




May is
**Mental
Health**
Awareness Month

Cure
Stigma.



NAMI
National Alliance on Mental Illness

Clackamas

10202 SE 32nd Ave #501, Milwaukie, OR 97222 503-344-5050 WWW.NAMICC.ORG

The Basics About NAMI

Whom. What. Where. Why.





**What's the AVERAGE
time between someone
suspecting they have a
mental health condition
and seeking treatment
for it?**



**** 11 YEARS****



Change the conversation

- talk about it
- ask the question

Change the language

- language matters

Change the perception

- sharing stories changes lives
- recovery is likely

Change the Outcome

- Stop the Stigma
- Seek the Help



What's a NAMII?



- 600+ NAMI State Organizations and Affiliates across the country.
- Many NAMI affiliates offer an array of free support and education programs.

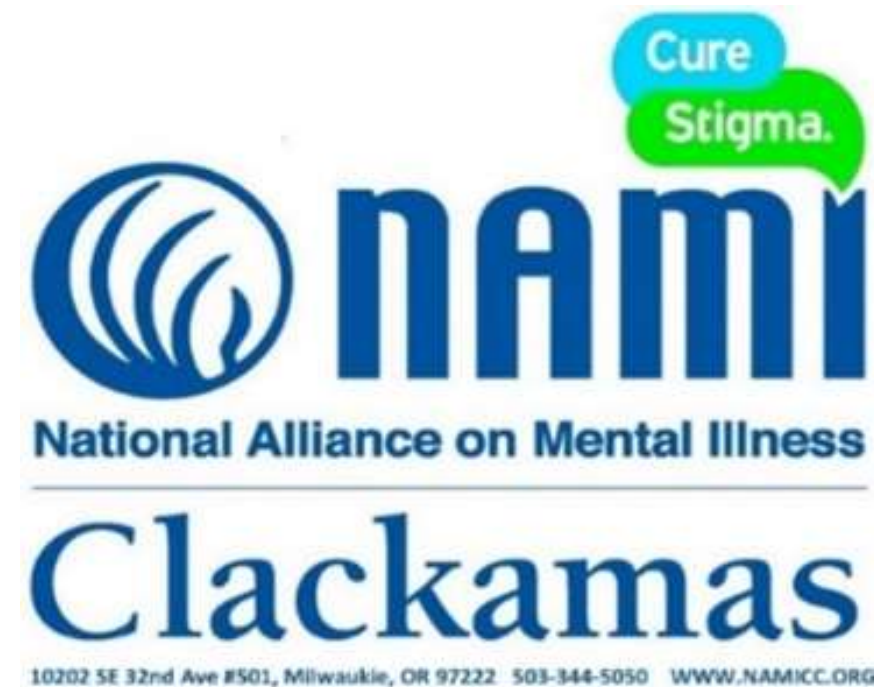
**Not from Clackamas?
Find your Local NAMI!**



<https://tinyurl.com/Findyournami>

Peer Support Changes Lives.

NAMI Clackamas is a grassroots, non-profit organization dedicated to improving the quality of life for everyone impacted by mental health through education, support, and advocacy, offered free of charge, and delivered for and by people with lived experience since 1978.



SUCCESS STORIES

“Coming to NAMI support groups has brought me out of a foggy, depressed existence and has improved my quality of life”



“NAMICC gave me my life back. I wish to plant that seed of hope in others by facilitating. It has been a great experience watching people begin to recover over time. That's the best feeling.”

“Our daughter was like so many affected by mental illness. She was smart, not involved with drugs, had a loving family, when all of a sudden she no longer wanted to live. We were desperate to keep her alive. I called NAMI, poured out my heart, and they told me about the Family-to-Family class. For 12 weeks my husband and I went to every class, not missing one. The transformation in our daughter and our family was amazing. We just keep using the skills we learned at NAMI and moving forward. NAMI was life changing for us.”

