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A grassroots organization dedicated to improving the quality of life for everyone impacted by mental health issues through
SUPPORT + EDUCATION + ADVOCACY

May is Mental Health Month



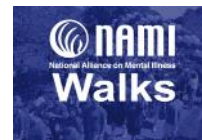
Each year, millions of Americans face the reality of living with a mental health condition.

1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and/or family. Take action today to help others as we support, educate, and advocate for mental health for everyone.

Throughout May, NAMI and participants across the country are raising awareness for the importance of mental health. Each year we fight stigma, provide support, educate the public, and advocate for equal

care. Every year, the movement grows stronger.

Help us spread the word through the many awareness, support, and advocacy activities and by showing you're [#IntoMentalHealth](#). Click on any of the icons below, or call the NAMI Clackamas office, to find out how you can be involved in Mental Health Awareness Month and make a difference in your community.



Calendar

May 5
Art Show at First Friday Milwaukie
May 21
NAMIWalks Northwest
June 3
Compassion Health Clinic
June 24-25
Family Support Group Facilitator Training
August 18-20
Family-to-Family Teacher Training

Volunteering...Good For You!

When you volunteer to help others, you're helping yourself as well. Volunteering is good for your heart and mind, and now there's plenty of research to prove it.

A recent study published in the journal [BMJ Open](#) revealed that people who volunteered reported being happier. Volunteering may "provide a sense of purpose", the researchers wrote in the study. It also helps maintain social networks that are critical as people age.

Volunteering can be a mental pick-me-up, too. When we feel empathy, or act generously, it can increase levels of oxytocin in the brain. Oxytocin, a hormone associated with trust and feelings of closeness (also known as the "hug hormone"), may reduce stress and increase feelings of calm.

You may want to consider getting involved in a local charitable organization or make it a plan to volunteer on a regular basis. If it's overwhelming at first, start small. Commit to volunteering at one event to see how it feels.

When we feel empathy, or act generously, it can increase levels of oxytocin in the brain.

Here are a few ideas to get you started:

- Help those living in shelters by prepping and serving meals.
- Provide transportation services to adults

Contact Us

NAMI Clackamas County
10202 SE 32nd Ave.,
Ste 501
Milwaukie, OR 97222
503-344-5050
info@namicc.org
www.namicc.org

NAMI Clackamas Leadership Team

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Gary Marschke

Volunteer and Latino Outreach Coordinator:

Open

Peer Resource Specialist:

Angie Gallagher

Community Events



Come see our art display May 5th in front of Key Bank, 10888 SE Main St (at Monroe), in downtown Milwaukie! Your support makes our work possible and our offerings available to those in need...at no cost!

Every first Friday of the month, May through October, the downtown Milwaukie community comes together to celebrate First Friday Milwaukie. Food trucks, muralists, a brewery, live music, and local vendors come together for the monthly celebration in downtown Milwaukie. Discover the spirit of Milwaukie by joining our city's largest block party!



Free microchipping, rabies vaccinations offered May 27

At Clackamas County Dog Services' monthly vet clinics, dog owners can get free microchipping for their dogs with proof of a Clackamas County dog license. Free rabies vaccinations are also available to people who purchase or renew their county dog license on the day of the clinic.

Vet clinics are held from 9 to 11 a.m. on the fourth Saturday of every month at the county dog shelter, 13141 SE Highway 212, in Clackamas. Everyone is welcome and no advance appointments are needed. The mobile clinics, run through a partnership with Good Neighbor Vet, also offer other limited veterinary services.

NAMI Leadership TRAININGS

These free trainings prepare volunteers to lead NAMI programs ♥ To register for trainings contact NAMI-Clackamas at 503-344-5050



June 24 & 25, 2017

Family Support Group Facilitator Training

Providence Willamette Falls Medical Center

1500 Division St.

Oregon City, OR 97045

Applications due by Friday, June 9

Download the **Family Support Group** teacher training [Application](#) and [Schedule For the Day](#)



August 18-20, 2017

Family-to-Family Teacher Training

Providence Willamette Falls Medical Center

1500 Division St.

Oregon City, OR 97045

Applications due by Friday, August 4

Download the **Family-to-Family** teacher training [Application](#) and [Schedule For the Day](#)



It's not too late! Join us for the 15th annual NAMIWalks Northwest event! The largest mental health event in Oregon and Southwest Washington will be held on Sunday, May 21, at the Eastbank Esplanade in Portland, near SE Water and SE Main. Your support keeps NAMI programs and services free of charge for those who use them.

