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Visit our Websites!

Local: www.nami-so.org
State: www.namior.org
National: www.nami.org
Facebook: NAMI-SO

NAMI-SO Library & Resource Center

(541) 774-7872
nami.so.library@gmail.com
 140 S. Holly St.
 Medford, OR
 Open Mon-Thurs 1-4pm

NAMI-SO
 P.O. Box 8018
 Medford, OR 97501-0918

PRESIDENT'S COLUMN

by Andra Hollenbeck



May and June have always been months of change, and Mental Health Services is an area certainly in need of change. Unfortunately, some recent changes seem to be taking us back - instead of forward - in the case of mental illnesses. Discrimination and ignorance remain commonplace, financial support is being cut and service changes for mental health here in Southern Oregon seem confusing. We continue to hope and work toward making sure these changes bring better outcomes.

Here are some services we can count on in Southern Oregon:

Jackson County Mental Health (JCMH) continues to be the crisis provider for Jackson County residents, and Options remains the crisis provider for Josephine County residents. JCMH offers the "Living Room" as part of their crisis service, during their regular office hours. This program is part of Crisis Diversion and is offered to those working with a crisis worker - if that seems like an appropriate intervention. It is staffed with trained Peer Support Specialists to offer support and a safe place.

If one experiences a crisis or a mental health emergency in Jackson County, contact JCMH's Crisis Team (24 hours a day, 7 days a week) by calling **(541) 774-8201**.

JCMH also still holds open groups for wellness and recovery, managing distress and creating healthy relationships. (You can find more information in our NAMI Library inside JCMH.)

If you have questions regarding your transition of services from JCMH to Columbia Care or Options, please talk with your JCMH therapist or case manager to determine services. For JCC members with questions about Columbia Care, please call **(541) 200-2900**. For AllCare members with questions about Options, please call **(541) 476-2373**. If you have questions regarding your Oregon Health Plan (OHP) coverage, please call an OHP Eligibility Specialist at **(541) 618-1399**.

If you have a complaint or concern regarding your insurance coverage, please call: OHP Complaint Unit **(503) 945-9409** or email: map.resolution@state.or.us

During Mental Health Awareness Month (May), millions of people spread awareness and fought discrimination. Each of us can - and need to - continue this struggle. There are so many ways to be involved:

- ◆ Volunteer
- ◆ Educate someone or yourself
- ◆ Make a donation of time, treasure or talent
- ◆ Reach out to someone in need
- ◆ Connect and join others in raising awareness, within our NAMI groups and through Facebook.
- ◆ Join us for NAMI events - Summer Picnic, March4Hope, and Holiday Party.

I look forward to our continued collaboration. We can make a difference and will never give up hope.

FROM THE EDITOR by Mike Hubbard

In Medford, on May 8th and in Ashland on the 9th, *Resolve* (formerly *Mediation Works*), with a dozen co-sponsors, offered a very timely presentation: *Interrupting Hate in Public Spaces*. NAMI-SO's President, Andra Hollenbeck and Vice President, Lezley Sanders, attended the Medford event, as did my wife Evonne, a former JCMH Family Partner. From their accounts, I gather that the speaker, Rabbi Debra Kolodny, offered relevant words and advice for our times.

The content of the presentations is best told by someone who heard it firsthand.

(See *Fall 2017 Issue*.) However, when perusing the list of sponsoring organizations, I was struck by the fact that they represent Islands of Decency - in a world short on that grace.

I say "islands", because - in some ways - that's the best metaphor for organizations who are working to make this world a better place.

Islands can be discreet areas of terra firma surrounded by water. However, most islands exist in proximity to one another—an archipelago, if you will. That's why islands are often named in plural first (e.g. "Falkland

(Continued on pg. 2)

**Your 2017 NAMI -
Southern Oregon
Board of Directors:**

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Andra Hollenbeck

Vice President:

Lezley Sanders

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Margie Norgan



*This newsletter is
published
courtesy of Asante
Health System
&
Jackson County
Mental Health
Thank you!*

(EDITOR, Continued from pg. 1)

Islands”) and individually second (e.g. “East Falkland”).

