



The Northwest Catholic Counseling Center

Volume XXII

Summer 2019

Number 2

EXECUTIVE DIRECTOR'S NOTE

Mental Health and Mass Shootings

A diversionary tactic is a powerful tool to distract attention. It's often used to derail or silence an issue rather than address it.

As I listened to President Donald Trump's remarks following recent murders in El Paso and Dayton, I heard a destructive and damaging diversion, with the President stating mental illness "pulls the trigger," and referring to "mentally ill monsters."

The President's statements do two things. The first is to pull us from the serious conversations we need to have about mass shootings in America – there have already been 253 this year. Both our relationship with guns and the rise of hate speech (and action) are topics Americans must confront if we want to have more birthdays and graduations, and fewer vigils and memorials.

The second thing the President's remarks do is to create a damaging and stigmatizing cloud over the one in five American adults who experience a mental health condition, including many people all around you right now. A vast, vast, majority of people with mental illness will never harm anyone. Even if we focus specifically on gun violence, statistics show 95-97% of gun violence is NOT caused by mental illness. In fact, people with serious mental illness are more likely to be victims themselves, rather than the other way around.

As we try and make sense from a situation that can't make sense, it is easy to say, "How would anyone in their right mind do such a thing?" But there are a range of other factors and situations, combined with weaponry, that contribute to mass shootings: alienation, radicalization, harboring grievances, feeling victimized, indifference to life. The FBI's own examination of behavior leading up to shootings between 2000 and 2013 states, "Diagnosed mental illness is not a very specific predictor of violence of any type, let alone targeted violence." And continues, "In short, declarations that all active shooters must simply be mentally ill are misleading and unhelpful."

That's not to say that mental illness has no role. Untreated mental health conditions lead to a whole range of suffering, much of it avoidable if there were better access to behavioral healthcare. High costs, insufficient insurance coverage, limited options, long waits, and social stigma are just a few of the significant barriers facing people who want help. Better access could help those in danger of committing violence, as well as those who are not.

There is one thing President Trump said that I whole-heartedly agree with, "But there is so much more that we have to do." There is. Let's get started.

-Erin Peters, Executive Director

For more information and resources on a range of mental health issues, including dealing with trauma, self-care, managing screen time with kids, seasonal affective disorder, and more, check out NCC's blog at nwcounseling.org/blog or our Facebook page at [facebook.com/TheNorthwestCatholicCounselingCenter](https://www.facebook.com/TheNorthwestCatholicCounselingCenter).



Providing Help Creating Hope

EXECUTIVE DIRECTOR

Erin Peters

CLINICAL MANAGER

Korina Jochim, LMFT

CLINICAL STAFF

Andrea Aragon, LPC

Marchelle Carl, BS, Graduate Intern

Sarah Deeby, OSM, LPC

Marti Diaz-Domm, MA Ed, Graduate Intern

Tod Fiste, LPC

Thomás Grubb, MA

Barbara Kennedy, OSM, LPC

Shirley Price, LPC

Alan Rutherford, MA

Lauren Shechter, LCSW

Michelle Sideroff, LPC

Dr. Thomas Welch, MD, Spiritual Director

OFFICE MANAGER

Melissa Nelson

DEVELOPMENT ASSOCIATE

Kim Berberich

OFFICE ASSISTANT

Lacie Baumer

Marilyn Powers

OFFICE VOLUNTEERS

Linda Buttler

Vickie Carl

Nancy Fredricks

Mary Hill



OFFICE HOURS

9:00am – 5:00pm

*Evening and Saturday
appointments available*

nwcounseling.org

Meet Our New Staff!

Marchelle Carl, BS, Graduate Intern

Marchelle is a graduate intern, completing her Master's degree in Clinical and Mental Health Counseling. She provides a safe space that honors clients' goals, preferences, and traditions. Marchelle has been connected with NCC since 1999 in various roles.



Marti Diaz-Domm, MA Ed, Graduate Intern

Marti is a graduate intern, completing her Master's degree in Clinical and Mental Health Counseling. She has worked nearly two decades as an educator, and is fully bilingual in English and Spanish. She uses Solution-Focused Therapy and Cognitive Behavioral Therapy.



Thomás Grubb, MA

Thomás is fully bilingual in English and Spanish, with specializations including LGBTQ2S+ issues, spiritual/religious issues, and multicultural counseling. He is trained in Emotion's Focused Therapy (EFT) for individuals and couples.



