



NAMI lane county

National Alliance on Mental Illness

...your local voice on mental illness

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CONTACT US

NAMI Lane County
2411 Martin Luther
King Jr. Blvd.
Eugene, OR 97401

Office Hours
Mon-Thurs 10-2
Voice
541-343-7688

Email
namilane@efn.org

Internet
www.namilane.org

May is Mental Health Month 2011!

Congress designated May as Mental Health Month in 1949 to illustrate the importance of mental health issues to the overall health and well-being of American citizens. Mental Health month is primarily sponsored by Mental Health America (MHA).

This year, they are addressing these important issues through two themes: *Do More for 1 in 4* is a call to action to help the one in four American

adults who live with a diagnosable, treatable mental health condition and the fact that they can go on to live full and productive lives.

The second theme, *Live Well! It's Essential for Your Potential*, focuses on the importance of mental wellness and the steps everyone can take to improve their well-being and resiliency in the face of difficult times and challenges.

Other organizations join in the annual observation in communities all over the country, including many NAMI affiliates. In particular, the American Psychological Association (APA) and Mental Health Ministries have events and educational material available. Both have helpful websites with plain, straightforward explanations of key concepts in mental health, for example, the APA's resources at: apa.org/helpcenter.

How can you help people recognize the importance of good mental health, overcome stigma, and seek out professional mental health services when needed?

- Share stories, tips, and personal experiences about mental health to reinforce the shared challenges we face when it comes to managing our overall health and wellness.
- Speak up and challenge the stereotypes when you hear incorrect information about mental illness and those who live with it.
- Join us on May 22 for the NAMI Walk in Portland.



DON'T FORGET THE ANNUAL NAMI BUSINESS MEETING ON MAY 7TH (SEE P. 2)

Monthly Spotlight:

NAMI
Walks:
Sunday,
May 22nd
in
Portland

by
Sue Sammis

On March 31, Serena Slape and I went to Portland for the NAMI Walk kickoff luncheon. It was very exciting to be with a group of people who were so energized about NAMI. There were several speakers and the main speaker was David Dahl of *Dave's Killer Bread*.

If you get a chance to buy some of David's bread, it's really good, and you can find it at lots of stores in Eugene and Springfield: Market of Choice, Capella, Kiva, Friendly St. Market, Red Barn, Safeway, Fred Meyer, Wincos, Wynants and Costco.

On the back of his bread bags David writes:

I was a four-time loser before I realized I was in the wrong game. Fifteen years is a pretty tough way to find oneself, but I have no regrets.

This time around, I took advantages of all those long and lonely days by practicing my guitar, exercising and getting to know myself—without drugs. To my utter amazement, I started liking what I saw.

Of course, David is talking about illegal drugs, not prescribed medication.

David has had depression in his own life and lost a family member to suicide last year. I got to meet him personally and we talked about how suicide affects the ones left behind, how we both are thankful for NAMI's support during hard times and how walking for NAMI not only gets us exercise but is also fun.

If you want to know more about David, you can visit his website: daveskillerbread.com. If you come with us to the walk, you might get to meet him, too!

The NAMI walk is May 22nd and most of the money we get in donations will stay right here in Lane County (10% goes to National NAMI, 15% goes to NAMI Oregon, and 75% NAMI Lane County).

We are taking up vans, so if you want a ride, please call the office and get signed up. The phone number is 541-343-7688. Please note: We expect to leave no later than 9:00 sharp on Sunday morning. We'll return to Eugene immediately after the walk.



NAMI Lane County Member, Sue Sammis, with David Dahl of Dave's Killer Bread at the 2011 NAMI Walks luncheon in Portland. Photo courtesy of Serena Slape.

ANNUAL MEETING IS MAY 7TH

The NAMI Lane County Annual Meeting will be held on Saturday, May 7th at 10:30 a.m. in Room 198 of the Lane County Mental Health Building, 2411 Martin Luther King Jr. Blvd.

