

The Voice of Help and Hope



The Official Newsletter of

 **nami** Clackamas
National Alliance on Mental Illness

Volume 2023, No. 2
March | April

NAMI CLACKAMAS

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

CALENDAR

March is Disability Awareness Month

- **Mar 15** | Stand-Up(s) Against Stigma Comedy Night | Lakewood Center for the Arts, Lake Oswego | 7PM | www.tinyurl.com/ComedyNight2023
- **Mar 16** | 2023 NAMI Walk Kickoff on Zoom | 6PM—8PM | www.tinyurl.com/2023WalkKickoff
- **Mar 27** | Blazer Mental Health Awareness Night at Moda vs New Orleans Pelicans | 6PM Celebration, 7PM Game Time | www.tinyurl.com/2023MHABlazerNight
- **Apr 4—May 23** | Peer-to-Peer In-Person Class 4PM—6PM | Register at www.tinyurl.com/namiclasses
- **May 21** | NAMI Walk | 11AM—3PM Peninsula Park, 700 N Rosa Parks Way | www.tinyurl.com/2023NAMIWalksNW

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NAMI News

Welcome Lena Karam!

Lena Karam is our new Outreach & Office Coordinator responsible for connecting us with community members and organizations wishing to have free presentations about mental health & wellness. Born and raised in Happy Valley, Lena is very excited to join the NAMI family, and is especially looking forward to helping raise awareness and support for those impacted by mental health in any capacity.



Lena Karam

Welcome New Board Members!



Chelsea Jones

Chelsea Jones serves as a Deputy District Attorney in Clackamas County. Specifically, she is the Mental Health Deputy District Attorney so much of her case load is focused on Mental Health Court, Aid and Assist issues, and civil commitments. Prior to working for Clackamas County, Chelsea was a Deputy DA in Jackson County and a staff attorney at St. Andrew Legal Clinic. **WELCOME ABOARD, CHELSEA!**

Allyson (Ally) Linfoot is Head of Peer Support at Flourish Labs. An experienced Peer Services System Planner with a demonstrated history of working in government administration, Ally is skilled in Nonprofit Organizations, Crisis Management, Peer Supervision, Conflict Resolution, and Contract Management. She also brings strong systems development experience with a focus in mental health and substance use recovery, prevention, and health promotion activities.

WELCOME ABOARD, ALLY!



Ally Linfoot

NAMI Clackamas has Free Trimet Passes

To find out if you qualify, contact our office and fill out a brief application. This is a one year program with required quarterly check-ins. For more information, call 503-344-5050 or email info@namicc.org



Updates from our E.D.



Based on your input, our NAMI Clackamas Board recently approved some ambitious goals for 2023, including:

Classes: Add two *in-person* Family-to-Family and two *in-person* Peer-to-Peer eight-week classes in addition to our current online classes.

Peer Support Groups: Add two new Peer Connection Support Groups and retain current weekly Connection Support Groups.

Family Support Groups: Add one new Family Support Group and retain current monthly Family Support Groups.

Clackamas County Jail: Re-start mental health classes in our County Jail.

Law Enforcement: Present to at least five local police/fire departments.

Presentations: Present to at least 40 local community organizations (civic, faith, neighborhood, etc.) – with at least 20% in rural parts of our county. (Please contact outreach@namicc.org to schedule a free presentation!)

Ending the Silence: Deliver ETS presentations for students or staff in at least 10 high schools across our county.

Tabling: Host information tables at 10 community events, including at least two in rural areas.

Volunteers: Increase volunteers from 87 to 102. Develop volunteer newsletter and handbook.

Peer Resources: Provide one-on-one peer navigation help to 100+ clients plus resource referrals to 150+ additional individuals.

Party with a Purpose auction: Raise 70% more funds from 175+ attendees.

NAMIWalk: Raise 18% more funds from 165+ walkers.

Stand-Up(s) Against Stigma comedy night: Raise \$6,800+ from this new event.

Karaoke Nights: Raise \$2,400+ from new local events throughout the county.

Monthly Donors: Create monthly donor program to support NAMI Clackamas.

