Welcome to the fourth edition of NAMI Lane County's E-newsletter

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Since 1979, NAMI Lane County has served countless individuals and families affected by mental health conditions throughout Lane County. All of our programs are peer-led, free, and confidential and are intended to support individuals living with mental health conditions and their families, friends, loved ones, and caregivers. All of our clients, volunteers, program leaders, staff, and board identify as living with a mental health condition or a family member and represent many diverse communities, including many individuals belonging to historically underserved communities such as LGBTQIA+, POC, veterans, women, immigrants, refugees, individuals living with disabilities, chronically unhoused individuals, and those living on low- to no-income.

NAMI Lane County has a Forever home

Thanks to a Community Development Block Grant and the City of Springfield, NAMI Lane County has acquired a building and is moving into their forever home in downtown Springfield. We are excited to take this next big step to secure and guarantee the community access to our services and programs. This move will increase our service area reach and bring these much-needed services to Springfield.

We are excited to show the community our new space. We are planning a COVID-appropriate opening and hope
Upcoming Support Groups and Events

NAMI Connection

for Young Adults (ages 18-35)

NAMI Connection Recovery Support Groups are free, peer-led support groups for any adult who has experienced symptoms of a mental health condition.

- Free of cost to participants
- Designed for young adults (18-35 years old) with mental health conditions
- Led by people with mental health conditions
- No specific medical therapy or treatment is endorsed
- Confidential

TUESDAYS
6:30-8 pm
via Zoom

Starts August 4th
REGISTRATION REQUIRED

To register please visit our website www.namilane.org

FOR MORE INFORMATION PLEASE CONTACT NAMI LANE COUNTY
541-343-7688  RESOURCECENTER@NAMILANE.ORG

Register for the Young Adult Connection Group Here:
https://us02web.zoom.us/meeting/register/tZIkf-qurzouGtYrgnTb-
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/tZMoc-GhrDoiw6Y9iYUmpf78cU](https://zoom.us/meeting/register/tZMoc-GhrDoiw6Y9iYUmpf78cU)

**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/vpUkdOGprTJjtWZCfRFHf7GvOYx-rH1bmg](https://zoom.us/meeting/register/vpUkdOGprTJjtWZCfRFHf7GvOYx-rH1bmg)
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

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**NAMI LANE COUNTY ANNUAL MEMBERSHIP MEETING**

**Saturday, September 19th**
12-2 PM
Virtual Online via Zoom

All active members are welcome to attend. Your Zoom link was sent out in your packet of information.
If you did not receive one, please contact us: [resourcecenter@namlane.org](mailto:resourcecenter@namlane.org)

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**Volunteer Spotlight**

Chrissy
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

COVID-19 NAMI Lane County Resource Center Updates

Starting August 3, 2020, the NAMI Resource Center phone will be answered Monday through Thursday 10AM to 2PM. We will still be returning emails and after hour phone messages.

Connect with us 541-343-7688 or resourcecenter@namilane.org.

The NAMI Resource Center will remain closed for clients and volunteers. All in person programs including support groups, education classes and presentations are canceled. We understand that this is disappointing and frustrating. We will continue to host online support groups and classes.

All resources and information can be found on the NAMI website www.namilane.org

We are happy to announce our partnership with Voodoo Doughnut!

The Key Lime Crush Doughnut, a raised yeast doughnut with tangy key lime pie filling and topped with vanilla frosting, crushed graham crackers and caramel drizzle.

A portion of proceeds from every Key Lime Crush Doughnut will go directly to NAMI until September 30th!

Order doughnuts, including their Key Lime Crush, through their website for an easy in-store pick up.
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

DONATE NOW

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.

Counseling: One Needn't Have a Mental Health Diagnosis

Gene Obersinner, LCSW Former NAMI Lane County Board of Directors

Our society has long perpetuated a myth that, in order to come to mental health counseling, a person must be ‘crazy’. Thankfully, much (though not all) of the stigma about coming to see a counselor has gone away. However, our illness-based healthcare system has created a need for participants in therapy to be diagnosed with a ‘mental illness’ of some sort, in order to receive insurance coverage for mental health treatment.

While there is no doubt that the DSM-5 (the diagnostic ‘bible’ for mental health professionals that is published by the American Psychiatric Association) or something like it must exist in order for there to be a common language among people and especially professionals, the need for someone to have a psychiatric diagnosis in order to receive mental health treatment is absurd. Fortunately, not all practitioners buy into this system. It is important to know that there are options for receiving mental health care that don’t require a diagnosis. Look for options in your local area, which can include agencies and practitioners who charge on a sliding scale. These counselors charge prices that vary depending on your ability to pay. Feel free to ask such a counselor if...
they’re willing to negotiate their fee, even if it means going lower than their stated scale.

Furthermore, there are agencies that specifically support people who don’t have insurance. The Center for Community Counseling here in Eugene is one such example. With the broadening acceptance of teletherapy, one’s options are no longer limited to your local area!

Counseling is appropriate in any of the following situations, none of which require a diagnosis: Struggling with a values conflict, which often manifests when we are having to make a major decision Relationship issues Systemic oppression or barriers--I’m a social worker. I believe in individual empowerment, but there’s a point at which there’s no denying that a person is struggling with barriers that are societal and/or systemic. Counseling can often help clarify one’s action plan in coping with the oppression or obstacles
Feeling like something is not quite right with your life, but you’re not able to pinpoint exactly what One MAJOR factor to consider during this pandemic is this: we are grieving a LOT of losses right now, individually and collectively. Make no mistake, grief, loss, and sadness are very present for most of us right now.
Coming to counseling to make sense of what’s going on is a wise move. Coping with the pandemic and its fallout is presently a very significant issue for many of my clients. This, coupled with the volatile political and social climate, is creating additional stressors for many of us.

To read Gene’s full blog http://www.counselingtoempower.com/therapy-blog.html

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

When you shop at AmazonSmile you’ll find the same low prices, you can help NAMI Lane County every time you
vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a .5% of the purchase price to NAMI Lane County.

Amazon Smile to sign up and choose NAMI Lane County

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/community

Walk to Fight Suicide This Fall

While many things in our world are uncertain and cancelled; HOPE will not be. While our events may look different than in years past, they will be happening virtually or in-person. Register to find a walk near you and join us in the fight to #stopsuicide afsp.org/walks

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.

Please take 3 minutes to complete this confidential survey for NAMI Lane County
Correction from August e-newsletter:
Chaine` Brant NAMI Lane County Board of Directors Member