

# *The Voice of Help and Hope*



The Official Newsletter of

November/December | Volume 23, No. 6

 **NAMI** Clackamas  
National Alliance on Mental Illness

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

## CALENDAR

- **OCT. 25 (and every Wednesday)**  
Conexion Spanish-Speaking Peer Support Group | 7:00-8:30 pm on Zoom
- **NOV. 12 (and every 2nd Sunday)**  
LGBTQIA2S+ Peer Support Group  
5:00-6:30 pm on Zoom



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Monthly Giving

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

# NAMI Clackamas News & Events

## 2023 Party with a Purpose smashes records!



On September 22nd we held our 7th annual **Party with a Purpose** Dinner & Auction at the venerable Gray Gables Estate where we recognized three community leaders and one organization for their invaluable contributions to support and enhance the work of NAMI Clackamas. And we raised a record \$58,801 thanks to our generous sponsors, attendees, donors, and bidders!

The first annual **Advocate of the Year** honors went to **Captain Lee Eby**, Clackamas County Jail Commander and NAMI Clackamas Board member, for his tireless work making NAMI mental health programs and services available for adults in custody.

The 2023 **Lifetime Achievement Award** went to **Laura Borders and Bill Zuber** who, together and individually, have been amazing volunteer leaders, teachers, facilitators, donors, advocates, and spokespeople for NAMI Clackamas for the last 20 years.

Our new **Partner of the Year** award was presented to **Providence Health & Services** for their generous financial and professional support including donating office space for the last decade and referring hundreds of people in crisis to NAMI Clackamas.

Thank you to our generous sponsors: **Neurocrine Biosciences, CareOregon, Clackamas County Behavioral Health, Heritage Bank, Columbia (Umpqua) Bank, Edward Jones/Eric Weberg, Clackamas County Sheriff, JQ Kaufman Law, Flourish Labs, Lewis & Clark Bank, and Home Smart Realty/Tabi Traugher.**

Thank you to our hard working PwaP Committee members: **Judy Steele, Judie Jamison, Deanne Barnett, and Tabi Traugher.**

And thank you to our stalwart and gracious event volunteers: Julie Allen, Alan & Laura Canida, Ashleigh Elfering, Becky Hunt, Tammy & Marlin Meyers, Brittany Potter, Gina and Garner Priutt, Zach Prohaska, and Miranda Todd.

Special thanks to Gary Marschke, Sheri Mascorro, Felicite Toney, and our entire NAMI Clackamas staff team for their hard work resulting in this very successful event.

It takes a village. Check out the pictures here: <https://tinyurl.com/2023pwappics>

# Handling Holiday Blues & Seasonal Affective Disorder



Although many celebrated the end of a hot summer, winter comes with its own challenges: from Seasonal Affective Disorder (SAD) to the holiday blues, it is easy to feel stressed, sad, and overwhelmed. These feelings can especially afflict the elderly since many live alone.

Isolation during holiday celebrations, and fatigue and stress triggered by less daylight, make managing symptoms crucial. So how can we take care of ourselves and our loved ones as the year closes?

First, it is important to recognize feelings that may arise. Some telltale signs of SAD or the holiday blues are:

- feeling sadness or a depressed mood
- losing interest or pleasure in previously enjoyed activities
- changes in appetite, and changes in sleep and energy
- Isolation and avoidance of social contact

These are also symptoms present with clinical depression and chronic anxiety, which can be intensified around the holidays.

Fortunately, there are ways to ease these struggles, like pursuing hobbies and activities that bring you joy, or exploring new ones. This can range from making art indoors, to a group activity like tennis outdoors. Even when the sun is hidden, time outside increases positive hormones. If it's too cold, taking supplemental vitamins or getting a light that emulates the sun's rays can bring feel-good chemicals, too.

It is also helpful to remember that, despite social pressure to drink or smoke – or personal cravings to ease interactions with difficult relatives – it is important not to lean too heavily on substances. One drink a day may be helpful in dulling anxiety, but as a central nervous system depressant, alcohol can make the holidays harder.

