

## **NAMI Clackamas Jail Volunteer**

- **Are you interested in playing a key role in supporting, educating, and advocating for individuals affected by mental health?**
- **Would you like to inspire hope and educate adults in custody about mental health issues?**
- **Do you have experience working with a diverse group of adults?**

**If so, consider becoming a NAMI Clackamas Jail volunteer and partnering with an instructor to offer classes for adults in custody at the Clackamas County Jail in Oregon City.**

The NAMI Wellness class offered weekly in the Clackamas County Jail includes **90-minute sessions on Tuesdays, Wednesdays and Thursdays** from either **1:30pm - 3:00pm or 3:30pm - 5:00pm**, taught by an instructor in partnership with a volunteer. **The volunteer will assist one (1) OR two (2) weeks each month.**

The class provides participants with opportunities to gain personal insight, includes a fluid set of topics, such as communication, self-management, relationships, and offers skill building tools. Information is delivered about NAMI offerings, community resources and the Transition Center (an all-in-one center in near proximity to the jail that offers services to individuals leaving the jail). The NAMI Wellness classes are presented inside of the Clackamas County Jail in a locked classroom in the secure area of the jail.

**This opportunity requires excellent interpersonal and communications skills. Class participants include 10 adults in custody** with a diverse variety of strengths, challenges, and learning abilities. These classes are intended to inspire hope and educate these adults in custody about mental health issues, increase awareness, provide personal insight, and discuss ways to self-evaluate.

### **Responsibilities include:**

- Participate in jail classes 2-3 days/week understanding the schedule can be flexible
- Function as support to the program
- Partner with instructor to provide information about NAMI Clackamas and community resources
- Follow lead of instructor in offering examples and suggestions to help participant understanding of curriculum
- Record attendance, develop certificates of participation
- Act as liaison between the jail and the NAMI office, ex. connections to Peer Support Specialists, support groups, etc.

**Must be able to pass a Clackamas County Jail background check.**

**Must be willing to commute to Clackamas County Jail in Oregon City.**

**If you're interested and would like additional information about the opportunity, please contact Sheri at [volunteercoor@namicc.org](mailto:volunteercoor@namicc.org)**