



# NAMI

# Lane County

National Alliance on Mental Illness

Volume 37, No. 2, Spring 2014

...your local voice for mental health

## CONTENTS

NAMI Northwest Walks, p.1

NAMI News, p.2-3

Volunteer Spotlight: Moy MacGill, p.4

Book Review: *Optimum Nutrition for the Mind*, p.5

Support Groups, Classes & Resources, p.6

Calendar. p. 7

## CONTACT US

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10:00-2:00

Voice: 541-343-7688

Email: resourcecenter@  
namilane.org

Web: [namilane.org](http://namilane.org)

Facebook: [facebook.com/](http://facebook.com/)



## Why I Walk...

BY STERLING ROSE-CRONIN  
(COURTESY OF NAMIWALKS.NAMI.ORG)

When I was 14, I told my parents that I wanted to commit suicide. I had been self-harming and thought I had kept it a secret, but of course my parents had known.

As time passed, I was diagnosed with major depression. I struggled and life wasn't easy. I quit taking my medication when I was 19, and went through mania, having been misdiagnosed.

Over the years I have had several diagnoses, most recently schizoaffective disorder and anxiety. I have survived several suicide attempts. I had PTSD from childhood, along with trauma and scary hallucinations, even before I knew what hallucinations were. I'm 27 now. I still have my symptoms off and on, but now I have coping skills.

NAMI has helped me a lot—just by letting me know that there are other people like me.

That's why I walk.

## HOW CAN YOU HELP?

There are lots of ways to participate in the 2014 NAMI Northwest Walk, Sunday, May 18<sup>th</sup> in downtown Portland:

- Become a Team Captain like Sterling-Rose!
- Join a team!
- Make a pledge!
- Do the walk!

Call the NAMI Lane County Resource Center today at 541-343-7688 to get involved and help Stomp Out Stigma!

• *May is Mental Health Awareness Month* •

*A good time to get involved! Call NAMI for resources, and information on how to volunteer.*

## Board Member Nominations

**The Board invites you to participate in the governance of our organization.**

Nominations for President, Vice President, Secretary and Board Members-at-Large will now be accepted for the 2014–2016 term. All members are invited to consider taking on the role of a Board member or officer of our organization, or nominating a member they determine well suited for the position. Descriptions of the duties of each office are available in the NAMI LC Bylaws, available upon request from the NAMI Resource Center.

Nominations must be accompanied by documented acceptance from the nominee and be received in the NAMI Lane County office by Tuesday, May 27. Nominees who are eligible will be placed on the ballot to be voted on by attendees of the Annual Membership Meeting on Saturday, June 7. Nominees are expected to attend the meeting.

## In Appreciation and Loving Memory of Jan Adams

Jan was a remarkable woman who gave much to this organization for more than 15 years.

Jan developed mental health classes at the Congregational Church and helped put on seminars elsewhere. She was such an inspiration to me. Her sense of humor and her great compassion carried many a dark situation into an entirely different realm—one of graciousness and acceptance. She was a very fine teacher.

No matter what mental health endeavor she undertook, art was included. She looked for and saw beauty everywhere. Art was atmosphere, art was the message, art gave meaning and voice to that which was difficult to express. She also sold boxes of NARSAD cards (cases!) whenever she held classes and probably sold more than all the rest of us combined.

Jan was a joy to work with in part because she was creative, organized, fun and understanding. We are a better organization because of her.

Jan Adams passed away on January 5, 2014.

