



The Northwest Catholic Counseling Center

Volume XXI

Summer 2018

Number 2

EXECUTIVE DIRECTOR'S NOTE

Sr. Barbara Kennedy, OSM, LPC shares some critical information in my regular space this issue. *-Erin Peters, Executive Director*



YOU ARE NOT ALONE

Two celebrities committed suicide recently. As with anything related to famous people, there is the dissecting of their lives. Why did they do it? What signs were missed? And then it all goes away. But it really doesn't.

I hope you are as shocked as I am about the latest suicide statistics. Suicide is the 10th leading cause of death in the US. Almost 50,000 Americans take their own lives every year. Suicide among women has increased 50%.

We have to ask ourselves a few questions. The first is, "Why?" People take their own lives when they feel totally overwhelmed. Clinical depression is another major factor. When an individual experiences isolation, bullying, worthlessness and hopelessness their reason for living drastically drops. Easy access to guns makes rash decisions easy to implement. Other common triggers for suicide are substance abuse and a history of abuse.

The second question is, "What signs should I be looking for?" The CDC lists 12 signs that indicate someone may be contemplating suicide:

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

The third question is, "What can I do?" The answer is, "Plenty."

Don't be afraid to ask questions like, "Are you thinking about suicide?" "How can I help?" Keep them safe. Figure out if they've taken any steps toward killing themselves. Do they have a plan?

Help them connect. Establish a safety net. This could include therapists and family members.

Let your government representatives know that access to health care is a right and not a privilege. Since 2008, states have cut \$4 billion in funding toward mental health services. And we have the statistics to show that mental health services treatment works.

Keep the following numbers available: **Portland Suicide Hotline:** 503-972-3456
The National Suicide Hotline: 1-800-273-8255

-Sr. Barbara Kennedy, OSM, LPC

Providing Help Creating Hope

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OFFICE ASSISTANT

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OFFICE VOLUNTEERS

Linda Buttler

Vickie Carl

Mary Hill



OFFICE HOURS

9:00am – 5:00pm

*Evening and Saturday
appointments available*

nwcounseling.org

All Fun, No Fuss!

On April 6, NCC hosted its annual spring fundraiser at the Lagunitas Brewing Community Room. Around 160 of NCC's friends, both new and old, gathered for the NCC Community Block Party in NE Portland. "All Fun, No Fuss" was the theme of the night.



Guests enjoyed great beer, local wines, and delicious food from two local food trucks, Koi Fusion and PDX Sliders. The fun atmosphere created a spirit of camaraderie rooted in a powerful purpose: raising money to provide mental health care to anyone in need, regardless of ability to pay.

Guests heard from Mary Tobin, the mother of a former client. Mary's son came to NCC as a young child, when he first started experiencing symptoms of anxiety. As Mary told her son's story, she relayed the impact the Center had, not just on her son, but on their entire family. Through counseling, Mary's son learned how to manage living with anxiety and depression. He is now a thriving college student and a vocal mental health advocate.

As highlighted by Mary, what sets NCC apart is its commitment to individuals who are without insurance or with limited financial resources. In its 32 years, NCC has never turned anyone away because of an inability to pay. Some clients pay as low as \$5 per session.

Offering quality, affordable counseling services would not be possible without the generosity of NCC supporters. From sponsors, such as Alpha Media, Magnacorp, and Glen and Monet Rubin, to hundreds of individual donors, the event raised nearly \$50,000! Every dollar will go directly to cover the costs of counseling for those who have previously and unjustly been denied access to mental health services.



Left: NCC therapist, Alan Rutherford, serving food from the tasty food trucks. Right: Guests from St. Mary's Cathedral enjoying beer and appetizers.

Hello to New Faces!

Andrea Aragon, LPC

A native Oregonian, Andrea is a licensed counselor with experience in community mental health as well as in crisis counseling. She's joined NCC as a part-time therapist after working at LifeWorks. Her passion for life quality extends to physical wellness as well as mental health well being, and reinforces the mind-body connection for her.



