

The Voice of Help and Hope

The Official Newsletter of

January/February 2024 | Volume 24, No. 1



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CLACKAMAS, OR 97015

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We thank Pamplin Media for helping
make publication of the NAMI
Clackamas Newsletter possible.

CALENDAR

- **JAN. 3 (and every Wednesday)**
Conexion Spanish-Speaking Peer Support Group | 7:00-8:30 pm on Zoom
Register here:
www.namicc.org/support-groups
- **JAN. 8 (and every 2nd Monday)** Family Book Club Support Group | 6:00-7:30 pm in person in Milwaukie | Register here: www.namicc.org/support-groups
- **JAN. 9 - FEB. 27 (weekly on Tuesdays)**
Peer-to-Peer Class | 6:00-8:00 pm on Zoom | Register:
www.tinyurl.com/namicclasses
- **JAN. 11 (and every 2nd Thursday)**
Women-only Peer Support Group 5:00-6:30 pm in-person in Milwaukie
Register here:
www.namicc.org/support-groups
- **JAN. 14 (and every 2nd Sunday)**
LGBTQIA2S+ Peer Support Group 5:00-6:30 pm on Zoom | Register here:
www.namicc.org/support-groups

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Monthly Giving

<https://www.namicc.org/champions-circle>

NEW NAMI Clackamas Board Member

WELCOME to our Board, Cristi Sawtell!



Cristi has spent much of her life living in Oregon, with brief stops in California, Nevada, Idaho, Texas, and Washington. She has been working in the electrical utility industry for over 20 years, where she started out as an apprentice and then journey person working on power lines. She now works as a compliance specialist overseeing operations and planning programs with a focus on Risk and Internal Controls.

For the last three years, she has volunteered as a Family-to-Family class teacher for NAMI Clackamas and enjoys the learning experience she receives in each session. As a facilitator she loves to bring the curriculum to participants, but feels each participant's lived experience supporting a loved one living with mental illness, provides a wealth of knowledge as well.

Since 2018 she has also volunteered with non-profits that serve the houseless population in the Portland area. Each Thursday evening you will find her under the Burnside Bridge enjoying time with guests who come to listen to music, relax in a safe and supportive space, have a meal, get a blanket or clothes, and sometimes a haircut. But the main focus for her is building a connection with each guest in hope that when they leave, they feel seen, loved and valued.

Board Leadership Changes



New NAMI Clackamas Board President **Ally Linfoot** has worked in mental health and addiction peer support services for nearly 25 years. Most recently Ally joined Flourish Labs as Head of Peer Support, developing a peer support program using a virtual platform that focuses on 18-25 year olds attending school at several universities.

Joe Kaufman, owner of JQK Law, was elected Board Vice President. Special thanks to **Judy Steele** and **Judie Jamison**, who faithfully served as President and VP during the past year and will remain actively involved on our Board!

Making Resolutions You Can Keep

New Year's Resolution #1:

Be More Awesome than last year.



Whether you can't get motivated to clean your house or you just aren't feeling motivated to lose weight, a lack of motivation can be the biggest obstacle to reaching your goals.

When you have no motivation to complete a task (or even start one), consider the possible reasons why you're struggling. Then, develop a plan to help motivate yourself to get going. Keep in mind that not every strategy works for everyone – or in every situation.

Some timely tips:

- Act as if you feel motivated, and your actions may change your emotions.
- Try arguing the opposite. When you think you're going to fail, argue all the reasons why you might succeed. Or when you think you can't finish a job, list all the evidence that shows you'll be able to complete the task.
- You might think being hard on yourself is the key to getting motivated. But harsh self-criticism doesn't work. Research shows that self-compassion is actually much more motivating, especially when you are struggling with adversity.
- The 10-minute rule can help you get started. Give yourself permission to quit a task after 10 minutes. When you reach the 10-minute mark, ask yourself if you want to keep going or quit. You'll likely find that you have enough motivation to keep going.
- Fresh air, a change of scenery, and a little exercise can do wonders for your motivation. Walking in nature – as opposed to on a busy street – can be especially beneficial.

IN THE NEWS

Another NEW NAMI Clackamas Support Group!



