

Fall 2003



King County

Mental Health, Chemical Abuse and
Dependency Services Division

The Good Newsletter

Issue 4

Staying Organized

By Steven C. Collins

What has been helpful keeping me organized is a daily activity calendar. Life is better when you are organized.

To get started with your daily activity calendar, buy a letter size note pad or spiral binder. On page one, write Monday at the top. Skip a page and write Tuesday at the top of the page. Continue until you have all seven days of the week written at the top of every other page.

On each page start at the top and write the time you wake up (example 5:00 a.m.) and repeat the hours of the day (Double-spaced) through to the time you go to bed. At each hour write down what your activity will be at that hour. I guarantee you will appreciate the newfound

WANTED:

Articles, poetry, stories from readers of the newsletter.

If you have a personal story to tell, helpful information you would like to share or creative expression such as poetry, pictures or art, please mail them to:

Steven Collins or Lenore Meyer
Department of Community and Human Services
Exchange Building
821 Second Avenue, Suite 610
Seattle, WA 98104-1598
Steve's Phone# 206-205-1341
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Our e-mail address is:
steven.collins@metrokc.gov
lenore.meyer@metrokc.gov

Letters, articles & information submitted may be edited for clarity and content.

Remember this is the good newsletter.

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Mission Statement

The knowledge and wisdom that comes from personal experience as a consumer of the mental health system should be shared with all who have an eye and an ear to absorb what is written.

The pen is the excellent communicator. Our commitment is to make the consumer voice heard and acknowledged in King County.

From the Editor

This newsletter is an effort by the King County Regional Support Network (KCRSN) and the Quality Review Team to document the thoughts of consumers, youth and supporting staff.

The King County Regional Support Network (KCRSN) which funds mental health is responsible for publicly funded mental health services in King County.

Stressful-Day-Stir-Fry

By Steve Collins

This is a great dish to make after a tense day because, if you marinate the tofu ahead of time, it comes together in a flash.

- 10 ounces firm tofu, cut into cubes
- ½ cup teriyaki marinade
- 2 tablespoons canola oil
- 1 cup grated carrots
- 1 cup broccoli florets
- 1 small onion, chopped
- 2 cups cooked brown rice

Marinate the tofu in the teriyaki marinade for at least 30 minutes in the refrigerator. Heat the oil in a large nonstick wok. Add the tofu, carrots, broccoli, and onion, and stir-fry for 5 to 7 minutes. Stir in the rice just to heat through.

Some Information about Soy

Tofu is one of the ingredients in the above recipe. Tofu is made from soy, a very tasty grain that is high in protein. Some of the benefits of soy are that it is reported to battle cancer, heart disease, high cholesterol, and hot flashes. Soy also bolsters the bones.

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*The above recipe is from: **Giant Book of Kitchen Counter Cures: 117 foods that Fight, Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestions and Hundreds of Other Health Problems!** The authors are Karen Cicero and Colleen Pierre, MS, RD. Published by American Master Products, Inc. 2001.*



VOTE

By Lenore Meyer



There is a saying that goes: If you're not part of the solution you are a part of the problem. Registering to vote and then voting in every election is one major way you can be part of the "solution". Below is information on voter registration.

Although it is too late to register for the upcoming November 4th election, you can register for future elections.

To register to vote you must be: a citizen of the U.S., a legal resident of Washington State, and at least 18 years old by election day.

Registration forms and ballots are available in the following languages: English, Cambodian, Chinese, Korean, Laotian, Russian, Spanish, and Vietnamese.

You can register to vote at the following places: King County Elections Office in the King County Administration Bldg. at 500 4th Avenue, Room 553, all public libraries, all public schools, and fire stations. You must be registered at least 30 days before the next election in November.

Absentee voting is a very easy way to participate in the voting process. It means you are requesting to receive a ballot by mail for each election in which you are eligible to vote. To receive an ongoing ballot just mark the appropriate box on your voter registration form.

"If you're not part of the solution you are a part of the problem."

The next election is Tuesday, November 4th. If you are a registered voter, this is your opportunity to be part of the solution.



