

The Voice of Help and Hope



The Official Newsletter of

 **nami** Clackamas
National Alliance on Mental Illness

Volume 2023, No. 1
January | February

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

CALENDAR

January is Mental Wellness Month

- **Jan 9—Feb 27** | Peer-to-Peer Class Mondays at 4PM— 6PM
www.tinyurl.com/namiclasses
- **Jan 16** | Office closed for MLK Day
- **Jan 30** | Ready to Launch Workshop: 6 Steps to Healthy Independent Living | <https://tinyurl.com/RTL2023>
- **Feb 20** | Office closed for Presidents Day
- **Mar 15** | Stand-Up(s) Against Stigma Comedy Night | Lake Oswego Adult Community Center | 7PM | <https://>
- **May 21** | Annual NAMI Walks NW | 11am—3pm | Peninsula Park |

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Another New NAMI Clackamas Face!

We are pleased to welcome the latest addition to the NAMI Clackamas staff team—**Forest Burdette**, our new **Outreach & Office Coordinator**! His primary function is to connect with anyone across Clackamas County who should know about NAMI and arrange for us to close that information gap.

Forest has lived in Clackamas County his whole life. He spent several years in customer service while completing his Bachelor’s degree and enjoying life with his fiancé, Beth. He enjoys cooking, games, and walks with their Pembroke Welsh Corgi (Calliope) and their guard cat (Sequoia). Forest enjoys tackling new outreach and volunteer opportunities, from customers to campaigns. In 2022, he concluded his degree with an internship writing and researching for WE Empower, an annual challenge seeking to support and promote women entrepreneurs in sustainability from around the world. That fall he managed volunteers and voter outreach as the Organizing Director for Rep.-elect Annessa Hartman’s campaign for the Oregon State House. Joining the NAMI family, he is looking forward to connecting more people and places to mental health resources and education.



Forest Burdette

A Familiar Name—a New Face...Finally!

It’s taken years to get her to give us a picture to post and FINALLY we can “introduce” you to our newly-elected **Board President, Judy Steele**! A longtime volunteer, Board member, and generous donor, she’s one of a kind.

A retired Speech Pathologist and chronic volunteer, Judy had been engaged with NAMI Clackamas since 2000 and served in a variety of capacities including chairing our annual Party with a Purpose Committee, teaching Family-to-Family classes, and being a voice for parity, equity, and support for everyone impacted by mental health conditions. We are proud to call her “Madam President”! Congratulations, Judy!



Judy Steele

And a New Board Member—Tabi Traugher



We are also happy to welcome local Realtor and entrepreneur **Tabi Traugher** from Wilsonville as our newest **At-Large member** of our Board of Directors. Tabi brings boundless enthusiasm, passion for the cause, and lots of expertise as we navigate our way into 2023 and beyond. Welcome to the Board, Tabi!

Updates from our E.D.



2022 was a pivotal year for NAMI Clackamas. We saw so many connections between mental health and homelessness, education, employment, criminal justice, Covid-19, and other facets of our community. Our staff and volunteers engaged with clients experiencing deep tragedies and amazing triumphs. We added new board members, staff, volunteers, and donors. **Now we need your advice.**

What should NAMI Clackamas do in 2023?

Please go here and provide your input to help shape our services:

<https://tinyurl.com/2023NAMICC-Survey>

One out of every five Oregonians experience mental illness every year. Their families, friends, co-workers, and classmates are also directly impacted.

In 2022, NAMI Clackamas provided important mental health education, support, and advocacy:

- Both **Peer-to-Peer** and **Family-to-Family** 8-week classes in winter, spring, and fall
- **Ending the Silence** presentations to local high schools
- Three weekly **Connection Peer Recovery Support Groups**
- Three monthly **Family Support Groups**
- A **Peer Resource Navigator** to assist clients one-on-one
- **Question, Persuade, Refer (QPR)** suicide prevention and other educational classes
- Mental Health presentations to local community groups.

In 2023, we are excited about growing our impact:

- Add an **in-person Family-to-Family class** in addition to our online classes and groups
- **Expand presentations** to civic groups, schools, parents, faith communities, neighborhood associations, and other organizations across our county (let us know about groups we should add to our list!)
- Hire a **Latinx Outreach & Education Coordinator** to better serve our diverse county
- Re-start **mental health classes for individuals incarcerated in our County Jail**
- Convene **Legislator Roundtables** to advocate for strong mental health policies and budgets
- Have **two Peer Resource Navigators** so NAMI Clackamas will have – for the first time – a staff person ready to help every day when someone calls or visits our office!

There also will be more opportunities in 2023 to support our work:

- New **“Stand-up(s) Against Stigma” Comedy Night** in Lake Oswego on March 15th featuring professional comedian Carl Wolfson with aspiring comedians exploring their mental health. (<https://forms.gle/htrEECr9YSujPMqTA>)
- Annual **NAMIWalk** in Peninsula Park on May 21st (<https://tinyurl.com/NAMIWalks2023>)
- **Karaoke Nights** in local venues across Clackamas County
- Annual **Party with a Purpose** dinner/auction in Milwaukie on Sept 22nd

NAMI Clackamas has an amazing Board and staff. But we couldn't do this work without our incredible volunteers and donors. **Thank you so much for your partnership and support.** And Happy New Year!

