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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

Come Party with a Purpose...Mental Health!

Roam with the Rhinos...Cavort on Cannon Beach...Discover Disney!

Saturday, September 9th, is the Fourth Annual NAMI Clackamas Party with a Purpose Dinner & Auction. Returning to the Hilton by Doubletree at Lloyd Center. The 2017 event features Masters of Ceremony Handyman Bob and Eric G from KXL's *Around the House*, Gina and Garner Pruitt providing the music and Auctioneer Brian Bice providing the excitement. There will be a Live and Silent Auction, Balloon Pop, Wine Grab, and a few surprises.



Then there are the **auction items**. This year many favorites return like:

- The Shutterbugs Six Day South African Safari
- Disney Daze and Knights
- Mariners and Blazers packages
- Homemade Dessert of the Month
- A Day with the Sheriff's Department
- Sizzling Salmon with a Side of Jazz

(Continued on page 6)

Calendar

- September 9**
Party With a Purpose Benefit Gala
- September 30-October 1**
Connection Recovery Support Group Facilitator Training
- October 6**
NAMI at First Friday Sandy
- October 16**
Honest, Open and Proud (HOP) Training

Contact Us

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

September is Suicide Prevention Month

By *Doug Westberg*

In late July 2017, 18-year-old Portland Grant High School student Adi Staub ended her life. Born as a boy, Adi struggled with her gender identity most of her life. In high school, she saw a video about a transgender teen, and understood her conflicting feelings for the first time. Typical of Adi, a born activist, she came out almost immediately to her classroom, fully expecting acceptance and support. She got a lot of that, especially from her loving parents, Christine and Lon, and brother Drew, but also met overwhelming adverse reactions. She lost friendships, her grades plummeted, and she exhibited acute depression and body dysphoria. Finally, she ended her own life.

Adolescence is a time of daunting highs and lows, self-doubt, hormonal fluctuations, and social

pressures. Rates of teen depression and suicide spiked dramatically in 2011 and continue to rise steadily.¹ A DBT therapist I knew memorably said, "The symptoms of being a teenager are indistinguishable from those of manic depression." Add on top of all this the problems of gender and sexual identity, and the psychological burdens of being a teenager can become overwhelming.



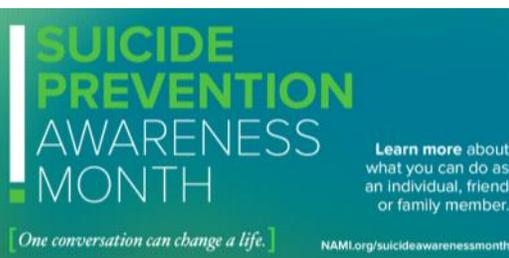
Adi Staub

Accordingly, Christine and Lon have established the Adi Staub Transgender Leadership Fund. Its purpose, as Lon eloquently writes:

"Adi found purpose in advocating for others, so we'd like to honor her by sharing her story and continuing her efforts to promote a world of kindness and acceptance. We will fill Adi's void in part by supporting Basic Rights Oregon, which works to end discrimination for our most vulnerable community members. Tragically, more than 40 percent of our transgender loved ones will attempt suicide."

Donations may be made to the fund here: [Basic Rights Oregon](http://BasicRightsOregon.org) (Print readers: just Google "Adi

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SUICIDE PREVENTION AWARENESS MONTH

Learn more about what you can do as an individual, friend or family member.

NAMI.org/suicideawarenessmonth

[One conversation can change a life.]

NAMI Clackamas Leadership Team

BOARD

President:

Judge **Robert Selander**

VP Support & Education:

Judy Winter

VP Advocacy & Outreach:

Judy Steele

Treasurer:

Eric Blumenthal

Secretary:

Ashley Carroll

Board Members at Large:

Mark Lewinsohn

Benja Jacobs

Judie Jamison

Lee Eby

Monica Ford

Arlene Sherrett

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Newsletter Editor:

Doug Westberg

NAMI Walk Chair:

Bill Zuber

Librarian:

Open

Membership Director:

Chris Ommert

Support Meeting Director:

Open

Veteran Outreach Coordinator:

Open

Education Coordinator:

Open

Admin and Education Asst:

Gwen Rose

STAFF

Executive Director:

Michele Veenker

Outreach and Development

Director:

Gary Marschke

Volunteer Coordinator:

Stephy Fajardo

Latino Outreach Coordinator:

Blanca Claypool

Peer Resource Specialist:

Montia Leighton

Volunteer Power!

