

The Voice of Help and Hope



The Official Newsletter of

 **NAMI** Clackamas
National Alliance on Mental Illness

Volume 2022, No. 1
January | February

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CLACKAMAS, OR 97015

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

CALENDAR

- January 15th | Family-to-Family Class #1 | Zoom | 10am—12:30pm
- January 25th | Peer-to-Peer Class #1 | Zoom | 6pm—8pm
- January 29th | LEAP (Listen-Empathize-Agree-Partner) 9:30a—12:30p



<https://tinyurl.com/donatenamicc>

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Save the Date! **Sunday May 22nd**



NAMI News

NAMI Poll: Parents Want Mental Health Education in Schools, Mental Health Days Off for Students

An overwhelming number of parents support mental health education in schools and “mental health days” for their children, according to a poll out recently conducted by Ipsos on behalf of the National Alliance on Mental Illness (NAMI). The same poll found that 44% of parents of children 17 and younger report being concerned about their children’s mental health, but far fewer (16%) looked for help for them.

The poll’s release comes in the wake of a Surgeon General Advisory aimed at addressing the youth mental health crisis.

“NAMI’s poll finds that parents are deeply concerned about their children’s mental health and, importantly, understand the value of mental health awareness and treatment,” said NAMI CEO Daniel H. Gillison, Jr. “It’s encouraging to see such strong support for mental health education in schools and mental health days for students. That’s why NAMI has youth educational programming like NAMI Ending the Silence and advocates for better mental health resources in schools.”

While 84% of parents say their children showed a lot of resilience during the pandemic, more than a third of parents (35%) are thinking more about their children’s mental health than before. Read more here: <https://tinyurl.com/NAMIPoll2021>.

NAMI CLASSES & COMMUNITY EDUCATION



Saturdays Jan. 15, 2022—March 5, 2022
10:00am - 12:30pm

A free 8-session course for family members and loved ones of individuals with mental illness offering the opportunity to attend with other family members, gain insights into how mental illness affects relatives, look at the latest research, learn to advocate, learn about medication issues and latest treatment options and learn to cope with worry and stress.

FREE! Register at: www.tinyurl.com/namiclasses



Tuesdays Jan. 25, 2022— March 15, 2022
6:00pm - 8:00pm

A free 8 week course for individuals with mental illness offering tools for establishing and maintaining their wellness and recovery; a “relapse prevention plan,” mindfulness exercises and survival skills for working with providers and the general public. **FREE!** Register at:

www.tinyurl.com/namiclasses



Saturday Jan 29th 9:30am—12:30pm

When you LEAP or Listen–Empathize–Agree–Partner®, you stop trying to convince the other person that they’re wrong, or simply misguided. Instead, you listen in a new way that conveys respect for the person’s point of view. **FREE!** Register at: <https://www.surveymonkey.com/r/NAMIClackamasLEAP>

Welcome Our New NAMI Clackamas Team Members!

We are pleased to announce the addition of two new members of the NAMI Clackamas team! Join us in welcoming them to the “family”!



Jose Castillo is our new **Latinx Outreach & Training Coordinator**. Jose is excited to be joining the NAMI Clackamas team, having grown up watching close family members struggle with mental illness, drug addiction & psychosis from trauma and after working for insurance companies for almost 5 years, Jose realized he needed more. He decided to leave his career with insurance to work with the local Latinx community and is dedicated to giving back and supporting those who may be facing cultural stigmas & their own mental illness and may not be aware of NAMI and the amazing programs we offer.

Jose’s love for volunteering and giving back started early, he began volunteering with friends and family at local homeless shelters & schools for disadvantaged youths while he was in high school in his home state of Arizona. While working with Children’s First Academy, Jose and his team of volunteers successfully held the schools first ever Charity Auction Gala in 2014 raising over \$100,000 for children who needed basic supplies along with clothes and funds for emergency supplies and shelter.

Jose is thrilled to be working with NAMI Clackamas and help the disadvantaged & often underserved Latinx Community. You can reach Jose at 503-344-5050 ext 104 or email at LatinxOutreach@namicc.org.



