



# nami

# Lane County

National Alliance on Mental Illness

...your local voice for mental health

Volume 37, No. 4, Fall 2014

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NAMI.LaneCounty

IT'S  
TIME

Go Green for Mental  
Illness  
Awareness  
Week

MENTAL ILLNESS  
AWARENESS WEEK

October 5-11, 2014



[www.nami.org/miaw](http://www.nami.org/miaw)



## **NAMI Community Program for Mental Illness Awareness Week**

**"The Downside of High" - The dangers of marijuana use specific to youth.**

**Thursday, October 9th, 6:00—7:30 PM**

with Guest Speakers

Dr. Russell Geoffrey, Lane County Behavioral Health Associate Health Officer

Jose E. Soto III, NAMI Lane County Executive Director

Lane County Behavioral Health Services, 2411 ML King Blvd., Room 198

## From the President...

**G**reetings NAMI members and friends. Once again, I can report exciting news. Our efforts be where we are most accessible and useful have come to fruition. We will soon be available to more folks who can make good use of our services. We are relocating our main Resource Center and opening an additional one.

Renovations to prepare a resource center that's twice as large as our current site are under way in the Lane County Behavioral Health building. By the end of November, thanks to many helping hands, we will have moved into our new digs. What an opportunity to accommodate our growing services and increasing numbers of patrons and volunteers. Be sure to put stopping by our new Resource Center on your list of things to do over the holidays.

I am equally proud to announce that next year we also will have a resource center at the new State Hospital in Junction City. Be on the look out for more information and the dates when we'll be up and running.

Also, consider becoming one of the volunteers at these sites. I feel so fortunate to be a volunteer at the Johnson Unit. There I experience and share inspiration and hope for recovery and improved quality of life. Thanks to member and CIT pioneer, Sue Archbald, and NAMI past president, Sheila Sundahl, for being the mainstay volunteers at the JU along with our *In Our Own Voice* presenters Susanna Sammis, Barb Schaefer and Emilie VanWormer. Sharing themselves and NAMI has fueled everyone's determination to keep recovery keeping on.

It may only be September, but Cheryl Baugh and her band of merry volunteer elves are busily planning the Holiday Dinner. I've been assured that this year's event will top even the good times had by all at last year's celebration. I already have my eye on a few of the silent auction items.

Thank you for all you do to keep hope alive for yourself and those you love.

- Lesley

This newsletter is sponsored by Dave and Diane Howard in Memory of Shirley Trimble (1945-2007), NAMI Board Member, Office Volunteer, Family-to-Family Instructor, and Newsletter Editor.

### SPECIAL DONATIONS

~ Dennis Keim in Memory of Glenn Romprey  
~ South Lane Television, Inc. in Honor of Terry Arnold

We extend a very special thank you to Brad's Cottage Grove Chevy/GMC for their generous sponsorship of NAMI's Vet's Pizza Night every month for the last year. Thank you Brad's!

### NAMI Lane County Board of Directors

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*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.*

## Thank You to Our Donors!

NAMI Lane County has received contributions from 83 generous donors so far in 2014, plus many donations made directly to NAMI-Walk that also benefit NAMI Lane County. Their donations provide crucial support for our many programs making life better for people with mental health issues and their families. They have our deepest appreciation for their generous assistance.

*NAMI Lane County has been advised by financial experts that listings of individual donors are sometimes used for fraudulent solicitations. To protect our valued donors, we will no longer list individuals in our newsletter, except for memorial and newsletter sponsorship donations*

# Springfield Community Gets Serious About Mental Illness

BY JOSE SOTO

Imagine the power of bringing community members together to assess the big picture, take a hard look at the problems, evaluate what is already being done, and work together to develop a coordinated solution for the prevention of abuse and neglect. That's the strategy behind an innovative program called *Keeping Families Together*. This initiative follows the *Communities That Care* model, grounded in rigorous research from social work, public health, psychology, education, medicine, criminology and organizational development. It is the only evidence-based solution in the nation with proven success helping communities develop the capacity to support the well being of children and their families.

Communities That Care engages all community members who have a stake in healthy futures and sets priorities for action based on community challenges and strengths. Keeping Families Together is built on partnerships between Casey Family Programs, The Oregon Department of Human Services, and the Children's Trust Fund of Oregon, with additional funding from The Ford Family Foundation and The Oregon Community Foundation.