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

Opportunities

Enjoy a free buffet dinner and a ticket to our annual Party with a Purpose Masquerade Ball when you volunteer with us on 9/9/17. Many positions are still available. Give us a call or email today!

Co-Facilitate our Open Minds Art Studio

An arts and crafts group for anyone impacted by mental illness. Bring your ideas and interests to help others be creative in this fun and supportive environment. All skill levels are welcome.

Meets Thursdays 1:30 – 4pm in the NAMI Clackamas office.

Become a Connection Recovery Support Group Facilitator

NAMI Connection groups are for people with mental illness regardless of their diagnosis and offer a casual, flexible environment without an educational format.

What one Connection facilitator says:

“NAMICC gave me my life back. I wish to plant that seed of hope in others by facilitating. It has been a great experience watching people begin to recover over

time. That's the best feeling.”

Facilitator requirements:

- Identify as being in recovery from a mental illness
- Commit to facilitating a weekly, bi-weekly or monthly support group for a minimum of one year
- Attend a meeting of an existing NAMI Connection support group prior to the training if possible
- Attend the entire 2-day facilitator training on Sept 30-October 1

Fill out and return the [application](#) to Michele at michele@namicc.org or drop it by the office by 9/15/2017

With Gratitude from NAMI Clackamas

49 people gave a total of 558 volunteer hours from 6/1/17 – 7/31/17!

We simply could not reach all the people we do in Clackamas County without our dedicated volunteers. Thank you for all you do!

Medical News

High-Fat Diet In The Womb Can Cause Mental Problems Well Into Adolescence

A new study from scientists at the Oregon National Primate Research Center, published in July 2017 in the journal *Frontiers in Endocrinology*, reveals new information on the connection between a high-fat diet (the “American diet”) and mental health, with implications for this and future generations of children.

The subjects, 135 Japanese macaque offspring, were monitored from conception into the second year. Their mothers had been on a strictly controlled control or high-fat diet for 1 to 8 years. One of the benefits of studying non-human primates is that the maternal diet in humans is often misreported.

It has already been established that mothers who are obese or consume a high-fat diet have children who are more likely to be obese and also to suffer from neurological disorders such as ADHD and autism. This study shows that children who had a high-fat diet in the womb were more likely to exhibit increased anxiety, social anxiety, and stereotypy—inability to adapt to stressful stimuli.

Most significantly, the study found that if the offspring are given a high-fat diet in the womb, switching to a healthy diet after birth has *no effect on the subsequent anxiety problems, which can persist well into adolescence*. To prevent diet-related mental illness, the maternal diet must be healthy *beginning before pregnancy*.

You can read the complete report [here](http://journal.frontiersin.org/article/10.3389/fendo.2017.00164/full) (<http://journal.frontiersin.org/article/10.3389/fendo.2017.00164/full>).

Thompson Jacqueline R., Valleau Jeanette C., Barling Ashley N., Franco Juliana G., DeCapo Madison, Bagley Jennifer L., Sullivan Elinor L.: “Exposure to a High-Fat Diet during Early Development Programs Behavior and Impairs the Central Serotonergic System in Juvenile Non-Human Primates”; *Frontiers in Endocrinology*, vol. 8, 2017, p. 164

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 ~

Sept. 12, 2017

Honest, Open and Proud

Speaker: Arlene Sherrett

Have a story to tell? Not sure what to say, to whom, and when? Thinking about sharing with someone for the first time or becoming an advocate for mental health? NAMI Clackamas is here to help!

Join us for a discussion of **Honest, Open, and Proud (HOP)**, a new training program aimed at reducing the stigma of mental illness. HOP training helps individuals living with mental health issues to choose where, when and how to disclose (or withhold) personal information about their unique journey.

The program empowers individuals to gain strength from speaking the truth about their lives. HOP training is deeply touching and healing.

The presentation will include an overview of HOP and a hands-on group exercise designed to demonstrate how deeply the stigma affects us all. Participants will be guided through a typical segment of the training and have an opportunity to respond to what they learn.

