

# The Voice of Help and Hope



The Official Newsletter of

 **NAMI** Clackamas  
National Alliance on Mental Illness

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## NAMI News

### **July is Minority Mental Health Awareness Month**

Mental health conditions do not discriminate based on race, gender, or identity. Anyone can experience the challenges of mental illness. However, background and identity can make access to mental health treatment more difficult. National Minority Mental Health Awareness Month was established in 2008 to change this.

Each year, millions of Americans face the reality of living with a mental health condition. Taking on the challenges of mental health conditions, health coverage, and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care. NAMI is dedicated to changing the statistics and making sure that there is access to mental health for all!

### **2020 Walks Your Way – a Virtual Success!**

This year we went virtual and we went for an ambitious goal – and we almost made it! Our original goal was to best our best year (2018) by 5%. Well, we didn't do that but we did do a LOT better than most anticipated under the circumstances and stand to net about what we did last year. As of 6/29 the *unofficial* tally for monies raised by NAMI Clackamas walk teams is **\$18,663**. Coming from 20 teams and 145 walkers, that's \$933 per team and \$129 per walker!! **WOW...what an effort!**

State-wide, we also came close...83% of their fundraising goal from 1060 participants representing 130 teams. Official figures won't be out for a while since we're still fundraising (click [here](#) to donate or go to [www.namicc.org/namiwalks](http://www.namicc.org/namiwalks)). Congratulations to all who donated, recruited, and supported this outstanding event!!

## CALENDAR

- July 11-August 29  
Peer-to-Peer (Online)
- July 11-August 29  
Veteran Peer-to-Peer (Online)
- July 13-14  
NAMIcon A Virtual Event
- July 16-18  
Peer-to-Peer Teacher Training

**Donate** 

In these challenging times, we understand that there are many demands on your resources and many worthy causes to support. Please consider NAMI Clackamas as one of those causes.



COMMUNITY NEWSPAPERS | PORTLAND TRIBUNE YOUR TOWN, YOUR PAPER.™

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

# It's Okay to Take Care of Yourself, Even During a Pandemic

*Justin Bennett*

When the World Health Organization officially declared COVID-19 a global pandemic in March, the world as a whole effectively shut down. And even closer to home, most of us have had to change the way we live and act each day.

There is a high probability that you've shifted your efforts from self-care to caring for your children, spouse or significant other, or aging parents. And although you are right to do your diligent duty, you can't forget about yourself. Remember, you have to take care of yourself so that you have the physical and mental energy to get through this pandemic with your health and sanity intact. Here are some resources that can remind you how to do just that.

[How to Strengthen Your Immunity During the Coronavirus Pandemic](#)

[Promoting Mental Health at Home: How to Design the Perfect Meditation Room](#)

[6 Ways You Can Train Yourself to Stop Using Social Media](#)

[5 Ways to Practice Mindful Eating](#)

[Three Breathing Exercises to Ease Your Coronavirus Anxiety](#)

[Are Baths Good for Your Mental Health? Soaking in the Tub Settles the Mind, Study Shows](#)

[The Best Ankle Weights \(2020 Reviews\)](#)

[Do Essential Oils Work for Anxiety – and What Are the Best Ones?](#)

[The Ways Cleaning Alleviates Stress](#)

You are just as important now as you were before the crisis. Treat yourself that way. From meditating and exercising to eating well and avoiding social media, these ideas are a great start.

## NAMI Online Classes

NAMI Peer-to-Peer

July 11-August 29 | 10:00am-12:00pm

NAMI Veteran Peer-to-Peer

July 11-August 29 | 1:00pm-3:00pm

# Why Minority Mental Health Awareness Month Matters

Alex Smurthwaite

The deaths of Freddie Gray and Breonna Taylor while in police custody—as well as the disproportionate effects the coronavirus pandemic on Black and Brown communities and the apparent lynching of Ahmaud Arbery—have raised white Americans' awareness of the racial disparities that exist in our country. These disparities are the direct result of white supremacy, or the idea that white people are better than people of other races.

