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UPCOMING EVENTS:

9/12-9/13 Recovery and Resiliency Conference

9/19 UW School of Nursing Conference

THE AFFORDABLE CARE ACT AND MENTAL HEALTH CARE

On March 23, 2010, the Affordable Care Act (ACA), was signed into law by President Obama. The ACA seeks to make health insurance coverage more affordable for individuals and families, as well as owners of small businesses. For individuals living with mental illness, this means expanded access to coordinated mental health care services beginning Jan. 1, 2014.

The ACA will impact the health insurance market in the following ways:

- It mandates that every legal citizen carry health insurance
- It standardizes the coverage provided
- It eliminates loopholes (such as pre-existing conditions) through which coverage has been denied in the past
- It promotes competition among private plans through insurance exchanges

Beginning Jan. 1, 2014, Medicaid will be available to those at or below 138% of the federal poverty level (FPL). Currently, Medicaid eligibility is limited to specific populations, such as those on SSI and pregnant women. For an individual, 138 percent of the FPL is an annual income of \$15,856. For a family of four, it is \$32,499. Those making more than 138 percent of the FPL will be able to purchase health care coverage through an online health insurance exchange. Subsidies will help cover premiums and out of pocket expenses for those with incomes up to 400 percent of the FPL.

Call NAMI Greater Seattle for information about how to access Medicaid or private insurance coverage. Health plan enrollment for 2014 begins Oct. 1, 2013.

Mental Health and Social Service Resources

With resources changing rapidly, we want to be sure that you have up to date information about services available to you.

Agency	Description	Phone Number
Crisis Clinic of King County	24 hour telephone support for individuals experiencing a mental health crisis, including suicidal ideation	(866) 427-4747
Compass Housing Alliance	Permanent housing options for people struggling with homelessness and poverty	(206) 357-3190
Downtown Emergency Service Center (DESC)	Shelter, chemical dependency treatment, mental health programs	(206) 464-1570
Fremont Community Therapy Project	Low cost therapy and DBT groups	(206) 633-2405, ext. 2
Harborview Crisis Intervention Services	Mental health and medical services	(206) 744-9600
King County Crisis & Commitment Services	Initial crisis outreach services	(206) 263-9200
Low Income Housing Institute	Low income housing	(206) 443-9935
Partnership for Prescription Assistance	Prescription drug assistance	1 (888) 477-2669
Plymouth Housing	Permanent housing options for those with disabilities or mental illness	(206) 374-9409
Seattle Housing Authority	Low income housing	(206) 239-1500
Qliance	Low cost medical services	(206) 913-4700
Recovery Café	Supportive programming addressing addiction and mental health issues	(206) 374-8731
Regional Support Network (RSN)	King County based health care programs run by the state of Washington's DSHS	(206) 263-9000
Washington Information Network	Local resource and referral related to health and human services	2-1-1
Washington Recovery Help Line	24 hour information and referral	1 (866) 789-1511
Washington Warmline	Non emergent, telephone peer support offered Wednesdays and Fridays, 5:00-9:00 p.m.	(206) 933-7001

University of Washington Mental Health Conference

The UW School of Nursing is offering the conference “Mental Health 2013--Bridging the Gap” on Thursday, Sept. 19 at the Shoreline Conference Center.

Lecture topics include cross cultural communication, mental health first aid, crisis resources, de-escalation, dental and mental health, psychotropic drugs and poly-pharmacy and coordination of mental health care within the education system. Continuing education credits are offered for licensed professionals.

Many thanks to board member, **Linda Batch** and program volunteer, **Trez Buckland**, for their work on the conference organizing committee. For registration information, please go to www.uwnce.org or call 206-543-1047.

Conference Scholarships Available

Scholarships are now available from the King County Consumer Training Fund to attend trainings, classes or conferences focused on mental health.

Eligible applicants must be residents of King County affected by mental illness as a consumer, family member or advocate. Individuals employed by the publicly funded mental health agencies are not eligible, including consumer to provider trainees. There is an annual limit of one scholarship per person, for a maximum of \$500. The conference or class must take place between Oct. 1-Dec. 31, 2013.

