

The Voice of Help and Hope



SUNDAY, MAY 22, 2022

www.namiwalks.org/northwest

#namiwalksthisway

Peninsula Park & Virtual on Facebook



The Official Newsletter of



Volume 2022, No. 3
May | June

NAMI CLACKAMAS

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

CALENDAR

- **May 1—May 7** | Tardive Dyskinesia Awareness Week
- **May 4th** Young Parent Fair | KingPins Family Entertainment Ctr | 11AM—2PM
- **May 4th** | Fake & Fatal: What Parents and Teens Need to Know | 7PM—8:30PM | <https://tinyurl.com/fakeandfatal>
- **May 5th** | MOD Pizza Fundraiser | 19550 Molalla Ave | Order Code MODF5325
- **May 8—May 14** | SAMHSA National Prevention Week
- **May 9** | SAMHSA National Prevention Day
- **May 22nd** | NAMIWalks NW | Peninsula Park | Noon—4pm www.namiwalks.org/northwest

CONTENTS

- Mental Health Awareness Month Activities, NAMI Walks NW 2
- Language & You, Welcome Savanna! 3
- Volunteer Opportunities, About Us 4
- What is Tardive Dyskinesia?, NAMI Support Groups 5
- NAMI Mission Moment, TMS Brain Stimulation, NAMI Clackamas Leadership Team 6
- Why I Walk, Contact Us 7
- NOTICIAS DE NAMI 8

Mental Health Awareness Month—SAMHSA Activities

Save the Dates! HUD/SAMHSA: National Mental Health Awareness Month Webinar Series

The U.S. Department of Housing and Urban Development's (HUD) Office of Public and Indian Housing and the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) are teaming up to present a series of free webinars this May to celebrate National Mental Health Awareness Month!

The webinars will take place **each Wednesday in May** (4th – 25th) and will feature leading mental health and housing professionals from SAMHSA and HUD, as well as practitioners from their respective communities. This collaboration will focus on mental health issues that our nation is facing in the post-pandemic world, plus issues specific to HUD's communities.

More information here: <https://recoverywithinreach.org/blog/hud-samhsa-national-mental-health-awareness-month-webinar-series/>

Save the Date for National Prevention Week (NPW) and SAMHSA's Prevention Day 2022!

National Prevention Week (NPW), May 8–14, is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health. SAMHSA's Prevention Day will take place on Monday, May 9, and it will be delivered virtually through an interactive online conference platform.

Learn more and register here: <https://tinyurl.com/NAMI-NPWeek>

NPW Prevention Challenge

This year, SAMHSA is creating a new way to participate in NPW through #MyPreventionStory. Leading up to NPW, SAMHSA encourages everyone to create and share a prevention story on social media—whether it's telling how they are helping to prevent substance use or sharing the ways they're promoting mental health during COVID-19. Take the challenge and be a part of the national conversation about how prevention works!

Check it out here: <https://tinyurl.com/NPWPrevent>

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

3 weeks left until we meet again at NAMIWalks NW!



Register now and Walk Your Way—either virtually or in-person. Then take a few minutes to download and personalize the posters that declare your reasons for supporting the Walk. And then email your photo to: gary@namicc.org. www.namiwalks.org/northwest

Language & You

Why Your Language Matters.

Whether we are aware of it or not, we all use labels in our daily lives. Imagine a world without adjectives for a moment, and you'll realize how reliant we are on labels to describe the world around us.

This is not inherently a bad thing; it's a part of how we all communicate.

The issues start when we begin to label those around us in ways that don't conform with how those individuals label themselves. Mislabeling, whether it be intentional or unintentional, can have effects on the mental health of those who are mislabeled.

For this first issue, we will be looking at labeling within mental health care, how it can negatively affect mental health, and ways in which we can improve.

In the general field of health, we know that certain diagnoses have stigmas that are attached to them. These stigmas can impact a person's relationships and prevent them from seeking out further care. The same holds true when it comes to mental health.

If I were to, for example, say that someone had OCD, there is no doubt several things that may spring to your mind regarding this condition. These thoughts are likely influenced by the stereotypes that revolve around such a label, and as such, will often have negative qualities to them. This can lead someone to then think negatively of that person.

Stigmas associated with different mental health diagnoses can have many other affects, such as:

- Reluctance to seek help or treatment.
- Lack of understanding by family, friends, co-workers or others
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment
- Health insurance that doesn't adequately cover your mental illness treatment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation

This kind of thought process leads us away from helping those in need, as these stigmas often drive us to distance ourselves. By using other labels that aren't associated with these kinds of stigmas and stereotypes, or just not using labels in these instances all together, people will be more likely to help, and those who live with mental health issues are more likely to reach out.

Often when we discuss people who have mental illness or mental health issues, we forget that they are still a person. Teri Brister, the NAMI Chief Program Officer, has more than 30 years of experience working in mental health care. She is the author of NAMI Basics and the co-author of NAMI Homefront. "People are more than their illness," says Brister. "We would never say 'Teri is cancer' or 'Teri is breast cancer.' You would refer to someone who *has* bipolar disorder or someone who *has* schizophrenia." Read more on the NAMI Clackamas Blog at: <https://www.namicc.org/news>

IN THE NEWS...

