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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**

## Celebrating Forty Years! 1978 - 2018

Back in 1978, we said goodbye to the Carol Burnett Show and Colombo; Norman Rockwell, Louis Prima, and Hubert Humphrey; the Panama Canal and the Women's Army Corps.



We said hello to the Susan B. Anthony dollar, the Great Eastern Blizzard, and the first computer bulletin board; the first legal casino in the U.S., the Camp David accord, and Love Canal; Grease, Animal House, and Superman the Movie; Fantasy Island, Dallas, and

20/20.

We were listening to the Bee Gees (and Andy Gibb), the Commodores, and Debbie Boone. You could get a gallon of gasoline for 63 cents and a dozen eggs for 48 cents. An 8-track tape player, on the other hand, set you back \$169. We still had no World Wide Web, cellular phones, or ATMs. (How *did* we survive?!)

And **NAMI Clackamas** took its first breath in the form of **M.I.N.D.** (the **M**entally **I**ll **N**eed **D**irection. (How far we've come!)

(Continued on page 6)

## A Look Back...and a Look Forward

### Calendar

**Tues., Jan. 9**  
**Tues., Feb. 13**  
**Peer & Family Support Groups**  
**Sun., May 20**  
**NAMIWalk Northwest**  
**Jun. 27-30**  
**NAMI National Convention**  
**Sat., Sept. 15**  
**Party with a Purpose**

2017 was a year of change, extraordinary challenge, and equally extraordinary accomplishment for NAMI Clackamas.

With the exception of the Executive Director, we saw a complete staff turnover as our valued employees went on to explore new opportunities for growth.

Likewise, our board had many members go on to other service opportunities. On the plus side, we have added incredible community

leaders like Judge Robert Selander. For those of you who do not remember, Judge Selander brought Mental Health Court to Clackamas County. It was the first such community court in Oregon.

And although we do not have a final accounting as of this writing, some of

the things our NAMI volunteers have accomplished in 2017 are:

- Five Family-to-Family classes, two in Spanish, with 83 graduates,
- Two Peer-to-Peer classes with 12 graduates,
- 31 Ending the Silence presentations to Junior and Senior High School Students
- 200 peer-led support groups,
- and 36 Family Support Groups.

NAMI staff and volunteers have participated in Crisis Intervention Training for law enforcement professionals, including officers at our county sheriff's department and jail

staff; given presentations to a myriad of diverse community groups; participated in the NAMIWalk, Oregon's biggest anti-stigma event; met with legislators in both Salem and D.C., participated on advisory committees; provided 25 gifts

(Continued on page 6)

We hope to move closer to our vision of hope, health, acceptance and community for everyone impacted by mental illness.

### 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 &amp; Education:

**Judy Winter**

VP Advocacy &amp; 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**

### VOLUNTEER LEADERS

Newsletter Editor:

**Doug Westberg**

NAMIWalk Chair:

**Bill Zuber**

Librarian:

**Open**

Membership Director:

**Chris Ommert**

Open Minds Art Facilitator:

**Kim Meyer**

Education Coordinator:

**Open**

Admin and Education Asst:

**Gwen Rose**

### STAFF

Executive Director:

**Michele Veenker**

Outreach and Development:

**Gary Marschke**

Peer Resource Coordinator:

**Montia Leighton**

## Volunteer Power!

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

## Opportunities

### Event Planning Committee (4 – 6 hours per month)

If you're the Event/Party Planner type, we could use your help planning, prepping, promoting, and coordinating our upcoming events for 2018, including our NAMIWalk in May and our Fifth Annual Party with a Purpose Dinner-Auction in September.

You'll work with an engaged staff, excited board, and other enthusiastic volunteers on a variety of tasks including but not limited to: planning, logistics, promotion, followup on details, coordinating volunteer teams, and the things that come up along the way.

### Outreach and Information Volunteer

Staff the NAMI Clackamas table at community events to educate the public about our programs. You don't need to know everything about how awesome NAMI is or about mental health. You do need to know how to say "I don't know but I will have someone contact you." Volunteers may also help with setup and breakdown. Dates and times vary; you can accept events that work with your schedule.