Applications are available on our website or by contacting Gail Wilder at gailw@nami-greaterseattle.org or 206 783-9264.

Support for Young Adults with Bipolar Disorder

NAMI Greater Seattle is happy to offer a new support group for young adults, ages 19-35, with bipolar disorder. Come share a potluck dinner, connect with others and learn new ways to appreciate life and maintain stability. This group is intended both for individuals who have experienced symptoms for some time and for those who are newly diagnosed.

Dinner will begin at 5:15 p.m., with the support group running from 6:00-8:00 p.m. on the 4th Wednesday of the month at the NAMI Greater Seattle office. Please do not bring family or other support people--this group is reserved for young adults with bipolar disorder.

Please call **Aislin** with questions at (206) 550-9701 or contact NAMI Greater Seattle staff at (206) 783-9264.

What We Do

NAMI Greater Seattle provides 11 different programs, impacting lives every day. Here is a summary of what we do:

Appreciative Living Learning Circles – Social and skill building groups for individuals age 19-35 with psychotic illness

Educating the Next Generation – Presentations to junior high and high school students on mental illness, local resources and including empathy building exercises

Family to Family – a 12 week class for family members of individuals with mental illness, taught by trained family members, covering vital topics such as effective communication, developing a support network and advocacy

Information and Referral – Phone, email and in-person help navigating the mental health and social services of Seattle, publication of the *Connections* manual

In Our Own Voice – Structured presentations by consumers sharing their experiences with mental illness

Hofmann Houses – Permanent, independent housing for individuals living with serious and persistent mental illness

King County Scholarship – Administration of the King County Scholarship Fund, providing financial support to consumers, family

members and advocates wishing to attend trainings and conferences in mental health

Mental Health First Aid – Skill building in managing a mental health crisis until trained professionals arrive

Peer to Peer – A 10 week class for consumers, taught by trained consumers in understanding and managing symptoms of mental illness, working toward recovery and living well

Support Groups – Free, drop-in, self-help support groups offered across Seattle

How You Can Help

There are so many ways to partner with NAMI Greater Seattle to ensure that this vital work is continued. If you appreciate what we do, please consider contributing your support.

1. **Make a charitable donation of any size**
2. **Arrange to donate a vehicle, running or not--all you need is the title**
3. **Become an office volunteer**
4. **Serve on the NAMI Greater Seattle board**
5. **Organize a fund raiser to support your favorite program**

Please call the NAMI Greater Seattle office at (206) 783-9264 for more information.

Program Focus: In Our Own Voice

Submitted by an In Our Own Voice presenter who prefers to remain anonymous

One of the most empowering lessons I have learned from 10 years of therapy and recovery is the power of verbal expression. I have observed time and time again that the deep dark haunting memories and emotions lurking around inside of me seem to magically dissolve once I name them and give them voice.

I was diagnosed with bipolar I and PTSD about 10 years ago. As my recovery began to stabilize, I yearned to share my story with others in hopes of putting a face on mental illness.

I learned about NAMI's In Our Own Voice (IOOV) training program and became a certified IOOV presenter. I absolutely love giving presentations. To be of service to a wide range of communities is a great honor. I am amazed at how each presentation uniquely unfolds. The more I share my story the more empowered I become. With that empowerment my comfort level increases and I am able share more of my story. My service deepens the more I share with audiences.

Nothing is more gratifying than having audience members come up to me after a presentation to talk about their experiences with mental illness. To hear that I have given them hope and that they gained greater knowledge about mental illness and the services NAMI provides is deeply meaningful to me. Tears, hugs and words of encouragement are the norm. I am humbled to think I may be doing my part to educate and

banish the stigma associated with mental illness. Indeed that is the goal of In Our Own Voice.

Our voices make a difference, there is power in numbers. I am so very grateful IOOV continues to increase and lift up the many voices of change.

In Our Own Voice is a NAMI signature program designed to address stigma by presenting the reality of mental illness through consumers sharing their stories. Trained, paired consumers provide a structured presentation on aspects of mental illness, including the onset of symptoms, current treatment plan and hopes for the future.

