

diagnosed with a mental health condition or who are experiencing symptoms but have not yet been diagnosed.

### Peer-to-Peer

A 10-session recovery education course open to anyone experiencing a mental health challenge.

## What NAMI Is Doing

NAMI believes that by partnering with criminal justice leaders, county and state leaders and mental health professionals we can help people with mental illness get the support and services they need to stay out of jail.

### The Stepping Up Initiative

NAMI is a partner in The Stepping Up Initiative, an exciting national campaign to challenge counties to reduce the number of people with mental illness in jails. NAMI joins other national organizations calling on counties and communities nationwide to address this problem. Read more about this initiative at [www.nami.org/About-NAMI/National-Partners/The-Stepping-Up-Initiative](http://www.nami.org/About-NAMI/National-Partners/The-Stepping-Up-Initiative)

### Crisis Intervention Teams (CIT) and Other Local Programs

NAMI Affiliates around the country partner with local law enforcement on crisis intervention team (CIT) programs to help police recognize a mental health problem and get people to treatment.

### Support to Families

NAMI's Helpline responds to more calls from worried families about a loved one in jail than any other issue. We provide resources and referrals to legal services.

## NAMI Clackamas

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

### Our Vision

Hope, health, acceptance and community for everyone impacted by mental illness.

## Contact Us

Call the office to make an appointment for resources and services.

NAMI Clackamas  
10202 SE 32<sup>nd</sup> Ave.  
Suite 501  
Milwaukie, OR 97222  
503-344-5050  
[info@namicc.org](mailto:info@namicc.org)  
<http://namicc.org>

# My Family Member With a Mental Illness has Been Arrested—What Can I Do?

Find Help. Find Hope.



National Alliance on Mental Illness

## Clackamas County

*This brochure is a guide to help families cope with the criminal justice system in Clackamas County when a relative/friend who suffers from a mental illness is arrested. It was written by NAMI volunteers. We are not attorneys, and this is not intended to be a substitute for professional legal advice.*

## Handling the Arrest of a Loved One

### Support Your Relative

- Help him/her stay calm and let him/her know you are there to help.
- If your relative/friend is being held in at the Clackamas County Jail, remind him/her that he/she has a right to have an attorney present when being questioned by police officers or detectives concerning the alleged crime.
- If your relative/friend is already at the Clackamas County Jail, he/she will be screened for mental illness, as well as other health concerns, upon arrival.
- You should visit your relative/friend as often as you are able. Visiting hours vary. Please check the Clackamas County Sheriff's Department web site at [www.clackamas.us/sheriff/jail.html](http://www.clackamas.us/sheriff/jail.html) and select "Visiting Policy" for more details.

## Contact the Jail

Clackamas County Jail is located at  
2206 Kaen Road, Oregon City, OR 97045.

Main phone: (503) 722-6777

Jail lobby hours: 7 a.m. to 11 p.m.

Website: [www.clackamas.us/sheriff/jail.html](http://www.clackamas.us/sheriff/jail.html)

- Notify the jail medical staff that your relative/friend suffers from a mental illness and describe the diagnosis and any other concerns you might have.
- You may provide the jail staff with detailed medical and mental health information by completing the Inmate Medication Information Form. It is best to deliver the form to the jail by hand or by fax—address and fax number are at the bottom of the form.
- You may bring your relative/friend's prescribed medications to the jail. Make sure they are in their original containers.

## Questions to Ask Jail Staff

- What is the booking number?
- What are the charges?
- When is the court arraignment date and time?
- Where will the arraignment be held?
- What is the estimated length of stay?
- Is your relative/friend is expected to be released directly? If so, ask for the time so you can be there to pick them up.
- If your relative/friend is severely ill, ask if he/she can be taken to a psychiatric hospital with an involuntary hold for evaluation and treatment.

## Preparing for Court

- Your relative/friend may want to retain a private attorney or use the public defender's office.
- Provide the attorney with an extensive medical/psychiatric/social history of your relative/friend.
- Consider bail carefully. Ask yourself: Will my relative/friend be able to comply with the terms of the bail and appear in court when required? Also, jail may be a safer place for a person with severe mental illness who is in crisis rather than having him/her wandering the streets with no help at all.

## Transition Center

The Clackamas County Corrections Transition Center is located next to the jail. The Center can assist you and your relative/friend with information and referrals to:

- Mental Health Treatment
- Substance Abuse Treatment
- Food
- Housing
- Employment
- Medical/Dental
- GED
- Oregon Health Plan Enrollment

For further information about the Transition Center, please call (503) 722-6199.

The center is located at

2219 Kaen Road, Oregon City, OR 97045

## Take Care of Yourself

To be able to care for the people you love, you must first take care of yourself. It's like the advice we're given on airplanes: put on your own oxygen mask before trying to help someone else with theirs. Taking care of yourself is a valid goal on its own, and it helps you support the people you love. (See more at: [www.nami.org/Find-Support/Family-Members-and-Caregivers/Taking-Care-of-Yourself](http://www.nami.org/Find-Support/Family-Members-and-Caregivers/Taking-Care-of-Yourself)). You might consider attending a support group or seeing a counselor.

**For more information about what to do, go to the NAMI Clackamas Website page at [www.namicc.org/#!blank-1/vj819](http://www.namicc.org/#!blank-1/vj819)**

## YOU ARE NOT ALONE



### Find Help

Access free resources for you or someone you care about at NAMI Clackamas.

### Find Hope

If you or someone you know is struggling, you are not alone. There are many supports, services and treatment options that may help.

## Free Resource Services

### Peer Resource Connection (PeRC)

One-to-one resource assistance for individuals living with a mental illness and their loved ones. PeRC can help individuals navigate complex systems of services for healthcare such as low cost prescription assistance and access to community resources.

### Lending Library

Located at the NAMI Clackamas County office in Milwaukie. Access to a variety of mental health resource books, tools, and information.

### NAMI Clackamas Newsletter

Ordered free upon request to keep you updated on the latest happenings

## Free Support Groups

*Groups are offered on a drop-in basis, facilitated by individual's who have lived experience.*

### NAMI Connection

A weekly support group for people living with a mental health condition.

### Family Support Group

A monthly support group for family members, partners and friends of individuals living with a mental illness.

### Open Minds Art Studio

A place for anyone impacted by mental illness, in themselves or in a family member, to express themselves creatively in a relaxed social setting.

### Friday Goodness Group

A weekly support group for people living with a mental health condition where the focus is positivity and positive goal-setting.

## Free Education Classes

*All classes are taught by trained volunteers who have lived experience. Pre-registration required.*

### Family-to-Family

A 12-session class for family members, partners and friends of individuals living with a mental illness.

### De Familia a Familia

Similar to Family-to-Family, De Familia a Familia is taught in Spanish and designed to be culturally competent for Latino communities.

### NAMI Basics

A 6-session class for parents and other family caregivers of children and adolescents who have either been