One designation speaks of Unity, the other of Individuality. Individuality may be okay, if you’re rooting for your favorite East Falkland football team playing the rival West Falkland. If, on the other hand, Argentina attempts to claim your archipelago, as was the case in 1982 during the Falklands Conflict, you probably would call yourselves “The Falklands”.

Most of us inhabiting the vast archipelago, known as the “Helping Islands”, perceive these as threatening times. Our look-outs have shouted dire warning of hostile sails on the horizon. In response, we first sift the media for clues of how *our* island will be affected and - only afterwards - how others in our island chain will suffer.

NAMI is like one island. We have a motto. We have a flag. We have a mission; one we’re damned proud of. The folks we tirelessly advocate for are among the most powerless in the face of the vast fleet sailing off our headland. We must not abandon

them.

However, every island in our archipelago stands for some element of humanity robbed of its power—victims of sexual/domestic abuse, homeless teenagers, those buried under the despair of abject poverty, the stranger among us. The dark armada sails against them as well.

I’m not proposing a five or six-point list of “What To Do When You or Your Neighbor’s Island Is Attacked”, or “10 Things You Should Know About Dark Armadas.” There’s too many lists as it is.

But, I do suggest that we be intentional and mindful of those on our neighboring islands. When our watchman sees the foul flag of the intruder, sound the alarm—not in just our harbor, but to others as well. We should be getting to know them and what they do. Attend one of their meetings or events. Mutual support and mutual aid should go without saying.

No organization is truly an island. If we cannot be divided, we cannot be conquered.

MEET SOME OF YOUR NAMI-SO BOARD MEMBERS



Joanna Ballard “I came to NAMI after experiencing the need to advocate for my own, my daughter’s and several clients’ mental health needs. I feel like mental illness is more often than not overlooked and ignored, and I’m not ok with that! I also am on two other boards (Compassion Highway Project and American Foundation for Suicide Prevention) and consider myself an Advocacy Animal, if you will.”



Steve Bass “I joined the Board of Directors for NAMI because I wanted to get more involved. It took forever for me to get diagnosed correctly, and then the trial-and-error with the medications seemed to last even longer. I am working now (first job since the 80’s) and going to college full time. The best thing for me is to ‘not get in my own head,’ so I stay very busy.”



Meesha Blair “When our son had his first psychotic episode and ended up in prison, we felt we would never get through it. A therapist told me about the NAMI Family Support Group, and, from there, I found the Family-To-Family class (a godsend!). Getting involved in NAMI afterwards was a way for me to feel like I got some of my power back; I can’t do much for my son in prison, but I can work hard in our community, so – when he is released – maybe things will be a little better for him and others. As we say in the Support Group: ‘We will never give up hope!’”

Your Board of Directors continues working hard to improve our NAMI-SO organization. Currently, we are planning for the upcoming Picnic, the March 4 Hope, and the next in our series of Mental Health Lectures, co-sponsored with Asante (see calendar pg. 6). We are also changing the Committee structure, with the hopes it will make it easier for you, the members, to be involved, too. Some ideas for new committees include: Fundraising, Media & Outreach, Programs & Education and Advocacy. If any of these speak to you, please call the NAMI Library and ask them to put you on the list. (541) 774-7872. Once we have Committee Chairs, they will contact you. We are excited to work with you all!

ADVOCACY CORNER

by Dennis Fallow

As a young person growing up in Merlin, encountering a person with mental illness was uncommon. Encounters in the city might evoke sympathy, but mostly there were cruel stigmas, labels and unsupportive behaviors. One would imagine, and often see, a person with mental illness or a brain injury ending up destitute, imprisoned, homeless and deprived of essential human needs.

We have come a long way since those days. In 2012, our son experienced a tragic accident, resulting in a traumatic brain injury at age 23. He could no longer work, due to short term memory loss and other issues. There was emotional instability and psychotic breakdowns leading to hospitalizations, residency at a crisis center and arrests. Options for Southern Oregon provided guidance, housing and support, along with medical treatment. The beginning of Mental Health Court allowed treatment and recovery outside of the jail environment. Our son is now stable and able to live independently, with some family assistance and social security payments.