### PeRC Plus Presenters

This is your opportunity to provide hope and help to others when they need it the most. These hour-long presentations happen at Kaiser Sunnyside for patients and their family members on Saturday evenings at 6 p.m. You will provide information on resources, recovery, and hope for the future. Volunteers for this vital program need to commit to presenting at least once a month. Training is provided.

### Education Assistant (5 hrs per wk)

NAMI Education is a core part of the NAMI Clackamas mission and helps to improve the lives of both people who live with mental health issues and those who care for and about them. The Education Assistant will assist staff and volunteers with scheduling, logistics, promotion, and preparation for quarterly NAMI Clackamas classes including Peer-to-Peer, Family-to-Family, and Basics, throughout Clackamas County.

## With Gratitude...

From 10/01/2017 to 11/30/2017, 49 volunteers gave 722.75 hours. You facilitated groups, taught classes, gave presentations, answered phones, helped with mailings, 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!

## SAVE THE DATE!

**Join us for the 16th annual NAMIWalks Northwest event, presented by**



**Sunday, May 20, 2018**

**Vera Katz Eastbank Esplanade  
(Near SE Water and SE Main)**

**Portland, OR**

**Check in: 12 pm. Walk begins at 1 pm.**

**Sign up at [www.namiwalks.org/northwest](http://www.namiwalks.org/northwest) and make an impact!**



Where shopping & giving unite  
**Donate Every Time You Shop!**

**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 ~*
**Jan. 9, 2018**

Did you know?!?!? "More than 1/2 of non-medical drug users get medicine from family or friends. Not drug dealers." Each generation looks for new ways to get high. Recent trends show an increase in prescription and over-the-counter drugs as opposed to the traditional "street drugs" as the drugs of preference. Many people get them from home!

**Join Abigail Wells, MA, CPS, from Northwest Family Services to hear about their Talk, Lock and Drop initiative that endeavors to change these trends in our local communities. TALK about, LOCK up, & DROP off or correctly dispose of your old or unused medications to help keep your loved ones safe.**

**Abigail Wells**, a former language arts teacher, is the Director of Vibrant Future Coalition, which is a local substance abuse prevention coalition serving the North Clackamas area. Born and raised in Oregon, she received her Bachelor's degree from Menlo College and her Master's at the University of Portland. She is married and has two beautiful girls who are featured in the Talk, Lock, & Drop promotional materials.

**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.

**Feb. 13, 2018**
**Clackamas County Mental Health Court: A Story of Success**

Clackamas County Mental Health Court began in November of 2003 as the first such court in Oregon. Mental Health Courts were developed in response to the over-representation of people with mental illnesses in the criminal justice system, and is designed to reduce criminal activity committed by persons suffering from a qualifying mental health diagnosis and possible co-occurring alcohol or other drug addictions. Defendants are sentenced to successfully complete Mental Health Court, bypassing the traditional court environment. The goal is to address the root causes of each individual's criminal behavior and to reduce repeat offenses.

NAMI Clackamas Board President **Judge Robert Selander** was instrumental in bringing this specialized court program to Oregon. "So many people involved in drugs have mental health problems, and these people are more vulnerable. It's a different population. My heart's there—it is the most innocent people who suffer from mental illness," he said.

**Join us to find out more about how this specialty court works, how it supports recovery, and the process of getting assigned to this extremely effective alternative court.**


**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

**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**
**Jan. 9 & Feb. 13** (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)
**Make a donation**



**January is Mental Wellness Month!**

## The Eight Dimensions of Wellness

(Courtesy of SAMHSA)

Making the Eight Dimensions of Wellness part of daily life can improve mental and physical health for people with mental and/or substance use disorders. Make 2018 the year of self-care and mental wellness.

### What is Wellness?

Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being.

Remember that wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.

### What Are the Eight Dimensions of Wellness?

Learning about the Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health.

