



NAMI
National Alliance on Mental Illness

Lane County

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... your local voice for mental health

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Holiday Dinner Shines Spotlight on Mental Health

NAMI LC's Annual Holiday Dinner provided an evening of information, recognition and humor. Emcee of the evening, Eli Lilly Award Recipient Julie Fast, author, columnist and speaker, kept the audience of close to 200 entertained and enthralled with her commentary about illness facts and wellness tips, personal journeys and hopeful insights. Eugene Chief of Police Pete Kerns addressed how police officers every day must balance judgment calls, legal concerns and safety awareness in the ongoing endeavor to keep all our citizens safe.

Board President Susie Caldwell presented Volunteer of the Year awards to Barbara Schaefer and Lesley Rex for their remarkable work on NAMI's behalf this past year. Judge Mary Mori received the Bill Uhlhorn Award for her years of work with the Mental Health Court. Judge Mori introduced a number of individuals, such as Roger Kalman and Judge Don Loomis, who have played an integral part in the development and maintenance of this vital court.

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CONTACT US

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Monday-Thursday,
10:00-2:00

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namilane.org

Web: namilane.org

Facebook: [facebook.com/
NAMI.LaneCounty](https://www.facebook.com/NAMI.LaneCounty)



This year's event (December 3rd) filled the LCC venue—a great start to the holiday season.

Judge Mori Wins NAMI's Uhlhorn Award

(continued from p.1)

The evening's entertainment was the Portland-based Comedy Team Stand Up For Mental Health. Dave Mowry, founder of the team, and Tara Rolstad gave the audience 20 minutes of insight into how they view themselves, in addition to how others view them, often with mixed and hilarious reviews. Their routines are poignant because they "find humor in some of their darkest moments. Sharing that is a way to promote healing for themselves and others."

Michele Hoselton supervised the Silent Auction and at the conclusion of the evening's festivities named the highest bidders for each item. From Men's Basketball Season tickets to Hot Air Balloon rides, Olive Garden gift baskets to numerous gift certificates, bidding was intense and winners left delighted. Also auctioned were another Hot Air Balloon ride and a lovely red and white quilt made by Nancy Nameth and Sara Wyant.

Thanks to Sally Diehl's holiday decor, the large ballroom looked festive and beautiful. One lucky person at each table went home with a Christmas floral arrangement. Throughout the evening slides of famous people, their occupations and their mental illnesses were shown (courtesy of Washington County NAMI). Many people remarked how interesting and moving it was to read about these well-known artists.

Did you miss our annual dinner? Next year be sure to make your reservations early. If you would like to be a part of the Planning Committee for next year's event, tell Jose to put your name on the list.

Many thanks to this year's Planning Committee: Bev Hickey, Co-Chair; Sheila Sundahl, Co-Chair; Sally Diehl, Decorations; Michelle Hoselton, Silent Auction; Serena Slape, Wreaths.

A special thank you goes to the office volunteers who wrote notes and prepared flyers for mailing. This year's dinner was a wonderful event for all who attended.

—Sheila Sundahl, NAMI LC Volunteer

Bill Uhlhorn was a visionary young man who dedicated his life to advocating for better mental health community services. After his unexpected death at age 40, NAMI LC renamed its "Good Egg" award after him to honor those who go out of their way to assist people in Lane County with mental health issues.

This year, at NAMI LC's 2013 Holiday Dinner, the Uhlhorn Award was given to Judge Mary Jane Mori. In presenting the award, Board President Susie Caldwell noted Judge Mori's singular accomplishment, the creation of Lane County's Mental Health Court. Overseeing this compassionate alternative to the municipal court for those with mental health issues, she listens respectfully to defendants who are often in crisis, defuses difficult situations and provides helpful alternatives to standard legal approaches. Its steadfast protector and driving force, she has fought year-after-year to maintain the Court through numerous budget downturns.

Judge Mori is also a tireless advocate for mental health consumers. Working on her own time, last year she organized a Mental Health Summit group, which met frequently, primarily to identify ways to divert consumers away from the legal system—the police, courts and jail. This year the group wrote grants to



Judge Mary Jane Mori thanks her mental health team.

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

NAMI Lane County will be holding our first Quarterly Meeting for all Volunteers. The meeting will be held on Saturday February 1 from noon-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 February 1st 12-1:30**
- **Saturday June 7th 12-1:30**
- **Saturday Sept. 20th 12-1:30**
- **Saturday December 6th 12-1:30**

David Convirs will be giving an overview of Peer Recovery Support Specialist (PRSS) training. All upcoming meetings will take place at Lane County Behavioral Health Services, Room 198, at 2411 MLK Blvd. Eugene, Oregon 97401.

We will be discussing upcoming trainings for the year, get to know and meet other volunteers, and discuss ways to strengthen and improve the organization! *Lunch and refreshments will be provided at each meeting.* We look forward to seeing you soon!

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fund increased mental health services in the jail and other crisis response areas.