Sherrie Goff joins us as an **Americorps Volunteer** responsible for scheduling, coordinating, and delivering NAMI presentations including Ending the Silence (for Students, for Families, and for Staff), as well as Question, Persuade & Respond (QPR).

Sherrie Goff is an attorney licensed in Oregon and Washington with a background in Elder Law, Estate Planning and Business Law. She has personal experience dealing with mental health and is a certified NAMI Peer-to-Peer teacher. Sherrie has four daughters who reside in California, New York and Washington DC. In her spare time, she enjoys hiking, cooking, reading and traveling.

You can reach Sherrie at 503-344-5050 or Americorp@namicc.org

You too can be part of our team! We’re hiring!!

Peer Resources Coordinator

Use your lived experience with mental illness and recovery to help clients find local resources, including but not limited to applying for programs and services they may qualify for and to obtaining mental and physical health care in an effort to help achieve and maintain each client’s recovery as they define it. The Peer Resource Coordinator manages NAMI Clackamas peer programs that enhance recovery such as Peer-to-Peer classes and Connections Support Groups.

20 hours a week | \$17–18.50/hr DOE www.namicc.org/employment



“Your compassion and knowledge is a gift to others.”

IN THE NEWS...

Oregon Insurance Marketplace closes Jan 15th!

Oregon Insurance Marketplace is open for applications until **JANUARY 15th!** Don’t miss your chance to review, compare, and purchase the most affordable health insurance currently available. Guidance and applications are available here: <https://healthcare.oregon.gov/>. If you need help navigating the process, call us at 503-344-5050—we can help!

Interim Settlement Reached on Hospital Admissions

The Oregon Health Authority has entered into an agreement with Disability Rights Oregon and the Metropolitan Public Defender regarding admissions to the Oregon State Hospital. Many people in the criminal justice system suffering from mental illness have, until now, been forced to stay in jail or prison while waiting for open space at the state’s psychiatric hospital. This new agreement will see an outside expert looking at hospital capacity issues and recommending solutions to alleviate this problem.

We will see within the coming months if this agreement will help to fix capacity issues affecting Oregon’s current mental health system. To read the full story, go here: <https://content.govdelivery.com/accounts/ORDHS/bulletins/30171bb>

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.
- Format for educating public officials and legislators 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

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 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.

While support groups are casual, there is some meeting structure to give all participants the opportunity to confront and discuss challenges, share resources and/or wellness strategies, and connect with one another.

Volunteers need to commit to facilitating a group for at least one year.

Training is required and provided for this opportunity.

If you want to improve your own health while helping others, this is for you.

To all our dedicated volunteers who so generously give their time, talent, experience, and passion to helping those we serve: Best Wishes for a very Happy and Joyous Holiday and a New Year filled with health, happiness, peace and the love of family and friends.

"There are far better things ahead than any we leave behind." - C.S. Lewis

Happy Holidays!

Sheri and the NAMI Clackamas Team



Speaking of Training...a few upcoming opportunities.

January 29 & 30

Peer-to-Peer Instructor Training

Via Zoom video conferencing

Applications due by Friday January 7

*All trainings are provided free of charge
and are currently conducted online.*

February 18-21

Connection Support Group Facilitator Training

Via Zoom video conferencing

Applications due by Friday January 28



Download the training applications and schedules here: <https://namior.org/programs/for-program-leaders/trainings/>

The More Things Change...

Gary Marschke

From insurrection to resurrection, 2021 has proven to be a year no less challenging than 2020 – just a bit more familiar. The virus persists and mutates, politics continue to permeate and polarize, and climates everywhere seem to be in revolt.



We're trying to "Build Back Better" in the face of an inflating economy, supply chain chaos, and the Great Resignation. Our world seems to be going awry right before our eyes. The light at the end of the tunnel is looking dimmer by the day.

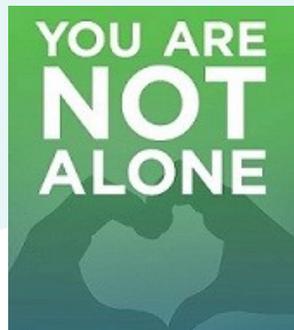
When so much seems to be going wrong, how do we start making things right? How about one-at-a-time - with each other? Looking around, I see countless people pitching in to help those who need it most. I hear so many grieving for those we've lost while expressing their resolve that it won't be in vain. That we'll get past this and begin the healing process...before it overwhelms us.

