

NAMI-CO News

[View this email in your browser](#)**nami****National Alliance on Mental Illness****CENTRAL OREGON**

Crook, Jefferson, and Deschutes Counties

NAMI-CO Monthly 2019 Newsletter

Community Education Meeting "Evening with the Experts" SSI & Supported Employment with Abilitree

Tuesday, January 15th, 7:00PM - 8:30PM

Central Oregon Collective at 62070 27th Street, Bend, OR 97701

From Abilitree, Jill Hannemann will speak on supported employment and community integrated employment opportunities. Francine Marsh will address helping qualifying folks sign up for Social Security's Supplemental Security Income. Our meetings are free and open to all. Please join us.

Save these Dates!

Every 3rd Tuesday from January thru May

Held at Central Oregon Collective at 62070 27th Street, Bend, OR 97701

From 7:00PM to 8:30PM

– February 19th – March 19th – April 16th – May 21st –

"Evening with the Experts" Topics to include:

Trauma-Informed Services, Mental Health meets -MCAT-CIT-CRT
Special Needs Trusts & ABLE Accounts, & Lines for Life & First Step

Support Group

Family Support Groups**Bend Family Support Group:** 3rd Tuesday of Every Month. 5:15PM - 6:45PM. Central Oregon Collective

at 62070 SE 27th Street. Contact Bud Manley at manleypenman@aol.com.

Redmond Family Support Group: 1st Thursday of Every Month. 5:30PM - 7:00PM. Redmond Library Community Room. Contact Linda at longjourneyhome40@gmail.com.

LaPine Family Support Group: 1st Wednesday of Every Month. 4:30PM - 6:00PM. LaPine Public Library. Contact Karen Lynn at karless2003@yahoo.com.

Prineville Family Support Group: Contact Dawn Mountz at dawnmountz@gmail.com.

Drug Addiction Family Support Group - Life Raft: 1st and 3rd Thursdays of Every Month. 6:00PM. Water Church at 21300 Bear Creek Road in Bend. Please email barbcs@bendbroadband.com for more information.

Connections and Peer Support Groups

Bend Connections Peer Support Group: Every Monday. 7:00PM - 9:00PM. Bend Methodist Church. Contact Marcia at (541) 480-8269 **AND** Every Thursday. 10:30AM - 12:00PM. Cascade Peer and Self Help Center at 1128 NW Harriman Street. Contact Joe at (431) 640-9069 for more information.

Redmond Connections Peer Support Group: On hiatus. Contact NAMI Central Oregon to learn more about volunteer opportunities and upcoming facilitator trainings.

Suicide Bereavement Support: Contact Alison Sorenson (alison@alisonsorensoncounseling.com) at (541) 610-9500 or Herb Baker (herbandjudy@yahoo.com) at (503) 708-3047 for more information.

Wise Warriors Suicide Prevention: Contact Margaret Kuehn at (503) 402-2857 for more information.

New Faith-Based Support Group for Teens - SOS (Saving Ourselves): For teens struggling with depression, anxiety, at Westside Church. There is both a teen and parent support group. Please email savingourselves4me@gmail.com for more information.

Community F.Y.I.

Lines for Life - Youthline Peer Crisis Intervention Training Orientation

Orientation is on Tuesday, January 8th, 2019. Training Dates are January 18th - 21st, 2019.

Contact Morgan Leets to apply at morgan@linesforlife.org.

The YouthLine Volunteer Application will be sent to you after we receive your RSVP!

Please fill it out **completely** and bring it to the orientation. If you would like to pursue this volunteer opportunity, this orientation is the first step to beginning your journey as a youth volunteer!

Training spaces are limited, so please let Morgan know as soon as you can if this works for you. Please respond to RSVP, with the information listed below:

Name:

Phone number:

Grade:

Age:

School:

County:

Name of parent(s) attending:

How you heard about the YouthLine:

You must bring your completed application and a parent or guardian (if under 18) to this orientation in order to qualify for the position.

Once submitted, you will receive a confirmation email from Morgan at morgan@linesforlife.org verifying your information shortly after.

NAMI National Website – [Navigating a Mental Health Crisis](#)

NAMI National has a helpful new tool, a guide to navigating a mental health crisis. Please take the time to visit www.nami.org to explore the resources they have available for access. Some topics to explore could include their information on [medications](#) and their [NAMI Blogs](#). You're welcome to either click on the links, or use the search bar tool on the top of their webpage to explore different topics on the website yourself.

Northwest Law & Mental Health Conference – The [Northwest Law & Mental Health Conference](#) will be held on February 8th, 2019 at the Doubletree Hotel in Portland and is designed for attorneys and law enforcement, public and private clinicians, healthcare administrators, students of the law, social work, psychology and psychiatry, policy designers and elected officials, and businesses and individuals involved with the care and welfare of people with mental illness. Learn more about the Northwest Law & Mental Health Conference at www.olmhc.org or click the link above.

