

The Good Newsletter

Summer 2005



KING COUNTY

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Community and Human Services
Mental Health, Chemical Abuse
and Dependency Services Division
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KING COUNTY

Mental Health, Chemical Abuse and
Dependency Services Division

➔ **Issue 8**

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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 an 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 KCRSN is responsible for publicly funded mental health services in King County.

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
Mental Health, Chemical Abuse and Dependency Services Division

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Seattle, WA 98104-1598
Steve's Phone # 206-205-1341
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Letters, articles and information submitted may be edited for clarity and content. Remember this is the good newsletter.

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We're on the web!
[Http://www.metrokc.gov/dchs/mhd/](http://www.metrokc.gov/dchs/mhd/)

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



CONSUMER RIGHTS

If you are enrolled in public mental health services in King County, you have rights that should be respected by all who assist you in your treatment.

Below is some information related to your rights that will be helpful in your steps towards recovery.

Second opinion: You have a right to a second opinion if you have questions about what is being recommended or why something is not being recommended and would like to receive this information from staff outside your treatment team.

Out of network providers: If an agency is unable to provide a service that you need that is covered by King County, or is unable to provide this service fast enough to meet your needs, it must be purchased for you outside the agency.

Advance directives: You must be given information on how to make an advance directive. Advance directives are a way for you to put your wishes in writing concerning your care or treatment.

Informed consent: You must be provided with the following information before giving informed consent for treatment: your diagnosis, all treatment options including any treatments

you can self-administer, the pluses and minuses of the treatment options, and the right to participate in treatment decisions, including the right to refuse treatment.

Access to interpreters: You have the right to receive information about your rights and treatment options, and to receive treatment, in a language or format that is understandable to you. This must be provided to you without charge.

Grievances: You have the right to complain or grieve (a formal complaint) any matter. If services are denied, stopped, suspended, or reduced by King County, you may file a formal appeal of that decision. If you request it, your treatment provider must help you in making an appeal or grievance.

Practice guidelines: You have the right to request copies of the King County mental health practice guidelines. Copies may be obtained from the King County Regional Support Network at 1 (800) 790-8049.

Client handbook: You must be provided with a copy of the King County mental health client handbook. If you are unable to read the handbook in the available languages, your provider must attempt to find other means for communicating the information. You may obtain a copy of the client hand-

book from your provider, if you don't already have one.

TO OUR READERS ABOUT THE RECOVERY PLAN

The King County Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD) is pleased to release the Recovery Plan for Mental Health Services.

The Recovery Plan is the result of almost two years' work. It is our vision and plan for transforming the King County mental health system to a system focused on recovery. Because we intend for this plan to result in real system change, it is a long range plan.

MHCADSD firmly believes that recovery and resiliency are the appropriate and desirable outcomes of our service system.

What we hope you will provide is feedback on what we may have missed, may need to clarify, or may need to try to do more of. We know it is an ambitious plan. We also feel strongly that is the right thing for us to be doing.

To receive a copy of the Recovery Plan, contact Caridad Gavino at (206) 205-1321.

If you have comments about the Plan, please send them to Barbara Vannatter, at barbara.vannatter@metrokc.gov. or

King County Mental Health, Chemical Abuse and Dependency Services Division
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Are you nurturing your most important relationship? David and Amy Olson, authors of *Empowering couples: Building on our Strengths*, recommend five tips for nurturing a relationship:

- Focus on the good in each other.
- Praise each other often.
- Take time to listen. Listen to understand not to judge.
- Be assertive. Let your partner know what you want-don't let your needs become a guessing game.
- Give your relationship top priority.

These suggestions sound easy but more often than not, we find ourselves ignoring our partner's feelings and expecting them to read our minds and fix us. Eventually, this type of thinking leads to resentment, disinterest, and a lack of desire to nurture our relationship.

