

NAMI Multnomah Reporter

Volume 36, Issue 1

The Portland Metro affiliate of NAMI, the National Alliance on Mental Illness

Spring 2011

Mental Health Awareness Month May 2011 *Schedule of Events*

May 3rd –

Mental Health Awareness Day for Children at the Sellwood Boys & Girls Club, 7119 SE Milwaukie Ave., Portland, OR 97202 from 11:30am - 1:00 pm.

Mental Health Awareness Day for Children

NARA Northwest Event 3-8 pm Mt Tabor Park Amphitheater

Mental Health Awareness Day for Children

Celebration at the Capitol, Salem 10 am – 3 pm

May 10th - "Minds on the Edge: Facing Mental Illness."

A screening and discussion of OPB's Fred Friendly seminar at the Providence Portland Medical Center Social Room at 4805 NE Glisan. Social hour at 6:30pm, 7:00pm screening. Discussion to follow on ways of improving support and treatment for people with mental illness.

May 13th & 14th - A Two-Day symposium at the First Unitarian Church at 1011 SW 12th, downtown Portland:

Friday, May 13th - 7:00 to 9:00pm. "Creating a New Paradigm of Mental Health Care: What needs to be done? And why?" Robert Whitaker facilitates a conversation with the audience and a panel of mental health care providers and peers on the current national movement to create a more holistic, effective and humane mental health care system.

Saturday, May 14th - 8:00am to 5:00pm Community Resource Fair "Building Strong Communities: New Tools for Mental, Emotional and Spiritual Health" NAMI Multnomah and NorthStar will host a table. See a 75 minute presentation of 'In Our Own Voice.'

May 18th - "In Our Own Voice" presentation in the 'Auditorium' at the Portland Building at 1120 SW 5th Ave. from Noon to 1:00pm.

May 22 - NAMI Walk at the Vera Katz Eastbank Esplanade Festival Area in Portland. Registration and activities begin at noon; walk begins at 1pm.

JOIN US! 2011 NAMI Walk Sunday, May 22

Vera Katz Eastbank Esplanade
Festival Area in SE Portland
(near OMSI)

Registration and activities begin at noon; walk begins at 1 p.m.

Launched in 2003, the NAMI Northwest Walk helps raise public awareness and crucial funds for Multnomah County NAMI. As the states largest event, 2,000 people from all across the state of Oregon, as well as Southwest Washington, join together to make a statement that that mental health matters; recovery is possible; and that people living with mental illness are a valuable part of our community.

The walk is also the largest fundraiser for NAMI Multnomah. Seventy five percent of funds raised support NAMI Multnomah programs and activities.

Supporting the walk is an investment in our community and we invite you to join us, form a team and walk for NAMI.

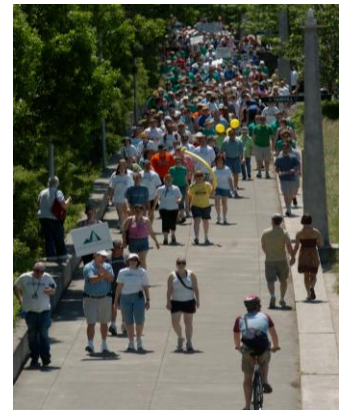


Photo courtesy Greg Wahl-Stephens

Save the Date!

**2011 Annual NAMI
Convention**

Chicago, IL July 6-9

For info see www.nami.org/convention/

NAMI Multnomah Reporter

A publication of
NAMI Multnomah
524 NE 52nd Avenue
Portland, Oregon 97213
503-228-5692
Fax. 503-235-8959
nami.multnomah@gmail.com

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Executive Director
mbrayden.nami@gmail.com
503-228-5692
503-341-2315

NAMI Multnomah is a
501(c)3 non-profit organization.
Federal Tax ID Number: 93-0862647

NAMI Multnomah is the Portland metro affiliate and one of 1,100 nationwide affiliates of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI Multnomah, with a handful of affiliates from around the country, met in Wisconsin in 1979 to found the National organization. NAMI Multnomah has remained independent to serve the local community, providing family support and education and advocacy under its own 501(c)3.

