Thank you for a great NAMIWalks Your Way!

What an amazing day for our virtual walk. We had folks skipping, running, walking, dancing, hula hooping, cartwheeling, and celebrating with NAMI all day. It is not too late to still make a donation.

We raised
$8,895. THANK YOU NAMI Lane County Supporters!

Donate Here

Upcoming Classes and Support Groups

NAMI Family-to-Family is a free, 8-session educational program for family, significant others and friends of people with mental health conditions.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussions and interactive exercises.

NAMI Family-to-Family is an evidenced-based program with proven results in helping loved ones improve their understanding of mental health conditions, coping skills, and problem-solving behavior.

Family-to-Family
Starting online
June 16th through August 4th
4 pm—6:30 pm

"I wish I'd known about this seven years ago when the problem began. I felt safe in this class. I was able to talk about things I haven't been comfortable expressing elsewhere."

*Family-to-Family participant

Register online for our Family to Family Course: CLICK HERE to Register

Registration is Required
To register please leave a message at 541-343-7688 and we will return your phone call or email us at resourceterm@namilano.org
Support Group Schedule

**Family Support Group:** Thursdays at 7pm
NAMI Family Support Group is a weekly peer led support group for family members, loved-ones & caregivers of those affected by mental health conditions.

*Registration Link:* [https://zoom.us/meeting/register/tZMc-GhrDoiw6YjiYmpf78cU](https://zoom.us/meeting/register/tZMc-GhrDoiw6YjiYmpf78cU)

**Connection Support Groups:** Mondays at 6pm or Wednesdays at 6:30pm
NAMI Connection is a weekly recovery peer led support group for people dealing with the challenges of a mental health condition in which people learn from each others’ experiences, share coping strategies, and offer each other encouragement and understanding.

*Monday’s Registration Link:* [https://zoom.us/meeting/register/vpUkdOGprTljtWZCfRFHf7GvOYx-rH1bm&n](https://zoom.us/meeting/register/vpUkdOGprTljtWZCfRFHf7GvOYx-rH1bm&n)

*Wednesday’s Registration Link:* [https://zoom.us/meeting/register/upcvcOmrrDkpSG6jpaSYt1wPowZxrKWaAg](https://zoom.us/meeting/register/upcvcOmrrDkpSG6jpaSYt1wPowZxrKWaAg)

Looking for more online support?

Here is a list of all NAMI support groups across Oregon

[**NAMI Support Groups in Oregon**](https://zoom.us/meeting/register/tZMc-GhrDoiw6YjiYmpf78cU)

Are YOU interested in being a Peer Instructor?

NAMI Oregon will be holding a Peer-to-Peer Instructor Training via Zoom on July 16-18. Applications due by Monday June 29. For more information and to register follow our link: [Click here for the More!](https://zoom.us/meeting/register/tZMc-GhrDoiw6YjiYmpf78cU)

~OR~

Are YOU interested in attending a Peer-to-Peer Course?

If you would like to attend our free peer-to-peer online course please email us at resourcecenter@namilane.org. We are currently accepting participants and eager to get you registered.

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Thank you to our Presenting Sponsor For NAMIWalks 2020 Columbia Care!
ColumbiaCare is proud to serve the behavioral health needs of Lane County citizens. We provide mental health residential treatment, supportive housing, Veterans programming, and drop-in, community crisis services.

**Hourglass Community Crisis Center** offers low-barrier access to short-term, mental health crisis assessment and stabilization services for adults residing in Lane County who are experiencing a mental health crisis—free of charge. Community members are welcome to drop-in, or they can be referred by community partners ahead of time.

Hourglass offers a welcoming and peaceful environment so individuals are able to relax and focus on feeling better. We help assess what contributed to the current situation, help resolve the immediate crisis, and then help assist each person in connecting to the appropriate community services or resources as soon as possible. Our team of professional, dedicated and caring Hourglass staff work in close collaboration with the many wonderful community agencies in the area to ensure appropriate admission to the program, and then a warm hand-off to aftercare for ongoing support. It is thanks to the generous support of Lane County Health and Human Services, Trillium Behavioral Health, and PacificSource Health Plans that this service is provided at no cost to those who need it.

**CURRENT HOURS:** 11am-11pm, 7 days per week (new admissions accepted until 9:30pm)

**EXPANDED HOURS BEGINNING JUNE 1st:** 7am-11:30pm, 7 days per week (new admissions accepted until 10pm)

If you are in need of services, or would like more information, please contact Hourglass at 541.505.8426 or come by 71 Centennial Loop, Suite A, Eugene, OR 97401. For more information about ColumbiaCare, visit us online at [www.columbiacare.org](http://www.columbiacare.org) or follow us on Facebook!
**NAMI Lane County is here for you**

NAMI has been a resource for Lane County mental health for over 40 years. We have collated a vast array of resources related to COVID-19; many are local to Lane County and Oregon. We have staff and volunteers returning email and phone messages to share information and respond to inquiries. We have online support groups that are free and open to all adults (18+).

With the impacts of COVID-19 affecting our communities locally and globally, NAMI wants to continue to support our Lane County. There are many uncertainties that we all are facing around housing, employment, food security, and questions about how and when our economy will recover. NAMI can help you navigate through this time with mental health resources and information, support programming, and warm hand-off referrals to local services.