WOMEN ONLY CONNECTION

PEER SUPPORT GROUP

A peer-led recovery support group for people who identify as female and living with mental illness where people learn from one another's experiences, share coping strategies, and offer mutual encouragement. Meeting on the **2nd Thursday of each month at 5:00-6:30pm in Milwaukie, beginning on January 11.**

Register here:

<https://tinyurl.com/NAMICCWomenonly>

Pause for the Cause

The news is full of words and images that trigger feelings of grief, sorrow, anger, even PTSD. Many of us don't need to see horrific pictures from Ukraine or Gaza or elsewhere to feel empathy for all those who are suffering.

That's why it's important to pause. It's important to see each other as human beings. Limiting social media intake is a good first step especially as jarring images surface.

Say to yourself: 'I've heard enough, I've seen enough, I need some space to allow my body to get back to some equilibrium.'

Try turning toward each other instead of on each other so we can talk to each other about what we're experiencing.

You are not alone.

ABOUT US

What is NAMI Clackamas?

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

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 safe place for connecting with the resources you may need.
- Support groups for people with mental illness and their families.
- Educational classes for people with a mental illness and for people who love someone with a mental illness.
- Information for communities about mental illnesses, available services, and services needed.
- Advocacy and navigation for people with mental illness.
- Forum for educating legislators and other public officials about the needs of families affected by mental illness.
- Electronic and Paper Newsletters with updates and coming events.
- Volunteer and internship opportunities.

Join our Champions Circle:

<https://www.namicc.org/champions-circle>



Volunteer Opportunities

Family Support Group Facilitator



Do you have an adult family member or loved one with a mental health condition?

Are you interested in learning skills to help support others?

NAMI Family Support Groups are 90-minute free, peer led, mutual support groups for adult family members, loved ones, or caregivers of adults living with mental illness.

Family Support Groups are led by two trained facilitators who have loved ones with a mental health condition and are at a point where they want to “give back to others” by offering encouragement and support through their own experiences.

In these groups, family members can talk frankly about their challenges and help one another through their learned wisdom.

Successful facilitators are good listeners with an empathetic ear.

Training is required and provided at no cost, and volunteers must commit to facilitating a weekly or monthly support group for at least one year.

If you're interested or would like more information on this or other volunteer opportunities, please complete our online volunteer application or contact Sheri at volunteercoor@namicc.org.



To all our dedicated volunteers who so generously give their time, talent, experience, and passion to helping those we serve: Best Wishes for a very Joyous New Year filled with health, happiness, peace, and the love of family and friends.

“There are far better things ahead than any we leave behind.”
- C.S. Lewis

Happy New Year!

Sheri and the NAMI Clackamas Team

Volunteer Spotlight



Lisa Wells

Greg Rose

Lisa Wells is one of our longest-serving support group volunteers. She has been volunteering with NAMI Clackamas as a Connections Recovery Support Group Facilitator since September 2020. She leads our weekly Wednesday afternoon peer support group.

Lisa originally got involved with NAMI to use her own experience with mental illness to support others who are navigating mental health journeys. Lisa loves the message of hope that NAMI offers, and the emphasis on resisting stigma and acknowledging the wisdom and resilience of those who live with mental illness. She is inspired by the people she's met during these years of facilitating and feels honored to be a part of this community.

Lisa is currently pursuing a Master's Degree in Clinical Mental Health Counseling through Oregon State University. In addition to volunteering and studying, she enjoys making art and birding.

Greg Rose is also one of our Wednesday afternoon Connection Support Group facilitators. He previously attended NAMI groups for his own needs, and subsequently he decided to give back to the community by becoming a co-facilitator of one of our groups. He is dedicated to supporting people living with mental health conditions, and has been co-facilitating this weekly group for almost two years.

Greg walks and hikes for fun. He also plays cards with friends. Greg was a university professor for 21 years and is retired. Greg has two grown children.

NAMI Clackamas, and the people who attend our Wednesday Connection Support Group, are very fortunate to have Lisa and Greg, such dedicated and passionate volunteers, supporting them in their recovery journey.

Thank you, Lisa and Greg, for your volunteer service!

