

The Voice of Help and Hope

MINORITY
MENTAL
HEALTH

Awareness Month

JULY 2023



The Official Newsletter of

July/August | Volume 23, No. 4

 **NAMI** Clackamas
National Alliance on Mental Illness

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

CALENDAR

- **JULY 15** | NAMI Clackamas Monthly Meander Walk | 9:00-10:00am | Meet at 21st Ave. & Main St. in Milwaukie
- **AUGUST 19** | NAMI Clackamas Monthly Meander Walk | 9:00-10:00am | Meet at 21st Ave. & Main St. in Milwaukie
- **SEPT. 15 - 22** | Party with a Purpose Online Auction | Register at: <https://tinyurl.com/RegisterCCPwaP>
- **SEPT. 22** | Party with a Purpose Dinner & Auction | 6:00-9:00pm | Gray Gables Estate, Milwaukie | Register at: <https://tinyurl.com/DonatetoCCPwaP>

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Monthly Giving

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

NAMI Clackamas News & Events



A Fundraising Dinner & Auction Benefitting NAMI Clackamas

It's just 3 months away!

It's our biggest fundraiser of the year and always a fun way to celebrate and support mental health in our community while enjoying a sumptuous meal, terrific auction items, and the company of others who care about mental health.

This year, we have **THREE AUCTIONS** - online, silent, and live! You can register and bid online for several great packages, as well as gift cards, from September 15-22. No online tickets are required.

Once you enter the portals of the venerable **Gray Gables Estate in Milwaukie on Friday, September 22nd**, you'll be able to see and bid on a selection of silent auction items including several handmade exclusives and baskets full of treats of all kinds.

Then comes the three-course dinner (with free wine at each table) and the live auction where the theme is "Travel" and we're featuring several awesome Northwest "staycation" packages including destinations like **Leavenworth, Seaside, Newport, Sunriver, and Mount Hood!**

PLUS we'll have two soon-to-be-announced week-long resort packages!

Don't miss out! And you can get the "Early Bird" Special...last year's pricing on tickets and tables if you purchase by July 31st!

**Scan for tickets, tables,
& sponsorships**



New Faces at NAMI Clackamas!

Eva Christensen

Latinx Outreach & Education Coordinator



Originally from Guayaquil, Ecuador, Eva moved to Miami to pursue a Bachelor's degree in Food Service Management. Her journey through the culinary world opened her eyes to the toxic practices and abusive management prevalent in the industry.

This served as a catalyst for her journey towards self-improvement. Seeking therapy, she discovered an unwavering passion for mental health, which has now become her dream career in psychology.

As a first-generation immigrant, Eva intimately understands the unique struggles faced by her community, and her goal is to empower them by providing accessible mental health resources. Eva shares NAMI's mission of promoting mental health and wishes to create a more inclusive and supportive society for all.

Felicite Toney

Outreach & Office Coordinator



Felicite relocated to Portland from Alaska with her poodle Margo during a prolonged heat wave in 2022. Since then, they've been exploring the Pacific Northwest together through hiking and camping in the name of self-care. With a background in libraries and customer service, Felicite brings over six years

of outreach and programming experience to NAMI Clackamas and is excited to join the team.

Megan Marlow

Program Intern



Born and raised in Milwaukie, Megan has a deep-rooted connection to her hometown. She has witnessed the strength of the community and the values it instills. As a dedicated caregiver and Clackamas Community College human services student, she is passionate about making a positive impact in people's lives. Through her journey as a

caregiver, Megan strives to help people and make a positive difference in their lives. Megan would like to help build a world where compassion and support know no boundaries.

IN THE NEWS

We are expanding our
SUPPORT GROUPS!

NAMI Clackamas wants to expand our Family Support Groups in 2023 and we value your feedback to help determine the direction we take.

We would greatly appreciate your input by taking 2 minutes of your time to complete our survey.