Board: Grow our Board of Directors to 11-15 total members.

Trainings: Complete staff and board mental health and DEI trainings.

These goals are ambitious but achievable with our amazing staff, incredible volunteers, awesome Board, and generous donors.

Thank you for your partnership and support.

Dave Hunt, Executive Director | dave@namicc.org

IN THE NEWS...

Stand-up(s) Against Stigma!

According to the Mayo Clinic, “Laughter is a great form of stress relief, and that’s no joke.” Mark your calendars for **March 15th** as NAMI Clackamas presents “**Stand-Up(s) Against Stigma**,” a line-up of four comedians headlined by longtime pro Carl Wolfson. Reserve your tickets: www.tinyurl.com/ComedyNight2023

We are expanding our
SUPPORT GROUPS!

NAMI Clackamas is looking to expand our Peer Connection Support Groups in 2023 and value your input in helping us with the direction we take. We would greatly appreciate your input by taking just 3 minutes of your time to complete our survey. Go to <https://tinyurl.com/NAMISGSurvey> & tell us what you think.

Thank you again for being a part of NAMI Clackamas' community and helping us to improve the services that we offer those dealing with mental health issues.

WE'RE HIRING!

You can make a difference!

Youth Engagement Coordinator

Help us connect with youth across Clackamas County by coordinating and managing logistics for NAMI Ending the Silence presentations to schools, churches, and youth groups.

Latinx Outreach & Education

Coordinator — Conduct outreach and provide education to Clackamas County's Latinx community to enhance awareness of mental health issues and resources. Identify needs, develop volunteers for NAMI Clackamas' Spanish language programs, and enhance our mission of support, education, and advocacy within the Latinx community.

www.namicc.org/employment

ABOUT US

What is NAMI Clackamas?

NAMI Clackamas is a non-profit, grassroots organization dedicated to improving the quality of life for everyone impacted by mental health through education, support, and advocacy.

We work with individuals with mental illness, their friends, and loved ones to provide training, information, and resources for organizations, schools, businesses, 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.
- Presentations about mental illness and available services.
- Advocacy with legislators and other public officials 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



#Together4MH



Do you want to get more involved in your community? We are currently seeking volunteers to help with the planning process for our NAMI Walks Northwest event.

[Sign up to help us plan NAMI Walks Northwest.](#)

Interested in exploring other volunteer opportunities?

If you'd like to join our terrific team of talented volunteers or simply check out the opportunities we have available, either scan the QR code or go to our web page:
<https://www.namicc.org/volunteer>.



¿Eres fluida en español?

Necesitamos un voluntario que pueda administrar nuestro boletín de noticias en español, Facebook y las páginas del sitio web. Para obtener más detalles, comuníquese con Sheri al volunteercoor@namicc.org.



March is Disability Awareness Month

In the fight for better mental health access, it's important to remember that mental illnesses can be disabilities as well. Like any disability, mental illness can make certain tasks harder and put you in situations where it may be difficult to make ends meet.



As March is Disability Awareness Month, let's go over the ways mental illness can be classified as disability, and ways in which you can receive assistance.

As stated above, what turns a mental illness into a disability is how it affects your ability to perform daily tasks. If it makes it so that you are unable to work or participate in regular tasks, for the purposes of the government, you are counted as having a disability.

The main way that one can receive aid for a mental illness disability is through Social Security disability benefits, of which about 35% of recipients receive those benefits for a mental illness. These benefits act like those for anyone with a disability, helping to provide aid in times of need. The SSA offers a list of conditions, which can be found here (<https://tinyurl.com/2023SSAInfo>), though any condition that prevents you from working also qualifies you.

However, mental illness claims are much harder to make due to several factors. One is that mental health issues vary from person to person. People suffer from mental illness in different ways, and it doesn't always look the same, making it harder for it to be evaluated. This can make people skeptical of your condition.

Building off of that, showing proof of mental illness can also be difficult. Like with any disability, you need to show how it affects your daily life and ability to work, with all the documentation that is entailed. Compared to physical disability, this can be harder information and documentation to provide.

