

Inside This Issue

2019 NAMI Walk	1
They, Them Their	1
Volunteer Power!	2
Family and Peer Support Meetings	3
How I Recognize My Mania	4
El, Ella, Ellos	5
Program Leader Trainings	6
What Is NAMI Clackamas?	6
Membership Form	7
Resources	7
From Your Director	8

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

2019 NAMI Walks Coming May 19th!

Join us for the 17th annual [NAMI Walks Northwest](#) event, presented by [Providence Health & Services](#)! We're excited to invite you to participate and make a statement that mental health matters, and that no one should be ashamed to ask for help. Whether you volunteer, raise funds, lead a team, or simply meander along the Esplanade and across the bridges, your support helps us fight for mental health parity, housing, access to treatment, and dignity for all. Want to help plan or sponsor the event? Please contact Gary Marschke at 503-344-5050 or gary@namicc.org.



Thank you in advance for joining us to make an impact! For a complete event information and registration, [click here](#).

2019 Calendar

Saturday, March 2nd
Compartiendo Esperanza
St. Patrick's Church Canby
Saturday, March 2nd
In Our Own Voice
Meridian Church
Wilsonville
Friday, March 22nd
IOOV Presenter Training
applications due
Saturday, April 6th
IOOV Presenter Training
Sunday May 19th
2019 NAMI Walk
[Registration NOW OPEN!](#)
June 19-22—in Seattle!
NAMI National Convention
[Registration NOW OPEN!](#)

They, Them, Their: Navigating Gender and Language

by Alex Smurthwaite

When trying to navigate gendered language, it is important to understand two distinct terms: biological sex and gender. Biological sex (also called sex at birth or just sex) is determined by the genitalia that a person is born with. Gender, on the other hand, is a socially constructed concept. Gender refers to the way that we identify ourselves.



Despite this distinction between sex and gender, our society largely holds that gender and sex are the same thing. As a result, many in society only acknowledge two genders: female and male. This idea is known as the gender binary.

On its face, the gender binary is not a bad

thing. It simplifies a complex topic—gender—and allows us to create social norms. These norms influence everything from the clothes we buy to the public restrooms we use, and they allow us to interact with each other more easily.

The problem with the gender binary, however, is that not everyone who is assigned male or female at birth identifies as their biological sex. When a person's biological sex does not align with their gender, they are transgender.

Transgender is an umbrella term that includes numerous gender identities. A person who is assigned male at birth but identifies as female would be a transwoman, while a transman would be assigned female at birth but identify as a man.

If a person does not identify as either male or female, that person would have a non-binary gender and may identify themselves as [non-binary](#) or [genderqueer](#).

(Continued on page 6)

Find Help.
Find Hope.
Find NAMI.

Contact Us

NAMI Clackamas
10202 SE 32nd Ave.,
Bldg 500 Suite 501
Milwaukie, OR 97222
503-344-5050
info@namicc.org
www.namicc.org

NAMI Clackamas Leadership Team

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Peer Resource Coordinator:

Angie Gallagher

Latino Outreach Coordinator:

Gisela Foster

Volunteer Coordinator:

America Barraza

Mental Health Awareness

Coordinator:

Sierra Blair

Volunteer Power!

If you have some free time and would like to make a difference, please call 503-344-5050 or email volunteercoor@namicc.org for more information.

NAMIWalks Team Captain, Walker or Day of Volunteer

NAMIWalks is one of the two major fundraisers NAMI Clackamas does in order to keep all of our vital services and programs free to anyone who needs them. Participating in NAMIWalks is a fun way to help as well as a great way to involve friends, family, neighbors, colleagues and others in your community in the effort to eliminate the stigma of mental illness. Oregon NAMIWalks happens on May 19th at the Eastbank Esplanade.



In Our Own Voice (IOOV) Coordinator

Identifies and confirms locations and points of contact for presentations. Emails IOOV Moderator and Presenters, then coordinates to ensure Moderators and Presenters are prepared. Majority of the work can be done remotely and commitment fluctuates according to presentations scheduled.

In Our Own Voice (IOOV) Speakers

Training will be provided by NAMI Oregon. Two people who live with a mental health issue tell their story, alternating with a DVD. These are given to Family-to-Family classes, Crisis Intervention Trainings and to other groups as requested. Stipend Eligible* (\$30/presentation). Applications Due March 22.

