

Inside this Issue

NAMI CC Art Show	2
Leadership Trainings	2
Peer-Family Support Dinner Presentations	3
More Peer-Family Support Groups	3
Classes Calendar	3
<i>El Mes De La Salud Mental En La Minorías</i>	4
2017 NAMIWalk Report	4
Volunteer Opportunities	5
Language Matters!	5
Welcome to Our Team!	6
Paternal Postpartum Depression	6
Mental Health First Aid	6
From Your Director	8

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

SUPPORT + EDUCATION + ADVOCACY

July is Minority Mental Health Month

National Minority Mental Health Awareness Month begins on July 1, offering all mental health advocates and advocates in minority communities an opportunity to renew our commitment to reduce health disparities and improve the health status of minority populations.

A person's beliefs, norms, values and language affect how we perceive and experience mental health conditions.

Cultural differences can influence whether or not we seek help, what type of help we seek, what coping styles and supports we have and what treatments might work



for us.

According to the Surgeon General,

“Members of racial and ethnic minority groups in the U.S. face a social and economic environment of inequality that includes greater exposure to racism, discrimination, violence, and poverty, all of which take a toll on mental health.”

Diverse communities face many barriers such as higher levels of stigma, misinformation about mental health, and language that prevents them from receiving care. Even when they are able to access treatment, these communities often receive poorer quality care due to lack of cultural competence, bias, and

(Continued on page 4)



Calendar

July 7

Art Show at First Friday Milwaukie

August 4

Art Show at First Friday Milwaukie

August 18-20

Family-to-Family Teacher Training

August 26

Ending the Silence Presenter Training

September 9

Party With a Purpose Benefit

Shining a Light on Men's Mental Health

Men are just as likely as women to experience a mental health or substance use challenge in their lifetime, **but they are far less likely to seek help.** 77% of all suicides occur among men, the majority of whom are middle-aged and white.

According to 2015 figures reported by the U.S. Centers for Disease Control, 93 of the 121 Americans who took their own lives every day were men. By race and gender, the rate per 100,000 residents was highest among white males. By age, the rates were highest among persons aged 45-64.

Chris Cornell, who committed suicide May 18, was a rock god who fronted the bands Soundgarden and Audioslave. **He was also a 52-year-old man and father**

of three. There is some controversy whether the suicide-by-hanging (the medical examiner's conclusion as to cause of death) was exacerbated by the misuse of Ativan, a benzodiazepine associated with an increased risk of suicide. Cornell battled



Chris Cornell

alcoholism, prescription drug addiction, anxiety and depression the bulk of his life. Cornell may be representative, statistically speaking, of this phenomenon, but for every Chris Cornell, **there are millions of adult males suffering in anonymity, with thousands of their lives ending in a suicide that nobody saw**

(Continued on page 2)

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

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
Bonnie Metcalfe
Lee Eby
Devon Morales
Monica Ford
Peter Nordbye
Arlene Sherrett

VOLUNTEER LEADERS

Newsletter Editor:
Doug Westberg
NAMIWalk Chair:
Bill Zuber
Librarian:
Open
Membership Director:
Chris Ommert
Support Meeting Director:
Open
Veteran Outreach Coordinator:
Open
Education Coordinator:
Angie Gallagher
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:
Angie Gallagher

Community Events



Come visit the First Friday Milwaukie NAMI tent on July 7, 5:00-9:00 in front of Key Bank, 10888 SE Main St (at Monroe), in downtown Milwaukie!

This month, the theme is “Americana.” We’ll have paintings and books on display, our new interactive “Feel-O-Meter,” another great prize drawing, and live music!

Discover the spirit of Milwaukie by joining our city’s largest block party!