—by Sheila Sundahl

## NAMI Lane County Board of Directors

### Officers

President: Susie Caldwell  
Vice President: Lesley Rex  
Treasurer: Sara Wyant  
Secretary: Elisabeth Goldenberg  
Finance Director: Scott Diehl

### At-Large Members

Colin Alspach  
Sally Diehl, Education Chair  
Carolyn Mason  
Pat McCormick  
Susanna Sammis, Consumer Liaison  
Serena Slape

### Staff

Executive Director: Jose E. Soto, III  
Office Manager: John Wagner  
Cover Oregon Enrollment Assister:  
Mechelle Hoselton

### Volunteers

Book Reviews: Pete Ruby  
Webmaster: Larry Cummings  
Newsletter: Jeff and Diane Magoto  
Foundation Chair: Dave Howard  
Dignity Project: Richard and Eloyce Enloe  
Program Chair: Cheryl Baugh  
Professional Peer Coordinator: David Convirs

*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 forty-nine generous donors so far in 2014. 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.*

## ***Volunteer Appreciation Luncheons!*** **Please Save the Dates, Starting in June**

NAMI Lane County will be holding our next quarterly meeting for all volunteers on Saturday, June 7 from 12:00 to 1:30.

All NAMI Volunteers are encouraged to come. If you are unable to attend the next meeting, don't worry, they will be happening each quarter! So save the dates on your calendars!

- **Saturday June 7<sup>th</sup> 12-1:30**
- **Saturday Sept. 20<sup>th</sup> 12-1:30**
- **Saturday December 6<sup>th</sup> 12-1:30**

All meetings will take place at Lane County Behavioral Health Services, Room 198, at 2411 MLK Blvd. Eugene, Oregon 97401.

We will be sharing topics of interest, getting to know and meet other volunteers, and discussing ways to strengthen and improve our organization! We look forward to seeing you soon!

*Lunch and refreshments will be provided at each meeting.*

## ***No Health Insurance?***

NAMI Lane County Can Help! Under a grant from the Oregon Health Authority, NAMI Lane County is serving as a Community Partner to *Cover Oregon*, providing assistance to help you enroll and determine whether you qualify for financial assistance.

Depending on your household income, you might qualify for a tax credit to help pay for premiums and other assistance to help pay "out-of-pocket" costs such as co-pays and deductibles.

If you would like help enrolling and determining whether or not you qualify for financial assistance, contact NAMI Lane County 541-343-7688 or 1-800-343-6264 and schedule an appointment. Help is available both by phone and in person.

## ***Calling All Skilled Volunteers...***

If you or anyone you know would like the satisfaction of volunteering, this is the time to step up. Spread the word about how well we are doing and how volunteers can be put to good use. The lists below show where you might fit. Draw upon your professional skills and take advantage of this opportunity to serve. Call Jose at 541-343-7688 to get things going.

- Grantwriting
- Family to Family class teachers
- Community Outreach
- Latino Outreach
- Veterans support
- the Annual Picnic Committee!

## ***Upcoming NAMI Community Programs***

### APRIL

*Starting a Conversation About What's Working, What's Not, and What's Next in Our Schools: A Mental Health Perspective*

This fall the team behind the groundbreaking education documentary *Race to Nowhere*—the first film to identify and challenge a one-size-fits-all achievement culture in American schools, and to document its impact on students—has just launched a nationwide campaign, "Replace the Race."

Lucy McWhorter, a PCI Certified Parent Coach and NAMI Lane County volunteer, will present information on this campaign and a mental health perspective on this issue.

- Wed., April 30
- 7:00 – 8:30 pm
- Lane County Behavioral Health Services, Room 198, 2411 Martin Luther King Jr. Blvd., Eugene

### MAY

*What You Need to Know and Do to Establish a Special Needs Trust*

Attorneys Gerry Gaydos and Mark Williams of the law firm Gaydos, Churnside and Balthrop will present information on special needs trusts. It will include a brief overview of public benefits for persons with disabilities, alternatives to special needs trusts, estate planning, the benefits of planning, first party and third party special needs trusts, and frequently asked questions about special needs trusts. Take this opportunity to consult and ask questions of the experts on this important subject!