NAMI CLACKAMAS CLASSES



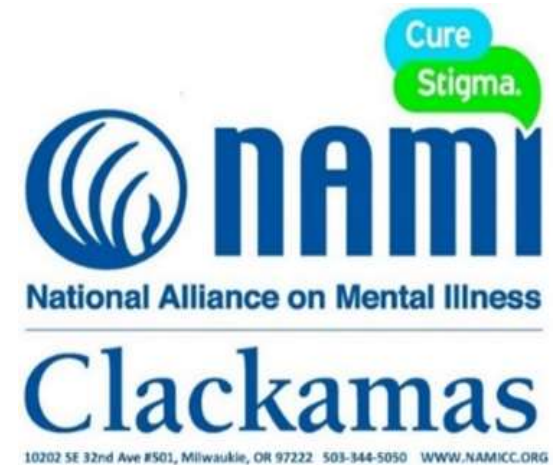
8-week Peer-to-Peer classes for adults with mental illness looking to better understand their condition and journey toward recovery



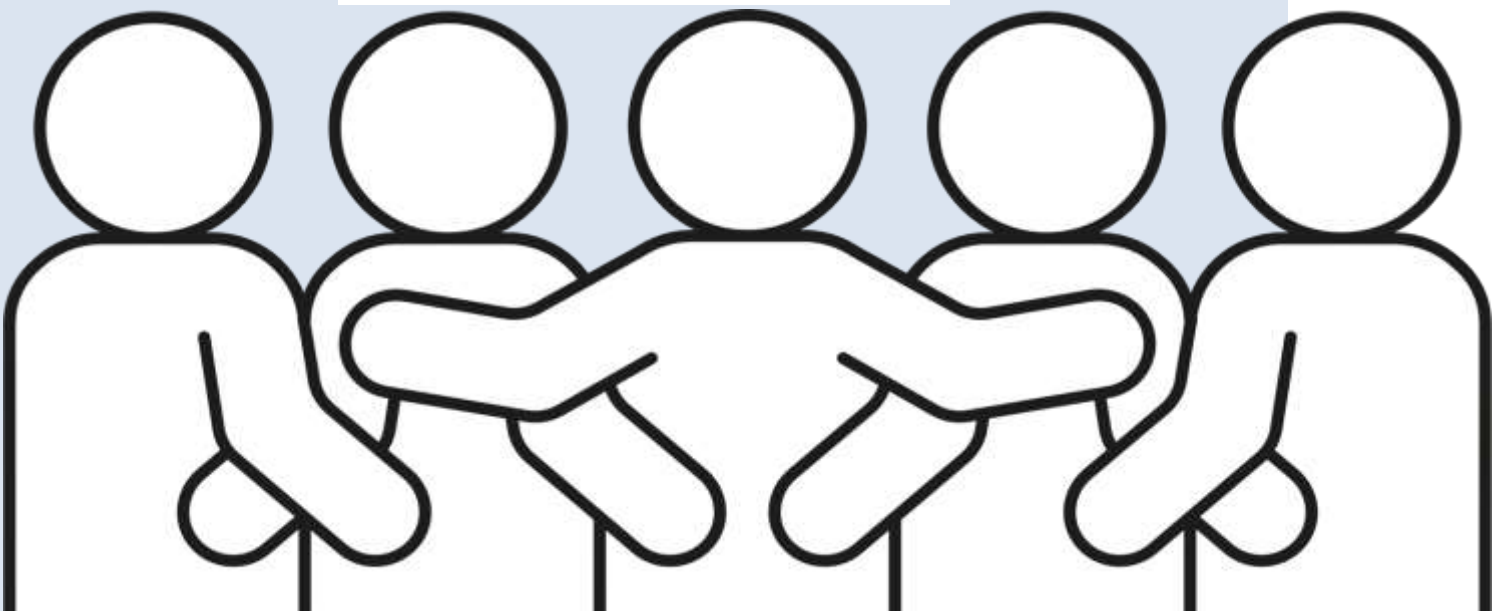
8-week Family-to-Family classes for family, significant others, and friends of people with mental illness



6-week NAMI Basics class for parents, guardians, and others who care for youth



NAMI CLACKAMAS SUPPORT GROUPS



Three weekly **Connection Peer Support Groups** for individuals w/ mental illness

One weekly/two monthly **Family Support Groups** for those who care about someone with mental illness

(2) FAMILY BOOK CLUBS monthly

LGBTQIA2S+ twice monthly Support Group

LATINX weekly Support Group & Book Club

WOMEN-ONLY monthly Support Group

ART with HEART weekly art therapy group

Suicide Bereavement Group biweekly for survivors left behind after a suicide

Compassionate Friends monthly family support after the loss of a child.

NAMI CLACKAMAS SPECIAL PROJECTS



www.namicc.org

Support for Adults in Custody.