NAMI Art Show at First Friday Milwaukie in May



NAMI Leadership TRAININGS

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

August 18-20
Family-to-Family Teacher Training
Providence Willamette Falls Med Ctr
1500 Division St.
Oregon City, OR, 97045
Applications due by Friday August 4
Download the [Application](#) and [Schedule](#)

August 26
Ending the Silence Presenter Training
Providence Willamette Falls Med Ctr
1500 Division St.
Oregon City, OR, 97045
Applications due by Friday August 11
Download the [Application](#) and [Schedule](#)

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 the [Application](#) and [Schedule](#)

(Far upper left) Sherry Joiner was among the visual artists displaying at the NAMI tent. (Upper left) More of the fine art from NAMI members on display. (Center) We estimate Gary gave away almost a thousand of these stickers to fairgoers. (Above) Director of Outreach Gary Marschke (l) chats with State Sen. Lew Fredrick. (Left) The Feel-o-Meter!

Chris Cornell cont.

(Continued from page 1)
coming. Six million men suffer from depression each year, and three million suffer from anxiety disorders.

Reflecting on Cornell’s tragic passing gives us an opportunity to shine a light on this epidemic and to ask ourselves what we can do about it. One answer can be found at www.mentalhealthfirstaid.org.

Doug Westberg

Sources: Manchester (Vt.) Journal; NCBH Newsletter; Wikipedia. Photo: Wikimedia Commons

Dual Diagnosis Anonymous of Oregon, Inc.

Third Annual Summer Picnic!

Where: Laurelhurst Park in SE Portland

When: Sunday, July 23, 2017
From 12pm to 3pm

DUAL DIAGNOSIS ANONYMOUS OF OREGON



503-222-6484
Breaking the Stigma of Mental Illness and Addiction
DDA Provides Hope and Recovery

POTLUCK: Please bring sides or desserts to share. DDA will bring chicken and drinks.

All are welcome,
Bring families and friends!

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

July 11

August 8

See descriptions to the right

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

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 ~

July 11, 2017

Protecting Public Benefits with a Special Needs Trust

Speaker: Cici Gaynor

A Special Needs Trust can be more than an effective estate planning tool for parents of individuals with a disability. It can also serve to protect individuals from losing valuable public benefits due to an expected influx of money or consistent over-resourcing that repeatedly threatens to exceed the low asset limits for people receiving SSI, Medicaid, housing or food assistance.

The Oregon Special Needs Trust is a pooled trust that was created to offer Oregonians a dependable and affordable vehicle for providing financial security for individuals with disabilities, while preserving the benefits that they depend on in their daily lives.

The **Oregon Special Needs Trust, administered by The ARC Oregon**, is the only locally based pooled trust available to Oregon residents. Cici Gaynor, Program Manager at ARC, will present valuable information on the differences between private trusts and pooled trusts, and will discuss what factors to consider when deciding whether a special needs trust is appropriate for an individual. Cici has been with ARC since January of 2012.

August 8, 2017

Healing Trauma By Focusing On The Present, Not The Past

Presenter: Summer Krause

Have you experienced trauma in your life such as witnessing or experiencing death, injury, or sexual violence? Do you have a loved one who seems haunted by what they have survived in the past? Are you or they terrified to seek help for fear of having to relive the past?

There is good news! People are able to recover from trauma and PTSD by focusing on the present. Research shows that present-focused models such as Seeking Safety are just as effective as past-focused models such as EMDR (eye movement desensitization and processing), narrative, or exposure therapy.

This workshop will include an overview of Seeking Safety as well as experiential activities focused on safe coping skills and grounding.

Summer Krause LPC, CADCIIL, is a therapist at Western Psychological and Counseling Services in Gladstone where she leads Seeking Safety groups for women, men, and adolescents. She is also a trainer in Seeking Safety and Trauma-Informed Care, giving presentations several times a month throughout the county.

Quick Calendar: Classes and Groups

More Info elsewhere on this page

Mon. July 3 Molalla Peer Support Group
Fri. July 7 Friday Goodness Group
Fri. July 7 Women's First Friday Chat
Fri. July 7 NAMI @ First Friday Milwaukie
Sun. July 9 Suicide Bereavement Support
Tues. July 11 Oregon City Family-Peer Support dinner and presentation

Sat. July 15 Sandy Peer Support Group
Sun. July 23 Suicide Bereavement Support
Tues. Aug. 8 Oregon City Family-Peer Support dinner and presentation
Wednesdays and Sundays Peer Support Groups at Kaiser Brookside
Thursdays Open Minds Art Studio

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 woman's issues and concerns, including physical and mental health, family, relationships and more.

