

Volume 45 No. 1 | January 2021



## Your Monthly NAMI Lane County E-News

Visit our Website

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## NAMI Lane County COVID-19 Update

The NAMI Resource Center phone is now answered Monday through Thursday 10AM to 2PM at our new location in Downtown Springfield.

We are still be returning emails and after hour phone messages.

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

Our NEW NAMI Lane County location will remain closed to

clients and volunteers. All in-person programming 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](http://www.namilane.org)

## Upcoming Support Groups and Events



### **Family Support Group:**

**Thursdays at 7pm**

**Registration Link:**

<https://zoom.us/meeting/register/tZMoc-GhrDoiw6Y9iYUmpf78cU>

### **Connection Support Groups:**

**Mondays at 6pm or Wednesdays at 6:30pm**

**Monday's Registration Link:**

<https://zoom.us/meeting/register/vpUkdOGprTlJtWZCfRFHf7GvOYx-rH1bmg&nbsp>

**Wednesday's Registration Link:**

<https://zoom.us/meeting/register/upcvcOmrrDkpSG6jpaSYt1wPowZxrKWaAg>

**Connection Support Group For Young Adults:  
Tuesdays at 6:30pm**

**Registration Link:** <https://us02web.zoom.us/meeting/register/tZlKf-qurzouGtYrgnTb-p4rpdnSUldr49Dk>

**Looking for more online support?**

Here is a list of all NAMI support groups across Oregon  
**[NAMI Support Groups in Oregon](#)**



*NAMI Lane County is looking to expand our programming to include peer-led mental health support groups for POC in Lane County. We are seeking individuals who identify as being POC or as members of communities of color to assist us in the development, execution, and leadership of these groups. They are aimed at addressing the unique mental health needs of this community and provide a safe space for connection, support, and empowerment.*

**Peer to Peer Education Course  
FREE & Confidential**



## BLACK & AFRICAN AMERICAN NAMI PEER-TO-PEER CLASS

A FREE CLASS FOCUSED ON MENTAL HEALTH/WELLNESS AND MENTAL RECOVERY FOR ANYONE EXPERIENCING A CHALLENGE.

DATES: JANUARY 16 - MARCH 6, 2021

SCHEDULE: SATURDAYS, 10:00 AM - 12:00 PM

LOCATION: ONLINE VIA ZOOM

REGISTER NOW: 503-228-5692

\*REGISTRATION OPEN TO PEOPLE IN OREGON AND SW WASHINGTON\*

FOR MORE INFORMATION PLEASE VISIT:  
[WWW.NAMIMULTNOMAH.ORG/PEER-TO-PEER](http://WWW.NAMIMULTNOMAH.ORG/PEER-TO-PEER)

- Share experiences with peers who are also working on their recovery.
- Gain further understanding about mental health.
- Gain knowledge and skills to help cope with difficult circumstances.
- Learn how to actively participate in your treatment plan.
- Learn how to strengthen interpersonal relationships.
- Experience new hope and inspiration in regards to recovery.

NAMI Multnomah

[namimultnomah.org](http://namimultnomah.org) | 503-228-5692 | [info@namimultnomah.org](mailto:info@namimultnomah.org)

Illustration by  
Melisse Watson  
© Pathways to  
Care, 2019

## 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](mailto: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.*



## Suicide in Lane County

*by Dan Isaacson, NAMI Lane County Board Member*

The word crisis is a word that is both overused and often misapplied. But in the case of suicide in Lane County, no other word correctly captures the severity of the issue we all are facing or outlines the stakes for so many at risk within our community.

Suicide now ranks as the 10<sup>th</sup> leading cause of death nationally, an increase of 33% between 1999 and 2017, the highest since World War II. Youth suicide (age 10-24) has increased 56% in a decade to become the second leading cause of their death.

