



NAMI lane county

National Alliance on Mental Illness

...your local voice on mental illness

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Holiday Dinner: *lots to be thankful for*

NAMI's annual holiday party was a wonderful celebration of the good work done by NAMI volunteers and so many others in the community during the year. It even brought an early Christmas present in the form of some very encouraging funding news from the state—a 43% increase in Oregon's community mental health and addiction treatments system according to guest speaker, State Representative Val Hoyle.

The Lane Events Center was filled to capacity with NAMI family members, consumers, mental health professionals and local dignitaries, including Eugene Police Chief Pete Kerns.

The evening had many purposes: fellowship, awards, and a chance to hear our featured speaker, bipolar expert Julie Fast, narrate the highs and lows of her 20+ year struggle with a mental illness. NAMI Office Manager, John Wagner, moderated the 3-hour program, offering wit and insight throughout.

Those who attended last year's Holiday Dinner and recalled Doug Bates' chilling story of the abominal conditions at the Oregon state hospital in the mid 2000's could walk from this year's celebration with a renewed sense of hope and optimism—from the personal triumphs humorously recounted by Ms. Fast to the legislative agenda reported by Representative Hoyle. Here's a brief summary of their talks.

JULIE FAST KEYNOTE SPEECH

Julie Fast, who has written and talked extensively about bipolar illness, offered her insights and humor to the people who attended the Lane County Holiday Event. She went to China when she was breaking up with a bipolar boyfriend. Within a few weeks of being there, she reported she became proficient Mandarin. That triumph shifted to signs of severe depression; at one point Julie could see her body floating down the river.



Dollie Travis (left) is awarded the Uhlhorn Award for exceptional service by NAMI President Susie Caldwell (right).

(more on p.2)

(continued from p.1)



A Julie Fast talk on the highs and lows of bipolar illness always includes a surprise or two: a cabbage played a supporting role in tonight's.

Back home, Fast visited the psychiatrist and discovered she had Bipolar II, with rapid cycling. She then started a regimen of meds that helped her for some time.

At another time in her life, she had a run in with a cop because she didn't have the necessary papers or licenses to operate her car. He realized the trouble she was having, and told her if she got things taken

care of quickly, he would tear up her citation. She didn't take care of the car, but she did seek professional help again.

She always wondered if she would ever be "normal" or able to do things normal people do. A point she illustrated with a rather unconventional prop—a cabbage. After contemplating all the steps, from shredding to making the dressing, Julie found herself depleted. Her mother saw what was happening and asked Julie if she could make the cabbage salad, instead. "Yes!" Julie exclaimed.

Julie says she gives back to NAMI because the organization has helped her so much. She gives money if she can, and when she can't, she donates her books. She speaks at NAMI conventions, and, although life can be hard at times, she keeps going.

VAL HOYLE KEYNOTE SPEECH

Several members of Representative Val Hoyle's family have battled mental illness, so she comes to her House Committee assignments on Health Care and Human Services with a great deal of personal experience and empathy.

Hoyle's talk focused on the reinvestment the state is making in the community mental health system. Key initiatives include: a statewide expansion of Multnomah County's early assessment and support alliance (EASA), and \$6.7 million for housing and employment services.



Stae Representative Val Hoyle's talk focused on state support for community-based mental health initiatives.

News & Updates

FEB. 9: NAMI PEER-TO-PEER EDUCATION COURSE

Ten weeks beginning Saturday Feb. 9 at 10 AM, at the Lane Independent Living Alliance (LILA) Peer Support Club, 990 Oak Street, Eugene. Designed to offer an opportunity for growth to anyone who experiences mental illness. Free.

FEB. 22: 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.

FEB. 27: NAMI OREGON MENTAL HEALTH LOBBY DAY

Join us for NAMI Oregon's Mental Health Lobby Day in Salem! Events include a breakfast meeting, advocacy training, and meetings with legislators and staff.

NAMI COMMUNITY PROGRAMS IN MARCH & APRIL

Hearing Voices presented by Ron Unger, Wed., March 13, 6-8 PM, Lane County Behavioral Health Services (LCBHS), Rm. 198.

Natural Healing for Schizophrenia and Other Common Mental Disorders presented by author Eva Edelman, Tue., April 23, 6-8, LCBHS, Rm. 198.