**We are here to support you!**

All resources and information can be found on the NAMI website [www.namilane.org](http://www.namilane.org)
Volunteer Spotlight

When I first found out about the pandemic, I knew it would have a profound effect on the mental health community. I myself look forward to going to NAMI groups on a weekly basis for support and encouragement. I had found a place where I felt like I belonged. I became concerned about not being able to have in person support meetings anymore and how that would be difficult for members. It was a relief to hear that the NAMI Lane County team was working hard to reorganize our peer support groups to be facilitated online using the Zoom website. After being trained to facilitate these groups I've found that the Zoom meetings have been easy to use for the most part and I encourage others to give it a try.

During this incredibly difficult time in the world many of us can relate to feeling fearful and having a sense of uncertainty in our daily lives with anxiety about our future. NAMI Connections peer support groups online can help anyone who feels isolated and alone. It's important that we support and encourage each other to have compassion for ourselves and utilize positive self care strategies. Remember our principles of support ...... WE WILL NEVER GIVE UP HOPE!

Thank you!

NAMI Lane County would like to thank each and every one of our volunteers who has helped us launch online support groups, educations courses, and call members of our NAMI community.

Email us if you'd like to get involved in helping us support our community. resourcecenter@namilane.org

Join NAMI Lane County Today!

Household memberships are $60/year
Individual memberships are $40/year
Open Door memberships are $5/year

Annual membership benefits include:
· Local, informative newsletters
· National membership magazine
· A voice on vital advocacy issues
· Representation on state and local boards
· You’ll be supporting your local voice for mental health helping provide education, advocacy and support in our community

Contact our office to get a membership application: resourcecenter@namilane.org

Join or renew your membership online HERE
As a small, grassroots non-profit, we depend on your support to continue to do our work in the community supporting individuals and families affected by mental health conditions. As we face the uncertainty created by COVID-19, we are increasingly grateful for our donors; your ongoing support is what will keep us going through this crisis and continue to be able to serve our community.

Thanks to our dedicated interns Bekah and Beau who are celebrating their graduation. Congratulations!

**Bekah**

After completing a single quarter internship in her Junior year at the U of O, Bekah Lange returned to NAMI Lane County in Fall 2019 for her senior year. Over her time with NAMI, she completed countless projects, supporting the staff at major events, assisting the Development Director with grant writing, and outreaching to and supporting countless individuals living with mental health conditions in our community. Although she was unable to complete her Spring term due to the COVID-19 pandemic, she remains an engaged volunteer and avid NAMI supporter. We are so proud of her for receiving her degree in Family and Human Services with a minor in Nonprofit Administration and wish her well as she plans her next steps of moving to Colorado where she plans to continue to work with nonprofits and volunteer for her local NAMI. Thank you, Bekah! We wish you the best!

**Beau**

Coming to NAMI in his final year of his Master's degree Beau Curtiss joined NAMI in August 2019. He jumped right in and assisted clients in the resource center and over the phone. He helped share NAMI's mission at our outreach events. He was an integral part of the Holiday Dinner success. Beau graduated from Pacific University in May 2020 with his Master of Social Work. His favorite part about NAMI is the amazing support system that they have and how much everyone involved with NAMI is driven to help people through support, education, and advocacy. Beau's next chapter is beginning with getting his CSWA (Clinical Social Work Associate) and looking for a job up in the Portland area. We will miss you Beau, Thanks for everything!
Now is a great time to collect containers in one of NAMI Lane County Blue Bags, or you can make an online donation from your individual BottleDrop account balance.

If you need more blue bags email us at resourcecenter@namilane.org Subjectline: Blue Bags and we will either drop them off on your porch or mail them to your home. If you have full bags you can drop them off at any Bottle Drop location.

Donate here from your bottle drop account to NAMI

Surviving Instead of Thriving

NAMI Lane County's Executive Director, Jennifer MacLean shares her experience during this pandemic with the Register Guard.

Read the article HERE
When you shop at AmazonSmile you’ll find the same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to NAMI Lane County.

Amazon Smile to sign up and choose NAMI Lane County

You can help NAMI Lane County every time you shop at Fred Meyer.

You still earn your reward points and fuel points, but now NAMI receives a donation too!

Sign up
www.fredmeyer.com/comm unityrewards

Addressing Emotions with Mental Illness

People with mental illness experience a wide range of emotions. For me, the three most prominent emotions were anger, lack of self-worth and, eventually, hope.

Read the article HERE

COVID-19 NAMI Lane County Resource Center and Program update

As of June 1, 2020 the NAMI Resource Center will remained closed. All in person programs including support groups, education classes and presentations are canceled. We hope to re-open the resource center at the beginning of August and bring in-person programming back in the fall. We understand that this is disappointing and frustrating. We are returning all email and phone messages and will continue to host online support groups and classes. We are also looking to expand our online programming throughout the summer.
CRISIS PHONE NUMBERS

If you or someone you know is experiencing a crisis and/or need some additional support please call:

CAHOOTS: 541-682-5111
NAMI Help Line: 1-800-950-6264
SAMHSA's National Helpline: 1-800-662-4357
National Suicide Prevention Hotline: 1-800-273-8255
Institute on Aging's Friendship Line: 1-800-971-0016
Trevor's Lifeline: 1-866-488-7386
Trans Lifeline: 1-877-565-8860

We are here to help. You are not alone.