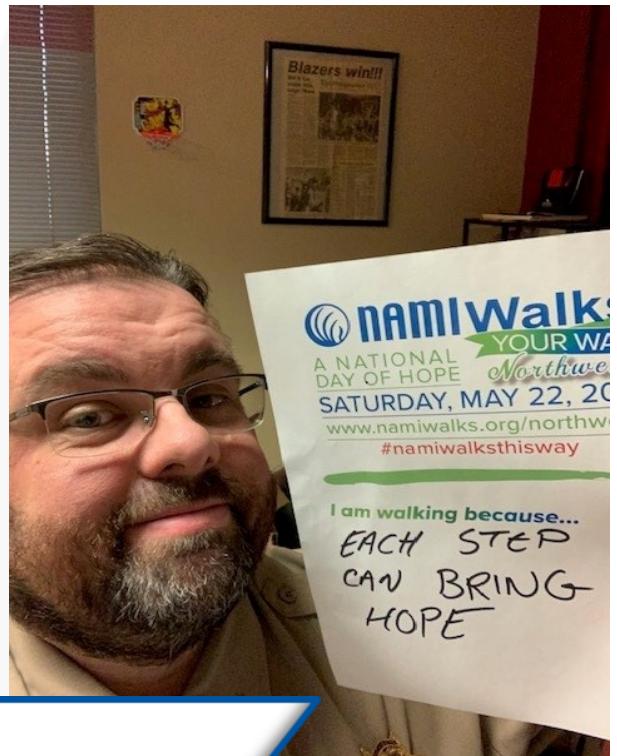


The Voice of Help and Hope



The Official Newsletter of



Volume 2021, No. 2
March/April

NAMI CLACKAMAS
10202 SE 32nd Ave, Ste. 501
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Pamplin Media Group

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

namiWalks
May 22nd 11am *YOUR WAY*

CALENDAR

- March 9th
Ask the Expert | 6:30pm
- March 21st
ETS for Families | Sun. 1-3 pm
- March 27th
ETS for Families | Sun. 1-3 pm
- March 31st
Chasing Chaos Ep 3 | 7:00pm
- April 1st—May 20th
Peer-to-Peer | Thur. 6-8pm
- April 11—May 16th
Basics | Sun. 2:30—4pm
- April 13th
Ask the Expert | 6:30pm
- April 28th
Chasing Chaos Ep 4 | 7:00pm
- May 1st—June 26th
Family-to-Family | Sat. 1:30—4pm No class May 29th
- May 22nd
NAMI Walk | 11:00am

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NAMI News

Program Leader Trainings

Free training for volunteer positions to teach NAMI classes and facilitate NAMI Support Groups.
April 22-24

Peer-to-Peer Teacher Training

Via Zoom video conferencing

Applications due by Friday April 2

Download the training [Application*](#) & [Schedule](#)

May 14-17

Connection Support Group Facilitator Training

Via Zoom video conferencing

Applications due by Friday April 23

Download the training [Application*](#) & [Schedule](#)

August 21 & 22

Family-to-Family Teacher Training

Via Zoom video conferencing

Applications due by Friday July 30

Download the training [Application*](#) & [Schedule](#)

These trainings prepare volunteers to lead NAMI programs.

* Applications require a letter of recommendation from the local affiliate. **Please send your application and request for recommendation to:** volunteercoor@namicc.org.

Typically, only those who have already been involved with a program as a participant will be considered eligible to become a program leader. Inquire by email: volunteercoor@namicc.org

Register For NAMI Clackamas Classes!



Ending the Silence

...for Families

ONLINE



A *free* 1-hour seminar taught by trained peer mentors with lived experience.



Peer-to-Peer

Thursdays, April 1—May 20
6:00-pm—8:00pm

A *free* 8-week course taught by trained peer mentors with lived experience.



Basics

National Alliance on Mental Illness

Sundays, April 11—May 16
2:30 pm - 4:00pm

A *free* 6-week course taught by trained family members who have been there.



Family-to-Family

National Alliance on Mental Illness

Saturdays, May 1—June 26
10:00am—2:30pm

*No class on 5-29

A *free* 8-week course taught by trained family members who have been there.