I Really Love Yoga

By Steve Collins

Have you

Ever looked for something easy to do and quick to relieve your stress. I think I have the answer! YOGA. Coming home from a stressful day's activities or work can have you looking forward to doing yoga stretching exercises, which can really help you relax. I am so glad I found something that really works to help relieve my stress.

Some times I find that I have aches and pains in my back and shoulders. Yoga has helped these problems happen less often.

Can you believe this? One morning before doing some yoga stretching I had a congested nose. One minute into the yoga stretching the congestion disappeared. Whether this was coincidence or the benefits of yoga I don't know. But I want the readers to have my positive experiences. Go to your library or bookstore and get a book about yoga. You won't regret it.



King County's Ethnic Diversity

The following interviews and letters are from people who have received services from agencies that have services for people of color. It is a wonderful experience when different cultures get to know and learn about each other. If you have a flower garden and the flowers are of many different colors, this adds to the beauty of the garden. King County ethnic and cultural diversity is a wonderful experience.

The interviews were at Consejo Counseling and Referral Services which serves the Latino community, and Asian Counseling & Referral Service, which serves the Asian community. I included a letter from a client who participates in an African American Women's group at Highline West Seattle Mental Health Center

Consejo Counseling and referral Services. The interviews were with three clients from the Crafts and Ceramics class. These three clients are all retired and have very informative stories to tell about their lives before they came to this country. Also these clients speak about the positive support they are given at Consejo.

Ofir is from Columbia and has been here 25 years. Her family is also here. She has six children. She speaks no English and lives in the Seattle Housing Authority. Ofir has a lot of health problems, which makes it hard to be mobile. Ofir likes to make ceramics for herself and her family. She visited Columbia three years ago. She is now afraid of her country's problems, such as kidnappings. She feels that she won't visit her country again soon, but hopes the climate changes.

Victoria is from a small village in Guatemala. She has been here 18 years. Victoria has 12 children—one child died here in Se-

attle. Victoria misses her country. Victoria likes to cook traditional food like tortillas. A hospital is helping her with her health problems. Consejo Counseling and Referral Services is attentive to her needs. The friends she associates with in the pottery class are her family. Victoria likes our weather because it is hotter in her country, and even colder when it gets cold.

Reynaldo & Cristina have been receiving services a long time. They are from Lima, Peru. Their children came here first. Reynaldo and Christina both became American citizens. In the beginning, because of language barriers, it was hard to obtain services. Consejo provides services such as home visits from a nurse and a doctor for Reynaldo who has Parkinson's. Christina and Reynaldo love to come to Consejo to get out of their small apartment. They can forget depression and problems when at Consejo and everyone speaks Spanish.

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November 2003

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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

Volunteers Needed:



The King County Mental Health, Chemical Abuse & Dependency Services Division is seeking new board members for voluntary positions for its Mental Health Advisory Board (MHAB) and its Alcoholism & Substance Abuse Administrative Board (ASAAB).

The MHAB is seeking ethnic and cultural minority representation, family members of ones with mental illness, and recipients of mental health services.

The ASAAB is seeking persons who are recovering alcoholics, persons who have documented past or present interest in and knowledge about the problems of substance abuse other than alcoholism, and consumer and minority group representation.

For more information about participation in either board, please contact Rhoda Naguit at 206-296-7623 or Rhoda.Naguit@metrokc.gov.

King County's Ethnic Diversity
(Continued from page 3)

Asian Counseling and Referral Services.

Tina was born in Hong Kong in 1951. She came to New York in 1954 and lived in the Bronx. She attended a vocational high school in the Bronx and became a Licensed Practical Nurse and a cashier. Every 5 years she took a test to recertify for her nurses license.

She worked at an insurance company from August 1982 to March 1992. She lost her job at the insurance company, and went back to school to study bookkeeping, between 1992 and 1994. she worked as a temporary employee for a while in New York.

She came to Seattle in July 1997 because her sister was here. Everybody is in a rush in New York. It took awhile to get used to Seattle.

