



nami lane **county**

National Alliance on Mental Illness

...your local voice on mental illness

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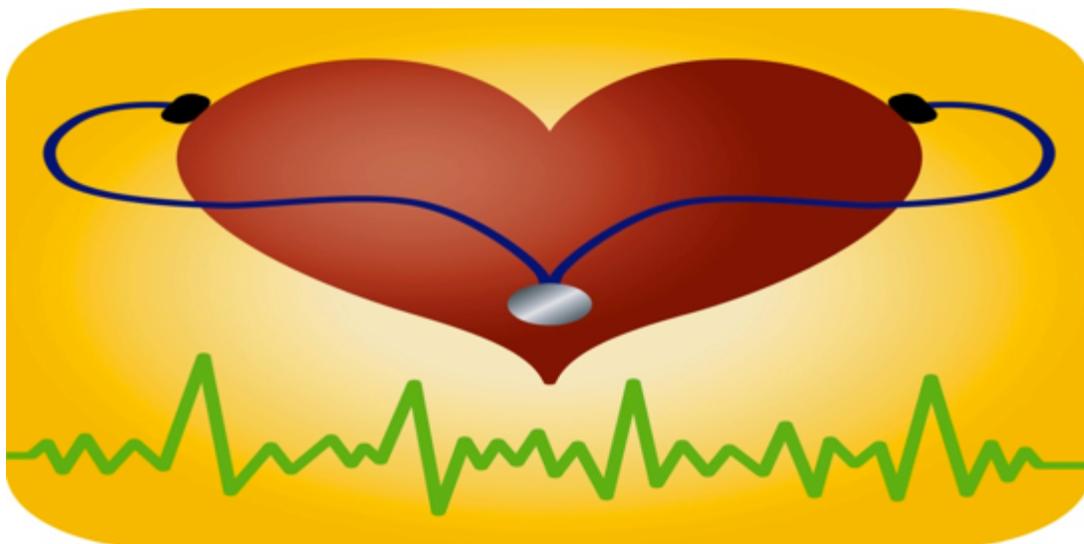
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Community Spotlight: Volunteers in Medicine



NAMI Lane County Presents

A public lecture about the types of mental health services
available through Volunteers in Medicine

Dr. Peter Schur, Director of Behavioral Health Services

&

Jackie Mikalonis, Executive Director of Volunteers in Medicine

Wednesday, February 16, 2011

6:00-7:30 p.m.

Lane County Behavioral Health Services Bldg.
2411 Martin Luther King Jr. Blvd. (in the Michael Rogers room)

- Snacks and refreshments will be provided •
- Contact NAMI at 541-343-7688

*The Volunteers In Medicine Clinic (VIM) provides free primary medical care and
mental health services to low-income Lane County adults who have no insurance.
... VIM Website: <http://www.vim-clinic.org>*

President's
Report
by
Nancy
Nameth

EXECUTIVE DIRECTOR SEARCH

Another time of celebration and positive energy is almost here—Valentine's Day. We at NAMI are so full of warm feelings towards Sherry and the volunteers who are keeping things purring in the office despite Terry's retirement.

Although there may be some glitches here and there, this is an exciting time of transition for NAMI Lane County. Each new administrator brings sets of skills and unique vision that will help us to continue our mission and, perhaps, lead us in new directions. We are actively seeking a new Executive Director for part to full-time employment. If you or someone you know might be interested in this position, please review the job description that is posted on our website and turn in an updated resumé for our committee to consider.

VOLUNTEERS

Did you know that reported volunteer hours is one of the ways NAMI Lane County is evaluated by those who fund our organization? So many of you do so much and it is essential that those hours are reported. These hours should not only include the volunteer time in the office, but the time it takes for you to do things at home or anywhere outside of the office.

If you are doing any activity that benefits the mission and outreach of NAMI Lane County, please help us show our success by reporting these hours. We do have a log in the office if you happen to be in, but you may also call the office at 541-343-7688 or send an email to namilane@efn.org to report those hours at least once a month. Thank you.

THANK YOU
NAMI LANE COUNTY DONORS!

Helen Liguori
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News from National NAMI

SHOOTING IN TUCSON, AZ

We share the sadness of other Americans over the Tucson, Arizona tragedy and extend our sympathy to the families of the six individuals who died. We pray for the recovery of U.S. Representative Gabrielle Giffords and the 13 other persons who were wounded. Representative Giffords is a NAMI friend who has served as co-chair of the NAMIWalk in Southeast Arizona and has supported our missions of education, support and advocacy. When tragedies involving mental illness occur, it is essential to understand the nature of mental illness—and to find out what went wrong.