Attendees will also have the first opportunity to register for a full HOP training on Monday, October 16th in Oregon City.

NAMI Clackamas Board member **Arlene Sherrett** is a chemistry and biochemistry major, an advocate, peer-to-peer teacher, and peer support specialist. She enjoys working on legislative issues and supporting individuals seeking healing from the trauma of mental illness.

More Peer Support Groups 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 p.m. to 4:15 p.m.

Oct. 10, 2017

NAMI Clackamas Annual Membership Meeting and Volunteer Appreciation Night

Join us for the NAMI Clackamas Annual Membership Meeting and Volunteer Appreciation Night!

Instead of our usual speaker, the presentation portion of the October Oregon City Family and Peer Support Group will be dedicated to reviewing the past year and our accomplishments at NAMI Clackamas and looking forward to the next year.

It will also be a time for members to cast a vote for 2017 to 2019 board positions which are up for election. Those positions are the President, the Vice President-Advocacy and Outreach, and Members At Large. If you are interested in serving on the NAMI Clackamas board of directors, please contact **Michele** at michele@namicc.org.

On this night, we will also honor our NAMI Clackamas volunteers without whom we would not be able to provide the support, education, and advocacy we are known for. All volunteers are encouraged to attend, network, and see what you have accomplished. Our volunteers' selfless commitment and efforts move us closer to our vision of hope, health, acceptance, and community, and we are proud to honor them on this night. **You are NAMI!**



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 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

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

Sept 12

Oct 10

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

Everything Is Awful and I'm Not Okay

Questions to ask before giving up

Are you hydrated?

If not, have a glass of water.

Have you eaten in the past three hours?

If not, get some food — something with protein, not just simple carbs. Perhaps some nuts or hummus?

Have you showered in the past day?

If not, take a shower right now.

Have you stretched your legs in the past day?

If not, do so right now. If you don't have the energy for a run or trip to the gym, just walk around the block, then keep walking as long as you please. If the weather's bad, drive to a big box store or mall and go on a brisk walk through the aisles.

Have you said something nice to someone in the past day?

Do so, whether online or in person. Make it genuine; wait until you see something really wonderful about someone, and tell them about it.

Have you moved your body to music in the past day?

If not, jog for the length of an electronic dance (EDM) song at your favorite tempo, or just dance around the room for the length of an upbeat song.

Have you cuddled a living being in the past two days?

If not, do so. Don't be afraid to ask for hugs from friends or friends' pets. Most of them will enjoy the cuddles too; you're not imposing on them.

Have you seen a therapist in the past few days?

If not, hang on until your next therapy visit and talk through things then.

Have you changed any of your medications in the past couple of weeks, including skipped doses or a change in generic prescription brand?

That may be messing with your head. Give things a few days, then talk to your doctor if it doesn't settle down.

If daytime: are you dressed?

If not, put on clean clothes that aren't pajamas. Give yourself permission to wear something special, whether it's a funny t-shirt or a pretty dress.

If nighttime: are you sleepy and fatigued but resisting going to sleep?

Put on pajamas, make yourself cozy in bed with a teddy bear and the sound of falling rain, and close your eyes for fifteen minutes — no electronic screens allowed. If you're still awake after that, you can get up again; no pressure.

Do you feel ineffective?

Pause right now and get something small completed, whether it's responding to an e-mail, loading up the dishwasher, or packing your gym bag for your next trip. Good job!

Do you feel unattractive?

Take a selfie. Your friends will remind you how great you look, and you'll help fight society's restrictions on what beauty can look like.

Do you feel paralyzed by indecision?

Give yourself ten minutes to sit back and figure out a game plan

for the day. If a particular decision or problem is still being a roadblock, simply set it aside for now, and pick something else that seems doable. Right now, the important part is to break through that stasis, even if it means doing something trivial.

Have you over-exerted yourself lately — physically, emotionally, socially, or intellectually?

That can take a toll that lingers for days. Give yourself a break in that area, whether it's physical rest, taking time alone, or relaxing with some silly entertainment.

Have you waited a week?

Sometimes our perception of life is skewed, and we can't even tell that we're not thinking clearly, and there's no obvious external cause. It happens. Keep yourself going for a full week, whatever it takes, and see if you still feel the same way then.

You've made it this far, and you will make it through. You are stronger than you think.