Unfortunately, white supremacy has shaped nearly every corner of American society ([especially here in Oregon](#)), and mental health is no exception:

- African Americans are 10% more likely to experience serious psychological distress.
- 30% of African American adults and 33% of Latinx adults with mental illness receive treatment compared to 43% average of all U.S. adults.
- In 2017, 11% of African Americans and 19% of Hispanic had no form of health insurance.

While recent events have underscored some of the racial disparities that exist in this country, too often these disparities go unnoticed. We must devote ourselves to stamping out stigma and advocating for the mental wellbeing of communities of color. It is for this reason that Minority Mental Health Awareness Month matters.

Learn more at [nami.org/minoritymentalhealth](http://nami.org/minoritymentalhealth). Click [here](#) to read NAMI CEO Daniel Ellison's official statement on racism.

## Register for Online Classes!

### Basics

NAMI Basics is a **free**, six-week course for parents, guardians, and other family who provide care for youth. Family members gain information about mental illness and treatments, family communication skills, and advocacy support.

### Family-to-Family

NAMI Family-to-Family is a **free**, eight-week course taught by trained family members who have been there. Learn about different mental health disorders, treatment options, emotional support for family and caregivers, advocacy, and so much more.

### Peer-to-Peer

NAMI Peer-to-Peer is a **free**, eight-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. The program includes presentations, discussion, and interactive exercises.

To register (or to sign up for notifications), go to <https://tinyurl.com/namiclasses>.

## IN THE NEWS...

### NAMIcon Is Going Virtual

In light of the Coronavirus Pandemic, NAMIcon 2020 is going virtual this year. Instead of paying to attend the in-person event, NAMIcon 2020 is now available to register at **no cost!**

The event will be held **July 13-14**. Register at <https://www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention>.

The convention will address a variety of topics such as mental health research, comprehensive and holistic treatment options, the importance of diversity, inclusion, and cultural competence and how we can address issues of identity, language, and demographics.

The event will also include the launch of the Well Beings campaign—a partnership between NAMI, WETA, and other national partners—and include a virtual national town hall.

We hope to see you there!

### Strength Over Silence

Watch the NAMI docuseries, *Strength Over Silence: Stories of Courage, Culture and Community*, which highlights perspectives on mental health from the African American and Latinx communities. Through candid and courageous stories of lived experience, these mental health champions share their resilience and recovery.



**STRENGTH**  
OVER  
**SILENCE**

## ABOUT US

### What is NAMI Clackamas?

NAMI Clackamas is a nonprofit, grass-roots, self-help organization dedicated to improving the quality of life for everyone impacted by mental health issues through education, support, and advocacy.

We work with individuals with mental illness, their friends, and loved ones to provide training, information, and resources for professionals, schools, and the general public.

### NAMI Clackamas Provides:

- A place for socializing, friendship, and networking.
- Support for people with mental illness and their families.
- Educational classes for people with a mental illness or for people who love someone with a mental illness.
- Information to communities regarding mental illnesses, available services, and services needed.
- Advocacy and encouragement for people with mental illness.
- Format for educating public officials and legislators about the needs of families affected by mental illness.
- Newsletters from NAMI Clackamas.

Find Help.

Find Hope.

Find NAMI.

## Volunteer Power!

### Education Coordinator Assistant

Are you passionate about helping people impacted by mental health issues? Are you highly organized and detail-oriented and able to work independently and as part of a team? Are you tech savvy and proficient in MS Word and Excel? Then apply to become our Volunteer Education Coordinator Assistant!

You will be assisting in our mission to help those with mental health issues through our free online and in-person classes. In this position you will help NAMI staff schedule and coordinate teacher commitments to classes on Zoon, register participants and manage class waitlists and rosters, assist teachers with training and practices, manage and send out class materials, process forms and participant lists, facilitate communication between the NAMI National, NAMI OR, and NAMI Clackamas, update teaching materials, determine class locations and venues (when/if classes can be held in person), and order books and readying supplies for teachers (when/if classes can be held in person).

Most of this work can be done remotely.

### Lead Presenter, Ending the Silence

Do YOU want to make a difference in a young person's life? Are you passionate about ending the stigma around and educating the public about mental health issues? Then become an Ending the Silence Lead Presenter!

