

Historic Milwaukie NDA Minutes
November 13, 2023
In person at New Milwaukie City Hall, 10501 SE Main St.

Present:

NDA Team: Vice Chair, Val Hubbard; Secretary, Debbie Liptan; Land Use Rep, Gary Klein; and Land Use Chair and Communications Rep, Zackary Pacholl; TSPAC Rep, Chad Tucker

In Person Participants: Tony Cereghino, Ceci Denovo, Ray Bryan, Jennifer Murphy, Gary Marschke, Charlotte Wang, Linda Thomas

No Zoom Participants

Presentations & Discussions

- NAMI (National Alliance on Mental Illness) - Gary Marschke, Outreach & Development Manager - NAMI 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. They provide various free classes (i.e., weekly Peer-to-Peer classes, weekly Family-to-Family classes), many types of free support groups and many other free resources. They can be reached for more info at outreach@namicc.org, or checked out on FaceBook at [/NamiClackamas](#), and on Instagram at [@namiclackamas](#) The entire presentation Gary provided at the meeting accompanies these minutes. If you or someone you know is having a mental health crisis (or you think they might be in crisis), you can call 988 for help.
- Transportation System Plan Advisory Committee - Chad Tucker, our TSPAC rep, reported that the inaugural meeting of this committee happened in October. The next committee meeting will likely happen in about 2 months. Chad will keep us posted.
- Historic City Hall Update - Val Hubbard reported that there is work going on behind the scenes. We hope to have someone at our December meeting to update us.
- Police Dept Update - Capt. Tony Cereghino joined us to share that they've had 3 graduates from the academy join their ranks, 3 more cadets are just joining the academy and one new officer is transferring in to Milwaukie as a traffic cop. Also, in October, Milwaukie PD participated in the Clackamas County Sheriff led 20th Annual National Family Violence Apprehension Detail, known as the Warrant Sweep. See more details here. <https://www.clackamas.us/sheriff/domesticviolence.html> He informed us that MPD routinely assists with interagency missions and stings involving Human Trafficking, Theft and Traffic Safety, in Milwaukie and throughout Clackamas County, such as the recent Retail Theft Operation on 11/9 in which 28 people were arrested for various levels of theft on that single day. And, finally, next month Capt Cereghino is going to bring one of the MPD's drones and give us a live demonstration!
- Fire Dept Update - Since the passage of the Emergency Services Levy last spring, The FD has hired 28 firefighters. 15 of them are in the academy and expected to graduate by January. The second academy of 13 will begin in March 2024. This will have an

immediate impact on Milwaukie as of Jan 1, the Station serving us will have staff increases, improving response capabilities. We hope to have a Fire Dept representative at our Dec 11 meeting to provide more info.

Neighborhood Updates

Val Hubbard:

1. The “Trick or Treat on Main Street” event was very successful. So many ghosts and goblins visited the HMNDA booth! We went through almost 2000 pieces of candy.
2. The contractor for Henley Place is offering tours, since they are just about ready to open. We are planning to set up a tour before our December meeting.
3. “Bing” in the New Year! on New Year’s Eve. The Arts Committee is hosting this event. They are looking for volunteers to support.

Debbie Liptan:

1. Very successful Fall Main St. cleanup. 12 participants. Prepared the bump out beds for the winter. Picked up litter on Main St and on 21st. Looking forward to next cleanup event for Earth Day, 2024.
2. The Art Mural Project is still moving forward. Debbie met with MHS and NCSD staff in October to discuss various needs and opportunities for engagement. We were all encouraged about moving forward with MHS students to create a project to engage the MHS community and represent Historic Milwaukie neighborhood. Kim Kellogg and Debbie met with Arts Committee on 11/14 to get clarification on some solutions to some of the challenges facing the project. Next committee meeting is scheduled for 12/8.
3. Kellogg Creek Restoration and Dam Removal - at our December NDA meeting, we will have a presentation from North Clackamas Watershed Council about the [Kellogg Creek Restoration and Community Enhancement Project](#) , which is a multifaceted project happening right next to Downtown Milwaukie that involves removing the Kellogg Dam to allow for fish passage, restoring fish and wildlife habitat, increasing flood storage capacity and improving community climate resiliency, modernizing the 99E bridge and creating public access to encourage nature based recreation and outdoor recreation.