Mental Health Education Classes & Support Groups for Adults in Clackamas County Jail



NAMI CLACKAMAS ONE-ON-ONE PEER HELP



Peer Support Specialist staff provide one-on-one support (in person, Zoom, or phone) to help those impacted by mental illness connect to needed resources such as housing, health coverage, providers, transportation, and community resources.



**Self-referral
Form**

COMMUNITY PRESENTATIONS

- **In Our Own Voice** presentations to educate our community about mental illness and that recovery is possible.
- **Mental Health Matters** presentations to civic clubs, faith communities, neighborhoods, and other groups.
- **Ending the Silence** presentations to middle & high school students to dispel stigmas, teach about signs, symptoms, and action steps.
- **Question, Persuade, Refer (QPR)** crisis intervention and suicide prevention tools & techniques.

NAMI

CLACKAMAS

FREE

PRESENTATIONS



**NAMI
CLACKAMAS:**

**BARRIER-
FREE**



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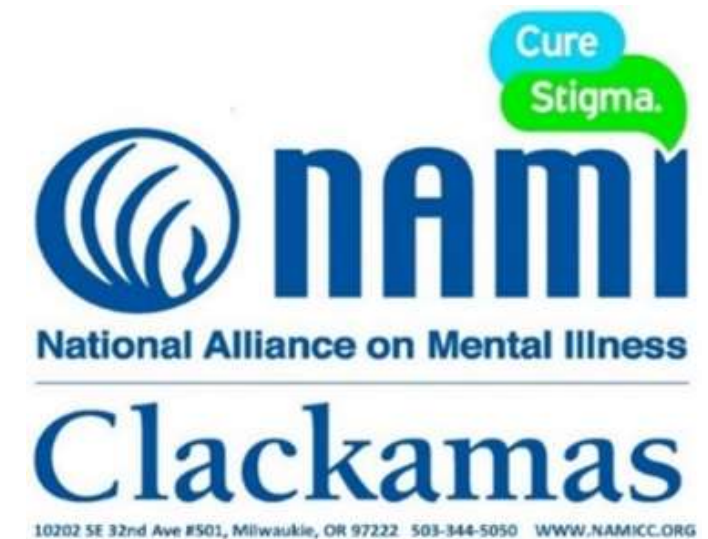
DIAGNOSIS

REFERRAL

O

INSURANCE

COST



NAMI CLACKAMAS: SUPPORT OUR MISSION



Stand-Up(s) Against Stigma Comedy Night

Friday, March 13th – Milwaukie Community Center

NAMI Walks

Saturday, May 16th – Peninsula Park

Party with a Purpose Gala

Thursday, September 17th – Gray Gables Estate

Champions Circle

Monthly financial support



ON SALE NOW!!!



CLACKAMAS
REPERTORY
THEATRE

THEATRE NIGHTS! **June 25 | December**

Thanks to Clackamas Repertory Theatre
AND Stumptown Stages...



ALL OF THE TICKET REVENUE

goes to us!!

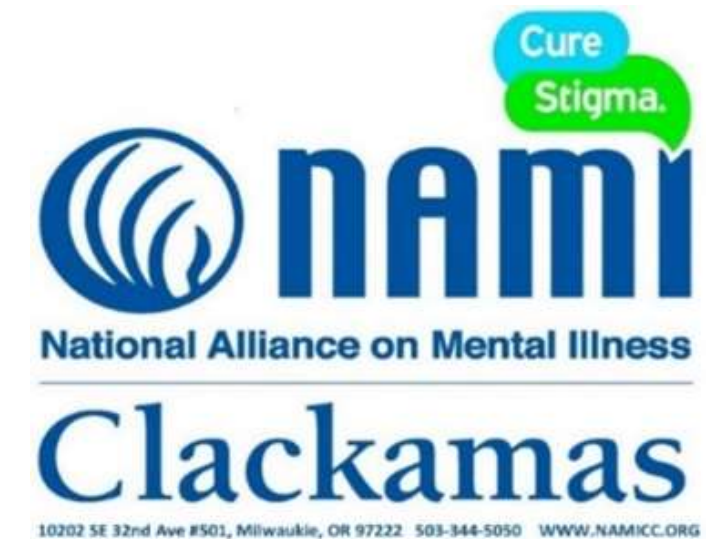


OUR VOLUNTEERS ARE AMAZING!

- Teach
- Facilitate
- Serve
- One-time, short-term, or long-term



To volunteer, contact
volunteercoor@namicc.org





Questions?



<https://tinyurl.com/NAMICCNews>

