

# The Voice of Help and Hope



Sunday May 21st, 2023

Peninsula Park 11am—3pm

REGISTER AT: [www.tinyurl.com/2023NAMIWalksNW](http://www.tinyurl.com/2023NAMIWalksNW)

The Official Newsletter of

May/June | Volume 23, No. 3.



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

## CALENDAR

- May 4th | 4:00pm- 7:00pm | NAMI Clackamas Open House | 10202 SE 32nd Ave suite 501 at SE Dwyer, Milwaukie OR | 503-344-5050
- May 21st | 11:00am- 3:00pm | NAMI Walk | Peninsula Park 760 Rosa Parks Blvd. in Portland | Register at [www.tinyurl.com/2023NAMIWalksNW](http://www.tinyurl.com/2023NAMIWalksNW)
- May 29th | Closed for Memorial Day
- June 1st | IN-PERSON Family-to-Family Class Begins | 6:00pm - 8:30pm | Register at: [www.tinyurl.com/namiclasses](http://www.tinyurl.com/namiclasses)
- June 15th | 12:00pm- 1:00pm | Let's Talk TD An Overview of Tardive Dyskinesia | Register at: <https://tinyurl.com/TalkTD>



Monthly Giving

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

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# NAMI News

## 2023 NAMIWalks Northwest at Peninsula Park

The banner features the NAMI Walks logo, the Mental Health for All logo, and a woman in a white NAMI Clackamas t-shirt. It includes the text: #Together4MH, SUNDAY MAY 21ST 11AM - 3PM, PENINSULA PARK 700 N ROSA PARKS WAY PORTLAND, REGISTER BEFORE 5/7 AND BE ENTERED INTO A DRAWING FOR A \$75 CHEVRON GAS CARD!, and the registration URL www.tinyurl.com/2023NAMIWalksNW. A QR code is also present.

### It's just 3 weeks away!

It's not how far we walk, it's how far we have come. With NAMIWalks Northwest fast approaching, how far will YOU go cure stigma and support mental health?

Will you join us this year at Peninsula Park on Sunday, May 21st from 11am to 3pm for festivities, celebrations, and rallying support for Mental Health for All?

Join a team, form a team, be a team. Registration is **FREE** and fundraising is optional.

A few tips if you haven't registered yet:

- Register now at [www.tinyurl.com/2023NAMIWalksNW](http://www.tinyurl.com/2023NAMIWalksNW).
- Find your team or fellow walkers using the Fundraiser Search in the upper right.
- **Make sure that you select NAMI Clackamas from the drop down menu when answering the question: "Which NAMI affiliate are you supporting?"**

Then take a few minutes to personalize your page and let others know your reasons for supporting the Walk. Try using the social media functions to post to Facebook, Instagram and Twitter. And don't forget to share your photos and videos with us - email them to [gary@namicc.org](mailto:gary@namicc.org) or share them on social media and tag NAMI-Clackamas!



**Tardive Dyskinesia Awareness Week**  
**May 1-7, 2023**

TalkAboutTD.com  
 #TDAwarenessWeek

**Tardive dyskinesia (TD) is an involuntary movement disorder associated with prolonged use of certain mental health medicines (antipsychotics).<sup>1-4</sup>**

Learn more at [TalkAboutTD.com](http://TalkAboutTD.com)

Sources:  
 1. Choud LJ et al. *Neurotherapeutics*. 2014;11(1):168-176.  
 2. Task Force on Tardive Dyskinesia. *American Psychiatric Association*; 1992.  
 3. Caroff SN et al. *Neurol Clin*. 2011;29(1):127-148.  
 4. American Psychiatric Association; 2013.

#TDAwarenessWeek

## May 1-7 is Tardive Dyskinesia Awareness Week

If you've taken antipsychotics and experience mild to severe uncontrollable body movements, it could be tardive dyskinesia (TD).

Certain medicines used to treat conditions like anxiety disorder, depression, bipolar disorder, or schizoaffective disorder are thought to cause too much dopamine activity in the brain. This spillover of excess dopamine can cause the intracellular levels of free dopamine to increase inside the neurons and may lead to TD.