Land-use Updates

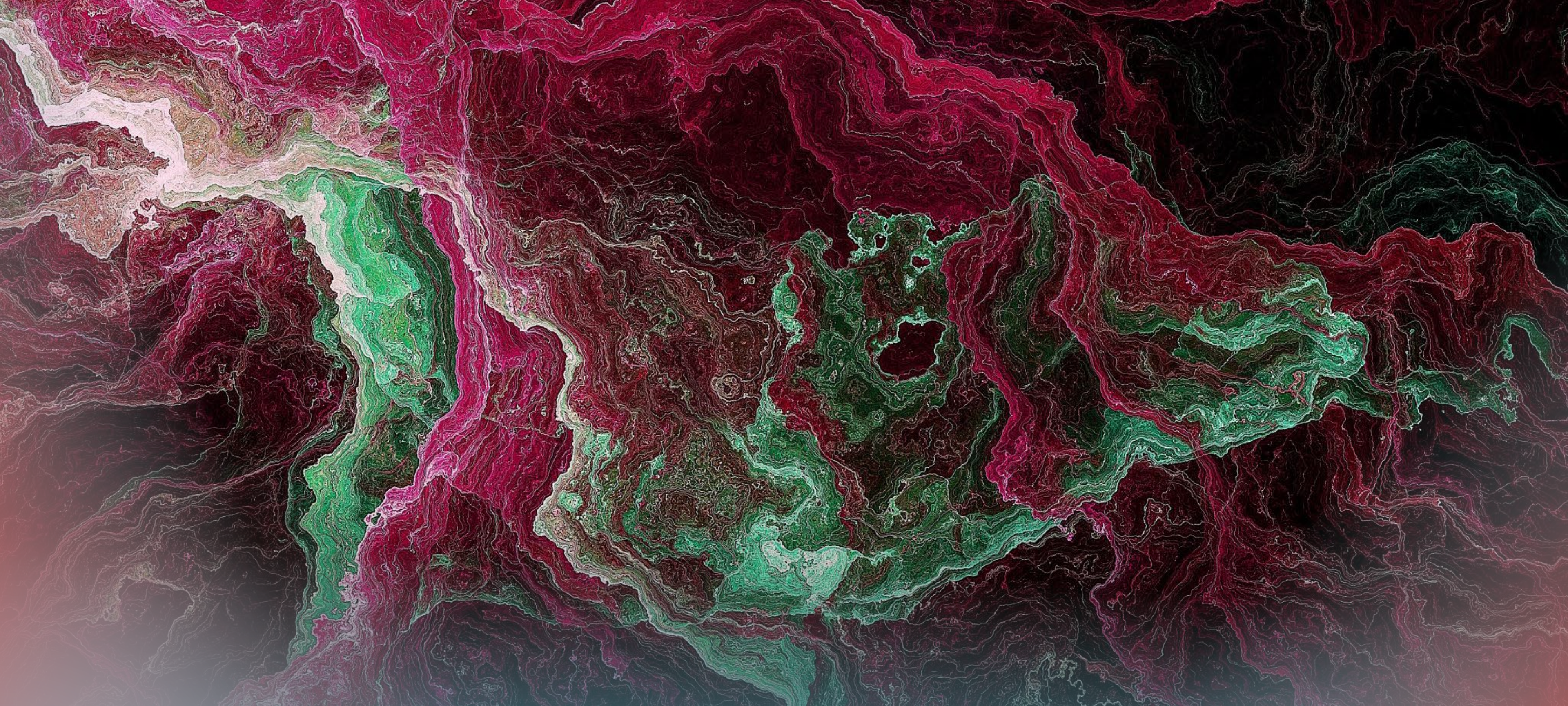
1. Zackary Pacholl reported about some upcoming language changes in the code.
2. Gary Klein reported about interactions with city staff about a current construction project along Lava Drive. He expressed deep concerns about the lack of updating the roadway and street parking. He will continue to monitor this for us.