Register online at: www.tinyurl.com/namiclasses

Chasing Chaos - Coping with COVID

New Chasing Chaos Web Series Provides Fresh Insights to Manage Anxiety & Unemployment

Have you watched the first two episodes of this riveting mental well-being series? If not, you're missing out! In episode #1, screenwriter and author Courtenay Hameister opens up about anxiety, OCD, and how she and her partner have braved through the strange new world of COVID-19. It's a lively, insightful conversation.

Watch Episode 1: "Managing through Anxiety & the Lasting Effects of 2020"

[Facebook](#) | [YouTube](#) (<https://www.youtube.com/namiclackamas>)



For those looking for practical ways to manage through unemployment and the anxiety it can bring, check out episode #2 with Founder & CEO of JobJenny.com, Jenny Foss. Jenny shares insights and stories around a wide range of topics including grief management, tapping into your family's sense of humor as a coping mechanism, and five tips to think big about your future.

Watch Episode 2: "Traversing the Wild Ride of Unemployment"

[Facebook](#) | [YouTube](#) (<https://www.youtube.com/namiclackamas>)

Next Episode: "Surviving the Psychological Jungle" with reality TV star, Andrew Shayde. Watch and comment live on Facebook, March 31 at 7pm. Available to stream on April 1. See schedule at [namicc.org/chasingchaos](#).

We Need Your Support! Looking for a bold, new way to support the well-being of our community? Sponsor Chasing Chaos for \$1,000. Email GARY@NAMICC.ORG to learn more.

It's vibrant! It's robust! It's colorful and easy to navigate!

Come visit and explore our brand new website. You're sure to discover something you didn't know about and will wonder how you lived without! www.namicc.org

Stamp out Stigma.

DONATE NOW

IN THE NEWS...

Study Confirms Elevated Schizophrenia COVID Risk

A new study, published in *JAMA Psychiatry*, indicates that people with schizophrenia may have an elevated risk of dying from COVID-19—2.7 times higher than those without a psychiatric diagnosis. This finding is somewhat unsurprising given the link between schizophrenia and impaired lung function (among other physical health disparities).

People with severe mental illness have been known to be at a higher-risk of contracting COVID, often related to societal factors such as living in crowded housing.

While it is impossible to make causal links to biology, researchers from the study underscore the need for clinical professionals to prevent worsening disparities in patients with severe mental illness.

You can read more about the study [here](#).

NAMICCon 2021 Event Dates Announced!

NAMICCon 2020, our first virtual national convention, hosted more than 12,500 attendees with 37 countries represented. As we look ahead to 2021 with the promise of reconnecting and renewed possibilities, we are excited to once again present NAMICCon 2021 virtually July 27-28! Look for more event details and registration information to come soon.

If you are interested in viewing on-demand sessions and workshops from our 2020 event, visit [2020 Virtual NAMICCon](#) (<https://www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention>).

Hope to "see" you there!

ABOUT US

What is NAMI Clackamas?

NAMI Clackamas is a nonprofit, grassroots, 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.

Find Help.
Find Hope.
Find NAMI.

Volunteer Power!

Social Media Rockstars Needed!!

WE NEED YOUR HELP! As we gear up for our 2021 Friend and Fundraising, NAMI Clackamas seeks volunteers to help with our social media upkeep and upgrades! We are on Facebook, LinkedIn, Twitter, Instagram, Next Door, and Alignable. We have a newly designed and robust web page (www.namicc.org). **Your skills will help us promote current programs, fight stigma and discrimination, and reach new people - especially young people!**

Required Skills:

Familiarity with HTML - for our website (WIX) and electronic newsletter (Mail Chimp)
Working knowledge and experience with available and appropriate social media applications (currently Facebook, LinkedIn, Twitter, Instagram, Next Door, and Alignable)
Graphic design skills
Working knowledge of YouTube, Blogs, and Podcasts

2-5 hours weekly – remote

If this interests you and you would like to find out more about this opportunity, Apply [HERE](#).

Art Group Assistant Facilitator

Help our current facilitator manage the weekly Online Art Group, identify projects of interest, choose art supplies we can purchase for participants, and engage in friendly conversation with the group. Coordinate scheduling with the art facilitator and fill in as the lead facilitator as needed.

