

# *The Voice of Help and Hope*

**YOU'RE INVITED!**  
2023 NAMI CLACKAMAS  
PARTY WITH A PURPOSE  
**Our Annual Fundraising  
Dinner and Auction**  
Friday September 22, 2023  
6:00 - 9:00pm  
Gray Gables Estate  
Milwaukie  
**CAN'T MAKE THE DINNER?**  
There will be 10 days of online auction action happening  
September 15th - 22nd!



The Official Newsletter of

Sept/Oct | Volume 23, No. 5

 **NAMI** Clackamas  
National Alliance on Mental Illness

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**PamplinMediaGroup**

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

# CALENDAR

- **SEPT 10** | Sunday Family Karaoke | 4pm - 8pm at Ruzzo TapRoom - Damascus
- **SEPT 15 - 22** | Party with a Purpose Online Auction | Register at: <https://tinyurl.com/RegisterCCPwaP>
- **SEPT 16** | NAMI Clackamas Monthly Meander Walk | 9:00-10:00am | Meet at 21st Ave. & Main St. in Milwaukie
- **SEPT 22** | Party with a Purpose Dinner & Auction | 6:00-9:00pm | Gray Gables Estate, Milwaukie | Register at: <https://tinyurl.com/DonatetoCCPwaP>
- **OCT 21** | NAMI Clackamas Monthly Meander Walk | 9:00-10:00am | Meet at 21st Ave. & Main St. in Milwaukie

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Monthly Giving

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

# NAMI Clackamas News & Events

## 2023 Party with a Purpose Auction opens September 15th!



Sunriver Resort



Gift Cards Galore



Costa Rica

It's almost Party with a Purpose time and we have **THREE AUCTIONS** - online, silent, and live! Something for everyone.

**ONLINE** - Opening for bidding beginning at 12:01am on September 15th and closing at 6pm on September 22nd, our online auction features gift cards and certificates galore including local restaurants, excursions, adventures, retail and specialty stores. **No ticket required - no cost to participate.**

**SILENT** - Upon entering the gorgeous **Gray Gables Estate**, you'll be able to see and bid on a selection of silent auction items including several handmade exclusives like Patrick Bullard metal art, beautiful needlepoint pillows, and handstitched leather purses from Mafe's Mall and themed baskets like Pamper Your Pet, Pamper Your Car, and Pamper Me.

**LIVE** - After your delicious dinner and a few sips of wine (complimentary), the live auction begins featuring several awesome Northwest "staycation" packages including destinations like **Leavenworth, Seaside, Newport, Sunriver, Pacific City,** and **Mount Hood PLUS Costa Rica, Cabo, and Waikiki!**

Don't miss out on this celebration of mental health and recovery! Get your tickets and register for the online auction at [www.tinyurl.com/2023PwaP](http://www.tinyurl.com/2023PwaP) or scan the QR code.



### Our 2023 Sponsors



# September is Suicide Prevention Month

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month —a time to raise awareness of this stigmatized, and often taboo, topic. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

Here are some impact statements to get the conversation started. Did you know that...

- 79% of all people who die by suicide are male.
- Suicide is the 2nd leading cause of death among people aged 10–14 and the 3rd leading cause of death among people aged 15-24 in the U.S.
- 18.8% of high school students and 45% of LGBTQ+ youth have serious thoughts of suicide.
- The highest rates of suicide in the U.S. are among American Indian/Alaska Natives followed by non-Hispanic whites.
- Lesbian, gay and bisexual youth are nearly 4x more likely to attempt suicide than straight youth.
- Transgender adults are nearly 9x more likely to attempt suicide than the general population.
- Suicide is the leading cause of death for people held in local jails.

And here are some resources:

- If you or someone you know is experiencing a mental health crisis, call or text 988 immediately.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at 988lifeline.org.
- You can also text NAMI to 741-741 to be connected to a free trained crisis counselor on the Crisis Text Line.

## IN THE NEWS

### NAMI Clackamas Team Glides Through Gladstone



Saturday August 5th proved the perfect morning for a parade and our parade volunteers matched the mood much to the delight of the hundreds of families that lined the parade route. Lots of "We love NAMI!" shout outs throughout made our day! Thanks, Gladstone!