The meeting will feature speakers, NAMI business, and a delicious potluck lunch. NAMI volunteers and consumers will talk about their respective journeys of hope and recovery. NAMI business will consist of an important vote on our organization's proposed bylaws (members should have received copies of the bylaw changes by now) and election of new officers. Board members will be available to answer questions before the meeting starts.

A potluck lunch will follow the business meeting. Plan to attend, and bring your favorite dish (snacks, an entrée, a salad, or a dessert).

Lesley Rex Joins NAMI Board

Lesley Rex has joined our Lane County NAMI Board as member-at-large. Dr. Rex is Emeritas Professor of Education at the University of Michigan and award-winning teacher.

She comes to us with a loved one who is a consumer and having completed our Family-to-Family course, which she gives rave reviews. During her 41 years as an educator, she has been a high school English teacher, a middle school director, and university writing instructor and supervisor of English teacher education.

She assisted with the direction of the South Coast and Oakland Writing Projects and directed the Michigan Classroom Discourse Group. Most recently, in Michigan she was Co-Chair of the Joint Program of English and Education.

Moving around a great deal, from her birth place in South Africa, to her childhood in England before emigrating to the U.S., Lesley identifies with those who experience dislocation and readjustment to new ways of life and sympathizes with students who feel marginalized because of social discrimination due to race, ethnicity, or disability.

Her experiences have led her to admire and study the teachers who best serve those students by providing equitable learning communities.

In fact, she devoted her professional work to learning from their classrooms so as to advance the education and professionalism of all teachers, especially teachers of English language arts.

Her articles and books illustrate how to study and understand what she calls interactional awareness—a sensitivity toward viewing how in talking with their students and colleagues teachers open up or close down learning together.

Her most recent book, *Using Discourse Analysis to Improve Classroom Interaction*, demonstrates for teachers how to assess the ways they interact with their students to answer the question: “Am I teaching what I think I’m teaching.” More information about her work and publications can be found at: umich.edu/~rex.

Lesley says she admires the tremendous work being done by Lane County’s NAMI volunteers, and she looks forward to learning from and with them so as to fulfill the Board’s mission.



New NAMI Lane County Board member, Dr. Lesley Rex. Photo courtesy of the University of Michigan.

Thank you to these NAMI donors...

Dan Geyer and Lori Epperson
Wanda Deshazer
Walter Davis
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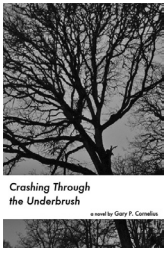
Team Awesome NAMI Walk
Diane and David Howard

DON'T FORGET THE ANNUAL NAMI BUSINESS MEETING ON MAY 7TH

Crashing Through the Underbrush

by Gary Cornelius

(a self-published novel by a local author)



Book Review by *Pete Ruby*

Cornelius has taken on a difficult assignment. He has created a fictional story about his real life experiences while working in the mental health field. The ample dialog allows the reader to experience the emotions and caring manner of the individuals. The focus, then, is not on the textbook definition of what a mental illness is but on the human interactions of people who have mental health disabilities.

The title of the book, “Crashing Through the Underbrush” is a metaphor for one who is dealing with a major mental illness. The story, told in the first person singular, is about a man named Garth and his experiential history and human interactions while working for 28 years in the mental health field. Though a novel, it is obvious that real situations and people are the focus of many of the scenarios throughout the peculiarly named chapters.

Cornelius describes his work with the police department, social and mental service agencies, violence interventions and music therapy as the book progresses. The book slides through different places and people in Eugene and other parts of Oregon. Garth begins his career as a mental health worker, as one who has genuinely strong concerns about what he does along with an increasing understanding of the people that he works with.

Garth’s divorce, custody battle and initial work with the homeless caused some prominent stresses in his life. Later, upon his retirement, Garth describes the positive impact of music therapy in his field of work.

He has a passion for country music with its meaningful, emotional lyrics. This a story of growth for this main character. Garth increases his awareness of those who suffer from mental disabilities. He especially works with those people who typically receive the least amount of medical care.

He expresses his deep concern about his sister, Cinderlee, who has Cystic Fibrosis. His strong support for others expresses itself here. For example, Linda, who has a 12 year old daughter, has her life experiences with bipolar disorder explained extensively in a chapter called “ Rock-a-bye Baby”.