The link below will take you to the survey:

<https://forms.gle/vCLVUehrZ4gH6zJz8>

Thank you for being a part of the NAMI Clackamas community and helping us improve the services we offer to those with family members or loved one who are dealing with mental health issues.



Receive OHP or SNAP benefits? Keep an eye on your mailbox!

In April, the Oregon Health Authority began sending letters asking members to reapply for OHP coverage and other benefits. As pandemic policies change, more people are now required to reapply for OHP and SNAP than during the past three years.

OHP recipients should ensure their contact information is current! And be sure to open and promptly respond to any mail from the State of Oregon. Get details here: [KeepCovered.Oregon.gov](https://www.KeepCovered.Oregon.gov)

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

Volunteer Opportunities

Help Us With Our Annual Party with a Purpose!

Our annual Party with a Purpose Dinner & Auction will be held on Friday, September 22nd at Gray Gables Estate in Milwaukie and we could use your help!! Volunteer for:

Set-up – 10:00am–2:00pm – Organization skills desired

Greeters – 4:00–7:00pm - Customer Service experience preferred

Registration – 4:00–7:00pm – Data Entry; Customer Service experience preferred. Training is required and will be provided on a day prior to the event.

Silent Auction Table Hosts – 4:00–7:00pm - Organization and Customer Service skills desired

Live Auction & Paddle Raise Recorders – 4:00-5:00pm orientation, 7:00–9:00pm recording - Attention to detail, strong listening and writing skills desired

Check-out – 8:30–9:30pm - Data Entry & Customer Service experience preferred. Training is required and will be provided on a day prior to the event.

Auction Item Wranglers – 4:00–5:00pm orientation, 8:30–9:30pm check out/transport

Parking Lot Guides - 4:00–7:00pm - Customer Service experience preferred

Clean-up – 9:00–9:30pm pick and pack – no heavy lifting

**** All volunteers get FREE dinner (same dinner as attendees) – comfortable semi-formal attire for all volunteers.**

If you're interested, or for additional details regarding specific roles and responsibilities, please email Sheri at volunteercoor@namicc.org

2023 NAMI Clackamas Party with a Purpose



Volunteer Spotlight



Elaine Teadke & Cathy Bankson

Elaine and Cathy are referred to as our dynamic duo. These remarkable NAMI Clackamas volunteers are two of our education program teachers and, when they team up together to teach a class, the magic really happens.

Elaine has been volunteering with NAMI Clackamas since 2013 as one of our outstanding Family-to-Family class leaders, teaching at least two classes every year! Elaine continues to be a mentor to our newly trained first-time teachers, sharing her experience and passion for helping others

Cathy has been volunteering with NAMI Clackamas since 2019 as both an amazing Family-to-Family class teacher as well as a wonderful Peer-to-Peer leader, teaching Peer-to-Peer classes two times a year, as well as sharing her experience and commitment to helping others by being a mentor to our newly trained first-time teachers! In addition, Cathy supports our Family-to-Family program by stepping in to teach when needed!

Cathy and Elaine have gone above and beyond by being education program trailblazers! When the pandemic hit in 2020 and we had to transition to online classes, they were the first to step up to teach our first-ever virtual Family-to-Family class. And the dynamic duo didn't stop there! When we were ready to transition back with our in-person classes this spring, they once again stepped up to teach our first post-pandemic in-person Family-to-Family class this April. In addition, Cathy simultaneously taught our first in-person Peer-to-Peer class. This was an incredible gesture of commitment and generosity to ensure we were able to offer both classes in-person during the spring!

Thank you, Cathy and Elaine, for your dedication, passion, and generosity of time that you give to support NAMI Clackamas and those we serve! We are so fortunate to have you as members of our volunteer team!



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/>



National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

Mental health conditions do not discriminate based on race, color, gender, or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

FOR MORE INFORMATION AND RESOURCES, GO TO:
<https://tinyurl.com/2023NMMHM>

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

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 feel honored to help provide support through my volunteer work with NAMI Clackamas. I can't count how many times participants have told me how much the support group meetings help them and how they look forward to them each week.