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



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

2017 NAMI- Walk Report



More than \$210,000 dollars donated!*

More than 6,000 walkers walked!

Only a few days left to donate!

And be entered into a drawing for a brand new **KINDLE FIRE!** with every donation of \$50 or more made by **July 16th!**

Your dollars will help NAMI Clackamas:

- Provide Spanish language classes,
- Present Ending the Silence to our teens,
- Provide Peer Education classes in even more communities!

Send in your Walk donations **Today!**

*Money donated goes to NAMI local affiliates in Oregon including NAMI Clackamas.



Make a Difference
DONATE

Your donations enable individuals and families in need to get the help they deserve.

Thank you!

Julio Es El Mes De La Salud Mental En La Minorías

El mes nacional de la salud mental en las minorías comienza en Julio 1ro. Ofreciendo así, todo tipo de información y apoyo para la salud mental en las comunidades minoritarias. Así mismo, renovamos nuestro compromiso de reducir las discrepancias de salud mental entre las minorías.

Las diferencias culturales pueden influenciar para, busca o no, la ayuda necesaria. Las condiciones de salud mental pueden ser percibidas de acuerdo a las creencias, idioma, valores y normas del individuo, así pues, estas diferencias pueden dictar en como manejar la recuperación y que tipo de tratamiento se encuentre para tratar los problemas de salud mental.

“Miembros de grupos minoritarios étnicos en Los Estados Unidos” encaran desigualdad en el ámbito socioeconómico, incluyendo discriminación, violencia, racismo, pobreza y rematando con una gran desventaja en el área de la salud mental.

Diversas comunidades encaran barreras tales como altos niveles de estigma e información incorrecta sobre salud mental, además que, el idioma puede también impedir que reciban el servicio adecuado para su salud mental. Aun cuando hay acceso al tratamiento correcto pueden recibir servicio limitado debido a la falta de competencia cultural, margen de error y recursos inadecuados. Estos resultados pueden conllevar a un diagnóstico equivocado, parar antes de tiempo el tratamiento, y así, teniendo una recuperación más tardía.

Aunque, cuando los profesionales de la salud mental consideran las diferentes necesidades culturales, los resultados pueden ser significativamente mejores. NAMI Clackamas County, cumple con las [asistencia y guías](#) necesarias para ayudarte a encontrar la asistencia médica competente y adecuada en el área de la salud mental. De esta manera, aumentan las probabilidades de obtener una mayor asistencia a las comunidades minoritarias

NAMI Clackamas County, también a desarrollado Compartiendo Esperanza, una presentación con información clave que incluye:

Los signos y síntomas de ansiedad, bipolaridad, esquizofrenia, y depresión.

Como hablar sobre la salud mental para minimizar la estigma.

Como tener una visión más amplia sobre la recuperación y que si es posible lograrlo.

Los tipos de servicios para la salud mental y ayuda disponible incluyendo NAMI y sus programas de educación y apoyo.

Tu puedes planear una presentación de Compartiendo Esperanza en tu comunidad u ofrecer un poco de tu tiempo como voluntario con NAMI Clackamas y así juntos podemos más pronto llevar la voz con información sobre situaciones de salud mental en nuestra comunidad latina. Tu puedes hacer una gran diferencia ayudando entre tus amigos, familiares, u otras personas de la comunidad Hispana.

Para más información llama al (503) 344-5050 con Blanca o también puedes enviarle un correo electrónico a blanca@namicc.org y ella te responderá todas tus inquietudes y preguntas que tengas.



“Lethally Blind” earns Dragon Boat medal!

Aptly named and anchored (sic) by recent NAMI volunteer Amy Rear, “Lethally Blind” rowed their way to a fourth place medal in the 2017 Rose Festival Dragon Boat Races!

Congratulations Amy and her teammates!

July is Minority Mental Health Month, cont.

