



The Northwest Catholic Counseling Center

Volume XXV

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Number 1

EXECUTIVE DIRECTOR'S NOTE

Grow Hope with us this Mental Health Month

Greetings Everyone!

Spring is just around the corner, and I don't know about you, but I can't wait! As the days get longer and flowers begin to poke up in my garden, I feel cautiously optimistic about coming out of a long dark winter, both physically and mentally. With the pandemic, the winter seems to have lasted a very, very long time.

So it's time to plant some seeds. In our case, those are seeds of hope, health, and support. This May, NCC invites you to join us in Growing Hope for our community. As you may know, May is Mental Health Awareness Month. Rather than holding a virtual event this year, during May we will be running a month-long fundraising and educational campaign involving videos from NCC staff and former clients, materials on different mental health topics, and peer-to-peer fundraising. Peer-to-peer fundraising gives you the opportunity to reach out to your own networks and bring them into the NCC community, where we all believe mental health care is a basic right that should be accessible to anyone in need.

There is so much work to be done in community mental health, and sometimes it seems that hope is scarce. COVID continues to take a toll on everyone's mental health just as Oregon faces a mental health workforce crisis. It can be easy to throw our hands up at the bleakness of it all. But I want to remind you that every action matters. Small moments of kindness, helping one person get back on their feet, providing counseling for one family: these actions are actually not small at all. Together we are strengthening our community, breaking down stigma, and Growing Hope for everyone.

Keep an eye out for more news about this May's Growing Hope Campaign in your mailbox, on our website, and on social media. Here's to brighter days ahead!

Warmly,
Erin Peters, Executive Director



Doubling Your Impact

Board President Christine Tracey is matching ALL donations up to \$10,000 for the month of May in honor of Mental Health Month!

SAVE THE DATE!

CIRCLE OF STRENGTH

OCTOBER 8, 2022



*Our hope is to have Circle of Strength 2022 in person, on Saturday, October 8th.
It will also be streamed for those who want to watch. We can't wait to see you there!*

Upcoming Workshops

Join us for our enlightening and informative virtual workshops! Get more information and register online at nwcounseling.org/product-category/workshops, or call 503-253-0964.

Marriage Preparation Couples Workshops

Friday and Saturday
April 22nd and 23rd

Friday and Saturday,
June 10th and 11th

Friday and Saturday
September 23rd and 24th

Volunteering Opportunities

We are excited to begin to welcome office volunteers back into the office as it becomes safe to do so. Please contact info@nwcounseling.org if you're interested in administrative volunteer activities.



EXECUTIVE DIRECTOR

Erin Peters

CLINICAL DIRECTOR

Clista Prella-Tworek, MS, LPC,
CADC III, QMHP

CLINICAL STAFF

Kathleen Butler, MSW, CSWA,
CADC-I, QMHP

Lacie Baumer, Graduate Intern

Marchelle Carl, MA

Tod Fiste, LPC

Thomás Grubb, LPC

Lu Lu, Licensed Professional
Counselor Associate

Amelia O'Neil, Licensed Professional
Counselor Associate

Jeremy Richardson, LPC

Michelle Sideroff, LPC

DEVELOPMENT ASSOCIATE

Annie Teer

ADMINISTRATIVE SPECIALIST

Dinorah Alvarenga

OFFICE ASSISTANT

Cameron Chambers

OFFICE VOLUNTEERS

Vickie Carl

Nancy Fredricks



OFFICE HOURS

9:00am – 5:00pm

*Evening and Saturday
appointments available*

nwcounseling.org

Board Member News

A Warm Welcome Back to Christine Tracey!



We are excited to welcome Christine Tracey back to the Board after a five-year hiatus! Christine is a recently retired attorney who strongly believes that mental health care is a basic human right, and she is committed to positioning NCC to continue this important work as long as possible.

Departures

**Two long-time employees recently left NCC.
We are sad to see them go!**

Shirley Price, LPC, retired from NCC's clinical staff after 26 years of providing warm, compassionate counseling to thousands of clients. Shirley did her graduate internship with NCC, then came on as an employee. "I have had the pleasure to work for a fine organization with a mission I saw as so important, to see it grow as it has and expand to meet needs of our community, and to meet and serve so many from that community. I can't thank the original founders enough for putting their faith in me as a newly-graduated therapist back in 1995! Or thank my clients who have all taught me much. This career has been a life-learning experience and I have enjoyed the journey. Thank you!" She has touched countless lives during her time at NCC and we'll miss her!