The connections between religion and mental illness are factors that concern and sometimes confuse Garth. He notes that there is an inability in some religious people, such as priests, ministers and church staff, to make minimal attempts to try to understand mental illness. He feels that some of these people still see a person who has a psychosis as being one who is possessed by Satan.

The NAMI library needs more fictional, mental health books; especially for people who learn more when they stay away from facts and figures. I would have liked the epilogue not to include the actual names of the fictional characters in the book. The story spoke for itself.

In “ Authors Notes” at the end of the book, Cornelius displays his thoughts and criticisms about current treatments for those with mental health problems.

Gary Cornelius is a local writer and has had a 28 year career working in the mental health field. This is his first book, and he has a website:garycornelius.com

In our own words...

Members' Stories: Diane's...

In 1991, at the age of 35, I experienced the belief that the whole world was after me. I had delusions, hallucinations, and paranoid thinking, which would reach high peaks when I was in social situations. My psychiatrist tried different mixes of meds, but I just thought they were placebos. That's how much they did for me.

I stayed in this same state for eight years and several times became suicidal. I became more and more removed from the outside world, as a way of self-protection. I had serious bouts with depression and anxiety on top of everything else.

Then, in 1991, I was hospitalized at Lane County Psychiatric Hospital for mania with psychosis. I was on top of the world, euphoric and a know-it-all. They put me on two drugs I continue to use to this day: lithium and loxapine (an older anti psychotic), and I eventually came down enough to be discharged.

For the next two years, I realized that life was, in some ways, coming back to normal. I did chores around the house, cooked, and walked the dog with Jeff. I read parts of various spiritual books, which got me thinking and feeling again. Then I went into counseling, and my counselor was and is very patient with me. We spent a fair amount of time just on keeping a schedule in the beginning.

Since then, I've been able to talk about what's going on with me and the people in my life. I have also been able to concentrate enough to read, see family and friends on a regular basis, and watch my relationship with Jeff grow. If it hadn't been for his belief that I would eventually get better, his kindness, and his willingness to stay with me, I don't know what I would have done.

AN INVITATION TO ALL NAMI MEMBERS

Share your stories in dealing with mental illness, either your own or a loved one's. Some possible topics:

- What did you experience?
- How did you cope?
- What brought you to NAMI?
- What are some of the most valuable things you've learned in your recovery?

You can choose to remain anonymous if you wish.

250 to 500 words

In Gratitude...NAMI Lane County expressed its thanks to the dedicated staff at Lane County Behavioral Health Services: Each LCBHS staff member received a NARSAD card with a personal thanks and a copy of this Marge Piercy poem, *To Be of Use*, © 1973.

The people I love the best
jump into work head first
without dallying in the shallows
and swim off with sure strokes almost out of
sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half submerged balls.

I love people who harness themselves, an
ox to a heavy cart,
who pull like water buffalo, with massive
patience,
who strain in the mud and the muck to
move things forward,
who do what has to be done, again and
again

I want to be with people who submerge
in the task, who go into the fields to harvest
and work in a row and pass the bags along,
who stand in the line and haul in their places,
who are not parlor generals and field
deserters
but move in a common rhythm
when the food must come in or the fire be
put out.

The work of the world is common as mud.
Botched, it smears the hands, crumbles
to dust.
But the thing worth doing well done
has a shape that satisfies, clean and
evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in
museums
but you know they were made to be used.
The pitcher cries for water to carry and a
person for work that is real.