Michelle Sideroff, LPC

Michelle uses a trauma-informed approach using a variety of therapies to connect with clients. She specializes in sexual trauma, relationship challenges, substance abuse, shame, and emotional regulation.



Kim Berberich, BS

Kim is the Development Associate at NCC. She brings experience working at various social service nonprofits as a housing case manager, job coach, and food pantry manager.



Client Story: Meet Peggy

When Peggy came to NCC, she was unemployed. NCC was her only option for counseling because she couldn't afford to pay more than \$10 per session. Her depression was so severe, she couldn't even sort her mail. With counseling and hard work, she has now enrolled in college full-time, and has resumed working part-time in her own bookkeeping business.

Her therapist recently received a letter from her, illustrating the dramatic impact that getting help at the right time can have:

"Two years ago today, my life started changing. I have no doubt that if I hadn't come in that day I would have killed myself. Now I am so much healthier; learning boundaries, learning to trust."

It is because of the generous help of you – our supporters – that any person who needs it, regardless of ability to pay, can receive transformative, compassionate mental health care.



Effects of Trauma

Trauma is destabilizing and often shakes our foundations and sense of self. Just as experiencing a traumatic event is not a choice, being traumatized is not a choice. Trauma can affect any person at any age at any time.

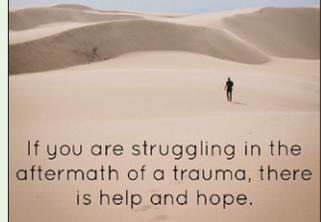
If you are struggling to cope with trauma:

1. Be kind to yourself. Remember that being traumatized is not a choice and does not mean you aren't strong. Know that what you are feeling is normal for someone who has been through what you have.
2. Even when it doesn't feel like it, connecting with trusted individuals can have a significant positive impact.
3. When you're ready to talk, counseling and support groups are available and can help. Trauma therapists are trained to help survivors process their experiences and learn to cope with PTSD symptoms.

Lauren Schecter, LCSW, The Northwest Catholic Counseling Center

Our therapists have a wealth of knowledge and expertise they share not only in session, but also in articles like this on our website! To read more about trauma and other mental health articles, go to nwcounseling.org/blog.

People who experience trauma are at a greater risk for anxiety, depression, chronic pain, substance abuse, and suicide.



If you are struggling in the aftermath of a trauma, there is help and hope.

Interested in board membership?

You may not know the names and faces of the members of our Board of Directors, but each is passionate about NCC and seeing that anyone in need of mental health care can get it. Board members help guide the mission and direction of NCC and serve three-year terms.

Whether you are interested in service for the near or distant future, contact Erin Peters at erin@nwcounseling.org for more information!

“Free” Money

Is there really such a thing as “free money”? In the nonprofit world, there is! There are lots of ways to donate to NCC – read on for a few creative ideas:

Workplace Giving

Some employers match gifts to charitable organizations if employees donate through their company. Ask your human resources office, personnel department, or community relations office if they have workplace giving and matching gifts programs in place. Your gift of \$50 could turn into \$100 – just by checking a few boxes!

Shop and Support

Retailers like Fred Meyer and Amazon make a commitment to community nonprofits by donating a portion of their profit to the shopper’s favorite organization.

When you shop on **AmazonSmile**, Amazon will donate 0.5% of every eligible purchase to the organization of your choice. When you sign up with AmazonSmile, select NCC as your preferred charitable organization – then a portion of your eligible purchases will benefit our mission!



Similarly, you can link your **Fred Meyer rewards card** to earn donations (and still earn personal points). Go to Fred Meyer’s website and select “Community Rewards” at the bottom of the page. Click on “Link Your Rewards Card Now.” Choose VG409 to start helping today!



Facebook Fundraisers

Many charitable giving sites include fees that the site deducts from the donation. Through Facebook Fundraisers, Facebook absorbs the small fee, thus allowing the organization to receive the full donation. Though birthdays are often promoted for these fundraisers, you can create one any time. On the left side of your home page, click “Fundraisers,” then select “The Northwest Catholic Counseling Center” as your nonprofit. Fill in details about the fundraiser, and invite friends to donate. It’s that simple!

Vehicle Donation

Thinking about upgrading your car, boat, motor home, or airplane? Consider donating your old one to support NCC! Our partners at Volunteers of America will make sure you get the maximum value for your donation. For their services, VOA receives a fee from their vehicle sale proceeds, and the balance is retained by NCC to fund our counseling services.

Find more information about ways to donate on our website at nwcounseling.org/help.