Ending the Silence (ETS) Lead Presenter

Training will be provided. Presenters give a 25-minute presentation using a PowerPoint presentation on mental health, suicide and stigma to junior and senior high schools. Speakers can pick from lists of times, dates and places sent out by the ETS coordinator. Presentation is followed by a Young Adult Presenter with lived experience and questions and answers.

Ending the Silence (ETS) Young Adult Presenter

Training will be provided. Young adults with lived experience having a mental health disorder when in school give a 10 minute presentation of their story, using the guidelines provided by the ETS program to junior and senior high schools. Presentation follows the PowerPoint presentation given by the Lead presenter. Speakers can pick from lists of times, dates and places sent out by the ETS coordinator.

Oregon City Support Group Dinner Coordinator

Help decide on, prepare and/or pick up food for the monthly NAMI Family and Peer Support Group with 15 to 20 attendees on a budget. Communicate with Oregon City Support Group Coordinator. Will have access to commercial kitchen at the Oregon City Evangelical Church. Must be available between 4 and 7 p.m. on the second Tuesday of each month. Preferred qualifications include an interest in cooking.

With Gratitude...

From 12/15/2018 to 2/15/2018, **34 volunteers gave 384 hours**. You facilitated groups, taught classes, gave presentations, answered phones, helped with mailings, & more! NAMI Clackamas is the essential, vibrant organization it is because of our amazing, dedicated volunteers. from the NAMI Clackamas staff...**THANK YOU!**



Volunteer

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 to 4 p.m. at NAMI Clackamas
10202 SE 32nd Ave, #501, Milwaukie



OK2TALK-ORG

It's time we talked about
mental health.

NAMI CLACKAMAS MONTHLY SUPPORT MEETINGS IN OREGON CITY

Oregon City Evangelical Church 1024 Linn Ave, Oregon City

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 ~

March 12, 2019

Crisis Supports in Clackamas County



Join representatives from Clackamas County Sheriff's Office and Behavioral Health as we discuss the supports available to individuals experiencing a mental health crisis. We will discuss:

- Services available at Clackamas MHC (Mental Health Center)
- When to call law enforcement non-emergency or 911
- What to expect during a welfare check
- The Behavioral Health Unit (BHU, a partnership between mental health and law enforcement)
- Mental health services available in the jail
- And answer any other questions you may have.

Speakers:

Lieutenant Graham Phalen, Clackamas County Sheriff's Office (CCSO)

Stacy England, Clackamas County Behavioral Health Division

Mindy Coronado, Clackamas County Jail Discharge Planning

April 9th, 2019

NAMI In Our Own Voice

NAMI In Our Own Voice (IOOV) presentations change attitudes, assumptions and ideas about people with mental health conditions. These free presentations provide a personal perspective of mental health conditions, as individuals with lived experience talk openly about what it's like to have a mental health condition and hope for recovery. IOOV presentations can be scheduled for any group.



They have been given in schools and colleges, for law enforcement and churches, for business and professional association and for physical and mental health providers, to name a few. NAMI recently changed the format for IOOV and is excited to share it with you.

This presentation will provide:

- An opportunity to hear open and honest perspectives on a highly misunderstood topic
- A chance to ask questions, allowing for a deeper understanding of mental health conditions and dispelling of stereotypes and misconceptions
- The understanding that people with mental health conditions have lives enriched by hopes, dreams and goals

IOOV presenter **Keaton Ems** and his fiancé Ellen will be celebrating their anniversary with us that night. Keaton is about to graduate from college and wants to make his way into law or politics. *"People can rest assured that I am well aware of my mental illness and actively work on it since you have to be "crazy" to go into politics".*

NAMI Clackamas Family and Peer Support Meetings

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

In Oregon City:

2nd Tuesday of each month

Oregon City Evangelical Church

1024 Linn Ave
Oregon City, OR 97045

6 p.m. dinner

6:30 p.m. program

7:30 p.m. support groups

April 9 & May 14 (See descriptions to the left)

In Molalla:

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

Molalla Christian Church,

3rd St. and Berkeley Ave.
Molalla, OR 97038

In Sandy:

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

Immanuel Lutheran Church

39901 Pleasant Street
Sandy, OR 97055

In Milwaukie:

Suicide Bereavement Support

Compassionate support for adults after a suicide death.

