

# EYES & EARS

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## Report shows rise in homelessness - Successes shown by city's ten-year plan appear to lose ground

By Peter Korn Portland Tribune December 18 2008

The ten-year plan to reduce homelessness in Portland appears to have suffered a setback, according to a recent city auditor's report. Homelessness in Portland is up 33 percent over four years ago, and many blame the current economic downturn.

For the past two years, city officials have announced with pride that their 10-year plan to end homelessness was working. An annual one-night count of the homeless showed there were fewer people sleeping on the streets in the downtown area, as well as throughout the city, each year.

Not anymore.

Local authorities think it's probably due to the economic downturn, but whatever the reason, there are more homeless people in Portland, with the majority concentrated in the downtown area, than there have been in years.

According to the city auditor's annual government performance report, released last week, homelessness in Portland is up 33 percent over four years ago, when the plan to end homelessness was initiated.

READ - City of Portland Service Efforts and Accomplishments: 2007-08 at [www.portlandonline.com/auditor/auditservices](http://www.portlandonline.com/auditor/auditservices). (Continued on next page)

## Psychiatric facility plan challenged

### Senator questions cost, effectiveness of Junction City site

By Alan Gustafson statesmanjournal.com Dec. 5, 2008

State legislators should reconsider plans to build a 360-bed psychiatric facility in Junction City, a state senator said Thursday.

Sen. Alan Bates, D-Ashland, said the planned Lane County mental hospital, about an hour south of Salem, will cost too much money and move the state's mental health reform efforts in the wrong direction.

"It's like going out and drilling for more oil instead of going green," he said during a Human Services Subcommittee meeting of the Legislative Emergency Board.

Instead of building a new hospital in Junction City, Bates, a physician, said he favors creating smaller 16-bed regional treatment facilities and funneling more money into community-based programs and services designed to prevent hospitalization for people with mental illness.

Senate President Peter Courtney, D-Salem, said in an interview Thursday that he was taken aback by Bates' call for the 2009 Legislature to consider shelving the Junction City project.

"We have set a course for how we are going to deal with the mental health crisis in this state, and we have set it in terms of two institutions," Courtney said. (Continued on page 4)

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## Report shows rise in homelessness

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Some officials and advocates for the homeless question the auditor's numbers, which are based on one-night counts of people in Multnomah County shelters, rather than people actually sleeping on the street, but none deny that homelessness is on the rise.

It was just short of two years ago that then-city Commissioner Erik Sten announced after an annual one-night survey that homelessness had appeared to decline 39 percent.

Not everybody is sure it did.

"We've been saying for a few years that homelessness has been rising," says Patrick Nolen, community organizer for Sisters of the Road Cafe, an Old Town nonprofit that serves meals to a predominantly homeless population.

Nolen says that five years ago, Sisters was serving about 250 meals a day, and now they are serving about 425 a day, almost all to homeless people.

Nolen says he has talked to a number of homeless people who told him they have never been counted in the city's annual one-night survey.

Sally Erickson, homeless program coordinator for Portland's Bureau of Housing and Community Development, agrees that homelessness is on the rise this year, but maintains the one-night counts are an accurate reflection of homelessness in Portland.

Erickson says that the one-night count showed that in 2005, 1,020 people were turned away from shelters – most in the downtown area. In 2006, 664 people were turned away from shelters in one January night. In 2007, 575 were turned away, indicating more progress. But in January 2008, 709 were turned away, showing the start of an increase.

Erickson says city and county efforts to put more homeless people into subsidized apartments and to build new shelters made a major dent in the homeless population. She places blame for the increase on the recession.

"If not for the ten-year plan, we would be in much worse trouble," she says.

But the increase in numbers is not the only trend among homelessness in Portland, according to Erickson and others.

Israel Bayer, director of Street Roots, a nonprofit newspaper produced and sold by homeless people,

(Continued on next page)

## Conversation with Cascadia

From the Mental Health Association of Portland

The CEO and board chair of Cascadia Behavioral Healthcare have both agreed to participate in a community-generated conversation, responding to hard questions posed by you and others about the past year of change at Cascadia.

Derald Walker is the CEO of Cascadia. It's his responsibility to manage the day to day operations of the agency, the management of staff and contracts, and oversee the quality of service. Derald has been CEO of Cascadia for about eight months.

Rick Cagen is the chair of Cascadia's board of directors. Their board, like most boards, directly supervises the work of the executive, reviews and approves the annual budget, reviews audits and contracts, defines the mission and purpose of the board. Cascadia's board, I believe, is self-selecting. Rick is, I think, fairly new in this volunteer position.

Both men have agreed to answer questions in writing, and both the questions and answers will be posted on our web site. Since our site gives space for comments and dialogue, I hope we can generate some conversation together. If Derald or Rick can't personally answer a question we ask, they may delegate it to someone at Cascadia who is more knowledgeable.

So let's generate some good questions. I know I have a couple or three. This past year has been turbulent for all of Portland's public mental health services - so even a who's who would be helpful.

Please make your questions general, so the answer is of interest to many, not specific so the answer is of interest only to you. Please send your questions to me directly at [info@mentalhealthportland.org](mailto:info@mentalhealthportland.org) before January 10. Please state whether you want your name to be attached to your question. Not all questions will be asked; I'll edit a bit for clarity and general interest.