October 2023 Minutes approved

The Basics About Mental Health

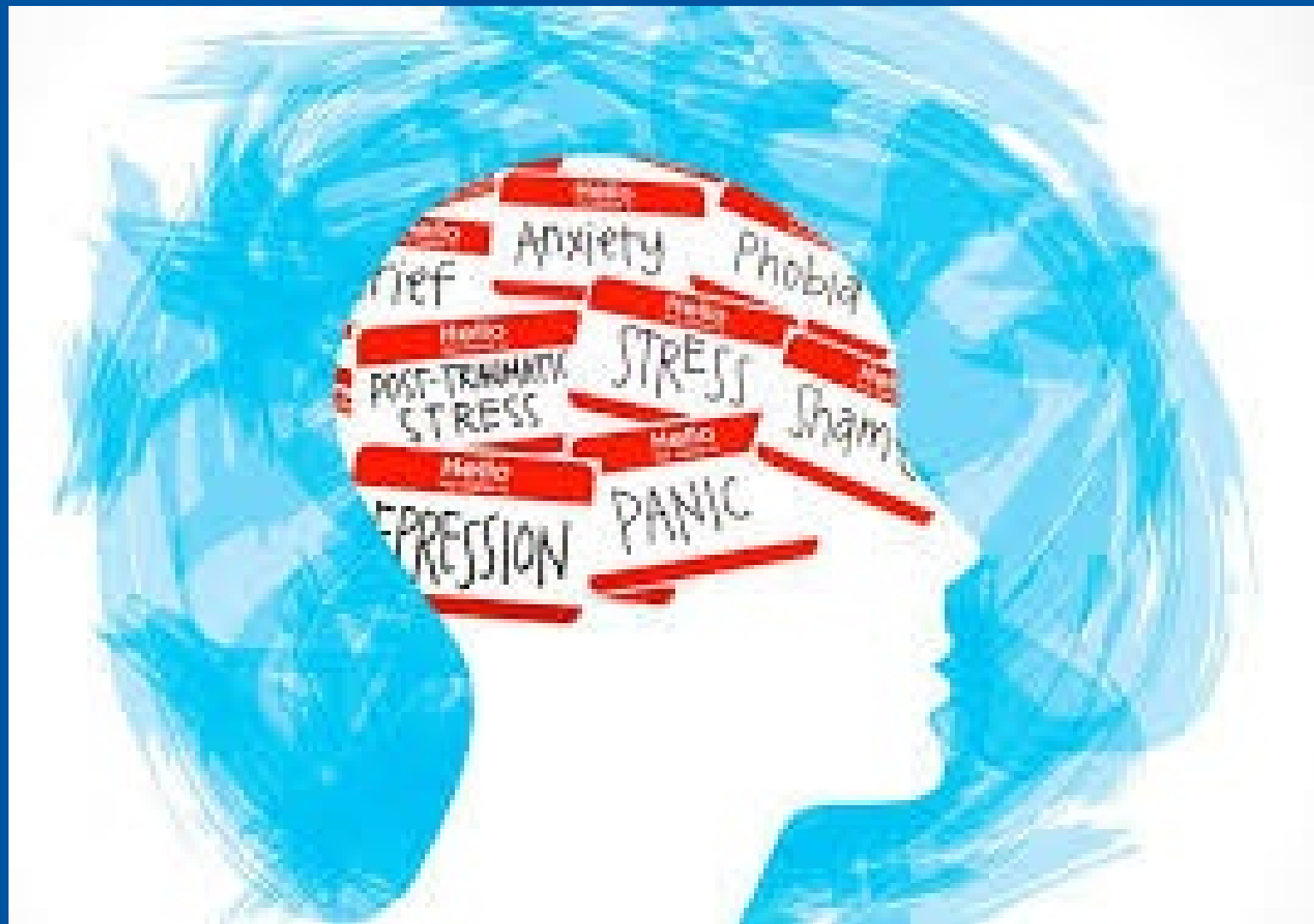
Myths. Truths. Facts.





MENTAL HEALTH STATS, FACTS, & MYTHS

Mental Health Conditions Are Common



1 in 5 people lives with a mental health condition. (1 in 25 lives with a serious mental illness.)

6.9% Depression

2.6% Bipolar Disorder

1.1% Schizophrenia

18.1% Anxiety Conditions

Every year in the U.S...

1 in 5...

1 in 15...

More than 12 million had serious thoughts of suicide

13.8 deaths per 100,000 Population per year

One suicide death occurs every 11.5 minutes

Here in Clackamas County...

18.8 deaths per 100,000 Population

12th leading cause of death overall

2nd leading cause of death in 10-24 year olds

Eye Openers



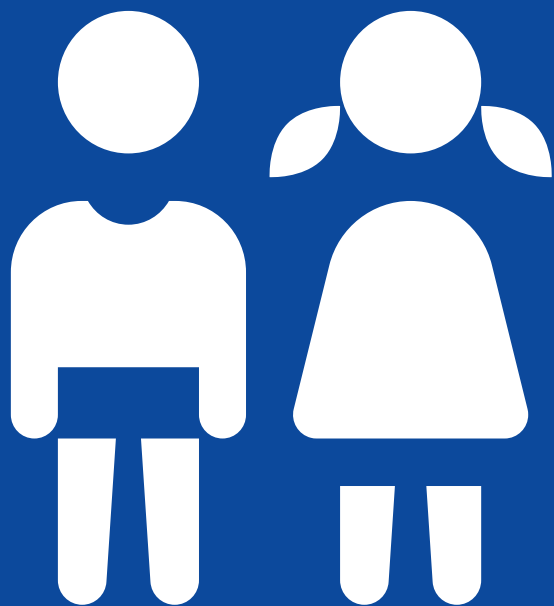


Most common
diagnosis:

Anxiety

Depression

ADHD

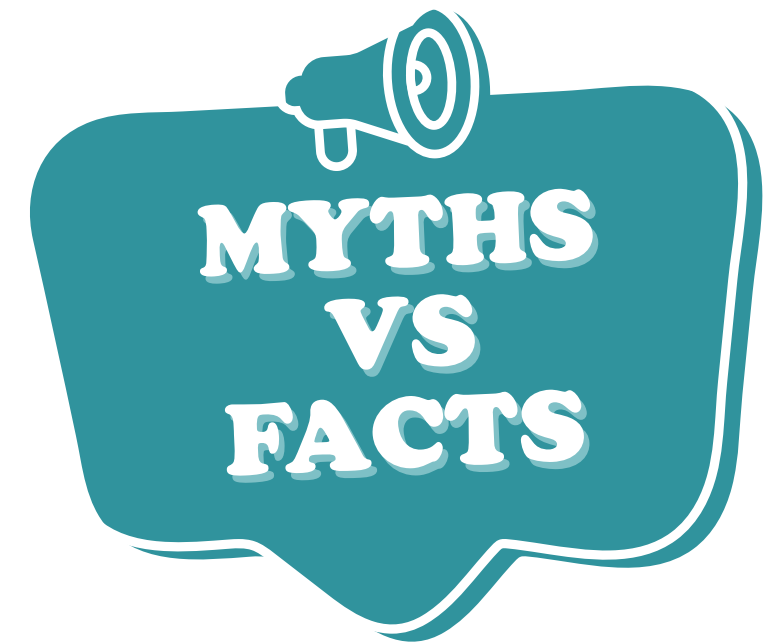


Myth:

“Children don’t experience
mental health problems.”

Fact:

1 in 6 children ages 2-8 years
old has a mental, behavioral,
or developmental disorder.

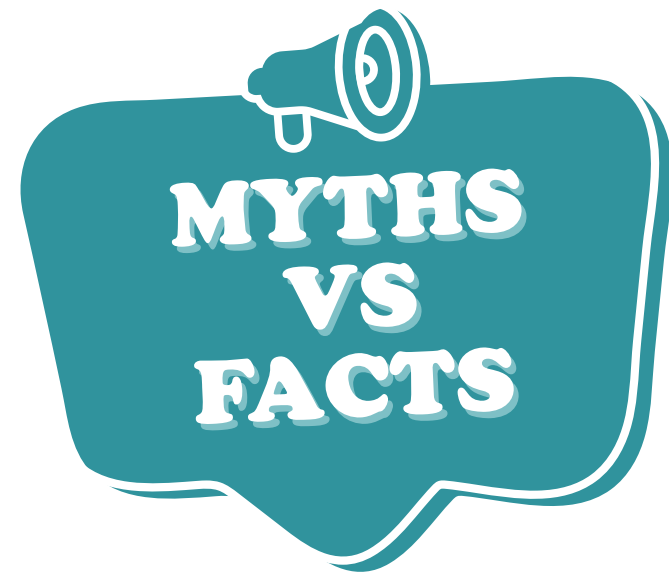


Myth:

“People with mental health problems are violent & unpredictable!”

Fact:

"Mental illness is not a barometer for dangerousness and it is not a correlation for mass attacks." - [National Threat Assessment Center](#)

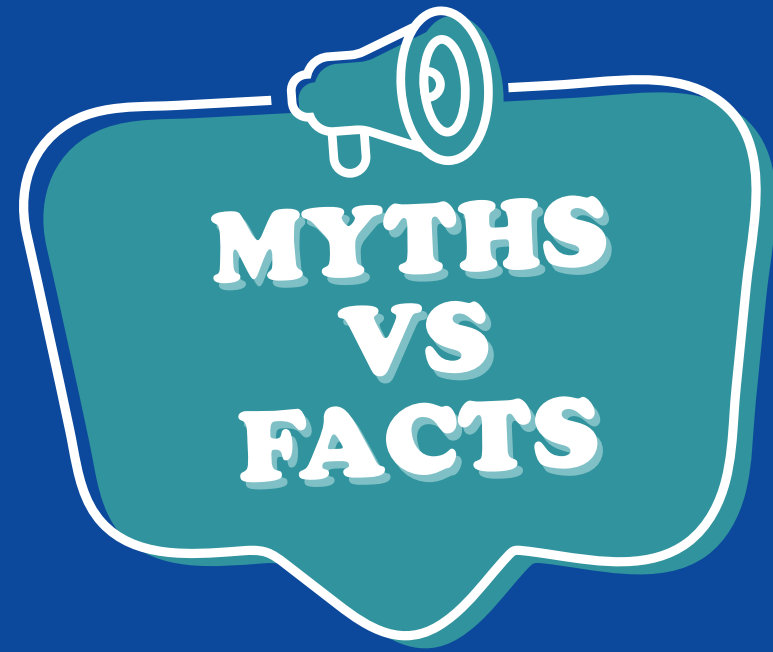


What actually makes people violent:

Financial stressors - 72%

Unstable housing - 39%

Childhood trauma - 20%



Myth:

“Suicide only affects people with a mental health condition.”