APRIL 3: NEW FAMILY-TO-FAMILY CLASS BEGINS

Wed., April 3 through Wed., June 5, 2013, 6:30 – 9 PM, LCBHS, Rm. 198. Enrollment limited. Call NAMI Resource Center for sign-up information.

MAY 19: NAMIWALK NORTHWEST IN PORTLAND

Join us in Portland in May for the annual 5K walk. This important event brings together the NAMI family in important ways: for advocacy, fundraising, and a little exercise. Think about forming a team of walkers!

The walk is Sunday, May 19, starting at noon. Call the NAMI Lane County Resource Center for information, 541-343-7688.



People live with mental illness everyday

The best thing you can do is Talk About It

www.namilane.org
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E-giving Now Available

NAMI Lane County now has two ways for you to donate to our cause electronically:

Our new Monthly Donors program is one of the most effective ways to donate money to NAMI Lane County. Regular monthly donations help you balance your annual giving throughout the year and give us a steady source of continuing support.

For more information and/or to join our Electronic Fund Transfer program, email treasurer@namilane.org or call our Treasurer, Sara Wyant (541-343-6788). She is in the office Wednesdays 10 am – 2 pm, but you can leave a message and Wyant will get back to you.

You can make donations to us using your credit card at Just-Give.org. Search for NAMI Lane County and you will have the option to make one-time or recurring donations or to make a memorial donation. JustGive.org takes 4.5% of each donation for processing costs. You can add this to the amount you are charged or have it deducted from your donation.

My goal is to see that mental illness is treated like cancer.

—Jane Pauley

NAMI Lane County

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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.

Special Thanks to...

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in Memory of Maribeth Smith...
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of Michael Alexander Kosman;
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of John O.K. Jacobsen, Jr.

Quitting Smoking? You Need to Know Several Important Things

by
**Terry
Barber**

According to a study by the Substance Abuse and Mental Health Services Administration [SAMHSA], people with serious mental illness, on average, live 25 years less than the general population. Most of us are aware that smoking dramatically decreases life expectancy. What many don't know is that smoking means increased doses of mental health drugs to compensate for nicotine's interference with those drugs. These increased amounts of drugs can also contribute to a reduction in life expectancy because of side effects. Quitting nicotine often requires an adjustment in drug dosage.

John Brandon, Physician Assistant and Psychiatric Prescriber at Peace Health, and Jose Soto III, NAMI's Executive Director in Eugene, both encourage people to quit smoking in order to eventually reduce doses of medications such as antidepressant,

antipsychotic and antianxiety medications. They warn that patients should quit under the care of their Primary Care Providers [PCP]. Soto says, "To quit cold turkey may result in medications' becoming toxic. Smokers will probably need lower doses of medication because nicotine and the prescribed drugs aim at the same receptors in the brain."

People desirous of quitting may become reluctant to pursue their goals because smokers' base-line stress levels are normally raised, even though smokers experience three to four minutes of relaxation per cigarette. Like an alcoholic who drinks to lift depression ultimately only to feel increasingly depressed, the smoker has "just gotta have another cigarette" because stress returns momentarily after each smoke. Add in prescription drugs, and the mix can become volatile, possibly requiring hospitalization.

A mother recently called NAMI Lane County's Resource Center to report that her son, who had quit smoking cold turkey, had become lethargic and unstable, two possible side effects of quitting nicotine while taking a mental-health drug. Her son had not seen a PCP for help in managing his effort. Reducing the nicotine without adjusting his prescription drug resulted in his lethargy and instability.

Mental health patients who desire to quit smoking successfully need to see their PCP for initial evaluation and then have a follow-up within 10 days. The PCP may need to adjust the level of drugs as nicotine in the patients' system decreases. "The one-year success rate for first time quitters is 30%," says Brandon. "That rate increases with each attempt. The average for quitting is six attempts." The importance of seeing the PCP is that without nicotine even a patient's diagnosis can change.

According to Brandon, the probability of success increases with a combination of therapies: pharmacological, nicotine replacement like gums and patches; behavioral therapy, including counseling and/or group support; working with the PCP on prescribed dose adjustments over time to maintain mental and physical balance. Brandon warns electronic cigarettes may help some, but there are no statistical studies proving their effectiveness. Medically, no one knows what is in the chemical mist emitted from the electronic cigarette. He says, "Nicotine dependency is one more mental illness. Medically appropriate management is essential."