NAMI STANDARDS OF EXCELLENCE

Just before the holidays, we emailed a “preview packet” with resources to help NAMI State Organizations begin the chartering process that is an important step toward NAMI Standards of Excellence. A hard copy of this packet has been mailed to State Organization board members in January. Watch the web for a growing collection of tools and resources to help us all in our pursuit of organizational excellence.

IRA HOLDERS CAN STILL MAKE 2010 CHARITABLE DISTRIBUTIONS

Individuals aged 70½ or older can still make direct qualified charitable distributions from their Individual Retirement Accounts (IRAs) for the 2010 tax year, thanks to a provision of the Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010, which was signed into law December 17, 2010. The act allows charitable distributions made from an IRA in January 2011 to be declared as 2010 gifts, should the IRA holder wish to do so.

For a charitable gift made from an Individual Retirement Account (IRA) not to be taxed as income, the following must be true:

- the gift was made in 2010 or 2011;
- the IRA holder is age 70½ or older;
- the gift totals \$100,000 or less each year;
- the charity that received the gift is eligible to receive tax-deductible contributions;
- the charity is not a section 509(a)(3) supporting organization; and
- the withdrawal goes directly from the IRA to the charity.

The distribution just needs to be completed by January 31, 2011.

SAMHSA SAYS THAT 45 MILLION AMERICANS HAD MENTAL ILLNESS IN 2009, YET FEWER THAN HALF RECEIVED ANY TREATMENT

More than 45 million adults in America (about 1 in 5) had a mental illness in 2009, yet fewer than half received any treatment, according to the latest estimates from the Substance Abuse and Mental Health Services Administration (SAMHSA).

These estimates clearly indicate that mental illness, as we know too well, is prevalent and is often untreated. These estimates are based on the results from the 2009 National Survey on Drug Use and Health, an annual nationally representative survey of US individuals who are aged 12 years or older.

The survey excludes military and institutionalized populations. The survey offers additional information about serious mental illness and co-morbid substance abuse problems.

The report also supports the findings of a survey that NAMI conducted in 2009 that unemployed individuals had an elevated risk of mental illness. The report notes that in 2009, 11 million adults (about 5% of the population) experienced mental illness serious enough to interfere with

(continued on p.8)

From the Web:

Tragedy in Tucson: What Can We Learn?

by Julie A. Fast

O p i n i o n s

Jan. 10, 2011. Here in the States, a man named Jared Lee Loughner opened fire at a super market where a politician U.S. Rep. Gabrielle Giffords was giving a speech. She was definitely his target.

There is a lot of coverage on the news here about his past behavior: [as someone who was recently expelled from Community College after acting out in class and accusing his school of brainwashing and mind control.]

The first article I read mentioned his background and how he had left a note for the senator saying what he was going to do. The article said every single thing except what was glaringly obvious—Jared Laughtner had a severe mental illness that impaired his judgment and led to this terrible event.

As I was reading the articles, I said to myself: “Are these writers blind? Don’t they know anything? He is 100% showing all of the signs of paranoid schizophrenia.”

All of the signs from paranoia, inability to get along with others, trouble with the reality around him to odd writings and behavior. The list is endless. I kept reading the article waiting for the word schizophrenia to be mentioned and there was not one reference to a possible brain disorder.

Of course, things are different this morning. People can’t stay blind forever. Now the articles have these headlines: Jared Lee Loughner a ‘Disturbed’ Man! Jared Lee Loughner and His Legacy of Despair!

Legacy of despair? How much longer is our society going to skirt around

the issue and use these words instead of saying the real words: Mental Illness. Schizophrenia. Bipolar Disorder.

The real words. As those of us with the illnesses or those of us who care about someone with a mental illness, need to speak out and say, “This was a man with a brain disorder, a mental illness that distorted the reality of his mind.

Yes, the shootings are his fault. But not in the way the media portrays the situation. He obviously did not get the care he needed—and that is the real tragedy.

When I saw his picture I was so shocked. As is so common, he looks like a sweet and normal guy. The problem is that whatever illness he has, and I’m pretty sure paranoid schizophrenia will come out soon—he is a human being who did something so terrible it’s hard to imagine.

He killed and injured people as do many who are not of sound mind and body.

My heart goes out the families and to U.S. Rep. Gabrielle Giffords. But, for once, can we just talk about this for what it is? An illness that was not caught and treated.

