



### Executive Board

Susie Fischer-**President**   Heather Taber-**Vice President**   Agnes Harger-**Secretary**   Ted Hughett-**Treasurer**

### **President's Message:**

Dear Members of NAMI and Friends,

As we approach the upcoming elections, please pay attention to the facts stated about Mental Illness and Mental Health Issues. I recently read an article on the NAMI website ([www.nami.org](http://www.nami.org)), from Executive Director of NAMI, Michael J. Fitzpatrick. He mentioned that neither President Obama nor Governor Romney talked about mental health issues during the debate. He addressed many issues that would be good to consider when you vote. Especially with all our Veteran's coming home. After helping Heather Taber and many others with "The Stand Down" recently at the Kootenai County Fairgrounds, I can assure you we are going to need to help the veteran's and their families. Check out his article on the NAMI website for yourself. It was titled "*The Presidential Debate: Where was Mental Health?*"

Also, I would like to mention that Oct.8-13th is Mental Health Week. Our October speaker, Tam Judy, will be talking about "Personality Disorders" (at our monthly meeting) and give us some great information that will be educational to everyone. As we celebrate Mental Health Week, watch your TV for the new NAMI Public Service Announcements featuring Abraham Lincoln, Gandhi, and others. They talk about how anyone with Mental Health Issues is not alone, and you are in good company. Lincoln is someone who fought his own civil war with his own depression. I can't imagine how any of them did it in the 1800's, when they had to totally help themselves to keep going. No therapy, no medicine or very little medicine, just themselves and their families to get them through. They are greater than we have ever known. What great examples for us. We need to carry on their message to others to NEVER give up HOPE!

Have a wonderful October and enjoy the Fall Colors.

Best Regards,

*Susie Fischer*

NAMI Coeur d'Alene President

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### **Suicide Prevention Walk**

The 5th Annual Suicide Prevention Action Network of Idaho (SPAN) Save the One Walk is *this coming Saturday, October 13th.*

**Registration:** Check-in 9:00 AM                      **Walk Starts at:** 10:00 AM

**Location :** O'Shay's Restaurant Parking Lot 313 E Coeur d'Alene Lake Dr.

3.8 Mile Walk along the Centennial Trail

*All proceeds will benefit the local community.*

**REGISTRATION ONLINE:** [SPANIdaho.org](http://SPANIdaho.org)

**For more Information Contact:** Catherine Perusse

208-290-6161

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A Publication of the NATIONAL ASSOCIATION OF DRUG COURT PROFESSIONALS featured an article about Kootenai County Mental Health Court that they picked up from the CdA Press issue of September 13, 2012 by Alicia Warren/Staff writer The Coeur d'Alene Press:

### Graduation day



**JEROME A. POLLOS/Press:** Darren Crawford stands at the front of the courtroom as he listens to peers and support staff talk about his progress and success in the Kootenai County Mental Health Court.

COEUR d'Alene - The problem has haunted Rebecca Harris all her life, she said. She didn't always know that her lashing out at family and strangers was a defense mechanism, one linked to mental health issues.

"I remember as a kid, being extremely lonely. I got really good at not keeping friends," Rebecca said, speaking of her borderline personality disorder. "I just got to where I got angry when I didn't want to talk to people. And it worked. When you act mean and crazy, people stay away from you."

But Rebecca looked nothing like that description on Thursday morning. Clad in a maroon cap and gown in a Kootenai County courtroom, the Post Falls woman was beaming, her arms welcoming her 4-year-old grandson Randsome as he scurried up her.

She attributed her transformation to the Kootenai County Mental Health Drug Court, from which she was graduating after 19 taxing months.

"You've helped me learn a lot, about borderline personality disorder and how frustrating that must be," said Judge John Mitchell as he handed Rebecca her diploma.

"You've taught me a lot, too," she said, tearful when the courtroom gave her a standing ovation.

Three graduates of the Mental Health Drug Court on Thursday, Rebecca among them, made a total 60 individuals who have completed the program since its creation in 2004.

