

# About Barbara Bate...

## New President of NAMI Washington

Barbara Bate moved to Southwest Washington in 2002 and joined NAMI in Wahkiakum County in 2003. She helped start the NAMI Pacific County affiliate in 2004. While serving as volunteer president of the executive board for Willapa Counseling Center in 2007, she was asked to consider being nominated to the state board for NAMI Washington. She thinks her relatively short history with the NAMI organization is both a limitation and a benefit. Hundreds of people have built up NAMI in this state over the past thirty years, a history that she knows only in part. On the other hand, Bate says her positive approach and her awareness of the many constituencies related to mental health may help move the organization forward in a time when all those constituencies have to work together to survive and thrive in our communities.



Bate's joys in life include piano accompanying, writing, her adult daughter Joanna, and walking the beach with her dog Delilah. She taught communication for many years in college and seminary, and has written books on communication and preaching. Encouraging the growth of others is a major value for her. "I love watching another human being become more self-confident and articulate in reaching their goals." She says she's always been considered a change agent, from childhood through what she calls her extended midlife. She laughs and says, "Call it a symptom," poking fun at what she now refers to as a bipolar 2b way of being. The term bipolar 2b-beneficial was coined by Ronald Fieve, MD, longtime New York psychiatrist, describing intense, creative individuals as able to have constructive lives if their natural mood swings are kept in balance. [*Bipolar II*, by Ronald Fieve, MD, Rodale Press, 2005.]

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