2nd & 4th Sunday of each month, 2 p.m. to 4 p.m.

NAMI Clackamas Office
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

Find Help.

Find Hope.

Find NAMI.

Find Your **FREE** Peer Resource Connection at NAMI Clackamas.
Call Angie at 503-344-5050.



Weekly Support Groups for Peers

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

Wednesdays from 2 p.m. to 3:30 p.m.

Sundays from 6 p.m. to 7:30 p.m.

Kaiser Brookside Center, Sanctuary 1
10180 SE Sunnyside Rd, Clackamas, OR

Make a donation

How I Recognize My Early Warning Signs Of Mania

by Carrie Cantwell

I have **bipolar disorder**.

It's as much a part of me as my left-handedness. I've accepted my diagnosis, but I still have to work on being mindful of my symptoms, as bipolar disorder can come with a lack of self-awareness.

This is especially true for hypomania (a less severe form of mania). Hypomania can be difficult to detect because in the moment it makes me feel like I'm flying. The difficulty comes when I engage in self-destructive actions with little or no regard for the consequences. However, hypomania is just a stop on the way to full-blown, havoc-wreaking mania. I've identified some red flags to watch out for that signal I'm headed towards mania. I've found that spotting these clues early on can help me prevent a full-blown manic episode.

Insomnia. I can tell I'm hypomanic when I wake up before the alarm clock with my mind buzzing, full of a flurry of ideas. I throw myself into whatever project I'm working on at the time before I've even brushed my teeth or had my morning coffee.

Inability to listen to other people. When I'm hypomanic, I seek out more social interactions, but when I'm with friends, I do most of the talking, and people have a hard time getting a word in. Spending beyond my means. Whether I'm thrift store shopping or browsing Amazon multiple times a day, when I'm hypomanic I feel a constant, compulsive urge to buy things I don't need.

Unrealistic overconfidence. When I'm hypomanic, I feel like a supermodel. In my mind, everyone finds me irresistible. When I look in the mirror, I see a gorgeous knockout staring back at me, even if I haven't combed my hair or put on makeup that day.

Not taking care of myself. With my hypomania comes a ramped-up focus on goals, so I'm constantly jumping from one project to another without stopping to take care of myself. Taking a break between tasks to feed myself or shower seems trivial and unnecessary.

Inability to focus. I love movies and books. I can tell I'm hypomanic when I can't even sit still long enough to finish watching an hour and a half movie, because my mind constantly drifts to the dozen tasks I feel I need to scratch off my to-do list. I also enjoy quiet time escaping into a good book, but one of the biggest telltale signs is when I find myself reading the same sentence over and over again, unable to comprehend it.

Hypersensitivity to stimuli. From a siren in the distance to a wafting scent from someone's shampoo, when I'm hypomanic, I'm more acutely aware of my surroundings. Colors appear brighter, smells seem more pungent, and even faint noises can be deafening.

Obsessing over things. It's part of my personality to obsess a bit over subjects I'm interested in, but when I'm hypomanic, my passion is amplified. From researching the best cashew cheese recipe to watching NASA videos, it seems like everything I'm interested in has become my new lifelong goal, and—to the detriment of my valuable time—I feel helpless to curb my enthusiasm.

How I Recognize These Warning Signs

When I notice these indicators, I try to stop, take a breath, and ask myself how I'm feeling. You might notice I said, "try to" there. That's because sometimes I get lost in the moment, I get hyperfocused and I don't realize I'm getting manic.

I've made verbal agreements with the people I'm close to, to tell me when they see these behaviors. My end of the agreement is to listen to them. Just by hearing feedback from someone else, I snap out of my head and step back, realizing I need to slow down and pay more attention to how I feel. It's taken me years of practice not to get defensive when reminded by a loved one that I may be acting hypomanic. I know what happens with an unchecked hypomanic episode. I've ended up in the hospital as a result of ignoring hypomania and letting it develop into mania. Now, if someone close to me points out that I may be getting hypomanic, I thank them for being patient and gentle with me, I re-examine my thoughts, and I reach out to my mental health care team for help if needed.