"This program taught me there's other people in this world who can support you," Rebecca said, reflecting on classes that addressed her mental issues and incidents with alcohol and meth. "You don't have to fend off everyone who walks the Earth."

Friends and family in the courtroom stood to describe how she had changed from a sour, angry woman into a loving and supporting individual.

"She's learned how to cope with her disability and move on with her life," said her daughter, Cathryn. "It's a big change."

After accepting her program diploma on Thursday, Sarah Murray said she had questioned if she would make it through.

The 26-year-old recalled participating in eight support groups, on top of meeting with psychosocial rehabilitation workers and pursuing her GED.

"Fourteen months later, I'm a whole other person," she said, adding that she had landed in the program by getting "mixed up in the wrong crowd."

**(continued on page 3)**

**(Graduation Day continued from page 2)**

Murray had been spiraling, she said, after several close family members and friends died.

Her aunt, Pamela Joslin, said the family had worried for her life.

"At one point, she was down to 78 pounds. There was no getting through to her," Joslin said. "Through this program, the things they teach is behaving, learning to take care of yourself in the real world. She studied so hard, I thought she was studying to get her doctorate."

Now at a healthy weight with diploma in hand, Murray said she plans to complete her GED and go to college for nursing, to help others.

"When I came into the program, it gave me hope." Murray said.

With an 80 percent success rate, the Mental Health Drug Court is an option for offenders with mental issues who would otherwise go to prison. The focus is on improving their mental health, addressing their addictions and changing their behaviors.

Currently 47 are enrolled, over the 40 capacity. The program takes a minimum of 14 months to complete, and includes treatment like individual and group therapies, financial and education classes and case management.

"The number of people who have been helped has been overwhelming," Mitchell said. "We started with five, and I knew if we affected one life, it would be worth it. You can tell from folks it really is affecting their lives, changing behaviors."

After hugging his tearful mother, Darren Crawford said the program helped him get a handle on his schizoaffective disorder.

"I was drinking alcohol instead of taking my medication," the Post Falls man said. "It only worked as long as I stayed drunk."

Now he's stable, back on the meds and planning to maintain a support system, he said.

"I never knew I could live without alcohol," Crawford said. "It feels good to make it through."

### **Region I CIT (Crisis Intervention Training) Update**

The Bonner County Sheriff's Office was the training site for the first CIT training in Idaho for 911 staff. The training, certified by Idaho POST (Peace Officers Standards and Training) for four hours credit, was attended by 13 of the Bonner County 911 staff. The course was taught by Melissa Stroh, Regional Communication Center Coordinator for the Idaho State Police. The course is being evaluated for possible use in other trainings for 911 staff across the state.

Planning has begun for Region I CIT Academy #5, to be held Jan 28-Feb 1, 2013. Ellis Amdur of Edgeworks will again be the keynote speaker. The remainder of the faculty consists of mental health professional and law enforcement volunteers from Region I. The Bonner County Sheriff's Office will again serve as the host agency. Bonner County Sheriff's deputies Aaron Walker and Joseph Scholten attended the CIT International Conference August 20-23. The information they brought back will be used in planning the upcoming academy and strengthening the CIT program. A portion of the expenses for this academy will be covered by funds from the NAMI Idaho Byrne JAG grant.

Heather Taber of NAMI Coeur d'Alene continues to work on implementing an Introduction to CIT Course in Region I.

Lewis and Clark State College Intern Diana Carlin and Jamie Arbogast of Region I Behavioral Health are beginning to interview stakeholders and design a study to collect data related to CIT in Region I. Bonner County deputies have been trained to collect data through the 911 system.

CIT continues to grow in Idaho. Regions 2 and 3, which have not previously held CIT Academies, both have scheduled Introduction to CIT Courses and both hope to implement 40 hour CIT academies in 2013. As part of the planning for implementation of CIT for the Idaho Department of Corrections, Ashley Dowell, Clinical Supervisor for Education, Treatment and Reentry at IDOC, plans to attend the 40 hour CIT in Corrections Academy in Utah.