NAMI Lane County, in collaboration with the Springfield School District and the greater Springfield Community, have come together and accepted the challenge. Through a community partnership with the Springfield School District, NAMI Lane County will have a presence in all Springfield elementary schools. The goal of this partnership is to increase awareness of the early signs of mental illness in children as well as to promote conversations about mental health issues in general.

NAMI Lane County is working with Lucy McWhorter and Coaching Parents LLC to provide in-house mental health resources and referral. Lucy will begin at the elementary level, in all twelve Springfield grade schools. She

will be working with school staff to implement several of NAMI's signature programs, Parents and Teachers as Allies, NAMI Basics, and In Our Own Voice.

## *Parents & Teachers as Allies*

This program focuses on helping school professionals and families within the school community better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene so that youth with mental health treatment needs are linked with services. It also covers the lived experience of mental illnesses and how schools can best communicate with families about mental health related concerns. This program responds to the recommendations included in Goal 4 of the New Freedom Commission report on mental health that calls for schools to play a larger role in the early identification of mental health treatment needs in children and in linking them to appropriate services.

## *NAMI Basics*

NAMI Basics is an educational program for parents and caregivers of children and adolescents living with mental illnesses or who are suspected of dealing with mental health challenges. It covers the fundamentals of caring for yourself as a parent/caregiver, for your family and for your child. Perhaps most importantly, as participant parents/caregivers can gain comfort in knowing they are not alone. Our volunteers assist parents in understanding that recovery is a journey and there is hope for all families and individuals dealing with a brain disorder. The in-person group experience of NAMI Basics provides the opportunity for mutual support and positive impact. Parents can experience compassion and reinforcement from people who relate to their experiences. Through participation, parents have the opportunity to help each other grow.

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## Trans\*Ponder

is a monthly gathering for trans\*-identified and questioning folks. It is a place where we can socialize, share resources, and provide support surrounding the achievements and challenges encountered from living the shared experience of not adhering to the gender binary. The Trans\*Ponder meetings happen on the 2<sup>nd</sup> Saturday of every month.

Contact us at [transponder.together@gmail.com](mailto:transponder.together@gmail.com) for the location information or any further questions you might have.



# Board Member Highlight: Lieutenant Carolyn Mason

## Navigating Crisis & Community Collaboration

BY TANYA PETERSON

The term CIT peppers the news, both local and national. It's typically used in reference to legal situations that arise between police officers and people who are acting out in ways that might indicate the confusion, disorganization, and other symptoms that can accompany mental illness. It stands for Crisis Intervention Team, and it's an approach to such situations that emphasizes de-escalation and getting people to proper help. It's a positive program that has seen a great deal of success, and its utilization is increasing in Lane County.

In 2008, Carolyn Mason of the Eugene Police Department, who believes wholeheartedly in the importance of CIT, volunteered to be one of the first members of the Eugene police department (EPD) to be trained in the model. She applied because she liked the idea "of another tool in her toolbox." She was accepted into the training program, and was later promoted to oversee the department's CIT training, and was also the supervisor of the Crisis Negotiation Team. Since then, she has earned a promotion to lieutenant and continues to oversee the CIT program. Her compass? "How do we get through [a situation] with dignity and compassion?"

With Mason at the helm, CIT is starting to sail in Lane County. Currently, 85% of EPD's officers have been trained in the model. She is currently coordinating another training to be held in September 2014. Under her direction, police sergeants are putting together the training and coordinating with professional partners in Lane County's men-

tal health community to educate police officers on de-escalating problem situations, and improving relationships with people living with mental illness.

The September training will include not just members of the Eugene Police Department but other law enforcement agencies in Lane County as well. Officers from the Springfield PD, Florence PD, Cottage Grove PD, Junction City PD, the Lane County Sheriff's Office, and the University of Oregon PD have been invited to attend the CIT training as well.