Oregon Homeownership Stabilization Initiative available to assist those on a fixed income; will pay up to \$50,000 to reduce unpaid principal balance so loan may be re-amortized for sustainable lower monthly payments. Visit their website for more information by [clicking here](#).

Cellphones for Low-Income Neighbors: Assurance Wireless with Virgin Mobile; Lifeline Assistance program. Visit www.assurancewireless.com for qualifications and information.

OHP/ACA Flexible Services Request Form: For services that do not have a medical code but would provide improved health benefits. A Primary Care Provider (PCP) requests the service, fills out and submits the form. Fill out a separate form for each item or service. You can get this document in another language, large print, or another way that's best for you. Call (800) 431-4135, TTY (800) 735-2900 or email healthrelatedservices@pacificsource.com for more information.

Friendship Line/Warm/Hotline: Call (800) 971-0016. For 60 yrs+ or living with a disability, call IOA Connect at (415) 750-4111 or fill out an intake form online at www.ioaging.org/friendshipline.

Lutheran Community Services NW - 1103 NE Elm St. in Prineville: 24/7 crisis line, housing assistance, employment assistance, ACT team, community support programming, case management, substance abuse counseling, and outpatient behavioral health. Call (541) 323-5330 for services.

– Advocacy –

Mental Health Lobby Day

In Salem on Monday, Feb. 25. NAMI Oregon holds a morning meeting/briefing on talking with legislators about our priorities at the Willamette Heritage Center the day of, including a continental breakfast. To participate, you need to register; it's free for current NAMI members. Please contact Michelle Madison at michelle@namior.org for more information.

Changing ABLE rules

As you may know, there's a movement amongst some members of Congress to change the age of disability diagnosis to allow people who were diagnosed by age 46 (as opposed to age 26) to be eligible to open ABLE savings accounts. (For more information about the 2014 ABLE Act, click [here](#).) Oregon ABLE staff have asked us if we would help them find individuals willing to share their story about how this change would help them. In short, what if someone diagnosed later in life could open one of these tax-advantaged savings accounts for individuals with disabilities and their families? They're going to bring these stories to Washington, DC early next year in an effort to get Congress to expand age of eligibility. To share your story, contact Michelle Madison at NAMIOR at michelle@namior.org

Request from Lines for Life

The FCC is currently considering designating a 3-digit access number (like 911) as a Behavioral Health and Suicide Crisis Lifeline. This comes at the direction from Congress in the Lifeline Improvement Act of 2018. Many at the National Suicide Prevention Lifeline agree that this represents a significant breakthrough in improving access to crisis services and holds the promise of helping normalize help-seeking for mental wellness on a grand scale. Comments were due by Monday, December 10th & NAMI Oregon submitted comments in support at the behest of our partner Lines for Life, as the Lines for Life Oregon Executive Director serves on the NAMIOregon Board.

Oregon Suicide Prevention Conference

March 13th - 15th, 2019. Contact Sunriver Asa Wright, Lines for Life Prevention Projects Coordinator, at (971) 247-9072 or asaw@linesforlife.org for more information.

Bending Perspectives: an Art Event – by Liz Aliberti, art therapist at Telecare Corp.

This will be the 3rd year for this art event to highlight how art helps in recovery for mental health issues and to increase understanding and fight the stigma surrounding mental illness. Artists submit their artwork along with an artist's statement about the role that creativity plays in their life/recovery.

To be held first Friday art walk on May 3rd, 2019, during Mental Health Awareness month.

Weeds:

- A downtown venue! Need good foot traffic and space.
- If you are an artist, create the advertising poster for the event.
- Volunteers to help with planning and putting on

To volunteer, please contact Liz at elizabeth.meals@gmail.com.

Save the Date: May 29-31

Lines for Life, the Oregon Pain Guidance, the Oregon Health Authority, and others will convene stakeholders to **confront the challenge of opioid and other drug abuse, and pain and addiction treatment in Oregon**. Save the date for this upcoming conference that will be held at the Riverhouse in Bend, Oregon on May 29th - 31st, 2019.

NAMI National Convention – June 19th - 22nd in Seattle, WA.

– Trainings –

For more information about upcoming trainings, contact NAMI Oregon's Pete Link at pete@namior.org, or visit NAMI Oregon's Training Webpage by clicking [here](#).

Family-to-Family Teacher Training - Applications due by Friday, February 15th

March 1st - 3rd

Providence Willamette Falls Medical Center at 1500 Division Street, Oregon City, OR, 97045

In Our Own Voice Training - Applications due by Friday, March 22nd

April 7th

Comfort Suites Hotel at 15929 SE McKinley Avenue, Clackamas, OR 97015

Family Support Group Training

The opportunity to have the training here in Bend. If interested, please contact Eileen at whitefam@bendcable.com

QPR Training

January 7th at 3:00PM at Westside Church. Contact Ronni Wilde at (818) 419-7089 for information about this training or about future ones.