Both staff and clients are sad to say goodbye to Office Manager **Melissa Nelson**. Melissa worked at NCC for 17 years and served as a warm and welcoming presence for everyone who walked into the clinic. She grew with the organization over the years, and met everyone who called or visited with compassion and professionalism. We will miss her around NCC and wish her all the best on her future endeavors!

Meet Our New Staff!

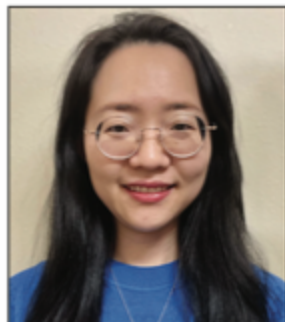
Kathleen Butler, MSW, CSWA, CADAC-1, QMHP

Kathleen has experience in community mental health, and previously worked in women's healthcare, and in public health education and policy development. She has training and experience with trauma-informed care, mindfulness, DBT and EMDR, as well as Jungian psychology.



Lu Lu, Licensed Professional Counselor Associate

Lu Lu has enthusiasm for working with kids through play therapy in order to deepen their communication with each other. Through therapy, she seeks to raise awareness of the systems that influence us, and examine how our identities overlap and interact with our environments. Lu Lu offers therapy in both Mandarin and English.



Amelia O'Neil, Licensed Professional Counselor Associate

Amelia uses a trauma-informed, client centered and strengths-based approach to counseling in order to create a safe space for collaborative work and healing. She has experience and particular interest in working with anxiety, depression, PTSD, sexual trauma, childhood trauma, and LGBTQ issues.



Annie Teer

Annie is NCC's Development and Outreach Associate, and they are passionate about creating a community of care for our most vulnerable neighbors. Reach out to annie@nwcounseling.org with any questions about donating to or supporting NCC!



A QCD for NCC through my RMD?

Marilyn Fleming has been a big fan of NCC's work since she first heard about it in 2011. She met Sr. Barbara Kennedy and Sr. Sarah Deeby, two of NCC's founders, through her parish, St. Andrew in northeast Portland. Marilyn's dedication to Social Justice values meant that NCC's mission spoke to her heart right away. She said she loves that the center "helps people in the moment of crisis but also gives them a broader affirmation of their worth and love." Marilyn's daughter also did her graduate internship with NCC while she was working toward her counseling degree, deepening her connection with us! Marilyn is passionate about supporting NCC, which made it exciting when she found out about a way she can give even more.



Marilyn Fleming (left) with her daughters Andrée Cannon-Fleming (center) and Maria Fleming at a past Circle of Strength fundraiser.

The **Required Minimum Distribution**, or RMD, refers to the amount that must be withdrawn from an employee-sponsored retirement account (401K), IRA, or the like after the owner turns 72. When Marilyn started withdrawing her RMD, she learned that she could make her money go further. A **Qualified Charitable Distribution**, or QCD, refers to money taken from an RMD and donated directly to a qualified nonprofit, such as NCC. This money is tax-deductible: it doesn't count towards your adjusted gross income. This is a great option for Marilyn, who is able to split her RMD between causes she cares about, giving more than she would otherwise be able to.

There are a lot of ways you can support NCC, including stock transfers and QCDs. We are so grateful Marilyn takes advantage of this great way to support NCC, and you can, too! Please don't hesitate to email us with queries at donate@nwcounseling.org.

-Annie Teer, Development and Outreach Associate

Client Story

J., an NCC client since 2021, recently shared these beautiful words with one of our counselors. We hope it reminds you of the importance of providing mental health services to all, regardless of faith or finances.

"Thank you for donating to NCC so they can continue providing counseling care for people like me who are differently-abled.

"Because of all the cognitive damage caused by all my seizures, it is like suffering from PTSD and so NCC is there to get me through these troubles.

"The website is easy to navigate, I don't feel like I'm being judged, they guide me every step of the way, they come right to my level, they help me feel like I can be myself, they give me respect, they speak in ways I understand, they help me remember that I matter, I'm important, and how much I mean to others. They listen and hear me as we work together through and around it all."

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Social Media

Find us on social media for mental health tips, event information, and client stories! Or visit our website for short, timely articles of interest written by NCC staff.



The Northwest Catholic Counseling Center
LevantarPDX



@nccorg
@2Have2HoldPDX



@ncc1986
@2Have2HoldPDX



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nwcounseling.org

We Are Hiring!

NCC is hiring a full-time **Bookkeeper/Administrative Assistant**, a full-time **Licensed Mental Health Therapist**, and a full-time **Bilingual Therapist-Program Lead**. Benefits include flexible work schedule, great benefits, regular supervision, and more!



Learn more at
nwcounseling.org/job-openings

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**