(more on p.5)



(continued from p.4)

Choosing the right way to stop smoking is critical to success. Even blood pressure can change as smokers experience withdrawal. Success increases as smokers follow their PCP's directions: taking medications as prescribed by PCP; following-up with regular appointments; joining a support group to review emotional and behavioral changes.

Brandon and Soto first worked together to create a Smoking Cessation Program with twelve clients in the Garden Place Program. At the beginning smoking was part of the facilities' culture, with staff facilitating the purchase of clients' cigarettes. At the start, ten of the program's participants smoked a pack-a-day. When the facility went from smoking to non-smoking, over the course of fifteen months, all clients and Soto himself quit smoking. The participants and Soto remain non-smokers.

Soto says, "Food tasted better. I no longer suffered high blood pressure. You don't cough or smell as bad, and you're also able to save money. I quit coffee, which was an associative trigger that made it difficult to stop smoking. When friends and family would get together, if there was smoking, I would find alternative activities like going to the movies, gardening, or exercising to avoid the smoking traps built into many of these gatherings."

When a family member is trying to quit smoking, other smokers in the family may help by quitting, too. Benefits not only include increased life expectancy and saving money but also reduction of the effects of second and third-hand smoke on innocent victims. Infants may suffer second-hand-smoke consequences ranging from frequent ear infections to severe asthma. Third-hand smoke's toxicity is evident in a smoker's physical body, noticeably nicotine-stained hands as well as graying skin. Daycare workers who smoke now must wash their hands before picking up babies or toddlers to avoid transferring their toxicity to the children. Third-hand in-home toxicity is found in smoke build-up on furniture, walls, and clothing. Brandon says, "It is criminal to impart harm on children."

Oregon's state law requires insurance companies to provide some sort of stop-smoking assistance. Companies may pay for nicotine-replacement drugs or a stop-smoking program. The Oregon Health Plan [OHP] also covers medications. Oregon's cigarette tax dollars pay for a Quit Line available 24/7: English: 1-800-784-8669; Spanish 1-877-266-3863; TTY 1-877-777-6534. The American Cancer Society and American Heart Association offer help in locating stop-smoking groups and provide educational materials. More information is available on Eugene's NAMI website.

Brandon says, "There is no reason—emotional or physical—to smoke. I have never assisted people who haven't been glad they quit. Everyone feels better when they quit."

Fall and Winter Donations to NAMI *Thank You!*

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*This newsletter is sponsored by
Dave Howard in memory of
Shirley Trimble. —Many thanks!*

War and the Soul:

Healing our Nation's Veterans from Post Traumatic Stress Disorder

EDWARD TICK, PHD.

DISCOVERY HEALTH VIDEOS, 2005

Film Review
by
Pete Ruby

This video was produced in 2005 based on a book by Edward Tick. He has worked as a counselor with veterans for 25 years. I have mostly known mental illness as something that somebody was born with but that may not show its effects until later in life. PTSD is an acquired mental illness. With PTSD affecting so many Vietnam, Iraq and Afghanistan vets, we see many soldiers who have returned to our country who behave as if they are still in a constant survival mode. These vets can be easily alarmed by sounds, smells and sights in our home environments. This happens even though they are now far away from the war situation.

Tick says that this extended experience in an extreme, hostile, environmental situation has resulted in 13 percent of veterans with PTSD.

Tick takes a holistic approach in treating those with PTSD. The common use of medication is secondary. Tick has developed a spiritual and religious model for regaining the hearts, souls and minds of those afflicted with PTSD. His rather unique counseling approach utilizes compassion and forgiveness for healing the soul of one who has developed PTSD. He believes that many veterans have lost their identities due to all of the violence and stress that they have been forced to experience.

Many vets have a difficult time re-integrating into the controlled and regulated society that they were previously part of. Tick says "in war, chaos overwhelms compassion, violence replaces cooperation, instinct replaces rationality, gut dominates mind."

The heightened sense is of existing in a survival mode with their minds still acting as if they will kill or be killed. This can obviously produce extreme anxiety and paranoid reactions and beliefs. The video interviews vets, and it is surprising that 125,000 Vietnam Vets are homeless, partly due to the previously mentioned adjustment anxieties resulting in their PTSD and other mental illnesses. This heightened anxiety can result in paranoia and other difficulties with intimacy and work situations for the Vets.