## KARAOKE FUNDRAISER!



SUNDAY FAMILY  
KARAOKE at RUZZO  
TAPROOM!  
A FUNDRAISER for  
NAMI Clackamas

SUNDAY SEPT 10TH | 4 - 8PM

Ruzzo Taproom in Damascus

\$5 admission | Raffles for \$75 Chevron  
\$50 Kroger & \$50 Target Gift Cards

## 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 issues through 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.

## BECOME A MEMBER!

**Register online:**

[www.nami.org/get-involved/join](http://www.nami.org/get-involved/join)

# Volunteer Opportunities

## Connection Support Group Facilitator

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

We are starting two new support groups! An Online LGBTQ+ Connection Support Group AND an in-Person Women-only Connection Support Group.

Are you living with and managing 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 one of these new NAMI Clackamas Peer Connection Support Groups.

NAMI Peer Connection Support Groups are 90-minute free peer-based, mutual support groups for any adult living with a mental illness.

Connection groups are led by two trained facilitators who are in recovery themselves and are at a point where they want to "give back to others" by offering encouragement and support through their own experiences. Successful facilitators are good listeners with an empathetic ear.

Groups provide a supportive place for people to share their experiences, resources and/or wellness strategies, and learn from others and know that they are not alone.

Volunteers need to commit to facilitating a group for at least one year. Training is required and provided for this opportunity.

If you want to improve your own mental health while helping others, this is for you.

*"At the end of the day, it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back."*

**- Denzel Washington**

If you're interested or would like more information, please complete our volunteer application online or contact Sheri at [volunteercoor@namicc.org](mailto:volunteercoor@namicc.org).

# Volunteer Spotlight



It turns out that **Liz Spitzer** is an excellent lobbyist.

She had never met with a legislator before this year, but Liz joined several of our spring and summer NAMI Clackamas meetings with our state legislators to advocate for House Bill 2757 (to fully fund 988 mental health crisis lines and mobile crisis response teams).

In the process, she discovered that she enjoys legislative research and advocacy so much that she plans to do more in the future. And Liz's lobbying paid off when HB 2757 was passed by the Legislature and signed into law by the Governor!

Liz personally negotiates and lives with depression, especially seasonal depression. She also has a close family member who struggles with mental illness.

She first became involved in NAMI Clackamas in 2019, when a Family-to-Family class graduate invited her. Liz was then trained to teach it and subsequently co-taught one of our first virtual classes.

She also taught mental health classes in our County Jail, teaches Mental Health First Aid, and served as a Zoom assistant for a QPR class. She plans to return to the Family-to-Family classroom this fall. Liz says she is impressed by the passion, commitment to service, and tenacity of NAMI Clackamas volunteers.

Liz lives in Clackamas with her husband Jeff and their five kids (ages 20-32), most of whom have left the nest. Thank you, Liz Spitzer, for your volunteer service and advocacy through NAMI Clackamas!



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

Register online:

<https://tinyurl.com/connectsun>

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

Register online:

<https://tinyurl.com/connecttue>

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

Register online:

<https://tinyurl.com/connectwed>



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

Register online:

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

**2nd Tuesday (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/>



# NOMINATE!

## NOMINATE AN AWARD WINNER!

We want your help in identifying worthy recipients for two upcoming NAMI Clackamas awards:

**Lifetime Achievement Award:** For an individual who has actively volunteered over an extended period of time to enhance NAMI Clackamas and our education, support, and advocacy services. Past winners have included Judy Winter, Chris Ommert, Judy Steele, Elaine Teadtke, and Bonnie Roeder.

**Advocate of the Year Award:** For an individual who has actively advocated on behalf of NAMI Clackamas clients.

This is a new award.

You may nominate someone for these awards by September 8 here: <https://tinyurl.com/NominateNCC>

## CHAMPIONS CIRCLE MEMBERS

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

# THANK YOU!

## 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 saved our sanity.** When our daughter was diagnosed with schizo-affective disorder we had no idea what that meant to her or to our family.

We were in crisis when my husband and I took the Family-to-Family classes where we received acceptance, learned that she had a biological illness, and that we could heal and move forward.



### The NAMI Clackamas Monthly Meander Continues

Our fall meanders in September and October - on **the third Saturday** of each month - will again meet at the Milwaukie Station Food Cart Pod at SE 21st Avenue and Main Street in Milwaukie at 9:00am and will walk the Kronberg Park Multi-use Trail connecting with a portion of the Trolley Trail to make a 30-minute round trip concluding back at the Food Cart Pod.