She came to ACRS and got help with securing Section 8 housing. She lives 5 minutes away from Asian Counseling in the Bush Hotel. She comes to ACRS

two or three times a week. She sees her case manager one time per month, and her psychiatrist every three months. She enjoys everyday activities and conversation with others. She has a volunteer job working with an espresso machine and baking. The money is kept until the end of the month and clients decide what we want to do with it, i.e. activities.

"If you have a flower garden and the flowers are of many different colors, this adds to the beauty of the garden. King County ethnic and cultural diversity is a wonderful experience."

The following letter is from Minnie who tells her story from the prospective of an African American woman in the mental health system.

I was born and raised in the south of Alabama, and in my ethnic culture mental health care was taboo, something not talked about because it meant you were crazy. North, South, East or West, there are many people in today's world who feel this way. Since 1999, I have been a participant in mental health treatment with a diagnosis of major depression, recurrent and post traumatic stress disorder and panic disorder.

I wasn't born into this world like this, but at the age of fifty year's old, my life is now at this point because of my past. I spent most of my life being there for others. My family, my husband, my children and also my friends. One day my husband was gone, my children became adults with

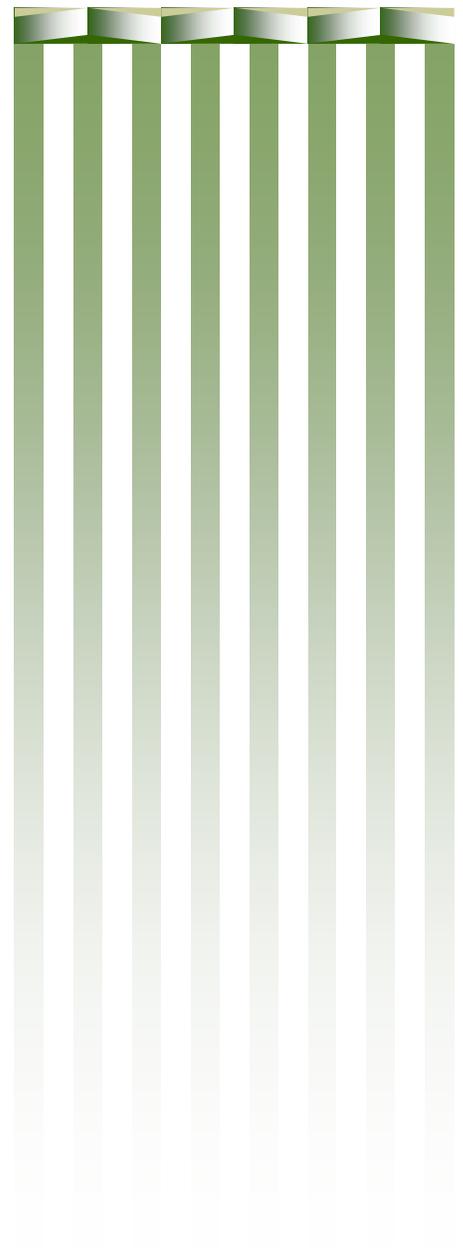
kids of their own, and I was all alone with no one to care for.

Depression, isolation, shame, guilt, and low self-esteem are feelings that took me to helplessness and

hopelessness. Thoughts of taking my own life were now a part of my everyday existence.

I went to Highline Mental Health Center. There I found the help I needed plus much, much more. My case manager signed me up for an African American Women healing group, Sisters Building Sisters. February 18, 2002 was my first day in this group of outstanding black women who had

come together to begin their healing. Also I found out I was not alone. Learning about and how to live with my mental illness in this group is helping me understand my feelings and teaching me how to love and care for and about myself. More education on mental health illness has put me on the path to a better life. Please don't live in the Stone Age.



MAKING FRIENDS

By Lenore Meyer



People seem to have a natural need for friends –

and with good reason. Friends increase your enjoyment of life and relieve feelings of loneliness. They can help reduce stress and improve your health. Having good friends is especially helpful when you are going through any kind of hard time: experiencing anxiety or panic attacks, depression, phobias or delusional thinking. At times like these, good friends and supporters can make the difference.