Tick stresses a supportive system for those returning from war. Veterans who left this country under the mythology of being heroes all too often return scarred by trauma with a limited support system in place. Tick would try to make the wounded soul whole again. He discusses his unusual ideas for his type of therapy. I do not know how successful he is, nor do I completely understand his methodology. He seems to present some reasonable counseling techniques, but there is only one Edward Tick. How well can other therapists be trained using his ideas?

This is the only video that I have seen in our library that looks at PTSD in veterans. I became more interested in this topic while reading Diane Magoto's summary of a NY Times article called *Vets, Dogs, and Coping with PTSD*. Another article in the last newsletter was about a book concerning PTSD, called *Veterans Day*. I believe that Karen and Keith Mainwaring (through their work in our NAMI office) have drawn more focus toward vets and PTSD locally.

The Afghanistan vets are returning. We'd better be more prepared for them, utilizing a much more humane and supportive atmosphere than that which currently exists. Tick offers an interesting answer.

[Editors' Note]:
Edward Tick has a YouTube channel where many of his talks on Vets and PTSD are available for viewing, including the lecture he gave at the UO in 2010.

The Sandy Hook Elementary School Tragedy; NAMI Statement Includes Trauma Resources

from
NAMI.
ORG

ARLINGTON, Va., Dec. 14, 2012 -- The National Alliance on Mental Illness (NAMI) has issued the following statement which includes recommended links to trauma resources for families:

“Like other Americans, NAMI is horrified and saddened by today’s tragedy at Sandy Hook Elementary School. As of Friday at 5:00 p.m. (Eastern), news reports indicated that close to 30 people were shot and killed, most of them children. We extend our sympathy to their families and to all who knew and loved them.

It is extremely important that the Newtown, Connecticut community be prepared to provide trauma services and resources to all those affected by the tragedy. Our national community must do so as well. The tragedy will inevitably leave an impression on many children. Parents and caregivers throughout the country will need to reassure them.

American Psychiatric Association recommendations include:

- Create an open and supportive environment where children know they can ask questions.
- Give honest answers and information. Use words and concepts they can understand.
- Help children to find ways to express themselves and to know that people are there to help. Remember also that children learn by watching parents and teachers react and listening to their conversations.
- Don’t let children watch too much television with frightening repetitious images.
- Monitor for physical symptoms such as headaches, stomach aches or other pains.
- Additional resources are also available from the Center for the Study of Traumatic Stress (CSTS), the University of Maryland Center for School Mental Health (CSMH) and the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA).

NAMI will follow news reports closely as more details become known. At this time, there is no indication that mental illness was a factor in the tragedy. It is important to not make assumptions or speculate in such cases. The overall contribution of mental disorders to the total level of violence in society is exceptionally small.

When tragedies occur, no matter what their nature or cause, national, state and local communities must come together to find out what went wrong and to take steps to ensure it does not happen again. We expect such scrutiny to occur in days and weeks ahead. Today, however, is a time to mourn and pray for the victims of a senseless act and for their survivors. As a nation, we must reassure each other.”

[Editors’ Note]:
NAMI.ORG has strongly endorsed President Obama’s *Plan to Protect Children and Communities from Gun Violence*. More on the NAMI website...

Working While on SSI

by
Sara
Wyant

I recently attended a Webinar put on by Gene Rada of the Oregon Office of Vocational Rehab. The information was very useful.

First, it is important to distinguish between Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) since the rules for working and work benefits for each program are completely different.

SSI is the financial, needs-based program for people with less than \$2000 in assets who are over 65 or unable to work because of a disability. SSDI is the program for people who worked long enough to qualify for SSDI, but are no longer able to work due to a disability.

The following information is for SSI ONLY.

The maximum monthly SSI benefit for 2013 is \$710 for an individual and \$1066 for a couple. AFTER you have been awarded SSI and start receiving benefits, you can earn a substantial amount. Some earnings will reduce your monthly award and some will not. The examples given below are for individuals receiving \$710 per month.

For SSI, countable income includes:

- Unearned income (i.e., gifts, interest, etc. ... money you did not work for). Unearned income over \$20 counts against your monthly benefit. For example, if you received \$420, the first \$20 does not count against you, but the remaining \$400 does. Your remaining SSI benefit for that month would be reduced to \$310. (*Technically, for the month after you report. See below.)
- Earned income, which is money you earn from working, is only partially counted against your benefit. First, \$65 per month is NOT counted. After the first \$65, only 1/2 the remainder is subtracted from your benefit.