There's plenty of street parking and the Tri-Met Milwaukie MAX Station is literally right there. The closest bus stop is the #75 to 21st and Jackson which is about a 5-minute walk to the Food Cart Pod. For more information, call 503-344-5050 or [info@namicc.org](mailto:info@namicc.org)

## NAMI Clackamas CHAMPIONS CIRCLE of Monthly Donors



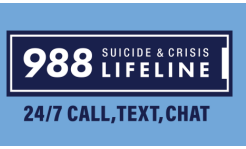
Just 4 months old, our **CHAMPIONS CIRCLE** has taken off now counting 18 charter members pledging monthly donations! (Check out the list to your left)

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 [www.namicc.org/champions-circle](http://www.namicc.org/champions-circle). And there are '**Thank You**' premiums at all levels!



# Advocacy Updates



## What to expect when you use 988

Launched July 2022, 988 is a 3-digit universal dialing code for suicide prevention, substance use and mental health crisis.

If you or someone you know is in crisis, 988 connects you and them with the help, advice, and resources you need to resolve it, in most cases (98%) without involving the police.

You can call, chat, or text.

When you call, you are automatically routed to the closest 988 Lifeline crisis center based on the area code of the phone being used and connected to a trained counselor. Because people commonly keep their same mobile phone numbers even when they've moved to other cities (or perhaps they call 988 when they are traveling), this means that a caller can be routed to a crisis center that is not in their same area. If the person wants to be connected to additional local services or requires emergency service, they may need to disclose their actual location to the 988 Lifeline crisis counselor. In some instances, when there is serious risk to life and a person poses an immediate danger to themselves or others, a crisis counselor is required to use 911 to help reach a caller even without their permission (this occurs in fewer than 1 % of calls to the 988 Lifeline).

Chat is available in both English and Spanish through the 988 Lifeline's website. People seeking chat services are provided with a pre-chat survey before connecting with a trained crisis counselor, who identifies the main area of concern. If there is a wait to chat with a crisis counselor, a wait-time message will appear. If demand is high, people can access the 988 Lifeline's "helpful resources" while waiting. Once you are connected, a crisis counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful.

When you text 988, you are responded to by a group of 988 Lifeline crisis centers that answer both chats and texts. This service is currently expanding to increase local and state-level response. Once you are connected, a trained crisis counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful. Texting is available in both English and Spanish.

## CONTACT US



(503) 344-5050



info@namicc.org



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Feedback for the newsletter?

Email us: newsletter@namicc.org



# NAMI CLACKAMAS LEADERSHIP TEAM

## Board:

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

## Volunteer Leaders:

- Bart Brewer | *Newsletter Editor*
- Tabi Traughber | *NAMIWalk Chair*
- Judy Steele and Judie Jamison | *Party with a Purpose Co-Chairs*
- Megan Marlow | *Program Intern*

## 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 Assistant*
- Felicite Toney | *Outreach & Office Coordinator*

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

## FROM EXECUTIVE DIRECTOR DAVE HUNT

Poet Maya Angelou reminds us that humans were created to overcome adversity:

*"You may write me down in history, with your bitter, twisted lies,*

*You may trod me in the very dirt, but still, like dust, I'll rise....*

*Did you want to see me broken? Bowed head and lowered eyes?*

*Shoulders falling down like teardrops, weakened by my soulful cries?*

*You may shoot me with your words, you may cut me with your eyes, You may kill me with your hatefulness, but still, like air, I'll rise."*



NAMI Clackamas brings that same hopeful passion to our work every day.

That's why we produce in depth Family-to-Family and Peer-to-Peer classes. It's the reason our three Connection Peer Support Groups meet every week and our three Family Support Groups meet every month. We share hope through mental health presentations across our county every week. Our one-on-one Peer Resources Support is grounded in hope.

Some of the most hopeful people I know are our volunteer Board members. They devote their passion, experience, time, and treasure to strengthen mental health in our community. They don't get the recognition and gratitude they deserve.

### **Thank you, NAMI Clackamas Board members:**

Mary Clark (Board Secretary), Capt. Lee Eby, Judie Jamison (Vice President), Chelsea Jones, Joe Kaufman, Ally Linfoot, Judge Bob Selander (Past Board President). Judy Steele (Board President), Tabi Traughber, Nathan Trimpler (Board Treasurer).

And thank you to all our volunteers, donors, and staff for your partnership in enabling everyone in our community to rise and thrive.

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