



nami lane county

National Alliance on Mental Illness

...your local voice on mental illness

Volume 35, No. 9

Fall 2012

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CONTACT US

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Thursday, 10:00-2:00

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namilane.org

Internet: <http://www.namilane.org>

Facebook: <http://facebook.com/NAMI.LaneCounty>

NAMI
PRESENTS A
HOLIDAY DINNER

Hosted at Lane Community College
Center for Meeting and Learning
Room 104

GUEST SPEAKER:
Author, Journalist,
and Bipolar Expert Julie Fast

ALSO FEATURING:
Bill Uhlhorn Award
NAMI Volunteer of the year award

DECEMBER 4TH

6PM....NO HOST SOCIAL HOUR
6:30PM.....DINNER
7PM.....GUEST SPEAKERS

\$25 advanced, \$35 at the door
Call to reserve your tickets
541-343-7688

(more on p.2)

NAMI Holiday Dinner

Tuesday, December 4, 2012
6:00-8:00

Lane Community College Center
for Meeting and Learning
(Building 19, Room 102)



Join us for a great meal, fellowship, the annual service awards, and a chance to hear **Julie Fast** (pictured above), the well-known Portland author and mental health advocate. Her books include: *Take Charge of Your Bipolar Disorder* and *The Health Cards System for Bipolar Disorder*. In addition, State Representative Val Hoyle will be on hand to give an update on the Oregon state hospital in Junction City.

- No host social hour starts at 6:00
- Dinner is at 6:30
- Program at 7:00
- \$25.00 in advance; \$35.00 at the door. Send checks to the NAMI Office.

Menu

- Slow Roasted Tom Turkey with Traditional Giblet Gravy and Grand Marnier Cranberry Relish
- Carlton Farms Apricot-Honey Glazed Ham
- Sage and Roasted Garlic Dressing
- Whipped Yukon Gold Potatoes
- Roasted Root Vegetables
- Field Greens with Cranberry-Balsamic Vinaigrette
- Sweet Potato and Dried Cherry Salad
- Assorted Seasonal Pies and Tortes
- Coffee and Tea

News & Updates

THE DIGNITY PROJECT

The Dignity Project serves clients of Lane County Behavioral Health Services with basic needs such as clothing and personal effects. The project currently is in need of men's hooded jackets and winter coats of all sizes. It is open by appointment to those clients who are eligible for services. Donations are tax deductible, and may be brought to the NAMI Lane office or left with the LCBHS security staff.

OCT. 26: PIZZA PARTY FOR VETS AND FAMILIES

NAMI hosts a pizza party the last Friday of each month for Veterans and their families at Papa's Pizza on W. 11th & Chambers in Eugene. This is a chance to relax, enjoy some pizza and get support. Special thanks to NAMI volunteer Keith Mainwaring for spearheading this initiative.

NOV. 10: ANNUAL NAMI STATE CONFERENCE IN COTTAGE GROVE

Kevin Campbell, executive director of Greater Oregon Behavioral Health, Inc., is the keynote speaker. Also, Ray Gonzalez, executive director of the Center for Cognition and Recovery, will be presenting on Cognitive Enhancement Therapy, a promising new recovery-oriented practice for individuals living with severe mental illness. Other workshops include establishing and maintaining a CIT program in your community, a legislative update, how to support returning veterans, and more. Register online at the NAMI Oregon website.

DEC. 1: HOLIDAY GIFT WRAP PARTY

Get in the holiday spirit by preparing and delivering gifts to local treatment facilities. 5-8 p.m., LCBHS, Rm 198.

JAN 8: NEW FAMILY-TO-FAMILY CLASS BEGINS

The Fall Family-to-Family class is in session with 20 participants. Register at the office for the next class beginning January 8 (Tuesdays). Space is limited, so sign up early.

People live with mental illness everyday

The best thing you can do is Talk About It

www.namilane.org
www.facebook.com/NAMI.LaneCounty

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(541) 343-7688

NAMI
National Alliance on Mental Illness

Special Thanks to...

Vera Lea and Mack Follmer, the parents of Laura Follmer Cook (1953-2012), who have generously designated NAMI Lane County for memorial donations in Laura's name.