The Eight Dimensions of Wellness are:

1. Emotional—Coping effectively with life and creating satisfying relationships
2. Environmental—Good health by occupying pleasant, stimulating environments that support well-being
3. Financial—Satisfaction with current and future financial situations
4. Intellectual—Recognizing creative abilities and finding ways to expand knowledge and skills
5. Occupational—Personal satisfaction and enrichment from one's work
6. Physical—Recognizing the need for physical activity, healthy foods, and sleep
7. Social—Developing a sense of connection, belonging, and a well-developed support system
8. Spiritual—Expanding a sense of purpose and meaning in life.



### 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 THU, 1:30 to 4 p.m.



Meets at NAMI Clackamas County office, 10202 SE 32nd Ave, Suite 501, Milwaukie

NAMI Clackamas offers several support groups and classes throughout the community. Check them out on our [web page](#) and our [Facebook event calendar](#).

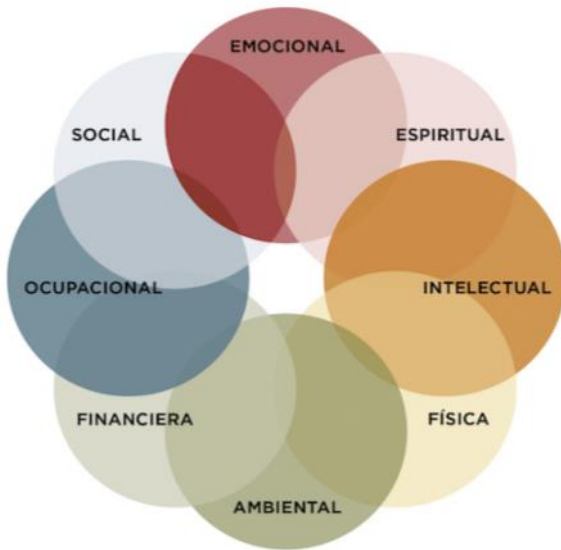
**Donate Now**

## ¡Enero es el mes de bienestar mental!

### Las Ocho Dimensiones del Bienestar

(Cortesía de SAMHSA)

Hacer que las Ocho Dimensiones del Bienestar formen parte de la vida diaria puede mejorar la salud mental y física de las personas con trastornos mentales y / o de uso de sustancias. Haga de 2018 el año del autocuidado y el bienestar mental.



#### ¿Qué es el bienestar?

El bienestar es estar en buena salud física y mental. Debido a que la salud mental y la salud física están relacionadas, los problemas en un área pueden afectar al otro. Al mismo tiempo, mejorar su salud física también puede beneficiar su salud mental, y viceversa. Es importante tomar decisiones saludables tanto para su bienestar físico como mental.

Recuerde que el bienestar no es la ausencia de enfermedad o estrés. Todavía puedes esforzarte por alcanzar el bienestar incluso si estás experimentando estos desafíos en tu vida.

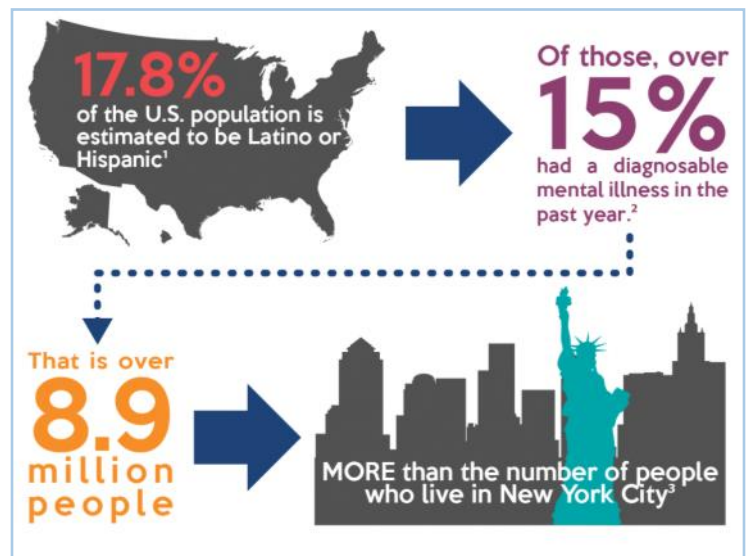
#### ¿Cuáles son las ocho dimensiones del bienestar?