There are ways to help your case. Many in fact. This article by Sydney Hershenhorn (<https://tinyurl.com/2023SSAPrep>) goes over the many different things you can do to better prepare your case for receiving benefits. Give it a read if you are considering applying for disability benefits through the SSA.

You can also consult with one of our **Peer Resource Coordinators** (peerresources@namicc.org or peerassist@namicc.org), who can help you navigate the often frustrating bureaucracy that usually accompanies applying for benefits.

You may want to check out ALSO—Advocates for Life Skills & Opportunity (<https://alsoweb.org/>) for a comprehensive guide to applying for SSA.

Wherever you decide to seek assistance, be prepared for it to take perseverance and patience. It's usually worth the effort.

Feel free to share this information widely.

FAMILY AND PEER SUPPORT MEETINGS



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

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

Every Tues. (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 Monday (monthly) | 6:30-8:00pm

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

2nd Tues. (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

Board of Directors

- Judy Steele
President
- Robert Selander
Past President
- Judie Jamison
Vice President
- Nathan Trimpler
Treasurer
- Mary Clark
Secretary
- Lee Eby
- Ally Linfoot
- Tabi Traugher
- Chelsea Jones

Other Volunteer Leaders

- Bart Brewer
Newsletter Editor
- Tabi Traugher
NAMIWalk Chair
- Judy Steele | Judie Jamison
Party with a Purpose Gala Co-Chairs

Staff

- Dave Hunt
Executive Director
- Gary Marschke
Outreach & Development Manager
- Sheri Mascorro
Volunteer Coordinator
- Casey Curry
Peer Resources Coordinator
- Linda Petchell
Peer Resources Assistant
- Lena Karam
Outreach & Office Coordinator



Help make good things happen!
Scan the QR Code to donate

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 has been a huge part of my life since 2012!

I discovered NAMI after losing my sister to suicide in 2011. Since then, I have been honored to be a NAMI Sacramento Walks Captain for 10 years and will be a 2nd year Walks Captain for NAMI Clackamas! I love spreading awareness through the walk and resources for others. Many people may struggle with mental illness or their mental health and NAMI is such a wonderful organization and tool!

I am thoroughly excited to have been elected the NAMI Clackamas Walks Chair and a recent Board Member! I love that I can still be a busy stay-at-home mom of three, while utilizing my psychology degree with NAMI.

Besides being a part of this great family, they offer fun events such as comedy nights, annual walks, and auction dinners; all to celebrate NAMI and what it offers, along with raising funds to help keep this organization free to the public!

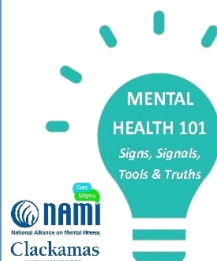
While I unfortunately lost my sister to the struggle of mental health, as well as numerous friends, I have experienced PTSD, depression, anxiety, and PPD myself. As a rape survivor, one who has experienced a miscarriage and a pandemic pregnancy, I know firsthand how valuable NAMI and mental health services are. I can truly say that while my triggers still exist, I feel so much better and brighter than in the midst of my darkest days!

There is hope for everyone and I am looking forward to spreading love, encouragement, positivity, and healthy coping strategies through my connections with NAMI!

Tabi Traugher—NAMI Board Member



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



LUNCH AND LEARN

DID YOU KNOW?

Mental health includes our emotional, psychological, and social well-being.

It affects how we think, feel, and act. It also helps determine how we handle stress, relate

to others, and make healthy choices. **Mental health IS physical health.** Learn how to recognize the signs and symptoms, the truths from the myths, and some coping skills and tools at the ready when you or someone you know is in crisis. **Schedule yours today!** Call Lena at 503-344-5050 or email Lena at outreach@namicc.org. **And it's FREE!**

Bill to Strengthen Mental Health Workforce

Abridged from article originally published in Oregon Capital Chronicle.

Oregon's behavioral health system faces a crushing demand for services, with a logjam at every intersection of the system.

Thousands of people need treatment but there are too few facilities, and those that exist have trouble hiring staff and finding them housing. The Oregon State Hospital, the state-run psychiatric facility, is full yet under a court order to move people through treatment quickly as suspects languish in jail, waiting for treatment so they can go to court.