Anne Avgerin, BA, MBA, Graduate Intern

Anne is a counseling intern, completing her Master's in Clinical and Mental Health Counseling Psychology at George Fox University. She has a passion for travel, modern art, and recently completed yoga teacher training. She lived in Madrid for two years and values the heart-centered Spanish culture. From each of these pieces she grounds herself in perspective-taking, creativity, breath, and heart.



MY PARTY WITH PURPOSE *by Mary Hill*

My friend, Kathy Campobasso, and I hosted a **Party With Purpose** at Willamette Valley Golf Club on Friday, May 11th.

It was so much fun! We invited 40 friends and acquaintances, and despite inevitable scheduling conflicts, 18 women attend the luncheon. A few more made donations even though they couldn't attend.

The staff at NCC was so helpful in making sure we had everything we needed to make our event a success! I borrowed a power point presentation from NCC with information about the history of NCC, client quotes, and mental health statistics that cycled on a screen behind the podium during the luncheon.

Sr. Sarah Deeby and Sr. Barbara Kennedy were our guest speakers. They did a great job explaining the history and mission of NCC, and then we held a Q&A session, as there were a number of great questions about NCC, its work, and the dire need for mental health counseling in our community.

At the end of the day, we earned \$2,780 in donations for NCC! We had such a great time planning and hosting, we've decided to do it again next year!

Interested in hosting your own Party with Purpose? Visit nwcounseling.org/parties-with-purpose/ for more examples, or email donate@nwcounseling.org for more information!

Top: NCC volunteer and Party with Purpose host, Mary Hill. Bottom: NCC Supporter and Party with Purpose host, Kathy Campobasso.



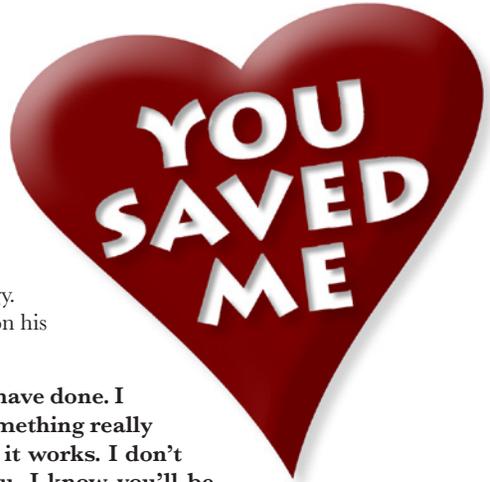
Try a Counseling Package

Not sure if counseling would work for you? Afraid it might be too expensive? Just need a nudge on a specific issue? Try a counseling package! Whether it's a relationship "tune-up" or working through that one little hurdle standing in your way, this four-session set for \$100 might be perfect for you. You can give it as a gift, too – the gift of mental health! See our website at nwcounseling.org/services/therapy/ for a full list of packages and details.

After moving to Portland with his family a few years ago, Evan couldn't find work in his field and slid into depression, becoming suicidal. Because of the Center's sliding scale fee, Evan was able to access help before it was too late.

Working closely with his counselor, Sr. Sarah Deeby, Evan was able to stabilize his depression and get a job working nights in maintenance. With this improvement, Evan decided he could go back to school, training for a new career in technology. Recently finishing counseling, Evan left this message on his counselor's voicemail:

"Thank you for everything you and the Center have done. I really think you guys changed the course of something really bad for me. I think you saved me. I think that it works. I don't think I would be here without you. Thank you. I know you'll be here if I need you. I'll be sure you to call again if I do."



Upcoming Workshops

Sign up for one of our 2018 workshops!

Workshops run from 10am-noon and are \$25. You can get more information and register online at nwcounseling.org or call **503-253-0964**.

Using Our Spiritual Gifts to Transform Sadness

SEPTEMBER 15

Sadness is a common human experience. Regardless of the source of the sadness, depression, grief, response to daily stresses or circumstances, our spiritual gifts can be harnessed to transform the sadness into an opportunity for grace and hope. Tom Welch, MD, MA, is both a spiritual director and a psychiatrist who will blend insights gained from both fields to assist you in your search for a grace-filled way through sadness.

