



HAPPY ON PURPOSE

NAMI Far North welcomes Life Coach Leslie Vilelli as our guest speaker July 16. For over 25 years, Leslie's clients could count on getting what they wanted, and yet something seemed to be missing. That 'something', she discovered, is being happy **ON PURPOSE**. Happy, a deep sense of well-being and freedom after, during, and even **BEFORE** the relationship, the money, the house, the health, and the success. In her words, "So, several years ago, I became a Happiness Co-Creator. Being happy is the catalyst for living productive, satisfied, purposeful, happy lives—not the other way around." "Happiness, like walking, is a skill, a habit, and a natural expression of who we are. And because it's natural to us, because we are built to thrive, it's soooooo much easier to create and expand our own happiness than we've been led to believe. I currently have a client who times herself. She can take herself from any mood to happy in just one minute seven seconds! Learning the habit of being Happy On Purpose, like walking, takes some art and some science. The more we do it, taking even small steps, the more amazing benefits we receive." Please join us to listen to this special guest at NAMI Far North meeting July 16 at 6 p.m. Bonner General Hospital Classroom. The public is welcome.

WHAT IS CIVIL COMMITMENT?

This is the second in a series of educational articles about civil commitment in Idaho.

The word 'commit' is another word for carrying out an action. It is used mostly in reference to acts which are looked on with disapproval or disfavor, as in 'to commit a crime'. It is also one of several words in our vocabulary that involve the transfer

of responsibility to someone else: in this sense it means placing a person or object in someone else's charge.

'Commitment' is a term freighted with the baggage of historic accounts of individuals being forcibly delivered and compelled to remain in hospitals, institutions and asylums, sometimes when they were not really mentally ill, often where they received no effective treatment, and many times while significant periods of time elapsed. Because of its undertones of giving something up to forces beyond one's control, it often evokes a negative emotional response. Few of us relish the thought of losing our liberty or having our affairs placed in someone else's charge.

Perhaps a better word to have used in connection with placing individuals with mental illness in the care of the appropriate authority would be 'entrust', which connotes a specialized task or an object or person in need of protection. The Idaho Department of Health and Welfare is designated by statute as the state's mental health authority, with the duty of providing mental health care to those entrusted to it. Nevertheless, by statute and long years of usage, the process of entrusting someone to the care of the DHW is referred to as civil commitment.

Civil commitment is based on the view that for those with the most serious mental illnesses, receiving care is in their best interest, their family's and their community's. Such care is usually fundamental to recovery. Thus, civil commitment is not the enemy of the idea of patient-driven recovery, of attitudes of hope and/or empowerment. Rather it is a means of obtaining care and treatment in circumstances where a patient's voluntary participation in care is not possible, when the onset of mental illness requires in-patient treatment not otherwise available, relapse occurs due to situational or seasonal stressors, or medication becomes ineffective. Civil commitment is intended to be a safety net that is meant to respectfully catch those whose needs have not been met elsewhere in our less-than-effective system.

Because of limited resources, the reality in Idaho is that hospitals typically don't have empty beds to allow voluntary

admits. State hospitals often have waiting lists of people who are hospitalized in local facilities awaiting a state bed.

Therefore, when one's mental illness is severe, in-patient treatment is indicated and is not otherwise available, and/or an individual's lack of insight leads to refusal to accept care, the law allows the appropriate authorities to intervene and **INSIST** that the individual receives medical care. When the circumstances are so serious that receipt of care requires that the individual be detained, the law provides a means for his or her **COMMITMENT**, or entrustment, to the care of the proper authority. This detention is called **CIVIL COMMITMENT** because the process is conducted entirely within the civil court system, as contrasted to a **CRIMINAL** trial in which a person is detained within the criminal justice system as a result of wrong-doing. A **CIVIL COMMITMENT** has to do with illness and treatment, not with violation of the law.

All states and the District of Columbia have laws establishing civil commitment, with procedural safeguards built in to protect the rights of the individual whose treatment is against their will or over their protest. Idaho's are found at Idaho Code Sec. 66-326 and following. In summary, the laws establish a procedural hierarchy beginning with non-emergency situations and leading up to full judicial hearings.

Our next article will discuss emergency and non-emergency civil commitments.

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

When a loved one is in their first mental health crisis, a very common family reaction is to urge the loved one to snap out of it; or to think that if they would just get a job things would work out. We may feel fed up and do not want to handle it and may distance ourselves from the problem. At the same time, we harbor tremendous guilt, fearing that it is really our fault. Then we may compensate and get over-involved with the problem. This ambivalence really drains us. We feel rejecting and too

solicitous, all at the same time.