Presenters give a 25-minute PowerPoint presentation on mental health, suicide, and stigma for students, staff, and parents. Speakers can pick times and dates that fit their schedule. Presentation is followed by a young adult speaker with lived experience and a Q&A. Experience with mental health concerns in yourself or a loved one preferred but not required. Training will be provided.

To find out more about these volunteer opportunities apply online at [www.tinyurl.com/namivolunteer](http://www.tinyurl.com/namivolunteer) or contact [volunteercoor@namicc.org](mailto:volunteercoor@namicc.org).

## With Gratitude...

Between **April 16** and **May 30**, NAMI Clackamas had **101 volunteers** give **402 volunteer hours**! We are grateful to the many volunteers who've helped us during these trying times. You facilitated groups, taught classes, gave presentations, inputted data, helped with mailings, did social media outreach, and called over **250 people** as a part of our Compassion Committee. NAMI Clackamas is the essential organization it is because of our volunteers. From the bottom of our hearts, thank you from the NAMI Clackamas staff and everyone who has benefited from the work you do. **YOU'RE AMAZING!!**

## Program Leader Trainings

NAMI Oregon has begun holding program leader trainings online via Zoom. When Trainings become available, we will post them here. For more, go to [NAMI Oregon's website under Programs > For Program Leaders > Trainings](#).

# NAMI Clackamas | Ask the Expert

Tuesdays from 6:30-7:30pm

Register for Access: <https://tinyurl.com/TuesAskTheExpert>

## July 14 | Racism: A Mental Health Crisis

Racism is serious and disproportionately impacts the mental health of people of color. It is a Public Health Crisis in the United States, and here in Oregon.

Oregon began as a whites-only state through a series of [Black exclusionary laws that were designed to discourage Black Americans from living here](#). Racist language in Oregon's Constitution wasn't removed by voters until 2002, and 30% of voters elected to *keep* the racist clause in the constitution. The effect of racial trauma on mental health, the disparity in access to mental health care in communities of color, and the inequality & lack of cultural competence in mental health treatment can no longer be ignored.

### About the Presenter

Kevin Fischer, Executive Director of NAMI Michigan, will help us take a look at racism as a driving force of the social determinants of health and equity and how we can work together to change this. A retired businessman, Kevin joined NAMI as a volunteer in 2011 after his oldest son Dominique was diagnosed with a mental illness in late 2007 and was lost to suicide in 2010.

Kevin is also the founder and Director of The Dominique Fischer Memorial Foundation, serves on the Board of Directors of several behavioral health organizations throughout Michigan and is a member of Governor Whitmer's Suicide Prevention Commission. Register for access at <https://tinyurl.com/TuesAsktheExpert>.

## Aug. 11 | Save a Life—QPR

Our communities are contending with three major crises right now – the pandemic, racism, and economic instability. These come with intense emotional reactions that can impact our mental and physical health. Do you know people experiencing a lot of stress and worry? Feeling isolated, depressed, hopeless, or traumatized? Trouble sleeping or relaxing? Would you know how to support someone with thoughts of suicide? QPR stands for Question, Persuade and Refer, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives. This brief and basic course is for you if you would like to learn or have a review about how to identify and help someone who might be at risk for suicide. This program teaches the warning signs of a suicide crisis and how to respond by following three specific steps.

### About the Presenter

Kathy Turner works for Clackamas County Behavioral Health and is part of the Prevention Team. Kathy has trained hundreds of people in Clackamas County including educators, health care providers, faith community members, older adult caregivers, first responders, and interested community members in QPR.

Extended time – this Ask the Expert will go from 6:00 pm to 7:30 pm in order to adequately cover this important topic. Register for access at <https://tinyurl.com/TuesAsktheExpert>.