One of the best ways to avoid this negative situation and make Olson's suggestions a part of our everyday routine, is to use "I" statements. Use "I" statements to discuss your feelings and communicate facts without placing blame. Since "I" messages do not communicate blame, they are less likely to be misunderstood or promote defensiveness in the receiver. In contrast, negative "You" messages (e.g... "you always" or "you never") create defensiveness because they sound accusatory and put down the other person. According to Kathryn Beckham, author of *Choice, No*

Chance: Enhancing your Marital Relationship, when we feel blamed, accused, or attacked, we will usually defend ourselves and then counterattack. In other words, put-downs invite other put-downs and over time this pattern of communication can be harmful to a relationship.



Here are a few examples of "I" and "you" statements. How would you respond to the following?

"I feel hurt when you say negative things about me in front of your friends." Vs. "You always put me down in front of your friends."

"I feel lonely when I am home alone so much. I would like to spend more time with you." vs. "Why don't you ever stay home?"

"I feel overwhelmed with housework and could really use your help. Could you please put your dishes away?" Vs. "You are so lazy! Why can't you put your dishes in the dishwasher?!"

Instead of making **comments** to put your spouse down, make **compliments** to boost them up!

For example, "I enjoy spending time with you,"

And "I appreciate it when you share the housework with me." Think of your partner as a team member. Supporting your partner personally will inevitably benefit both of you. Daily compliments will prevent your relationship from becoming routine and make it more mutually satisfying. Receiving a compliment not only makes you feel good but also makes you feel good about the person giving the compliment.

ACTIVITY

We all like positive feedback, to have someone say some thing nice about us. Yet we generally do not say nice things as often as we should-or hear them as often as we would like. Take a few moments at the end of each day to share with each other five things you liked about your relationship and your partner that day or in general. Practice using "I" messages as you take turns sharing these feelings.

Human Development and Family Science



through as teens to today's teens, without being asked, immediately alienate themselves from teens

Spend quality time together. Meal time remains a special time to share experiences and feelings. Avoid contentious subjects such as school, the future and boyfriend/girlfriend relationships. Steering clear of these topics will increase the flow of parent-teen discussions.

Talk little. Listen lots. At least once a week, set aside time to talk. For every hour of time spent together, 45 minutes should consist of the teen talking and the parent listening without interrupting.

Be real. Adults need to be themselves and act like human beings rather than trying to be their idea of what 'adults' should be.

Be receptive. Teens can help adults communicate better by telling them when they think adults are not listening. Take their feedback into consideration.

Be approachable. Whenever a teen wants to talk, be available. Teens, however, acknowledge that lots of times they lock themselves in their rooms and are inaccessible.



Look at every situation from both points of view. Consider the teen's perspective instead of just your own.

Spend time with your family. Make it a priority. Young people sometimes feel ashamed of themselves or neglected when they don't have any family around.

Show that you're really listening with your body language. Nod and make eye contact instead of looking away or fidgeting.

Be realistic. If your expectations are impossible to meet, teens' self-esteem can suffer.

Tell the truth. When adults lie to young people, it shows a lack of respect for them. When adults are honest, youth learn to trust others.

Lead by example. By how you live. Adults help young people by getting a good education, having and keeping a job and practicing what they preach. This is especially important where substance abuse is involved. Adults have no credibility when they tell teens not to smoke or drink and then do it themselves.

Be open and honest. Teens who have open relationships with their parents are better able to make positive decisions and express themselves with confidence, without succumbing to peer pressure.

Teens form across the country who participated in the 2002 Uhlich Report Card graded adults and sent some of the same messages as those who came before them. Listening to, empathizing and being honest with teens are some of the key themes, and one of the most common suggestions that teens offer when it comes to communicating with them is simple:

Lead by example.

Source: 2002 Uhlich Report Card
Website: www.nrscrisisline.org

COMMUNICATING WITH YOUR PARTNER OWNING THE MESSAGE

Cindy Bond-Zielinski, M.S., FCS
Agent, OSU Extension

Every living thing needs nurturing and attention. If you plant a tree and want it to thrive, you wouldn't simply set the tree in the yard and hope for the best. Instead, you would water it, carefully monitor its growth, and protect it from possible weather, insect, or disease damage. Similarly, a relationship, just like a newly planted tree, needs attention and nurturing.