But other experiences haven't been so positive. A cousin of mine had complications at birth, leading to mental challenges, eye sight and auditory deficiencies. He seemed to be living independently with family support in Reno, although with rumors of some bad choices. We had little contact until last year, when his father passed away in Anchorage. The cousin arrived in Anchorage expecting to inherit the assets his father promised, only to find out his father was a ward of the State with no assets, due to a Jamaican phone scam. My cousin was left homeless in Anchorage with no money and no immediate relatives. With some help from us, he accessed State services and was assigned residency in an Anchorage group home.

Two months later, we received a call requesting our assistance in moving him to Oregon, so he could be closer to relatives. Unbeknownst to him, none of the 10 cousins here wanted to associate with or help him, except us. After helping him get an ID for the flight and pack his belongings, he arrived at our house last September. Another two months were spent exploring services, eventually helping him move to a subsidized apartment in Eugene. We were told he would receive counseling and be supervised with regular visits by social workers. That did not happen, and he was evicted for bad behavior and allowing street people to share his apartment. He is now unable to find housing and lives on the street, sleeping in the rain, often calling to cry about his situation. He stays in cheap motels when his funds allow, but he recently lost his ID and phone. He is a target for others that take advantage of his generosity, taking his money and stealing his possessions. It's a sad situation - and frustrating that social services have not worked.

Ironically, there could be mental illness in the very institution currently affecting these services. To quote from the May 8, 2017 issue of *The New Yorker* ("ENDGAMES," by Evan Osnos): "More than fifty thousand mental-health professionals have signed a petition stating that Trump is too seriously mentally ill to perform the duties of president and should be removed."

Which means it is imperative that we expand our efforts to influence the political landscape. Individuals can engage with elected representatives – by attending Town Halls or sending emails. We can have an impact, but the need to speak up and be heard is urgent!

GOOD NEWS!

Our combined voices and advocacy efforts do pay off! In a recent update sent out from NAMI Oregon's Chris Bouneff, he says:

"A Win In the State Senate!

The **Oregon Senate unanimously approved House Bills 3090 and 3091!** Next stop, Gov. Kate Brown's desk.

HB 3090 deals with emergency room responses to behavioral health crises; HB 3091 is companion legislation that makes

sure clinical assessments in ERs get reimbursed.

If you're so inclined, you can send an email of thanks to Rep. Alissa Keny-Guyer for her leadership at:

Rep.AlissaKenyGuyer@oregonlegislature.gov

For more on this—and other policies—go to namior.org and click on News/Events - and sign up for Chris' email updates!



Oh Carpenter, Carpenter

By Bill Jenkins

Oh carpenter, carpenter lay
down your cross
for young dreams and moon
beams

seek wild rainbows lost

Grown weary of blues and the
color of blood

they reach high for stars

though they die in the mud

They paint a true picture of
time in its flight

They sing for us songs about
right and wrongs

Your tale is the old tale, ten
million times told

For pieces of silver, all man-
kind was sold

So carpenter, carpenter build
a new cross

for your pathway is old

the trail has been lost

So tell us a new tale one sel-
dom now told

How life is more precious than
diamonds and gold

Please give us a new song to
sing on our way

Write us a song about children
at play!



NAMI
National Alliance on Mental Illness

Southern Oregon

Annual Summer Picnic!!

When: Saturday, June 24th, 2017, Noon-3 p.m.

Where: Touvelle State Park, Site E

You are invited! Come join your NAMI-SO family & friends for our Annual Summer Picnic.

If possible, bring lawn chairs & a potluck dish. Burgers, hotdogs & drinks provided! (For reimbursement of the \$5 parking fee, just show your receipt to Linda, NAMI-SO Treasurer.)

If you need a ride, please call the NAMI-SO Library at (541) 774-7872 or stop by 140 S. Holly St and ask to be added to the ride list.

Members of Compass House can sign up at Compass House for a ride.

We hope to see everyone there!

ADVOCACY OPPORTUNITY

"[Medicaid] allows me to afford medications that have allowed me to go back to work—for 9 years straight—after panic attacks and self-injury kept me down for a long time," Marc M.