Rather than focus on all of the negative (and there's plenty of it), how about we refocus on all that's good? Neighbors helping neighbors. Communities coming together to combat racism, stigma, misinformation, and all of the things that pull us apart. Celebrate our interconnection, our diversity, our resilience. There's plenty of that too!

NAMI's message resonates now more than ever...**You Are Not Alone**. Be there for each other. Regardless of where you fall on the spectrum, we'll all be better for extending the hand of support in time of need and sending that message loud and clear... **You Are Not Alone**.

To your immediate right in the blue column, you'll find listings for all of the NAMI Clackamas **support groups**, as well as the site for finding other groups. Back on page 2, you'll find the current **classes** being offered and how to register (it's pretty simple). There are more on our web page www.namicc.org/

And if you or anyone you know needs a hand, an ear, or a community resource; connect with us at 503-344-5050 or info@namicc.org. Have we mentioned lately that **You Are Not Alone**? Make 2022 the year your light gets a little bit brighter.



“Good things happen when people in need meet people who have been there.”

Invest in Good Things—www.namicc.org/donate

FAMILY AND PEER SUPPORT MEETINGS



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

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

Every Tue. (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 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/>

NAMI CLACKAMAS LEADERSHIP TEAM

Board

- **La'Verne Adams**
President
- **Robert Selander**
Immediate Past President
- **Judy Steele**
VP Advocacy & Outreach
- **Pamela Blackwell**
VP Support & Education
- **Nathan Trimpler**
Treasurer
- **Mary Clark**
Secretary
- **Judy Jamison**
- **Lee Eby**
- **Eric Blumenthal**
- **Rachel Todd**
- **Sherry Hall**
- **Jamie Pulliam**

Volunteer Leaders

- **Alex Smurthwaite**
Newsletter Editor
- **Bart Brewer**
Newsletter Assistant Editor
- **Bill Zuber**
NAMIWalk Chair
- **Chris Ommert**
Membership Director

Staff

- **Michele Veenker**
Executive Director
- **Gary Marschke**
Outreach & Development Coordinator
- **Now Hiring!**
Peer Resources Coordinator
- **Jose Castillo**
Latinx Outreach & Training Coordinator
- **Sheri Mascorro**
Volunteer Coordinator

NAMI Clackamas Welcomes Two New Board Members...And A New Board President!

At our Annual meeting in December, elections were held re-electing five members, electing two new members, and electing a new Board President.

With the retirement of our past Board President, Judge Robert Selander, our members chose **LaVerne Adams** to lead the Board for the next two years. LaVerne is an Outpatient Quality Manager with Cascadia Behavioral Healthcare, a volunteer presenter of NAMI's In Our Own Voice, and a passionate mental health advocate.



Joining the Board for the very first time as At-Large members are two highly regarded local professionals.



Rachel Todd is currently Director for University of Oregon's Executive MBA. She says that her "unconventional life" has validated her core values: kindness trumps everything, invest in others, be true to yourself, take risks and most importantly – never give up!



Jamie Pulliam is a Senior Producer with the Liquid Agency, a branding strategy and services firm headquartered in San Jose, CA with a local office in NE Portland. "NAMI's resources were invaluable when I was navigating mental illness in my family and I want to give back."

And returning to the Board are **Judy Steele**, the VP of Outreach & Advocacy, along with four At-Large members **Judie Jamison**, **Lee Eby**, **Sherry Hall**, and **Eric Blumenthal**. Thank you all for rejoining the team!

And speaking of "Thank you"s, three Board members decided to retire this year: **Cathy Bankson**, **Monica Ford**, and **Judge Selander**. Your dedication to the cause has proven invaluable to our mission and we are eternally grateful for your Board service.