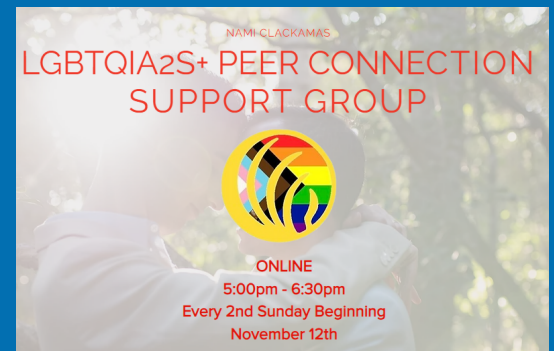
Lastly, it is vital to keep an eye on friends, family, and acquaintances. Offering to spend time together outside of stressful social dynamics; helping a loved one establish a routine of cooking for themselves, going outside, or exploring a passion; and even setting budgets for gifts to alleviate financial stress can all make the holidays easier and better.

## IN THE NEWS

### NEW NAMI Clackamas Support Groups!



A weekly peer-led recovery support group for Spanish-speaking adults living with mental illness where people learn from one another's experiences, share coping strategies, and offer mutual encouragement. Support groups are facilitated by trained volunteers with lived experience. Register here: [www.tinyurl.com/conexioncc](http://www.tinyurl.com/conexioncc)



A monthly peer-led recovery support group for adults who identify as LGBTQIA2S+ and living with mental illness where people learn from one another's experiences, share coping strategies, and offer mutual encouragement. Register here: [www.tinyurl.com/lgbtqia2sncc](http://www.tinyurl.com/lgbtqia2sncc)

### Is 988 Working?

- Since the July 2022 launch, 988 has received about 6.5 million calls, texts, and chats.
- 97% were resolved on the phone.
- Less than 2% involved law enforcement.

**988 saves lives!**

## **ABOUT US**

### **What is NAMI Clackamas?**

NAMI Clackamas is a 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**



### **Give Back - Make an Impact - Change Lives**

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?

If so, you may be the perfect person to be a Facilitator for a NAMI Family Support Group.

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.

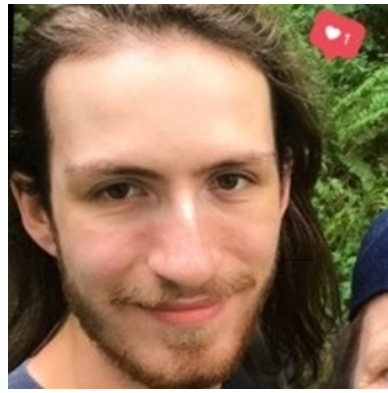
In these groups, family members can talk frankly about their challenges and help one another through their learned wisdom.

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](mailto:volunteercoor@namicc.org)

# Volunteer Spotlight



It was a dark and gloomy September day in 2021, smack in the midst of the pandemic. Our dear, departing newsletter editor had become scarce and we were in dire straits rapidly approaching our deadline for publishing.

Out of the blue, our pleas were heard and up stepped **Bart Brewer** to save the day...the month...the year!

Armed with a Bachelor's Degree in Journalism, and a minor in creative writing, from the University of Oregon (Class of 2021), Bart took the reins and seamlessly transitioned into the role. His 'behind-the-scenes' work has vastly improved and streamlined the process of producing our e-newsletter, a monthly communication tool that meets the needs of our evolving audience. Bravo Bart!

In addition to publishing the NAMI Clackamas e-newsletter every month, Bart is currently enrolled in the Journalism Masters program at the U of O, hoping to get into news reporting.

Oregon born and raised, spending most of his life either in the Portland area or Eugene, Bart professes a deep love for Oregon, especially the variety of things to do, places to see, and people to meet.

And writing isn't his only passion. Bart loves nature, going on hikes and just being out in it. His favorite spots are Mt. Hood and Timothy Lake. He's also writing a book, currently working on the second draft, and is hoping to get it published someday soon.