FAMILY AND PEER  
SUPPORT MEETINGS  
(NOW ONLINE)



Sundays (weekly)

6:00-7:30pm

<https://tinyurl.com/SunConnections>

2nd Tuesday (monthly)

7:30-9:00pm

<https://tinyurl.com/TuesConnection>

Wednesdays (weekly)

2:00-3:30pm

<https://tinyurl.com/WedConnection>



1st Monday (monthly)

6:30-8:00pm

<https://tinyurl.com/MolallaFSG>

2nd Tuesday (monthly)

7:30-9:00pm

<https://tinyurl.com/TuesdayFSG>

3rd Saturday (monthly)

9:00-10:30am

<https://tinyurl.com/SaturdayFSG>

For more info, go to [namicc.org](http://namicc.org).

# NAMI CLACKAMAS LEADERSHIP TEAM

## Board

- Judge Robert Selander  
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- Judy Steele  
*VP Advocacy & Outreach*
- Ashely Carroll  
*VP Support & Education*
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- Bill Zuber  
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*Peer Services*
- Gisela Foster  
*Latinx Outreach Coordinator*
- Sheri Mascorro  
*Volunteer Coordinator*
- Fawn Harket  
*Mental Health Awareness Training  
Coordinator*

# Welcome to NAMI Clackamas, Sheri!

We are thrilled to welcome Sheri Mascorro as our new Volunteer Coordinator!

Sheri's career has spanned both non-profit organizations and for-profit businesses, including developing and executing organizational strategies and new programs, as well as growing existing programs. While in the for-profit sector, Sheri's work was primarily in the high-tech and software industries.

During this time, driven by her desire to use her knowledge and experience to positively impact the lives of others, Sheri began volunteering her free time to work with various non-profits in the areas of strategic business and operational plan development and implementation, Board membership recruitment, fundraising, community outreach, and event planning and management, including recruiting and managing volunteers.

Most recently, Sheri was with Youth Homes, an organization in the San Francisco Bay Area that serves at-risk youth, ages 16-25, who have experienced trauma, abuse, neglect, and severe mental health challenges. As the Mentor Program Manager, Sheri developed and managed a volunteer mentor program for Youth Homes' five residen-

tial group homes and crisis shelters. When promoted to Workforce Development Manager, she developed

and implemented an employment services program working with traumatized and abused foster and former foster youth, and youth ages 17-24 dealing with mental illness, homelessness, and substance abuse.

Realizing that there was nowhere in the local community for these youth to

go to gain employment and life skills once they turned 18 and left Youth Homes, Sheri helped raise funds and built and managed a Resource Center, developing and facilitating employment and life skills workshops, social activity events, and leadership skills development. Determined to help these youth as best she could, Sheri became a Global Career Development Facilitator and a Certified Career Services Provider.

Sheri recently moved to Portland to be close to her two daughters. She is thrilled to have connected with NAMI Clackamas and is excited to work with everyone as Volunteer Coordinator, helping to bring awareness to the community and support those impacted by mental health issues.

We look forward to her expertise and dedication to helping those impacted by mental illness.

Email her at: [volunteercoor@namicc.org](mailto:volunteercoor@namicc.org).



YOU ARE  
**NOT**  
ALONE

Sharing your story is not only helpful to your own mental health journey, it's also a great way to show others they are **#NotAlone**.

# From Your Director

Countries in lockdown. Borders closed. Physical distancing. Isolation. People taking to the street to protest in unprecedented numbers. It seems unreal, surreal—and yet the work of NAMI must go on; we are needed now, maybe even more than ever.

I have always thought of myself as an extremely resilient person. I come from a place of privilege, but I have also weathered my share of difficulties. Yet, I still feel I have been blessed: I have a roof over my head, good health, a job, and people I love and care about.

But the things that are happening all around us right now are breaking my heart. They are causing me sleepless nights (I am writing this at 4 am) and an amount of stress I seldom feel. This can be related to the fear, isolation, and other stresses being felt by myself, my family, coworkers, and others due to COVID-19. The murder of George Floyd, the protests, and the fight against systemic racism is another layer on an already unprecedented time. It is a part of my job, a result of empowering people to say things that are not always comfortable to address.

While NAMI staff and volunteers are doing an amazing job pivoting our classes and support groups to online formats, I have never felt more inadequate to the tasks on hand than I do right now. I feel small in a world that has more problems than I can solve. And yet, it is not my job to solve the world's ills, or even those of my community or family. But it is my job to become the best person I can. In the words of Edward Everett Hale, "I cannot do everything; but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do."