In Our Own Voice presentations are regularly requested for community groups ranging from psychology classes to church groups. The response of audience members is overwhelmingly positive, with many people stating that they are amazed and impressed by the resilience of people living with persistent mental illness. In 2012, nearly 1,200 people were reached with this program.

Presenters are paid a \$30 stipend for each presentation they provide. If you are interested in scheduling an In Our Own Voice presentation or becoming a presenter, please contact **Lyndsay Campbell** at (206) 783-9264 or office@nami-greaterseattle.org.

NAMI Greater Seattle BBQ and Penny Drive



The front office at NAMI Greater Seattle

Board President, **Lucy Woodworth**



Outside despite the rain

Thank you to everyone who attended our annual BBQ and penny drive, which was held at the NAMI Greater Seattle office. Nearly \$100 in change was donated at the event!

Photography courtesy of **Erich Lauffer**.



Picnic moves indoors



Eleanor Owen and Board Treasurer, **Molly Maloney**

Free Yoga Series

NAMI Greater Seattle will be offering a free, four day yoga series Oct. 21-24 for anyone wanting to try yoga for the first time or enhance a current yoga practice. Yoga is an excellent way for people of all physical abilities to decrease anxiety and stress through gentle movement and breathing.

Participants are welcome to attend any number of the days offered, but reservations are necessary.

Please reserve your space by calling the NAMI Greater Seattle office at 206-783-9264. This series is open to everyone.

King County Recovery and Resiliency Conference

Organized by the Mental Health, Chemical Abuse and Dependency Services Division, the annual King County Recovery and Resiliency Conference is consistently a high quality event organized for consumers and advocates.

The 2013 conference theme is Together on Pathways to Wellness. The conference will be held Thursday and Friday, Sept. 12 and 13 at Seattle Central Community College. Over 36 workshops will be offered. There is no cost to attend and lunch will be provided.

Registration is required. Please contact **Terry Crain** for more information at (206) 263-8980.

NAMI Greater Seattle Style Manual

Thanks to the help of volunteer, **Ana Maria King**, NAMI Greater Seattle now has a style manual to guide the use of language, syntax, formatting and punctuation for people who produce publications in print and online.

NAMI Greater Seattle's editorial style is modeled after the Associate Press Stylebook with some deviations. Look for future updates to NAMI Greater Seattle publications, providing enhanced consistency and professionalism.

Memorial and Honorary Donations

NAMI Greater Seattle would like to thank the following memorial and honorary donors:

Virginia Mason Hospital and Medical Center in honor of National Crime Victims Week,

And the Omni Group in memory of Joel Reuter.

Spirituality Support Group

NAMI Greater Seattle is pleased to offer a new spirituality support group for people with psychotic illness. The group will meet the second and fourth Fridays of the month at the NAMI Greater Seattle office from 3:30 p.m. to 5:00 pm. Please contact **David** at (206) 706-0851 if you have questions.



National Alliance on Mental Illness
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Gorm Nykreim, Linda Worthington and Amanda Olney.

The SPOTLIGHT is a bimonthly publication
of NAMI Greater Seattle

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Updated Crisis File Information

Derived from the curriculum of *Family to Family*, the crisis file is a file folder in which all important documents helpful in a mental health crisis can be stored and retrieved when needed. With the assistance of volunteers and interns, NAMI Greater Seattle has recently updated our crisis file materials to include new resources in addition to the advance directive and health information release documents.

Copies of all crisis file information are available by email by contacting **Lyndsay Campbell** at office@nami-greaterseattle.org and at the NAMI Greater Seattle office.

REMEMBERING MILO K. F. LOCKLEAR (1982-2013)



“Sonny” Milo Locklear crossed over to the Light on September 1, 2013 in Seattle, Washington. Milo attended Highline High School and graduated from Mt. Rainier High School in 2000 with honors and an Associate of Arts degree from Highline Community College. His goals were to complete his Bachelor of Arts in Hospitality Management in order to manage in a hotel in the Caribbean and raise a family.