With NAMI, I feel a greater sense of connection and purpose - what a mutually beneficial experience.



The NAMI Clackamas Monthly Meander Continues

Our summer meanders in July and August will commence on the third Saturday of each month meeting 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

NAMI Clackamas CHAMPIONS CIRCLE of Monthly Donors



First introduced at our Stand-Up(s) Against Stigma Comedy Night in March, our **CHAMPIONS CIRCLE** has taken off with 17 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. There are 'Thank You' premiums at all levels.



Advocacy Updates



Oregon Legislature Fully Funds 988

Exciting news:

The Oregon Legislature just passed **House Bill 2757-B**, which establishes a new 988 Trust Fund with \$54 Million in dedicated funding per biennium to fund 988 mental health crisis lines and mobile crisis response teams across Oregon. This action ensures that trained, Oregon-based operators will answer all calls and they will be able to immediately dispatch a mobile crisis response team when needed.

Thank you to our Clackamas County legislators who voted for this important mental health infrastructure:

Rep. Janelle Bynum (Clackamas/Happy Valley)*

Rep. Mark Gamba (Milwaukie/Oak Grove)*

Rep. Annessa Hartman (Gladstone/Oregon City)*

Rep. Courtney Neron (Wilsonville)

Rep. Daniel Nguyen (Lake Oswego)

Rep. Hoa Nguyen (Boring/Damascus/Happy Valley)*

Rep. Jules Walters (West Linn/Stafford/Tualatin)*

Sen. Kayse Jama (North Clackamas)*

Sen. Mark Meek (Gladstone/Happy Valley/Oregon City)

Sen. Kathleen Taylor (Milwaukie/Oak Grove)

Sen. Rob Wagner (Lake Oswego/Tualatin/West Linn)

Sen. Aaron Woods (Wilsonville)

Now that HB 2757 has passed the House and Senate, it moves to Governor Kotek for her signature. **Thank you to the many NAMI Clackamas volunteers** who met with and contacted your legislators in support of this important legislation. So many lives will be positively impacted!

These legislators also co-sponsored HB 2757 with chief sponsors **Rep. Tawna Sanchez and **Rep. Rob Nosse**. We appreciate all of their leadership on this issue. **Thank you!***

CONTACT US



(503) 344-5050



info@namicc.org



www.namicc.org



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Feedback for the newsletter?

Email us: newsletter@namicc.org

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

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

NAMI Clackamas has a bad business model. The more people who join our classes, support groups, presentations, and one-on-one client help...the more money it costs us. It's a bad business model, but it's a powerful model for improving mental health in our community.



This important work only happens because of our amazing volunteers, incredible donors, and dedicated staff. During the past six months, we've added many new board members, class teachers, support group facilitators, event volunteers, our first new intern in over six years, and even two new staff!

We're educating! We just completed our first in-person Peer-to-Peer classes and Family-to-Family classes since the pandemic began. And we are holding our first-ever summer Family-to-Family class now. Sign up for future classes here: <https://www.namicc.org/education-classes>.

We're advocating! Dozens of NAMI Clackamas volunteers have met with state legislators to support House Bill 2757-B, which will fully fund 988 mental health crisis lines and mobile crisis response teams across Oregon. This important bill was recently passed by the Legislature!

We're presenting! We continue to share mental health presentations with high school students, civic clubs, faith communities, neighborhood groups, businesses, and other organizations all across our county. (Please contact outreach@namicc.org to schedule a free presentation.)

We're fund-raising! Our new NAMI Clackamas Champions Circle already has 17 generous monthly donors! Please click here to join them: <https://www.namicc.org/champions-circle>

Our business model may not be ideal, but the NAMI Clackamas model is strengthening mental health across our entire county. Thank you for your partnership.

Dave Hunt, Executive Director
dave@namicc.org