When it becomes a reality for us, it is clear that something tragic occurred that has changed our lives together and forever. We begin to mark time as before or after the onset of illness.

We mourn the loss of the time before illness struck; we deeply feel the tragedy of what has happened to the person who is ill; we grieve that our future together is uncertain. If our loved ones have attacked or rejected us in their illness, we feel inconsolable. Because these illnesses are either episodic or chronic, our grief does not go away; it is "chronic sorrow."

We need to vent our feelings, and keep hope alive. We need education, networking, skill training, letting go, and cooperation from the system. That is why we need NAMI Far North. NAMI understands these needs and has the support in place to fulfill these needs. We welcome your call to our help line 208-597-2047.

Next month I'll share how advocacy helps us deal with our loved one's mental illness.

—Amber Snoddy, President
NAMI Far North

CRISIS INTERVENTION TEAM (CIT) UPDATE

Cpl. Leslie Lehman, Idaho State Police, spoke at the May NAMI Far North meeting on continuing training at the CIT International Conference. NFN funded Cpl. Lehman's trip to CIT International 13 and will fund training at CIT International 14 for Deputy Aaron Walker, Bonner County Sheriff's Office. NFN Sponsorship of officers to attend CIT International encourages them to network with other CIT leaders from across the country and bring back new information to keep our program up to date.

The Region 1 CIT steering committee met June 4th. A tentative date was set for Academy #7, pending confirmation of the availability of venues and our keynote speaker. The date of quarterly meeting was changed so that the Sandpoint police chief and mayor will be able to attend. A second venue by call in from Holly Bonwell's office was also added so that a NAMI Coeur d'Alene representative and other interested individuals from CdA may attend. The committee will meet again on September 10.

A meeting of the De-escalation Train the Trainer Committee is being scheduled by phone conference funded by NAMI Idaho so that the committee will be ready

to report back to the Idaho CIT Work Group at the July 23rd meeting.

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



KEYHOLES

The Advocate welcomes NAMI Board member, creative writer and poet Victor Vosen as a new contributor. 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.

It is traumatic to experience mental illness so there's a knee jerk reaction to take it as seriously and emotionally withdrawn as some of the meds make us. It's kind of like we've all taken this jagged pill that allows others to elbow us into every submission hold they'd like to recommend...for our health, of course... so we can be bent into the same shape of everyone else, despite different pressure tolerances. Fun is always at a premium if that is the world we're judged in. Humor is healthy.

In that light, we'll write a series of articles discussing things that we here at Keyholes consider pertinent insider information for all you who are still trying to embrace the supposedly sane, orderly, peaceful, rational world as best you can. Some of us have an insight that you wouldn't get unless you lived here at Keyholes, in the attic; locked in as it were because you know crazy Aunt Edna, she'll adopt 15 cats before breakfast if we let her out. But we did feel for her loneliness so decided to bribe her with one cat for every insight she shared as to why she felt she had to be locked in the attic. Because we're not unreasonable or anything, the lock is on the inside which we helped her with, once she duly informed us we had it done it incorrectly and had accidentally put it on the outside (whoops). So here Aunt Edna, want a cat? (Don't worry, they're stuffed animals).

Keyholes of insight from Aunt Edna to be continued....

—Victor Vosen
NAMI Far North Board Member

NAMI FAR NORTH CONNECTION:

Exercise Improves Mental Wellness

Exercise is good for the body, spirit and mind. Activity and exercise are especially important for people who live with mental illness and are at higher risk of developing physical ailments. People with medical issues are at increased risk for developing mental illnesses like depression, anxiety and substance abuse. Regular aerobic exercise can decrease symptoms of anxiety and depression as well as improve energy, concentration, and sleep. 30 minutes of daily exercise is recommended for adults.

Almost daily I lose the motivation to exercise, so having walking buddies helps me keep a routine. When the weather is bad, I jump on the treadmill and watch a movie while I walk. I have fun and some valuable social time when I walk with a friend and my two labradoodles. Being outdoors in the sun increases our serotonin and elevates our mood.

Walking provides other experiences. We live on a road near water where goslings recently hatched. The parents wanted to take them across the road. I tried shooing them the other way but they were determined. So I blocked traffic as three families slowly made their way up the bank and over the road. Next we came to a pasture where a young colt ran toward us and put his head through the gate. I petted his soft as silk muzzle before he charged up the hill with his mane flying. What a beautiful sight.