**Ann Wimberley, M.D. (retired)**

**Region I CIT NAMI Coordinator**

## *Coeur d'Alene Family to Family*

### EDUCATION PROGRAM

#### **FREE Education & Support for Families Who Have Relatives with Brain Disorders (Mental Illness)**

Attend with other family members just like you in a confidential setting; learn how families unite together against this disability; find the keys to successful communication with your relative; take a fascinating look inside some of today's current research on brain disorders; learn all about the biology of the brain disorders known as mental illness.

**The Keys to Understanding:** The NAMI Family-to-Family Education Program is a 12-week 2 ½ hour course for families of individuals with severe brain disorders (mental illnesses). The course is taught by trained family members. All course materials are furnished at no cost to you. The curriculum focuses on schizophrenia, bipolar disorder (manic depression), major depression, borderline personality disorder, panic disorder, obsessive-compulsive disorder (OCD) and co-occurring brain disorders and addictive disorders. The course discusses the clinical treatment of these illnesses and teaches the knowledge and skills that family members need to cope more effectively.

#### **The Family-to-Family Course Topics Include:**

1. Learning about feelings, learning about facts
2. Schizophrenia, major depression, and mania: diagnosis and dealing with critical periods
3. Subtypes of depression and bipolar disorder, panic disorder and OCD; diagnosis and causes, sharing our stories
4. The biology of the brain/new research
5. Problem solving workshop
6. Medical review
7. Empathy workshop - what it is like to have a brain disorder
8. Communication skills workshop
9. Self-care and relative groups
10. Rehabilitation, services available
11. Advocacy; fighting stigma
12. Review and certification ceremony

**Classes will be starting soon!!**

**TO REGISTER for class, call: Susie at 772-9650 or Agnes at 664-8485.**

#### ~NAMI Coeur d'Alene's Own Basics Course~

NAMI Basics is the new signature education program for *parents and other caregivers of children and adolescents living with mental illnesses*. The NAMI Basics course is taught by trained teachers who are the parent or caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. The course consists of six classes, each lasting 2 1/2 hours.

**We are taking registrations NOW !!**

**For more Information please contact:**

**Stan or Christie Calder @ 620-1118 or 620-1938**

**Kristina Gallardo @ 620-1620**

#### **NAMI Urges Actions to Aid U.S. Veterans with Invisible Wounds**

The U.S. National Alliance on Mental Illness (NAMI) issued a report calling on the Department of Defense to make psychological wounds such as post-traumatic stress disorder (PTSD) eligible for the Purple Heart medal.

The medals are given to soldiers wounded in action. The Pentagon has said PTSD is a "secondary effect," not a direct injury sustained in combat. Critics of the proposal have argued that PTSD is an illness, not an injury.

The NAM report, titled "Parity For Patriots: The Mental Health Needs of Military Personnel, Veterans, and Their Families," also calls for all military commanders to be accountable for suicide prevention and eliminating stigma, for the Department of Veterans Affairs to increase its behavioral services capacity, and for every American to reach out to veterans in need.

The full report is available at: [www.nami.org/veteransreport](http://www.nami.org/veteransreport).

**NEWS FROM SHIBA (part of the Department of Insurance)**

Is Your Medicare Health Plan Leaving Your Area?

Each year, private insurance companies decide whether or not they will pursue contracts with Medicare to provide healthcare payment to people in Idaho. These insurance plans are called Medicare Health Plans or Medicare Advantage Plans. If a plan is offered one year and the company decides not to contract again the following year, people enrolled in that plan have special protections. For the contract year starting January 2013, some companies have decided to no longer contract for people in Idaho or to change their product offer.

People who are affected by these contract changes should have been notified by mail by early October. There are several options for these people including the option to buy a Medigap policy from the company of their choice. Medigap policies currently sold in Idaho charge monthly premiums based on where the person lives or the age of the person when they buy the policy, and sometimes their health condition. When a person is losing their Medicare Health Plan, companies cannot refuse to sell coverage or charge extra for poor health.