(Continued from page 1)

inadequate resources. This results in misdiagnosis, dropping out of treatment, and a longer time to achieve recovery.

However, when a mental health professional does take into account cultural needs and differences, outcomes can be significantly improved. NAMI has compiled [tips](#) on how to find a culturally competent provider that minority communities may use to increase their ability to find the appropriate mental health care.

NAMI has also developed Sharing Hope/Compartiendo Esperanza, offered here in Clackamas County. Presentations include:

The signs and symptoms of anxiety disorders, bipolar disorder, schizophrenia

and depression.

How to talk about mental health and decrease stigma.

An overview of recovery and how it’s possible.

The types of mental health services and supports available, including NAMI education and support programs.

By scheduling a Compartiendo Esperanza presentation or volunteering at NAMI Clackamas to help us spread helpful information about mental issues facing minority populations, you will go a long way to assist people living with mental health concerns, their friends, family, and others in our community. For more information contact Blanca at blanca@namicc.org or 503-344-5050.

Photo: Wikimedia Commons

NAMI Clackamas Board Meetings

When:

Wed. July 12, 2017

Wed. August 2, 2017

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.



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.

Peer Resource Connections Plus (PeRC) Volunteers Needed

Want to use your personal experience to make a difference? Offer support, education and advocacy to patients in the Kaiser Sunnyside's Brookside Mental Health Unit and at Providence Milwaukie's Senior Psychiatric Unit. Individuals living with mental illness and family members are needed to make PeRC Plus presentations. Presentations occur every Saturday from 6-7pm at Brookside and will start soon on the second Monday of each month from 1-2 at Providence. NAMI volunteers meet with patients and family members to offer them resources and hope. Training provided by NAMI Clackamas.

Connection Peer Support Group Leaders: The Core of Healing

Training is coming in September for volunteers wishing to become NAMI Connection Peer Support Group Facilitators. It is a one-year commitment but facilitators often stay longer. **Un-critical acceptance is the hope of all group members.** If you can listen, truly hear what is being said, and give acknowledgement and support to the individual sharing and the group as a whole, then this volunteer opportunity may be just right for you. Call Stephy 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!

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 work for you whatever your availability.

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.

Language Matters!

"My friend..."



A person is NOT their mental health condition any more than a person "is" their physical health condition.

You wouldn't say someone "is cancer" so we suggest that we not say someone "is bipolar" or "is schizophrenic" and instead say that person "has," "lives with" (rather than "suffers from,") or "experiences" their condition. #YourLanguageMatters

...bipolar"

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 Volunteer Coordinator Stephy Fajardo

Stephy Fajardo is a longtime organizer and advocate for several non-profits. She's worked with Dress For Success, Rose Villa, and The Children's Center. She received her Bachelor's degree in Journalism from the University of Oklahoma and has lived in Portland since 1991. Stephy is passionate about recognizing, engaging, training, and retaining volunteers and is excited to join the NAMI Clackamas family. She enjoys meeting new people, singing in a gospel choir, taking classes, discovering new food carts and art exhibits, and decorating with thrift shop treasures. Stephy lives in Oak Grove with her husband Danny, and their two children, Olivia, age 16, and Max, age 19.