In accepting the award, Judge Mori modestly defused praise for her accomplishments by naming many who make Mental Health Court a success, beginning with attorney Fern Eng who, eight years ago, was instrumental in founding the Court and as Eugene Public Defender until she died last year. Tony Rosta shared her responsibilities as Eugene Public Defender and is now the main attorney handling Mental Health Court cases. Judge Don Loomis assists Judge Mori with some of the monthly Court sessions. Tracy Tomseth, Mental Health Court clerk tracks the court files and makes sure the treatment coordinator, defense attorney, and Judge Mori have all the necessary information.

Judge Mori also stressed the critical role of Lane County Behavioral Health in the program. She acknowledged Roger Kalman, the first treatment coordinator who helped design the program; Randy Anderson, who took over from Roger and changed treatment protocols as the participants changed; Rich Klotz, the present Mental Health Court treatment coordinator; Ivan Sumner who investigates and is part of the civil commitment process; and Jonathan Schwartz who works with individuals transitioning from OSH.

—Lesley Rex, NAMI LC Vice-President

NAMI Lane County Board of Directors

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The mission of NAMI Lane County is to improve the quality of life of persons with mental disorders and of their families through support, education and advocacy.

*Donations in Memory of Helen Lynn
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*Donations in Memory of Steve Krumdieck
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*Donations in Honor of Bev Hickey
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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.

If your household income is less than the maximum shown below, 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.

Family Size	Maximum Yearly Income
1	\$45,960
2	\$62,040
3	\$78,120
4	\$94,200
5	\$110,280
6	\$126,360

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.

*If a teacher is indeed wise,
he does not bid you enter the house of
his wisdom, but rather leads you to the
threshold of your own mind.*

Is Anybody Listening?

Medicare and Medication: A Personal Viewpoint

By: Linda Rosenberg

I am 71 years old and mental illness has been my constant companion for more than six decades. I have been hospitalized many times, have attempted suicide many times and in between have held full time jobs and have run a successful business. I am now retired and my illness has been manageable due primarily to the right combination of psychiatric medications.

When I was young there were few medications available and valium was the best you could get, especially if you were a woman struggling with depression, anxiety or most other unnamed disorders. Mental illness was underground: not talked about, not written about, and not cared about. Bi-polar disorder was diagnosed as “split-personality” and was only visible in movies like the “Three Faces of Eve” or “Sybil”. They both, of course, recovered without any medication. Schizophrenia was not referred to at all. Depression was “the blues”. If you went to a psychiatrist, you were just plain nuts.

Great strides have been made since then and now we have many excellent medications available for those of us who choose that path to recovery. If you are fortunate enough and/or young enough to have a good insurance plan, effective treatment options can be within your reach. The right combination of drugs can transform a hellish existence into a life worth living. For some of us that is truly a miracle. I am eternally grateful for the relative peace of the past 5 years.

It has not been easy getting here but I now find myself faced with a crisis of major proportions—a crisis that is silent and hidden. We have come to a place where there is almost nobody out there willing to prescribe lifesaving medication to people on medicare or without insurance. As reimbursements to physicians continue to shrink, the problem has reached critical proportions. This is true not only for Lane County but across the country.

One after another the doors previously open to the mentally ill are shutting and shutting tight. I was recently told that one solution offered suggests we go to the emergency room for a few days of medication and keep returning as more doses are needed. This is a costly and untenable option for consumers in crisis or whose mental health is managed by medication. Not having access to medication can mean a slide back to the dark days of the past and a life of misery for many of us.

We need to bring this looming crisis into the light to find better solutions for a serious problem that is not going away anytime soon.

Is anybody out there listening?

The Oasis Guide to Asperger Syndrome

Book Review Patricia Romanowski and Barbara L. Kirby

Crown Publishing, 2001

by
Pete Ruby

The book focuses on how a parent would provide support for and gain services for a child who has Asperger Syndrome. This guide has 467 pages and 12 chapters. It is more than a guide, so try to read it slowly, one chapter at a time.

The book was written in 2011, and there is a companion website called OASIS (Online Asperger Syndrome Information and Support), which was developed by Barbara Kirby in 1995.

In May 2013 the designation of Asperger's, as a distinct diagnosis, was changed. Experts in the field of mental illnesses altered the label of Asperger's in the new *DSM 5*. It is now seen as a part of a larger grouping called Autism Spectrum Disorders. So, this book is describing a unique form of autism.

There is a very detailed test in order to provide for the Asperger's designation. Typically, difficulties with social interactions, verbal and non-verbal communication and repetitive behaviors, are among the universal signs of an Asperger's diagnosis. It is explained in the book that people with Asperger's often have less severe symptoms than the people described in the rest of the other parts of the autism spectrum.

Like all mental illnesses, there is a range and severity of symptoms seen from person to person. Some people with Asperger's have major disabilities causing them to be non-verbal and not able to live independently. Others show milder symptoms that may include unusual ways of going about doing things. Some may take pride in their individuality with their nonconformity. Some people with Asperger's may have strong abilities in music, academics and in visual skills.