When you are with good friends you feel good about yourself, and you are glad to be with them.

Friendship is a continuing source of bonding, releasing, and creating in yourself and with the other person. There is an emotional bond.

Making new friends can be exciting or intimidating, depending on your circumstances, but ultimately it is rewarding. To meet new people who might become your friends, you have to go where others are gathered. The hardest thing about going out and doing anything in the community is doing it for the first time. It is hard for everyone. Push through those hard feel-

ings and go. Most of the time you will be glad you did.

Don't limit yourself to one idea or strategy for meeting people. The broader your effort, the greater your likelihood of success. Try several of these ideas:

- Attend a support group. Support groups are a great way to make new friends. It could be a group for people who have similar mental health issues.
- Go to community activities.

If money is a problem, consider going to your local library and looking in the newspaper for listings of free events. Spend time in places that are free, like a local bookstore with couches where you can sit and read for a while. You will have a feeling of connection even without talking with others.

- Volunteer. Strong connections often are formed when people work together on projects of mutual concern. You could help out at a soup kitchen, read to children in day care, or serve on a political or social action committee.
- Ask a potential friend to join you for coffee or lunch, go for a walk, or engage in some kind of activity with you.
- Call the person on the phone to share a piece of good news you think they would be interested in.
- Send a short, friendly e-mail and see if they respond.

"Making new friends can be exciting or intimidating, depending on your circumstances, but ultimately it is rewarding."

A friend is someone who:

- You like, respect, and trust, and who likes, respects and trusts you
- Doesn't always understand you, but accepts and likes you as you are, even as you grow and change
- Allows you the space to change, grow, make decisions, and even make mistakes
- Listens to you and shares with you, both the good times and the bad times
- Respects your need for confidentiality so you can tell them anything
- Lets you freely express your feelings and emotions without judging, teasing or criticizing
- Gives you good advice when you want and ask for it, assists you in taking action that will help you feel better, and works with you in different situations to figure out what to do next
- Accepts your self-defined limitations and helps you to remove them
- Lets you help them when they need it
- You want to be with, but aren't obsessed about being with
- Doesn't ever take advantage of you

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Making Friends*(Continued from page 5)*

- Chat with them about something of interest to both you.
- Offer to help the person with a particular task if you think it would be appreciated.

If you have never had a close friend, you may have a hard time knowing when to take action that will allow the friendship to deepen. A friendship may be starting to get closer if you are feeling more comfortable with that person, you feel content and at ease when the two of you are together, and you feel disappointed when you and the other person can't get together, but you don't "fall apart". You can be aware of how the other person is feeling when they are with you by listening closely to what they are saying, by asking them.

Don't overwhelm the person with phone calls or other kinds of contact. Use your intuition and common sense to determine when to call and how often. Don't ever call late at night or early in the morning until you have agreed to be available to each other in emergencies (for example, one of you is sick or has gotten some very bad news).

Mental health issues are often very isolating, yet the need for friends is stronger than ever. Making friends is one of the best things we can do for our recovery. Please try to make the first step of being a friend to someone—it will be worth it!

*Some of this information was

taken from "Making and Keeping Friends" a Department of Health and Human Services booklet. For additional copies of this document, please call the Substance Abuse and Mental Health Services Administration (SAMHSA) at 1-800-789-2647.

