

The Voice of Help and Hope

**NATIONAL
MINORITY MENTAL HEALTH
AWARENESS MONTH**

JULY



The Official Newsletter of

 **nami** Clackamas
National Alliance on Mental Illness

Volume 2022, No. 4
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We thank Pamplin Media Group for helping to make the publication of the NAMI Clackamas Newsletter possible.

CALENDAR

- **July 4th** | Independence Day Holiday
Office is closed
- **Aug 13** | LEAP (Listen, Empathize, Agree, Partner) Workshop |
9:30AM—11:30AM |
www.tinyurl.com/Aug2022LEAP
- **Sept 10 - Oct 29** | Family-to-Family
Class | 9AM—11:30AM |
www.tinyurl.com/namiclasses
- **Sept 13—Nov 1** | Peer-to-Peer Class
4PM—6PM | www.tinyurl.com/namiclasses
- **Sept 14-23** | Party with a Purpose
Online Auction Action |
www.charityauction.bid/2022pwap
- **Sept 23** | 2022 Party with a Purpose
Gray Gables Estate | 5:30PM—9PM
www.charityauction.bid/2022pwap

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YOU ARE
NOT
ALONE

NAMI News



TOGETHER for Mental Health

Mental health is an incredibly important part of our overall health. We're strongest when we join **Together for Mental Health** to advocate for resources, support and access to quality care.

nami.org/minoritymentalhealth

#together4MH

National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. Together, we can realize our shared vision of a nation where anyone affected by mental illness — no matter their background, culture, ethnicity or identity — can get the appropriate support and quality of care to live healthy, fulfilling lives.

Find resources at: <https://minorityhealth.hhs.gov/minority-mental-health/resources>

We're Hiring!

EXECUTIVE DIRECTOR

NAMI Clackamas recently completed a structuring and planning process and is poised for growth under the right leadership. This is an ideal position for someone interested in advancing their skills and experience or for a more experienced leader seeking an exciting opportunity to grow an organization.

WWW.NAMICC.ORG/EMPLOYMENT

Language & You

Why Your Language Matters.

Language & You—Racism

With the state of mental health care in this country being what it is, it's no surprise that we often look at it from the perspective of the majority. Fighting for proper mental health care is a battle that often doesn't include representation from minority populations.

FACT: Those who face racism are more likely to develop mental health issues. In a study done by the UCLA, they found that people aged 18 – 28 who frequently faced racist speech, discrimination, or behavior were 25% more likely to develop mental illness or mental distress. More specifically, another study by the American Psychological Association found that racial discrimination is a predominant source of stress in 2 out of 3 Black adults. Those results are mirrored in Asian and Latinx populations as well.

So, we know that racism is a negative detriment to mental health, but in what ways does racism present itself in our language? Well, the first way is the most obvious, that being racial slurs. Slurs, of any type, are meant to refer to members of a certain groups in a derogatory way. The same holds true for racial slurs, which seek something similar on the basis of race. Racism of this kind is usually very blatant and easy to see to the casual observer.

A more subtle way that racism can sneak into the way we speak is through microaggressions. Simply put, these are slights, snubs or insults that are directed at a person, intentionally or unintentionally, based on the group they belong to. An example of this would be someone saying that an Asian person speaks English very well, despite that being their first language.

A 2012 Roosevelt University study found and catalogued 6 key ways that racial microaggressions can present themselves:

- Invisibility - Being treated as lower in status, viewpoints not being considered.
- Criminality - Treated as aggressive or dangerous.
- Low Achieving - Assuming one's racial background determines how well they will do.
- Sexualization - Being treated in an overly sexual manner.
- Foreigner - Being made to feel as one doesn't belong.
- Environmental Invalidations - Negative ideas about one's race from observation that they don't hold prominence.

While there may be feelings that this term simply means people are being "too sensitive" on a subject, microaggressions can have the same negative mental health effects as more blatant forms of racism. This is because they present people who face them with the same type of frequent trauma that other forms of language might provide. Making sure that you're thoughtful with your language, and calling out other people who aren't, is an excellent first step to lessening racial trauma and mental health issues.

Read more on our Language & You Blog at <https://www.namicc.org/news>.

IN THE NEWS...

