



# The Northwest Catholic Counseling Center

Volume XXIII

Winter 2020

Number 1

## EXECUTIVE DIRECTOR'S NOTE

### Legacy of Hope

Recently Sr. Barbara Kennedy, OSM, LPC, and Sr. Sarah Deeby, OSM, LPC, returned to the Motherhouse of the Order of the Servants of Mary in Omaha to assume leadership roles in their religious order. Sadly, for us here, that meant they had to leave their counseling work at The Northwest Catholic Counseling Center (NCC) and their many friends, colleagues, and supporters in this area. Through their ministry, they touched and improved thousands of lives over the last 34 years. Their care and commitment to those struggling with mental health issues, no matter what their financial or social situation, stand as examples of selfless giving – a way of living and being we can all strive to emulate.



When Sr. Barbara and Sr. Sarah came to Portland in 1986, they had nothing but an enduring belief in compassionate service and a faith that everything would work out. Working originally from borrowed rooms – with sheer force of will, unlimited tenacity, and an occasional sprinkling of irreverent humor – they built a welcoming refuge for those struggling with the dual burdens of poverty and mental health issues. Sr. Lisa Sheridan, OSM, LIMHP, joined them in this calling, and more than three decades later, NCC continues to build on that early vision, with a devoted and caring staff providing compassionate, exceptional counseling to 1,200 people each year. No one is ever turned away for the inability to pay.

Those of us remaining in the Northwest are saddened not to have them as a daily presence in our lives. But we know they remain with us in spirit and in love. Everyone at NCC looks forward to carrying their work forward for as long as our community needs caring, affordable mental health care. Thank you for being part of this legacy of hope.

*-Erin Peters, Executive Director*

## Special Support *Thank you to the following partners for recent grants:*

Archdiocese of Portland's Oregon Rice Bowl • Bernice Heffernan Family Foundation

Frank and Margaret Bitar Foundation • Juan Young Trust • St. Martin de Porres Trust

Jackson Foundation • Maybelle Clark McDonald Fund • Oregon Community Foundation

The Raskob Foundation • Herbert A. Templeton Foundation • OCF Joseph E. Weston Public 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!*

Providing Help . . .  
Creating Hope

## FOUNDERS

Sarah Deeby, OSM, LPC  
Barbara Kennedy, OSM, LPC  
Lisa Sheridan, OSM, LIMHP

## EXECUTIVE DIRECTOR

Erin Peters

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## OFFICE ASSISTANT

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Marilyn Powers

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Linda Buttler  
Vickie Carl  
Nancy Fredricks  
Mary Hill



## OFFICE HOURS

9:00am – 5:00pm  
*Evening and Saturday  
appointments available*

[nwcounseling.org](http://nwcounseling.org)

## Meet Our New Staff!

### Jeremy Richardson, LPC

Jeremy has worked in the field since 2014, primarily in community mental health with children, adolescents, and families. He is trained in EMDR and other trauma-informed approaches. He also specializes in faith-based counseling.



### Anne Avgerin, MA

Anne is a registered LPC intern with a Master's degree in Clinical and Mental Health Counseling. She uses Acceptance and Commitment Therapy (ACT) and a mix of trauma-informed approaches to meet clients where they are. She specializes in life transitions, burnout, anxiety, and depression across the lifespan.



## Celebrate Mental Health Month at our Spring Event: *Growing Hope*

Mental health helps us bloom into healthier and happier people. Our annual spring event is at a new location – the **EcoTrust** in NW Portland!

Join us on Thursday, May 14th

from 6 pm – 9 pm for  
food and fun with Latinx flair!

Visit [nwcounseling.org](http://nwcounseling.org) to purchase tickets and tables.



## SAVE THE DATE!

## CIRCLE OF STRENGTH

## OCTOBER 10, 2020



## Client Story: Luis

After getting in repeated trouble at school for angry outbursts, Luis's mom didn't know where to turn. She knew Luis needed counseling, but with English being their second language, they wanted a therapist who was bilingual. Phone call after phone call, everyone told her they did not provide Spanish-speaking therapy. Distraught, she went to her parish priest, who referred her to NCC. Figuring she didn't have anything to lose, she called NCC – and was immediately directed to someone who could do an intake with her in Spanish. She nearly cried over the phone with relief – this was exactly what she and Luis had been looking for.



It's challenging to bounce back after missing class in high school, and Luis had missed a lot of class because of his outbursts. As a result, his grades were less than ideal – mostly Cs and Ds. Luis's therapist tried a few methods to help him work through his anger – and eventually learned that he liked comic books. This was perfect: the superhero Batman is notorious for having anger issues. Using the comic series, Luis's therapist was able to help him relate to the character, deal with his anger, and refocus his energy on productivity. After a couple of months, Luis's outbursts were less frequent. He brought in his latest report card to a recent appointment: proudly showing his therapist all As and Bs.