Fact:

Suicide affects everyone.

Most common impacts:

**Extreme guilt | Failure | Anger or resentment
Confusion | Distress**

Dangerous Suicide Myths we need to stop propagating:

- Most suicides are caused by one particular trigger event.
- Most suicides occur with little or no warning.
- It is best to avoid the topic of suicide.
- People who talk about suicide don't do it.
- A suicidal person clearly wants to die.





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



*** 11 YEARS ***



HOW CAN YOU HELP?



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

Spotting the Signs

PHYSICAL

- constant tiredness
- sickness absence
- being run down and frequent minor illnesses
- headaches
- difficulty sleeping
- weight loss or gain
- lack of care over appearance
- gastrointestinal disorders
- rashes/eczema

BEHAVIOR

- Not getting things done, missing deadlines, forgetting tasks.
- Seeming erratic, or unpredictable
- Irritability, aggression, tearfulness, arguments or conflicts with others
- Being withdrawn and not participating in conversations or being louder and more exuberant than usual
- Increased consumption of caffeine, alcohol, cigarettes and/or sedatives
- Inability to concentrate, indecision or difficulty remembering things
- Loss of confidence
- Unplanned absences.
- Increased errors and/or accidents
- Taking on too much work, or working too many hours
- Being very rigid or fixed about things

How do I know it's time to intervene?

Frequency – does this behavior occur more often than usual?

Intensity – is this behavior more intense than I have experienced/witnessed before?

Duration – does this behavior last longer than it has in the past?

You don't seem to be yourself...Are You OK?...Is There Anything I Can Do?

How do I Intervene?

Calmly approach

Encourage & Reassure.

Actively listen, without judgement

Listen with empathy. You are NOT there to fix it.

