

NAMI Multnomah Reporter

Volume 36, Issue 2

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

Summer 2011

New: Certified Peer Support Specialists

NAMI Multnomah has recently discontinued a pilot program called by the acronym PACS (Prescription Assistance and Community Services - a Washington County program.)

NAMI Multnomah offers a comprehensive array of support and referral to resources in many ways. Our community's complex needs require responsiveness and flexibility and we provide support and referral through our **existing programs** and also through **two new programs** that encompass, but are not limited to resource referral. NAMI Multnomah is now holding **State Certified Peer Support Specialist** trainings, and our new **Peer Support Specialists volunteers** will provide assistance to individuals who call the helpline, whether insured, under-insured, or un-insured. All support is offered at no cost and provided by Peers who have been there.

Our ongoing **First Step** program visits groups of patients in acute care. We also provide a **helpline**, varied weekly family and peer **support groups**, and regularly scheduled **classes**. We bring in **speakers** on topics such as vocational rehabilitation, etc. Many of these programs are provided by trained volunteers.

We also update and publish the **NAMI Multnomah Mental Health Resource Guide**, now in its 6th printing and also freely available to the public online in searchable pdf form.

NorthStar, our new peer community and supportive employment program offers a resource unavailable in the past in Oregon.

If you need assistance locating community or social service resources or information on how to access low-cost prescriptions, please call our office **Helpline** at [503-228-5692](tel:503-228-5692), and ask for a **Resource Referral** appointment, requesting either a phone consultation or in person, with one of our new Certified Peer Support Specialists.

Autumn 2011 Class Schedule

Call 503-228-5692 to enroll in a free class, or for more information.

NAMI BASICS: 6-week class for caregivers of children and adolescents

Tuesdays - pm Sept 13-Oct 18 NE Portland

Family-to-Family: 12-week class for family members, taught by family members

Thursdays - pm Sept 8-Dec 1 North Portland

Saturdays - am Sept 10-Dec 3 NE Portland

Tuesdays - pm Sept 13-Nov 29 VA Hospital

Peer-to-Peer: 10-week class promoting recovery, taught by peers

Wednesday pm Sept 14-Nov 16 NE Portland

Peer Support Specialist Certification: Intensive 5-day Training

Certification program in conjunction with Multnomah County and Project ABLE

· Must be a Peer with mental illness who wants to support Peers with mental illness

· AND must be a resident of Multnomah County or work for a Mental Health provider agency in the county

Nov 14-18 9am-4pm each day SE Portland

Feb 13-17 9am-4pm each day SE Portland

Apr 9-13 9am-4pm each day SE Portland

NorthStar One Year Anniversary

NorthStar opened its doors on September 13, 2010, and much has been accomplished. Membership has grown steadily, with more inquiries each week.

Membership at NorthStar does not require a lengthy application process. Members are members for life and are part of a unique community where staff and members work side-by-side to manage the day-to-day operations of the clubhouse.

Current membership is 81 with an average daily attendance of 8.

Major Accomplishments

1. Doors Open = Opportunities for Members
 - a. Doors opened on September 13, 2010 two days a week for about five hours per day. This began the operations in earnest and started providing members opportunities to participate and receive services. By far the biggest message was that NorthStar was real and moving forward.
 - b. In May 2011, after ICCD training and staff hiring, hours were increased to four days a week, five hours per day. This doubled the capacity to assist and increased the program development opportunities for members.
2. Staff/Member Training and Capacity Building
3. International Center for Clubhouse Development (ICCD) Training - two staff, a member, and a NAMI Multnomah board member attended training in St. Louis. This allowed the foundation for the program to be developed following the standards used by ICCD to certify NorthStar as the first in Oregon.
4. Peer Support Specialist Training – Many members have attended the Peer Support Specialist Training offered by NorthStar. To date, nearly twenty members have taken the training, sixteen of which received the state certification as a Peer Support Specialist. This allows them to pursue paid or nonpaid opportunities to use the skills and help others while providing them with meaningful work for which they are uniquely suited.
5. First Services Contract Completion
6. From March through June 2011, NorthStar completed a services contract with Multnomah County for Peer provided employment and support services for adults experiencing mental illness. Contract revisions allowed NorthStar to complete its contractual obligations and develop infrastructure necessary to continue to provide member opportunities and services despite loss of county contract for FY 2012.
7. First Transitional Employment (TE) Position
8. Beginning in July 2011, NorthStar placed two members in TE at NAMI Multnomah. This allowed NorthStar to offer employment to members, pilot the TE program close (both proximity and organizationally), and to easily provide coverage guarantee for limited staffing.

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NAMI Multnomah is a
501(c)3 non-profit organization.
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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.

Carol Marvick Boos

Dec. 25, 1929 July 31, 2011

Carol Boos, wife of Richard H. Boos, was a gentle soul whose mission was to make her daughter's life better. That she used NAMI Multnomah to touch other lives who would suffer like she had is a testament to the depth of her compassion. Her desire to help did not come from a desire to control her daughter but from the viewpoint of relieving suffering that plagued her daughter Mary. To see suffering and be unable to help find relief from it is a terrible burden. From a recent article in the Oregonian:

"They take small comfort in letters their daughter sent them from a psychiatric hospital in South Carolina, thanking them for never abandoning her to her illness. "I really can't thank you enough for that," Mary Boos wrote. "I just hope I could do the same for you if you needed."

Carol and Richard chose to help lift this burden in others who suffered the same fate and try to reach out as well to fund help for those who suffer directly by creating the **Mary Boos Memorial Fund**. Like Mary, Carol deserves a special place in our memories, not just for being touched by illness, but for her remarkable wisdom in choosing to help others as her response to it.