The vision is that CIT will be regional, benefitting people throughout the county, and Mason is working hard to help that happen. She is actively building partnerships in the mental health community and forging strong relationships and collaborative approaches to better helping people

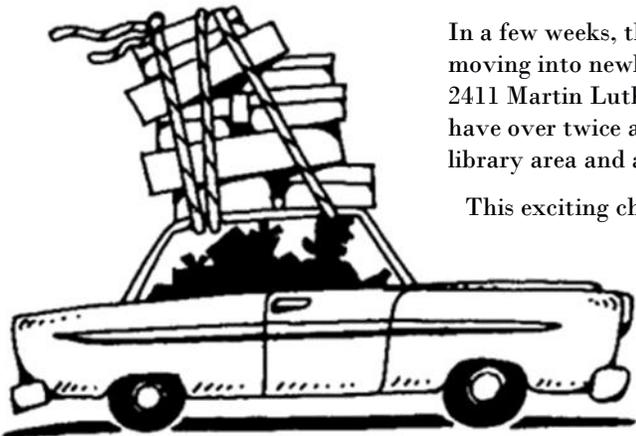
living with mental illness. Is it any wonder that her work has led to an invitation to serve on the board of directors of NAMI Lane County? Her advocacy and leadership are true assets not just to the EPD but to the mental health community in general and NAMI Lane County in particular.

Carolyn Mason says that she has learned a great deal about CIT over the years. She proudly reports that she has developed a passion for CIT, de-escalation in general, and a genuine compassion for people. She's happy about that, stating, "I found a little niche where I feel I can make a difference for people."



**PROTECT. SERVE. CARE.**

## NAMI Lane County is Moving!



In a few weeks, the NAMI Lane County Resource Center and offices will be moving into newly remodeled space at Lane County Behavioral Health Services, 2411 Martin Luther King Jr. Blvd. We'll be located on the second floor, and will have over twice as much space as we do now, including an expanded library area and a big meeting room!

This exciting change will make it possible for NAMI to do an even better job of fulfilling our mission to provide education, advocacy and support for better mental health in our community.

Our office hours are 10:00 AM to 2:00 PM, Monday through Thursday and our phone number, 541-343-7688, will remain the same. Keep your eyes open for announcements when we make the move!

# Psychiatryland

## How to Protect Yourself from Pill-Pushing Psychiatrists and Develop a Personal Plan for Optimal Mental Health

by Phillip Sinaikin

Universe Books, 2010

### Book Review

By

**Pete Ruby**

The author, Phillip Sinaikin M.D, is a practicing clinical psychiatrist who has worked in the field for 25 years. *Psychiatryland* is his attempt to educate the mental health consumer about the established medication model for psychiatric problems in our country. We over-diagnose and over-medicate consumers due to the power and influence of pharmaceutical organizations and medical insurance companies.

In this book, Sinaikin describes the pressures and manipulations put on mental health professionals to get them to prescribe more psychiatric drugs for their clients. There is very little room for psychiatrists to utilize their counseling skills when patient contact time is restricted according to the whims of some medical insurance companies. He explains that the pharmaceutical companies, sometimes referred to as Big Pharma, effectively control the amount and types of psychiatric medications that are prescribed. These companies are able to get doctors to use the newer and more expensive medications that come on the market.

Sinaikin is not totally opposed to the use of psychiatric medications for treating more disabling types of mental illnesses. He is very critical of his peers for over-medicating their patients. He is especially disturbed by the tremendous amounts of anti-anxiety and anti-depression medications that are prescribed. Sinaikin does not believe that normal life events—emotional difficulties and simple traumas—should have pills thrown at them.

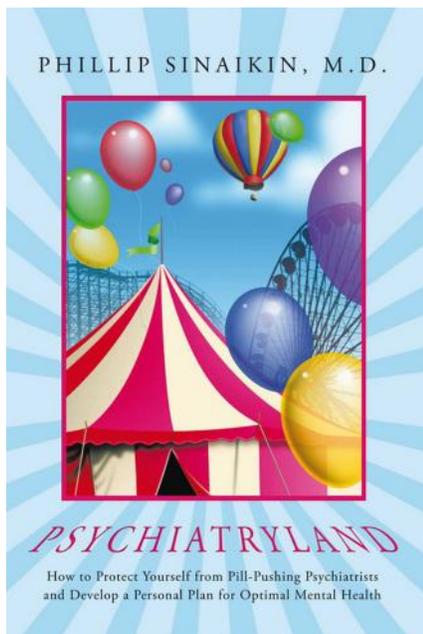
Of course, in his practice, Sinaikin tends to

work with patients that can accept fewer medications and get more education. In the last part of his book, Sinaikin provides self-help ideas for those who want to learn about more control of their own symptoms and behaviors and not just be totally reliant on medication. Though a psychiatrist, Sinaikin realizes that there is no scientific method to measure the impact and effectiveness of the many drugs used by mental health providers. He understands that the use of these medications amounts to experimentation in many circumstances.