We appreciate all that Bart does to help us share important information with those we serve and those who support us!!

Thank you Bart for being a valuable member of our volunteer team!



**Every Sunday (weekly) | 6:00-7:30pm**  
Register: [tinyurl.com/ConnectSun](https://tinyurl.com/ConnectSun)

**Every Tuesday (weekly) | 7:30-9:00pm**  
Register: [tinyurl.com/ConnectTue](https://tinyurl.com/ConnectTue)

**Every Wed. (weekly) | 2:00-3:30pm**  
Register: [tinyurl.com/ConnectWed](https://tinyurl.com/ConnectWed)

**Conexión Spanish-Speaking Group**  
**Every Wed. (weekly) | 7:00-8:30pm**  
Register: [tinyurl.com/ConexionNCC](https://tinyurl.com/ConexionNCC)

**LGBTQIA2S+ Support Group (monthly)**  
**Every 2nd Sunday | 5:00-6:30pm**  
Register: [tinyurl.com/lgbtqia2sNCC](https://tinyurl.com/lgbtqia2sNCC)



**1st Monday (monthly) | 6:30-8:00pm**  
Register: [tinyurl.com/1stMondayFSG](https://tinyurl.com/1stMondayFSG)

**2nd Tuesday (monthly) | 7:30-9:00pm**  
Register: [tinyurl.com/TuesdayFSG](https://tinyurl.com/TuesdayFSG)

**3rd Sat. (monthly) | 9:00-10:30am**  
Register: [tinyurl.com/SaturdayFSG](https://tinyurl.com/SaturdayFSG)

**New Family Book Club (starting in Jan.)**  
**2nd Monday (monthly) | 6:00-7:30pm**  
Register: [tinyurl.com/namiccBookClub](https://tinyurl.com/namiccBookClub)



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

## 988 Suicide and Crisis Lifeline Expanding to Include ASL Services

The U.S. Department of [Health and Human Services](#) announced that the 988 Suicide and Crisis Lifeline is expanding to include American Sign Language (ASL) services. This will increase accessibility to behavioral health care for the Deaf and Hard of Hearing community, making the 988 Lifeline available to the millions of Americans who use ASL.

To connect to a trained 988 Lifeline counselor in ASL, callers can click the “ASL Now” button on [988lifeline.org](#). In the coming weeks, direct dialing 988 from a videophone will be also available, and in the meantime ASL services can be reached by calling 1-800-273-TALK (8255) from a videophone.

## CHAMPIONS CIRCLE:

[Thank you](#) to newest Champions **Karen Ahlberg, Anita Dick, Rachel Elkins, Nancy Hindman, Carolyn Kemp, Vanessa Koenig, Rep. Hoa Nguyen, Luan Lierman, Teresa Melville, Maria Perry-Crawshaw, Bonnie Roeder, Leticia Sainz, and Renee Summerville** for recently joining our Champions Circle!

They join **Laura Borders & Bill Zuber Sherry Chenell | Mary Clark | Cassandra Curry | Nicole Douglass | Lee & Marta Eby | Rep. Mark Gamba | Dave Hunt | Judie & Tom Jamison | Chelsea Jones | Michele Jones | Joe Kaufman & Tony Beeler | Ally Linfoot | Rhonda Moore | James Price | Judy Steele | Tabi Traugher | Nathan Trimpler | Kathy Turner**

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.

“I love this NAMI community that we have.”

## NEW Monthly Book Club

NAMI Clackamas is excited to announce our NEW Monthly “Family Book Club” for families with loved ones living with a mental illness. **The Family Book Club will start meeting in Milwaukie on Monday, January 8, 2024 at 6:00-7:30pm** and will continue on the second Monday of each month. We are excited about this opportunity to offer this book club for families. The first 45 minutes will discuss certain chapters of the book and the last 45 minutes will be an open discussion about how it resonates with each person. We will cover only a few chapters at a time. The first book we will be reading is **“I Am Not Sick, I Don't Need Help” by Columbia University professor Xavier Amador**. NAMI Clackamas will provide the books which will be sent out upon your registration verification. Register here: [tinyurl.com/namiccBookClub](#)

## NAMI Clackamas CHAMPIONS CIRCLE of Monthly Donors



Just seven months old, our **CHAMPIONS CIRCLE** has taken off and now counts **32** champions pledging monthly donations to NAMI Clackamas! (Check out the list to your left.)