*Special thanks to Board Members Lesley Rex
and Serena Slape for leading this initiative.*

May Meetings & Events

Monday	Tuesday	Wednesday	Thursday	Friday
May 2 <i>NAMI Connection, 3:30-5:00, Eugene.</i>	3 <i>Dual Diagnosis Anonymous, 2-3, LHC.</i> ----- <i>Dual Diagnosis Anonymous, 6-7, Florence.</i>	4 <i>NAMI Connection, 3:30-5:00, Springfield.</i>	5 <i>NAMI Family-to-Family Support Group (for graduates of F2F Class), 7:00-8:30, LCBHS.</i> ----- <i>Consumer Only Friendship Group, 10:30, Cottage Grove</i> ----- <i>Dual Diagnosis Anonymous, 2-3, LHC.</i> ----- <i>NAMI Connection (Young Adults) 5-6:30, Eugene.</i>	6 Office Closed
Reminder: NAMI LC Annual Business Meeting is Saturday, May 7th at 10:30 a.m.				
9 <i>NAMI Connection, 3:30-5:00, Eugene.</i> ----- <i>DBSA, 7:00-8:30, First United Methodist, Eugene.</i>	10 <i>Dual Diagnosis Anonymous, 2-3, LHC.</i> ----- <i>Dual Diagnosis Anonymous, 6-7, Florence.</i>	11 <i>NAMI Connection, 3:30-5:00, Springfield.</i> ----- <i>NAMI Family-to-Family Class Begins (registration required).</i>	13 <i>NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.</i> ----- <i>Consumer Only Friendship Group, 10:30, Cottage Grove</i> ----- <i>Dual Diagnosis Anonymous, 2-3, LHC.</i> ----- <i>NAMI Connection (Young Adults) 5-6:30, Eugene.</i>	14 Office Closed
16 <i>NAMI Connection, 3:30-5:00, Eugene.</i>	17 <i>Dual Diagnosis Anonymous, 2:00-3:00, LHC</i> ----- <i>Dual Diagnosis Anonymous, 6-7, Florence.</i>	18 <i>NAMI Connection, 3:30-5:00, Springfield.</i>	20 <i>NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.</i> ----- <i>Consumer Only Friendship Group, 10:30, Cottage Grove</i> ----- <i>Dual Diagnosis Anonymous, 2-3, LHC.</i> ----- <i>NAMI Connection (Young Adults) 5-6:30, Eugene.</i>	21 Office Closed
Listings in our calendar are NAMI-sponsored programs and events as well as others that may be of interest to the mental health community. LCBHS refers to Lane County Behavioral Health Sciences, 2411 Martin Luther King, Blvd. Eugene.				
23 <i>NAMI Connection, 3:30-5:00, Eugene.</i> ----- <i>DBSA, 7:00-8:30, First United Methodist, Eugene.</i>	24 <i>Dual Diagnosis Anonymous, 2:00-3:00, LHC</i> ----- <i>Dual Diagnosis Anonymous, 6-7, Florence.</i>	25 <i>NAMI Connection, 3:30-5:00, Springfield.</i>	26 <i>NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.</i> ----- <i>Consumer Only Friendship Group, 10:30, Cottage Grove</i> ----- <i>Dual Diagnosis Anonymous, 2-3, LHC.</i> ----- <i>NAMI Connection (Young Adults) 5-6:30, Eugene.</i> ----- <i>NAMI Friends and Family Support Group, 7:00, CG</i>	27 Office Closed
30 Office Closed <i>NAMI Connection, 3:30-5:00, Eugene.</i>	31 <i>Dual Diagnosis Anonymous, 2:00-3:00, LHC</i> ----- <i>Dual Diagnosis Anonymous, 6-7, Florence.</i>	June 1 <i>NAMI Connection, 3:30-5:00, Springfield.</i>	2 <i>NAMI Family-to-Family Support Group (for graduates of F2F Class), 7:00-8:30, LCBHS</i> ----- <i>Consumer Only Friendship Group, 10:30, Cottage Grove.</i> ----- <i>Dual Diagnosis Anonymous, 2-3, LHC.</i> ----- <i>NAMI Connection (Young Adults) 5-6:30, Eugene.</i>	3 Office Closed

Reminder: What is said in support groups must be kept confidential.

In May: Do More for 1 in 4

Faces of Mental Illness

One out of every four families in America has a member who suffers from a serious mental illness. Two out of every 100 young adults will be affected by serious brain disease between the ages of 18 and 30. Of the approximately 74,300 residents in our county, as many as 14,860 may be diagnosed with a serious brain disorder such as bipolar, major depression, schizophrenia or post traumatic stress disorder. Is it you, your neighbor, your loved one, your co-worker, or the next person that passes by?