Born in Seattle on March 25, 1982, Milo had a unique upbringing with deep roots in the arts and the Pacific Northwest. Life to Milo was about adventure and challenge. He was an open-minded citizen of the world with a deep sense of spirituality. As a child Milo travelled on the road with his professional musician mother, making friends along the way and attended school in Sweden and Norway. In March 1990 mother and son departed Sierra Leone, W. Africa as the Blood Diamond War was starting. Milo played soccer and danced on stage with a traditional Ukrainian dance troupe at annual Seattle Center’s Folklife Festivals. He gave fiery speeches in high school and especially loved hiking and camping on the Olympic Peninsula. Beginning at age 5 Milo began studying piano. Until the ninth grade he composed beautiful music and played recitals, including one at Nordstroms. A hobby was competing in local Magic card game tournaments. Then Milo became passionate about mastering the arts of sleight-of-hand card magic and balloon twisting.

At age 14 Milo’s vocation as a beloved local entertainer took off after an apprenticeship and performance donations to the Make-A-Wish Foundation and Seattle Children’s Hospital. Shortly thereafter he got his first steady job as the in-house balloon artist at Starz children’s store. Blessed with an ability to shape balloons into anything imaginable, Milo began booking with entertainment agencies and performed at parties, restaurants and outdoor festivals. He established his Twisted Fun Balloon Magic company and www.milosballoonmagic.com. In 2011 Milo was voted “Pike Street Market Entertainer of the Summer.” For the past two years Milo shared his spirit and talents at the Space Needle. His bright beaming smile and colorful balloon sculptures brought joy to countless children and tourists and will not be forgotten.

Milo delved into a “straight job” around age 17 to begin working in the insurance field. He received great personal satisfaction helping people by providing services and energetically surpassed sales quotas. Milo changed career paths in his mid-twenties to do more travelling and gain experience in the hospitality industry before finishing his business degree. He enjoyed the hustle and bustle of working as a waiter aboard a paddlewheel style cruise ship on the Columbia and Snake Rivers. Upbeat “Sonny” Milo earned immediate popularity with the dining room guests

by making balloon corsages for the ladies and doing sleight-of-hand for the men. Milo and fellow crew were then transferred to another ship. About a week later in May 2007 they were awakened in the middle of the night by the sound of the Captain's voice booming over the PA. The Empress of the North had hit an iceberg in the frigid southern waters of Icy Strait near Juneau, Alaska.

Water began rushing into Milo's quarters. He wrote: "... There's a huge hole in the boat and we're taking on water quickly ... it's starting to tip, getting hard to stand up Carrying the people in wheelchairs down the stairs, making sure every passenger is out of the room ... I felt relief because as a crew we really came together unselfishly and evacuated the boat and these people." Milo's core values of bravery and optimism were hallmarks of his life. His heartfelt love for family and friends was strong.

Milo is preceded in death by his "Baba" Helen Mary Forman, best buddy Rudy, Mohammed of Freetown and beloved cat Princess Bianca. He is survived by his sister Sofia Locklear and parents Jim and Sandra Locklear of Seattle with extended family in Seattle, Canada, and the Carolinas. All too soon for silence, our creative and sensitive son and brother Milo shall forever be deeply missed. A lover of life now unencumbered by the suffering of this world, we take comfort knowing that Shaku Jo Ko or "Pure Light" is on a beautiful new path of adventure with eagle feather in hand.

A public Memorial Celebration of Milo's life will be held Sunday, October 20 at 2pm at the Southgate Masonic Hall in Burien, Washington. Memorial donations in Milo's honor can be made to: NAMI Greater Seattle, 802 NW 70th Street, Seattle, WA 98117. On Tuesday, October 8 at 6:30 PM there will be a public candle Light vigil for Milo, held on the Monorail side of the Space Needle in support of the National Day of Prayer for Mental Illness Recovery and Understanding, as part of Mental Health Awareness Week. Go to www.boneywatson.com or www.legacy.com/seattletimes or www.milolocklear.wordpress.com for more on Milo or to share photos and memories. The Locklear family can be reached at thundereye13@msn.com.

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