Location: Zoom

Skills and knowledge required:

Ideal volunteer would be personable, able to work in a team environment, and have an interest in supporting families, friends, and individuals affected by mental health issues. Some art or crafting experience is helpful but not necessary.

Must be familiar with and comfortable working on Zoom

Must be able to pass a background check.

Time required: Every Thursday from 2:00pm-3:00pm preferred. Minimum of two Thursdays per month.

Benefits: A great opportunity to engage individuals in the therapeutic power of art! Helps foster a greater sense of connection in our community, especially for those feeling isolated during the pandemic.

If this interests you and you would like to find out more about this opportunity, Apply [HERE](#).

To learn more about these positions, contact volunteercoor@namicc.org, or apply online at namicc.org/get-involved.

With Gratitude...

Between December 1, 2020 and January 31, 2021 NAMI Clackamas had **36 volunteers who gave 305 volunteer hours!** We are so grateful to our many existing and new dedicated volunteers that have helped us during this year of challenges and transition, by facilitating online groups, teaching online classes and giving online presentations, as well as those inputting data, helping with mailings, making calls and assembling packages for our Care Package grant, doing social media outreach, and assisting with our fundraising.

I would like to give special recognition to our **2020 volunteer award winners:**

Alex Smurthwaite - Volunteer of the Year Award, **Joe Bell** – Rising Star Award, and **Bonnie Roeder** – Lifetime Achievement Award.

Thank you to all of you that attended our virtual Volunteer Recognition Event in December. If you were unable to attend, it can be found on our Facebook page and on [YouTube](#). From the bottom of our hearts, thank you from the NAMI Clackamas staff and everyone who has benefited from the work you do. YOU'RE AMAZING and we are eternally grateful!! I look forward to working with all of you in 2021!

Ask the Expert | Oregon City

Tuesdays from 6:30-7:30pm

Register for Access: <https://tinyurl.com/TuesAskTheExpert>

Mar. 9

Naloxone Training: In one short hour, you can be ready to save a life!

Oregon saw a nearly 70% increase in the number of overdose deaths during April and May 2020 compared to the same time in 2019. The majority of those deaths were a result of an opioid overdose.

Naloxone is a medication designed to reverse opioid overdose by restoring normal respiration to a person whose breathing has slowed or stopped as a result. It can be administered by friends, family, or strangers. In one hour, you can be ready to save a life!

Join Abby and May as they will discuss risk factors for overdosing, explain what it looks like, and provide tools on how to respond. Each attendee will be provided naloxone if they wish (contact information will be required).

About the Presenters

May Yates is the Prevention and Policy Coordinator with Vibrant Future Coalition (VFC), a coalition primarily geared towards youth substance use prevention. May has seen how important it is to educate youth early on. May lives with her partner and German Shepherd in Portland and has found a new love for cooking and hiking.

Abigail Wells is the Prevention & Community Public Health Department Manager for Northwest Family Services. Abby has a passion for prevention science and for applying evidence-based strategies to address the root causes of substance abuse. In her free time, Abby loves reading, snowboarding, wakeboarding, and spending time with her two daughters.

Apr. 13 Psychiatric Advance Directives

A psychiatric advance directive (PADS), known in Oregon as a Declaration for Mental Health Treatment, legally acknowledges an individual's preference in mental health treatment. When a person is incapacitated, a PAD provides healthcare providers, families, and emergency personnel with a detailed account of an individual's mental health care (e.g., medication, support network, and the name of an individual to make treatment decisions). Having a completed PAD has numerous benefits. For example, when sharing a PAD with emergency services, a person may be given proper care while preventing any involuntary treatment.

Please join Cathy Bankson and Sherrie Goff in helping us understand Mental Health Advance Directives in order to ensure your autonomy, so that you may get the right care in all situations.

About the Presenters

Sherrie Goff is an attorney licensed in Oregon and Washington with a background in Elder Law, Estate Planning and Business Law and personal experience dealing with mental health. A certified peer to peer teacher with four daughters, she enjoys hiking, cooking, reading and traveling in her spare time.