So, \$20 in unearned income and \$65 in earned income and 1/2 of what you earn over \$65 are not deducted from your monthly benefit payments.

As an example, suppose you have \$585 in income. The first \$85 will not count against you (\$20 + \$65). Of the remaining \$500, only \$250 will be subtracted from your monthly SSI payment, so for the month you would receive \$460 from SSI. Combined with the \$585 in earnings, you would have a total of \$1045 for the month.

In general, Federally funded school loan programs do not count against your SSI benefits.

There are additional programs that can help you keep more of your benefits when you are working, including the Blind Work Exemption and the Impaired Related Work Exemption, both of which will return to you 1/2 the cost of certain expenses you have to pay to allow you to work (job coaching, medical devices, medical supplies, transportation, etc.) If you have questions, ASK. For those under 22 who are in school, there are additional allowances for keeping more of what is earned. There is also a Plan to Achieve Self Support (PASS) program that will allow you to save more than the usual asset limit in order to purchase a car, for example. That will allow you to work more.

You must report your earnings by the 10th of the month after the month in which you received the money. For instance, if you start work in April, you must report the information by May 10th. The change will affect the payment you receive in June, technically two months after you received the earnings.

Hearing Voices Group Forming in Lane County

BY RON UNGER

As the first publicly available *Hearing Voices* group prepares to start up in Lane County (see calendar on p. 11), it's probably a good time for NAMI members to hear about the Hearing Voices Movement that has led to the formation of such groups all over the world.

Within the mainstream mental health system, voices are taken as a sign of illness. The goal of treatment is to eradicate the voices with medication or to distract the person away from listening to them. But there are often a number of problems with this approach. For example, medications are ineffective with many people, or cause unacceptable side effects; efforts to avoid listening to voices can sometimes backfire and make problems worse.

The *Hearing Voices Movement* takes a different stance. It sees hearing voices as just a human variation, like being left handed or gay, and suggests that it is only when people don't know how to handle the experience that assistance is needed. (This position is backed up by research data showing that many people hear voices without any related disability.)

Hearing Voices groups are frequently led by people who hear voices themselves. This can be a great way for people to share experiences and ideas about how to get on with their lives without the requirement of "getting rid of" the voices.

Research has found that voices seem to emerge when people have experienced trauma and/or conflicts, and that issues with voices are often resolved when people discover how to use the voices as clues to the nature of these issues and then address them in a constructive way.

In March NAMI Lane County is sponsoring a public program about the Hearing Voices movement by Mr. Unger on March 13th from 6-8 pm at Lane County Behavioral Services, Rm. 198.

Hearing Voices groups support individuals in working toward real recoveries from problems associated with voices. (To read more on this, see the online article "Changing the power relationship with your voices" at <http://tinyurl.com/6feaaep>, or check out the book "Living With Voices: 50 stories of Recovery" available in the NAMI library. Or go to <http://www.intervoiceonline.org/>)

Like many other *Hearing Voices* groups, the group in Eugene/Springfield invites attendees who may want to talk about unusual or extreme states of consciousness or belief in addition to just hearing voices.

By encouraging curiosity about the voices and sharing ideas about how to change one's relationship to them,

(continued from p.8)

In Oregon, the Seniors and Disabled Services Office handles all SSI benefits. Contact them for more information and questions about your specific circumstances. The local office is at: 1015 Willamette St., 541-682-4038.

If you are on SSI and need help preparing for, getting, or keeping a job, you can contact the Oregon Office of Vocational Rehabilitation Services (OVRs):

Eugene OVRs McKenzie Center 2885 Chad Drive, Eugene, OR 97408 (541)-686-7878

Springfield OVRs 101 30th Street, Springfield, OR 97478-5845 (541)-726-3525.

Look for Your Newsletter Online

The NAMI newsletter is now 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 is now 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.

People are invited regardless of whether or not they have a mental health diagnosis or take medication. The group aims to be inclusive, non-judgmental, pro-choice treatment, and pro-diversity.

