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

## Why Do the NAMI Walk?

**C**elebrate Mental Health Month while supporting access to mental health services right here in our community!

The **NAMI Walk** is a wonderful way to have a big impact for a small investment of your time, your money, or both.

Here are just a few reasons why from our 2019 NAMI Walks teams:

*"Because mental illness has taken too many of our young and gifted."*

*"So that we—and others—don't have to fight as many fights."*

*"Because suicide is the #2 cause of death among our youth 15-24 years old."*

*"It's a great reminder that we are not alone."*

*"Because mental illness is too tough a road to walk alone."*

*"To show my gratitude..."*



What's your reason? Perhaps a family member? Friend? Co-Worker? You? Or maybe you're just fed up with the lack of resources for those in need.

Whatever your reason, the **NAMI Walk** is a great place to get acquainted with local resources and lots of like-minded folks who enjoy a nice walk in the sunshine (hopefully) along the Esplanade! **Come walk with us...because mental health matters.**

Register now at <https://www.namiwalks.org/northwest>. Want to donate? [Click here](#)

## 2019 Calendar

### Wed, May 15

Ending the Silence  
9:30-11:00 am  
Northwest Family Services

### Friday, May 17

Ending the Silence  
10:30 am  
Axis Learning Center

### Sunday May 19

2019 NAMI Walk  
[Registration NOW OPEN!](#)

### Thursday May 23

ETS School Staff  
Portland Waldorf School

### June 19-22—in Seattle!

NAMI National Convention  
[Registration NOW OPEN!](#)

### July 20 and 21

[Basics Teacher Training](#)  
Roseburg Ford Family Foundation

### August 2 - 4

[F2F Teacher Training](#)  
Oregon City—Providence  
Willamette Falls Medical Center

## Hiding in Plain Sight: Understanding the OHA Scandal

By: Alex Smurthwaite

**L**ast month, *The Oregonian* [published the results of a "shocking" analysis](#) that showed serious failures within the Oregon Health Authority's plan to move people living in residential facilities with severe mental illnesses into less-restrictive environments.

This story is rather complicated, and it has not received proper attention. As such, we at NAMI Clackamas would like to explain what happened and why it matters.

### WHAT HAPPENED?

The Oregon Health Authority (OHA) has been the subject of news stories and complaints over the past few years related to moving patients with severe mental illnesses out of residential care facilities.

OHA's decision to move mentally ill patients came from a [joint 2012 Agreement](#) between the state and the U.S. Department of Justice.

In order to implement the Agreement, OHA

hired KEPRO, a Pennsylvania-based contractor, to conduct a "utilization review" of people in residential care facilities. OHA hoped to cut costs and transfer patients into less-restrictive care settings.

In August 2018, Sarah Radcliffe of Disability Rights Oregon (DRO), an advocacy group, wrote to OHA about complaints that DRO received about KEPRO's utilization review and the management of patient transfers.

The complaints stated that KEPRO had not properly notified individuals about denials of care, that patients were not informed of their rights, and that transitions were poorly handled.

After several months, DRO received some of the information they requested from OHA;



## Contact Us

NAMI Clackamas  
10202 SE 32nd Ave.,  
Suite 501  
Milwaukie, OR 97222  
503-344-5050  
[info@namicc.org](mailto:info@namicc.org)  
[www.namicc.org](http://www.namicc.org)

## NAMI Clackamas Leadership Team

### BOARD

President:

**Judge Robert Selander**

VP Support & Education:

**Ashley Carroll**

VP Advocacy & Outreach:

**Judy Steele**

Treasurer:

**Nathan Trimpler**

Secretary:

**Mary Clark**

Board Members at Large:

**Laura Canida**

**Judie Jamison**

**Lee Eby**

**Monica Ford**

**Cathy Bankson**

**Eric Blumenthal**

**Sherry Hall**

### VOLUNTEER LEADERS

Newsletter Editor:

**Alex Smurthwaite**

NAMIWalk Chair:

**Bill Zuber**

Membership Director:

**Chris Ommert**

Admin and Education Asst:

**Gwen Rose**

### STAFF

Executive Director:

**Michele Veenker**

Outreach and Development:

**Gary Marschke**

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@namlcc.org](mailto:volunteercoor@namlcc.org) for more information.