POEMS

HARD MEMORY

This represents my personal reflection of my father.

At moments so unlikely
On days so in the past
When motions were much slower
Long friendships rarely passed
Was once a man, from whom was learned
Give all a second glance,
Not for a failure of the heart
Fail not, with weakened start
Begin with much aggression
Complete the task before
T'will not become a memory
Should have been, before
As onward you do travel
Look never t'ward the rears
Your passion will sustain you
All thru the golden years
So as time slowly passes
And my legs no longer bend
I'll not forget the one good man
He is my father "KEN"

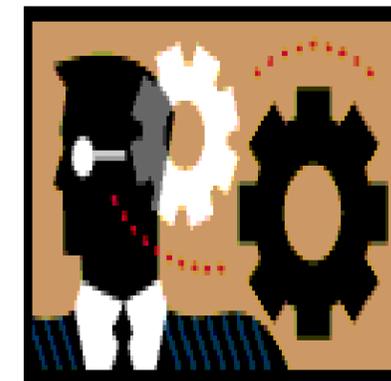
James Lyle Bobbitt
Copyright 2004 James L. Bobbitt



A CHILD'S JOY

I may have been one
Oh, joy, comes day,
as a child I will play
I will run and skip all day,
just to share
With my friend,
running round rivers bend
Follow rainbows, come out to sky
Blessed by sunlight,
from on high
Beaming bright,
on my face
So soft and warm
is in it's place
Is truly good,
as it is,
and ever should
Glowing in the cool dark wood
Glowing beacon,
dressed in lace
Shinning here, upon my face
Always joyful, all the while
Run with me,
I am a child

James Lyle Bobbitt
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A DOG

What are you thinking when you
sit there winking at me?
Do you know what a joy you give
me even though you cannot speak?
I think you must be psychic for you
show me myself so often.

Mary Jane Ware





The *mission* of the Healthy Aging Partnership is to promote healthy aging through community partnerships.

Healthy Aging Partnership
c/o moore Ink
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98118
206-721-9540—
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Visit our Web site
At www.4elders.org

FREE CLASS FOR SEATTLE- AREA SENIORS OFFERS “A TASTE OF HEALTHY LIVING”

Low-carb or high-fiber? Atkins or Weight Watchers? Eat meat or go vegetarian? Heart health, diabetes control, weight loss... Who can make heads or tails of what it takes to eat right and still enjoy tasty meals?

The Healthy Aging Partnership has the answers in a free class for adults ages 60 and older. *A Taste of Healthy Living* – a half-day session to help older adults make wise food choices that will help them live healthier lives – is scheduled for **9 a.m. to 1 p.m. on Wednesday, Aug. 17**, at Yesler Community Center, located at 917 E. Yesler Way, in Seattle.



As we age, the effects of nutrition on our bodies, minds and lifestyles change, too. *A Taste for Healthy Living* will cover the basics of nutrition and a healthy diet, while focusing on how to choose easy-to-prepare and tasty meals and snacks. A cooking demonstration and “Moving for Fun and Fitness” will round out class activities.

A light breakfast and full lunch is included, along with recipes, door prizes, gifts and health information.

There is no charge for the class, but space is limited. Participants must sign up for the event in advance. The deadline for registering is Aug. 10. For more information or to make a reservation, call 206-721-9540, ext. #2.

For information on transportation options, call the Healthy Aging Partnership at 1-888-4ELDERS (1-888-435-3377). HAP is a coalition of more than 40 Puget Sound organizations dedicated to the health and well-being of older adults.