## Inaugural Founders' Fund

To ensure the legacy of committed service and social justice lives on into the future and to honor Sr. Barbara Kennedy, Sr. Sarah Deeby, and Sr. Lisa Sheridan, we launched the "Founders' Fund" at the beginning of December. We have been blown away by the support of our community. Together, we've raised over \$20,000, and several generous donors matched \$10,000, totaling over \$30,000 for NCC's most vulnerable clients. We are incredibly grateful for our donors who made inaugural gifts:

Marcia Angelos	Marilyn and Tom Fink	Susan Kreidel	Louis and Susan Moscato	Virginia Simonin
Anne Avgerin and Eamonn Kelly	Sr. Joan Flynn	Dorothy and Bob Kremer	Rick Murie	Stephanie and Paul Slyman
Kelly and Erik Bergstrom	Tom and Kathy Fromherz	Marie Langenes	Msrg. Timothy Murphy	Robert and Sheryle Sopke
	Jean Gale	Scot and Susan Lawrence	L. Diane Parke	Matt and Melissa Stashin
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Francie and Jim Borquist	Kathleen Gianotti	Mona Loe	Shirley and Lark Price	William and Bethany Swanson
Faith Bowers	Diane and Dick Harr	Sharon Loomis-Malin	Allison Reed and Alex Sember	Jacqueline Tate
Trish Bradley	Michelle and John Hart	Penny and Brian McArdle		Ila and Rich Thornton
	Judy Henderson	Alice McCarthy	Kathleen Reynolds	Mary and Tim Tobin
Lynda and Ken Collmer	Carol Herman	Pat and Donna McCormick	Richard and Linda Rountree	Christine Tracey
Kathleen Dailey	Karen Hertl	Dennis McNulty	Glenn and Monet Rubin	Steve and Anne Teresa Urquhart
Dick DeMartini	Sharon Johnson and Bill Patten	Andrea Milano	David Salinsky and Marilyn Marcus	Debby and Ken Willett
Mary Lou Engert	Ruth Julkowski	Betsy Milano		
Michelle and Kevin Eyres		Sherryl and Neal Mogren		

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save paper?**

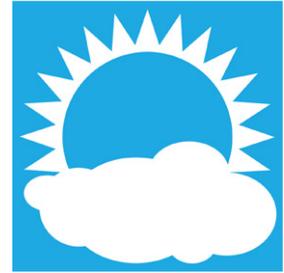
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Just email [info@nwcounseling.org](mailto:info@nwcounseling.org)

## NCC Launches New “Levantar” Program

More than 12% of Oregon’s population is Latinx, which is a striking 75% increase in the past 15 years.<sup>1</sup> The growing Latinx population has limited, if any, access to linguistically and culturally competent mental health care. The disparities are particularly stark in the immigrant community, where at least 42% are uninsured.<sup>2</sup> If lucky enough to get care at all, it is likely to be inadequate: studies show people are better able to remember and recount trauma in their native tongue with someone who understands the cultural context.

As a response, NCC has launched the Levantar Program. Levantar, meaning *to stand* or *to rise up* in Spanish, brings culturally and linguistically tailored mental health care to Portland’s Latinx community.

The program is particularly critical for those without resources or money, or who have immigration or legal barriers to care, allowing them access to vital and life-saving mental health services. This program will serve all Latinx in need, but also use the established and trusted nonprofits and parish communities to help educate around and encourage mental health treatment, particularly for people who are fearful about accessing outside help due to the inflammatory and hateful rhetoric around immigration, race, and citizenship.



Funders agree this program is a necessity; with grants from the Hilton Fund for Sisters, Providence Health & Services, the Archdiocese of Portland’s Rice Bowl Program, and the Oregon Community Foundation, NCC has translated client forms, created new office space, and begun providing counseling services. Two bilingual and culturally competent clinicians are currently serving Latinx clients. They carry additional identities and skills as well: one is an immigrant from Cuba with a background in education, and one has extensive experience with the LGBTQ2S+ community.

Simply hiring Spanish-speaking therapists is not adequate to provide the depth and breadth of support needed for Latinx clients, nor will it overcome the underlying structural and cultural barriers keeping Latinx from accessing quality, appropriate mental health care. NCC has spent the last three years meeting with partners and planning with healthcare providers, universities, other nonprofits, Catholic parishes, and social service providers.

Levantar is a long-term commitment to a valuable and growing segment of our population. Moving through this year into next, NCC is writing grants, talking to businesses, and working with partners to find more resources to add therapist time, and to hire a program director and administrative support. Email [info@nwcounseling.org](mailto:info@nwcounseling.org) for more information or to get involved!

<sup>1</sup> Oregon Community Foundation. <sup>2</sup> Pew Research Center.