The Follmers are funding the acquisition of a much needed computer for the front desk of the NAMI office. In addition to a generous donation from the Follmers themselves, the following family members and friends have made donations in memory of Laura:

Jacqueline & Richard Allen	Lucille & Ellis Sprick
Vivienne & Charles Bullock	Ethel Steussy
Carol Gorman	Carol Stroud
Starly Hodges	Elizabeth Tapp
Betty & Rodney Holst	Elizabeth & Iain Valentine
Valrae & Frank Jones	Joan & Robert Velarde, MD
Phyllis & Joe Lewis	Jane Cruse & Joseph
Turi & William Lundquist	Williams
Clari & Stephen McDermott	Ginger Yamamoto
Marcia Peterson	Bonnie Holland

Look for Your Newsletter Online

In an effort to get news out to you in a more timely and efficient manner, the NAMI Lane County newsletter is moving to a new format and distribution schedule.

Starting with this issue, the newsletter will now be published quarterly (4 times a year for both printed and .pdf versions).

At least once a month, or when the need arises, we will be using a new email-based communication tool to keep you informed of meetings, presentations, educational opportunities and upcoming special events.

The print newsletter will become more focused on larger issues affecting our members, the kind that don't fit easily into short paragraphs or bullet points. If you haven't already done so, please send your email address to stay informed. Here's the office email address: office@namilane.org.

By the way, if you prefer to receive all of our communication electronically, think about foregoing the printed version of the newsletter altogether. You'll be saving paper, you'll have a color copy of the newsletter, you can click on a URL and get the information instantly.

New Print Ad (p.2): Thanks to NAMI volunteer, Linda Connely, for designing such a compelling message about stigma.

NAMI Lane County

Board of Directors

President: Susie Caldwell
Vice President and Secretary: Lesley Rex
Finance Director: Scott Diehl
Treasurer: Sara Wyant
Program Chair: Libbie Rascon
Education Chair: Sally Diehl
Consumer Liaison: Sue Sammis
Nominations: open...
At large: Serena Slape, Collin Alspach,
Pete Ruby and Pat McCormick

Staff

Executive Director: Jose E. Soto, III
Office Manager: John Wagner

Volunteers

Book Reviews: Pete Ruby
Webmaster: Larry Cummings
Newsletter: Jeff and Diane Magoto
Foundation Chair: Dave Howard
Dignity Project: Richard and Eloyce Enloe

...and many others

The mission of NAMI Lane County is to improve the quality of life of persons with mental disorders and of their families through support, education and advocacy.

Fall Donations to NAMI

Thank You!

- Esther Celis,
- Ulrich Richers
- (Advanced Relay Corp.)
- Kathleen Apker
- Patti & Tom Barkin
- Susan Botwinik
- Bonnie Holland
- Turi & William Lundquist
- Jose McCarthy
- Allen Sellers
- Lucille & Ellis Sprick
- Sheila & Kurt Sundahl
- Sara Wyant & Dennis Ary
- Lucy & Mitch Zammarelli

*This newsletter is sponsored by
Ginny & Oscar Krumdieck
and Sheila & Kurt Sundahl.
Many thanks!*

Circuits of Fear: Anxiety Disorders

DISCOVERY HEALTH VIDEOS, 2001

Film Review

by

Pete Ruby

Anxiety is a huge problem in mental health in our society. Most mental health problems have components of excessive anxiety. The video argues that anxiety disorders contribute to about one third of mental health costs per year. I have previously read that depression was the most common mental illness. Realistically, depression and anxiety are often found to co-exist in mental illnesses. This video focuses on some specific diagnoses where anxiety is a dominant factor.

This is one of a four part series called *Fires of the Mind*. Different brain disorders are covered in these Discovery Health Videos and all are narrated by Ed Asner.

The video mostly shows people who describe their experiences while living with their anxiety disorder. These anxiety illnesses are panic, post traumatic stress, obsessive compulsive and phobic disorders.



The people are shown being treated by therapy, often using de-sensitivation techniques. It is explained that these subjects will not be cured of their disorder but learn to not let the disorder control so much of their lives. Strangely lacking is any mention of medications that are commonly used to treat these types of disorders. The effectiveness of the behavioral treatments shown seem rather surprising due to the severity of these problems.

Diagrams display the role of adrenaline in anxiety disorders. We all have somewhat of a fight or flight response when we perceive some challenges. Adrenaline can be released in larger amounts by some people which can cause a rapid heart rate, shallow breathing, sweating and panic. Anxiety disorders are physical problems with resulting psychological and behavioral implications. Anxiety disorders, in the film, are often shown as a fear of doom or something that may go wrong by these people. Most of us can relate to the feeling of some social anxiety such as speaking in front of a group. The disorders seen in this video are much more severe and disabling in the sufferers' lives.