Please pass this along to those who would be interested in participating, and visit our web site to read the community questions and answers from Derald and Rick.

Thanks!

Jason Renaud

Mental Health Association of Portland

[www.mentalhealthportland.org](http://www.mentalhealthportland.org) 503-367-6128

## Report shows rise in homelessness

(Continued from previous page)

says the paper, long based in Old Town at 211 N.W. Davis St., is planning to open a second office this summer. But it won't be in the downtown area. Instead, Street Roots will open where more of the homeless appear to be moving, to outer Southeast and Northeast Portland.

The new Street Roots office will be at Northeast 81st Avenue and Northeast Halsey Street.

"We see poverty trends moving east," Bayer says. "As more of Portland becomes gentrified, we're seeing poverty at all levels moving out of the city."

Bayer and others say many homeless who once slept on streets in the downtown area now camp in areas around I-205 and in the Gateway area of Northeast Portland.

Nolen, of Sisters of the Road, says that some of the movement of the homeless to Southeast and Northeast Portland is due to police enforcing the city's controversial anti-camping ordinance in the downtown area. Portland police this spring conducted a sweep of a number of homeless camps beneath the city's bridges, in some cases taking away possessions and handing out citations.

"The anti-camping law is enforced less the farther out you go," Nolen says. "And the sit/lie ordinance (which prohibits daytime sidewalk obstruction) is only in the downtown core. The one effect it truly has had is, the more you push people along with it, eventually people move."

But many advocates say social service providers, still predominantly downtown and in Old Town, have not yet caught up with the trend to the east, leaving many homeless there without services such as health care, food and shelter.

Last week the nonprofit Oregon Law Center filed a lawsuit on behalf of four homeless people, seeking to invalidate the city's anti-camping ordinance.

The city's annual one-night count of homeless people will take place January 28, and organizer Erickson says she could use help. Volunteers willing to spend a couple evening hours interviewing the homeless at either social service agencies or on the street are needed. To volunteer, go to [www.handsonportland.org](http://www.handsonportland.org).

### AMHSA Meeting - Adult Mental Health and Substance Abuse Advisory Council

[www.co.multnomah.or.us/dchs/mhas/mh\\_amhsa.html](http://www.co.multnomah.or.us/dchs/mhas/mh_amhsa.html)

Multnomah County is interested in getting input from mental health consumers. These meetings include discussions about what is going on within the County and at Provider Agencies like Cascadia.

Important people with the power to make decisions attend these meetings. And you can talk with them - guests are welcome. Some Members of Cascadia's Consumer / Survivor Advisory Council are already voting members of AMHSA.

Meetings are held on the 1st Wednesday of the month from 10 am to 12 pm at the Lincoln Building 421 SW Oak (2 blocks south of Burnside). After entering the front door, turn right and go to the receptionist desk in the County Mental Health office and ask for directions.

### CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

#### Meeting changes for January

During January we will meet on the 2nd & 4th Thursdays at 3 pm. In February we will be back to our 1st and 3rd Thursday meetings at 3 pm.

In January we will be planning our January 29th **Consumer Conversation and Celebration**. So mark your calendar and bring your ideas to help plan for it!

We meet at the Plaza, 2415 SE 43rd - go to the 43rd Street entrance, then go to the second floor, and we are in conference room 3 on the right. Guests are welcome.

### Garlington Client Council

#### Meeting changes

During January we will meet on the 2nd & 4th Thursdays at 10 am. In February we will be back to our 1st and 3rd Thursday meetings at 10 am.

**Eliot E-Mat Café**  
**2805 N. Martin Luther King, Jr. Blvd.**  
**1 block south of Garlington**  
**on the corner of MLK and Stanton**

## Psychiatric facility plan challenged

(Continued from front page)

"That (Junction City) facility is very much needed to come on line two years after the facility in Salem if we are going to handle our mental health population in the humane ways that we must," he said. "At this stage of the game, to ignore the realities of not having that facility would put us in a very difficult position."

State plans strongly supported by Courtney and Gov. Ted Kulongoski call for opening a 620-bed hospital in Salem by 2011 and the 360-bed facility in Junction City by 2013.

Both facilities are intended to replace the crumbling 125-year-old Oregon State Hospital in Salem — the oldest facility of its kind still being used for patient care on the West Coast. It has been deemed obsolete and unsafe by state-hired consultants and federal investigators.

Budgeted costs for building the two new psychiatric hospitals are \$458 million.

As approved by the Legislature, state financing for the new mental hospitals will come through the sale of certificates of participation, or COPs.

COPs commonly are used in Oregon to pay for new public buildings. COPs are sold to investors whose interest income is exempt from state and federal taxes.

In raising concerns about the Junction City project, Bates said he was alarmed by estimated operating costs for the facility, starting at \$213.7 million in the 2013-15 budget period.

"The cost is huge, and it's an ongoing cost," Bates said.

Unlike construction costs, operational costs for the psychiatric facility would draw on the state's general fund budget, which pays for a wide range of programs and services, including schools, prisons and social services.

John Britton, a state budget analyst with the Legislative Fiscal Office, also called for reopening discussions about building the Junction City hospital.

