

Sheer dedication to helping others

"First Step" Visits Patients with Help and Hope

In April, Peer Education Coordinator **Arlene Stine** began visiting Providence Hospital inpatients on a weekly basis to tell them about NAMI programs and other resources to help them continue and maintain recovery once they were discharged. Peer Mentor **Sylvia Brumage** had been visiting St Vincent patients with the same message for almost a year. Together, they've launched a wonderful new program, through their sheer strength of will and dedication to helping others. Area hospitals see the value of the visits and have started to fund them as an investment in relapse prevention.

Known as First Step, the visiting program has spread to Good Samaritan and Emanuel Hospitals and attracted volunteers **Chris Shelamer-Terry** and **Julio Vazquez** to the growing corps of visitors. Peer visitors can receive a \$30 stipend for each First Step visit they make. It's a simple, very powerful program that seems to be changing lives already.

Family-to-Family Class Sets a Record

Those completing the Family-to-Family course always say that they feel more confident in dealing with their loved one—a healthy change for all involved. Two classes graduated in June, more classes and larger enrollment than ever before. Some 174 people enrolled since last September; 146 graduated. For the first time, classes were held in Gresham and at the Veterans Administration Hospital.

Congratulations to these new teachers who successfully led their classes through the 12-week course: **Stan Baumhofer, Josh Cermenelli, Marie Hale, Michelle Martins, Penny Mock, Maret Pfohman, Missy Pierce,** and **Shelly Shute**. Together with their veteran co-teachers, these wonderful volunteers invested an astonishing 1848 volunteer hours in these life-changing classes. Never-ending thanks to their dedicated veteran co-teachers who continue to lead classes, year after year: **Thalia Begun, Mary Ellen Boles, Pamela Dunham, Molly Gorger, Lin Haak, Marna McComb, Marzenda McComb, Lisa Morrison,** and **Shannon Pullen**.

"I gain so much strength from the wonderful people I meet in class," said **Shannon Pullen**, who led the first class in a new partnership between NAMI and the Veterans Administration Hospital. A NAMI-certified teacher trainer, Shannon and **Helen Chadsey** trained 15 new Family-to-Family teachers from around the state in May. A grateful "Welcome" to these new NAMI Multnomah teachers who invested 30 hours in their training: **Judith Davis, Kim Pearson, Blythe Nordbye,** and **Peter Nordbye**.

NAMIWalk Scores a Record

With a record number of walkers—1602 in all, almost 500 more than last year—the 2009 NAMIWalk was a great success. Three of the state's top five fund-raisers were NAMI Multnomah members: Susan Matthies, Pamela Dunham, and Chris Shelamer-Terry. Board Treasurer Ron Sarna estimated NAMI Multnomah's share of the proceeds at \$31,000, about the same level as last year's take. He said this result was a very good one, considering the state of the economy and offered congratulations to everyone, especially Executive Director Margaret Brayden.

But Funding Remains a Challenge

Sales of Girl Scout cookies are down 30%. Contributions to Special Olympics, one of the most popular non-profits, are down this year. Oregon Public Broadcasting finds that it must reach twice as many donors, just to get the same amount of support as last year. This year's NAMIWalk follows the same trend. Many walkers found that reliable donors gave 30-50% less than last year, so they needed to find more donors to meet their goal.

According to a study by Johns Hopkins University Center for Civil Society Studies reported in July's *Philanthropy Journal*, 80% of non-profits are under fiscal stress. Timely then, that NAMI Multnomah Board and volunteers have just completed a fund development plan for the first time in the organization's history. Thanks to a grant from the United Way of Columbia Willamette, participants spent six months in hands-on training that produced the development plan custom-tailored to our needs. The plan includes a vigorous membership drive, a more direct appeal for business contributions, and personalized appeals to individual donors. Its centerpiece is a fund-raising event in November. Watch for more details.

NAMI Multnomah Reporter

A publication of
NAMI Multnomah

*Our mission is to improve
the quality of life
for people with mental illnesses
and their families
through support,
education, and advocacy.*

NAMI Multnomah

524 NE 52nd Avenue
Portland, Oregon 97213
503-228-5692
www.nami.org/multnomah

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NAMI Multnomah Staff

Margaret Brayden
Executive Director
margaretbrayden@qwestoffice.net
503-929-0926

Anna Guillen
Family System Navigator - Bilingual
aguillen@nami.org
503-572-1540

Milele Hobbs
Family System Navigator
mhobbs@nami.org
503-860-0279

Arlene Stine
Peer Education Coordinator
astine@nami.org
971-409-8519

Special Thanks
to
Guest Editor
Robin Dunitz

Building on Success

The 2009 NW NAMI Walk was a huge success, as evidenced by the smiles, the number of newcomers and the beautiful weather. More people participated this year than ever before. Congratulations to all who participated. Whether you raised \$10 or \$10,000, your contribution is what makes this organization strong.

As a grassroots organization, we rely on thousands of hours of volunteer time—talented people working on the website, office projects, an electronic newsletter, a first-class database management system, and updates to the Resource Guide, as well as mentoring Peer-to-Peer and Family-to-Family classes. I am continually humbled and inspired by the quality and dedication of the volunteers who give so generously of their time. And our ranks are growing. Six persons recently gave up a week-end to attend training to become In Our Own Voice presents. Four persons gave up their week-end to train as Family-to-Family teachers.

The NAMI Walk is traditionally the largest sources of contributions each year. With demand for programs growing, we'll need other sources to give our volunteers the support they need. And we're working on that, with implementation of a first-rate fund development plan that is the product of six months work by Board and volunteers. With the dedication and goodwill I observe every day in our wonderful NAMI members, I know we will continue to be successful in funding our programs.