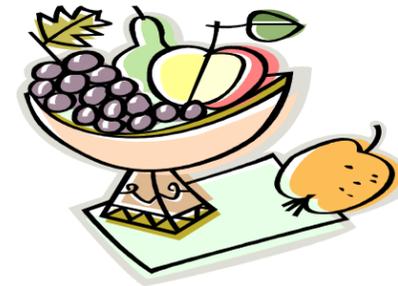
GUIDELINES FOR KEEPING FRIENDSHIPS STRONG

By Lenore Meyer

Like yourself. If you don't like yourself, don't feel that you have any value, or don't think others will like you, you will have a hard time reaching out to people who may become friends. Work on building your self-esteem by treating yourself well – eating healthy foods, getting plenty of exercise and rest, doing things that you enjoy – and reminding yourself over and over that you are a special and worthwhile person.

Have a variety of interests. Develop interests in different things – it will open opportunities for connection with others and make you more interesting as a person who others enjoy being with. Some interests include music, art, crafts, gardening, community involvement and watching and participating in sports activities.

Enjoy spending time alone. If you don't enjoy spending time alone, you may feel desperate to have people



6. Apples: Pectin fiber is an antioxidant that may prevent cancer. Apples also have antioxidants that may preserve brain function, prevent Alzheimer's disease and boost oxygen supply by aiding lung function.

7. Red grapes: Contain antioxidants that preserve nerve cells and prevent cancer. Grapes also have antioxidants that protect the heart and especially the brain.

8. Broccoli: Lots of vitamin C, carotenoids, and folic acid.

9. Red Pepper: contains pectin fiber, vitamin B6, vitamin C, and beta-carotene. Red peppers contain antioxidants that protect against vascular disease, heart disease and stroke, preserve blood vessels, reduce

cholesterol and act as anti-inflammatory.

10. Whole-Grain Bread: It is higher in fiber and has about a dozen vitamins and minerals more than enriched white bread.

11. Watermelon: Excellent source of vitamin C and carotenoids—and it tastes great! Perfect for a snack, dessert, or picnics.

12. Fish: contains vitamin B3, B6, B12, and Omega-3 fatty acids to protect the heart, lower cholesterol, preserve nerve-cell function, relieve depression and fight inflammation.

13. Beans: Inexpensive, low in fat, and rich in protein, iron, folic acid and fiber. Choose garbanzo, pinto, black, navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in a soup.

14. Spinach or Kale: Loaded with vitamin C, carotenoids, calcium, and fiber. Steam'em and eat'em.

Article from “Psychology” August 2005 and the “Nutrition Action Health Letter” 2005

WHAT TEENS SAY ABOUT SPENDING TIME AND COMMUNICATING WITH THEM

Listen. Avoid jumping to conclusions. Parents and adults should not make assumptions about what teenagers are thinking and feeling.

Try to Understand. Teens overwhelmingly believe that being a teen today is completely different from what it was like 10, 20 or 30 years ago. Adults who compare what they went

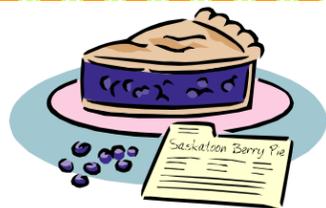


RECIPE

OATMEAL BROWNIES

- 2 ½ cups quick-cooking or old-fashioned oats
- ¾ cup all-purpose flour
- ¾ cup packed brown sugar
- ½ teaspoon baking soda
- ¾ cup butter or margarine, melted
- 4 ounces unsweetened baking chocolate
- 2/3 cup shortening
- 2 cups granulated sugar
- 1 teaspoon vanilla
- 4 eggs
- 1¼ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt

1. Heat oven to 350 degrees F. Spray 13x9-inch pan with cooking spray.
2. In large bowl, mix oats, ¾ cup flour, the brown sugar and baking soda. Stir in butter. Reserve ¾ cup oat mixture. Press remaining oat mixture in pan. Bake 10 minutes. Cool 5 minutes.
3. Meanwhile, in 3-quart saucepan, heat chocolate and shortening over low heat, stirring occasionally, until melted; remove from heat. Stir in granulated sugar, vanilla and eggs.



Stir in ¼ cups flour, the baking powder and salt.