Can we use this to discuss mental illness instead of finding a reason WHY this happened?

It happened because he was ill and even though people tried, he didn’t get the right treatment.

[Eds. note]: Julie Fast is the author of several books about mental illness and blogs at <http://www.BipolarHappens.com/bhblog>

An Inspiring Story: ShelterCare Can Help

*by Gene Obersinner
Volunteer/Training Coordinator of ShelterCare*

In 2009, ShelterCare served 826 adults living with mental illness. The average length of stay in our programs varies depending on the need of the individual consumer. It can range from just a day or two for crisis stabilization at Royal Avenue Program, to several years at one of our long term, semi-independent living sites.

ShelterCare is very successful at helping these individuals in addressing their problems. We work from an empowerment-based model that emphasizes strengths and consumer choice.

While success rates vary from program to program, here are some interesting facts:

ShelterCare's Royal Avenue Program can meet all of an indigent client's needs for less than \$250 a day, and provides treatment that results in successful mental stabilization for 80% of those who go through the program.

A survey of program participants since Shankle Safe Haven's inception in 1997 reveals that more than 90% had been hospitalized at least once in the year prior to entering Safe Haven.

In the eleven years since its opening, less than 5% of the participants have required hospitalization during or after their stay at the program.

THE JOE O. STORY

"All those years, all I knew how to do was survive." Homeless most of his adult life, and all of the 19 years he has lived in Lane County, Joe O. now lives in his own apartment in Springfield thanks to ShelterCare's The Inside Program (TIP).

A hard worker who struggled with alcohol, drugs and mental illness, Joe had never stayed in one place long enough, or made enough money, to have a place of his own.

Without a rental history, even when he had a job he was an unwelcome risk to most landlords.

Now he devotes his days to cooking for others who are still living on the streets and hopes to establish his own free chuck wagon out of the back of his van.

"I love to see the faces on people who are so grateful to have a place to come to eat.

I want to give back to the community that has given so much to me."

*For more information about ShelterCare, see their website at:
<http://www.sheltercare.org/>*

NAMI Lane County Board of Directors

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Nancy Nameth

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Cece Rainier, Sue Sammis

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Newsletter: Jeff and Diane Magoto
Foundation Chair: Dave Howard
...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.

Free Transportation to Salem, Meal & Registration

Please call the NAMI Lane County Office by February 16 to reserve your spot.

Van leaves Eugene at 6:15 a.m. Rally ends at 12:30 p.m.

Join NAMI Lane County for
Mental Health Day at the State Capitol
in Salem on Feb. 23, 2011

MAKE YOUR VOICE HEARD!

NAMI Lane County invites you to spend a day in Salem helping educate our state legislature about the importance of mental health funding. Help us prevent cuts in services to the most vulnerable in our communities. Our day of events will include: a breakfast, coaching on how to talk to legislators, and a rally at noon on the Capitol steps. We will also make legislative appointments for NAMI members with state legislators (we need to hear from you by **Feb. 3**).

Members who are interested in participating, please contact the NAMI Lane County office (we are covering registration and transportation for any member who wants to attend): 541-343-7688.

**NAMI
Lane
County
News**

NAMI CONNECTION

NAMI Connection is a peer run, drop in support group open to anyone facing a mental health challenge.

It is a confidential, supportive environment where one can find information and advocacy as well as support.

NAMI Lane County now has two weekly NAMI Connection groups (see below). Contact the NAMI Lane County office for more information, or check our website.

Eugene

When: Mondays 3:30 - 5:00

Where: 938 Jefferson Street (Shepard Apartments)

Springfield

When Wednesdays 3:30 - 5:00

Where: 532 C Street (Ebbert United Methodist Church).

**ICE CREAM SOCIAL! UPCOMING
EVENT IN COTTAGE GROVE**

What: NAMI Ice Cream Social

When: Saturday, February 12, 2:00-4:00

Where: Cottage Grove Community Center

Contact Sue Sammis at NAMI 541-343-7688

February Calendar: Support Group Meetings & Events

Jan. 30 - Feb 5

- Mon, 1/31* • NAMI Connection, 3:30 - 5:00, Eugene
- Tues, 2/1* • Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• Dual Diagnosis Anonymous, 6:00-7:00, Florence.
- Wed, 2/2* • NAMI Connection, 3:30 - 5:00, Springfield
- Thurs, 2/3* • Consumer Only Friendship Group, 10:30, Cottage Grove.
• Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• NAMI Family-to-Family Support Group (for graduates of F2F Class), 7:00-8:30, LCBHS.
• NAMI Office: Deadline for registering for "Meet Your Representative" (see p.6)