If you are interested in helping support our mission, please contact me at 503-228-5692. I welcome your thoughts, ideas and comments.

Regards,

Margaret Brayden
Executive Director

Get Involved

The NAMI Board of Directors

meets

every third Wednesday at 5 PM
Oak Room, 430 Multnomah County Building
501 SE Hawthorne Building
Portland, OR 97214

Meetings are open to all members and interested persons

Volunteer Profile

Meet Chris, Fundraiser Extraordinaire

By Ted Thieman

Chris Shelamer-Terry is an endless fountain of positive energy. Whether she is racking up over \$2,135 in donations for the 2009 NAMIWalk or just making sure everyone has a hot beverage while she volunteers at the NAMI Multnomah office, Chris tops that energy with a ready smile and kind words.



How long have you been volunteering for NAMI and how did you get involved?

I've been volunteering for six months. My sister saw the NAMI website and asked me to take the Peer-to-Peer class with her. I loved it! I wanted to become a mentor. While waiting for the training, my sister and I took the Family-to-Family class together and that was awesome too. We were trained as mentors for Peer-to-Peer classes.

When did you start teaching?

Not right away. I decided to go back into nursing and had to get my license renewed because I had been out for more than five years. I was accepted to OHSU through the Registered Nurse to Bachelor of Nursing program which the nursing board approved. The problem was I had to interview with an investigator at the board who gave very few RN's back their license, not to mention those having a mental illness. They demanded my mental and physical health records. My nurse-practitioners highly discouraged me from doing the interview because the investigator would "chew me up and spit me out" because of my mental health issues and the medications I have to take.

What happened after you decided not to do the interview?

I became severely depressed and quit the classes I was taking for the program. I was hospitalized because I tried to commit suicide. I worked hard at the hospital and had good treatment. I made a decision that I had a lot of strengths. I chose to volunteer at NAMI to give something back and realized NAMI had something to give also. The support that people receive at NAMI is phenomenal. It's like family to me.

What are your duties at the NAMI office?

I started out answering the phone and stamping letters. That quickly turned into interviewing prospective volunteers, updating membership lists, hot beverage provision, and custodial and light technical work. I also trained someone to take over three days a week in the office.

What are you doing outside the office for NAMI?

I'm mentoring my second Peer-to-Peer Class. I co-facilitate a support group. I teach First Step at Good Samaritan Hospital which is a class about what NAMI can offer patients when they leave the hospital. I am also on the fundraising committee. I recently spoke to a Family-to-Family on advocacy.

NAMI Support Groups

Drop In Family Support Group

Every Monday, 7pm

NAMI Multnomah office

524 NE 52nd Ave., Portland 97213

Mission: to support family members of a loved one with mental illness.

Bipolar and Depression Group

Every Thursday, 7pm

Providence Hospital, Room HCC1
4805 NE Glisan Ave., Portland 97213

Mission: to support persons with bipolar disorder or depression.

"Anxiety Society" Support Group

Every Tuesday, 7pm

NAMI Multnomah office

524 NE 52nd Ave., Portland 97213

Contact Terri Walker at 503-890-4805.

Mission: a safe place for people ages 18-36 with social anxiety to develop communication skills in a relaxing, fun environment.

Schizophrenia Support Group

Every Wednesday, 1pm-2pm

NAMI Multnomah office

524 NE 52nd Ave., Portland 97213

Contact Arlene Stine at 971-409-8519

Mission: fellowship, support, and companionship to assist in achieving and maintaining good mental health.

Dual Diagnosis Anonymous

Every Wednesday, 5:30pm

NAMI Multnomah office

524 NE 52nd Ave., Portland 97213

Contact David McGill at 503-880-1524

Mission: to support those with mental illness who also deal with substance abuse.

Advocates Network

First Wed. of the Month, 7pm

Contact Karen Oehler at 503-232-2559

Mission: network with other families, share experiences, and learn about the local mental health system.

"Talk it Over" Support Group

2nd and 4th Sun. of the month

4pm-5:30pm

Providence Hosp. Child Center

830 NE 47th Ave, Portland 97213

Contact Margaret Puckett at 503-317-1130

Mission: a supportive, confidential place for families with children or teens with mental illness or substance abuse.

For more information, please visit

www.nami.org/multnomah

Do you know of a local support group?

Let us know what else is out there:

503-228-5692

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NAMI Connection Coming to Oregon

A NAMI Connection Recovery Support Group is for mental health services consumers of any diagnosis. It provides a place for individuals to share and use personal experiences as learning opportunities. The program exists in eight states, and is now coming to Oregon. The vision is that eventually there will be a nationwide network.

NAMI Connection Facilitators are individuals living with mental illnesses who are at a point in recovery where they want to “give back” to help empower others in their own recovery. In August, some 30 successful applicants will attend an intensive training program to develop the skills needed to facilitate a NAMI Connection Recovery Support Group.

Family-to-Family Classes start September 10

Thursday evenings & Saturday mornings

To register: Call 503-203-3326

Peer-to-Peer Classes Start in September

“Learning to Live Well with What We’ve Got”

To register: Call 503-228-5692

Annual Picnic

August 15, 2009

11:00 AM - 1:00 PM

Games! Prizes! Food! Fun! Fellowship!

Join your friends and meet some new ones.

Laurelhurst Park

Picnic Area E at SE Ankeny & Laurelhurst Place



NAMI Multnomah is a proud United Way Community Partner



Support for this newsletter provided by:

Help us save a Tree!
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