Can't physically do the walk? Join our

virtual team at <http://www.namiwalks.org/team/namicc> or create your own team. Then come for music, food, and camaraderie, or stay home and sleep in, knowing you have done your part to end the stigma and discrimination faced by millions of people with mental health concerns!

Check-in begins at 12 p.m. and the walk starts at 1 p.m. Sign up now at: www.namiwalks.org/northwest.

More NAMI Clackamas Family and Peer Support Meetings

In Molalla:

1st Monday of each month,
6:30 p.m. to 8 p.m.

For people with a mental
illness and those who love
them.

Molalla Christian Church,
3rd and Berkley St.,
Molalla, OR 97038

In Sandy:

3rd Saturday of each month
9 a.m. to 10:30 a.m.

For persons with a mental
illness and those who love
them.

Immanuel Lutheran Church
39901 Pleasant Street,
Sandy, OR 97055

Suicide Bereavement Support

Compassionate support for
adults after a suicide death.

2nd & 4th Sundays
2 p.m. to 4 p.m.

NAMI Clackamas:
10202 SE 32nd Ave., Ste 501,
Milwaukie, OR 97222

For additional information and directions

please contact the NAMI
Clackamas office at
(503) 344-5050 or
info@namicc.org

For a complete Calendar of
Events, go to
www.namicc.org/calendar



STAND UP

for Mental Health Care Coverage

NAMI CLACKAMAS MONTHLY SUPPORT MEETINGS

Please note new location starting in June

2nd Tuesday of each month.

6 p.m. dinner (\$3 suggested donation) ■ 6:30 p.m. program ■ 7:30 p.m. support groups
~ Come for all or any portion of the meeting ~

May 9, 2017

6:00-9:00 p.m.
Faith on Hill Church
3615 SE Hill Rd
Milwaukie, OR 97267



Presenter: Amy Henderson, MS
Founder/Executive Director,
The Geezer Gallery

Art...Therapy For What Ails You.

Discover new and innovative ways to use art
to enhance your life and those around you!

Compelling research suggests that active participation in the arts and learning promotes physical health and enhances a sense of well-being, especially among older Americans. Art improves quality of life for those who are ill, and reduces the risk factors that lead to the need for long-term care.

Amy Henderson is the founder and Executive Director of [The Geezer Gallery](http://TheGeezerGallery.com), a Portland-based, non-profit organization showcasing master artists 60 years and older and providing professional arts and therapeutic art programs primarily for low-income seniors. She is also the Lead Gerontologist for the newly launched Age Wise Institute (2016) at the National College of Natural Medicine. The Age Wise Institute seeks to promote healthy aging through community-based programs, education, and research.

Come join us and learn how art makes a difference in the lives of so many who face the mental health challenges that accompany the aging process.

June 13, 2017

6:00-9:00 p.m.
Oregon City Evangelical Church
1024 Linn Ave
Oregon City, OR 97045



In June, NAMI Clackamas welcomes the Peer Support staff from the [Mental Health Association of Oregon \(MHAO\)](http://MentalHealthAssociationofOregon.org) who will be presenting information on EVOLVE Peer Delivered Services, a program of MHAO.

The EVOLVE program works on the premises that:

- Recovery is a choice
- Recovery is unique to the individual
- Recovery is a journey, not a destination
- Focusing on strengths allows a person to recognize their potential and to make new choices
- Self-directed recovery is possible for everyone, with or without professional help (including the help of peer specialists or peer providers)
- Healing and growing are natural

With a belief in the individual as the expert and the director of their own path, EVOLVE offers an array of peer support options for individuals seeking something different.