### NAMIWalks Team Captain or Walker

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. The Oregon NAMIWalks happens on **May 19th!**

### NAMIWalks Day of Volunteer Various Positions

Assist with this years walk by volunteering to be a route monitor, help in the kid's section, cheer on the walkers, assist with set up/ clean up, and many more. Each volunteer will receive a walk shirt and lunch! The Oregon NAMIWalks happens on **May 19th!**

### Ending the Silence Lead Presenter (ETS)

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 speaker with lived experience and questions and answers.



### 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.

Must be available between 4 and 7 p.m. on the second Tuesday of each month.

Preferred qualifications include an interest in cooking.

### Pick-Your-Own Position

Literally dozens of other opportunities await...apply [here!](#)

Or go to: <http://tinyurl.com/namivolunteer>. **Your efforts matter.**

## With Gratitude...

From February 15, 2019 to April 15, 2019, **62 people** gave a total of **350 volunteer hours!** You facilitated groups, taught classes, gave presentations, answered phones, helped with mailings, worked event tables, and more! NAMI Clackamas is the essential, vibrant organization it is because of our amazing, dedicated volunteers. Thank you from the NAMI Clackamas staff and everyone who has benefited from the work you do. **YOU ROCK!**



**Volunteer**

# NOT ALL HEROES WEAR CAPES

Congratulations to our 2019 Volunteer Award winners:  
 Volunteer of the Year— Mike Wall  
 Rising Star— Cathy Bankson  
 Lifetime Achievement—Elaine Teadtke

Our Movement, Our Moment

**2019 NAMI National Convention**

JUNE 19-22 • SEATTLE  
IN THE SPIRIT REGENCY SEATTLE

**REGISTER NOW**

**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 ~

**May 14, 2019**

**Know Your Rights**



Come learn about tools Oregonians with disabilities can use to uphold their civil rights. Disability Rights Oregon intake staff will share information and self-advocacy resources, and provide an overview of the organization's legal services. The topics they'll cover include:

- DRO's intake process - What it is and how to use it
- Reasonable accommodation requests in housing, employment, and medical facilities
- Hospital discharge planning requirements
- Short video screening on mental illness and the criminal justice system in Oregon

The presenters will also be available for Q&A after the presentation.

**Please note**, the information provided should not be considered legal advice and will be provided only as a public service. If you need legal advice, you should contact an attorney.

Presenters:

**Lisa Rose Gagnon**

Intake Advocate, Mental Health Rights Project

**Mara Romero**

Intake Advocate, Employment and Community Integration

**June 11, 2019**

**HIV, Mental Health, and You!**



Join us to learn more about Cascade AIDS Project and the strategies being used to address HIV & AIDS in our community.

This discussion will cover the basics of HIV, getting tested, PrEP/PEP, U=U and connection between your sexual and mental health.

Everyone has a role to play when it comes to ending new HIV transmissions in Oregon.

The presenter will also be available for Q&A after the presentation.

About the Presenter:

**Matthew Grover—Cascade AIDS Project**

Matthew began his career in the HIV & AIDS field back in 2013 as a Medical Case Manager and Health Educator (MPOWERment) in Mid-Missouri. After relocating to Portland, OR and working in progressive politics during the 2016 election and 2017 Oregon Legislative Session, he was hired at Cascade AIDS Project and works as a Prevention Navigator for Clackamas County. And in between, he worked briefly for NAMI Clackamas!

**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**

May 14 & June 11 (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](mailto:info@namicc.org). For a complete Calendar of Events, go to [www.namicc.org/calendar](http://www.namicc.org/calendar)

**DONATE NOW**

**Open Minds Art Studio**

Socialize and connect with others. Materials provided or bring your own.

**FREE DROP-IN EVERY THURSDAY 1:30-4pm**

NAMI Clackamas  
10202 SE 32nd Ave, #501  
Milwaukie



**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

## “Would You Like to Sign the Marriage Petition?”

*By: Alex Smurthwaite*

I remember standing near the parking lot of a farmer’s market in Hillsboro, Oregon in 2013. I was collecting signatures for a proposed ballot measure to legalize same-sex marriage in Oregon.

I remember asking a man who was walking towards the market whether he would like to sign the petition.

I remember his response: “Man! That’s not cool! You know where that leads! River of Fire 101!” I ignored him (my role was to collect signatures from supporters).

I remember the amber hue of his sunglasses. I remember the way that his hair was tied into a ponytail which stuck out the end of a baseball cap.