4. Spread batter over baked layer. Sprinkle with reserved oat mixture. Bake about 30 minutes or until brownies begin to pull away from sides of pan (do not over bake). Cool completely, about 2 hours. For brownies, cut into 8 rows by 6 rows.

1 brownie: Calories 155 (calories from Fat 70); Fat 8g (Saturated 3g); Cholesterol 25mg; Sodium 100mg; Carbohydrate 19g (dietary Fiber 1g); Protein 2g

% Daily Value:
 Vitamin A 2%
 Vitamin C 0%
 Calcium 2%
 Iron 4%
 Exchanges:
 1 starch, 1½ Fat

Carbohydrate Choices: 1

This recipe came from Betty Crocker - Gold Medal Fall Baking (2004).

SUPER FOODS FOR BETTER HEALTH

By Steven C. Collins

1. **Cantaloupe:** A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.
2. **Sweet Potatoes:** A nutritional all-star-one of the best vegetables you can eat. They are loaded with vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.
3. **Fat-free (skim) or soy milk:** Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol.
4. **Blueberries:** They are rich in fiber, vitamin C, and antioxidants.
5. **Oranges:** Great-tasting and rich in vitamin C, folic acid, and fiber.



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around you all the time. This desperation can drive others away from you. You can learn to enjoy spending time alone by –

- ◇ Developing interests and hobbies that you can do by yourself
- ◇ Anticipating time you will be spending alone and arranging to do some special things for yourself during those times
- ◇ Changing your attitude about time alone so you enjoy spending a reasonable amount of time alone
- ◇ Addressing any fears you may have about being alone and doing everything you can to ensure you will be safe, such as locking doors and windows

Many people have found that pets are a wonderful way to enjoy time alone and to help relieve the loneliness.

Have plenty of friends. Work on having several friends so that someone is always available when you would like companionship and support. Expect to have many friends because you are worth it. Relying on only one or two people puts too



much pressure on everyone. Some people like to have more friends than others, so the number is really up to your own sense of what you need, but a good goal for most people is to have five close friends.

Take action to make new friends. To make new friends, you have to take action. You can do it as slowly or as quickly as you want, taking small steps or big steps. You can also work on improving your relationships with people already in your life by doing things like inviting them to your home to chat, share a meal, play a game, watch a video, or share some other activity, or by doing a favor for them when they are having a hard time.

Communicate openly. To communicate openly with another person, you need to have a feeling of trust with him or her. This develops gradually over time as you come to know the person better and your friendship becomes closer. Tell your friends what you need or want and

ask them what they need or want from you. Tell them all important pieces of information, but do not share so much information about minute details that the other person gets bored. Watch the response you are getting from the person or people you are talking to so you can know if this is the right time to be sharing this information or the right subject for the person. You may need to change what you are saying and when you are saying it according to the response you observe. Avoid sharing details of traumatic events that might upset the other person.

Depending on what you are talking about, you might want to talk in a place that is private and where you won't be interrupted, that is physically comfortable and that is quiet.

Listen and share equally. Listen closely to what the other person is saying. Let the other person know you are paying attention through eye contact, body language and occasional brief comments like, “I understand,” “or “I bet you wish it happened some other way.” Avoid thinking about what your response is going to be while the person is talking. If a person is sharing some

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thing intense and personal, give them your full attention. Don't share an "I can top that" story.

Avoid giving others advice unless they ask for it. Just listening is fine! In some cases, you can summarize what you hear them saying or ask clarifying questions, but it is never necessary to "fix the problem" for them. People often need to share the details of hard times or difficult experiences over and over again, until they have "gotten it out of their system" or figured out a way to take some action or solve the problem. You can be a really good friend by listening to the same story again and again; reassuring that it is OK to do this. Never make fun of what the other person thinks or feels. Avoid judging or criticizing the other person.

Sometimes it may be important to be realistic about how much time you can spend listening and let the other person know how much time you have. Be sure that you also have about equal time to share whatever it is you would like to share. Don't be embarrassed by emotions that come up for you or the other person while you are sharing.