Cathy Bankson is an avid educator recently retired from university work. She's also a peer who serves on the NAMI Clackamas Board of Directors and enjoys teaching free classes to peers, their families and friends. Cathy has 3 children and 5 grandchildren and enjoys hiking, playing the piano and ukulele.

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/MolallaFSG>

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>

NAMI CLACKAMAS LEADERSHIP TEAM

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- Judy Steele
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- Pamela Blackwell
VP Support & Education
- Nathan Trimpler
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- Lee Eby
- Monica Ford
- Cathy Bankson
- Eric Blumenthal
- La'Verne Adams
- Sherry Hall

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- Chris Ommert
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- Casey Curry
AmeriCorps/Health 360 Program

Staff

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- Currently Open
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- Gisela Foster
Latinx Outreach Coordinator
- Sheri Mascorro
Volunteer Coordinator
- Sarah Kimes
Mental Health Awareness Training Coordinator

A Time for Families

"A Time for Families" is a weekly phone and video call to talk with parents and family members about mental health and addiction services for children and young people.

The link—which was created by OHA Child and Family Behavioral Health—is an opportunity to ask questions and share concerns about mental health and addiction services for children and young people, and to suggest ways that OHA can provide timely services for youth, young adults, and their families.

The call will be hosted by Chelsea Holcomb, the Director of Child and Family Behavioral Health, and Frances Purdy, the Family Partnership Specialist, and will include representatives from OHA Ombuds Program and the Parent/Family Help Line who can follow up on specific and immediate concerns.

If you are interested, "A Time for Families" takes place every Thursday from 12:00-1:00pm and runs until the end of June. You can find more information about the program [here](https://www.oregon.gov/oha/HSD/BH-Child-Family/Pages/Families.aspx) (<https://www.oregon.gov/oha/HSD/BH-Child-Family/Pages/Families.aspx>) . You also can join by computer by [clicking here](#) or join by phone at 1-669-254-5252—the meeting ID is 160 468 5229, and the passcode is 861837.

My child is floundering! We need HELP!!!

Social distancing, school closures, and the resulting isolation has been devastating to our youth. Trying to navigate the curriculum and learning experience at home and online has proven difficult for most and insurmountable for many – child and parent alike. As a result, the signs of mental health issues and the risks of suicide are rapidly increasing.

NAMI's unique '[Ending the Silence](#)' is a free one hour presentation typically offered to Middle and High school aged youth in their classrooms and after school clubs. Now online, this presentation discusses signs of mental health conditions, coping skills and includes shared experiences by our trained presenters! To find out how to offer an Ending the Silence presentation at your school or club or attend one open to the public, please contact mentalhealthtraining@namicc.org.

Fundraising Through Facebook.

According to a survey conducted in May 2020 by the [Association of Fundraising Professionals](#), more than half of nonprofit fundraisers expect to see fundraising revenue decline in 2020 and 2021 as a result of the COVID-19 pandemic. Once again, we're not alone.

[You can help!](#) Like it or not, Facebook has proven to be an effective platform for fundraising.

Mixed in with all the "cuteness" are several individual fundraisers posted by Facebook users. It's easy and it works! Want to know how? We've posted links, tips, and simple steps on our web page here: (<https://www.namicc.org/facebookfundraisers>).

Your support makes peer support possible.



From Your Director

Once more I sit here just wondering what to write. There are so many good topics. Messages of hope, information about resources, thankfulness that the recent snow and ice storms have passed. I could promote all the wonderful things that NAMI Clackamas has done and continues to do. I could recognize all our amazing volunteers and the donors who make NAMI's lifesaving work possible. Or I could reflect on current events that have left our country exhausted and divided. But instead, I am going to be vulnerable in hopes that you will find a bit of your story in mine and not feel so alone.

Most people will describe me a strong woman. Not because of anything I did to deserve this, but because of naturally obtained characteristics, including my solid mental health through thick and thin. I do not like asking for help and have not usually had to go beyond family to get any help that I needed. I am the one others come to for support. That's why I am the affiliate Executive Director, right?