I remember the man walking away, and I remember him returning.

I remember him standing behind me with crossed arms as I collected signatures.

After several minutes of sneering at me, I remember that he went to the trunk of his car, about twenty feet away from the sidewalk I stood on.

I remember becoming aware of the fact that there were no bushes or trees around me.

I remember keeping the man in my peripheral vision as I considered which direction I should run if I saw him pull out a gun.

Should I run into the market, which was closer but crowded, or should I try to run behind a brick building that was further away but had less people who could potentially get hit.

Fortunately, the man did not pull out a gun. He just got into his car and drove away.

Many of us have experienced traumatic events. They can take many forms: from natural disasters—such as hurricanes and earthquakes—to those of humanity’s making—such as acts of hate, sexual assault, family separations, school shootings, terrorism, and bullying—and even the loss of loved ones.

Although events pass, their consequences, psychological and palpable, can linger. Anxiety, guilt, memory lapses, panic

attacks, anger, irritability, flashbacks, isolation, and insomnia are all consequences of trauma.

Sometimes in the face of progress, we forget the consequences of previous failures to progress. Although I have lived in Oregon my entire life, someone like me has only had the right to marry in this state for the last five years. Growing up in a state where you are not guaranteed the same rights as everyone else, has an impact.

And none of this is to speak of the other forms of trauma that we can experience. The homophobic remarks of students. The acceptance and encouragement of those remarks by not only other students, but also teachers. The harassment—sexual and verbal—from not conforming to gender expectations has an impact.

And yes, the overt actions: the intimidation, the warnings of eternal damnation, and the threats of violence have an impact too.

But so too does the love from my friends and family. So too does the continued progress of society. And so too does advocating for these issues.

After my experience outside a Hillsboro farmer’s market in 2013, I decided to sign up for another event to gather signatures.

Trauma has its impact, but my trauma does not define me. My response to it does.



### Parent Support Group

*For Parents and Caregivers of Children/Adolescents with mental health barriers.*

NAMI Multnomah  
 522 NE 52<sup>nd</sup> Ave, Portland, OR 97213

**Day Group: Third Thursday of every month, 11:00-12:30 PM**

**Evening Group: Third Tuesday of every month, 6:00-7:30 PM**

## Qué hacer durante una Crisis de Salud Mental?

*Alianza Nacional sobre las enfermedades mentales*

**C**uando vives con una condición de salud mental, tu cerebro y cuerpo a menudo te envían un mensaje que te hace sentir como si estuvieras en una situación de crisis. Pero a veces puede encontrarse en una situación peligrosa.

Para nuestros propósitos aquí, una crisis puede significar meterse en problemas con la ley o herirse accidentalmente o a propósito. También es una situación de crisis si te encuentras desarrollando un plan para quitarte la vida o estás considerando lastimar a otros.

Evaluar la situación

¿Cuál es la naturaleza de tu crisis? ¿Es algo que requiere tratamiento urgente?

Si ha desarrollado un plan para suicidarse, eso es una crisis de salud mental inmediata debe acudir a la sala de emergencias de un hospital o llamar al 911.

Si aún está dudando, pídale a un amigo o familiar que se quede con usted mientras esté en riesgo. Llame a la línea directa nacional de prevención del suicidio al 1-800-273-8255 tan pronto como sea posible. Tienen asesores capacitados disponibles para hablar con usted 24/7 y ayudar en una situación de crisis. Contacte a los profesionales de la salud mental. Dígale a los profesionales y a las personas que están a su alrededor qué es lo que está sucediendo y obtenga su consejo. No necesita guardar el secreto.

Evitando una crisis

Si vive con una enfermedad de salud mental, es

importante planificar con anticipación. Hable con su equipo de tratamiento para pensar dónde ir para un tratamiento intensivo y cómo llegar, cómo tomarse un tiempo para ausentarse del trabajo o explicar su ausencia a los demás, y qué métodos puede usar para calmarse en una emergencia.



Por encima de todo, usted y las personas más cercanas a usted deben saber cómo comunicarse con sus profesionales de la salud mental en caso de una emergencia. También es valioso saber el número de teléfono de un Equipo de Intervención de Crisis (CIT), si su área tiene uno. Los

oficiales de CIT son oficiales de policía entrenados para manejar situaciones de crisis que involucran enfermedades mentales.