Lines for Life - Youthline Peer Crisis Intervention Training Orientation

Orientation is on Tuesday, January 8th, 2019. Training Dates are January 18th - 21st, 2019.

Contact Morgan Leets to apply at morgan@linesforlife.org. Youth will be trained with the hope of conducting outreach events and classroom presentations in Spring 2019. Nine youth are currently registered, and positions are still available.

The YouthLine Volunteer Application will be sent to you after we receive your RSVP!

Please fill it out **completely** and bring it to the orientation. If you would like to pursue this volunteer opportunity, this orientation is the first step to beginning your journey as a youth volunteer!

Training spaces are limited, so please let Morgan know as soon as you can if this works for you. Please respond to RSVP, with the information listed below:

Name:

Phone number:

Grade:

Age:

School:

County:

Name of parent(s) attending:

How you heard about the YouthLine:

You must bring your completed application and a parent or guardian (if under 18) to this orientation in order to qualify for the position.

Once submitted, you will receive a confirmation email from Morgan at morgan@linesforlife.org verifying your information shortly after.

Oregon Health Authority's Civil Commitment Coordinator is offering to come to Bend to do a half day training in April to review Civil Commitment Laws and specific information as it relates to our Central Oregon community. This is something new OHA hopes to do across the regions. The class will be capped at 30. Contact Eileen White at whitefam@bendcable.com if interested.

Samara Learning Center Collaborative Problem Solving

Eight week session, from January 30th to March 20th. Cost: \$175.

Contact info@samaralearningcenter.org for more information.

– NAMI-CO Networking –

NAMI-CO was invited to attend and provide resources at COCC's Social Sciences Dept and Psychology Club's resource fair/student showcase: Starry Night, held quarterly in December. Roger Olson & Eileen White provided a table of resources for the well-attended event.

Worksource Oregon in Bend requested a presentation of all NAMI-CO programs. Eileen presented Dec. 13, 2018

Habitat for Humanity info session Jan. 10 at Noon regarding affordable housing. For more information, check out www.bendhabitat.org/homeownership.

NAMI-CO Calling Volunteers:

Can you believe it's 2019? We've just enjoyed all the good things that holidays bring: family & friends time, turkey, spiral ham, mashed potatoes, stuffing, and all the other wonderful foods that we tend to surround ourselves with this time of year. Oh, and did I

mention cookies...oh the cookies!!!

But have you thought about what you want to do in 2019 to give back? How about becoming a NAMI Central Oregon volunteer?

We have many wonderful opportunities for volunteers to help them continue to develop some skills, teach us some skills, and to work with great people in our community. We are looking for volunteers who want to help us eliminate the stigma surrounding Mental Health. We are looking for teachers, facilitators, people who take initiative, computer savvy folks, and more.

Opportunities are listed below:

Monthly Newsletter - help create and write content for our monthly newsletter.

PR - Create flyers, distribute brochures, spread the word in our community.

Fundraising - Work with our STOMP out Stigma Event planning team & other fundraising events.

Administration - room reservations, bring food to meetings, write "thank you" notes, maintain electronic mailing lists, special projects.

Membership - help spread the word about NAMI and go out into the community and build relationships with Clinicians Network, community members, brochure distribution

Website - maintain NAMI-CO website, be creative. Also, help us with automation if possible. How do we make the donation process better, or work with NAMI-OR to set up online fundraising for annual events?

To volunteer please contact:

Nunzia at marktrou1@msn.com or Marcy at ruffoma@gmail.com

Thank You!!!

Home for the Holidays: an annual holiday event that selects a nonprofit recipient for attendees' donations. NAMI-CO was selected this year and received over \$6,000 in donations. Thank you Anne Chrisman & Jessica Valentine and your planning team for selecting us.

St. Charles Medical Center Foundation – NAMI-CO was asked to apply for and received a \$5,000 donation to help carry out our programs. We will use it to help put on our Stomp Out Stigma event and for incentives for folks experiencing mental health issues to take Peer to Peer education classes. Thank you to Carlos Salcedo and St. Charles Foundation!

The Francis Cheney Family Foundation has granted \$1,000 to NAMI-CO to further our work. Thank you!

Thank you to **ASI Wealth Management** for choosing NAMI-CO for their non-profit annual \$2,000 donation recipient for 2018. Thank you to Marcy Ruffo for getting us nominated!

NAMIOregon granted \$500 to NAMI-CO, thank you for this and for all the help with our programs!

Scott Maricle and Servicemaster – Best wishes and many thanks for providing meeting and class space to us for several years. Good luck Scott on your new endeavors!

Happy New Year from all of us with NAMI Central Oregon!

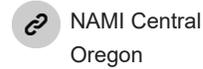
Reach Out to NAMI Central Oregon

namicentraloregon@gmail.com

P.O. Box 7462, Bend, OR 97708

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