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

Register: tinyurl.com/ConnectSun

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

Register: tinyurl.com/ConnectTue

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

Register: tinyurl.com/ConnectWed

Conexión Spanish-Speaking Group

Every Wed. (weekly) | 7:00-8:30pm

Register: tinyurl.com/ConexionNCC

LGBTQIA2S+ Support Group (monthly)

Every 2nd Sunday | 5:00-6:30pm

Register: tinyurl.com/lgbtqia2sNCC

Women's Support Group (monthly)

In-person | Every 2nd Thursday

5:00- 6:30pm

Register: tinyurl.com/NAMICCWomenonly

 **nami** | Family Support Group
National Alliance on Mental Illness

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

Register: tinyurl.com/1stMondayFSG

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

Register: tinyurl.com/TuesdayFSG

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

Register: tinyurl.com/SaturdayFSG

Family Book Club (monthly) | In-person

Every 2nd Monday | 6:00-7:30pm

Register: tinyurl.com/namiccBookClub



Find more groups facilitated by other NAMI Oregon affiliates at <https://namior.org/nami-oregon-online-support-groups/>



Friday March 15th

Doors Open at 6:30pm
 Showtime at 7:00pm

A **FUN**draiser benefitting
 NAMI Clackamas

Milwaukie Center
 5440 SE Kellogg Creek Dr, Milwaukie

It's Baaack!

By popular demand, we're bringing back our 2nd annual **Stand-Up(s) Against Stigma Comedy Night** featuring five comedians and a little bit of sketch comedy to boot!

Emceed by Carl Wolfson and featuring Tara Rolstad and Left Coast Comedy, it will be a laugh-filled evening to remember.

Guests will also be treated to a dessert buffet and a free glass of wine or sparkling cider. This event sold out last year, so register today!

Tickets and Sponsorship opportunities are available here:
<https://auctria.events/2024SUAS>

CHAMPIONS CIRCLE:

- Karen Ahlberg | Laura Borders & Bill Zuber | Sherry Chenell | Andrew Clark
- Mary Clark | Cassandra Curry | Anita Dick | Nicole Douglass | Rachel Elkins
- Rep. Mark Gamba | Lee Eby & Marta Eby-Guzman | Rep. Annessa Hartman
- Nancy Hindman | Dave Hunt
- Judie & Tom Jamison | Chelsea Jones
- Michele Jones | Joe Kaufman & Tony Beeler | Vanessa Koenig | Carolyn Kemp | Luan Lierman | Ally Linfoot
- Teresa Melville | Robin Moore
- Rhonda Moore | Rep. Hoa Nguyen
- Maria Perry-Crawshaw | James Price
- Bonnie Roeder | Leticia Sainz | Judy Steele | Renee Summerville | Tabi Traughber | Nathan Trimpler | Kathy Turner | Adrienne van Beckhoven

Join: namicc.org/champions-circle

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.

“ We cannot recommend Family-to-Family enough. It was a turning point for our family and one that I wish we had discovered earlier in her diagnosis. Time after time, we turn to lessons we learned in class to help us navigate her illness and provide the support she needs. ”

W.R.A.P. Class Coming in March

Starting in March, NAMI Clackamas will be offering a Wellness Recovery Action Plan (WRAP) Class for individuals living with a mental illness or going through mental health challenges and starting the recovery.

The Wellness Recovery Action Plan is a framework with which you can develop an effective approach to overcoming distressing symptoms, and unhelpful behavior patterns. It is a tool with which you can get more control over your problems. WRAP was originally developed by Mary Ellen Copeland and a group of mental health service users who wanted to work on their own recovery - this is what they found worked for them. Developing your own WRAP will take time. It can be done alone, but many find it very valuable to have a supporter - someone they trust -- to work on it together.

This class will be held for nine consecutive weeks on a day and time to be announced. Register here: <http://tinyurl.com/2024WRAP>

For more information, contact NAMI Clackamas at 503-344-5050.

NAMI Clackamas CHAMPIONS CIRCLE of Monthly Donors



Regular donations provide a predictable and stable source of much-needed funding that we use to support those programs and services that may not get funded by grants or traditional government health care dollars.

Please consider becoming a member of the **CHAMPIONS CIRCLE**. Simply scan the QR code or go to namicc.org/champions-circle. There are 'Thank You' gifts at all levels!



Paid Leave Oregon

When big life events occur -- from the joyous and exciting like the birth or adoption of a child, to difficulties like sickness or loss -- it can feel impossible to take time off. The new Paid Leave Oregon (PLO) program is designed to make it easier.