TD can present as different symptoms in everyone who develops it. People with TD experience physical, social, and emotional impacts daily. Uncontrollable movements can impact their ability to work, drive, or even eat.

Currently, 70% of people living with TD have not yet been diagnosed. That's why it's important for people with possible symptoms or concerns to schedule an in-person visit with their healthcare provider.

May is #MentalHealthAwarenessMonth, and because TD is associated with prolonged use of certain mental health medicines, the first week of May is recognized as #TDAwarenessWeek. Learn more about this movement disorder at [TalkAboutTD.com](http://TalkAboutTD.com).

## IN THE NEWS



## HB 2757

### Fully funds 988 in Oregon

Our 988 mental health crisis system implementation legislation is before the House Revenue Committee, and our coalition is currently meeting with legislators.

NAMI Oregon is also meeting with key Republicans. The bill contains a 50-cent per month fee on telecom, which requires a super-majority for passage and requires bi-partisan support.

NAMI Clackamas has rallied members to speak to local Representatives to ensure their support. If you'd like to be heard, contact Dave Hunt at 503-344-5050 or [dave@namicc.org](mailto:dave@namicc.org).

## June 15th - Let's Talk TD Webinar

Rachel Childs, Clinical Practice Liaison (CPL) Field Medical Affairs at Neurocrine Biosciences, will be discussing Tardive Dyskinesia causes, symptoms, and treatments. 12:00pm - 1:00pm | Register now at <https://tinyurl.com/TalkTD>.

## **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 public officials and legislators about the needs of families affected by mental illness.
- Electronic and Paper Newsletters from NAMI Clackamas.
- Volunteer and internship opportunities.

## **BECOME A MEMBER!**

**Register online:**

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

# **Volunteer Opportunities**

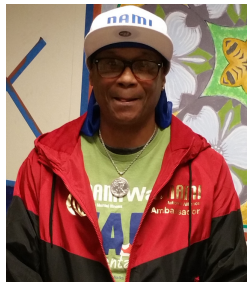
## **Give Back - Make an Impact - Change Lives**

### **Volunteer to become a Connection Support Group Facilitator!**

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 NAMI Connection Support Group Facilitator!

NAMI Connection Recovery Support Groups are a peer-based, mutual support group program 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 are confidential, led by trained peer facilitators, and free to attend. The 90 minute weekly meetings, currently being held on Zoom, provide a supportive place for people to share their experiences, 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. For more information contact: Sheri at [volunteercoor@namicc.org](mailto:volunteercoor@namicc.org).

## **VOLUNTEER SPOTLIGHT - David Jacques**



This month's volunteer spotlight is David Jacques. David has been volunteering for NAMI Clackamas for 9 years and has advocated on behalf of the community for mental health awareness and resources!

As NAMI Clackamas' honorary ambassador, David has done direct outreach to the community through the Clackamas Service Center and tabled for NAMI at community events. David has also been an outstanding volunteer at our events from our Stand-up(s) Against Stigma Comedy Night to Party with a Purpose. David goes above and beyond for NAMI Clackamas and shines brightly with his passions. Thank you, David for your dedication to mental health and our community!

# NAMI Clackamas Events



Family-to-Family

IN-PERSON

**CARE ABOUT SOMEONE WITH MENTAL HEALTH CHALLENGES?**

**Thursdays**  
June 1 - July 27\*  
6pm - 8:30pm

NAMI Family-to-Family is a FREE 8-week course taught by trained family members who have been there. It is for anyone that cares about someone with mental health issues.