Si su estado de salud ha empeorado recientemente, pero no tiene pensamientos de suicidio, podría significar que necesita buscar ayuda o realizar cambios en su plan de tratamiento si ya está recibiendo tratamiento.

Hable con su doctor: Lo primero que debe hacer si siente que su salud empeora es llamar a sus profesionales de la salud mental y explicarle la situación. No tenga miedo de hablar abiertamente y honestamente sobre lo que está y no está trabajando con su plan de tratamiento.

Si actualmente no tiene un profesional de salud mental, haga una cita urgente con un médico de atención primaria tal como lo haría para la gripe o una infección, de modo que pueda comenzar a encontrar apoyo profesional rápidamente.

**¡Tu conexión de recursos GRATIS!**  
Angie@namicc.org o 503-344-5050 xt 103

**Compartiendo  
Esperanza**

**ANSIEDAD Y DEPRESIÓN EN  
NIÑOS Y ADOLESCENTES**

Para programar una presentación GRATUITA contacte a Gisela en [gisela@namicc.org](mailto:gisela@namicc.org) o al 503-344-5050.

## What is NAMI Clackamas?

NAMI Clackamas is a non-profit, grassroots, self-help organization providing education, support, & 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 and obsessive compulsive disorders, schizophrenia & 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 Clackamas
  - NAMI Oregon

## 2019 Education And Support Program Leader Trainings

### July 20 & 21

#### Basics Teacher Training

Roseburg – Ford Family Foundation  
1600 NW Stewart Parkway  
Roseburg, OR 97471

#### Applications due by Friday July 5

Download the Basics teacher training [Application](#) and [Schedule](#).

### August 2-4

#### Family-to-Family Teacher Training

Oregon City – Providence Willamette Falls Medical Center  
1500 Division St. Oregon City, OR, 97045

#### Applications due by Friday July 19

Download the Family-to-Family teacher training [Application](#) and [Schedule](#).

## Hiding In Plain Sight (cont.)

*(Continued from page 1)*

however, one point remained: OHA's accounting for patients who were denied care under KEPRO's utilization review.

In December, [Radcliffe requested data](#) on individuals who were impacted by KEPRO's utilization review. In addition, she identified three concerns regarding the management of patient transitions:

1. The contract between KEPRO and OHA incentivized KEPRO to move patients out of residential care facilities. Long-term health outcomes were not monitored; as a result, OHA could not follow up with patients or improve the system.
2. OHA was not properly funding less-restrictive levels of care despite the fact that patients were supposed to be transitioned into these levels. This was especially true of supportive or independent housing (the least-restrictive care).
3. OHA failed to give patients, and their loved ones, control over their services and living situation.

In February, Patrick Allen, head of OHA, [responded to Radcliffe](#). He acknowledged Radcliffe's concerns and explained how OHA had addressed them. Furthermore, he released data on what had taken place during these transitions. Here is what we know today:

- Between July 2017 to June 2018, 1,004 people were either transferred to another less-secure facility or released from a facility altogether.
- Within six months, around 400 people wound up in emergency rooms (likely due to OHA failing to ensure individuals were connected with primary care physicians).
- Within six months, 59 people became homeless (likely because OHA did little to ensure individuals were connected with housing and supportive services).

- Ironically, 90 people who were kicked out of residential facilities (the lowest levels of care) ended up in state hospitals (one of the highest levels of care).
- Within six months, 35 people died after being transitioned or moved out of residential facilities.

Moreover, as part of KEPRO's utilization review, the company considered whether people in state facilities were eligible for Medicaid. KEPRO had revoked Medicaid eligibility for 88 people. The state has since overturned 44 of KEPRO's decisions and granted extensions to 37 others. Only seven of KEPRO's decisions have been upheld by the state.

### WHY THIS MATTERS

This is a scandal that has happened in plain sight. 35 Oregonians are dead and hundreds have been harmed as a result of KEPRO's utilization review and the OHA's failure to incentivize positive health outcomes and properly plan transitions of over a thousand mentally ill patients.

This is unacceptable.

This story has not received the proper media coverage that it should. If these were patients with physical—rather than mental—illnesses, we have to wonder whether this story would receive more attention.

While some may argue that OHA only tried to give patients more freedom, it should again be stated that 90 patients, who were moved out of less-restrictive levels of care, later wound up in state hospitals. This means that, despite good intentions, many patients were not given more freedom. They were given less freedom.