A Labor of Love: Facing the Challenges of Caregiving for a Spouse or Intimate Partner

NOVEMBER 10

It's one thing to promise faithfulness in sickness and in health, but the reality of caring for a spouse with chronic or terminal illness can feel like too much to bear. Physical demands, fear, anxiety, disappointment, uncertainty, and anger can sap emotional strength and undermine spiritual foundations. Nancie Potter, JD, LMFT, will address these issues, your questions, and more with warmth, expertise, and understanding.

Save the Date!



The **17th annual Circle of Strength Women's Fundraising Brunch** is on Saturday, **September 29, 2018**. The event, which runs from 10am-12:30pm, raises money to pay for mental health services for financially fragile women and children. Buy your tickets or table at nwcounseling.org, or email donate@nwcounseling.org for more information. See you there!

Want to save paper?

If you'd like to receive newsletters and thank yous from us electronically to save paper and postage, please say so!
Just email info@nwcounseling.org

Special Day for Giving

Be part of a worldwide movement! NCC is participating in the **2018 Giving Tuesday Campaign** on November 27, following Black Friday, Small Business Saturday, and Cyber Monday. The focus of Giving Tuesday is to push back against the commercialism of the holidays by donating to a cause that matters.

Further, because Giving Tuesday takes place on a global platform, it is a great opportunity to spread the word about NCC to your friends and family. Looking for specific ways to participate? Share NCC's Facebook posts and encourage your circles to donate on our web page on November 27. Every single dollar raised will go directly to lower-income clients in need of counseling!



Why I Work at NCC

I have worked at NCC for almost two years. What initially drew me to the Center was its mission to address the mental health needs of the financially fragile. Before NCC, my experience in the nonprofit world had been with organizations addressing the physical needs of the poor (food, housing, clothes, etc.). While these needs are unarguably crucial, there is a gaping hole in our social system to provide for the emotional needs of the lower income members of our communities.

What makes NCC even more unique is that every single client is treated exactly the same. My favorite part about working the front desk is looking out and seeing a room filled with people from a wide range of socio-economic backgrounds. How often do we find ourselves in spaces like this? At NCC, there is no "us" and "them" dividing those who "have" and those who "have not." Everyone is allowed to enter, everyone is seen, and everyone is given the same deserving piece of dignity. In a time of hatred, marginalization, and separation, we need spaces like The Northwest Catholic Counseling Center more than ever.



*NCC Development Assistant,
Ellie Benjamin*

Ellie Benjamin

Special Support

The work of NCC would not be possible without the generosity of donors. Thank you to the following for recent grants:

- Archdiocese of Portland
- Dwyer Charitable Trust
- Maybelle Clark Macdonald Fund
- Pacific Source Charitable Foundation
- Storms Family Foundation
- Spirit Mountain Community Fund
- Umpqua Bank

To each generous partner in our work, thank you for making it possible to provide quality mental health services to all, regardless of faith or finances.

The Northwest
Catholic Counseling Center
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Portland, Oregon 97220

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Classier Classroom

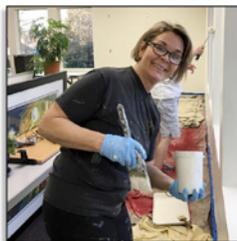
The NCC classroom got a makeover! Used for workshops, meetings, and outreach events, the large room at our offices gets a lot of use, but it was looking a bit run down.

Thanks to a collection of volunteers, board members, staff, and donors, the room got a fresh coat of paint and some new decorations, making it much more welcoming.

Thank you so much to everyone who came and helped. And an extra thank you for being willing to work for pizza!

Top: Beth Stanton (pictured) and her husband, Brett Schultz, donated paint.

Bottom: Volunteers hard at work prepping the walls.



Social Media

Find us on social media to learn mental health tips, stay up to date on events, and to read and share client stories! Or visit our website for short, timely articles of interests written by NCC staff.



**The Northwest
Catholic
Counseling Center**



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nwcounseling.org