Some Famous People with Mental Illness

Dick Cavett, Francis Ford Coppola, Winston Churchill, Princess Diana, Carrie Fisher, Abraham Lincoln, Jane Pauley, Margaret Trudeau, Robert Downey Jr., Patty Duke, Sally Field, Axl Rose, Ben Stiller, Sting, Darryl Strawberry, Michelangelo, Jean-Claude Van Damme, Robin Williams, Halle Berry, Barbara Bush, Drew Carey, Jim Carey, Dick Clark, Sheryl Crow, Queen Elizabeth, Sarah Ferguson, Harrison Ford, James Garner, Janet Jackson, Billy Joel, Elton John, Ashley Judd, Ellen DeGeneres, Rosie O'Donnell, Barbara Mandrell, Ozzy Osbourne, Neil Simon, Mike Wallace, Montel Williams, Maurice Bernard, Sir Isaac Newton, Shawn Colvin, William Styron, John Nash, Ludwig van Beethoven, Buzz Aldrin, Sylvia Plath, Ernest Hemingway, Irving Berlin, Virginia Woolf, Charles Dickens, Linda Hamilton, Jimmy Piersall, Vincent Van Gogh, Lionel Aldridge, Eugene O'Neill, Viven Leigh, Leo Tolstoy, John Keats, Tennessee Williams, Vaslov Nijinsky, Jack Kerouac, Graham Greene, Patrick J. Kennedy, Florence Nightingale, Graeme Obree, Jackson Pollack, Sidney Sheldon, Terry Bradshaw, Soren Kierkegaard, Hugh Laurie, Calvin Coolidge, Catherine Zeta-Jones, Jodie Foster.

Thanks to NAMI of Hancock County, Ohio.

NAMI Lane County Board of Directors

President: Nancy Nameth
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Cece Rainier, Sue Sammis
Secretary: Sheila Sundahl
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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.

NAMI Groups Eugene-Springfield

NAMI Friends and Family Support Group: 2nd, 3rd, 4th and 5th Thursday at LCBHS, 7:00.

NAMI Family To Family Support Group: (for graduates of F2F Class) at LCBHS, 1st Thursday, 7:00.

NAMI Connection: Mondays in Eugene, 938 Jefferson St.; Wednesdays, in

Springfield, 532 C Street, 3:30-5:00.

NAMI Connection for Young Adults (18-24): Thursdays in Eugene, 55 W. Broadway, 5:00. Snacks provided.

Cottage Grove
NAMI Friends and Family Support Group: Our Lady of Perpetual Help Church at 19th & Harvey. 4th Thursday, 7:00.

Consumer Only Friendship Group: Cosmos Restaurant, Thursdays. 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. 2nd and 4th Mondays, 7-8:30. 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.

**ADDITIONAL
COMMUNITY
SUPPORT GROUPS**

Oregon Family Support Network - For families with children with emotional, behavioral, or mental health needs. Call (541) 342-2876 or 800-323-8521.

Suicide Bereavement Group - For those who have lost a loved one. Meets once a month on Wednesdays. Call Darlene at (541) 747-2084 or check website: www.jenniferbakerfund.org.

Address Service Requested

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, \$ _____
- (Please make checks payable to: NAMI Lane County)

Name: _____

Phone: _____

Address: _____

Email: _____

City: _____ State _____ Zip _____

*Do you prefer to receive your newsletter in printed form
(via USPS) or electronic form (via email)?*

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

printed

electronic

NAMI Lane County Volunteer Needed: Finance Committee

The Finance Committee is looking for another at-large member. We need someone who is willing to attend monthly committee meetings and understand the budget and funding process. The committee is chaired by Finance Director Scott Diehl.

Members include the Treasurer, President, Foundation Chair, and 2 at-large members. If you are interested or know anyone who is, please call or e-mail the office (541-343-7866; namilane@efn.org) with your name and contact information.