*IN-PERSON in MILWAUKIE*  
www.tinyurl.com/namiclasses  
\*no class on 7/6

Register at [www.tinyurl.com/namiclasses](http://www.tinyurl.com/namiclasses)



Sunday May 21st, 2023

Peninsula Park 11am—3pm

REGISTER AT: [www.tinyurl.com/2023NAMIWalksNW](http://www.tinyurl.com/2023NAMIWalksNW)

## Save the Date

Friday September 22, 2023

Gray Gables Estate

**Party with a PURPOSE**

PLEASE JOIN US FOR A NIGHT OF FUN & FUNDRAISING

A Fundraising Dinner & Auction Benefitting NAMI Clackamas

Scan for tickets, tables, & sponsorships



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

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

Every Tue. (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 Mon. (monthly) | 6:30-8:00pm

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

2nd Tue. (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/>

## Mental Health Awareness Month Proclamations



Currently we have 8 cities in Clackamas County that have agreed to proclaim May as Mental Health Awareness Month. Given the mental health crisis we're experiencing here in Clackamas County, we need all the support we can get!

## 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 | Joe Kaufman  
Ally Linfoot | James Price  
Judy Steele  
Tabi Traugher | Nathan Trimpler

# 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.



I want people to know that in my initial contact and recent subsequent follow up that all calls were handled without delay and no matter what question I had, I always, ALWAYS got answers.

I appreciate very, very much all the help and would absolutely recommend NAMI Clackamas as a resource. THANK YOU!



## Welcome New Board Member Joe Kaufman!



We are pleased to welcome our newest Board member - Joe Kaufman. Joe is an established corporate counsel, business attorney, and strategist with more than 27 years of legal experience, currently servicing clients with offices in Gladstone, Estacada, and Lake Oswego.

## NAMI Clackamas CHAMPIONS CIRCLE of Monthly Donors



First introduced at our Stand-Up(s) Against Stigma Comedy Night on March 15th, our **CHAMPIONS CIRCLE** has taken off with 14 charter members pledging monthly donations!

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). There are 'Thank You' premiums at all levels.



# More NAMI News



Get ready for an energizing in-person and online experience celebrating all the unique and important voices – including yours – who are creating positive change in mental health.

## Give a gift that gives twice!



### CHOOSE NAMI CLACKAMAS

Link your Fred Meyer rewards card to NAMI Clackamas to support mental health resources in the community!  
[www.fredmeyer.com/i/community/community-rewards](http://www.fredmeyer.com/i/community/community-rewards)



## CONTACT US



(503) 344-5050



[info@namicc.org](mailto:info@namicc.org)



[www.namicc.org](http://www.namicc.org)



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**Feedback for the newsletter?**

Email us: [newsletter@namicc.org](mailto: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*

## Staff:

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

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

## FROM EXECUTIVE DIRECTOR DAVE HUNT

### Happy Mental Health Awareness Month!

May is a perfect opportunity to remember the critical connections between mental health and our families, schools, workplaces, housing, justice system, community, state, and nation.



**Our Classes:** Last month we began our first in person Peer-to-Peer and Family-to-Family classes since the pandemic began! You can sign up for future online and in person classes at [www.tinyurl.com/namiclasses](http://www.tinyurl.com/namiclasses).

**Our Advocacy:** Our volunteers are meeting with state legislators to support House Bill 2757. [www.tinyurl.com/HB2757](http://www.tinyurl.com/HB2757)

**Our WALK:** Please join our Annual NAMIWalks on Sunday, May 21st at Peninsula Park. <https://tinyurl.com/2023NAMIWalksCC>

**Our Board:** Attorney Joe Kaufman recently joined our Board! Thank you to our entire Board for their incredible leadership and service. [www.namicc.org/staff-board](http://www.namicc.org/staff-board)

**Our Champions:** Last month we launched our NAMI Clackamas Champions Circle and 14 generous folks have already signed up as monthly donors! Join them now at: <https://www.namicc.org/champions-circle>

**Our Clients:** Our Peer Resources staff are staying busy providing one-on-one navigation assistance and resource referrals to clients every day.

**Our Community:** We've been busy sharing mental health presentations with high school students, civic clubs, faith communities, neighborhood groups, businesses, and city councils all across our county. Please contact [outreach@namicc.org](mailto:outreach@namicc.org) to schedule your free presentation.

**Our Thanks:** NAMI Clackamas' vitally important work only happens because of our amazing volunteers, our incredible donors, and our dedicated staff. Thank you for your partnership and support.

Dave Hunt | [Dave@namicc.org](mailto:Dave@namicc.org)