MHAO's EVOLVE program is free to participants who reside in Clackamas County and live with a mental health or addiction concern.

EVOLVE staff will share information on the variety of EVOLVE programs, how they provide support to individuals, and how referrals can be made.

NAMI Monthly Peer and Family Support Group Has New Location

While we appreciate very deeply the opportunity to hold our groups there since late 2013, our second-Tuesday monthly Peer and Family Support Group can no longer meet at Faith on Hill. Brenda Heinsoo heard of our dilemma and went into action. Brenda has obtained permission for us to use her church for the monthly group.

[Oregon City Evangelical Church](http://OregonCityEvangelicalChurch.org), located at 1024 Linn Ave., Oregon City, Oregon 97045, is in a convenient location for many of our attendees, is on a bus route, and has good access for people with disabilities. With a great commercial kitchen and rooms that are well suited for our larger informational sessions, as well as our breakout support groups, we couldn't ask for a better venue.

We look forward to seeing you at our new location starting June 13, 2017!

"How beautiful a day can be when kindness touches it!"
~ George Elliston



Save The Date!

Masquerade Ball

Saturday, September 9, 2017

DoubleTree by Hilton Portland

Open Minds Art Studio

Work on a personal activity or a group project. Socialize and connect with others.

Beading, stamping, journals, painting, doodling, drawing, mosaics and more. Materials provided or bring your own.

FREE DROP-IN EVERY THURSDAY,

1:30 p.m. to 4 p.m.

Meets at NAMI

Clackamas County

office

10202 SE 32nd Ave,

Suite 501, Milwaukie



Como Encontrar El Proveedor Adecuado Para Ti

La competencia cultural en los servicios del cuidado de la salud mental

La cultura, las creencias, normas y valores personales, y el idioma son clave en todos los aspectos de nuestras vidas, incluyendo nuestra salud mental. La competencia cultural es la habilidad que tiene un médico para reconocer y entender el papel que tiene la cultura (la tuya y la de él) en el tratamiento, y como adaptarlo adecuadamente para ayudarte de la mejor manera. Desafortunadamente, los estudios demuestran que hay falta de competencia cultural en el campo de la psiquiátrica, que resulta en diagnósticos erróneos y el tratamiento inadecuado. Esto causa que los latinos y otras comunidades minoritarias tiendan a recibir cuidado de baja calidad.

Sin embargo, tu puedes mejorar tus posibilidades en recibir atención por un profesional de la salud que sea sensible a las diferencias culturales.

Aunque nosotros recomendamos que vayas directamente a un profesional de la salud mental, ya que esta es su especialidad, si no te sientes cómodo, tu médico general es un buen sitio en donde empezar. Tu doctor puede comenzar con tu evaluación o ayudarte a conseguir un referido para consultar un profesional de la salud mental.

Lamentablemente, aunque tal vez preferías encontrar un profesional de la salud mental latino, esto puede ser difícil o no posible porque el porcentaje de proveedores latinos es bien pequeño. Por suerte, la exigencia para que los profesionales aprendan cómo tratar a personas de comunidades diversas es cada vez más grande. Sin embargo, muchos proveedores todavía no tienen competencia cultural y no saben cómo efectivamente ayudar y atender a los latinos de modo eficaz.

Cuando te reúnas con tu proveedor, no tengas miedo de hacerle preguntas para saber su nivel de sensibilidad cultural. No te sientas mal o avergonzado haciendo preguntas. Los proveedores esperan y agradecen preguntas de sus pacientes, ya que estas los ayudan a mejor entender y saber que es importante para ti. Tus preguntas le dan al médico y al equipo de cuidado de la salud más información sobre ti y las inquietudes importantes que tienes en respecto a la atención médica.

Estas son algunas preguntas que le puedes hacer:

- ¿Ha tratado a otros latinos?
- ¿Ha recibido capacitación en la competencia cultural o en el cuidado de la salud mental de los latinos?
- ¿Cómo cree que nuestros entornos culturales influyen nuestra comunicación y en mi tratamiento?
- ¿Cómo planea integrar mis creencias y prácticas en mi tratamiento?