In a report that came before the legislative panel, he wrote: "We recognize that a decision has already been made to build, and that there could be savings by beginning the Junction City project earlier than originally expected, but the 2009 legislative session would provide another opportunity to review Junc-

tion City and possible alternatives."

Linda Hammond, the hospital replacement administrator for the state Department of Human Services, said in an interview Thursday that she wasn't surprised by new calls for reconsideration of the Junction City project.

"I'm not surprised that in this current environment people are looking at everything and every way they possibly can" to reduce current and long-term state spending, she said.

Hammond said she would need time to determine how pulling the plug on the Junction City project would alter the two-hospital funding package authorized by lawmakers.

"We can, I'm sure, provide additional thinking to give folks a more full evaluation of what the impact would be, but it's not something that I would be able to do off the top of my head," she said.

agustafs@StatesmanJournal.com or (503) 399-6709

## Message from Mental Health America

### Tell President-elect Obama to Make Healthcare Reform a Key Priority

As he prepares to take office, President-elect Barack Obama faces many pressing issues. Although his campaign identified healthcare reform as a key priority, some will urge him to defer such efforts, suggesting that it will be too costly, too difficult, or not a sufficiently high priority. And while we concur that the nation's economic health demands critical attention, our economic problems make reform even more urgent because of their impact on people's health and well-being and the alarming extent to which people can no longer afford needed care.

Go to [www.mentalhealthamerica.net/](http://www.mentalhealthamerica.net/) and click on Take Action and send a digital postcard to President-elect Obama and tell him that you want him to make healthcare reform a top priority in 2009.

## **Mentally ill inmates: Modern-day Bedlam**

by Bob Joondeph, Guest opinion at oregonlive.com  
Wednesday December 17, 2008

When Captain Craig Ward, who manages the Union County Jail, referred to the behavior of an inmate with mental illness as "bedlam," he was spot on. (The Oregonian, Mentally Ill Inmates Strain Rural Jails, Dec. 14.)

The word "bedlam" is defined as: "a place, scene, or state of uproar and confusion." It originated as the popular name for first insane asylum in London: The Hospital of St. Mary of Bethlehem. Bedlam Hospital started taking people with mental illness in 1357. Conditions were awful. According to a visitor, the noise was "so hideous, so great; that they are more able to drive a man that hath his wits rather out of them." Violent or dangerous patients were manacled and chained to floors or walls. Londoners could visit Bedlam and pay a penny to stare at the inmates. According to The Catholic Encyclopedia: "one could peer into their cells and laugh at their antics or violent fights. Visitors were permitted to bring long sticks with which to poke and enrage the inmates."

Fortunately, we have made great progress in our understanding of mental illness since the heyday of Bedlam. Through early identification, the devastating effects of major mental illness may be avoided. Through counseling, medications, social supports and individualized therapies, those who experience major mental illness can and do recover and return to productive membership in society.

But left unidentified and untreated, these disorders may prevent a person from working and undermine family and social supports. While mental illness does not itself render a person more dangerous than others, poverty, isolation and substance abuse may lead to criminal behavior and time in jail or prison. Everyone (the person, the victim, their families, the jail, the community) would be better off if that person had received assistance early on. Yet, for decades, we have severely underfunded mental health and chemical dependency services.

Now, as The Oregonian pointed out, the Governor's Recommended Budget continues this tradition by calling for a 90% cut in non-Medicaid adult community mental health funding.

Under pressure from the federal government, Oregon is taking steps to correct the deplorable con-

ditions at Oregon State Hospital. And yet we continue to look the other way while our jails are asked to carry on the tradition of Bedlam Hospital. Mental health treatment can and should be provided to inmates. Community mental health services need to provide more screening, treatment, housing and supports. Cutting these services will not only contribute to more human suffering and homelessness but will also generate higher back-end costs to taxpayers due to avoidable prison, jail and hospital days.

What can we realistically do? For starters, we should seek efficiencies by regionalizing community mental health services, including housing and acute care. We should continue to integrate the delivery of mental health services with physical health. We should demand greater accountability for the use of public resources through reporting of clear, measurable outcomes. We should assure that all Oregon inmates are properly screened for mental illness and have access to adequate treatment. And we should provide the funds to get this done.

To do less is to direct Captain Ward and his colleagues throughout Oregon to operate modern-day Bedlams.

Joondeph is executive director of Disability Rights Oregon.

**Email your comments to the County about the changes taking place in the mental health system by going to the County web site at:**

**[www.co.multnomah.or.us/mh.shtml](http://www.co.multnomah.or.us/mh.shtml)**

**On their site you can get updated information on the changes, dates and times of public meetings on the changes, and also to get updates emailed to you.**

### **Eyes&Ears has a new email address**

Below is Eyes&Ears new email address. The only change is that there is a dot between the Eyes and the Ears.

**[eyes.ears@cascadiabhc.org](mailto:eyes.ears@cascadiabhc.org)**

## County Corrections Annual Report - 2008

From [www.mentalhealthportland.org](http://www.mentalhealthportland.org) Dec. 21, 2008

Oregon Revised Statutes requires at least once yearly, a grand jury shall inquire into the condition and management of every correctional facility and youth correction facility in each county.