The Power of Concentration

Sometimes simple therapies work best. This Dec. 16th New York Times article by Maria Sunnikova describes how *mindfulness* (deep concentration, often associated with meditation), can play an important role in problem solving and one's sense of well-being. Her favorite example of this is



Sherlock Holmes' whose powers of concentration were legendary.

Sunnikova reports on a study where participants were asked to perform a variety of daily tasks.

Those who performed the best used mindfulness strategies. They dealt with multiple things and they spent more time with each one than those who had not practiced mindfulness. They were more attentive and remembered their tasks more vividly.

Sunnikova says that mindfulness allows people to enjoy their tasks more thoroughly and to develop different areas of their brains. They are more able to attend to what they need to do, and they get more enjoyment in the process. Encouraging results have already been obtained with people suffering from Alzheimer's.

As his readers know, Sherlock Holmes only experienced well being when he had a case to work on. The research suggests that for those who practice mindfulness in all their affairs, happiness may be theirs for the taking.

[Editors' Note]: This NY Times article (click here) was summarized by Diane Magoto. The image, a statue of Sherlock Holmes in Edinburgh, is from Wikipedia.

NAMI Winter-Spring Calendar

Feb. 1-3	• Peer-to-Peer Mentor Training in Clackamas, OR. See NAMI Oregon website (nami.org/oregon) for more information.
Sat, Feb. 9	• NAMI Peer-to-Peer Education Course begins at the Lane Independent Living Alliance (LILA) Peer Support Club, 990 Oak Street, Eugene. Designed to offer an opportunity for growth to anyone who experiences mental illness, (10 weeks). Free.
Wed, Feb. 20	• NAMI Board Meeting Lane Office at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:00-6:00.
Fri, Feb. 22	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene.
Wed, Feb. 27	• Mental Health Lobby Day at State Capitol. Contact the NAMI resource center for more information.
Mar. 9-10	• <i>In Our Own Voice</i> Presenter Training in Clackamas, OR. See NAMI Oregon website for more information. Applications due Feb. 22.
Wed, Mar. 13	• <i>Hearing Voices</i> . A community program presented by Ron Unger, at LCBHS, 2411 Martin Luther King, Jr. Blvd., Rm. 198, 6:00-8:00.
Wed, Mar. 19	• NAMI Board Meeting Lane Office at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:00-6:00.
Fri, Mar. 29	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene.
Wed, April 3	• Family-to-Family Class begins (4/3-6/5). Contact the NAMI resource center for more information.
Tues, April 23	• <i>Natural Healing for Schizophrenia and Other Common Mental Disorders</i> . A community program presented by Eva Edelman, at LCBHS, 2411 Martin Luther King, Jr. Blvd., Rm. 198, 6:00-8:00.
Wed, April 17	• NAMI Board Meeting Lane Office at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:00-6:00.

New NAMI Service: NAMI Peer Recovery Support Specialist (PRSS) Curriculum Credential training now available for providers from NAMI Lane County. A PRSS, PSS, or Community Health Navigator provides peer-delivered services (an array of agency or community-based services and supports provided by peers) to individuals or family members with similar life experiences. Call NAMI Lane County Resource Center, 541-643-7688, for information.

Support Group Meetings

NAMI Groups

Eugene-Springfield

NAMI Friends and Family Support Group
2nd, 3rd, 4th and 5th Thursdays at the NAMI Resource Center,
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 Resource Center, 76 Centennial Loop,
Suite A, Eugene, 6:00-7:30.

NAMI Peer-to-Peer Education Course
Saturdays, beginning February 9th (for 10 week) at the
Lane Independent Living Alliance (LILA) Peer Support
Club, 990 Oak Street, Eugene, 10:00.

Hearing Voices & Extreme States Support Group
1st and 3rd Thursday every month, Lane Independent Liv-
ing Alliance (LILA) Peer Support Club, 990 Oak Street,
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,
Healing Matrix, 632 Main St., 12:00-1:00.

Florence

NAMI Florence Support Group
4th Thursday of every month, Peace Harbor Hospital Caf-
eteria 6:30-8:00. Facillitator: 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.

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.

We invite our readers to submit their own articles, photos, stories or anecdotes: Have you read or seen something recently that you'd like to share or respond to? Where do you turn to learn about new therapies or medications? Please send submissions to the NAMI office or by email: office@namilane.org.

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

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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

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(Available only for members of NAMI Affiliates outside of Lane County)

Low Income Membership, \$3.00/year

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