<b>Return to Original Medicare</b>	<b>Buy Another Medicare Health Plan</b>	<b>Return to Original Medicare and Buy a Medigap Policy without health underwriting</b>
<b>Decide to purchase Part D drug coverage or not</b>	<b>Decide to use a plan with or without Part D drug coverage</b>	<b>Decide to purchase Part D drug coverage or not</b>
<b>Pay deductibles and copays as they occur for medical services not related to prevention</b>	<b>Pay premiums and copays as they occur for medical services not related to prevention</b>	<b>Pay premiums and \$0-more in copays and deductibles as they occur for medical services not related to prevention</b>

SHIBA is the local, objective source of information for people with Medicare and their caregivers. SHIBA counselors can help people with one on one appointments or classroom style learning. They can also assist people with applications for money saving programs like Extra Help with prescription drug costs and Medicare Savings Programs that reduce medical costs.

To find a class or schedule assistance in Idaho, call your local SHIBA office at 800-247-4422.

**NAMI CONNECTION SUPPORT GROUP**

Too often, mental illness is an isolating experience, accompanied by profound anxiety. For those diagnosed with a mental illnesses such as depression, bipolar disorder, schizophrenia, or any other mental condition a NAMI Connection group may be just what you need. This group allows you to talk with someone to share coping strategies and insights, as well as, problems and concerns, and it can be an important link in your path to recovery.

NAMI Connection is a recovery support group program for people living with mental illness that provides a place to receive respect, understanding, encouragement, and hope. NAMI Connection groups offer a casual and relaxed approach to sharing the challenges and successes of coping with mental illness. Each group: individuals who are in recovery themselves. They understand your daily challenges and can offer you encouragement and support. All groups are confidential—you can share as much or as little personal information as you wish.

NAMI Connection groups are FREE and open to ALL adults with mental illness, regardless of diagnosis. You are welcome to drop by and share your feelings, difficulties, or successes. Everyone is a valued participant!

NAMI COEUR D'ALENE CONNECTION GROUP MEETS EVERY THURSDAY 6:30-8:00 PM  
UNITED WAY CONFERENCE ROOM

510 E. LAKESIDE, SUITE # 3(Corner of 5th & Lakeside)

## NAMI Idaho Update

The Board of Directors of NAMI Idaho met by conference call on August 27, 2012.

Board minutes for the June 25 and July 30 meetings were approved and Treasurer Mike Sandvig reviewed the financial reports.

Education Committee: Ruth McKnight reported that NAMI Far North held a training for Family Support Group facilitators at which 14 people were trained. Six of the nine Idaho Affiliates were represented at the training. An IOOV trainers training is tentatively scheduled in Boise for October 13 – 14 subject to getting a sufficient number of trainees to attend.

CIT Update: Ann Wimberley reported that six of the seven regions submitted budgets to utilize the remaining funds for CIT trainings from NAMI Idaho's Byrne/JAG grant. Region One just completed the first CIT training for Dispatch personnel and it went so well that Dispatch wants to make it part of their standard training.

Legislative/Agency Report: Kathie Garrett reported that the Request for Proposal (RFP) for Medicaid Managed Care for Mental Health is supposed to be issued soon. Idaho is working with the Centers for Medicare and Medicaid (CMS) on creating a managed care system for dual eligibles - those covered by both Medicare and Medicaid. It is unclear how it will interface with the current managed care program for dual eligibles. DHW is also looking at a home health care model and is focusing on the North Carolina model.

Regarding the Affordable Care Act, the Governor has created committees to explore how to implement a state insurance exchange and whether Idaho should opt to expand its Medicaid coverage. The NAMI Idaho response to DHW's white paper on "Transforming Idaho's Behavioral Health System" was mailed on August 18<sup>th</sup>.

Elections Committee: Doug McKnight reported that the following people have been nominated to the Board: North Region – Jane Pritchett, Ann Wimberley; West Region – Kathie Garrett, Tom Hanson; East Region – Mike Sandvig, Dawn Smith; and as At-Large Directors – Rick Huber, Doug McKnight and that ballots had been distributed to all of the state Affiliates. The ballot also includes the approval of the revision of the NAMI Idaho Bylaws to comply with the NAMI Standards of Excellence.