Un proveedor que comprende tu cultura y tus necesidades va a conocer información cultural específica y relevante. Por ejemplo: puede ser que describas lo que sientes con frases utilizadas comúnmente en la comunidad latina como "me duele el corazón". Esto es una expresión de angustia emocional, no una señal de dolor en el pecho. Un médico sensible a diferencias culturales va a saber de esto, y no asumirá que estás hablando literalmente de un dolor del pecho.

Tu proveedor de salud mental tendrá un papel importante en tu tratamiento, por esta razón es importante que estés seguro que puedes trabajar y comunicarte bien con esa persona. Mencionalas tus creencias, valores y

(Continúa en la página 6)

Sus donaciones permiten a las personas y familias necesitadas obtener la ayuda que merecen.

¡Gracias!

Done ahora!

**No
estas
solo**

NAMI Clackamas Board Meetings

When:

First Wednesday of each month,
1 p.m. to 3 p.m.

Where:

TBD—Please call the office

Board meetings are open to NAMI members or other interested parties.

You are welcome to come join us for the next board meeting.

June 7, 2017

July 5, 2017



Volunteering is Good cont.

(Continued from page 1)

aged 60 and older who are unable to drive.

- Read to kids at a local school.
- Assist aspiring college students or mentor those new to the workforce.
- Help out at a local animal shelter.
- Volunteer for NAMI Clackamas! (we added this one!) And **sign up** now!

Courtesy Providence Health Plans

NAMI Clackamas Volunteer Opportunities

If you have some free time and would like to make a difference, please call the NAMI Clackamas office at 503-344-5050 for more information.

Event Volunteer or Intern

Whether you want to help out with one-shot activities or like to see a project through from start to finish, NAMI Clackamas Event Volunteer may be just the job for you. Assist us with special events like our annual Party for a Purpose Gala, movie screenings, art shows, or other events. A large variety of jobs and time commitments are available and skills needed. Your participation can make the difference between a good event and a wildly successful one!

NAMI Clackamas Street Team

People do not hear about NAMI until they need us. That means we need to be constantly putting information, flyers, and posters up throughout the county. Help us keep our community informed about classes and events by posting NAMI materials in your neighborhood. Many people in the tri-county area have not heard of our services, and we want to make sure that (1) people know about what we do, and (2) we increase awareness about mental health among the public. This opportunity can fit whatever your availability may be.

NAMI Clackamas Social Media Promoter

Do you spend time on Facebook or Instagram? Do you regularly share or comment on things on social media sites? Then becoming a NAMI Clackamas Social Media Promoter may be the perfect way for you to make a difference in your online community. We will contact you when we have posted something and all you need to do is like, comment, or share it on your own social media sites. A few minutes of your time may help someone find the resources they need or break the stigma someone has about mental health issues.

Family Support Group Facilitator

Although NAMI Clackamas has terrific Family Support Group Facilitators, often, after a period of time, they need to move on to other things. Having people to take their place is imperative if we are going to continue to provide the support families need when they love or care for someone with a mental health issue. Training will be provided by NAMI Oregon on June 24th and 25th. Currently our Milwaukie/Oregon City, Sandy, and Molalla groups all need additional facilitators. All of these groups meet monthly.



Your Story Matters.

The federal budget process is under way and **programs critical to people with mental health conditions are already under threat**, including:

- Housing
- Community mental health services and supports
- Crisis services
- ACT (Assertive Community Treatment) Teams
- First episode psychosis programs
- CIT (Crisis Intervention Teams)
- Mental health courts
- Jail diversion
- Re-entry programs
- VA mental health services and supports
- Research

Take the survey and share how a program helped you or someone you care about. Your story will help NAMI fight for funding for life-changing and life-saving programs.





Welcome!

Do You NAMI Clackamas?



We can only fit so much into a newsletter, but we share the latest updates and events on [Facebook](#) frequently.

Do You NAMI Clackamas?