- Thurs., May 15
- 2:30 – 4:00 pm
- Lane County Behavioral Health Services, Room 198, 2411 Martin Luther King Jr. Blvd., Eugene

# Meet Moy MacGill

Volunteer  
Spotlight  
by  
*Linda  
Rosenberg*

Anyone who is familiar with the NAMI in Cottage Grove is bound to have met Moy MacGill. A jack of all trades, I found him mopping the kitchen floor when I arrived for our interview. Turning 50 soon, he describes himself as a roamer from age 15 to 2003 when he moved to Cottage Grove. His background includes 5 years as a gunner on active duty with the Navy and a broad array of various jobs that did not meet his mental needs or get him closer to chasing the American dream.

He suffered a series of life traumas and catastrophic accidents that led his doctors to insist that he would never walk again. Obviously, they were wrong. He is a ball of energy who channels that drive into his work for NAMI. A humble man, he is reluctant to take credit for his accomplishments. With the help of others, Moy has created vibrant resources that are utilized by consumers in far flung rural communities. When I asked him about his title, he says he prefers “Outreach Worker”.



*NAMI-LC’s “Outreach Worker”: Moy MacGill of Cottage Grove*

When Moy first arrived in Oregon he was on a downward spiral and felt like he was breaking down. A NAMI support group facilitator introduced him to the program and he has been an energetic and creative force ever since. He even lives in an apartment across the street from the office!

He came to realize that NAMI and other community programs provided by the Healing Matrix, a non-profit organization in Cottage Grove, offered him a chance to help others while giving him hope and purpose. Moy told me that any effort to fight for world peace must begin in one’s own backyard. That is exactly what he is doing.

Moy and other volunteers are involved in the creative mix of programs offered by the center.

On Thursday there is a friendship social that meets at a local restaurant to talk, eat and meet new people. He is a group facilitator of NAMI Connection, which is a peer run drop in support group open to anyone facing mental health challenges.

On Tuesdays there is a Veteran’s Support Group. Other organizations use the same facility and Moy makes sure that the building is ready and available when needed. His outreach work includes, among other things, meeting with adult foster home and adult care home providers and participants. There is even a popular monthly community pot-luck open to the Cottage Grove Community.

I feel fortunate to have met Moy, one of the driving forces behind NAMI outreach and programs in Cottage Grove and surrounding areas, and in the Veterans’ community. It is inspiring to know that one can turn a downward spiral into a meaningful and fulfilling life that also helps so many others. It was a pleasure to meet you, Moy, and know that your work is appreciated by all of us.

# Optimum Nutrition for the Mind

Book Review

Patrick Holford

Piatkus Books, 2010

by  
*Pete Ruby*

Patrick Holford is a British nutritionist and nutritional therapist specializing in mental health. His book proposes the use of good nutrition and food supplements to treat many physical and mental conditions.

Unlike other authors of NAMI books that I have read, Holford does not have an advanced college degree. Holford does not even have a nutrition degree, but instead, a B.S. in experimental psychology. Holford did train for a couple of years in an alternative nutritional program in England, and he does have other publications on the topic, but I question whether he has a sufficient scientific background to make the claims that he does. My own reading in the area of nutrition and mental health leads me to question Holford's theoretical assumptions. These doubts aren't helped by the boastful way that Holford presents his ideas.

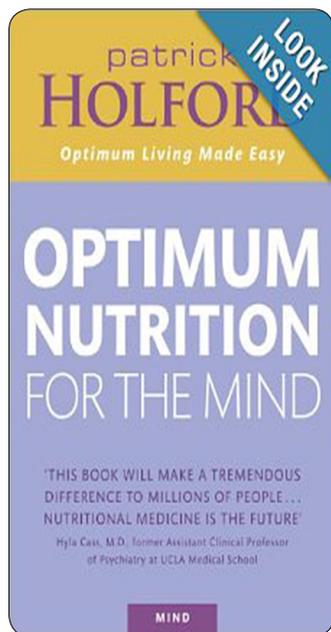
There are five brain foods that are essential to mental health according to Holford. These are essential fats, phospholipids, amino acids, balanced glucose and the right balance of minerals and vitamins. These food substances can improve your mood, emotions, memory and IQ. Holford states that psychiatric drugs can become unnecessary in the long run for a person who utilizes the right combination of nutrients and psychological support.