Welcome to Todd Steele, NorthStar Program Director

We have wonderful news regarding NorthStar, our new supportive employment program to be modeled on International Center for Clubhouse Development's Standards (see www.iccd.org) With Susan Matthies' diligence and outstanding direction and Don Moore's very helpful advice, the active working group members spent much of March reviewing resumes and interviewing several outstanding candidates for NorthStar Program Director. Already a longtime NAMI member and familiar with ICCD Clubhouse Standards, Todd Steele began work in his new role at NorthStar as Program Director on April 4, 2011.

Todd was born and raised in Oregon. He recently moved back after 15 years in Alaska. He possesses a Masters in Public Administration Degree from University of Alaska as well as a Bachelor's Degree in Business Administration (Marketing) from Portland State University.

Todd has broad experience in the public, nonprofit, and for profit sectors. He was Executive Director of Medical Pathfinders, has served on multiple boards and commissions, and has been a community volunteer in a variety of social service programs. Additionally, he served as Assistant State Long Term Care Ombudsman for Alaska and liaison for the Alaska Mental Health Trust Authority at the Denali Commission.

Most recently, as Program Manager for the Beneficiary Projects Initiative, Todd was responsible for developing consumer-run programs that serve Alaska Mental Health Trust beneficiaries. The Trust dedicated \$3.5 million annually to help beneficiaries conceive and manage programs that focus on peer-to-peer support. The programs emphasize prevention, education, and early intervention to help participants find their own path to recovery and wellness. Todd worked closely on the planning, design and implementation of three different clubhouse programs, including The Wellness Innovations Clubhouse which began with BPI funding.

Currently, Todd resides in SW Portland and enjoys climbing, hiking, biking and spending time with family and friends.



Save the Date for our annual NAMI Multnomah Picnic! Saturday, August 13

11:00am to 2:00pm Laurelhurst Park - Picnic Site C
SE 37th Ave. and Oak St. (across the street from the tennis courts)

Games - Prizes - Food - Fun and Fellowship!

Our New Resource Coordinator

Linda Green, a native Oregonian, served in the Military for six years, where she earned a Certificate in Health Care Material Mgt. This training provided Linda the opportunity to work in Occupational Healthcare, Hospitals and Long-term Care facilities.



Linda and her husband have been married 24 years and together have two children. One is a student at ACU in Abilene Texas, the other a High School Junior. Linda affectionately refers to herself as “the Queen of Volunteerism”. She has been trained in conflict resolution and volunteered as a Family Mediator. She recently served as a group facilitator for women whose life has been affected by domestic violence.

Linda’s desire to work for NAMI and provide resources for people with mental illness is personal. Linda comments “In the home I grew up in a family member who suffered from depression. As a child, I learned to accept this persistent sadness as normal. My personal experience with depression occurred after the birth of our first child. Taking the NAMI Family-to-Family class brought clarity, understanding and much needed tools. I now have an understanding of depression and recognize the onset.”

Linda is currently a student with Light University studying Trauma and its effects, and says “It’s my hope to cultivate an atmosphere of greater compassion; understanding and hope that real lasting change can come to each PACS participant I meet.”

How Your Dollar Helps

Dear Friends of NAMI Multnomah,

As walk day draws closer, we're working hard on fundraising. You might think, "I'm just one person..." But your donation can make a difference! Here's how:

- \$10 provides a student manual for a NAMI class, described as "life-saving" and "life-changing."
- \$25 sends one person to a free NAMI class.
- \$60 pays the stipends for two individuals to present the educational stigma-erasing "In Our Own Voice" program.
- \$100 trains two volunteers for our Prescription Assistance Community Services (PACS) program, which helps families and individuals find prescription and medical assistance.
- \$250 sends 10 people to NAMI's Family-To-Family class.

Thank You for your support and for making a difference.