Timely alerts, events, and information. Follow us: @NAMIClackamas



"I think this is what we all want to hear: that we are not alone in hitting the bottom, and that it is possible to come out of that place courageous, beautiful, and strong."
~ Anna White



NAMI Clackamas Board of Directors elects New Board President



Retired as Presiding Judge of Clackamas County, Judge Selander has been instrumental in bringing Mental Health Court to Clackamas County, the first such court in Oregon. A longtime resident of Lake Oswego and proud graduate of the Willamette University College of Law, he is currently Adjunct Professor at George Fox University and principal of Selander Mediation. And just last year, he walked the fabled [Camino de Santiago](#) and found it "inspiring and transformative!" Honored to have you...your Honor!

NAMI Clackamas welcomes new Outreach & Development Coordinator

The Ides of March brought NAMI Clackamas good news in the form of new Outreach & Development Coordinator, Gary Marschke. Fresh from Multnomah County Office of Community Involvement and previously Volunteers of America, Gary has extensive experience with non-profit fund- and friend-raising, as well as community organizing and outreach. An Encore Career professional, Gary brings decades of private sector experience and unique perspective along with the empathy that comes from family mental health challenges.

Welcome Gary at gary@namicc.org or 503-344-5050.



Como Encontrar El Proveedor cont.

(Continúa de la página 4)

características culturales. Busca o Trata de estar seguro que tu proveedor las entiende para que puedan ser incluidas en tu tratamiento. Por ejemplo, menciona si es impórtate para ti que tu familia participe en tu tratamiento.

Si tu situación económica no te permite buscar ayuda, ponte en contacto con tu clínica local médica o de salud mental, o con tu gobierno local para saber a cuáles servicios o ayuda cualificas. Puedes encontrar la información de contacto en el Internet, en www.findtreatment.samhsa.gov, o llamando a al número de teléfono de la Línea nacional de ayuda, 800-662-HELP (4357). Si no tienes papeles, comunícate con tus organizaciones latinas locales; estas pueden brindarte ayuda o referirte a una organización que pueda.

Ver más en: <https://www.nami.org/Find-Support/Diverse-Communities/Latino-Mental-Health/La-salud-mental-en-la-comunidad-latina#sthash.ETdKbH4V.dpuf>

More Community Events



Saturday June 3, 2017
One-Day Health Clinic
8:00am - 3:00pm

Oregon City Church of the Nazarene
716 Taylor St.
Oregon City, OR 97045

Join NAMI Clackamas at this community event where you'll find free medical and dental services provided along with Vision, Hearing, Chiropractic and Foot Care, as well as Hope 360 Pregnancy Clinic and a variety of family resources available. There will also be a **free lunch** provided by Olive Garden.

Childcare will be provided. Se habla español.

Weekly Support Groups for Peers

At NAMI Clackamas Office:

Friday Goodness Group

An upbeat group focusing on positive experiences and goals.

Fridays 1:30 p.m. to 3 p.m.

Women's First Friday Chat

An informal, confidential discussion of women's issues and concerns, including physical and mental health, family, relationships, and more.

First Fridays 3:15 to 4:15 p.m.



Free, peer-led support group for adults living with mental illness. Gain insight from hearing the challenges and successes of others.

Wednesdays at 2 p.m. to 3:30 p.m.
Kaiser Brookside Center, Sanctuary 1
10180 SE Sunnyside Rd, Clackamas, OR 97015

Sundays at 6 p.m. to 7:30 p.m.
Kaiser Brookside Center, Sanctuary 1
10180 SE Sunnyside Rd, Clackamas, OR 97015

What is NAMI Clackamas?

NAMI Clackamas is a non-profit, grassroots, self-help organization providing education, support, and advocacy for individuals with mental illnesses, their friends and loved ones, as well as training, information, and resources for professionals, schools, and the general public.

Also known as brain disorders, these illnesses include: bipolar disorder, depression, anxiety disorders, obsessive compulsive disorder, schizophrenia and schizoaffective disorder, borderline personality disorder (BPD), post traumatic stress disorder (PTSD), and traumatic brain injury (TBI).