No two people are the same; you are encouraged to customize this document to your own needs, abilities, and resources.

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In Loving Memory of Stephen M. Loaiza



Stephen M. Loaiza, former NAMI Oregon Executive Director and president of NAMI Clackamas County, passed away on August 8th at the age of 75.

Stephen was instrumental in working with HUD to build 3 apartment houses in the area for people with mental illness. NAMI Clackamas was given a housing award by the state of Oregon for this accomplishment. He also did much work with state legislators and others to promote housing and funding for it, including three dinner auctions called Hearts for Housing. He organized and led a theater

troupe comprised of people with mental illness, mental health workers, and family members called **In a Different Light**. Their many performances did much to break down stigma surrounding mental illness.

The public is invited to a life celebration event on Sunday, September 24th, from 1pm - 4pm at [The Foundry at Oswego Pointe](#). Drinks and snacks will be provided. The family asks in lieu of flowers to please consider donating to [NAMI Clackamas County](#). The full obituary and more pictures may be found at stephenmloaiza.com

¡Todo Está Horrible y No Me Siento Bien!

Estas son algunas preguntas que te puedes hacer antes de darte por vencido.

¿Este hidratado o no?

Si no, toma un vaso con agua.

¿Has comido hoy?

Ve y come proteína de preferencia, y no carbohidratos, algo de nueces y/o hummus.

¿Te has duchado el día de hoy?

Si no, ahora mismo ve y toma un baño relajante.

¿Has estirado las piernas el día de hoy?

Si no, hazlo ahora mismo en este momento. Si no quieres ir al gimnasio simplemente ve a caminar alrededor de la manzana tan largo o corto como tú quieras. Ve a la tienda, al centro comercial camino a paso acelerado.

¿Le has dicho algo bonito y respetuoso a alguien en los últimos días?

Si no, hazlo ahora mismo. Ya sea por internet o personalmente y hazlo genuinamente. Espera a que veas algo estupendo en alguien y díselo.

¿Has movido tu cuerpo al compás de la música el día de hoy?

Si no, haz lo ahora! Baila al compás de tu música preferida y simplemente muévete alrededor de tu casa con una música contagiosa.

¿Has abrazado a algún ser vivo en los últimos días?

Si no, hazlo ahora no tengas miedo. Un abrazo ya sea a un amigo/a o una mascota es siempre beneficiario tanto para el que lo recibe como para el que lo da. La mayoría de las personas disfrutan mucho de un abrazo y no creas que te estas imponiendo.

¿Haz visto tu terapeuta últimamente?

Si no, has una cita urgente, platica con un consejero espiritual o algún amigo muy querido que te escuche y te haga sentir mejor.

¿Has cambiado de medicamento o has dejado de tomar tu dosis en estos últimos días?

Quizás eso es lo que te está causando cambios químicos en tu cuerpo y haciendo crear ideas en tu cabeza. Dile a tu doctor sobre esos problemas.

Ya es de día; ¿Ya te vestiste con ropa que no sea ropa de cama?

Vístete ahora y ponte el vestido más bonito o la camisa especial y ve a caminar al centro comercial.

Ya es de noche; ¿Te sientes fatigado/a, cansado/a, pero te resistes a ir a dormir?

Vístete con ropa cómoda, ve recuéstate unos 15 minutos en tu cama, escucha el ruido relajante de la lluvia, sin televisión ni electrónicos que te puedan perturbar. Trata de dormir pero si no puedes no hay obligación simplemente levántate tomate una taza de te e inténtalo más tarde. No hay presión alguna.

¿Te sientes ineficaz el día de hoy?

Descansa un momento de lo que estás haciendo. Ve y completa una tarea aunque sea pequeña. Ya sea que contestes algún correo electrónico, pongas a lavar los trastos, o empaca tu maleta para el gimnasio para que esté listo el día de mañana. Perfecto bien echo!!!

¿Te sientes in-atractivo/a?

Tomate una fotografía y muéstrasela a tus amigos. Ellos te recordaran lo hermosa o guapo que eres. Además ayudaras a la sociedad en general las limitaciones y tabús de como la belleza tiene que ser.

¿Te sientes paralizado e indeciso?

Tomate unos minutos para hacer el plan del día. Si alguna dificultad en especial te tiene detenido o confundido, déjalo para más tarde y sigue con algo más. Ahora lo más importante es romper ese momento de estancamiento y hacer algo diferente

aunque sea algo insignificante.

