



is characteristic of people with anxiety” or OCP. Dr. Saltz notes that Charles Darwin put this gift to great use in his life by “noticing change and adaptation that had previously been invisible to others.”

In the book the author gives many suggestions to parents, school systems, healthcare providers and even to people with mental illness as to what can be done in addition to medication, to increase the possibilities for a fuller life. Early intervention and/or diagnoses is always important.

(Thanks Tom Shepherd for suggesting the book.)

### Mental Health Advocacy

+ May is **Mental Health Awareness Month**. Their theme is “*I’m into Mental Health: Inspired, Informed, Involved.*” These are necessary aspects of care for our loved ones with mental health conditions.

We need to “educate, empower and engage” the people we know so that they will partner with us in changing the systems of health care at all levels. Be attentive to what the Medical Health Care systems are doing or failing to do and speak out.

+ NAMI Washington recently alerted us to the most recent efforts to repeal and replace *ObamaCare* or ACA. I quote: “The recently introduced ‘MacArthur Amend-ment’ to the American Health Care Act (or *TrumpCare*) would let states get waivers allowing health insurance plans to **not cover mental health and substance use treatment and charge people with mental illness more.**” How is that for a slap in the face?! Be aware, informed and then act.

Fortunately the House decided not to vote on it as too many moderate Republicans said they would vote “No” on this bill. But we

must stay engaged on this. Fortunately more than half of the country support all the benefits provided by the Affordable Care Act. We just need to get everyone covered and expenses down. Stay involved and let the Congress people know your thoughts. Also thank people in Congress who do vote in accord with Mental Health needs.

### NAMI Family-to-Family Class

NAMI Family-to-Family Class ended on April 8, 2017 with 13 people graduating and being more informed and inspired to care for their loved ones and to care for themselves. Our deep THANKS to Jennifer and David Hovik and to Kathleen Cronin for teaching and guiding this class.

### NAMI Education: Process of *Letting Go*

- To ‘let go’ does not mean to stop caring. It means I can’t do it for someone else.
- To ‘let go’ is not to cut myself off. It’s the realization I control another.
- To ‘let go’ is to allow someone to learn from natural consequences.
- To ‘let go’ is to recognize when the out-come is not in my hands.
- To ‘let go’ is not to care for, but to care about.

- To ‘let go’ is not to fix, but to be supportive.
- To ‘let go’ is not to judge, but to allow another to be a human being.
- To ‘let go’ is not to expect miracles, but to take each day as it comes, and cherish myself in it.
- To ‘let go’ is not to criticize or regulate anybody, but to try to become what I dream I can be.
- To ‘let go’ is not to regret the past, but to grow and live for the future.
- To ‘let go’ is to fear less and love more.

“The purpose of the NAMIWalks Washington event is to raise awareness and funds for our mission of improving the lives of individuals living with mental illness and their families.” It is in collaboration with NAMI National and local NAMI affiliates in the State of Washington. This year the event will take place at the Marina Park in Kirkland on Saturday, June 3<sup>rd</sup>. Anyone is welcome to participate. You can go to [www.namiwa.org](http://www.namiwa.org) to learn more and/or to sign up.

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

## NAMIWalk Washington

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### NAMI and other Support Groups

#### NAMI Family Support Groups

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

Poulsbo, 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays - 1:30 PM  
Hostmark Community Center  
703 NE Hostmark Street  
Contact: Ann Clark 360-697-8509

#### 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](mailto:dbsabremerton@gmail.com)