Each year witnesses are called before the grand jury who represent a wide range of individuals whose lives and careers are affected by the operations of corrections in our community. They include government and political leaders, defense counsel, inmates, supervisory authority personnel and correction employees. The observations, conclusions and recommendations of the grand jury's annual report are based upon the testimony of these witnesses, from the facts and figures they provided, and from observations of the grand jury as it tours the county's correctional facilities.

Below is an excerpt from the 2008 Multnomah County corrections grand jury report.

### Mental Illness

One of the biggest frustrations of this and past corrections grand juries has been the number of people with severe mental illnesses who are incarcerated. Years ago, the State of Oregon abandoned its responsibility to take care of these vulnerable people and local resources have never been adequate to meet the demand. Consequently when someone with a severe mental illness commits a minor crime, the police in most cases have the difficult choice of leaving a troubled and potentially dangerous person in the community or taking the person to jail.

Currently, our jail refuses to book people with serious injuries. If the jail extended that exclusion to people with severe mental illness, it would create a crisis in our community. There would simply be no place to put most of the seriously mentally ill defendants because of the lack of resources. At least in the jail they have adequate supervision, better medical attention, food and a place to sleep.

In our tour of the jail we observed the interdisciplinary team and we thought that they were conscientious, thoughtful and compassionate. The professionalism of the team assists each client drawing from the observations of deputies, medical staff, and counselors. It is a true team effort and exemplifies

the best aspects of direct supervision.

We believe that our jails do a good job with the mentally ill population, but jail is not the right place to put them in most cases. We are not talking about people who commit the most serious offenses; we are talking about people who repeatedly violate minor laws.

Within any community there is a certain portion of the population with mental illness who need prolonged supervision and housing. It appears that both our state and local officials have ignored that principle and in so doing have doomed many of these men and women to jail by default, rather than dealing with them in a more civil and sometimes less expensive manner.

## How To Worry Less

From [About.com](http://About.com) June 14, 2003

Worrying can be thought of as "negative fantasy" - thinking about bad things that might happen. You can easily learn to get your thinking more under your own control.

Here's How:

Make a list of things that you worry about.

Set aside 15-30 minutes every day as a "worry time" and spend that time intentionally worrying.

If you catch yourself worrying at other times - Yell "STOP" to yourself and make a list of things you were worrying about.

At your "worry time" that day, spend some time worrying about items on the list.

Modify the amount of time you spend worrying as you begin to get your thinking more under your own control.

At the end of your worry time for the day spend a few minutes planning more realistically for the future.

Tips:

Worrying and planning both involve thinking about the future - but planning is productive.

Setting aside time to worry is especially helpful if worry keeps you awake at night.

Sometimes getting more information about a subject will alleviate worry.

## Social Service Resource Lists

From mentalhealthportland.org December 24th, 2008

Knowledge is power - or translated for people with low and no income, knowledge + a voucher can get you a step further.

The truth is there are thousands deeply involved in helping people with low and no income, including those struggling with addiction and mental illness. Yet no well-designed, integrated, communicative tool systematizes this constant effort.

And it's a bit of a puzzle why a tool hasn't been created; in our information-precious world, where databases can be instantly uploaded, where needles are easily extracted from haystacks, where nothing is erased, lost or misled. Perhaps there is substantial redundancy and corruption which would discourage donors and foundations. Perhaps there is a veil of technological ignorance. Perhaps Portland's social services is final unmappable problem. Perhaps the authorities fear if they made the system usable, needy people would overwhelm the available resources.

All bad reasons. Our suggestion: A local foundation should present a grant for an agency to create and maintain a useful map of Portland's social service system.

Here are a handful of admirable attempts to corral this vital information.

Street Roots is a nonprofit, grassroots newspaper that assists people experiencing homelessness and poverty by creating flexible income opportunities. Through education, advocacy and personal expression, we are a catalyst for individual and social change.

Their resource list, Rose City Resources is available for sale (cheap!) on their web site or available online.

211info.org has an excellent online database of names, addresses and phone numbers for various helping organizations in the metro area. Fairly up to date too. But contact information without context and helpful narrative make this info dump useful to those who already know their way but are too lazy to use the yellow pages. Perhaps their \$35 printed directory is better, but more likely solves their finan-

cial problems.

Online information from governmental resources are poor. The Multnomah County's web sites are terrible. Clackamas and Washington County sites are worse. Various state sites try, but fail.

Do you know of a better resource list? Send a comment to us at [www.mentalhealthportland.org](http://www.mentalhealthportland.org) and let everyone know.

### Social Service Resources

#### **The Rose City Resource on-line**

Go online to Street Roots at [www.streetroots.org](http://www.streetroots.org) and click on [Street Roots wiki](#)

**2-1-1**

Dial 211 or dial 503-222-5555 from your cell phone or go to [www.211.org](http://www.211.org)

#### **Network of Care**

[www.networkofcare.org](http://www.networkofcare.org)

#### **New online resource list developing**

Mental Health Association of Portland's

#### **Ultimate Resource List**

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

Volunteers needed to help develop and maintain the site.