### Got Gift Cards?

With a new year comes resolutions – and decluttering is on most lists. Applebee’s gift card not your style? Still have that Magic Bullet, never opened, collecting dust in your basement? We’ll take them off your hands! NCC can use gift cards and small (new) items for raffle prizes and giveaways for our fundraising events! Proceeds go directly to affordable, compassionate mental health counseling.

If you have items to offer, we’ll take them if they’re the size of a standard microwave or smaller. But if you have something bigger, email us at [donate@nwcounseling.org](mailto:donate@nwcounseling.org) and we’ll talk about it! All in-kind donations are tax deductible, and we’ll provide a donation receipt for your records. We are open to

receive donations at our office Monday–Friday, 9 am–4pm. To see our **Wish List** and other ways to give, check our website: [nwcounseling.org/help](http://nwcounseling.org/help). Thank you!

## Board Member News

### Board Member Thank You

Each member of our Board of Directors is passionate about NCC and its mission. Our board members help guide the mission and direction of NCC and serve three-year terms.

2019 marked the end of three board members' terms: Michelle Meyer, Amy Nist, and Sr. Sarah Deeby. Michelle served on the Engagement and Outreach Committee, and Amy was instrumental in continuing our partnership with Providence Health & Services. As a co-founder and practicing therapist, Sr. Sarah regularly connected the board with the mission. Although they will no longer be on the board, their contributions will continue to impact the Center. Thank you for your service!



*Michelle Meyer*  
Former board member



*Amy Nist*  
Former board member



*Sr. Sarah Deeby*  
Former board member

### Welcome to our new board members!

Our board has been busy recruiting new members for 2020! We are excited to welcome Antonio Gomez, Cheryl Carbone, and Mary Tobin to the board! Antonio comes from Providence, and has already been championing our Levantar Program. Cheryl brings us a background in finance and project management. Mary helped us create our Marketing and Outreach plan, and will continue supporting us in our branding. Welcome!



*Antonio Gomez*



*Cheryl Carbone*



*Mary Tobin*

### Congratulations to our new board leadership team



*Nancie Potter, JD, LMFT*  
President



*Bethany Bacci*  
Vice President



*Ken Willett*  
Secretary



*Rick Murie*  
Treasurer

## Grow the Circle

Nearly 230 incredible women gathered on September 21 for The Northwest Catholic Counseling Center's **18th Annual Circle of Strength Luncheon** to raise money for

financially fragile women and children to receive the mental health care they need.

The theme "Growing the Circle" was apt – as this was its highest attendance record to date! Guests gathered at

Riverside Golf and Country Club for a morning of coffee, community, and compassion.



Guest speaker and Multnomah County Commissioner, Sharon Meieran, reflected on her inspiration for public service. Meieran began her career practicing law – her legal work including litigation on behalf of children in the areas of health, education, and juvenile justice reform – then subsequently going to medical school and specializing in emergency medicine. Her medical background informs her work as Multnomah County Commissioner, particularly around mental health care.

Meieran urged the audience to use their own power to effect change in their community. "Tell your story. Destigmatize mental illness. Advocate and affect policy. Volunteer with NCC. We all need to be working together, and I believe we can do it."

1 in 3 women experience sexual assault in their lives, living through emotional and psychological effects that are long-lasting. One such woman shared her own truth with the group. Being sexually abused for years as a child, she repressed memories of the abuse until years later when the memories were triggered. For her first few sessions at the Center, all she could do was cry. But eventually, with the help of her therapist, she was able to take control of her experience, and move forward.

In all, \$85,000 was raised by women, for women! Through their generosity, the women gathered at Circle of Strength expressed their belief that no one should ever be denied access to affordable counseling.



*Event Speaker, Commissioner Sharon Meieran, and NCC Co-Founder, Sr. Sarah Deeby*

The Northwest  
Catholic Counseling Center  
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Portland, Oregon 97220

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## Upcoming Workshops and Groups

**Trauma Echoes:  
Surviving and Thriving**

Saturday, March 14, 10 am–12 pm

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

Saturday, April 18, 10 am–12 pm

**Labor of Love:  
Facing the Challenges  
of Caregiving for Current  
and Former Caregivers**

Saturday, May 16, 10 am–12 pm

**Tired of Trying to Measure Up?  
Letting Go of Perfectionism**

Saturday, June 13, 10 am – 12 pm

**Marriage Preparation Workshops**

Saturday, May 2, 9 am–4 pm

Saturday, June 27, 9 am–4 pm

Saturday, September 19, 9 am–4 pm

**Trauma Support Group**

April 8–May 27: Wednesdays, 5:30 pm–7 pm

*Our new therapy group is for anyone who has experienced any type of trauma and would like to connect with others in an 8-week processing group, with each week focusing on a different topic on this theme.*

**Get more information and sign up online at [nwcounseling.org/services](http://nwcounseling.org/services), or call 503-253-0964.**