Howard Hughes is discussed as a person who had OCD. His illness progressed to the point where he was more and more reclusive in order to try to avoid anything that he perceived as contaminated.

We really do not understand much about why some people are born with or develop anxiety disorders. A group therapy session is shown and it is stressed that individual psychological therapy is also needed to help to control the symptoms of these disorders.

It is disturbing to observe the many rituals that people with OCD can experience. Excessive stress and a family history of this disorder can be contributing factors for one who develops OCD. Some studies performed when this video was made in 2001 also show a possible connection to a childhood episode of strep throat and OCD.

The section about phobias interested me the most, especially since most people think they have or actually do have at least one or more types of phobias. It is said here that 70 to 85 percent of people with an anxiety disorder do well after a period of therapy. The length of the therapy seems unreasonably short to create the effectiveness that they are talking about. If I had one of these disorders, I would probably want to use both medications and therapy as part of my recovery.

Relief For Veterans with Chronic Pain and Stress

A small, volunteer non-profit has been making big progress in resolving the host of symptoms related to Post Traumatic Stress.

The Veterans Stress Project provides veterans with EFT (Emotional Freedom Techniques), a drug-free coaching technique involving acupressure stimulation and brief exposure therapy. The first clinical trial applying EFT to veteran stress demonstrates EFT to be extraordinarily effective, with lasting benefits.

Using one of the most widely accepted PTSD assessment tools (the “PTSD-Checklist-Military” or (PCL-M), scores of over 49 are commonly considered PTSD. The average beginning PCL-M score for the 59 veterans in the first trial was 66, but after only 6 hour-long EFT coaching sessions, the average scores plummeted to 35 (far below PTSD scores), and stayed low on follow-ups at 3 months and 6 months.

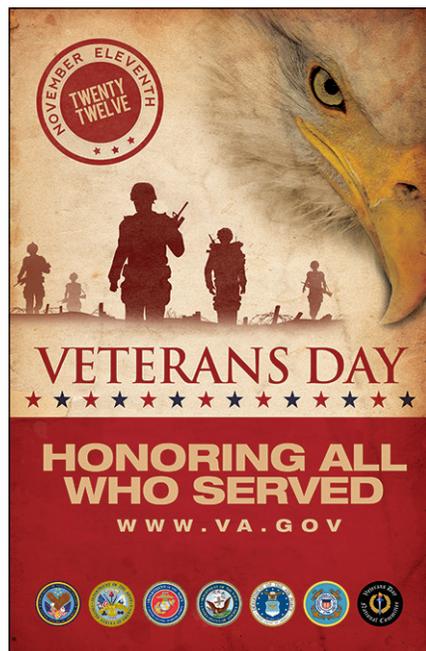
According to Dawson Church, founder of the parent non-profit: “America has a solution to PTSD right now.” Nearly half of the veterans in the study received their EFT sessions by phone or Skype, making it ideal for areas with population distributions like Lane County’s.

The results of this national trial are scheduled for publication in the October 2012 issue of *The Journal of Nervous and Mental Disease*. Multiple independent studies also show pain diminishes an average of 68% with EFT, and that an hour of EFT reduces the level of the stress hormone cortisol, by 25 to 50%.

Many veteran testimonials are available, such as “I finally have my life back.” from Staff Sergeant Brian Davis, and “The results were immediate... Overall, I regained the quality of life I had prior to deployment.” From Army Iraq war veteran Olli Toukolehto.

To participate in a replication of this study or learn more about EFT, see the Veterans Stress Project and download a brochure at www.stressproject.org. In Lane County, contact Carol Smith, volunteer Veterans Stress Project Research Coach 541-935-0123, carol@tappingnavigator.com.

(Marilyn McWilliams, Veterans Stress Project. 503-281-0195, Marilyn@EFTCatalyst.



VETS, DOGS, AND COPING WITH PTSD

Tori Stitt is a female veteran in San Diego who has chronic PTSD, stemming from her deployment in Iraq.

The symptoms require long term treatment, or so it seems. She finds relief from her service dog, Devon.

With him at her side, she can watch a chopper go by and, instead of fleeing or having a panic attack, she strokes his ears and remains outwardly calm.

Many veterans are seeking non traditional remedies for PTSD, such as yoga, acupuncture, herbal remedies and massage therapy.