*Poem from our readers***Cleo The Ten Million Dollar Cat**

By Brenda Taylor

I'm Cleo, Cleo, Cleo, the TEN MILLION-DOLLAR CAT
 I run and jump and do what I may
 I run faster than any other cat
 I can climb a tree faster than a bird
 And down again even faster
 Now they have a cat
 And he makes a Lot of money
 But I'm Cleo the king of the cats
 Morris but a gust of wind
 He lays around all day never does he play
 Climb a tree or fence is not his thing
 But I am Cleo, Cleo the cat
 THE TEN MILLION DOLLAR CAT
 From whence did I come
 And whence do I go
 Nobody knows
 My mommy she says she got me for free
 But she says I'm A Million-Dollar Cat

*Poem from our readers***New Life Takes Flight**

By Nita



*Once upon a day so dreary
 My life dragged on dull & weary,
 I could only vision my past pain & scars
 There seemed to be no moon or stars,
 All I could feel was a deep, empty pit
 The pain so sharp with each thought that hit,
 How can I go on, what will tomorrow bring
 Where's my song for Angels to sing,
 God gathers me up into His arms
 "You're my wondrous daughter—full of charms,
 You are loving & kind with so much to give
 With others you share as you learn to live,
 I'm always here within your heart
 So you see,—we're never apart."
 God's word to me helps keep me strong
 To show me where I truly belong,
 Each day my life becomes new again
 I can truly take flight as I learn when,
 I release my love it returns to me
 In greater measures and I feel free,
 While in this world—with others we must connect
 This is our strength within our spirit elect,
 Tomorrow will bring stars so bright
 Everyday our new life will always take flight.*

Scholarships Available Now! King County Announces 2003 Mental Health Consumer Training Fund

King County is pleased to announce the continuation of the county-wide Mental Health Consumer Training Fund for 2003. NAMI-Greater Seattle was the successful bidder following a recent Request for Proposal process and will provide the coordination of King County mental health scholarship funds. Training funds are available for consumers, family members, and advocates who wish to attend conferences, seminars, and other training events focused on treatment services and supports for adults and children with mental illness.

Scholarship funds are available NOW!

NAMI-Greater Seattle will process requests for scholarship assistance and "pass through" funds from King County to eligible applicants.

To be eligible:

- You must be a resident of King County; and
- Be directly involved with mental health issues as a consumer of mental health services in King County, a relative of a consumer, or as a mental health advocate.
- King County and mental health contract agency staff are not eligible for Consumer Training Funds (exceptions may be made for Consumer-to-Provider staff.)

To Apply:

- Applications are available now. You can apply in person, via mail, or by fax at:

NAMI-Greater Seattle
802 NW 70th Street
Seattle, WA 98117
FAX 206-784-0957

- Application is not available online as your signature is required.
- On your application, you will be asked to state the purpose of the conference, workshop or training program, and the personal benefits you hope to gain. If you are approved for a scholarship, you will receive a letter of confirmation.
- You will need to sign an Accountability Form and submit receipts of spent scholarship funds within two weeks of the conclusion of the event. This form is also available online.
- Limit of the fund benefit to each person is \$500.
- Preference shall be given to persons who have never received a publicly funded scholarship.

Questions?

Call NAMI-Greater Seattle at 206/ 783-9264 or 1-800/ 782-9264 or contact them via e-mail at aa-wami@qwest.net.

You can also visit the NAMI-Greater Seattle Web site at <http://www.nami-wami.com/programs/pages/scholarship.htm>

King County Pilot projects

King County is pleased to announce the funding of nine (9) consumer pilot projects. The following funded projects are for the year 2003.

Asian Counseling & Referral Service - computer lab/ computer loan program to teach skills and offer translation, word processing, and production of Chinese and other Asian language materials.

Community Psychiatric Clinic -

- 1) Library at Sunrise Center site.
- 2) Cooking/Nutrition class at Clean Start
- 3) Beading/Jewelry Class, with intention of sales opportunity, at Wallingford House.

Harborview Mental Health Center -

Consumer Council-YMCA "flexible" fitness club memberships, for consumers to be able to use interchangeably.

NAMI Greater Seattle - Tool Shed to be designed and built by Hoffman House members, on premises of Hoffman House.

NAMI Eastside - Small business making and selling promotional buttons to advertise NAMI.

Seattle Children's Home - Completion of espresso, cart and continuing development of Culinary Arts Café for kids at Seattle Children's Home (SCH).

Seattle Mental Health - Music Therapy class, to build and play musical instruments.



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**This material is available in alternate format upon request
for persons with disabilities. Call 206-205-1341.**