfare*

Behavioral Health Crisis Centers are designed to be short term community resources that fill the gap for individuals experiencing a crisis that may otherwise end up in jail or the emergency room. These crisis centers serve as a link to the existing behavioral health services available in the community, which often-times may be beyond reach or access when a person is in crisis. The design is based largely on an operations model developed in Billings, MT. Governor Otter requested funding to initiate and Idaho-based model last fiscal year. With the support of the legislature, funding for one center was appropriated. Also approved was a new statute and administrative rule related to crisis centers.

Eastern Idaho was selected as the location for the initial site. The Department of Health and Welfare contracted with Bonneville County for establishment and operation of the first center in Idaho Falls. It opened December 12, 2014. During

the first two months of operation there were 186 admissions, of those, 103 individuals were self-admit or brought in by family or community members, 52 were brought voluntarily to the center by law enforcement and 31 were referred by the hospital. All were assessed at the center by trained staff.

We all know jail is not the place for anyone experiencing a mental health crisis. Crisis centers like the one in Idaho Falls offer an alternative. The Governor has once again requested funding to develop an additional center. There is good indication from the legislature that this request will be funded and the likelihood of it being located in Coeur d'Alene is high.

**Conduit of Care**

NAMI Far North volunteers continue to contribute cards, quilts, and messages of hope to patients at State Hospital North in Orofino. Two squirrel circus' were built and delivered by Chris shortly before Christmas. Staff at SHN commented, "The squirrel circuses are wonderful! We plan to have patients

help stain them soon so they don't weather as quickly. The weather has been gorgeous and the patients love to have something to do, helping in ways they can. The squirrels are happy, the dogs enjoy watching them and the patients/staff enjoy watching the dogs watch the squirrels or just the squirrels. Kind of humorous at times....we all need a



**Squirrel Circus**

little chuckle in our day." Learn more about Conduit of Care [www2.nami.org/MSTemplate.cfm?Site=NAMI\\_Far\\_North](http://www2.nami.org/MSTemplate.cfm?Site=NAMI_Far_North)

**Become a Member of**



When you join NAMI Far North, you will also become a member in NAMI Idaho and NAMI. You will receive the NAMI Advocate magazine, the NAMI Far North Advocate newsletter, program notices, and NFN membership directory \*\*\*

**Membership Type (check one)**

- Individual/Family (\$35.00 annual)
- Professional (\$35.00 annual)
- Open Door (\$3.00 annual) \*
- Scholarship \*\*
- Other tax deductible donation

\* annual dues for individuals & families on limited income

\*\*for individuals and families who can not afford open door dues

\*\*\*Membership directory is distributed only to current members who have consented to have their names and contact information published.

Would you like to be listed in the NFN directory?

\_\_\_\_ Yes \_\_\_\_ No

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

**Optional information:**

I am a : \_\_\_\_Consumer\_\_\_\_Family Member\_\_\_\_Friend

\_\_\_\_Mental Health Professional\_\_\_\_Other

Make checks payable to NAMI Far North .

Send to PO Box 2415 Sandpoint, ID 83864

or give application and check to a NFN board member at a monthly meeting