By far the most popular method is choosing a well-trained service dog. The dogs cost up to \$15,000 to train, and many of them are being funded by the Federal Government specifically for veterans with PTSD.

So far the jury is out on whether these dogs help a person overcome PTSD, but the effect of a dog who watches for symptoms of anxiety or flashbacks and then gently paws their master is indeed powerful. At the very least, the dogs make them feel better, more in control.

Ms. Stitt has a job as a case manager for veterans recovering from alcohol and drug addiction. She offers “tough love” on a variety of levels: about taking meds, seeing their therapists, looking for work or completing school. She also tries to take care of herself. Sometimes she forgets to take her meds, and she’s in and out of therapy. She has friends, but most of the time, except for Devon, she’s a loner. But she has to take him on walks, and that gets her outside interacting with others.

NEW YORK TIMES APRIL 29, 2012
STORY BY JAMES DAO,
SUMMARIZED BY DIANE MAGOTO

WELCOME JOHN WAGNER, NAMI'S NEW OFFICE MANAGER

After my first few weeks as NAMI Lane County's new Office Manager, I want to thank everyone for the warm welcome I have received, as well as all the help and patience while I've been getting acquainted with the organization.

There are several areas of my background and experience that relate to my new job. I have held several management and supervisory positions that had significant administrative components, developing and maintaining office systems and keeping things organized.

One segment of my career has been spent in media and advertising, and another



in housing and commercial development. That part of my career included a nine year period as executive

director of a non-profit that built housing for people with disabilities. One of those projects is the Shepard Apartments, nine HUD-funded independent living apartments for people with severe and persistent mental illness, operated by Halfway House Services, Inc. I have been on the board of Halfway House Services for many years, as well.

I have been active in the Unitarian Universalist Church in Eugene for over 20 years. I have been Board President, and, most recently, am the past Treasurer. I served on the Intergovernmental Housing Policy Board for several years, and was Chair of its Allocations Committee as well.

NAMI Fall Calendar

Wed, Oct. 17	• NAMI Board Meeting Lane Office at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:00-6:00.
Oct. 26-28	• Family-to-Family Teacher Training in Tualatin (space still available). Contact Peter Link at (503) 230-8009 or pete@namior.org
Fri, Oct. 26	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene.
Thurs, Nov. 1	• Deadline for nominations for the Bill Uhlhorn award. Call or write the NAMI office.
Sat, Nov. 10	• Oregon NAMI State Conference at Village Green Hotel in Cottage Grove.
Sun, Nov. 11	• Veterans' Day Parade in Springfield. NAMI members will march, drive, and float to raise awareness about mental illness. http://vetsdayparade.org
Wed, Nov. 14	• NAMI Board Meeting Lane Office at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:00-6:00.
Fri, Nov. 30	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene.
Sat, Dec. 1	• Holiday Gift Wrap Party and Dinner. LCBHS, Rm 198, 5:00-8:00 p.m.
Tues, Dec. 4	• Holiday Dinner at LCC, 6-8 pm. Julie Fast is the keynote speaker. Interested in volunteering? Please contact the office.
Wed, Dec. 19	• NAMI Board Meeting Lane Office at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:00-6:00.
Fri, Dec. 28	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene.
Tues, Jan. 8	• Family-to-Family Class begins. Contact the office for more information

Lately, my wife Jane and I have become addicted to grandparenting our three grandchildren, ten (girl), two, and tiny (boys). It's not a habit we intend to try to break.

I'm enjoying my new job, and I'm very pleased to have become a part of the NAMI family. I look forward to meeting many of you in the months to come.

Thanks again for being so welcoming!

—John

Support Group Meetings

NAMI Groups

Eugene-Springfield

NAMI Friends and Family Support Group

2nd, 3rd, 4th and 5th Thursdays at the NAMI Office, 76 Centennial Loop, Suite A, Eugene, 7:00.

NAMI Family To Family Support Group

1st Thursday of every month at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2nd Floor Conference Room, Eugene, 7:00. (for graduates of F2F Class)

NAMI Connection—Peer Facilitated Support Groups

Tuesdays, First United Methodist Church (FUMC), 1376 Olive St., Eugene, 3:30-5:00.

NAMI Connection—Peer Facilitated Support Groups,

Wednesdays, NAMI Office, 76 Centennial Loop, Suite A, Eugene. 6:00-7:30.

Cottage Grove

Consumer Only Friendship Group

Thursdays, Fleur de Lis Patisserie, 616 Main St, 10:00 a.m.