## Portland opens emergency warming shelter for families of any age, size

From the Oregonian, December 8, 2008  
by Nikole Hannah-Jones

Sylvia Smith thought life had never been so cruel as when she got evicted in August, couldn't get another place to stay and had to live in a pickup with her three children and new granddaughter. At least, she comforted herself, her family was together.

But when summer's warmth gave way to winter's chill, Smith saw even that slipping away.

She couldn't afford the gas to keep the truck's heat on, and her battery would die if she kept the light on too long.

Smith, 38, went to homeless shelters that served families only to be told they were too full or didn't permit teenage boys and so wouldn't take her 14-year-old son. Smith made the tough decision to let her older son, daughter and granddaughter stay with friends while she and her younger son went to a shelter.

"It's been a nightmare," Smith said. "My family is split up."

Smith's story mirrors a growing number of local families that Multnomah County and the city of Portland want to help with a new emergency warming center that opened Monday night. It serves all homeless families — parents, grandparents, same-sex couples with children 17 or younger.

The center at 1435 N.E. 81st Ave., is open from 7 p.m. to 7 a.m. seven days a week through April. It can serve about 20 families a night and will provide bassinets for infants younger than 2.

The shelter, operated by the nonprofit Human Solutions is no-frills — army-green cots sit two-by-two in a room with stark white walls. There are no televisions, no kitchen, no eating utensils. There are bathrooms, but no showers. Still, families with nowhere else to go can spend the night indoors.

The city and county combined to put up \$300,000 to fund the center and another emergency shelter for homeless adults that will open downtown in coming weeks (the location and date will be decided soon).

The county faces one of its largest budget cuts because of the recession but will spend the money as increasing numbers of residents find themselves in

financial straits, commission Chairman Ted Wheeler said.

Other shelters for homeless families are full, said Jean DeMaster, executive director of Human Solutions. "Families are in the cold, and no child should have to stay outside," she said.

DeMaster has never witnessed such large-scale need in the 30 years she's worked with homeless people, she said.

"I've not seen the number of people coming in asking for food or a place to stay, saying, 'We're so hungry. We can't think,'" she said. About 700 families have nowhere to stay indoors, the county Human Services Department found in a recent count.

The shelter has the money to provide a place to stay and keep the heat on, but needs other things: The refrigerator sat empty just hours before the shelter was to open, and a small stack of pillows and blankets near a door was expected to run out before the shelter reached capacity.

DeMaster hopes the community will help fill in the gap.

Nikole Hannah-Jones;  
nhannahjones@news.oregonian.com

**[PEERLINC] David Romprey  
Oregon Warmline hours increased**

**1-800-698-2392**

This is for ANYONE needing to talk. Not just people in crisis... but anyone who just wants to talk to a live person about ANYTHING!!

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers

People just want to be heard.

**Hours**

Monday 3pm-8pm  
Tuesday 5pm-10pm  
Wednesday 9am-2pm  
Thursday 1pm-6pm  
Friday 12pm-5pm  
Saturday 5pm-10pm  
Sunday 5pm-10pm

This Warmline is NOT a resource line

Call to have a confidential conversation with a Peer who will listen without judgment or criticism.

Together we can learn and grow.

*Sponsored by: Community Counseling Solutions (including Morrow, Wheeler Gilliam and Grant County), Greater Oregon Behavior Health Inc. (GOBHI), Clatsop County, Deschutes County, Columbia County, Douglas County, and Benton County*

<http://health.groups.yahoo.com/group/voice-hearers>

**Voice-Hearers**

A discussion forum for voice hearers with links to forums for people who support people who hear voices

This group is for people who hear, or who have heard voices. We can share support, strategies for living with voices, and other ideas.

I want to create an atmosphere where people who hear voices can discuss this freely and openly. Where we can talk about our coping strategies - what works and what doesn't, discuss whether or not we want to use medication, discuss psychiatry honestly and share our concerns.

Labels often aren't helpful when it comes to "mental health problems". Many people find that if their experiences are labeled as mental illness, this makes them feel worse, especially with a diagnosis of schizophrenia which is often seen as a chronic incurable disease. At Voice-hearers we can abandon the labels given to us by doctors, and create our own names for ourselves - without the stigma of psychiatric labeling attached.

This group is only for people who hear or have heard voices. However, if you are a carer/friend/family member or professional and you are interested in hearing voices issues, you can join the Voicesupporters group. VoiceSupporters is also open to people who hear voices. You are more than welcome to join both groups.

**Ride Connection**

If you are over 60 years old, or have a physical disability you can use Ride Connection, even if you do not have insurance.

You must register at (503) 226-0708. You must set up each ride, each time you travel, at least 4 days in advance.

No Charge bus passes may also be available.

New registrations start January 7, 2009.

## From the Inside Out

**From the Inside Out**, explores issues of mental health and related topics through interactive theater, participatory workshops and the arts.

### What is Interactive Theater?

**From the Inside Out** explores mental health through plays written from personal experiences. In the style of Theater of the Oppressed, short plays requiring problem solving (written mostly by people dealing with mental health issues) are performed first without interruption or solving any issues presented. When repeated, audience members stop the scenes, replace characters they choose and act out potential solutions while the other performers improvise around them. Discussion follows each intervention.