¿Últimamente te has esforzado demasiado. Ya sea, físicamente, emocionalmente, socialmente, o intelectualmente?

Eso puede provocar estancamiento acumulado y persistir por días. Aunque no importa de qué manera sea el cansancio. Lo importante ahora es que te des tiempo para que descanses, te relajes, y te des tiempo para distraerte; aunque sea un entretenimiento "ridículo".

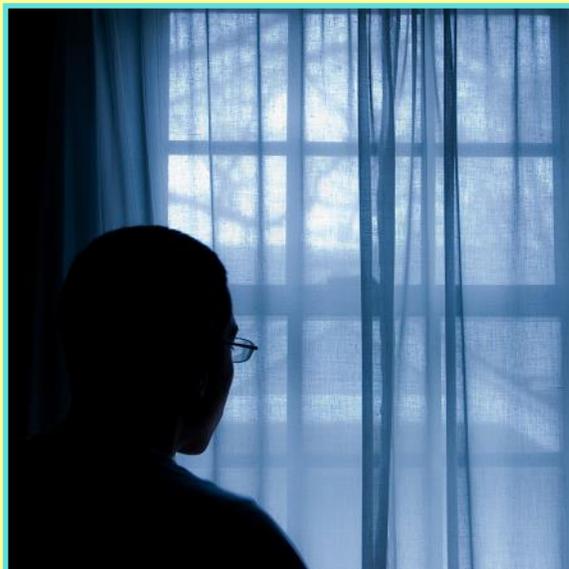
¿Ya te has esperado por una semana?

Algunas veces nuestra percepción de la vida es un poco distorsionada y no pensamos claramente. En algunas ocasiones no hay una causa externa muy obvia. Así pasa! Date una tregua de una semana, pase lo que pase, y fíjate si te sigues sintiendo de la misma manera para entonces.

Ya has llegado hasta aquí; tu puedes!! Tu eres más fuerte de lo que te imaginas!

Dos personas no son iguales; te sugerimos adaptar este documento a tus necesidades, habilidades y recursos.

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We are proud to announce that visual artist, author, and NAMI member Sherry Joiner has won a second-place ribbon in the North Clackamas Arts Guild Juried Show. The ribbon was awarded for her seascape "Healing and Moving On," seen here.

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



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

Welcome to Our Team!

New Peer Resource Coordinator Montia Leighton

Montia Leighton is a community advocate and a mental health peer. Professionally, she has worked at CareOregon--a Medicaid and Medicare health plan--and The Standard, where she wore many hats and gained health and disability insurance experience.

Integral to her mission is the belief that all people are capable of lifelong evolution and transformation. She has volunteered with the YWCA of PDX, Bradley Angle House and Call to Safety, and is a trained domestic and sexual violence advocate. She also serves on the Board for Youth, Rights & Justice. A lifelong Oregonian, she received her Bachelor's degree from the University of Oregon. Montia has learned firsthand that having validation and acceptance makes a world of difference when you live with mental illness and is thrilled to join the NAMI Clackamas community. She's also quite talkative about tacos, film, karaoke, re-learning to ride a bicycle, and traveling. She lives in Portland with her partner Ryan and their very spoiled cat.



Party with a Purpose! cont.

(Continued from page 1)

Plus some exciting **NEW** local additions like:

- Be the Captain of a Willamette Falls Electric Boat Cruise
- Five Nights of Asian Fusion Portland Style
- Two days full of the Pearls of Portland
- Fruits and Flavors of Philanthropy

Wait, there's more! Hood River, Mt Hood, and Eagle Crest getaways; dinner & theater packages; Home Sweet Home, Sweet Tooth, Family Fun & Frolic, the list goes on!

Come join us for the best package of them all: **Fun and Philanthropy!**

Tickets available [online](#) or by calling 503-344-5050.



NAMI Leadership TRAININGS

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

September 30 - October 1 Connection Peer Support Group Facilitator Training

Tualatin Comfort Inn & Suites
7640 SW Warm Springs St.
Tualatin, OR, 97062

Applications due by Friday Sept 15
Download [Application](#) and [Schedule](#)



Suicide Prevention Month, cont.