Dave Hunt, Executive Director | dave@namicc.org

IN THE NEWS...

Another Caring Tree Success

Once again, our NAMI Clackamas caring community came through with dozens of holiday gifts for Oregon State Hospital residents. Thank you all!



Karaoke Nights!



According to author Georgia Cates, “Music is what feelings sound like.” In that spirit, we recently held the first in what we plan to be a series of karaoke nights as both a friend and a fund-raiser. Stay tuned for details on the next one!

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'RE HIRING!

Youth Engagement Coordinator

Help us connect with youth across Clackamas County by delivering presentations to schools, churches, and youth groups about NAMI and mental health.

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 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.
- 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



To all our dedicated volunteers who so generously give their time, talent, experience, and passion to helping those we serve: We hope your holidays were joyous and may your New Year be filled with health, happiness, peace, and the love of family and friends.

"Write it on your heart that every day is the best day in the year."

Ralph Waldo Emerson

Happy 2023!

Sheri and the NAMI Clackamas Team
volunteercoor@namicc.org

P.S. 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.



Making New Year's Resolutions ?

The new year is here, and along with it come resolutions for the new year. Resolutions to help improve ourselves are always something to be encouraged, but ask anyone and they can tell you that they are not the easiest things to keep. So we have a few tips for you to help keep any New Year's resolutions you might be trying to make.



Keep it Simple

While it can be tempting to make big, far-reaching goals for our resolutions, those kinds rarely make it past the end of January. A better way to go about it is to make small, clear goals that can be measured and tracked. Keeping smaller, realistic goals will help you to reach them.

Seek help from friends and family

Just because they are your resolutions doesn't mean that you need to tackle them on your own. Asking your friends and family for help reaching your goal will give you a support network on which you can rely. It's never too much to ask others for help.

It doesn't need to start now

With the new year acting as a sort of "reset", it might seem like the perfect time to make changes to ourselves. However, it isn't the right time for everyone. Don't feel pressured to make big changes in your life if it isn't the right time for you. Remember that every day is a good day to start making changes, not just on one day each year.



Looking for more resources and ideas?

<https://www.nami.org/Blogs/NAMI-Blog/December-2015/5-New-Years-Resolutions-That-Will-Benefit-Your-Men>

<https://www.wondermind.com/article/new-years-resolution-ideas/>

<https://www.everydayhealth.com/columns/my-health-story/why-last-years-wins-are-helping-me-write-this-new-years-resolutions/>

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/>

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

NAMI...where good things happen.

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
- Rachel Todd
- Tabi Traugher

Other Volunteer Leaders

- Bart Brewer
Newsletter Editor
- Bill Zuber
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
- Forest Burdette
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.



I am so grateful for your organization and for what you do to help people like me recover from or live with sometimes devastating mental illness. This was at a time when I had little or no understanding or support from my own family. You stepped in and helped me understand what was going on with me - I had a severe case of Major Depression and, to this day, I still take various medications. I am, however, doing quite well and am lucky I never succumbed to my suicidal ideations.

NAMI played a major, major role in my recovery and I am truly grateful. Thank you so much. What you do is important and irreplaceable, stepping in to help families and family members at difficult times in their lives. Thanks so much.



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



We're now planning for and registering interested family members and loved ones in our very first post-COVID in-person class...**Family-to-Family!** While no firm date is set, we expect this eight-week class series to begin in March 2023. In the meantime, you can register now at www.tinyurl.com/namiclasses and stay tuned for more information.

SIDE NOTE: If you've graduated from F2F in the past five years and are willing to consider becoming a Family-to-Family class teacher, NAMI provides FREE training...and there's one coming up in February! If you'd like more details about this golden opportunity, please contact our Volunteer Coordinator, Sheri, at volunteercoor@namicc.org or scan the QR code. It's a life-changer for both students and teachers. "NAMI Family-to-Family saved my family!"



It's called the "Ultimate Empathy Builder" for a good reason! Sharing stories of recovery and putting faces to this thing called "mental illness" makes "In Our Own Voice" a real eye opener. Schedule your very own FREE presentation today! Contact Forest at outreach@namicc.org or 503-344-5050 to arrange a presentation date.