Welcome Amy Myers, Education Coordinator

Amy Myers spent more than a decade in the corporate world managing marketing and public relations programs for technology companies before making the leap to nonprofit. She has a Bachelor's degree in Business and Marketing and is excited to use her skills for the greater good now—helping support people with mental illness and their families.

Amy is thrilled to be coordinating the NAMI education programs since one of her favorite things is learning—she's studied a variety of subjects, from architecture to psychology to massage therapy. And if she ever finds herself independently wealthy, she'll spend her time going to school (and traveling the world!)

In her free time, Amy enjoys being outdoors hiking and backpacking, watching movies with her husband, and spoiling her cats. Amy loves helping people and is a passionate volunteer, delivering meals to homebound people with HIV and helping with activities and outings at a local nursing home.

Help us Spread the Word that Recovery is Possible! Mental Illness Awareness Week

October 2-8, 2011

Oct. 2 from 10am - 4pm, **Public Outreach**

Oct. 4 at 7pm, **Candlelight Celebration**, First Congregational United Church of Christ,
1126 SW Park Ave., Portland 97205

Oct. 4 from 11 am - 10pm, **Eat Out for NAMI Fundraiser at Baja Fresh**
1505 NE 40th Ave., Hollywood, Portland Street

See our website for details

In 1990, Congress established the first week of October as Mental Illness Awareness Week (MIAW).

This annual event is the premiere community outreach and public education activity of the National Alliance on Mental Illness (NAMI).



Welcome Jeri Shumate, NAMI Multnomah Development Director

Jeri Shumate is the development director at NAMI Multnomah. She comes to NAMI after a long career in nonprofit services and management. She has a Master's degree in Counseling & Guidance (plus a Bachelor's degree in Theatre & Speech which has earned her exactly \$50). She hails originally from California, then spent 16 years in the Midwest after which she felt entitled to move back to the lovely west coast in 1988. She's worked at YWCA's, as a state Vocational Rehabilitation Counselor in Missouri, and was executive director at 211 *info* during its first years of operation.

Jeri is married to Brad Shumate, the newly-hired major gifts coordinator at LifeWorks NW (they're already contemplating possible partnerships). One of her adult daughters graduated from the University of Washington and lives in Seattle. The other is a student at Washington State University. When Jeri's not negotiating a truce between the Huskies and the Cougars, she enjoys gardening, reading murder mysteries, creating handmade gift cards, and watching her brother jump out of perfectly good airplanes with a parachute strapped on his back.

Dear Friends of NAMI:

In these difficult economic times and continued budget cuts, the need for our programs continues to grow. Natural supports are desperately needed to provide a safety net for peers and family members.

Over the past year, we have significantly increased the number of support groups, educational courses, resource assistance, and NorthStar, our peer run supportive employment program, to meet the needs of our community. On average over 500 people a month participate in our programs.

We are only able to do this because of the dedication and hard work of over 140 Peer-to-Peer mentors, Family-to-Family teachers, support group leaders, office and outreach volunteers, office staff, our Family Partners – Multnomah Wraparound and the NAMI Board of Directors. Thank you all for your support. We couldn't do it without you.

If you're able to consider a financial contribution to help NAMI Multnomah serve peers and family members, please give us a call at 503-228-5692. Your help can make all the difference.

Best Regards,
Margaret Brayden
Executive Director

NAMI Multnomah Support Groups

Family Member Drop-In Group

For families of adults living with mental illness

Every Monday 7 pm

NAMI Office, 524 NE 52nd Ave., Portland, OR 97213

"Anxiety Society" Support Group

A safe place for people 18-36 with anxiety to develop communication skills in a relaxing, fun environment.

Every Tuesday 7 pm, for info call 503-890-4805

Bipolar and Depression Group DBSA/NAMI

Support for adults

Every Thursday 7 pm

Providence Hospital, Room HCC1

4805 NE Glisan, Portland, OR 97213

Contact Jean 503-231-7513

"Connection" Peer Support Groups

Recovery support for adults living with mental illness

- Every Tuesday 11am-12:30 pm

9224 NE Halsey St., Portland, OR 97220

- Every Saturday 3:30-5 pm

5228 NE Hoyt St., Bldg. B., Portland, OR 97213

- Every Wednesday 4-5:30 pm

Multnomah County East Building

600 NE Hoyt St., Gresham, OR 97030

Depression Group

Support for adults

Every Thursday 2-3 pm

NAMI Office, 524 NE 52nd Ave., Portland, OR 97213

Dual Diagnosis Anonymous DDA/NAMI

For those with mental illness and substance abuse.

Every Wednesday 6 pm

NAMI Office, 524 NE 52nd Ave., Portland, OR 97213

Schizophrenia Group

Fellowship and support to help achieve and maintain good mental health.

Every Wednesday 1-2 pm

NAMI Office, 524 NE 52nd Ave., Portland, OR 97213

"Talk it Over" Trillium Family Services /NAMI

A supportive place for families of children or teens with mental illness or substance abuse.

2nd & 4th Sundays 4 to 5:30 pm

Providence Child Center

Contact Margaret 503-289-7797

For updated schedule visit www.nami.org/multnomah

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 promoting 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: *NAMI National Advocate*; NAMI Oregon newsletters and *NAMI Multnomah Reporter*.
- The right to vote to elect the NAMI Multnomah Board of Directors.
- The opportunity to work with NAMI to improve the lives of individuals and families affected by mental illness.
- The opportunity for your voice to be heard as we advocate to legislators.

Your donation can make a difference!

- \$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 Peer Support Specialist program.
- \$250 sends 10 people to NAMI's Family-To-Family class.



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



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