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!



# Advocacy Updates

NAMI Oregon is currently active on three major fronts to ensure the following are effectively implemented to better help those in a mental health crisis:



- 988 crisis system implementation.
- Developing new residential treatment and housing capacity.
- Behavioral health workforce development.


While all three areas face their particular challenges, the good news remains that there is funding available for each of these initiatives. NAMI Oregon is also considering two more major policy initiatives moving into the 2025 legislative session.

We're likely to form workgroups around:

- **Mobile crisis:** Left undone in 2023 was finding revenue to fully fund the expansion of mobile crisis response teams across Oregon. Having fully funded 988 call centers is a good first step, but we cannot continue to rely on law enforcement as default responders when an in-person response is needed.
- **Civil Commitment:** Tweaks need to be made to Oregon's civil commitment statutes so that someone in crisis doesn't need to be arrested to access care. Right now, the only reliable pathway to the Oregon State Hospital is to be arrested and committed under "aid and assist." Why must someone at the highest level of acuity be forced to accumulate a criminal record before we intervene?


Civil commitment should be rare. It should be the intervention of last resort. And it should be the option Oregon pursues as opposed to what we're doing now with our "aid and assist" criminalization crisis.

## CONTACT US

 (503) 344-5050

 [info@namicc.org](mailto:info@namicc.org)

 [www.namicc.org](http://www.namicc.org)

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**Feedback for the newsletter?**

Email [gary@namicc.org](mailto:gary@namicc.org)



# NAMI CLACKAMAS LEADERSHIP TEAM

## Board of Directors:

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

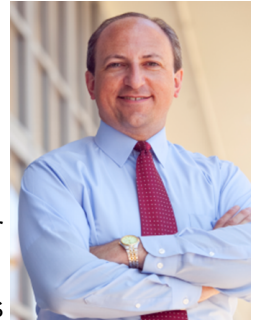
## Staff:

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

Tree leaves are dying, temperatures dropping, and days shortening – but **we are excited by abundant new growth at NAMI Clackamas!**



Our annual **Party with a Purpose** dinner and auction broke all records for attendance, auction items, and funds raised to support our free mental health classes, support groups, presentations, and one-on-one peer resources help. Thank you to everyone who participated!

Our three weekly **Peer Support Groups** are so well attended that we are starting **three new peer support groups** this fall: **Spanish-speaking, Queer, and Women-only**. Click here to register: [www.namicc.org/support-groups](http://www.namicc.org/support-groups).

Our three monthly **Family Support Groups** provide valuable connection and resources. We are also adding a **new Family Book Club** starting in January! Click here to register: [tinyurl.com/namiccBookClub](http://tinyurl.com/namiccBookClub).

We've re-started our weekly presence in **Clackamas County Courtrooms**, providing mental health resources to families. And we are expanding mental health classes in our **County Jail**, including this **new part-time Jail Instructor job**: [www.namicc.org/employment](http://www.namicc.org/employment).

For the first time ever, we filled our fall **Peer-to-Peer class**. And we are currently offering two fall **Family-to-Family classes** (one online and one in person) because demand is so high.

Our one-on-one **Peer Resources** client meetings have doubled since last year.

We have given five times as many mental health **presentations** to civic clubs, faith communities, businesses, neighborhood associations, and other groups so far in 2023 than in 2022.

**Deanne Barnett**, a long-time NAMI Clackamas volunteer, just joined our **amazing Board!**

We are so grateful to our amazing donors and volunteers. **Thank you for your partnership in enabling this abundant growth.**

Dave Hunt, Executive Director  
[dave@namicc.org](mailto:dave@namicc.org)