Aprender sobre las Ocho Dimensiones del Bienestar puede ayudarlo a elegir cómo hacer del bienestar una parte de su vida cotidiana. Las estrategias de bienestar son formas prácticas de comenzar a desarrollar hábitos saludables que pueden tener un impacto positivo en su salud física y mental.

Las Ocho Dimensiones del Bienestar son:

1. Emocional—Hacer frente a la vida de manera efectiva y crear relaciones satisfactorias
2. Ambiental—Buena salud al ocupar ambientes agradables y estimulantes que apoyan el bienestar
3. Financiero—Satisfacción con situaciones financieras actuales y futuras
4. Intelectual—Reconocimiento de habilidades creativas y búsqueda de formas de expandir el conocimiento y las habilidades
5. Ocupacional—Satisfacción personal y enriquecimiento del trabajo de uno
6. Físico—Reconocer la necesidad de actividad física, alimentos saludables y dormir
7. Social—Desarrollar un sentido de conexión, pertenencia y un sistema de apoyo bien desarrollado
8. Espiritual—Expandir un sentido de propósito y significado en la vida.

NAMI Clackamas ofrece varios grupos de apoyo y clases en toda la comunidad. Échales un vistazo en nuestra [página web](#) y en nuestro [calendario de eventos de Facebook](#).



**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

Change lives .....

**2018 Education And Support Program Leader Trainings**

March 2-4

**Family-to-Family Teacher Training**

Providence Willamette Falls Med. Ctr.  
1500 Division St.  
Oregon City, OR, 97045

**Applications due by Friday February 16**

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

April 7-8

**In Our Own Voice Training**

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

**Applications due by Friday March 23**

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

**A Look Back...and a Look Forward cont.***(Continued from page 1)*

for people at the Oregon State Hospital and contributed to holiday bags for the homeless, provided information and resources at health fairs across the county and presented Compartiendo Esperanza to the Mexican Consulate as well as at other Latino organizations.

What is truly amazing is that all of this has been accomplished with only three full-time and one part-time staff person, assisted by **136 amazing, caring volunteers who have given 6208 hours!**

Looking towards 2018, we hope to increase the number of Ending the Silence presentations we offer in schools, solidify and strengthen our Spanish language programs, and strengthen and increase the number of Peer-to-Peer and Basics classes we offer to meet the huge need in our community. In essence, we hope to move closer to our vision of hope, health, acceptance and community for everyone impacted by mental illness.

It is a huge lift, but I believe, with the help of all of you who are passionate about making sure that no one is alone in this fight, we can make it. Here's to a bright future full of hope and recovery!

*Michelle Veenker***Celebrating 40 Years, cont.***(Continued from page 1)*

Speaking of how far we've come, in the next four issues, we'll look at *NAMI Clackamas—Through the Decades* from, appropriately, the perspective of the lived experience of others. We'll sprinkle in a few fun facts, trivia, and milestones, too. If you have something you think we should know about or recognize, please send it to [gary@namicc.org](mailto:gary@namicc.org). Photos, stories, news items, whatever...share!!

We're forty and counting...on you! Thank you for making our first forty so successful!

*Gary Marschke*

The Blizzard of '78, Boston, Mass.



The Warmline's caring team of trained peers offers nonjudgmental and confidential peer support every day. No appointments needed! Their goal is to connect with you, to listen, and to discover together how we can make sense of our experiences. Warmline Team members are people who have experienced life challenges – including moods, voices, visions, trauma, and addictions.