Congress is debating the future of mental health coverage right now and the Senate is key to this fight. Senators are drafting their version of the American Health Care Act (AHCA) and are considering permanent changes to Medicaid that would force states to slash services, including mental health care.

Some of the changes in consideration would leave 24 million Americans without health insurance—of any kind—within the next 10 years. It would also allow higher premiums based on age, pre-existing conditions, and mental illness (if they cover mental health at all).

One in five Americans have a mental health condition. Tragically, 50 percent go without any treatment. Americans need **more** mental health coverage, not **less**.

Today, Medicaid is the only source of insurance coverage for millions of Americans and provides a lifeline for people with mental health conditions to lead full lives.

Tell your Senator to stand up for Medicaid and mental health!

Email now:

Senator Jeff Merkley : www.merkley.senate.gov/contact/
Senator Ron Wyden at: www.wyden.senate.gov/contact/

Or tweet to #DontCutOurCare. Try one of these phrases, suggested by NAMI:

- ◆ Medicaid saves lives and makes millions of Americans' mental health better.



- ◆ Medicaid is the only source of coverage for millions with a mental health condition.
- ◆ Changing Medicaid financing forces states to slash mental health services.
- ◆ Mental illness doesn't discriminate by political party.
- ◆ One in five Americans have a mental health condition. Only half get needed treatment.
- ◆ Mental health coverage helps Americans stay in school, on the job and in recovery.
- ◆ The Congressional Budget Office shows the AHCA will have devastating impact on people with mental illness.

**Newsletter
Contributions:**

*News, Stories, Poems—If it fits,
we'll print it! But first you have
to send it!*

*Mike Hubbard, Editor:
michial50@yahoo.com*



The NAMI-SO Library and Resource Center offers free literature and a compassionate ear. We need a few more volunteers to sit at the desk for 3 hours per week (less, if we get more helpers!), between 1 and 4pm. If you can help in this way, please call the Library at (541) 774-7872.

SAVE THE DATE!



Renowned classical pianist, Tanya Gabrielian, has offered to play a concert to increase awareness of mental health issues and fight stigma. She will be performing November 5th at 3:30, at the Grizzly Peak Winery, and she is graciously donating the proceeds to NAMI of Southern Oregon. Thank you, Tanya!

DUES ALERT :

In July, dues for NAMI membership will increase. Please see cover page for specifics.

UPCOMING NAMI SIGNATURE PROGRAM TRAININGS

All applications should be sent to Pete Link, Education Programs Manager, pete@namior.org or call 503-230-8009 with any questions. Download the Application and Training Schedule from the NAMI-OR website: www.namior.org
Hotel accommodations paid by NAMI, if you are willing to share a room with another same-sex attendee. (If you prefer your own room, you will be responsible for hotel charges.) Some snacks, meals and beverages are provided, plus you will be reimbursed afterwards for \$.25 per mile.



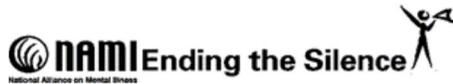
JUNE 24 – 25, FAMILY SUPPORT GROUP FACILITATOR TRAINING, Oregon City: This training will prepare you to facilitate this peer-led support group for family members, caregivers and loved ones of individuals with mental illness. Group attendees will gain insight from the challenges and successes of others facing similar circumstances. NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get just what they need.

Applications are due by June 9.



AUGUST 18 – 20, FAMILY-TO-FAMILY TEACHER TRAINING, Oregon City: Family-to-Family is a 12-session educational program for family, significant others and friends of people living with mental illness. You will learn to facilitate this evidence-based program which improves coping and problem-solving abilities, includes presentations, discussion and interactive exercises.

Applications are due by August 4.



AUGUST 26, ENDING THE SILENCE PRESENTER TRAINING, Oregon City: A young person living with mental illness and a family member will learn how to present to middle and high-school age students. You will present what has helped and what has not, plus teach warning signs for themselves and their friends.

Applications are due by August 11.



SEPTEMBER 30 – OCTOBER 1, CONNECTION SUPPORT GROUP FACILITATOR TRAINING, Tualatin: NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. Participants learn from one another's experiences, share coping strategies and offer mutual encouragement

Applications are due by September 15.