New Board Member Arlene Sherrett

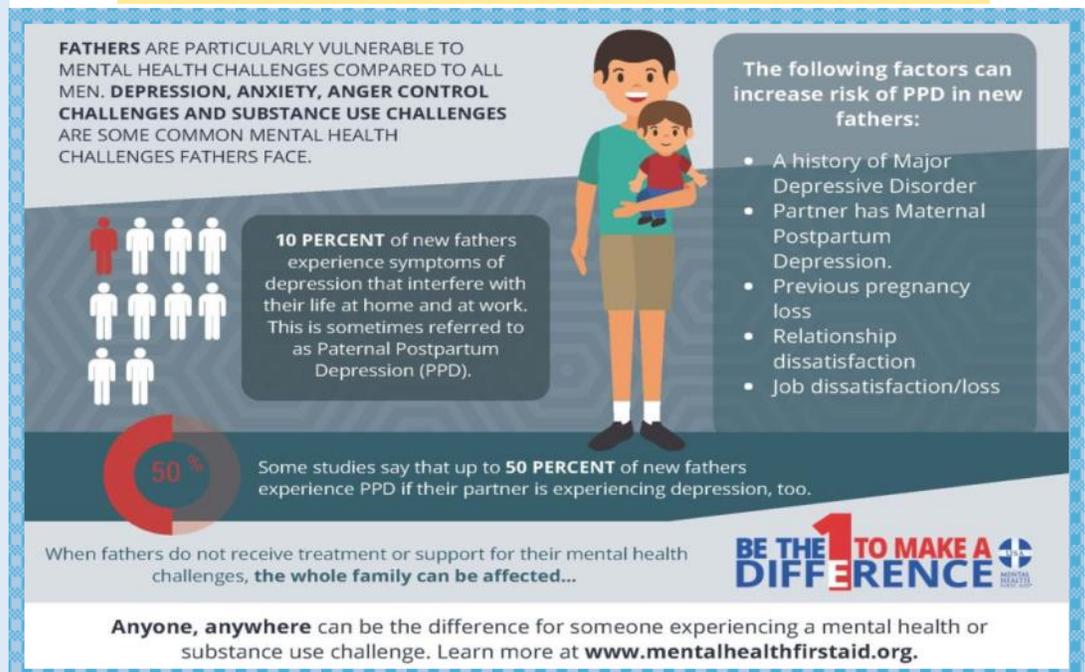
"I am an Oregonian," proclaims Arlene Sherrett. She grew up in Hood River and worked many years in the Oregon Child Support Program before becoming interested in peer work in 2014. Since then she has served as an advocate, Peer-to-Peer teacher, peer support specialist, and NAMI Multnomah Resource Guide Editor. She enjoys the mental challenge of getting involved with legislative issues, but she also enjoys the role of peer support to individuals looking for healing from the trauma of mental illness. A chemistry and biochemistry major, Arlene says, "I find the brain and its function, or dysfunction, a fascinating subject. I try to bring information to the peers I mentor about the brain and how it works." Arlene has a daughter and two beautiful granddaughters who live in Portland, and a son in Seattle. She loves the Portland area, saying, "So much beauty here!"

New Latino Outreach Coordinator Blanca Claypool

Blanca has been living intermittently between Oregon and Alaska where she has worked as a health care advocate serving the Latino community. When she saw the posting for a part-time Latino Outreach Coordinator, it represented another opportunity to continue helping the Hispanic community right here in Clackamas County. She started her new position May 15th and has been putting the "out" in outreach ever since. Blanca has earned her Associate's Degree in Family and Child Development from Linn Benton Community College in between spending precious time with her family: her husband, two daughters, a cat and a dog. An avid swimmer, she loves being outdoors and reading...mostly self-help books. Her current read is **Excuses Begone** by one of her favorites, Wayne Dyer.

Bienvenida, Blanca!

Paternal Postpartum Depression /s a Thing!



FATHERS ARE PARTICULARLY VULNERABLE TO MENTAL HEALTH CHALLENGES COMPARED TO ALL MEN. DEPRESSION, ANXIETY, ANGER CONTROL CHALLENGES AND SUBSTANCE USE CHALLENGES ARE SOME COMMON MENTAL HEALTH CHALLENGES FATHERS FACE.

10 PERCENT of new fathers experience symptoms of depression that interfere with their life at home and at work. This is sometimes referred to as Paternal Postpartum Depression (PPD).

Some studies say that up to **50 PERCENT** of new fathers experience PPD if their partner is experiencing depression, too.

When fathers do not receive treatment or support for their mental health challenges, **the whole family can be affected...**

The following factors can increase risk of PPD in new fathers:

- A history of Major Depressive Disorder
- Partner has Maternal Postpartum Depression.
- Previous pregnancy loss
- Relationship dissatisfaction
- Job dissatisfaction/loss

BE THE #1 TO MAKE A DIFFERENCE

Anyone, anywhere can be the difference for someone experiencing a mental health or substance use challenge. Learn more at www.mentalhealthfirstaid.org.