This session, lawmakers hope to approve funding to staff community mental health programs, which are often run by counties, that treat people, which helps keep them out of the Oregon State Hospital.

Oregon House Bill 2651, introduced by Rep. Janelle Bynum (D-Clackamas), would provide much-needed funding to expand Oregon's mental health provider workforce.

The bill would allocate \$81 million to the Oregon Health Authority in order to expand the workforce and mental health programs.

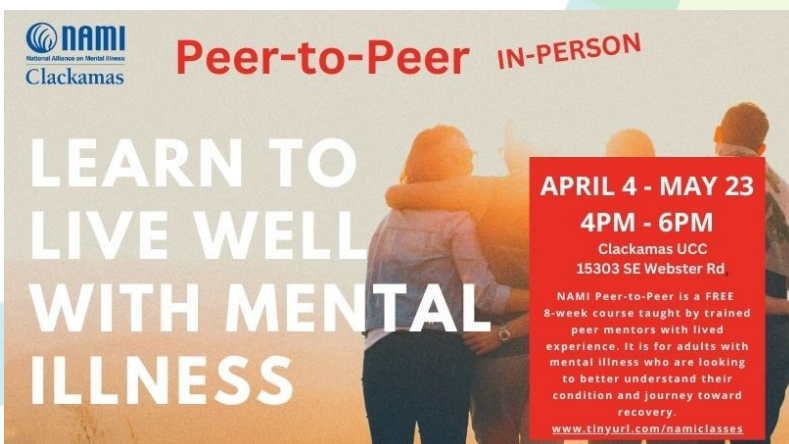


988 Funding Bill Making Progress



Oregon House Bill 2757, introduced by Reps. Tawna Sanchez and Rob Nosse (both D-Portland), would fully implement the 988 crisis system in Oregon. This bill is NAMI's top priority legislation for 2023. We have an opportunity to ensure that behavioral health crises receive a full health care crisis response.

The bill had a very favorable first House Health Care Committee hearing in February and we await further action.



ATTN: P2P Grads!

Do you have the time and interest in "paying it forward"? **FREE training** to become a P2P teacher! Contact Sheri at 503-344-5050.

CONTACT US

(503) 344-5050

info@namicc.org

www.namicc.org

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Milwaukie, OR 97222

facebook.com/NamiClackamas

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

Feedback for the Newsletter?

Email us:

gary@namicc.org

Board Meetings

NAMI Clackamas Board meetings are held on the first Friday of each month. For more information, contact Dave at 503-344-5050 or dave@namicc.org.

**Become a Member
Register Online**

www.nami.org/get-involved/join

Local Stand-ups Stand Up Against Stigma!



**Stand-Up(s)
Against Stigma**

Wednesday, March 15th

6:30 pm Doors Open

7:00pm Showtime

**A FUNdraiser benefitting
NAMI Clackamas**

**Lakewood Center for the Arts
368 S State St. Lake Oswego**



**Headliner
Carl Wolfson**

**Featuring
Tara Rolstad,
Kelly Wilson &
Molly McNab**

Sponsored by:



**WILLAMETTE VALLEY
VINEYARDS**

**JQK LAW, LLC
JQKAUFMAN LAW**



www.tinyurl.com/2023SUAS

Studies have found that humor is effective in decreasing depressive episodes and increasing positive emotions. Laughter is often the “best medicine”.

Headlined by nationally known stand-up comedian **Carl Wolfson**, Stand-Up(s) Against Stigma is a fun(d)raising stand-up comedy show featuring comedians with experience dealing with mental health challenges sharing their struggles and adventures through humor.

Come celebrate mental health and recovery. Buy a table (*your best value*) and treat your family & friends to an evening of laughter for a cause...standing up against stigma!

Willamette Valley Vineyards wine, Ruzzo hard citrus cider, and a dessert buffet are included with your ticket. (*Non alcoholic beverages and gluten-free desserts will be available*) **www.tinyurl.com/2023SUAS**

Tickets are going FAST! Get yours NOW!