Our combined thoughts and well-wishes go out to Mike and Evonne Hubbard and their family, as they face the ordeal of their son's traumatic head injury. May your Faith give you strength and peace.



MUSINGS

by Meesha Blair

As I work on the newsletter, I find myself feeling a little dark. I'm filling in for Mike Hubbard, who is going through the ordeal of his son being tragically wounded. Then, I hear about the awful attack in Portland, killing another friend's son. It brings up memories of tremendous grief in our own family, and I start to feel overwhelmed...

Honestly, that's why I volunteer at NAMI. There is so much I can't control in this world. But I *can* work to make things better in my own community. And add my voice to others in the State, and the Nation. NAMI gives me back some of my power.

Music is another thing I turn to. I am inspired by Jewel's lyrics in "Hands":

"I won't be made useless...

I won't be idle with despair...

Where there's a man who has no voice,

There ours shall go singing!

In the end, only Kindness matters."

IN OUR OWN VOICE

by Lezley Sanders

Are you wondering what the NAMI Signature public presentation, In Our Own Voice (IOOV), is all about? Several years ago, I attended the NAMI Oregon IOOV training in Portland. While learning how to be an IOOV presenter, NAMI provided the hotel room, some meals, beverages and snacks and reimbursed my gas at \$.25/mile, upon my return.

IOOV is a 90-minute presentation, given by trained individuals (who are themselves in recovery from mental illness). It is about living with mental illness and the pathway to recovery. By sharing these personal stories at CIT (Crisis Intervention Training) for police, Family-to-Family classes, schools, businesses and a variety of community groups, we aim to reduce stigma associated with mental illness and raise understanding.

In the presentation we share our personal experiences around several topics (i.e. 'Dark Days' and 'Coping Skills'). Usually, the first thing out of my mouth is that I am really nervous about presenting in front of people; but my passion for educating the public and ending stigma is much stronger! Saying that, and being myself, tends to lessen the discomfort in the room for everyone - including myself.

The most recent NAMI-SO IOOV presentation was at the Medford First Presbyterian Church on Holly and 8th St. The church hosted an entire day of conversation and education around mental illness.

Their church serves as a Food Bank for a large homeless population, so they had many questions after the presentation! I was touched and inspired by their sincere concern and commitment to the people they are serving and their interest in learning more about what they can do to help. They serve as an amazing example of how to BE THE CHANGE!

If you know of an organization that would be interested in receiving an IOOV presentation, we would like to hear from you. We also need more volunteers to be trained as IOOV Presenters and "BE THE CHANGE!" If we gather 10 interested volunteers, NAMI Oregon will bring the training here to Southern Oregon! Please call the NAMI-SO Library Resource Center, if you are interested: 541-774-7872. Thank you!

For more on IOOV: www.nami.org/Find-Support/NAMI-Programs/NAMI-In-Our-Own-Voice



FREE CLASS

12- Week Class on Mental Illness

Mondays from 6:30-9:00pm

September 11th- November 27th, 2017
Smullin Center, on the Asante RRMCCampus
East Barnett Rd, Medford

Refreshments served every meeting.

Includes information on diagnosis and treatment of major depression, schizophrenia, bipolar disorder, anxiety disorders. Also covers communication and coping skills, advocacy training and understanding recovery. Targeted to family members and friends of people living with mental illness. Foster care and mental health providers welcome.

Space is limited so call the NAMI-SO library at 541-774-7872

Sponsored by The National Alliance on Mental Illness of Southern Oregon



Calendar 2017

Upcoming Events

June 15th, 6:30pm: NAMI Board of Directors meeting. Open to the public. Medical Affairs Room, RRMCC (no meeting in July)

June 24th, Noon: Summer Potluck Picnic, TouVelle Park (p.4)

June 24-25th: Family Support Group Facilitator Training (p.5.)

Aug 1st, 5:30pm: Quarterly Lecture Series, hosted by Asante and NAMI-SO. Topic will be Dual Diagnosis, with speakers from the JCMH Addictions Division.