Recommend help

988 – OR – 503-655-8585

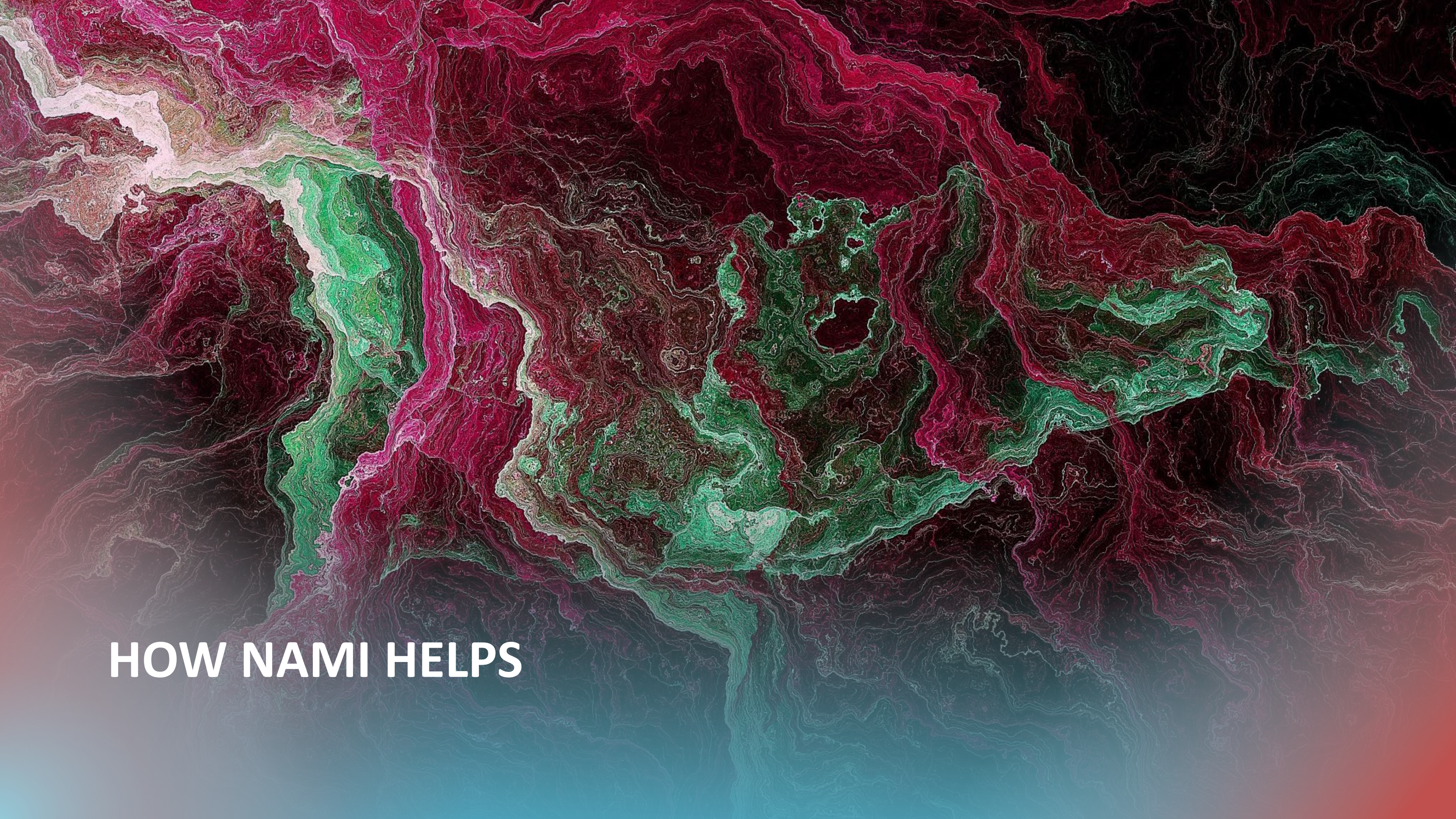
Encourage

Offer options for support.



- Easier Lifeline Access
- Help Not Handcuffs
- Area Code Specific
- OPEN TO ANYONE!