Take equal responsibility for the friendship. Both people in a friendship need to take responsibility for the friendship. For instance, you should be making plans for shared activities some of the time and your friend should be making these plans some of the time. If you are taking all of the responsibility for the friendship, talk to your friend about it and figure out a way to make the friendship more equal.



Keep personal information confidential. As you feel more and more comfortable with the other person, you will find that you talk more and share more personal information. Have a mutual understanding that anything personal the two of you discuss is absolutely confidential and that you will not share personal information about each other with other people.

Have a good time. Spend most of your time with your friends doing fun, interesting activities together. Sometimes friendships get "bogged down" if all you ever do is talk about each other's struggles. Go to a movie, walk on the beach, play ball, watch a video, work on an art project, cook a meal – whatever would be fun for both of you. Take turns suggesting and initiating these activities.

Stay in touch. Maintain regular contact with your friends and supporters, even when things are going well. Give them a call. Send them a note or an e-mail. Always have a plan for your next meeting – whether it is tomorrow or next month. If you have to change it, do so, but always have a plan. You will find that regular, scheduled contact is the best way to assure your friendship will remain strong.

Many people find it is helpful to plan ahead for times when they know they may feel lonely, like on weekends, in the evening, or on holidays. Plan get-togethers for these hard times at least several days in advance, and especially around the holidays, plan even further ahead.

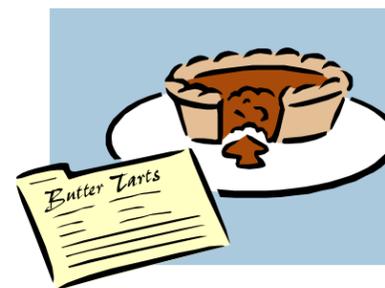
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Losing a friend. Everyone loses a friend from time to time because of things like moving, changes in life focus, relationship difficulties, or even death.

This is difficult for everyone. Spend some time "being with the sadness that you feel" – as much time as you feel you need. Take time to cry, if that feels right to you. Then, spend time with other friends and do things that you enjoy. You even may want to begin making some new friends when you feel ready to do that. The sadness from losing a friend may never go away. You will adjust to it and your life will feel good again. Talk about the loss of this special person with an understanding friend or someone you know well.

* 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.



Peanut butter Berry Bars

2 cups instant oatmeal
 ½ cup sugar-free reduced-fat peanut butter.
 ½ cup semisweet chocolate mini morsels, divided
 ¼ cup canola oil, divided
 ¼ cup packed brown sugar
 1 teaspoon ground cinnamon
 ¾ cup finely chopped strawberries

1. Place 12-inch skillet over medium high heat until hot. Add oatmeal; cook and stir 6 minutes or until lightly brown and fragrant. Remove from skillet and set aside.
2. Mix peanut butter, 5 tablespoons chocolate morsels, 2 ½ tablespoons oil, sugar and cinnamon in skillet. Heat and stir until well blended and thoroughly melted. Remove from heat; add oats and stir until well blended and thoroughly melted. Spoon into 9x9x2-inch baking pan and, using a rubber spatula, press down firmly to make crust. Place in freezer 15 minutes to cool quickly. Sprinkle strawberries evenly over all.

3. Place small saucepan over low heat and add remaining chocolate morsels and oil, cook and stir until completely melted. Drizzle melted chocolate over strawberries. Cover with foil and freeze at least 2 hours.

4. To serve, let stand 10 minutes at room temperature before cutting into squares. Store remaining pieces in freezer.

Makes 16 servings (21/4x21/4-inch square serving)

Dietary Exchanges:
 1 starch, 2 fat

Nutrients per Serving:
 Cal.: 158
 Total Fat: 9g
 Carb: 15g
 Chol: 0mg
 Fiber: 2g
 Cal.; From Fat: 53%
 Sat. Fat: 2g
 Protein: 4g
 Sodium: 41 mg

This recipe came from the book titled "Diabetic Cooking" - July/August 2004.