September 15<sup>th</sup> Annual Meeting, Board Meeting and North Region conference: The Board reviewed the final arrangements for the September 15<sup>th</sup> event and clarified issues to be discussed at an informal get together on September 14<sup>th</sup>.

### Ongoing Weekly Support Groups

- **Depression & Bipolar Support Group** (*Open to those living with **any** mental illness, as well as family, or friends*)  
Every Wednesday 7:00-9:00 PM Information (208) 772-6809. Located at Kootenai Medical Center.
- **NAMI Connection Support Group** (*Specific for **ONLY** those **living with** mental illness*)  
Every Thursday 6:30-8:00PM. Information (208) 691-9674. Located at the United Way Conference Room 501 Lakeside Downtown CDA.
- **Dual Diagnosis Support Group** (*Specific for **ONLY** those **living with** mental illness **AND** also dealing with a substance abuse*)  
Every Friday 6:30-7:30 PM Information Ron L. R. at (208) 667-4633 or (208) 773-2146. Located at the United Way Conference Room 501 Lakeside Downtown CDA.

*Don't aim at success—the more you aim at it and make it a target, the more you are going to miss it.*

*For success, like happiness, cannot be pursued;*

*it must ensue and it only does so as the unintended side-effect of one's dedication to a cause greater than oneself  
or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same  
holds for success: you have to let it happen by not caring about it.*

**Viktor E. Frankl**

**NAMI (National Alliance on Mental Illness)** is the nation’s largest grassroots mental health organization dedicated to improving the lives of persons living with serious mental illness and their families. Founded in 1979, NAMI has become the voice on mental illness with over 1,100 chapters across the country. People across the country join together to meet the NAMI mission, *that of improving the quality of life for those living with mental illness and providing support to their families and friends* through advocacy, research, support, and education.

*NAMI Coeur d’Alene meets the 2nd Tuesday of every month (except July and August) from 7:00 to 9:00 PM at Kootenai Medical Center.*

**P.O. Box 2068**

**Coeur d’Alene, ID 83816**

**H.E.L.P. Center 208-664-3095 Ext. 322 Tues 1-4pm & Th 1-4pm**

**208-772-9650 or 208-699-0910**

**208-765-0460**

[namicda@gmail.com](mailto:namicda@gmail.com)

**NAMI Coeur d’Alene Website:**

[www.namicoeurdalene.org](http://www.namicoeurdalene.org)

**NAMI National Website:** [www.nami.org](http://www.nami.org)

Newsletter Editor: Bonnie Kemp



*NAMI Cda’s programs are made possible through generous donations from: Allegra Print & Imaging, Architects West, Cancer Community Charities (3 C’s), Coeur d’Alene Kiwanis, Hayden Senior Center, Idaho Community Foundation, Kootenai Medical Center, Nelson Family Foundation, Peg & Rick Young Family Foundation, Post Falls Rotary, United Way, Women’s Gift Alliance designated funds, and private individuals.*

VOLUME 5

ISSUE 10



**I want to become a member of NAMI Coeur d’Alene:**

**Membership Fee Enclosed:**

\_\_\_\_\_ \$35.00 Families, Individuals and Professional

\_\_\_\_\_ \$3.00 Open Door (full membership for individuals/families with limited income)

\_\_\_\_\_ Donation (tax deductible)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**(Please print)**

*Fill out this form, make checks payable to NAMI Coeur d’Alene, and mail to:*

**NAMI Coeur d’Alene P.O. Box 2068 Coeur d’Alene, ID 83816**

**If you would like to pay by credit card. You may also join by going on-line at:** [www.nami.org](http://www.nami.org)

Joining qualifies you to membership in NAMI National, as well as NAMI Coeur d’Alene. You will receive the NAMI National Advocate magazine in the mail, which is published quarterly.