Aug 17th, 6:30pm: NAMI-SO Board of Directors meeting. Open to the public. Medical Affairs Room, RRMCC

Aug 18-20: Family-to-Family Teacher Training (p. 5)

Aug 26th: Ending The Silence Presenter Training (p. 5)

Sept 11th-Nov 27th: Family-To-Family Class (adjacent column)

Sept 21st, 6:30 p.m.: NAMI-SO Board of Directors meeting. Open to the public. Medical Affairs Room, RRMCC

Sept 30-Oct 1: Connections Support Group Facilitator Training (p.5)

Oct 7th, 1-3pm: March 4 Hope! Come add your voices to fight stigma at Medford Commons II, Pear Blossom Park!

Nov 5th, 3:30 pm: Tanya Gabrielian concert (p. 5)

1st & 3rd Wednesdays: Family Support Group, Ashland (p. 7)

2nd & 4th Wednesdays: Family Support Group, Medford (p. 7)

3rd Mondays: Family Support Group, Grants Pass (p. 7)



SUPPORT SERVICES

NAMI-SO MEDFORD RESOURCE LIBRARY

Jackson County HHS Building
Monday – Thursday, 1-4pm
140 S Holly St., Room 1300
541-774-7872
(WE NEED VOLUNTEERS!)

NAMI SIGNATURE PROGRAMS:

Ashland Family Support Group:
1st & 3rd Wednesdays, 6-7pm
Ashland Peace House
543 S Mountain Ave., Ashland
Facilitated by Andra Hollenbeck:
andrah@jeffnet.org
541-601-6421

GP Family Support Group:
3rd Mondays, 6-7:30pm
Options of Southern Oregon,
Room 109
1181 Ramsey Ave., Grants Pass
Facilitated by Marjie Wilke:
marjie.wilkie@gmail.com
541-660-9407

**Medford Family Support
Group:**
2nd & 4th Wednesdays, 6-7pm
Compass House
332 W 6th St., Medford
Facilitated by Lynette Bloom
bloom1168@gmail.com
541-499-7393

The Union Drop-in Center
404 SW 5th St., Grants Pass
541-474-3319

Compass House:
Accredited by Clubhouse Inter-
national and using the model of
psychosocial recovery for
adults with mental illness.
Membership by referral.
332 W 6th St., Medford
541-973-2842

Dual Diagnosis Support Group:
Wednesdays, 5-6pm
Compass House
332 W 6th St., Medford

**Depression Bipolar Support
Alliance (DBSA) Medford:**
Saturdays, 1-2:15pm
Medford Library, Carpenter Rm
Daytime peer support group.
Come to share, listen and re-
ceive support and resources for
all mental health needs.

Recovery International:
Thursdays, 7-8:30pm
Westminster Presbyterian
2000 Oakwood Dr., Medford
Tools to assist with anxiety, de-
pression and mental health
www.recoveryinternational.org
541-499-5863

**Asperger's/High Functioning
Autism Support for Adults:**
2nd Sundays, 1-4pm
Smullin Center
2825 E Barnett Rd., Medford
Family & friends welcome
Facilitated by Janet Fletcher
janetfletcher@charter.net
541-535-1790

HELPNOW Advocacy Center:
Advocacy & assistance
Larry Kahn
541-732-1911 x 14

24 / 7 / 365 HELP

Mental Health Crisis Line
541-774-8201 Medford
541-479-7357 Grants Pass

Veteran's Crisis Line
800-273-8255
Text: 838255

Suicide Crisis Text Line
Text: *LISTEN* to 741741

Helpline/Community Works
ALL-volunteer crisis resource
for domestic/sexual violence
541-779-4357 (HELP)



NAMI Crisis Helpline:
Monday-Friday 10am-6pm ET
800-950-NAMI (6264)
Text: *NAMI* to 741741

**David Romprey Warmline
Community Counseling
Solutions:**
Free calls & confidential con-
versations with no judgments
or criticism. Discuss challeng-
es such as mental illness, sui-
cidal feelings, addictions,
loneliness, learning differ-
ences, homelessness, low in-
come and many life issues
800-698-2392

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