NAMI Connection—Peer Facilitated Support Groups

Tuesdays, Healing Matrix, 632 Main St., 6:30;
Fridays, South Lane Mental Health, 1325 Birch Ave, 12:00-1:00.

Florence

NAMI Family to Family Support Group

4th Thursday of every month, Laurelwood Community Center, 1137 Maple St., 6:30-8:00.

NAMI Florence Support Group

4th Thursday of every month, Peace Harbor Hospital Cafeteria 6:30-8:00. Facilitator: Monica Kosman.

Related Community Groups

DBSA (Depression/Bipolar Support Alliance Group)

2nd and 4th Mondays, First United Methodist Church, 1376 Olive St., Eugene. 7:00-8:30. Contact Dorothea: dbmarcomb@gmail.com

County Consumer Advocacy Council

4th Tuesday at LCBHS, 2411 Martin Luther King, Jr. Blvd. Rm. 198, Eugene, 1:00-3:00.

Eugene Dual Diagnosis Anonymous

(Mental illness and drug addiction)

Tuesdays and Thursdays, Laurel Hill Center (LHC), 2145 Centennial Plaza, Eugene. 2:00-3:00. Call Tina at 541-485-6340.

Florence Dual Diagnosis Group

Tuesdays, Apostolic Pentecostal Church, 1525 12th St., Suite 28. 6:00-7:00. Call David at 541-997-9289.

Oregon Family Support Network

For families with children with emotional, behavioral, or mental health needs. 72A Centennial Loop, Suite 150. Call 541-342-2876.

Suicide Bereavement Group

For those who have lost a loved one. For time, day and location of meetings call Darlene at 541-747-2084.

Out 'n Abouters—Weekly Bingo for Consumers.

Fridays, Shepard Apartments, 938 Jefferson St., Eugene 3:30. Call Linda at 541-485-0509.

Mobile Book Library

Wednesdays at LCBHS, 2411 Martin Luther King, Jr. Blvd. Rm. 198, Eugene, 9:00-12:00.

A Survey Request from Oregon State Hospital: How Can They Improve Care?

The Oregon State Hospital (OSH) encourages family members, friends and loved ones to visit and maintain relationships with patients (if the patient approves) during their stay at the hospital. For many patients, active involvement of friends and family is an important part of the recovery process.

As part of the hospital's continuous improvement efforts, OSH is reaching out to patients' friends and family to learn more about what can be done to improve the care and treatment of patients. You play an important role, and OSH seeks your feedback.

Your responses to the survey will be anonymous (which means OSH won't know your identity), and will be analyzed as a group. OSH will use the information to make improvements; this will take time to do. But eventually, you may see changes based on the feedback OSH got from you. Thank you for taking the time to fill out the survey!
https://www.research.net/s/OSH_family_satisfaction

For more information, contact Director of Consumer and Family Services Deb Howard at 503-945-7132 or deborah.j.howard@state.or.us.

 **NAMI Lane County**
National Alliance on Mental Illness
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Eugene, OR 97401
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NAMI Membership/Donation Information

Annual membership benefits include:

- Local, informative monthly newsletter
- State and national membership magazine
- A voice on vital advocacy issues
- Representation on state and local boards
- Tax deductions

- Voting Membership, \$35.00/year
- Newsletter subscription only, \$15/year
(Available only for members of NAMI Affiliates outside of Lane County)
- Low Income Membership, \$3.00/year
- General Donation, \$ _____
- Donation in memory of _____
- Anonymous gift, \$ _____

(Please make checks payable to: NAMI Lane County • 76 Centennial Loop, Suite A • Eugene, OR 97401)

Name: _____ Phone: _____

Address: _____ Email: _____

City: _____ State _____ Zip _____

- Contact me about volunteering, donating money, products, or services.
- Do you prefer to receive your newsletter in printed form (via USPS) or electronic form (via email)? printed electronic

UPCOMING EVENTS

- Oct. 26. Veterans' Pizza Night
- Oct. 26-28. Family-to-Family Teacher Training in Portland.
- Oct. 30. Opal Network Meeting
- Nov. 10. NAMI Oregon State Conference
- Nov. 11. Veterans' Day Parade in Springfield
- Dec. 1. Holiday Gift Wrap Party
- Dec. 4. Holiday Dinner; Julie Fast, Val Hoyle, Speakers
- Jan. 8. F2F Winter Class begins.