One of the things that I did is watch this [Ted Talk](#). I found it empowering and relevant to the times. It gave me permission to look at my own single narratives and to question and change my world view. It was 18 minutes that made me a better person. I hope you watch it and feel the same way.



Michele Veenker

## CONTACT US

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 [facebook.com/NamiClackamas](https://facebook.com/NamiClackamas)

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## Become a Member Register Online

[www.nami.org/get-involved/join](http://www.nami.org/get-involved/join)

Or call NAMI Clackamas at:  
503-344-5050

## Board Meetings

Due to COVID-19, the NAMI Clackamas Board Meetings have been canceled. For more information, visit our website at [www.namicc.org/board-and-staff](http://www.namicc.org/board-and-staff)

## NAMICon 2020

Together  
Toward  
Tomorrow

[www.nami.org/convention](http://www.nami.org/convention)

## NAMICon 2020

A Virtual Event • July 13-14

Together Toward Tomorrow

## Come Join Us At Our First Virtual NAMICon!

We are grateful for your patience and support as we transformed our in-person NAMICon into a virtual event at **no cost!**

Registration is now open for NAMICon 2020, a Virtual Event, July 13–14.

<https://www.nami.org/Get-Involved/Attend-the-NAMI-National-Convention>



# Covid-19 y la nueva ansiedad social

*Gisela Foster*

[Find resources online.](#)



WATCH NOW ON [NAMI.ORG](https://www.nami.org)



*Amanda Mills/CDC*

El distanciamiento social ha provocado una serie de sentimientos incómodos en muchas personas y existe la tendencia a ocultar la incomodidad con una sensación de protección o falta de tolerancia y una mayor sensación de alerta. Una situación normal como ir al supermercado que solía ser una experiencia positiva ahora puede convertirse en un recuerdo caótico y angustioso.

Los supermercados abarrotados pueden crear una sensación de falta de seguridad personal y violación del espacio. Este sentimiento de miedo es algo nuevo y diferente a todo lo que hemos experimentado anteriormente. Un evento muy simple, como interactuar con un empleado de la tienda, normalmente un evento común y mundano, puede evocar innumerables emociones de ansiedad y también desencadenar un conflicto interno cuando no estamos seguros de si comprometer nuestro instinto natural para ser social.

Recuerdo a principios de marzo cuando muchos bares y restaurantes estaban abiertos al público; Los tiempos eran diferentes, incluidas nuestras interacciones con amigos y familiares, pero todo eso ha cambiado para todos con una nueva dinámica.

Pensemos por un minuto en la interacción social y los beneficios para nuestra salud;

pensemos en la ventaja de estar saludable. Si podemos cambiar nuestra forma de ver el distanciamiento social a través de un lente de positividad, podemos crear relaciones positivas con nosotros mismos y con los demás. La sensación de incomodidad crea tensión física y mental y, en última instancia, ansiedad.

Este es un tipo diferente de ansiedad; La ansiedad social es un trastorno mental que causa miedo intenso, a menudo impulsado por preocupaciones irracionales. Alguien con trastorno de ansiedad social evita la participación en conversaciones o reuniones, lo que resulta en aislamiento en muchos casos. En este caso y debido a nuestra situación actual con Covid-19, las interacciones sociales producen una ansiedad diferente impulsada por el miedo a estar enfermo.

Si podemos identificar nuestro nivel de incomodidad cuando interactuamos con las personas, manteniendo el distanciamiento social, entonces podemos interactuar de una manera más pacífica. El distanciamiento social es importante para todos nosotros y representa una oportunidad para fortalecernos en un momento de miedo por la falta de control sobre el comportamiento de otras personas.

En esta nueva interacción social, podemos controlar el tiempo y el esfuerzo que ponemos en comunicación con los demás; Podemos desarrollar una red de apoyo para comprender nuestros sentimientos. Podemos encontrar nuevas rutinas, construir nuevas tradiciones familiares y hacer frente a nuevas situaciones utilizando nuestros mejores criterios para reducir este nuevo tipo de ansiedad social.