OHA has made changes to their contract with KEPRO which is set to expire in June. The state does not plan to renew it.

**DONATE NOW**

## 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*



## Resources

### NAMI MULTNOMAH SPOUSE AND PARTNER SUPPORT GROUP

*A support group especially for people whose life partners live with mental health challenges.*

Providence Portland Medical Center  
 NAMI Multnomah Offices  
 524 NE 52<sup>nd</sup> Avenue & Hoyt Street)  
 Portland, OR 97213

**6:30 PM on the last Wednesday of every month.**

*Facilitated by the volunteers of NAMI Multnomah*

Please share this message with others who might be interested

### Do you have a troubled child or teen at home?

## Talk It Over

*with other families who understand!*

*Visit our Support Group for families with a child or teen with mental illness, substance abuse, or a serious behavior problem. You are not alone!*

**FREE.** Snacks provided.  
 Contact Margaret Puckette with any questions: 503-737-9971  
[www.raisingtroubledkids.com](http://www.raisingtroubledkids.com)

**When:** 2nd & 4th Sundays of each month  
 From 4:00 pm to 6:00 pm

**Where:** Providence Child Center - Providence Portland Medical Center  
 830 NE 47th Ave  
 Portland, OR  
*free parking garage in back*



**From I-84 eastbound:**  
 EXIT 2 - NE 39th Ave  
 • Left on NE 39th Ave  
 • Right on NE Halsey St  
 • Right on NE 47th Ave

**From I-84 westbound:**  
 EXIT 2 - NE 43rd Ave  
 • Right on NE Halsey St  
 • Right on NE 47th Ave



### 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.*



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

**NAMI CLACKAMAS NEWSLETTER**  
**VOL. 2019, NO. 3**  
**MAY-JUN 2019**

*“What’s right is what’s left if you do everything else wrong.”*  
*Robin Williams*

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

**ADDRESS SERVICE REQUESTED**




**Pamplin Media Group**  
COMMUNITY NEWSPAPERS | PORTLAND TRIBUNE YOUR TOWN. YOUR PAPER.™

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

**From the Executive Director**

Our Movement, Our Moment  
**2019 NAMI National Convention**  
JUNE 19-22 • SEATTLE  
at the HYATT REGENCY SEATTLE

**REGISTER NOW**

6th Annual NAMI Clackamas Party with a Purpose  
*Please join us!*  
**The Boaring Twenties**  
*Gray Gables Estates* **Saturday**  
3009 SE Chestnut St **Sept 21, 2019**  
Milwaukie, OR **5:30pm - 9:00pm**  
A fundraising dinner & auction

**BECOME A MEMBER today**  
**CLICK HERE**

**W**e’re GROWING! Spring flowers have nothing on Us! NAMI Clackamas is getting the word out!



[Michele Veenker](#)

From the expansion of our Ending the Silence program to our outreach through our Spanish language presentations like Compartiendo Esperanza, we are sharing more information and changing more lives than ever before.

I love flowers, love their colorfulness and their fragrance. Likewise I am inspired every day by the profound demonstration of courage displayed and compassion offered by the entire NAMI Clackamas family in all our unique experiences, talents and diversity. But as much as we have done together there are still far too many who still suffer alone and remain in the shadow of darkness, strangled by the weeds of fear and shame to come out into the light where hope, springing eternal, that awaits them. They go without water and nutrients, treatment and support, that is needed to reach the sun, recovery.

At NAMI Clackamas we are here to listen, provide resources and support, educate, and show that no one is alone and that we care. Recovery is possible. For over forty years NAMI Clackamas has been a beacon in this county, nurturing in our vision of “Hope, health, acceptance and community for everyone impacted by mental illness.”

Like a flower, NAMI Clackamas staff and volunteers need to do some digging around in the dirt first. Get our hands dirty. We need to weed out stigma, discrimination and misinformation in our gardens and prepare the soil, our community. Some of us will add a little water, some will be the sunshine, and some of us have the patience and care we need to cultivate our garden. Working together the roots of knowledge and understanding have already started to spread and reach out. We have had blossoms, our stories of success and recovery. Our wins in local and federal government that have resulted in insurance parity, increase in services, housing and research. Within reach is a field full of flowers. A community full of hope and recovery has begun to bloom.

Come blossom with us!