NAMI Clackamas provides:

- A place for socializing, friendship, and networking.
- Self-help and support for people with mental illness and their families.
- Educational classes for people who love someone with a mental illness.
- Information to communities regarding mental illnesses, available services, and services needed.
- Advocacy for, encouragement and acceptance of, people with mental illness living in the community.
- Format for educating public officials and legislators about the needs of families affected by mental illness.
- Newsletters:
 - NAMI
 - NAMI Oregon
 - NAMI Clackamas



NAMI Clackamas County Membership Application

Includes membership in local, state and national NAMI groups—and newsletters from all three!

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

I have enclosed annual dues of \$35 \$ _____

OR Open Door membership of \$3 for those of limited means \$ _____

I have enclosed a donation \$ _____

Donation in memory or honor of _____ \$ _____

TOTAL \$ _____

- ☐ Please contact me about Volunteer opportunities
- ☐ I wish to receive the NAMI-CC newsletter in hardcopy in the mail rather than via e-mail
- ☐ I have enclosed a matching gift form from my employer

Make checks payable to: NAMI Clackamas

[JOIN ONLINE](#)

Resources

Office of Consumer Activities Peer Leadership Network

Keeping peers, consumers, Oregonians, and organizations connected, informed, inspired, and supported.

The Peer Leadership Network (PLN) is made up of peers (individuals in addictions or mental health recovery and the parents of qualifying youth) who have taken on, or aspire to take on, peer leadership roles within peer-run programs, on boards, with committees, or work within addictions, mental health, or family treatment programs. The PLN is composed of regional networks that comprise a statewide peer network.

If you're a PSS, PWS, CRM, advocate, and/or volunteer, join PLN!

Regional meetings & monthly conference calls are happening now.

For more information contact: Libbie Rascon PSS, PRSS



Thanks to Our NAMIWalk Sponsors!



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Psychological



Oldcastle Precast®

Old Castle Precast

NAMI Clackamas County
10202 SE 32nd Ave., Ste 501
Milwaukie, OR 97222
503-344-5050

"There are two kinds of gratitude: The sudden kind we feel for what we receive, and the larger kind we feel for what we give."
~ Edward Arlington Robinson

From Your Director:

The NAMI Octopus

I was privileged recently to spend a week scuba diving in Mexico. What a wonderful experience, complemented by amazing people and food! (Yes, we ate at roadside stands and restaurants where we were the only white people there. Everyone should try it!)

While night diving, I had the opportunity to watch and film an octopus. I quickly became entranced, and octopi have become one of my favorite animals.

Like NAMI friends, family, donors, and volunteers, octopi are very smart. Also like our NAMI family, they have an ability to be quick-change artists. It was phenomenal to watch my new friend change shape, color, and texture within seconds.

Our people often have to change quickly from parent, sibling, child, or friend, to volunteer or advocate, community member, employee or employer. We must quickly decide if we are going to wear our mental health colors and share our stories in a given situation, or if it is a time when we are better served to hold back and be "normal."

And like the extraordinary octopus suckers that are similar in softness to jellyfish, NAMI friends and family have amazing strength but also gentleness and flexibility. They will move heaven and earth to get things done for NAMI, for their loved ones, or for their own recovery. They grasp hope and won't let anyone pry it from their fingers. And they also show love and empathy beyond measure.



May is Mental Health Month, and mental health could not be better represented by those who are associated with NAMI—our remarkable NAMI Clackamas Octopi in all their glorious shapes, colors, and textures. It is my privilege to be among you!

Michele Veenker

ADDRESS SERVICE REQUESTED

Language Matters!

Choose person-centered, non-judgmental words.
It only takes one person to make a difference.
Lead by example. Be that person.

Consider Saying... Instead of...

Mental health condition	Brain disorder or brain disease
Mental health	Mental illness
My daughter has bipolar disorder	My daughter is bipolar
Person with a mental health condition	Consumer, client, or patient
Lives with, has, or experiences	Suffers from, afflicted with, or mentally ill
Took their own life	Committed suicide