Holford acknowledges that drugs can be needed in the short term; however, the essence of his argument is that if one is treated with respect and dignity, has a home, receives counseling, and couples those with optimum nutrition then that can be the solution for most mental health problems.

According to Holford, chemistry affects the way that we think and feel. Poor nutrition along with chemical imbalances explains most mental health problems. Four chapters deal of the book explicitly deal with mental health: *Improving Your IQ, Memory and Mood, What Is Mental Illness? Mental Health in the Young, Mental Health in Old Age, and Solving Depression, Manic Depression and Schizophrenia*. Holford goes into great detail to explain the biology and chemistry of how mental health and mental illness work. Holford cites numerous research studies to support his theories. There is a lot of psychological and psychiatric information here which will likely appeal to people who want to consider alternative medical strategies.

A disturbing section is where he states that schizophrenia can be cured. Maybe, if he said that it could be treated more effectively, I'd be more inclined to pay attention. But remarks like these make me believe that he is mostly interested in gathering a following. A lot of scientists would consider many of his explanations to be pseudoscientific, such as his acceptance of orthomolecular medicine.

*Editor's Note:* We last covered this interesting issue in April 2013 (March is national nutrition month). Eva Edelman contributed an overview of her book, *Natural Healing for Schizophrenia* in advance of her public presentation to us. What do our members think about this? What is the role of nutrition in your mental health? Feel free to send us your feedback, Email: [resourcecenter@namilane.org](mailto:resourcecenter@namilane.org)



# Support Groups, Classes & Resources

## NAMI Groups

### Eugene-Springfield

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

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

*NAMI Connection—Peer Facilitated Support Groups*  
University of Oregon. Contact UO Active Minds, [www.facebook.com/uoactiveminds](http://www.facebook.com/uoactiveminds).

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

*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. NAMI Resource Center, 76 Centennial Loop, Suite A, Eugene.

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

*NAMI Peer-to-Peer Education Course*  
Tentatively scheduled to begin Tuesday, June 3, for 10 weeks, 1-3 pm at Laurel Hill Center, 2145 Centennial Plaza, Eugene. Call the NAMI Resource Center for information, 541-343-7688.

*NAMI Family to Family Class*  
A new 11-week Summer class is tentatively scheduled to begin June 17. The Fall class is scheduled to begin Sept. 9. Call the Resource Center to be placed on a list, 541-343-7688.

*NAMI PRSS Training*  
40 hour one week certification course for training as a Peer Recovery Support Specialist. Courses will be offered April 21-25, August 11-15, and December 8-12. \$400. Go to [www.namilane.org](http://www.namilane.org) and click the PRSS link for application materials, or write to [prss@namilane.org](mailto:prss@namilane.org).

*NAMI Mental Health First Aid Training*  
Mental Health First Aid is an in-person training that teaches you how to help persons developing a mental illness, or in a crisis. Two four hour sessions, \$49. A Youth class will be held May 8-9. Adult classes will be held July 17-18, and October 9-10. Call the Resource Center for application materials.

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

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

### Cottage Grove

*NAMI Connection—Peer Facilitated Support Groups*  
Wednesdays from 6:30-7:30 and Fridays from 12:00-1:00. Healing Matrix, 632 Main St.

*NAMI Friends and Family Support Group*  
2<sup>nd</sup> and 4<sup>th</sup> Mondays, 6:30 – 8 pm, Healing Matrix, 632 Main St.

*NAMI Friendship Group*  
Thursdays at 10:00. 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, 541-902-8308.

## Additional Community Resources

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

*Eugene Dual Diagnosis Anonymous*  
(Mental illness and drug addiction) Tuesdays and Thursdays from 2:00-3:00. Laurel Hill Center (LHC), 2145 Centennial Plaza, Eugene. Contact Tina at 541-485-6340.

*Oregon Family Support Network*  
For families of children with emotional, behavioral, or mental health needs. 72A Centennial Loop, Suite 150. Call 541-342-2876.