### Why use interactive theater to talk about mental health?

The 1999 National Summit of Mental Health Consumers and Survivors developed consensus with 450 people around issues of greatest concern within the mental health movement and created future action plans. 'Movement expansion/coalition-building' and 'training and education' were the most common plan themes. The Stigma Plank suggested "counter (ing) the violence myth" and "to be effective, any educational initiative must focus on demonstrating that people who are diagnosed with mental illness are people first, with talents, skills and abilities". As there is a trend toward mental health supports moving away from institutions and into the community, community discussions around mental health become even more important.

Interactive theater, like presentational theater, is a unique learning tool accessing and exploring feelings. This is helpful for addressing less tangible issues, such as discrimination. Interactive theater also encourages the recognition of oppression and offers practice in self-advocacy while seeing various perspectives played out within one situation. The Center for Accelerated Learning reminds us people remember 10% of what we read, 50% of what we hear and see, 70% of what we say or write and 90% of what we say as we do a thing.

Beyond building community and enhancing the effectiveness of the community's response to

mental health, the process facilitates recovery. The National Mental Health Association states peer support helps with recovery. Artistic Director Jeannie LaFrance adds "developing creativity can increase a person's ability to negotiate difficult situations and see options" and the Arts Education Partnership states that performing benefits self-esteem, reading ability, writing skills, comprehension, social development and 'lasting attention to moral dilemmas'. Most importantly, even though the issues can be serious, we often have fun.

### Check out our first on-line video!

<http://pdx97217.blip.tv/#1480829>

The video is of From the Inside Out's 2007 production relating to Mental Health and the Judicial System. People from Oregon and Washington wrote the play based on personal experiences or perceptions. Please note that the group helping us produce this play is Act for Action – not Art for Action and Jeannie LaFrance was the director of that organization. We may have another video available by early 2009 relating to Mental Health and Employment.

**Interactive Theater Contact:** Cathy Clemens 503-267-5081 or [cathyclemens@msn.com](mailto:cathyclemens@msn.com).

## My Story

The Mental Health Association of Portland is collecting and hosting personal stories from people who found their way to wellness. You can send your personal stories to us for consideration. Selected stories will meet the following criteria.

Include your name.

Be instructive about how you got or stay well from mental illness or addiction.

Your story can include links, pictures, music, or video. It can be long or short - as long as it's yours.

Send your story to [info@mentalhealthportland.org](mailto:info@mentalhealthportland.org).

Find stories of wellness and success at retrieving life, liberty and pursuing happiness at the **MY STORY** section on the Mental Health Association of Portland's website at:

**[Mentalhealthportland.org](http://Mentalhealthportland.org)**

### **Mental Health America**

Mental Health America keeps you informed on the latest that is happening in Congress on crucial legislation that affects access to care, federal funding and services. Their website makes it very easy to send emails to congressional leaders with your personal input on legislative issues.

**Go to [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) and click Take Action Now under the Action menu**

### **Explore mental health at About.com**

**<http://mentalhealth.about.com/>**

### **Disability Rights Oregon**

(formerly Oregon Advocacy Center)  
[www.disabilityrightsoregon.org](http://www.disabilityrightsoregon.org)

Disability Rights Oregon provides legal advocacy to individuals with disabilities who have an issue related to their disability.

Disability Rights Oregon has been receiving complaints about the treatment of people with mental disabilities in emergency rooms. Please help them in their investigation. If you have visited an emergency room for mental health issues, please tell them about your experience by filling out a questionnaire on their website.

### **The Department of Human Services Wellness Initiative**

**Get empowered by finding out ways to improve your mental and physical well being**

DHS provides a Wellness Initiative web site at [www.oregon.gov/DHS/mentalhealth/wellness/main.shtml](http://www.oregon.gov/DHS/mentalhealth/wellness/main.shtml)

Or go to [oregon.gov](http://oregon.gov) and click on Human Services and then Mental Health.

The site has links to helpful articles, resources and web links, as well as reports, research, presentations and newsletters.

Their online newsletter is at [hopehealth.com](http://hopehealth.com).

### **Healing Power online discussion group**

On-line discussion group for readers of "Healing Power -- Ten Steps To Pain Management and Spiritual Evolution" written by Philip Shapiro, M. D..

Do you have a question for this great doctor regarding spirituality or one of its concepts? Then join our online discussion happening now.

<http://groups.google.com/group/healingpower>

To receive an invitation to join our discussion or if you have any questions regarding this group please e-mail Ryan at: [healingpowergroup@gmail.com](mailto:healingpowergroup@gmail.com)

## **PERSONAL CARE SERVICES**

Personal Care Services (PCS) are services that support consumer/survivors in Oregon to help them live independently and participate in community activities. The state pays for the PCS services.

Consumer/Survivors who qualify for PCS can get up to 20 hours a month of assistance for:

- Nutrition
- Medication management
- Housekeeping tasks
- Personal hygiene
- Arrangement of medical appointments
- Emotional support
- And other tasks that are difficult because of your disability.

You may qualify if you have an Oregon Health Plan card. (Eligible for Medicaid), and you are not receiving services from a licensed residential program such as a foster home or group home, and you feel that because of your mental health issues, you would benefit from this assistance.

If you are interested in receiving Personal Care Services, contact your case manager.