As a person who lives with mental illness, I facilitate the NAMI Far North Connection support group and am available to answer questions by email at dannjanburt1@gmail.com

—Jan Burt, Connection facilitator
NAMI Far North board member

CONDUIT OF CARE

Recently NFN learned that sometimes patients are admitted to State Hospital North without resources, support or even personal belongings. Visiting with the staff at SHN we learned that many patients would benefit from donations of underwear, personal hygiene items, quilts, hats, gloves, pretty bookmarks with recovery quotes, packets of notecards, and messages of hope. There are 275-300 people a year are admitted to SHN each year with an average stay of about 40 days.

NAMI Far North, in keeping with its mission to improve the quality of life for people with mental illness, is now a Conduit of Care to coordinate with the staff at SHN to provide gifts of hope to people in mental health crisis. We seek community partners to join us with care and compassion. Underwear, socks, and personal hygiene items will be purchased by NFN. Handmade gifts of twin or lap size quilts, knit hats, anonymous cards, packets of notecards, messages of hope, will be filtered through NAMI in coordination with the staff at the hospital for safety and appropriateness. Perhaps a group of friends or an organization will spend the afternoon together making gifts of support for people in mental health crisis.

Willing to help? Please email namifarnorth@yahoo.com. Cash donations may be sent to NAMI Far North, Conduit of Care, PO Box 2415 Sandpoint, ID 83864. NAMI Far North is a 501(c)3 charitable organization.



MEMBERSHIP

NAMI Far North is a grass roots organization that strives through education, advocacy, and support to improve the lives of people affected by mental illness. We are a community of people with mental illness, family members, friends, and caregivers, dedicated to a common challenge.

NAMI Far North has an open door membership policy with scholarships assuring membership for anyone. The annual membership is based on month of joining. Please join or renew your membership today and be part of the work of this organization.

EARLY TREATMENT FOR TEENS IMPORTANT

Recently released data shows that older adolescents and young adults with emotional and behavioral health conditions are much more likely to have significant problems with school performance, employment, and housing stability, according to a report from the Substance Abuse and Mental Health Services Administration (SAMHSA).

According to the findings, nearly 8 percent of older adolescents (ages 16 to 17) with co-occurring depression and a substance use disorder do not have a stable place to live, moving three or more times in the past year. Among older adolescents with depression

and substance use disorder enrolled in school, 13.5 percent have academic difficulties, with a grade average of "D" or lower. These challenges make it difficult for older adolescents with mental and substance use disorders to successfully transition into adulthood.

Young adults (18-25) with co-occurring serious mental illness and substance use disorders are less likely than those without co-occurring disorders to be high school graduates. However, young adults with serious mental illness who received treatment were more likely to graduate high school than their peers who did not receive treatment.

Having a high school diploma makes a tremendous difference in a young adult's ability to get a job and earn a living wage. According to the report, young adults with co-occurring serious mental illness and substance use disorders are 1.4 times more likely to be unemployed than their peers without these disorders. When these young adults are able to gain employment, they still have difficulty maintaining a job. The data shows young adults with serious mental illness are 1.7 times more likely than their peers without mental illness to have had more than three employers within the past year.

This is part of an article from the Substance Abuse and Mental Health Services Administration. Learn more at www.samhsa.gov

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>JUNE</p> <p>6/23 Bonners Ferry Family Support Panhandle Health District 6-8:30 pm</p> <p>JULY</p> <p>7/2 NAMI Connection Sandpoint Gardenia Center 11:30 Lunch 12-1:30 Support Group</p> <p>7/16 Regular Monthly Meeting Bonner General Hospital 6 pm: Leslie Vilelli - <i>Happy on Purpose</i> 7-8:30 Family Support 7-8:30 NAMI Connection</p>	<p>7/28 Bonners Ferry Family Support Panhandle Health District 6-8:30 pm</p> <p>AUGUST</p> <p>8/6 NAMI Connection Sandpoint Gardenia Center 11:30 Lunch 12-1:30 Support Group</p> <p>8/20 Regular Monthly Meeting Bonner General Hospital 6 pm: Dr. Terry Johnson 7-8:30 Family Support 7-8:30 NAMI Connection</p> <p>8/25 Bonners Ferry Family Support Panhandle Health District 6-8:30 pm</p>	 <div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%; 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>
--	--	---



PO Box 2415 • Sandpoint, ID 83864
 email: namifarnorth@yahoo.com
 Website: 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

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

Find help. Find hope.

Sandpoint, ID 83864
 P.O. Box 2415