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

*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 1:00-3:00. LCBHS, 2411 Martin Luther King, Jr. Blvd. Rm. 198, Eugene.

(continued on p.7)

## Grants to Fund Mental Health Initiatives

The Mental Health Investments programs of the Oregon Health Authority/Addictions & Mental Health, have awarded several grants to Lane County that will greatly benefit mental health efforts and programs locally. Here is a very brief summary of the grants:

**Early Assessment and Support Alliance (EASA).** \$475,000 to increase funding for Peace Health's EASA program, providing support for youth and young adults with early identification and treatment for emerging psychotic disorders.

**Crisis Services.** \$750,000 to support and expand crisis response services, including the expansion of CAHOOTS services into Springfield and surrounding areas.

**Mental Health Promotion & Prevention.** \$200,000 to support media and other strategic information regarding mental health promotion, prevention, and anti-stigma campaigns.

**Jail Diversion.** \$500,000 to fund services designed to prevent people with serious mental illness from unnecessary involvement with the public safety system, including collaborative regional Crisis Intervention Training for Lane County law enforcement and dispatch services.

**School Based Health Centers/Mental Health Expansion funds.** \$473,500 to increase mental health capacity and support mental health projects within the three State-Certified School Based Health Centers.

(continued from p.6)

### Brain Injury Support

*BIG (Brain Injury Group)*

Tuesdays 11:00-1:00 Hilyard Community Center, 2580 Hilyard Avenue, Eugene. Contact Curtis Brown, 541-998-3951, 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. 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. 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

Wed. April 16	NAMI Board Meeting at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2nd Floor Conference Room, 4:30-6:30.
April 21	NAMI Peer Recovery Support Specialist (PRSS) Training. This 40-hour training will be held April 21-25, (and August 11-15; December 8-12). \$400. Go to <a href="http://www.namilane.org">www.namilane.org</a> and click the PRSS link for application materials, or write to <a href="mailto:prss@namilane.org">prss@namilane.org</a> .
Fri. April 25	Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene. 5:30 p.m.
Mon. April 28	Opal Network Event: <i>Our Mental Health System: Is It Getting Better, Or Getting Worse?</i> , 2:00-4:00, Eugene Public Library Tykeson Room. More info at 541-607-7020, or <a href="mailto:bashwill@lilaoregon.org">bashwill@lilaoregon.org</a> .
Wed. April 30	NAMI Community Program: ... <i>What's Next in Our Schools: A Mental Health Perspective</i> , 7:00-8:30, LCBHS Rm. 198.
May 8 & 9	Mental Health First Aid for Youth Class. Please see <i>Support Groups, Classes &amp; Resources</i> for details.
Thurs. May 15	NAMI Community Program: <i>What You Need to Know and Do to Establish a Special Needs Trust</i> , 2:30-4:00, LCBHS Rm. 198.
Sun, May 18	NAMI Northwest Walks. Vera Katz Esplanade, Downtown Portland. 12-3. Call the NAMI Resource Center for information.
Wed. May 21	NAMI Board Meeting at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2nd Floor Conference Room, 4:00-6:00.
Fri. May 30	Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene. 5:30 p.m.
Sat. June 7	NAMI Annual Meeting and Board Elections. 9:30-12:00, LCBHS Rm. 198.
Sat. June 7	NAMI Volunteer Appreciation Luncheon. 12:00-1:30, LCBHS Rm. 198.
Tues. June 17	NAMI Family-to-Family Class (tentatively), 6:30-9:00 (June 17-Aug. 26), LCBHS. Advance registration is required and class size is limited. Call the NAMI Resource Center to register.
August (To Be Announced)	Annual summer picnic. Be a <i>Summer Fun Hero</i> —call to sign up for the picnic committee!

 **NAMI Lane County**  
National Alliance on Mental Illness  
76 Centennial Loop, Suite A  
Eugene, OR 97401

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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



*Downtown Portland, May 18. Contact NAMI LC for more information.*

- 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