## **EYES & EARS**

**Welcomes your contributions**

**Contact the editor, Duane Haataja,  
at the Plaza Consumer Office  
From 12 noon to 2 pm**

**Or call 503-238-0705 Ext. 204**

**Or E-Mail: [eyes.ears@cascadiabhc.org](mailto:eyes.ears@cascadiabhc.org)**

## **Free custom made shoes and inserts for people with diabetes**

Priority Footwear and Pedorthic Services provides a full line of Diabetic Shoes and Inserts for Men and Women. Medicare and Medicaid accepted.

Priority Footwear and Pedorthic Services  
10240 SW Nimbus Avenue Suite L1  
Portland, Oregon 97223

Telephone: 503-524-9656 Fax: 503-524-8397  
[www.priorityfootwear.com](http://www.priorityfootwear.com)

## **Richmond Neighborhood Association (RNA)**

**Meets at the Cascadia Plaza**

Contribute to your community through volunteer work with the RNA! Help plan community events, serve on a committee, join the board, or come out the day of an event to lend a hand. These are just a few of the ways that your contributions can help make our neighborhood stronger and more livable!

General Meetings are held:

2nd Mondays @ 7 pm, Cascadia Plaza  
2415 SE 43rd Ave., 2nd Floor, Room 4

[www.neighborhoodlink.com/portland/richmond/](http://www.neighborhoodlink.com/portland/richmond/)

## **Switching to Digital TV**

**February 17th is getting closer. If you haven't gotten your converter box coupons yet, do it soon because they might be running out of coupons soon.**

**\$40 discount coupons available for  
converter boxes**

If you watch an analog TV and use an antenna or "rabbit ears" to receive over-the air signals, you will need to make a change to continue watching television after February 17, 2009. After that date, there will be no analog signals broadcast. If your TVs have digital tuners, or if you have cable or satellite service, your television reception will continue uninterrupted - you've already made the switch! To get your free coupon or get additional information:

Call 1.888.DTV.2009 or visit [www.dtv2009.gov](http://www.dtv2009.gov).  
Or call OPB for an application at 1-800-241-8123

## **Helping Hand Community Store**

The Helping Hands Community Store features clothing for every age, size and gender and it is the only local store that offers free professional men's clothing. In fact, we have an entire room devoted to men's and women's professional clothing as we believe that dressing appropriately is an essential part of securing stable employment. There is also a play area for children to spend time while parents shop. Families are allowed 10 articles of clothing per member of the family twice monthly for free. Must bring picture ID and proof of household members.

Donate your used men's, women's and children's clothing to the store. Clothes can be dropped off onsite or call Susan Mihm at 503-548-0231.

**9999 NE Glisan St.**

**Monday, Tuesday and Wednesday  
from 10 am to 2 pm**

**503-517-0298**

**Bus service: 20, 22, Max-red and blue**

## NAMI Schizophrenia Support Group

When: Wednesdays: 1 to 2 pm

Where: NAMI Multnomah office  
524 NE 52nd Avenue  
Portland, Oregon 97213

Cost: none Phone: 503-228-5692

**Mission Statement** - A safe place for people with schizophrenia to relax, socialize, and develop skills.

**Come join us!** This is the only Schizophrenia Support Group in Multnomah County. Call Arlene today at 503-228-5692 or 971-409-8519 or [www.astine@nami.org](mailto:www.astine@nami.org).

## Empowerment Initiatives

Serving people with mental health diagnosis. Help in finding and securing resources most effective for their mental health and well being.

[www.chooseempowerment.com](http://www.chooseempowerment.com)

825 NE 20th Ave. Ste. 130

Bus service: 12, 19, 20

## Write Around Portland

Nonprofit organization for writers. Provides facilitated workshops in safe, accessible and respectful environments for people to write and share. Holds community readings to promote the exchange of stories. Publishes anthologies to connect writers and readers.

917 SW Oak St. #406 503-796-9224

Hours: 9 am-5 pm Monday-Friday

[www.writearound.org](http://www.writearound.org)

## NAMI Programs and Classes

NAMI Multnomah provides free classes to family members of children and adults with mental illness. To learn more about our program offerings, call (503) 228-5692.

NAMI Multnomah's Family-to-Family classes begin January 8, 2009. It's not too late to sign up for this free, 12-week course for family members whose adult loved ones have mental illness. Participants have described the course as "life-changing." To register, call 503-203-3326..

Thursday evenings, 6 PM - 8:30 PM, January 8 - March 26.

Family-to-Family is a twelve week course which educates families with an adult family member (spouse, parent, adult child, etc) suffering from mental illness. The class focuses on major brain disorders, family coping mechanisms, as well as advocacy and communication techniques. The courses are taught in the Portland, OR metro area by trained NAMI volunteers.

Visions for Tomorrow course consists of a series of workshops for caregivers of children with brain disorders. It covers educational material and provides the basics for day-to-day caregiving skills.

In Our Own Voice (IOOV) is a consumer based presentation program that creates awareness about the possibility for recovery from mental illness. IOOV presentations are held for other consumers, family members, health care providers, law enforcement officials, faith community or any other community or civic organization.

Peer To Peer is a nine week course on the topic of recovery for any person with a serious mental illness who is interested in establishing and maintaining wellness. This course is taught by trained "Mentors" who have personal experience with living with a mental illness.