Welcome Savanna Langhorne!

Our newest addition to the team is Americorps Service Member **Savanna Langhorne**.



Born in Washington, a native of South Carolina, a college graduate in North Carolina. Raised in a multi-cultural family; Savanna feels that the only constant in life is the idea of change and that, as a result, she has grown into a natural state of adaptability.

As a graduate in Global Studies, Anthropology, and Spanish; Savanna focused her final research on a cultural study of homelessness in the United States. Her curiosity and passions are multifaceted yet always circle back to people, culture, and language.

Since she can remember, she has volunteered with local animal shelters in high school, water access and immigration non-profits in college, and is now eager to be alongside NAMI as someone heavily impacted by mental illnesses within her family and her own personal journey. A way of healing for her is driven by community involvement, intentional relationships, and using your lived experiences in care for others. She also loves animals, climbing, hiking, writing, and creating in any facet. Savanna will be primarily responsible for coordinating and expanding our Ending the Silence and Basics programs. Email her at: americorp@namicc.org

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

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. For more information contact: volunteercoor@namicc.org

Help NAMI Clackamas Bring Informational Presentations on Mental Health to our Community!

Volunteer as our **Webinar Series Coordinator**. Ask the Expert is an informational webinar series during which professionals, advocates and other NAMI experts answer questions about mental health. Presentations are held monthly for 1 hour every 2nd Tuesday and cover a wide range of topics.

Currently all presentations are virtual via Zoom, but in the future, we foresee a hybrid of an in-person meeting, where the presenter will either be in-person at the meeting location or on a big screen via Zoom at the meeting location.

Responsibilities include: identify topics that would be of interest to our community of people who live with mental health issues or those that love someone who does, find and recruit speakers who can address those topics on a monthly basis, get a write-up from the speaker in a timely manner, which at times may require writing something yourself and getting the speaker's approval, provide the speakers with needed information regarding in-person presentations, (via email templates that will need to be updated for each presentation) or register them in Zoom and ensure they receive the link, and submit the write-up in a timely manner to the Outreach and Development Coordinator for our monthly newsletter.

For more information contact: volunteercoor@namicc.org

What is Tardive Dyskinesia?

Tardive dyskinesia (TD) is a movement disorder that causes a range of repetitive muscle movements in the face, neck, arms and legs. TD symptoms are beyond a person's control. These symptoms can make routine physical functioning difficult, significantly affecting quality of life.

Although sometimes associated with conditions such as schizophrenia, TD primarily occurs as a side effect of long-term use of certain medications. It can become a permanent condition even after a person stops taking the medication.

Symptoms of TD can include:

- Jerking hand and leg movements
- Neck twisting
- Difficulty swallowing
- Eye blinking and grimacing
- Lip smacking and involuntary tongue movements



TD symptoms typically occur after several years of taking antipsychotic medications, although they can emerge within just a few months. TD is also related to prolonged use of medications for nausea, and medications that treat neurological disorders, such as Parkinson's disease.

Anyone taking an antipsychotic may develop TD, but the risk of TD can be higher for certain people:

- Older adults
- Females
- Those with a family history of TD
- Having negative symptoms of schizophrenia
- People of African descent

While these risk factors are out of our control, there are other factors that increase the risk of developing TD that can be managed.

You can help manage the risk by addressing lifestyle factors that increase the potential to develop TD. The risk of developing TD rises with:

- Smoking
- Substance use
- Uncontrolled diabetes

Proactively taking care of your health by quitting smoking, avoiding substance use and managing blood sugar levels can be protective and reduce the risk of symptom onset.

Other steps you can take to help manage the risk include asking your health care provider for routine screening of movement symptoms. Recognizing the symptoms of TD early can help lessen their severity, so these screenings should occur every three months.

You can also ask your provider to review your current medications and discuss options.

Read more here: <https://www.nami.org/About-Mental-Illness/Treatments/Mental-Health-Medications/Tardive-Dyskinesia>

NAMI CLACKAMAS SUPPORT GROUPS



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

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*Americorps Service Member
ETS Program Coordinator*

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.

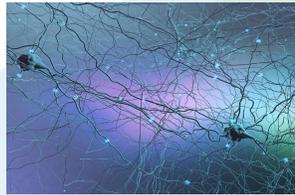


Nami Peer Support Groups (Connection) helped me at a time in my life when I could barely function, when even getting out of the house to come to group was difficult. Once there, I met people who understood what I was going through and were struggling with many of the same things and trying to get well.

