

also willing to impose sanctions when clients stop keeping their commitments. Before this happens, the court team first meets and decides what resources need to be provided, and then what sanction or consequence would be imposed for failure. But this court offers much more than being in trouble; it is a place where people obviously care about the overall health and well-being of each participant. The court and the participants have common goals.

Program clients have their crimes suspended for the term of participation. When clients successfully graduate from the program, usually after one year, the charges against them are dropped and no jail time is served. Rather than spending time locked up, BH court requires regular appearances before the court and a dedicated case-worker for each client. The court continually works with their community partners to ensure wraparound services for each participant. County Prosecutor Chris Jeter says that one participant 'is a completely different person than the person we saw when he was off his medications and using consistently.... it is nice to be part of something that we can see is making a difference in someone's life.'

In 2016 Judge Bradley saw an unmet need. It became clear that in order for participants to succeed, their family members often needed education and their own support system. In 2017 four local NAMI members agreed to staff a support group every week during the BH court session. Each volunteer has completed the invaluable Family-to-Family 12-week course. They use their knowledge and lived experience to listen to and support family members.

Referrals into the BH Court come most often from defense attorneys and public defenders. Potential participants are asked to view court hearings prior to being

considered for participation, provided they meet the detailed and explicit guidelines for entrance. Participants need to be willing to comply with challenging court guidelines and assignments. Not every person will qualify or want to take on the difficult work involved.

Matt Duthie, one of the BH Court case workers believes that the program is 'a good option for people who want to improve their lives, and want to put in a lot of hard work to do so. Empowering every participant's sense of independence in healthy ways is a great alternative to the traditional criminal justice forms of punishments, and in doing this we help keep people engaged and progressing within our communities.'

This innovative court program is partially funded by the Kitsap County 1/10th of 1% Treatment Tax, which has been funding worthy behavioral health services for four years. This tax has brought millions of dollars into the county to help children and adults with mental illness and substance use disorders. Kitsap county, and its involved Board of Commissioners, are making a difference in the quality of care in the county. The BH Court is a shining example of the progress that has been made so far. NAMI Kitsap is also doing its part to make this life-changing program a success."
[Contact Mindy Nelson-Oakes at #360-337-4706 or treatmentcourt@co.kitsap.wa.us.]

+ **February 19, 2018** is the annual Lobby Day in Olympia. Advocacy is the third leg in our stages of development as members of NAMI, after education and support. Besides dealing with individual families and people who have to face the reality of mental illness, we also need to advocate for better systems of care, research, and understanding. They don't just happen. Laws are important in forming a culture and attitude that will overcome the stigma, as well as find solutions to mental illness itself.

☆ **Model B Approval:** In late January, we received *Congratulations* for our approval from the field capacity reaffiliation department indicating that the NAMI National Board had approved NAMI Kitsap as a "Model B Affiliate." We are the third one in the state of Washington. In the United States there are only 196 affiliates that are endorsed as either Model A or Model B.

It was back on May 19, 2015 that we first discussed this, after NAMI National had decided upon these two organizational Models as the only options. After much discussion and feedback, in the Spring of 2016 we decided that the Model B would be the most efficient and serviceable model for NAMI Kitsap.

There was a lot of paper work and getting documents from the government and other actions to get approved. Dave Kuehl has done most of that work for us, and we are deeply grateful for his patient and persistent efforts. **Thanks, Dave.**

As a Model B, we are not fully independent, but operate under NAMI WA, and are part of its Board. We report to them and will be interactive with them. However, NAMI Kitsap still has its own separate financial account but with them, we are in charge of the different NAMI programs we offer, we have our own website, and our own governing committee. At present the **committee** consists of: Larry Brixius, Dave Kuehl, Jim Decker, Jeanette Rerecich, Denise Findlay, and Myra Clodius.

* **NAMI Washington** recently moved to a new address: 1107 NE 45th Street, Suite 230, Seattle, WA 98105. Lauren Simonds is Executive Director. www.namiwa.org

☆ **NAMI Walks Washington** will be Saturday, June 2, 2018. "The purpose of the NAMIWalks event is to raise awareness

and funds for our mission of improving the lives of individuals living with mental illness and their families and loved ones." NAMI Kitsap is an official participant, and will share in the revenue. Anyone from here can join the Walk and/or donate to it. Individual walkers or NAMIWalks Teams can solicit funds for NAMI Kitsap. These are called "Walker dollars."

☆ **Behavioral Health Outreach**

Nami Kitsap has recently become a co-sponsor of the "Behavioral Health Outreach Program," which is a multi-city, multi-agency criminal justice initiative facilitated by the City of Poulsbo for the whole county under the management of Kim Hendrickson. Working with police and the courts, trained professionals provide outreach, engagement and liaison support to individuals with behavioral health issues (mental illness or co-occurring substance abuse disorders) who experience crisis or are at risk of arrest from the criminal justice system.

+ **John Freeburg** has been nominated for a posthumous award at the national level for his strong and faithful service on behalf of those who face life with a differently ordered brain, which we refer to as a mental illness. Knowing it well from the inside, he was deeply committed to this work in working with others and in advocating at the legislative level as well. We honor him best by carrying on this work. John was a member of NAMI Kitsap.

+ **Ann Clark** passed away recently. Ann was a marvelous social worker and, as such, was a dedicated facilitator of the Peer-to-Peer Support Group in Poulsbo twice a month. Those who knew her and worked with her, found her to be compassionate and an attentively, caring listener. We will miss her immensely. **R.I.P.**

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Commissioners Office, MS-4
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NAMI and other Support Groups

NAMI Family Support Groups

Bainbridge Island, 2nd Monday - 7 PM
Winslow Arms – Club house (behind)
220 Parfitt Way
Contact: Jeanette Rerecich
360-697-5531

Silverdale, Last Tuesday - 7 PM
2819 NW Kitsap Place, Suite #204
Contact: Teri Tennyson 360-440-6211

Peer Support Groups

Bainbridge Island, 2nd & 4th Tuesdays -
12:30 PM (Home Town Bank Bldg)
921 Hildebrand Lane NE
Contact: Jane Cartmell 206-898-6092

Poulsbo, 1st & 3rd Tuesdays - 1:30 PM
Hostmark Community Center
703 NE Hostmark Street
Contact: Jane Cartmell 206-898-6092

Combined Support Group

Depression BiPolar Support Group
Key Peninsula Lutheran Church
4213 Lacky Rd KP N
Lakebay, WA 98349
Contact: Kimberly Wood
dbsabremerton@gmail.com

*Donations can always be made to NAMI
Washington or NAMI Kitsap.*