But the last six months have been different. Not only has the pandemic kept me from doing so many things I love to do, but my family has faced a mountain of difficulties over the past six months. My job, which I love, often seems overwhelming, never being able to really catch up or meet all the needs of everyone who comes to us for support and resources. It has taken its toll on me. I have had to fight the self-stigma that surrounds reaching out for mental health support. I can preach it, but when it comes to me, it is harder to live. But I could no longer just live with the symptoms of my stress. Or is it anxiety? Depression? Something else? I do not know; my journey has just begun. And in reality, does it matter what it is called or if I ever have a diagnosis? Maybe, maybe not.

What does matter is that I have reached out for help. What does matter is that I know my NAMI family is here to support me. What does matter is that we join together to erase the stigma and discrimination faced by others who are not as lucky as me. Others whose employers or family may not understand. Others who need resources that are not available to them. What does matter is that we work together to erase the stigma and discrimination and increase access to care so that everyone can confidently reach out and receive the support and services they need to thrive. Thank you for being there for me.

The ACA Marketplace Is Open Again for Insurance Sign-Ups.

The sign-up window will be open for three months, from Monday through May 15. Uninsured residents of any of the [36 states that use the federal healthcare.gov platform](#) can look for plans during that time and enroll. The enrollment window is open to anyone who is uninsured and would normally be eligible to buy coverage on the exchange (people who are serving prison or jail terms and those who are in the country without legal permission aren't allowed to enroll). People with incomes up to 400% of the [federal poverty level](#) (about \$51,500 for one person or \$106,000 for a family of four) are eligible for premium tax credits that may substantially reduce their costs. For more information, go [here](#) (<https://healthcare.oregon.gov/>)

Do your shopping with AmazonSmile and choose NAMI Clackamas as your charitable organization of choice. Amazon will donate 0.5% of the price of eligible purchases at no cost to you!

amazon smile
YOU SHOP. AMAZON GIVES.



**Become a Member
Register Online**

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

CONTACT US

📞 (503) 344-5050

✉️ info@namicc.org

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Milwaukie, OR 97222

FACEBOOK facebook.com/NamiClackamas

TWITTER [@NamiClackamas](https://twitter.com/NamiClackamas)

*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.



En español

Gisela Foster

Sobre la inscripción al plan de salud ACA Marketplace

La ventana de inscripción estará abierta durante tres meses, desde lunes a 15 de mayo. Residentes no asegurados de cualquiera de los 36 estados que utilizan el healthcare.gov federal plataforma puede buscar planes durante ese tiempo e inscribirse.

La ventana de inscripción esta abierta a cualquier persona que no está asegurado(a) y normalmente sería elegible para comprar cobertura en el intercambio (personas que están cumpliendo penas de prisión o cárcel y los que están en el país sin permiso legal no se les permite inscribirse).

Las personas con ingresos hasta 400% del nivel federal de pobreza (alrededor de \$51,500 para una persona o \$106,000 para un familia de cuatro) son elegibles para créditos tributarios de prima que pueden reducir sustancialmente su Costos. Para obtener más información, vaya aquí (<https://healthcare.oregon.gov/>).



La Autoridad de Salud de Oregón apoya a las comunidades diversas debido a Covid -19

Milwaukie, OR - La Autoridad de Salud de Oregón está brindando un gran apoyo a muchas comunidades en el estado de Oregón con fondos disponibles para apoyar los servicios brindados a grupos de apoyo de recuperación para abordar las necesidades de salud que se han incrementado debido a los efectos producidos por el aislamiento causado por la actual crisis sanitaria.

El fuerte apoyo de esta agencia estatal está ayudando a cientos de familias en Clackamas y los condados circundantes. La Autoridad de Salud de Oregón está proporcionando toda la información relacionada con el covid-19 en muchas regiones, lo que brinda a las agencias sin fines de lucro la oportunidad de acercarse a las comunidades en áreas rurales donde muchos residentes se ven afectados por el virus.

Estos fondos están disponibles a través de la Ayuda, Alivio y Seguridad Económica para el Coronavirus (CARES) que se utilizan para responder directamente a la crisis del COVID-19. La agencia está desarrollando estrategias para reducir las desigualdades en el acceso a los recursos de atención médica con énfasis en comunidades tribales, multiculturales y diversas, veteranos / miembros del servicio militar y / o adultos mayores.