(Continued from page 1)

Staub”), where you can also read more of Adi’s story.

NAMI Clackamas has the avowed purpose of helping to prevent suicide and removing the stigma around psychological issues of any kind. A signature education program of NAMI, **Ending the Silence** is a 50-minute classroom presentation for junior and senior high school students designed to raise awareness and change perceptions around mental health conditions. Students learn early warning signs and when, where and how to get help for themselves or their friends. It puts a human face to the problems of mental illness. Ending the Silence is presented by a young adult who is living with mental illness themselves and a family member or loved one of someone who lives with mental health concerns.. For more information, go to nami.org or call the NAMI Clackamas office.

In the last year, NAMI Clackamas presented Ending the Silence 58 times. Help us prevent suicide by keeping the Ending the Silence program growing by donating [here](#) or volunteering as a presenter!

1: Jean M. Twenge, “Have Smartphones Destroyed a Generation?”; The Atlantic Monthly, Sept. 2017.
Photo credit: Lon Staub.

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 \$40 \$ _____

OR Open Door membership of \$5 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
Mail to: 10202 SE 32nd Ave., Ste. 501, Milwaukie, OR 97222
Or : register [online](#)

Resources

Cover All Kids starts in 2018

Cover All Kids will take effect January 1, 2018. That's when Oregon Health Plan eligibility guidelines change to include all children and teens (under the age of 19 years) regardless of their immigration status. With the passage of Senate Bill 558, Oregon became the seventh state in the U.S. to [extend its Medicaid program to cover undocumented immigrant youth](#). This is expected to affect more than 15,000 children and teens in households with income up to 300% of the federal poverty level.

From now until December 31, 2017, [I'm healthy! / ;Soy Sano!](#) will continue to serve much of the Cover All Kids target population by connecting these children and teens to free health care services. Find more information on the Oregon Health Plan [here](http://www.oregon.gov/oha/hsd/ohp/).



Free Collaborative Problem Solving Drop In Session

[This class](#) introduces parents to a new approach for raising troubled and difficult-to-manage children. CPS is about including the child in solutions for reducing their behavior problems and getting their needs met in collaboration with their parent(s). The class meets every Sunday from 3 – 4:30 pm at [Unity Hospital](#), the region's major mental health facility for children and adults. This is a free drop-in, open to the public.

Attendees should meet at 2:50 pm in the Unity Hospital lobby, 1225 NE 2nd Ave, Portland, near the Oregon Convention Center.



Do You Like NAMI Clackamas?



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

Do You Follow NAMI Clackamas?



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



NAMI Clackamas Board Meetings

When:

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

Where:

NAMI Clackamas Office

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





NAMI

National Alliance on Mental Illness

Clackamas County

**NAMI CLACKAMAS
COUNTY
US POSTAGE PAID
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**NAMI CLACKAMAS
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“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

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NAMI Clackamas County
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From the Executive Director

Watching the 2017 solar eclipse in the path of totality was an amazing thing and one of so many things that I feel privileged to have been able to do.



Eclipses are also metaphoric for many things that we experience in life. It was as if the sun went out when we realized that our kind, precious daughter was going to struggle with her mental health for the rest of her life. We did not know where to turn or how to make it better. But much as the sun returns after an eclipse, the knowledge and support provided by NAMI classes and groups helped our sunshine to return. The volunteers and staff are amazing people who make themselves vulnerable to help others. They bring the warmth and compassion that such emotional subjects require.

Each eclipse transforms only a tiny location on Earth, but it is universal in its scope. And I, no matter how small and insignificant I sometimes feel, know there

is much more to me and to my daughter than the mental illness we are experiencing. And like an eclipse, mental health continues to mystify. It is hard for me to fathom how the moon and the sun can be at exactly the right size and distance to make an eclipse possible. Likewise, my daughter still struggles with her mental health, and I still struggle to understand.

Confronting how grand and sublime a total eclipse is reminds me to treasure the beauty in the world around me every day. There is beauty within each of us, both those who live with mental health issues and those of us who try to understand it. How lucky I have been that because of something as frightening and misunderstood as my daughter’s symptoms—my own personal eclipse—I also experience the beauty, kindness, and love in her and in people I might otherwise never have met!

Thank you for using your personal eclipse to spread warmth to me and to others!

Michele Veenker