Public Policy Updates from Chris Bouneff, NAMI-OR Executive Director

More on 988 — the Oregon Health Authority is convening a Rules Advisory Committee (RAC) to revamp state administrative rules for mobile crisis services. The call centers and mobile crisis teams serve as the foundation for the fledging 988 crisis system, which ultimately is designed to replace 911 and law enforcement as the default emergency number and responders for behavioral health crises. Scheduled to go live on July 16th.

Representing NAMI Oregon on the RAC will be myself and NAMI-Oregon board member Vanessa Nordyke. Vanessa also serves on the Salem City Council and has been a leading advocate for the city of Salem to develop mobile crisis teams like the CAHOOTS program in Eugene.

You'll recall HB 4004 that passed in the 2022 short legislative session. This was the NAMI Oregon workgroup legislation to provide emergency grants directly to providers to increase wages and invest in other workforce recruitment and retention activities. The Legislature set aside about \$132 million for this program.

The grants were announced at the end of May, and the response has been tremendous. One CEO of a major provider wrote to me directly with the subject line "You probably just saved the sector."

To quote their email: "I don't think I'll be able to express how much appreciation I have for you and everyone who put together 4004. Providers were notified last night of some significant investments. It's HUGE. We will be hosting a parade for you—permanent system heroes!"

We're grateful to Rep. Rob Nosse for championing this legislation and to our workgroup partners who helped conceive the grant program and advocated tirelessly for its adoption. You can see the list of grantees at: <https://www.oregon.gov/oha/HSD/AMH/docs/HB4004-Grantees.pdf>

Chris B.

ABOUT US

What is NAMI Clackamas?

NAMI Clackamas is a nonprofit, grass-roots, self-help organization dedicated to improving the quality of life for everyone impacted by mental health issues through education, support, and advocacy.

We work with individuals with mental illness, their friends, and loved ones to provide training, information, and resources for professionals, schools, and the general public.

NAMI Clackamas Provides:

- A place for socializing, friendship, and networking.
- Support for people with mental illness and their families.
- Educational classes for people with a mental illness or for people who love someone with a mental illness.
- Information to communities regarding mental illnesses, available services, and services needed.
- Advocacy and encouragement for people with mental illness.
- Format for educating public officials and legislators about the needs of families affected by mental illness.
- Newsletters from NAMI Clackamas.

BECOME A MEMBER

Register Online

www.nami.org/get-involved/join

Volunteer Opportunities

Volunteer to become a Family Support Group Facilitator!

Give Back - Make an Impact - Change Lives!

Do you have a family member or loved one living with a mental health condition? Are you interested in learning skills to help support others? If so, you may be the perfect person to be a **NAMI Family Support Group Facilitator!**

NAMI Family Support Group is a free monthly 90-minute support group open to anyone who has, or cares about someone with a mental health condition. Support groups are led by two trained facilitators with lived experience who want to “*give back to others*” by offering encouragement and support through their own experiences. Successful facilitators are good listeners with an empathetic ear.

The 90-minute monthly meetings, currently being held on Zoom, provide a supportive place for people to share their experiences, learn and gain insight from the challenges and successes of others facing similar experiences, and know that they are not alone.

While support groups are casual, there is some meeting structure to give all participants the opportunity to confront and discuss challenges, share resources and/or wellness strategies, and connect with one another.

Volunteers need to commit to facilitating a group once a month for at least one year. Training is required and provided at no cost for this opportunity.

Our annual **Party with a Purpose Fundraising Dinner & Auction** is back live Friday September 23rd at Gray Gables Estate and **we could use your help!!**

Volunteers are needed for:

Greeters – 4pm – 7pm - Customer Service experience preferred

Registration – 4pm – 7pm – Data Entry & Customer Service experience preferred

Silent Auction Table Hosts – 4pm – 7pm - Organization and Customer Service skills desired

Dessert Dash Assistant – 4pm – 5pm set up / 8pm – 8:20pm assist

Check-out – 4pm – 5pm orientation / 8:30pm – 9:30pm check out - Data Entry & Customer Service experience preferred.