I consider myself lucky to have a strong support network of people who understand this illness, and what to look for. However, if external feedback is unavailable, I have another indicator I can use with no outside assistance: my journal. I try to write every night, whether it's just a factual summary of my day, or my thoughts, feelings, ideas, fears or hopes. I make an effort to write when I'm stable (in between episodes) and when I'm hypomanic, manic or depressed. Motivating myself to write when I'm depressed can be hard, but I do my best.

I find journaling is good way for me to track my moods and cycles when others aren't around to alert me of a mood shift. Writing enables me to look back on my thoughts from the past and learn from them, so I can recognize what a hypomanic me looks like, and notice familiar patterns. Just the simple act of writing itself makes me aware of what's going through my head in the moment. If I write when I'm hypomanic, I literally see my hurried ideas in front of me on paper, and that's pretty hard evidence. My journals can tell me when it may be time to visit my health care practitioner for a meds adjustment.

Writing is my creative outlet that forces me to be mindful, and it's this mindfulness that helps me stay aware of my moods. It's what keeps me healthy. Everyone is different. No matter what works for you, I encourage you to find one thing that puts you in the moment, makes you aware of your thoughts and moods. With proper awareness and care, you can thrive with bipolar disorder.

*Carrie Cantwell is an Emmy-nominated film industry graphic designer with bipolar disorder. She grew up with a bipolar dad who she lost to suicide. She's finishing a book entitled *Daddy Issues: A Memoir*, about how accepting her diagnosis taught her to forgive her dad and herself. Her blog is darknessandlight.org.*

Need help with Housing?

If you're houseless, NAMI Clackamas can help you navigate the Preference Voucher Application!

FREE and by appointment only. Call 503-344-5050.

El, Ella, Ellos: Navegando Género y Lenguaje

by Alex Smurthwaite Translated by Gisela Foster

Primero, es importante entender dos términos distintos: sexo biológico y género. El sexo biológico (también llamado sexo al nacer o solo sexo) está determinado por los genitales con los que una persona nace. El género, por otro lado, es un concepto socialmente construido. El género se refiere a la forma en que nos identificamos.

A pesar de esta distinción entre sexo y género, nuestra sociedad sostiene en gran medida que el género y el sexo son lo mismo. Como resultado, muchas sociedades solo reconocen dos géneros: femenino y masculino. Esta idea se conoce como el binario de género.

En este caso, el género binario no es algo malo. Simplifica un tema complejo, el género, y nos permite crear normas sociales. Estas normas influyen en todo, desde la ropa que compramos hasta los baños públicos que utilizamos, y nos permiten interactuar entre nosotros más fácilmente en función de nuestras similitudes. Además, estas normas generan apoyo emocional de un individuo a otro.

El problema con el género binario, sin embargo, es que no todas las personas a las que se les asigna hombre o mujer al nacer se identifican como su sexo biológico. Cuando el sexo biológico de una persona no se alinea con su género, nuestra sociedad los considera una persona transgénero.

De acuerdo con el artículo El Reconocimiento legal para las personas transgénero es una prioridad global "Colombia, Dinamarca, Irlanda y Malta: eliminaron explícitamente las barreras significativas para el reconocimiento legal de género. Esta evolución los diferencia de los países que no permiten que una persona cambie su designación de "hombre / mujer" en absoluto, o que solo lo permiten cuando se cumplen ciertas condiciones, que pueden incluir cirugía, esterilización forzada, evaluación psiquiátrica, largos periodos de espera, y divorcio. Por primera vez, las personas pueden cambiar su género en los documentos simplemente al presentar los formularios correspondientes.

Transgénero es un término general que incluye numerosas identidades de género. Una persona a la que se le asigna un hombre al nacer pero que se identifica como mujer sería una mujer trans, mientras que a un hombre trans se le asignaría una mujer al nacer pero que se identifica como un hombre. Según el diccionario de Oxford, un transexual de mujer a hombre. Si una persona no se identifica como hombre o mujer, esa persona tendría un género no binario y podría identificarse como no binaria o genderqueer.