The State of Mental Health 2021



For the 7th year in a row, Mental Health America (MHA) released its annual *State of Mental Health in America Report*, which ranks all 50 states and the District of Columbia based on several mental health and access measures. This year, Vermont

moved to the No. 1 spot, ahead of Pennsylvania, and Nevada remained last at No. 51*. **Oregon is No. 51 in Prevalence of Mental Illness Overall, 49th in Adults, and 45th in Children despite ranking 19th in access to care.**

Also, of note, 19% (47.1 million) of people in the U.S. are living with a mental health condition nationwide, a 1.5 million increase over last year's report.

As the pandemic relentlessly persists, we are seeing the highest levels of anxiety and depression reported since the pandemic hit the U.S. in March. This is a troubling trend being fueled by loneliness and isolation.



We are also seeing alarming numbers of children reporting thoughts of suicide and self-harm. The 2021 *State of Mental Health in America* report confirms the trend that mental health in the U.S. continues to get worse and many states are ill-prepared to handle this crisis and policymakers at every level of government need to act immediately.

Read the entire report here: <https://mhanational.org/issues/state-mental-health-america>

Find mental health resources in Clackamas County here: <https://www.clackamas.us/healthcenters/mentalhealth.html>

*No, we don't have 51 states. District of Columbia is included in the statistics.

Something You Should Know - The State of Employees' MENTAL HEALTH IN THE WORKPLACE

THEY ARE WORKING EXTRA HARD, OVER TIME



CONTACT US

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www.namicc.org

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*Feedback for the
Newsletter?*

Email us:
newsletter@namicc.org

Board Meetings

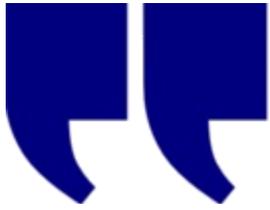
Board Meetings are now held online via Zoom on the first Friday of the month. For access, email Michele at michele@namicc.org.

**Become a Member
Register Online**

www.nami.org/get-involved/join

Why I Donate To NAMI-CLACKAMAS In My Will

Judy Redler Winter



No force other than the National Alliance on Mental Illness of Clackamas County has impacted my life and the life of my son in such an overwhelmingly positive manner. While there are other good causes to which I donate regularly and have placed in my will as beneficiaries, NAMI has had the greatest personal impact on us. Therefore, NAMI is a high priority for my charitable donating.



Having failed to understand and help my struggling son for nearly twenty years, I was so relieved to find personal support and education at NAMI upon learning my son was afflicted with schizophrenia. It has been my salvation and my joy to participate in the development of NAMI-Clackamas education, housing and outreach programs since the early 80s. Upon retirement from teaching in the 90s, NAMI became my second career. Mainly through the efforts of NAMI Clackamas, appropriate housing options developed which have supported my son all of his adult life.

Just as I honor and pass on my family assets to my other sons, I have been able to provide a special needs trust for my son with mental issues and for my step-son, Fred Winter, III. This is also a tribute to his father, my second husband, Frederic V. Winter, Jr., who founded NAMI-Clackamas along with his first wife, Florence.

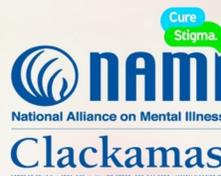
Arranging for my estate planning with my attorney began when I sought to provide the special needs trusts so that the ill persons who benefitted would not lose their government entitlements through social security upon inheritance. At that time, I chose to fund those trusts with separate insurance policies, thus cash was not required then. If there are remaining trust funds at the end of the original beneficiaries' lives, a second beneficiary is named. NAMI and Central City Concern (with whom NAMI collaborated on developing Chez Ami apartments where my step-son has lived for many years) will collect remaining funds. My attorney also provided a will which named family members and my current charities, including a larger amount for NAMI.

Not only are my annual donations to NAMI-Clackamas and my provisions in my will done in appreciation of what NAMI has done for me and my family, but they are also a way of helping to ensure that NAMI Clackamas will have funds to continue its life-changing work for generations to come.



Join Judy and become part of Legacy Giving to NAMI Clackamas. Start here: <https://www.namicc.org/legacygiving>

Giving That Grows



It's called **Planned Giving** and it's your opportunity to create a legacy that grows. Your generous and wise investment in NAMI Clackamas provides the security and knowledge that your gift will support everyone impacted by mental illness. Consult your financial advisor for the best way for you to secure your legacy.