Feb 6-12

- Mon, 2/7* • NAMI Connection, 3:30 - 5:00, Eugene
• DBSA, 7:00-8:30, FUMC, Eugene.
- Tues, 2/8* • Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• Dual Diagnosis Anonymous, 6:00-7:00, Florence.
- Wed, 2/9* • NAMI Connection, 3:30 - 5:00, Springfield
- Thurs, 2/10* • Consumer Only Friendship Group, 10:30, Cottage Grove.
• Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.
- Sat, 2/12* • NAMI Ice Cream Social, 2:00-4:00, Cottage Grove Community Center

NAMI's office is located inside Lane County Behavioral Health Services building (LCBHS). The office is open 10:00 - 2:00 Monday-Thursday.

2411 Martin Luther King Jr. Blvd, Suite 246
Eugene, OR 97401
541-343-7688

Feb 13-19

- Mon, 2/14* • NAMI Connection, 3:30 - 5:00, Eugene
- Tues, 2/15* • Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• Dual Diagnosis Anonymous, 6:00-7:00, Florence.
- Wed, 2/16* • NAMI Connection, 3:30 - 5:00, Springfield
• NAMI Office: Deadline for registering for Mental Health Day at State Capitol (see p.6)
• Volunteers in Medicine Presentation, 6:00, LCBHS.
- Thurs, 2/17* • Consumer Only Friendship Group, 10:30, Cottage Grove.
• Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.

Feb 20-28

- Mon, 2/21* • NAMI Connection, 3:30 - 5:00, Eugene
• DBSA, 7:00-8:30, Eugene.
- Tues, 2/22* • Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• Dual Diagnosis Anonymous, 6:00-7:00, Florence.
- Wed, 2/23* • NAMI Mental Health Day at the State Capitol til 12:30 p.m. (see p.6)
• NAMI Connection, 3:30 - 5:00, Springfield
- Thurs, 2/24* • Consumer Only Friendship Group, 10:30, Cottage Grove.
• Dual Diagnosis Anonymous, 2:00-3:00, LHC.
• NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.
• NAMI Friends and Family Support Group, 7:00, OLPC, Cottage Grove.
- Mon, 2/28* • NAMI Connection, 3:30 - 5:00, Eugene.
• DBSA, 7:00-8:30, FUMC, Eugene.

NAMI Groups: Eugene-Springfield

NAMI Friends and Family Support Group: 2nd, 3rd, 4th and 5th Thursday at LCBHS.

NAMI Family To Family Support Group: (for graduates of F2F Class) at LCBHS.

NAMI Connection: Mondays in Eugene, 938 Jefferson St.; Wednesdays, in Springfield, 532 C Street.

NAMI Groups: Cottage Grove

NAMI Friends and Family Support Group: Our Lady of Perpetual Church at 19th & Harvey.

Consumer Only Friendship Group: Cosmos Restaurant, Main St., Cottage Grove. Call Sue Sammis at 541-343-7688.

Community Groups

DBSA (Depression/Bipolar Support Alliance Group): First United Methodist Church (FUMC), 1376 Olive Street. Call Susie at 541-744-2800 for details.

Eugene Dual Diagnosis Anonymous: (Mental illness and drug addiction), Laurel Hill Center (LHC), 2145 Centennial Plaza. Call Stacey Paulsen at 541-485-6340.

Florence Dual Diagnosis Group: Apostolic Pentecostal Church, 1525 12th Street, Suite 28. Call David Holopoff at 541-997-9289 for information.

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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)

Sponsor: \$100/year, Company/Association

Low Income Membership, \$3.00/year

General Donation, \$ _____

Donation in memory of _____

Anonymous gift, \$ _____

Name: _____

Address: _____

City: _____ State _____ Zip _____

Contact us about volunteering, donating money, products, or services.

(continued from p.3)

major life activities, but only 60.2% of these individuals received treatment.

Additionally, 8.4 million adults (3.7% of the population) thought seriously about committing suicide in the past year, 2.2 million (0.5%) made suicide plans, and 1.0 million (0.5%) attempted suicide during that period. The 2010 survey will update this information.

NAMI Events in February

- *Ice Cream Social in Cottage Grove, Feb. 12*
- *Volunteers in Medicine Clinic Presentation and Program, Feb. 16*
- *NAMI @ the State Capitol in Salem, Feb. 23 (registration required)*