Un concepto importante relacionado con el género se relaciona con los pronombres. Los pronombres tienen el poder de reafirmar (mejor reafirmar) nuestras identidades de género. Respetar los pronombres que alguien usa es importante para tratar a las personas con respeto y crear un ambiente pacífico donde todos vivamos en armonía, entendiendo nuestras diferencias y similitudes.

Cuando asumimos los pronombres de otra persona, corremos el riesgo de usar los pronombres equivocados que, a su vez, pueden ser irrespetuosos para esa persona porque estamos invalidando su identidad. Por esta razón, es mejor preguntar a las personas qué pronombres usan.

Aunque ya estamos familiarizados con pronombres como él / ella y ella / ella, saber qué pronombres usar para las personas que no usan el binario y el género puede ser más complicado.

Muchas personas que lean esto señalarán que ellos son plurales y solo se refieren a varias personas. Si bien es cierto que ellos pueden referirse a varias personas, también es cierto que pueden referirse a una sola persona. Si necesita una prueba de esto, lo invito a releer este artículo. Te darás cuenta de que yo uso el singular a menudo. Podemos asumir un papel activo respetando y validando con un enfoque positivo una persona y los pronombres que la persona usa y, en el caso de la persona que ha sido mal interpretada, podemos decir algo así como "Me di cuenta de que lo estaban refiriendo con el pronombre incorrecto. antes, y sé que eso puede ser muy doloroso.

Estaré usando el pronombre correcto. Esto es muy importante para crear un sentido de comprensión para la otra persona. Reconocer la individualidad y la identidad crea resiliencia en una sociedad progresista. Si aún no está convencido, también lo alentaría a que lea este artículo del Oxford English Dictionary, que rastrea el uso del singular en 1375 (casi 200 años antes de que naciera Shakespeare). En última instancia, el género es un tema complicado. Puede ser difícil cambiar conscientemente la forma en que hablamos. Sin embargo, si queremos vivir en un mundo en el que nos respetamos unos a otros, es importante tener una comprensión y conocimiento básicos de estos temas. Si desea obtener más información sobre el género y los pronombres, visite: mypronouns.org o PFLAG Clackamas County. También puede encontrar más recursos, incluidos recursos trans, disponibles en el [Centro Q](#).

**Compartiendo
Espananza**

**ANSIEDAD Y DEPRESIÓN EN
NIÑOS Y ADOLESCENTES.**

**2 de marzo
desde el mediodía hasta las 2 pm
Premios, comida y cuidado de
niños disponibles.
FREE**

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 Affiliate
 - NAMI Oregon

Donate Now

2019 Education And Support Program Leader Trainings

Saturday, April 6

In Our Own Voice Training - FREE

Clackamas – Comfort Suites Hotel
15929 SE McKinley Ave.
Clackamas, OR 97015

Applications due by Friday March 22

Download the In Our Own Voice presenter training [Application](#)

Share Your Mental health Journey

From discovery to recovery, **In Our Own Voice** builds knowledge and empathy among all those affected by mental health challenges.



NAMI In Our Own Voice

For more information or to volunteer, contact America at 503-344-5050 or

America@namicc.org

They, Them, Their: (cont.)

(Continued from page 1 or short article)

An important concept concerning gender relates to pronouns. Pronouns have the power to reaffirm our gender identities. When we assume the pronouns of another person, we run the risk of using the wrong pronouns which, in turn, can be disrespectful to that person because we are invalidating their identity. That's why it is best to ask people which pronouns they use.

Although we are already familiar with pronouns like "he/him" and "she/her," knowing which pronouns to use for genderqueer and non-binary people can be trickier. While there are [numerous gender-neutral pronouns](#), the most common (and by far the safest) are "they" and "them."

Many people reading this will point out that "they" and "them" are plural and only refer to multiple people. While it is true that "they" can refer to multiple people, it is also true that it can refer to a single person. If you need proof of this, I encourage you to re-read this article. You will notice that I use singular "they" often.

If you are still not convinced, then I would also encourage you to read [this article](#) from the *Oxford English Dictionary* which traces the use of the singular "they" back to 1375 (nearly 200 years before Shakespeare was born).

Ultimately, gender is a complicated topic. It can be difficult to consciously change the way we speak. However, if we want to live in a world where we respect each other, it is important to have a basic understanding and awareness of these topics.