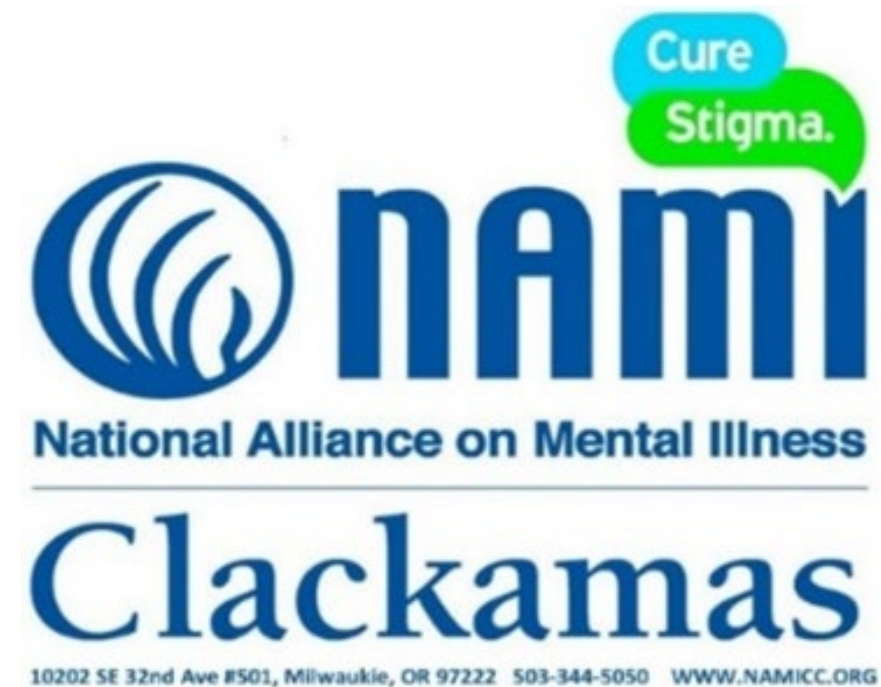




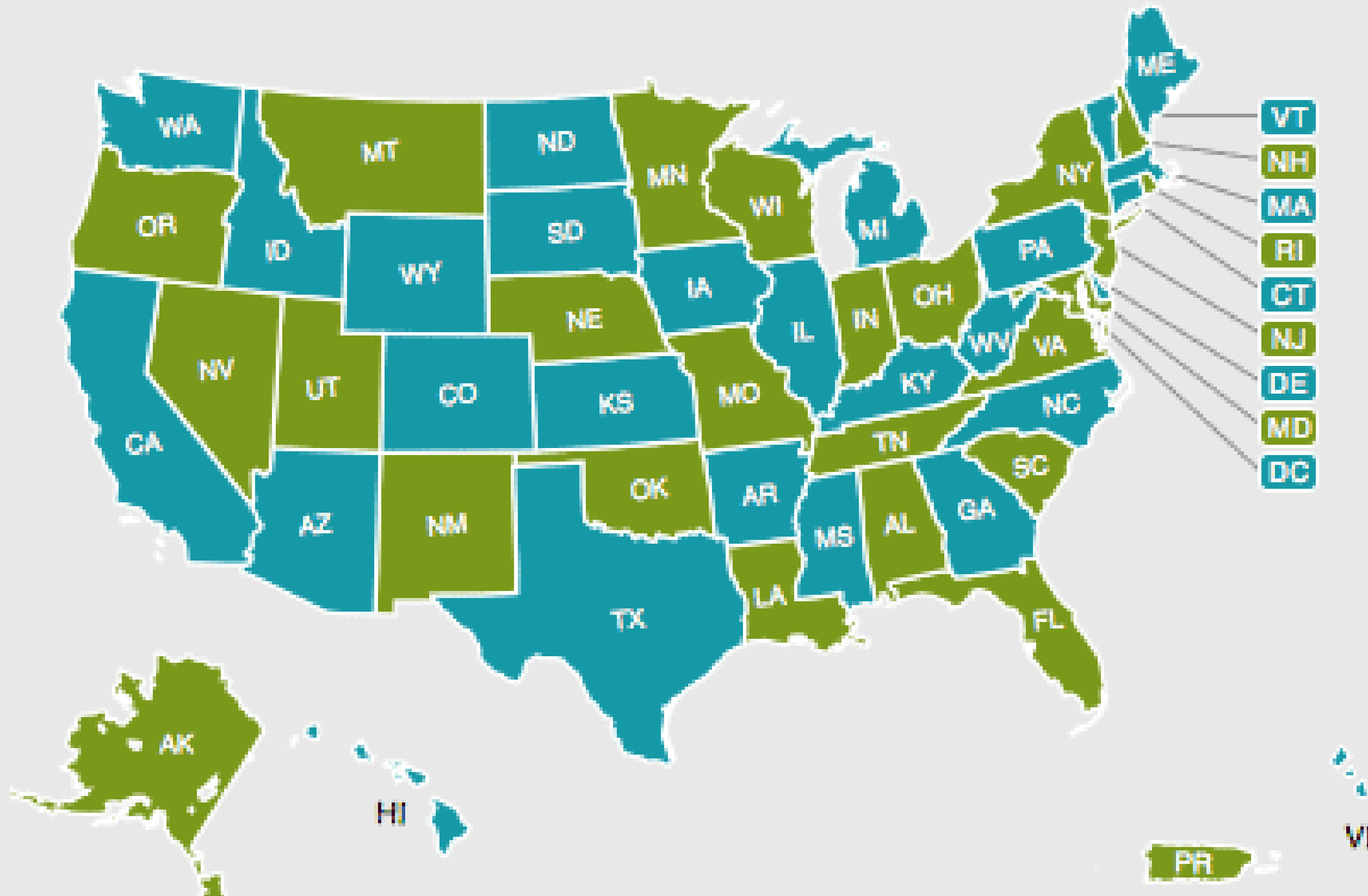
HOW NAMI HELPS

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.



Not from
Clackamas?
Find your Local
NAMI!



- 600+ NAMI State Organizations and Affiliates across the country.
- Many NAMI affiliates offer an array of free support and education programs.
- <https://tinyurl.com/Findyournami>

NAMI CLACKAMAS: FREE CLASSES



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



9-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: FREE SUPPORT GROUPS

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

Three monthly Family Support Groups for those who care about someone with mental illness