PLO has the best interests of individuals and families of all kinds in mind. sTheir [Employee Guidebook](#) gives employees and their loved ones easy access to information on their rights and responsibilities regarding paid leave. sSome options include:



- **Family Leave:** caring for a family member with serious illness or injury; bonding with a newborn, adoption, or foster care placement. Paid Leave defines family as anyone related by blood or affinity.
- **Medical Leave:** to care for yourself during a serious health condition.
- **Safe Leave:** for victims of sexual assault, domestic violence, harassment, or stalking.

You can apply in several ways:

- **Frances Online** is the quickest way to apply! To do so, you need to create an account; from there you can submit an application.
- Paper forms are available on Paid Leave's website (<https://paidleave.oregon.gov>).
- You can also call **833-854-0166 (toll-free)** during 8 am and 5 pm, Monday through Friday. Paid Leave staff are happy to help you with your application!

Oregon's paid leave is for up to 12 weeks with 2 additional weeks for pregnancy-related conditions. See if you qualify!

CONTACT US



(503) 344-5050



info@namicc.org



www.namicc.org



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ESNAMIClackamas (Español)



@NamiClackamas



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Feedback for the newsletter?

Email gary@namicc.org



NAMI CLACKAMAS LEADERSHIP TEAM

Board of Directors:

- Ally Linfoot | *President*
- Joe Kaufman | *Vice President*
- Judy Steele | *Immediate Past President*
- Nathan Trimpler | *Treasurer*
- Mary Clark | *Secretary*
- Deanne Barnett
- Lee Eby
- Judie Jamison
- Chelsea Jones
- Cristi Sawtell
- Tabi Traugher

Volunteer Leaders:

- Bart Brewer | *E-Newsletter Editor*
- David Jacques | *Ambassador*
- Judy Steele & Judie Jamison | *Party with a Purpose Co-Chairs*
- Miranda Todd | *Print Newsletter Editor*
- Tabi Traugher | *NAMIWalk Chair*

Staff:

- Eva Christensen | *Latinx Outreach & Education Coordinator*
- Casey Curry | *Peer Resources Coordinator*
- Dave Hunt | *Executive Director*
- Gary Marschke | *Outreach & Development Mgr.*
- Sheri Mascorro | *Volunteer Manager*
- Linda Petchell | *Peer Resources Coordinator*
- Felicite Toney | *Outreach & Office Coordinator*

"Good things happen when people in crisis meet people who have been there!"

FROM EXECUTIVE DIRECTOR DAVE HUNT

First Lady Rosalyn Carter (1927-2023) said it well: "People with mental problems are our neighbors. They are members of our congregations, members of our families; they are everywhere in this country. If we ignore their cries for help, we will be continuing to participate in the anguish from which those cries for help come. A problem of this magnitude will not go away... we are compelled to take action."



NAMI Clackamas took action in 2023 by significantly expanding our free mental health services to peers and family members:

- We shared Ending the Silence presentations with middle and high school students in five times as many schools as in 2022.
- We gave five times the mental health presentations to civic clubs, faith communities, businesses, neighborhoods, etc.
- Our three weekly Peer Support Groups are so well attended that we started three new support groups for Spanish-speakers, LGBTQIA2S+ peers, and Women peers!
- We taught three eight-week Peer-to-Peer classes plus five eight-week Family-to-Family classes -- online and in person.
- We doubled our one-on-one Peer Resources staff and clients since last year.
- We started twice-a-week classes in our County Jail plus giving mental health resources to families in Courtrooms.
- We hired a Latinx Outreach & Education Coordinator to expand services across our increasingly diverse county.
- We ramped up our Legislative Advocacy to expand the 988 mental health crisis line and mobile crisis response teams. House Bill 2757 became law last summer!

But so much more action is needed. With your help, we will keep expanding NAMI Clackamas' free services in 2024.

Will you please **take action** by doing one or both of the following?

- Volunteer: We need more volunteers to facilitate support groups, teach classes, advocate with elected officials, and volunteer in other short-term and long-term ways. We provide free training. Learn more here: namicc.org/volunteer.
- Be a Champion: Since our NAMI Clackamas Champions Circle launched in March, 36 generous folks have become monthly donors. Check out namicc.org/champions-circle to see their names and qualify for our "thank you" gifts.

Thanks for your partnership in enabling positive action to strengthen mental health in our community. Happy New Year!

Dave Hunt, Executive Director (dave@namicc.org)