If you would like to learn more about gender and pronouns, please visit: mypronouns.org or [PFLAG Clackamas County](#). You can also find more resources, including [trans resources](#), available at the [Q Center](#).

Alex Smurthwaite is the Newsletter Editor for NAMI Clackamas. He is a recent college graduate from the University of Oregon who enjoys reading, writing poetry, and talking about himself in the third person.



NAMI Walks

National Alliance on Mental Illness

Sunday May 19, 2019

Vera Katz Eastbank Esplanade



Register online!

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

NAMI Clackamas 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 \$40 \$ _____

OR Open Door membership of \$5 for those of limited means \$ _____

I have enclosed an additional donation of: \$ _____

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
Mail to: 10202 SE 32nd Ave., Ste. 501, Milwaukie, OR 97222
Or: register [online](#)

**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, event, and information. Follow us: @NAMIClackamas

**YOU ARE
NOT
ALONE**

Resources



Clackamas Mental Health Center (MHC) is an urgent, walk-in center for people in need of mental health care. Clackamas MHC services include brief counseling, safety screenings, and referrals to other services.

Get the help you need!

Clackamas MHC
11211 SE 82nd Avenue • Suite O • Happy Valley, OR • 97086
(503) 655-8585



9:00 am to 7:00 pm Monday thru Friday
10:00 am to 7:00 pm Saturday
Closed on Sunday
Holidays - please call for hours
503-655-8585

**Everyone deserves a life free of
domestic and sexual violence.**



NAMI Clackamas Board Meetings

**First Friday of
each month**

9:30—11:30 am

NAMI Clackamas

10202 SE 32nd
Ave., Ste. 501,
Milwaukie, OR

*Board meetings
are open to NAMI
members or other
interested parties.
You are welcome
to come join us for
the next board
meeting.*



Need help with Housing?

If you're houseless, NAMI Clackamas can help you navigate the Preference Voucher Application!

FREE and by appointment only. Call 503-344-5050.

**NAMI CLACKAMAS
NEWSLETTER
VOL. 2019, NO. 2
MAR-APR 2019**

*"What's right is what's left if you do
everything else wrong."*

Robin Williams

**NAMI CLACKAMAS
COUNTY
PRESORT STANDARD
US POSTAGE PAID
PERMIT # 49
CLACKAMAS, OR
97015**

ADDRESS SERVICE REQUESTED

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



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

From the Executive Director

The NAMI Oregon Lobby Day in Salem was scheduled last month. Snow caused the cancellation, but I still took the time to contact my legislators and educate them on NAMI priorities and educate them about how the system really works. I told them my story of falling through the gaping cracks.



[Michele Veenker](#)

Unfortunately, I feel polarization in our community. Families and people living with mental health issues do not always agree on language, legislative priorities, or how to fix the holes in our broken system. Add to that an anger buzzing underneath everything as people face more uncertainty in their lives, stigma, discrimination and persecution based on their identities. It shows up in the ways we interact with each other and the people we care about. It shows up as a focus on being right rather than building community and bringing people together for the betterment of all.

Mental health should not be political. Mental health conditions know no party. It can happen to anyone, any family, and any community. The choices we make as a society can positively or negatively influence

the mental health of our community members. Politics and policies themselves have an impact on the mental health of individuals and our community as a whole.

We are going to see the consequences of the decisions we make as a country today for decades or centuries. NAMI is a nonpartisan organization, but that does not mean that we do not take positions on policy issues – it means that we take policy positions that put our mission first. Policies that center the experiences of people impacted by mental illness, address unmet mental health needs and support the overall mental health of our communities. In this edition of our Voices of Help and Hope you will find [links](#) to those issues that NAMI is supporting nationally and here in Oregon.

I know that many of you care deeply about the issues and see a future where everyone has the mental health support and services they need. Thank you for your advocacy.

For those of you who have not been politically involved but would like to make a difference, you are needed now, maybe more than ever before. Call or email me and we can start the journey of advocacy together. NAMI truly is the nation's voice on mental illness and every voice matters. **Your voice, your story, matters.**

Find Help.

Find Hope.

Find NAMI.

Find Your **FREE** Peer Resource
Connection at NAMI Clackamas.
Call Angie at 503-344-5050.