I personally feel that the experiments are much more limited when providers such as psychiatrists, clinical psychologists and mental health nurse practitioners are doing the prescribing. These people are able to change medications, adjust the dosage and choose appropriate medications based on a person's symptoms.

There are some similarities with this book and one that I previously reviewed called *Anatomy of an Epidemic* by Robert Whitaker. Both books challenge prevailing practices in modern psychiatry in a dramatic manner. I prefer this book to Whitaker's because Sinaikin is an actual professional in the mental health field. Unfortunately the text of *Psychiatryland* could have used more professional editing: it's self-published and there are many rambling and unclear transitions from one chapter to the next.

If you enjoy getting worked up about loss of personal control in psychiatry, then you might enjoy *Psychiatryland*.



# Support Groups, Classes & Resources

## NAMI Groups

### Eugene-Springfield

*NAMI Connection—Peer Facilitated Support Groups*  
Tuesdays from 3:30-5:00 PM. First United Methodist Church, 1376 Olive St., Eugene.

*NAMI Connection—Peer Facilitated Support Groups*  
Wednesday from 6:00-7:30 PM. NAMI Resource Center, 76 Centennial Loop, Suite A, Eugene.

*NAMI Hearing Voices & Extreme States Support Group*  
1<sup>st</sup> and 3<sup>rd</sup> Thursday every month from 6:00-7:30 PM. First United Methodist Church, 1376 Olive St. Eugene.

*NAMI Family to Family Support Group*  
1<sup>st</sup> Thursday of every month at 7:00 PM. LCBHS 2411 Martin Luther King, Jr. Blvd. 2<sup>nd</sup> Floor Conference Room, Eugene (for graduates of F2F Class).

*NAMI Friends and Family Support Group*  
2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Thursdays at 7:00-8:30 PM. NAMI Resource Center, 76 Centennial Loop, Suite A, Eugene.

*NAMI Family to Family Class*  
The Fall class is scheduled to begin January 6. Call the Resource Center to be placed on a list, 541-343-7688.

*NAMI Peer to Peer Education Course*  
The next course will begin January 6 and run 10 weeks, 1-3 PM at Laurel Hill Center, 2145 Centennial Plaza, Eugene. Call the NAMI Resource Center for information and to be placed on the Fall class list, 541-343-7688.

*NAMI Mobile Book Library*  
Wednesdays from 9:00 AM-12:00 Noon. LCBHS, 2411 Martin Luther King, Jr. Blvd. Rm. 198, Eugene.

*Out 'n Abouters NAMI Weekly Bingo*  
Fridays at 3:30 PM, Shepard Apartments, 938 Jefferson St., Eugene.

**Cottage Grove**  
*NAMI Connection—Peer Facilitated Support Groups*  
Wednesdays from 7:00-8:30 PM and Fridays from 1:30-3:00 PM, Healing Matrix, 632 Main St.

*NAMI Friends and Family Support Group*  
2<sup>nd</sup> and 4<sup>th</sup> Mondays, 7:00-8:00 PM, Healing Matrix, 632 Main St.

*NAMI Friendship Group*  
Thursdays, 10 AM, Jack Sprats, 510 E. Main St.

### Florence

*NAMI Friends & Family Support Group*  
4<sup>th</sup> Thursday every month from 6-8 PM, 1720 34<sup>th</sup> St. For information call Monica Kosman, 541-902-8303.

## Additional Community Resources

*DBSA (Depression/Bipolar Support Alliance Group)*  
2<sup>nd</sup> and 4<sup>th</sup> Mondays from 7:00-8:30 PM. First United Methodist Church, 1376 Olive St., Eugene.  
Contact Cynthia at 541-632-3173.

*DBSA +55 Group*  
Restarts Sept. 18. Thursdays from 10:00-11:45 AM. Willamette Oaks, 455 Alexander Loop, Kingfisher Club, Eugene. Confidential. Free.

*Eugene Dual Diagnosis Anonymous*  
(Mental illness and drug addiction) Tuesdays and Thursdays from 2:00-3:00 PM, Laurel Hill Center (LHC), 2145 Centennial Plaza, Eugene, contact Tina at 541-485-6430.

*Lane Independent Living Alliance (LILA)*  
Peer Support Club, 990 Oak St., Eugene, 541-607-7020, <http://www.lilaoregon.org>

*Oregon Family Support Network*  
For families of 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 541-747-2087.