Auction Item Wranglers – 4pm – 5pm orientation - 8:30pm – 9:30pm check out/transport

Dining Room Hosts – 4pm – 7pm - Customer Service experience preferred

Parking Lot Guides - 4pm – 7pm - Customer Service experience preferred

After Party Pick-up – 4pm – 5pm orientation - 9pm – 9:30pm pick and pack – no heavy lifting

**** All volunteers get FREE dinner (same dinner as attendees) – comfortable semi-formal attire for all volunteers. And bring your smile!**

If you're interested, or for additional details regarding these or any other volunteer opportunities, please contact Sheri @volunteercoor@namicc.org

How Is Tardive Dyskinesia Treated?

If symptoms of TD develop, your health care provider will evaluate your treatment plan and medication. Your provider may choose to change your medication, or add one specifically designed to improve movement symptoms. It's important that you don't abruptly stop taking a medication without talking to your health care provider.

Each person responds to treatment differently, but effective options have emerged over the past several years that help relieve symptoms of TD.

The first level of treatment options include specific movement disorder medications, such as [valbenazine](#) and [deutetrabenazine](#). These medications are thought to help by adjusting dopamine reception in areas of the brain responsible for motor control.

Second-level treatment options include [clonazepam](#), which is sometimes given as a short-term medication for muscle rigidity. People have also found relief from the herbal supplement ginkgo biloba.

For symptoms that are less responsive to these treatments, your clinician may prescribe a drug used to treat movement symptoms in Parkinson's disease called amantadine. Additionally, there is some evidence that [deep brain stimulation](#) (DBS) may be effective when other options have not reduced your symptoms.

Be sure to talk to your provider about potential drug interactions. Of note, a class of medications called anticholinergics have been prescribed in the past with the belief that they improved movement symptoms. However, we now know these medications do not improve symptoms — and may even worsen TD, as well as other cognitive symptoms, particularly when taken with an antipsychotic.

Even mild TD symptoms should be assessed and treated to lessen these symptoms and prevent further impact on daily function and quality of life. If your provider recommends a medication, but you are concerned about its cost, [Prescription Assistance Programs](#) (PAP) may be able to help. PAPs can sometimes substantially reduce medication costs.

It is important to work with your prescriber and have honest conversations about your symptoms, treatment and any changes you feel are affecting your health.

How Else Can I Manage Tardive Dyskinesia? Your health care provider will continue to monitor your symptoms and treatment plan, but you can also take an active role in your care to help manage TD:

- Make sure you have a routine symptom assessment every three months
- Keep track of your symptoms and let your provider know about any new ones
- Talk to your provider about your daily functioning and quality of life
- Practice self-care that includes physical activity
- Exercise can help relieve movement symptoms, including tremors and those related to balance, gait and flexibility. It also helps balance blood sugar levels and improve hormonal balance for better management of type 2 diabetes.

It's particularly notable that exercise improves cognitive function and reduces the negative symptoms of schizophrenia and response to chemical signals. These are important factors that affect both the risk for TD and the ability to manage it.

TD can be very troubling, for those who experience it as well as for their families. Although this condition can have a negative impact on quality of life, an informed treatment plan combined with proactive self-care can help effectively manage TD.

For additional resources, go to: www.talkabouttd.com.

NAMI CLACKAMAS SUPPORT GROUPS



Every Sun. (weekly) | 6:00-7:30pm

Register online:
<https://tinyurl.com/SunConnections>

Every Tue. (weekly) | 7:30-9:00pm

Register online:
<https://tinyurl.com/TuesConnection>

Every Wed. (weekly) | 2:00-3:30pm

Register online:
<https://tinyurl.com/WedConnection>



1st Mon. (monthly) | 6:30-8:00pm

Register online:
<https://tinyurl.com/1stMondayFSG>

2nd Tue. (monthly) | 7:30-9:00pm

Register online:
<https://tinyurl.com/TuesdayFSG>

3rd Sat. (monthly) | 9:00-10:30am

Register online:
<https://tinyurl.com/SaturdayFSG>

Can't find a group that fits your schedule? Find more groups facilitated by other NAMI Oregon affiliates at <https://namior.org/nami-oregon-online-support-groups/>

NAMI CLACKAMAS LEADERSHIP TEAM

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- Pamela Blackwell
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*Americorps Service Member
ETS Program Coordinator*

NAMI Clackamas Mission Moment

Occasionally we get letters and emails from folks who have been helped by one of the many resources available through NAMI Clackamas. Here's one of them.