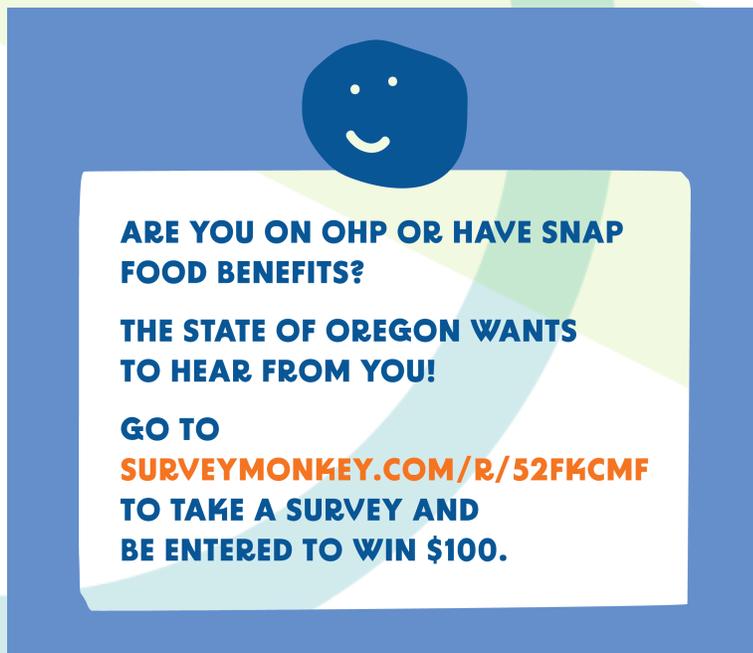
TriMet Wants Your Input on Proposed Rate Hikes

TriMet is considering increasing fares in 2024, and they want to know what you think about the proposal. Please take the survey online at <https://trimet.org/fareproposal/#feedback> or plan to attend one of the 12 open houses during January 17—February 4 and on Zoom. Interpretation is available by calling 503-238-7433. If approved, the new fares would take effect on January 1, 2024.

January 2024 Proposed Changes	
Adult 2½-Hour Ticket	Increase 30 cents from \$2.50 to \$2.80
Adult 1-Day Pass	Increase 60 cents from \$5 to \$5.60
Honored Citizen 2½-Hour Ticket	Increase 15 cents from \$1.25 to \$1.40
Honored Citizen 1-Day Pass	Increase 30 cents from \$2.50 to \$2.80
Youth 2½-Hour Ticket	Increase 15 cents from \$1.25 to \$1.40
Youth 1-Day Pass	Increase 30 cents from \$2.50 to \$2.80
LIFT Paratransit single ride	Increase 30 cents from \$2.50 to \$2.80
Month Pass and Annual Pass	No change

OHA/DHS Wants Your Input Too!

What would you do this holiday season with an extra \$100? All it takes is 15 minutes of your time to be entered into a drawing for a \$100 gift card. The survey is being conducted by the State of Oregon for people on the Oregon Health Plan or who receive SNAP food benefits. If that includes you, use this link to take the survey: www.surveymonkey.com/r/52FKCMF



ARE YOU ON OHP OR HAVE SNAP FOOD BENEFITS?

THE STATE OF OREGON WANTS TO HEAR FROM YOU!

GO TO
SURVEYMONKEY.COM/R/52FKCMF
TO TAKE A SURVEY AND BE ENTERED TO WIN \$100.

CONTACT US

 (503) 344-5050

 info@namicc.org

 www.namicc.org

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*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

Cuidar de tu bienestar emocional

Si sientes estrés, duelo o ansiedad durante este tiempo, no estás solo. Encuentra ideas que te podrían ayudar en Qué Hacer Ahora.

Muchas personas tienen dificultades para sobrellevar la situación durante o después de un evento adverso, como la pandemia del COVID-19. Pueden estar de duelo por la pérdida de un ser querido o lidiando con el estrés del aislamiento social, los problemas financieros y el miedo a enfermarse. Para algunas personas, estos sentimientos se agravan debido a problemas sociales que vienen de tiempo atrás, como el racismo. (<https://www.cdc.gov/healthequity/racism-disparities/index.html>)



Las tasas de trastornos de salud emocional y conductual, como la depresión, la ansiedad, el consumo de sustancias, la violencia familiar y los pensamientos suicidas, han aumentado desde principios de 2020. Aproximadamente 4 de cada 10 adultos estadounidenses reportaron síntomas de ansiedad o depresión en enero de 2021, 4 veces el número de personas que reportaron estos síntomas en junio de 2019.

Qué Hacer Ahora (<https://www.cdc.gov/howrightnow/espanol/index.html>)

Qué Hacer Ahora es una campaña de comunicación diseñada para promover y fortalecer el bienestar emocional y la resiliencia de las personas afectadas por el estrés, el duelo y la pérdida durante la pandemia del COVID-19.

Qué Hacer Ahora ofrece recursos y apoyo para las personas que enfrentan una serie de emociones, incluyendo:

- <https://www.cdc.gov/howrightnow/espanol/emocion/enojo/index.html>
- <https://www.cdc.gov/howrightnow/espanol/emocion/miedo/index.html>
- <https://www.cdc.gov/howrightnow/espanol/emocion/duelo/index.html>
- <https://www.cdc.gov/howrightnow/espanol/emocion/soledad/index.html>
- <https://www.cdc.gov/howrightnow/espanol/emocion/tristeza/index.html>
- <https://www.cdc.gov/howrightnow/espanol/emocion/estres/index.html>
- <https://www.cdc.gov/howrightnow/espanol/emocion/preocupacion/index.html>

Más información:

- <https://www.cdc.gov/howrightnow/espanol/recibeayuda/index.html>
- <https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://emergency.cdc.gov/es/coping/index.asp>