After 6 years, I am now diagnosed, getting treatment, on the right medications, and living healthy. I'm also giving back by facilitating a support group myself. **THANK YOU, NAMI!**



<https://www.namicc.org/donate>



Team Uses Non-Invasive TMS Brain Stimulation to Activate Deep-Brain Region Important in Depression

A research team led by a three-time recipient of BBRF grants has successfully tested a method of using transcranial magnetic stimulation (TMS), a non-invasive method of brain stimulation, to activate an important [depression](#)-related target located deep within the brain.

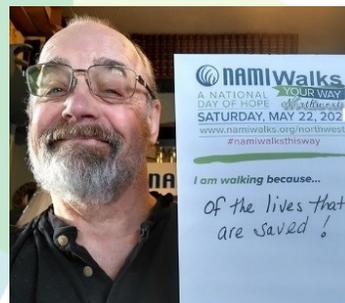
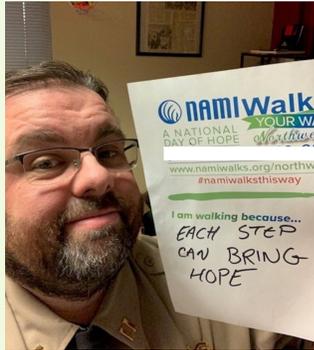
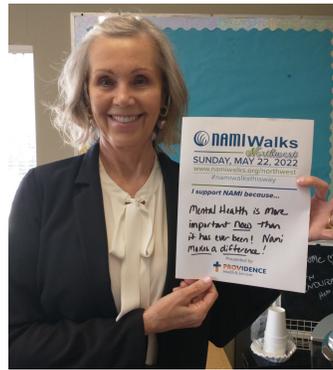
TMS, first approved by the FDA for treatment of depression in 2008 and since approved to treat obsessive-compulsive disorder and for aiding in smoking cessation, involves using powerful magnetic fields to generate electrical current in brain areas just beneath the scalp. Standard TMS effectively penetrates about 1.2 inches into the brain, and for treatment of depression is typically focused on an area called the dorsolateral prefrontal cortex (DLPFC), which corresponds with a "surface" location on the left side of the forehead.

It's still unknown precisely how the stimulation delivered by TMS alters brain circuitry to generate an antidepressant effect, although it has been suggested that it has effects on brain areas beyond the DLPFC, perhaps including some that are deeper in the brain. Still, TMS currently cannot be used to directly target deep-brain locations thought to be involved in depression causation.

Sarah H. Lisanby, M.D. and colleagues at the National Institute of Mental Health and Duke University, now report their use of a novel method of precisely targeting TMS to generate stimulation deep below the scalp in Area 25. It may be the best indication to date of the potential ability of TMS to effectively target deep-brain targets, for both research and therapeutic purposes.

Read more here: <https://tinyurl.com/NAMI-TMS>

Who Walks for NAMI and Why..



www.namiwalks.org/northwest

“Good things happen when people in need meet people who have been there.”
Invest in Good Things—Come Walk With Us!

CONTACT US

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facebook.com/NamiClackamas

@NamiClackamas

Feedback for the Newsletter?

Email us:
gary@namicc.org

Board Meetings

Board Meetings are held at Gracepointe Church on first Friday of the month. For more information, email Gary at gary@namicc.org or call us at 503-344-5050..

Become a Member
Register Online

www.nami.org/get-involved/join

NOTICIAS DE NAMI



Quedan 3 semanas para que nos volvamos a encontrar en NAMIWalks NW!

Regístrese ahora en www.namiwalks.org/northwest. Luego tómese unos minutos para descargar y personalizar los carteles que declaran sus razones para apoyar la Caminata. Y no olvides compartir una foto tuya a latinxoutreach@namicc.org / www.namiwalks.org/northwest

Oportunidades para voluntaries: Contribuya - Haga un impacto - Cambie vidas ¡Sea voluntario para ser un facilitador del grupo de apoyo de conexión! Los grupos de NAMI conexión son un programa de grupo de apoyo mutuo basado en pares para cualquier adulto que vive con una enfermedad mental. Los grupos de conexión están dirigidos por dos facilitadores capacitados que también están en recuperación y están en un punto en el que quieren "retribuir a los demás" ofreciendo aliento y apoyo a través de sus propias experiencias. Los facilitadores exitosos son buenos oyentes con un oído empático. Los grupos son confidenciales y de asistencia gratuita. Las reuniones semanales de 90 minutos, que actualmente se llevan a cabo en Zoom, brindan un lugar de apoyo para que las personas compartan sus experiencias, aprendan de los demás y sepan que no están solos.

¡Estás invitado! Compartiendo Esperanza el 9 de Mayo

Participa en este entrenamiento en persona con coordinadores de NAMI Clackamas y nuestra facilitadora quien compartirá temas importantes para el manejo de la salud mental en la familia en Español. Conoce sobre NAMI Clackamas, bienestar salud mental.



EN PERSONA

COMPARTIENDO ESPERANZA

SALUD MENTAL Y FAMILIAS

LUNES 9 DE MAYO | 12:00 - 1:30 PM | St Paul's United Methodist Church



NAMI Clackamas en Español | @ESNAMICLACKAMAS