In Lane County, the numbers are much more sobering. Our rate of suicide is four times greater than 84% of the counties in the nation. And while the statistics for 2019 have not been released, they very likely will show not only an even higher number than 2018, but also a raw number approaching Multnomah County, a population more than twice our size. Oregon ranks not near the bottom; we ARE the bottom in mental healthcare funding. Couple that with the fourth highest homelessness rate, 17th highest rate of adults in poor health, and 16th highest rate for excessive drinking and we begin to get an idea for how one impacts the other.

Too often, we shun the topic because we are under the mistaken belief that discussing it can actually cause someone to act on their suicidal ideation. We are afraid to speak up for fear of causing more of a problem with the individual, or that they will be mad at us. We do not want to be wrong. I promise you that being wrong is better.

None of the discussions that need to take place are easy. In fact, it is partly because they are difficult that the problem only grows. A quarter of suicides in Lane County are veterans. One in three struggles with a substance abuse problem. Half used a firearm. The overwhelming majority are middle-aged men. For those living in Junction City, Florence or Cottage Grove, the risk is even higher.

When my best friend began showing classic symptoms of distress, had I known what to look for, I might have been able to intervene. The survivor's guilt is an overwhelming, unwelcome passenger in the lives of many, who continually rewind their own events leading up to a loved-one's passing with harsh, often crippling emotional self-immolation.

Over the next decade, if the current trend continues, 1,100 of our neighbors, fathers and sons, husbands and wives, mothers and daughters, boyfriends, girlfriends, and old friends will take their own lives in Lane County. Each of them deserves to be seen and should know that the community is bettered by their life, not by their death.

In the weeks following my friend's passing, I decided to channel my anger, guilt and ultimately absolution into some sort of action. My journey found roots in the Suicide Prevention Coalition of Lane County, a group I now co-chair with incredibly committed professionals dedicated to bringing all the resources of the community, private and public alike, to bear to answer this call.

Our effort has empowered over 900 members of the community to act as a mental health community watch, listening for the signs of need by someone in distress. When COVID-19 caused us all to become more isolated, we collectively worried that the rate of suicide would increase. Our timing could not have been better to activate the community and direct our attention towards those in need. For the first time in a long time, the rate of suicide dropped.

And while that is cause for some celebration, we know that the rates of other symptoms related to mental illness have spiked. This all but guarantees the work for all of us, concerned for those seeking access to the help they need, will continue to get it.

Our work has centered on targeted, community-based suicide prevention training in neighborhoods across the county during 2020. A full list of the trainings, along with their time and locations will be posted on the SPCLC website ([www.SuicidePreventLane.org](http://www.SuicidePreventLane.org)). And our committee welcomes new members wanting to help bring awareness.

Training is not simply for the healthcare professional. Bartenders, baristas, and taxicab drivers have the same potential to see the warning signs and react in a

way that very well could save a life.

I would encourage all of us to think for a moment about our family, our friends and our neighbors, and who among them needs to be shown that they are seen. With your help, they can be.



## 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

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](mailto: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, 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



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/communityrewards](http://www.fredmeyer.com/communityrewards)**

## NAMI Lane County COVID-19 Virus Information

**Check out NAMI Lane County's Resource Pages for COVID-19.**

**Follow the Link: NAMI COVID-19 Local Resources**

**Visit the website:** *<https://namilane.org/covid-19-response-resources/>*

**To connect with the most up to date information in Lane County visit the Public Health's website:**

*[www.lanecountyor.gov/coronavirus](http://www.lanecountyor.gov/coronavirus)*

To connect with the most up to date information in Oregon, *click [HERE](#) to visit the Oregon Healthy Authority COVID-19 page for information and resources.*

### Wildfire Relief Information

You can find information about local wildfire relief online here.

*We are here to help. You are not alone.*

### NAMI Lane County Community Partners



**Please take 3 minutes to complete this confidential survey for NAMI Lane County**

**READ LAST MONTH'S E-NEWS HERE!**

NAMI Lane County | 129 9th Street, Springfield, OR 97477

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