*County Consumer Advocacy Council*  
4<sup>th</sup> Tuesday from 1:00 to 3:00 PM. LCBHS, 2411 Martin Luther King, Jr. Blvd., Rm. 198 Eugene.

## Brain Injury Support

*BIG (Brain Injury Group)*  
Tuesdays 11:00 AM-1:00 PM Hilyard Community Center, 2580 Hilyard Avenue, Eugene, Contact Curtis Brown, 541-998-3951, [BCCBrown@aol.com](mailto:BCCBrown@aol.com)

*Community Rehabilitation Services of Oregon Support Group*  
3<sup>rd</sup> Tuesday, Jan., Mar., May, Sept. and Nov., 7:00-8:30 PM, St. Thomas Episcopal Church, 1465 Coburg Rd., Eugene, Contact Jan Johnson 541-342-1980, [admin@communityrehab.org](mailto:admin@communityrehab.org)

*Head Bangers – Potluck Social*  
3<sup>rd</sup> Tuesday, Apr., June, July, Aug., Oct., Nov. from 6:30-8:30 PM. Monte Loma Mobile Home Rec Center, 2150 Laura St., Springfield, Contact Susie Chavez, 541-342-1980 or [admin@communityrehab.org](mailto:admin@communityrehab.org).



## Calendar of Events

*Mark your calendar  
for the 26th Annual  
NAMI Holiday Dinner*

*To be held at LCC  
on December 2nd at 6 PM*

*We* will be celebrating the season and the accomplishments of the organization while honoring some of those who made it possible.

**We are assembling a silent auction of delightful items! If you are a merchant, or have an item or service with a value of \$100 or more, please contact Cheryl at the NAMI Resource Center with your donation.**

Your help and your donation will be greatly appreciated. Last year we had almost 250 attendees at this gala event and we look forward to seeing you there!

Watch your mailbox in November for all the details.

Oct. 5-11	Mental Health Awareness Week
Thursday, Oct. 9	NAMI Community Program, "The Downside of High," 6 -7:30PM, LCBHS room 198
Wednesday, Oct. 15	NAMI Lane County Board Meeting
Saturday, Oct. 25	NAMI Oregon Annual Conference, Village Green, Cottage Grove
Friday, Oct. 31	Veterans' Pizza Night for Vets and families, Papa's Pizza on W. 11th & Chambers in Eugene. 5:30PM
Wednesday, Nov. 19	NAMI Lane County Board Meeting
Thursday, Nov. 27	NAMI Resource Center closed for Thanksgiving
Friday, Nov. 28	Veterans' Pizza Night for Vets and families, Papa's Pizza on W. 11th & Chambers in Eugene. 5:30PM
Tuesday, Dec. 2	NAMI Lane County Holiday Dinner, 6-8:30PM, LCC
Saturday, Dec. 6	Volunteer Appreciation Luncheon, 12-1:30PM, LCBHS, Room 198
Wednesday, Dec. 17	NAMI Lane County Board Meeting
Wednesday & Thursday, Dec. 24-25	NAMI Resource Center closed for Christmas
Friday, Dec. 26	Veterans' Pizza Night for Vets and families, Papa's Pizza on W. 11th & Chambers in Eugene. 5:30PM
Thursday, Jan 1	NAMI Resource Center closed for New Year's Day
Tuesday, Jan 6	NAMI Family to Family Class begins
Tuesday, Jan. 6	NAMI Peer to Peer Class begins



### Do You Still Need Health Insurance?

**It's not too late!**

NAMI Lane County is helping **individuals and families** apply for the Oregon Health Plan for **FREE!**

Phone or in-person appointments **AVAILABLE**

**CALL NAMI Lane County TODAY.**

**541-343-7688**

76 Centennial Loop, Suite A  
Eugene, OR 97401

Address Service Requested



Call or email the NAMI Resource Center today  
to sign up for our electronic newsletter.

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### NAMI Membership/Donation Information

Annual membership benefits include:

- Local, informative quarterly newsletter
- State and national membership magazine
- A voice on vital advocacy issues
- Representation on state and local boards
- Membership tax deductible

***Please Join Us for the  
Annual NAMI Holiday Dinner!***  
*Tuesday December 2nd, 6:00-8:30 p.m.  
Lane Community College  
Reservation Deadline, November 20th!*

- Membership, \$35.00/year
- Open Door 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