Are there other ways to support NCC? We are always looking to connect with charitable giving organizations.

If you have other ideas, please contact us at donate@nwcounseling.org. Every bit counts!

In-Kind Wish List

If you’ve been to NCC’s offices, you may have noticed that the waiting room is getting crowded. As we are exploring a major remodel of our office space, we are looking for people who are interested in donating time, expertise, or materials. Some of the areas of potential need are construction, carpeting, painting, and furnishing.

All donations help us spend more of our money to serve the low-income clients who need counseling.

Some other items and services we could use:

- Gift cards to local restaurants, coffee shops, etc.
- Crayons
- Two Apple Mac Mini computers (2010 or later)
- Tea and coffee

We are open to receive donations at our office Monday – Friday, 9 am – 6 pm (4pm on Fridays). If you have any questions, please contact us at donate@nwcounseling.org.

Block Party Results

On May 3, 138 people were part of the 3rd annual **Community Block Party!** Guests gathered at the Lagunitas Brewing Community Room for an evening of festivities, food and fun. While building community and breaking down stigma surrounding mental health, participants banded together to raise money for those who cannot afford quality mental health care.



Guests heard from NCC Executive Director, Erin Peters, reminding the group that Oregon is ranked nearly last in the country for access to mental health services.

There is a great need for mental health care – but many times people cannot afford it, or feel uneasy due to stigma. Unfortunately, there are still many barriers for people getting the life-changing and life-saving mental health services they need and deserve. There is, however, hope. In April, newsrooms all over the state partnered together to spread awareness about suicide in a project called **Breaking the**



Guests applauding the client speaker

Silence. May was **Mental Health Awareness Month** – a month dedicated to destigmatizing mental illness and spreading stories of hope and healing. The Block Party itself was a chance for the group to rally around NCC's mission to provide mental health care to the marginalized and underserved in our community.



NCC volunteers selling raffle tickets

In addition to monetary support, guests were asked to educate the people around them – to normalize mental illness and encourage people to seek help when they need it. In total, over \$40,000 was raised to provide professional mental health care to the financially fragile in our community!

Special Support

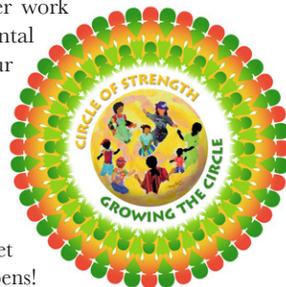
Thank you to the following partners for recent grants:

- BP Lester and Regina John Foundation
- Dwyer Charitable Trust
- Juan Young Trust
- Maybelle Clark Macdonald Fund
- Providence Health & Services
- Spencer Family Foundation

These generous funders help subsidize the quality mental health care we provide to financially fragile women and children, older women, and families. On behalf of each of our clients, thank you for making our work possible!

Grow the Circle at the 18th Annual Circle of Strength!

“Growing the Circle” is the theme at our annual women’s brunch at **Riverside Golf and Country Club**. Join us on **Saturday, September 21**, from 10 am - 12:30 pm. Our guest speaker is Multnomah County Commissioner Sharon Meieran, MD, who will be sharing about her work in prioritizing mental health care in our community. We’ll also be announcing a new program. Come and learn about it!



When women get together, magic happens!
Visit nwcounseling.org to purchase tickets and tables.

Join the Committee!

Help us plan and prepare for Circle of Strength, Giving Tuesday, or the Block Party by joining an event committee! This is a great way to volunteer and dive deeper into the NCC community. Email donate@nwcounseling.org for more information.

The Northwest
Catholic Counseling Center
8383 NE Sandy Blvd., Suite 205
Portland, Oregon 97220

RETURN SERVICE REQUESTED

Non-profit
Organization
US Postage
Paid
Permit #22
Portland, OR



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 interest written by NCC staff.



**The Northwest
Catholic Counseling
Center**



@nccorg



@ncc1986



**The Northwest
Catholic Counseling
Center**

nwcounseling.org

Upcoming Workshops

From the Depths of Grief and Loss: A Workshop of Understanding

September 14, 10am-12pm

Trauma Echoes: Surviving and Thriving

October 5, 1pm – 3pm

2 Have & 2 Hold Marriage Preparation Workshop

October 19, 9am - 4pm

Boundary Skills for Healthier Selves

November 2, 1pm – 3pm

Caregivers Support Group

Join our new therapy group for those providing care to others, either to loved ones or professionally. This group will run weekly on Wednesday evenings from mid-September until December, each week presenting a different topic on this theme.