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FOR IMMEDIATE RELEASE

H.O.P.E. Drug Court Participant Brings “Greeting Mental Health with Hope” to the Community

Community Project Seeks to Reduce Mental Health Stigma and Provide a “Bag of Hope” to Those Seeking Support

ROSEBURG, Ore., August 26, 2026 – Sometimes a small gesture can make a meaningful difference on a difficult day.

As part of his H.O.P.E. Drug Court community project, participant Nathan Sessions is launching “Greeting Mental Health with Hope,” an effort focused on reducing the stigma surrounding mental health while providing encouragement and practical support to people who reach out for help.

Nathan will be outside Roseburg Grocery Outlet from 10 a.m. to 2 p.m. on Saturday, August 29, Sunday, August 30, Saturday, September 5, and Sunday, September 6 collecting individually packaged snack items from community members. The donated items will be assembled into “Bags of Hope” and provided to individuals utilizing mental health services through ADAPT Integrated Health Care.

The goal is simple: to let someone who may be experiencing a difficult moment know that they are seen, supported and not alone. Nathan chose mental health awareness for his community project because the issue is personal to him. Having experienced mental health concerns throughout his own life, he understands how difficult it can be to struggle internally while also trying to move forward. “Your mental health does not define you as a person,” stated Nathan.

Through the project, Nathan hopes to encourage others not to be ashamed or afraid to ask for help. Mental health challenges can affect people from every background and circumstance, and seeking counseling, treatment or other support should be viewed as a sign of taking care of yourself and not something that needs to be hidden.

Mental Health and Recovery Go Hand in Hand

Mental health treatment is also an important part of the recovery process for many individuals involved in treatment court. H.O.P.E. Drug Court recognizes that long-term recovery involves much more than simply stopping the use of drugs or alcohol. Participants work through treatment, accountability, court supervision and supportive services while addressing the underlying challenges that may have contributed to substance use.

Addressing mental health alongside substance use treatment can help participants develop healthier coping skills, understand themselves better and build a stronger foundation for long-term recovery.

That is why Nathan appreciates the connection with organizations and community resources such as ADAPT Integrated Health Care, NAMI Douglas, Chadwick Clubhouse, and other local counseling and behavioral health providers. Having a variety of services available gives individuals and families different opportunities to find the support, treatment, peer connection and resources that best meet their needs.

Reducing stigma begins with conversations like these and reminding people that asking for help is okay, treatment is available and mental health concerns do not determine a person's value, future or potential.

Help Fill a Bag of Hope

Community members are encouraged to stop by Roseburg Grocery Outlet and support Nathan's project by donating individually packaged snack items.

Collection Dates and Times:

Saturday, August 29, 2026 — 10 a.m. to 2 p.m.

Sunday, August 30, 2026 — 10 a.m. to 2 p.m.

Saturday, September 5, 2026 — 10 a.m. to 2 p.m.

Sunday, September 6, 2026 — 10 a.m. to 2 p.m.

Location:

Roseburg Grocery Outlet

Donations collected during the four-day event will be used to create Bags of Hope for people utilizing ADAPT's mental health program. Each bag may be small, but the message behind it is much bigger: You matter. You are not alone. Asking for help is okay. And there is always hope.

Mental Health Resources

For information about local mental health education, resources and support groups, visit NAMI Douglas at namidouglas.org. ADAPT Integrated Health Care provides mental health and crisis services in Douglas County. Community members may also explore additional peer and mental health support opportunities through Chadwick Clubhouse and other local behavioral health providers.

Anyone experiencing a mental health crisis can also **call or text 988** to reach the Suicide & Crisis Lifeline.

For additional information about the H.O.P.E. Drug Court Program and upcoming community projects, visit the Douglas County Local Public Safety Coordinating Council (LPSCC) webpage at douglascountyor.gov/851/HOPE-Drug-Court.

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