## 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 an additional donation of: \$ \_\_\_\_\_

Donation in memory or honor of \_\_\_\_\_ \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

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

**Make checks payable to:** NAMI Clackamas

**Mail to:** 10202 SE 32nd Ave., Ste. 501, Milwaukie, OR 97222

**Or :** register [online](#)



**Do You  
NAMI Clackamas?**

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



**Do You  
NAMI  
Clackamas?**

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

**YOU ARE  
NOT  
ALONE**

## Resources



### LONELINESS & OLDER ADULTS

Free presentations in your  
community, open to all.

#### CANBY PUBLIC LIBRARY

January 31, 2018  
2:00-3:30pm

#### OREGON CITY PUBLIC LIBRARY

February 8, 2018  
2:30-4:00pm

#### HAPPY VALLEY PUBLIC LIBRARY

February 22, 2018  
3:30-5:00pm

#### LAKE OSWEGO ADULT COMM. CTR.

March 27, 2018  
11:00am-12:30pm

#### MILWAUKIE CENTER

March 29, 2018  
1:30-3:00pm



### FOLKTIME SOCIAL PROGRAMS

Folktime's social programs are created  
by and for members. In a monthly  
community meeting, members decide  
on activities for the coming month.  
Socializing with others helps people  
with mental health diagnoses prevent  
relapse and have a higher level of life  
satisfaction.

#### Location:

Atkinson Memorial

710 6th Street

Oregon City, OR 97045

(971) 888-1784

Mon., Tues., Thurs., 10:00am-2:30pm

Wed., Fri., see their [website](#).

### NAMI Clackamas Board Meetings

**First Wednesday  
of each month**

**1 p.m. to 3 p.m.**

#### 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  
NEWSLETTER  
VOL. 2018, NO. 1  
JAN-FEB 2018**

“What is the essence of life? To serve others and to do good.” – Aristotle

**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

**ADDRESS SERVICE REQUESTED**

**Find Help. Find Hope.  
Find NAMI.**  
*For those affected by mental  
illness  
and their families*  
namicc.org



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

## PTSD Treatment Options

NAMI has launched a short course about posttraumatic stress disorder ([PTSD](#)). The online course was created for service members and veterans, but is also helpful for anyone who has experienced a traumatic life event. This program provides a safe, confidential way for you to explore whether you'd like to talk to a professional. To register, [click here](#).



**amazon**smile

**Donate While You  
Shop Online!**

## From the Executive Director

As you read this, another year will have ended. It has been an eventful year for me and for NAMI Clackamas.

In 2017, I sold my home of 19 years and moved with my amazing hubby into a floating home. We also started remodeling the new home while remaining in it. It has become closer to camping than to living in a house. And as with most remodels, it has taken much longer than expected.

Living with mental health issues can be much like the stress of remodeling. If you experience symptoms yourself or love someone who does, it often seems like things could not possibly get any worse. And even when you know recovery can come, it often takes much longer than we anticipate—at a higher cost, emotionally, physically, and financially than we first expected.

But at NAMI Clackamas, in our groups, our presentations and our classes, our mantra is NEVER GIVE UP HOPE!

Here at the office, we have seen people and heard stories of individuals with mental health issues and addictions who lived on the street and now have safe, clean,



appropriate housing.

We hear of people who have been addicted for decades who have days, months, years, and decades of being clean and sober.

We work and volunteer with individuals who have misdemeanors and felonies on their records who use their unique lived experience to give back in ways that someone who has not felt what it is like to be incarcerated cannot.

Every day we bear witness to that hope which can be so hard to hang on to at times. Even when my roof leaked or I had to do dishes in the bathtub, I knew things would get better. Like my remodeled home, recovery is worth the work required to achieve and maintain it.

At NAMI, we know that people can and do get better. We know that recovery, as individual and unique as it is to each of us, is a reality for most people. We know that all of our efforts to support, educate, and advocate for those we serve and love are not misplaced, and that each of us has the power to make the world a better place.

Here's to all that we accomplished together in the year that has passed, and to a future that is bright with hope, laughter, and a warm roof over each of our heads!

*Michele Veenker*