What is Asperger Syndrome? (from NAMI.Org)

Asperger Syndrome involves several social impairments and restricted interests. A diagnosis of Asperger Syndrome is given to individuals who experienced no speech or cognitive delay as children—they were talking on time and have at least a normal IQ—but who nevertheless display a range of autistic-like behaviors and ways of taking in the world.

Hallmark characteristics of Asperger's include immersion in an all-consuming interest and a one-sided, self-focused social approach. Not everyone who is eccentric has Asperger's and not everyone with Asperger's is a genius. Each person is differently able across several areas of challenge and giftedness.

One chapter describes the history of the Asperger Syndrome. It was not until 1944 that Hans Asperger, director of the University Children's Clinic in Vienna, Austria, described some psychological and behavioral disorders that were consistent in children that were observed.

We now see a rapidly increasing number of cases of autism in our society. It is not known why. There is about 1 in 54 boys versus 1 in 252 girls who are now said to have autism. "Women and Girls with Asperger Syndrome" is a chapter in the book that attempts to understand the different frequency of Asperger's observed for girls.

There are emotional, social and cultural considerations, with girls, that may actually disguise a higher frequency of Asperger's as that with boys. Asperger's is a life long disability but an early diagnosis can decrease the behavioral problems in children. Chapter 8 and 11 discuss the role of education in helping these children become more successful. Children with Asperger's should have an individual education program designed in their school. This will allow some small group time with a special education teacher. With this focused educational time, many will be able to have more time in the regular school program.

FALL Donations to NAMI

Thank You!

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	Jonathan Schwartz

NAMI Winter Calendar

Fri, Jan 31	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene (last Friday of the month), 5:30 p.m.
Feb 3-7	• NAMI Peer Recovery Support Specialist (PRSS) Training will be held Feb. 3-7. Advance registration is required and class size is limited. Call the NAMI Resource Center ASAP for information and to register..
Feb 11, Feb 25, Mar 11	• NAMI Connection support groups are now happening on the UO campus in conjunction with the UO chapter of Active Minds, a group committed to "changing the conversation about mental health" on campus. 6:00-8:30, EMU Century Room A.
Tues, Feb 11	• NAMI Peer-to-Peer Education Course begins Feb. 11 th and runs for 10 weeks, 1-3 pm at Laurel Hill Center, 2145 Centennial Plaza, Eugene. Call the Resource Center for information, 541-343-7688.
Mon, Feb 17	• NAMI Resource Center is closed for President's Day.
Wed, Feb 19	• NAMI Board Meeting at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:30-6:30.
Fri, Feb 28	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene. 5:30 p.m.
Mar 10-16	• Brain Awareness Week. For more information see the website: http://www.dana.org/BAW
Wed, Mar 19	• NAMI Board Meeting at LCBHS, 2411 Martin Luther King, Jr. Blvd. 2 nd Floor Conference Room, 4:00-6:00.
Fri, Mar 28	• Veterans' Pizza Night for Vets and families. Papa's Pizza on W. 11th & Chambers in Eugene. 5:30 p.m.
Sun, May 18	• NAMI Walk Northwest in Portland. For more information, call the NAMI LC Resource Center.

Allen Sellers
Carol Sirois
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Lucy Vinis
John & Robin Wellwood
Charles & Leslie Wright
Gordon & Ann Moffett Wright
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UO Athletic Department

Support Group Meetings

NAMI Groups

Eugene-Springfield

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

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

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
6:00-8:30 (Feb 11, 25, and Mar 11). University of Oregon, EMU Century Room A, Eugene.

NAMI Peer-to-Peer Education Course
Begins Tuesday, Feb. 11th, for 10 weeks, 1-3 pm at Laurel Hill Center, 2145 Centennial Plaza, Eugene. Call the NAMI Resource Center for information, 541-343-7688.

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

Cottage Grove

NAMI Friendship Group
Thursdays at 10:00. Jack Sprats, 510 E. Main St.,

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

Florence

NAMI Friends & Family Support Group
4th Thursday every month from 6-8 pm. 1720 34th St. For information call Monica Kosman, 541-902-8308.

Additional Community Resources

DBSA (Depression/Bipolar Support Alliance Group)
2nd and 4th Mondays from 7:00-8:30 pm. First United Methodist Church, 1376 Olive St., Eugene. Contact Dorothea at 541-632-3173 or dbmarcomb@gmail.com

County Consumer Advocacy Council
4th Tuesday from 1:00-3:00. LCBHS, 2411 Martin Luther King, Jr. Blvd. Rm. 198, Eugene.

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.

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




Julie Fast emceed the biggest holiday dinner ever!

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

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

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

Suicide Bereavement Group
For those who have lost a loved one. For time, day and location of meetings call Darlene at 541-747-2087.

 **NAMI Lane County**
National Alliance on Mental Illness
76 Centennial Loop, Suite A
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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)

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