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



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

[Join online](#)

Community Events



With hot weather approaching, Clackamas County has identified a multitude of open-to-the-public cooling centers available throughout the area. The County is encouraging residents who do not have a cool place to be during the hottest time of the day to visit a cooling center to cool off, make new friends, relax and avoid the hot temperatures.

The complete list of cooling centers along with a number of handy tips for dealing with exceptionally hot weather may be found here:

<http://westlinnoregon.gov/communications/clackamas-county-cooling-centers>

NAMI Dues to Increase July 1

Costs are rising while funding is being threatened. Advocacy is essential and demand for services is skyrocketing. NAMI National has decided to increase the annual membership dues so that we might be better able to respond.

And due to popular demand, another level of membership has been added – Household - where member benefits are shared among members of the same household (i.e. address).

Effective 7-1-17, the Memberships will be as follows:

- * Individual Membership is increasing from \$35 per year to **\$40** per year.
- * Open Door Membership is increasing from \$3 per year to **\$5** per year.
- * A **new** Household Membership is being created at **\$60** per year. Household memberships provide benefits to everyone in a single household. Each Household will receive one copy of mailings while each individual in the household will have access to online benefits, email communications and discounts.

In case you're wondering, memberships will be split between National, State, and Clackamas County in the following manner:

- * Individual Membership: **\$20 to NAMI Clackamas**, \$10 to State, \$10 to National.
- * Open Door Membership: **\$3 to NAMI Clackamas**, \$1 to State, \$1 to National.
- * Household Membership: **\$20 to NAMI Clackamas**, \$20 to State, \$20 to National.

Consider becoming a member or renew your membership **NOW**. Or simply **DONATE** whatever amount suits your passion and budget.

Your support is more important than ever!





NAMI
National Alliance on Mental Illness

Clackamas County

**NAMI CLACKAMAS
COUNTY
US POSTAGE PAID
PERMIT # 29
OREGON CITY, OR
97045**

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

ADDRESS SERVICE REQUESTED

**Find Help. Find Hope.
Find NAMI.**

*For those affected by
mental illness
and their families*
namicc.org



**Pamplin
MediaGroup**

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

It is finally summer, my favorite time of year! A time where I want to have an attitude as sunny as the long warm days. But as I receive alerts from NAMI Executive Director Mary Gilberti saying that what is happening at our highest levels of government is putting the lives of the people we serve at stake, no amount of sunshine can remove the cloud that covers my soul.



I do call and [click on the links to share my concerns and personal story with my federal legislators](#) to ask that they fight to keep Medicaid expansion, mental health parity, and the requirement that insurers include mental health in the coverages they offer—all of which is at stake if the House or Senate “healthcare reform” bill becomes law. But I feel so useless because I know Oregon legislators are already on our side.

So, recently, when I was at town halls conducted by Senators Wyden and Merkley, I asked: as Oregonians, what can we do toward the efforts to keep the benefits of the Affordable Care Act that have so profoundly helped people with mental illness? Their answers were the same. They were:

- ◆ If you know anyone in other states, please call and encourage them to contact their Senators to ask them

to vote against the Senate’s new health reform bill.

- ◆ Follow **Facebook** pages, like and share posts about what is going on in our healthcare system—from social media, but also from the [NAMI](#), [NAMI Oregon](#), and [NAMI Clackamas](#).
- ◆ [Share our Tweets](#).
- ◆ Go online at <https://www.nami.org/Get-Involved/Take-Action-on-Advocacy-Issues> and share your story, learn more, or take action.
- ◆ Sign into nami.org (create a free account if you have not already) and sign up for advocacy alerts by subscribing to [NAMI’s e-news](#).
- ◆ [Donate](#) to NAMI Clackamas and help us continue educating the public and fighting for equality for people with mental health issues.

Together we can move mountains and make sure the sun does not go down on the mental health care we have fought so hard to get for people living with a mental illness. Your voice can save the lives of thousands of people. Now is the time to step up and do something!

Michele Veenker