Nami Peer Support Groups (Connection) helped me at a time in my life when I could barely function, when even getting out of the house to come to group was difficult. Once there, I met people who understood what I was going through and were struggling with many of the same things and trying to get well.

After 6 years, I am now diagnosed, getting treatment, on the right medications, and living healthy. I'm also giving back by facilitating a support group myself. **THANK YOU, NAMI!**



<https://www.namicc.org/donate>

All new for 2022! Party with a Purpose is back!!

It's been three long years since we last celebrated at our Roaring 20's Fund-raising Dinner & Auction. Little did we know just what a roar we were in for!

After going completely dark in 2020, we held a 10 day online auction in 2021 which proved to be very popular drawing hundreds of participants from as far away as New York while raising more than ten thousand badly needed dollars.

This year, we're LIVE and online with 10 days of exciting online auction action culminating with our live event complete with all the trimmings—dinner, live auction, and lots of celebrating as we come back together after more than two years of virtual isolation. Our theme for 2022 is Enchanted Forest and we're committed to making this one magical.

Have a timeshare? Maybe some "spare" event tickets? Perhaps an experience that you can share? Item donations are being accepted on our event web page at: www.charityauction.bid/2022pwap

A limited number of sponsorships are still available there too. Or you could choose to buy a table and invite your friends to party with you while you support a worthy cause.

Whatever you choose, choose to support mental wellness in our community!



A few photos from the 2022 NAMIWalks NW...



More photos at:

<https://tinyurl.com/2022Walkphotos>

Still accepting donations!

www.namiwalks.org/northwest

“Good things happen when people in need meet people who have been there.”

CONTACT US

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 www.namicc.org

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 facebook.com/NamiClackamas

 [@NamiClackamas](https://twitter.com/NamiClackamas)

*Feedback for the
Newsletter?*

Email us:
gary@namicc.org

Board Meetings

Board Meetings are held at Gracepointe Church on first Friday of the month. For more information, email Gary at gary@namicc.org or call us at 503-344-5050..

**Become a Member
Register Online**

www.nami.org/get-involved/join

NOTICIAS DE NAMI EN ESPAÑOL

MES NACIONAL DE CONCIENTIZACIÓN SOBRE LA SALUD MENTAL DE LAS MINORÍAS



Julio es un importante mes para nosotros. ¡Hemos incluido un código QR a importantes recursos y guías en español que se enfocan en el apoyo a la salud mental, ya sean recursos específicos como COVID-19, LGBTQIA+, abuso de sustancias o información general sobre bienestar! Use la cámara de su teléfono para escanear el código y automáticamente será dirigido a los recursos!

Llamadas telefónicas a los miembros de Oregon Más Saludable

A partir del 1 de julio de 2022, las personas de 19 a 25 años o mayores de 55 años serán elegibles para recibir todos los beneficios del Plan de Salud de Oregón (OHP), independientemente de su estado migratorio. Estamos trabajando con PH Tech para ayudarnos a llamar a los miembros actuales de Citizenship Waived Medical (CWM) que tienen entre 19 y 25 años y 55 años o más para informarles sobre su próxima mudanza a Healthier Oregon. Habrá dos rondas de llamadas para informar más de +12,000 personas.

Grupos de apoyo para familias y compañeros

Los grupos de apoyo de NAMI son grupos de apoyo gratuitos dirigidos por pares para cualquier adulto que haya experimentado síntomas de una afección de salud mental. Obtendrá información al escuchar los desafíos y los éxitos de otros, y los grupos están dirigidos por líderes capacitados que han estado allí.



Los grupos de apoyo de NAMI son únicos porque siguen un modelo estructurado para garantizar que usted y otros miembros del grupo tengan la oportunidad de ser escuchados y obtener lo que necesitan.

Al compartir sus experiencias en un entorno seguro y confidencial, puede ganar esperanza y sentir una sensación de conexión. El grupo fomenta la empatía, la discusión productiva y un sentido de comunidad. Te beneficiarás de las experiencias de otros, descubrirás tu fuerza interior y te empoderarás compartiendo tus propias experiencias en un espacio sin prejuicios.



NAMI Clackamas en Español | @ESNAMICLACKAMAS