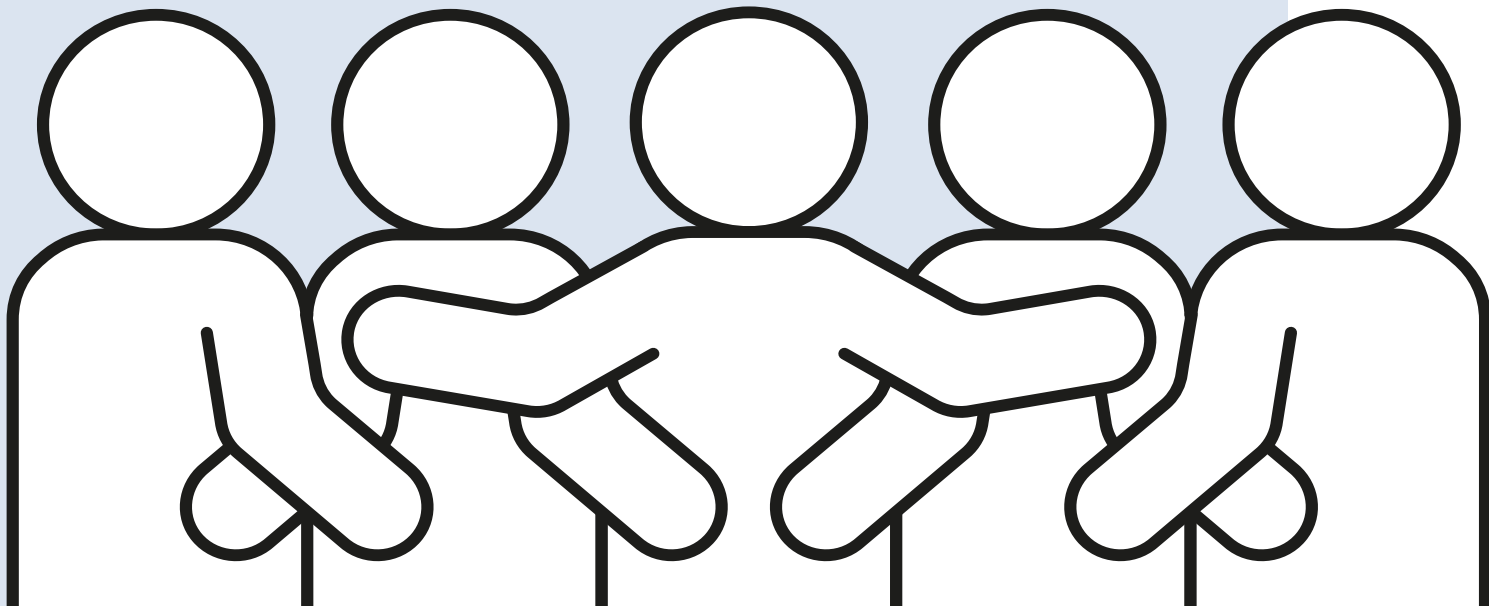
LGBTQIA2S+ monthly Peer Support Group

LATINX monthly Peer Support Group

WOMEN-ONLY monthly Peer Support 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: FREE ONE-ON- ONE PEER HELP



Peer Resources 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

NAMI CLACKAMAS: SPECIAL PROJECTS



Support for Adults in Custody.

Mental Health Education Classes for Adults in Clackamas County Jail



www.namicc.org



NAMI
CLACKAMAS:

BARRIER-
FREE



N

DIAGNOSIS

REFERRAL

O

INSURANCE

COST

In Our Own Voice presentations to educate our community about mental illness and that recovery is possible

Mental Health 101 presentations to civic clubs, faith communities, neighborhoods, and other groups

Lunch & Learn mental health presentations to inform businesses and their employees

Ending the Silence presentations to middle & high school students to dispel stigmas, teach about signs, symptoms, and action steps

NAMI
CLACKAMAS:
FREE
PRESENTATIONS

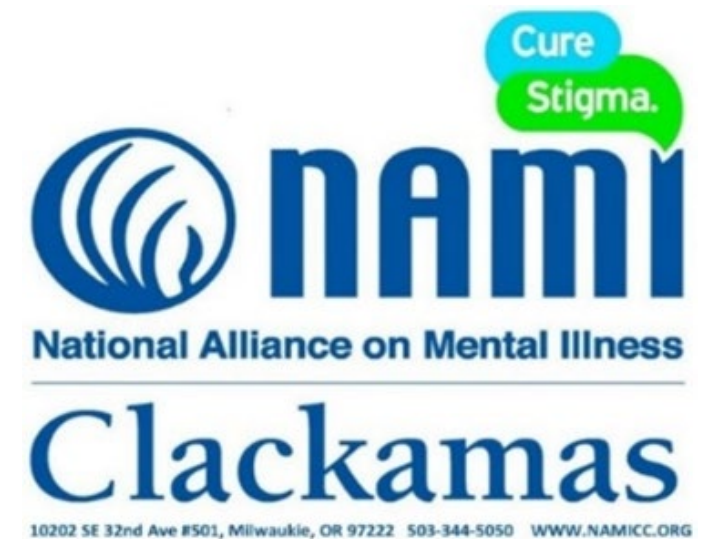




OUR VOLUNTEERS ARE AMAZING!

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

To volunteer, contact
volunteercoor@namicc.org





Questions?



"You are not your illness. You have an individual story to tell. You have a name, a history, a personality. Staying yourself is part of the battle." —Julian Seifter



Please tell us
what you
thought of the
presentation

Thank you!

Questions?:

outreach@namicc.org



@namiclackamas



/NamiClackamas