Best Regards,

Margaret Brayden
Executive Director

NAMI Multnomah Support Groups

Drop In Family Support Group

Every Monday; 7 pm at the NAMI Multnomah office, 524 NE 52nd Ave, Portland 97213

Mission Statement - to support family members of a loved one with mental illness.

NAMI Connection Peer Support Groups

- Tuesdays, 11:00am; Luke Dorf, 9255 NE Halsey Street, Portland 97220
- Saturdays 3:30pm; 5228 NE Hoyt Street, Bldg. B., Portland 97213
- Wednesdays 4 to 5:30pm; Mult. County East Building, 600 NE 8th Ave., Gresham 97030

"Anxiety Society" Support Group

Tuesdays; 7 pm; NAMI Multnomah office, 524 NE 52nd Ave, Portland 97213

Contact: Terri Walker, (503) 890-4805

Mission Statement - a safe place for ages 18-36 with anxiety to develop communication skills in a relaxing, fun environment

DBSA/NAMI (Bipolar and Depression)

Peer Support Group

Thursdays; 7pm; Providence Hospital, 4805 NE Glisan, Portland 97213; Cancer Center, Conference Rooms C-D

Contact: Jean Duncan, (503) 231-7513

NAMI Major Depression Peer Support Group

Thursdays; 2pm; 524 NE 52nd, Portland 97213

Contact: tbegun.nami@gmail.com

Schizophrenia Support Group

When: Every Wednesday; 1:00 pm to 2:00 pm

Location: NAMI Multnomah office, 524 NE 52nd Ave, Portland 97213

Contact: Arlene Stine, (503) 228-5692

Mission Statement - A safe place for people with schizophrenia to relax, socialize, and develop skills.

Dual Diagnosis Anon. Group

When: Every Wednesday; 5:30 pm

Location: NAMI Multnomah office, 524 NE 52nd Ave, Portland 97213

Contact: David McGill, (503) 880-1524

Mission Statement - to support those with mental illness who also deal with substance abuse.

NAMI Mult. Family Members Drop-In Group-Gresham

When: Every Thursday; 6:30 pm

Contact: Lin Haak, (503)492-1229

Legacy Mt. Hood Hospital Administrative Building, Cascade Room, 24800 SE Stark Gresham

"Talk it Over" Support Group for families with a child or teen struggling with mental illness

2nd and 4th Sunday of every month; 4:00 to 5:30 pm

Location: Providence Hospital Child Center - 830 NE 47th Ave, Portland

Contact: Margaret Puckette, (503) 289-7797

Mission Statement - To provide a supportive, nonjudgmental, and confidential place for families to share with others who understand. For families with children or teens with mental illness or substance abuse.

Join NAMI Multnomah, the local chapter of the National Alliance on Mental Illness. Join thousands of NAMI members across the nation dedicated to improving the lives of individuals and families affected by mental illness. Help provide education and support on mental health topics that promote recovery.

Name _____

Address _____

Telephone _____

Email _____

Annual Membership

- \$35 Individual or Family
- \$50 Professional or Institution
- Open Door \$3 (limited income)
- My tax-deductible donation of \$ _____

Want to Volunteer?

- Education Program
- Support Group
- Community Outreach
- Office Help

Return this form to:
NAMI Multnomah
524 NE 52nd Ave
Portland, OR 97213

Join online at
www.nami.org

Membership in NAMI Multnomah provides you:

- Education and support on mental health topics that promote recovery.
- News and information on policy and research relevant to individuals and families affected by mental illness.
- Enhanced capacity to handle difficult situations through the NAMI connection.
- Membership in all levels of NAMI and the following publications: *The NAMI National Advocate*; *The NAMI Oregon*; and *The NAMI Multnomah Reporter*.
- The right to vote to elect the NAMI Multnomah Board of Directors.
- The opportunity to work together to realize NAMI's goal of improving the lives of individuals and families affected by mental illness.
- The opportunity for your voice to be heard as we advocate to legislators. NAMI's message is more powerful with more people.



Help us Save a Tree!
 Send your email address to
nami.multnomah@gmail.com



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