## FOLKTIME

### a mental health socialization center

FolkTime is a mental health socialization center just off of Burnside at NE 48th and Couch. Their activities are determined by members at a monthly community meeting. They are open Mondays and Wednesdays from 11:30 am to 2:30 pm with hot lunches served at 12:30. On Thursdays from 1 to 3 pm there is a Creative Writing group held. FolkTime offers a variety of activities, including bingo, craft projects, guest speakers, games, and discussions on current topics of interest. On Fridays there are recreational activities such as DVD movies, bowling, and other community events. See their schedule at the Cascadia Plaza clinic bulletin board.

Their address is 4837 NE Couch St. Their phone number is 503-238-6428.

The # 20 East Burnside bus goes there. Downtown you board it on West Burnside. Get off at East 47<sup>th</sup> and Burnside and walk north for one block on 47<sup>th</sup> past the Southeast Community Policing Center and turn right on Couch until you come to a church on the left hand side of the street.

Also #19 East Glisan bus can bring you there. Get off at NE 47th & Glisan and walk down to Couch and turn left.

## WEDNESDAY GAME NIGHT

Sponsored by the Mental Health Action Group  
At the First Unitarian of Portland Church

**6:00 - 8:00 p.m.**

**Every 2nd and 4th Wednesdays**

**First Unitarian Church of Portland - Fuller Hall  
1011 SW 12th Avenue  
4 blocks from the library max stop**

Looking for a fun social event? Enjoy classic board games or simply share your own favorite - all in the company of good people. Join us whether you're a gaming fan or just need to get out of the house. You are encouraged to bring games to share, although we will provide some classic board games. Other types of non-board games are welcome, too.

Light refreshments provided at this weekly free event. For details, contact Carl Gerhardt at 503-757-2810 or just show up.

Gamenighters web home page  
[sites.google.com/site/gamenighters/Home](http://sites.google.com/site/gamenighters/Home)

## Rose Haven

1808 NW Irving 503-248-6364

Women and children only: Assistance with referral for health care, nutrition, hygiene and clothing, advocacy services for housing and legal aid. Mailing address and voice mail.

### Hours

Monday thru Wednesday 9 am to 12 noon  
Tuesday: Beading 9 to 11 am. Access to all.  
Friday: Movie time - 1:30 - 3:30 pm. Access to all.

Bus service: 17, 77, street car.  
[www.rosehaven.org](http://www.rosehaven.org)

## See the Eyes&Ears newsletter on the Mental Health Association of Portland website at

[mentalhealthportland.org](http://mentalhealthportland.org) (new address)

The Mental Health Association of Portland is a great resource for news and commentary on mental health issues of the day. Check them out.

## Independent Living Resources

Offering Advocacy, Information & Referral,  
Peer Counseling, and Skills Training for people  
with disabilities

Classes, support groups, recreation and  
volunteer opportunities

2410 SE 11th Ave. 503-232-7411

## **Dual Diagnosis Anonymous of Oregon** **Mental Illness and Substance Abuse**

[www.ddaoregon.com](http://www.ddaoregon.com)

DDA is a program based on the 12 steps of Alcoholics Anonymous with an additional 5 steps that focus on Dual Diagnosis. DDA's unique 12 steps + 5 program offers hope for achieving the promise of recovery.

**DDA Central Office** 521 SW 11 Avenue (2<sup>nd</sup> floor). Monday thru Friday from noon to 1 pm. Open meetings. Call 503-222-6484 or 503-737-4126 for more information.

The following are more open meetings.

**Cascadia Plaza** 2415 SE 43rd Ave. Thursdays from 12 to 1 pm. Upstairs in Room 1.

**CODA** 1030 NE Couch Street Portland  
Wednesdays -11:00-12:00 PM

**Live and Let Live Club** 1210 SE 7th Street Portland  
Fridays-7:00 to 8:00 PM

**Midland Commons**-Oregonian Dining Hall 2830 SE 127th Thursdays-6:00 to 7:00 PM

**National Alliance on Mental Illness (NAMI)** 524 NE 52nd Avenue Wednesdays 5:30 to 6:30 PM

**Providence Medical Center** 5228 NE Hoyt Street  
Portland Mondays-3:30 to 4:30 PM

**The Taft Hotel** 1337 SW Washington St. Portland  
Mondays— 2:00 to 3:00 PM

**YWCA** 1111 SW 10th Ave., Portland  
Sundays—2:00 to 3:00 PM (women only)

Go to DDA's website listed above for more meetings taking place elsewhere.

Updated December 29, 2008.

## **Rose City Recovery Connections**

An online site for the Portland recovery community. Also has a link for events and social activities.

[www.rc-rc.info/events.html](http://www.rc-rc.info/events.html)

## **New group forming**

### **“How do I forgive myself, especially when I feel so unforgivable?”**

The Julia West House is offering a new, confidential group, meeting on Wednesdays and Fridays from 12:30 to 2:30 pm starting January 14, 2009

Find ways to deal with emotional pain, free from the use of drugs and alcohol. Get practical help with self esteem, spiritual and emotional growth, and support from others for expressing grief. Gain connection and support from a caring group of peers, and courage to face the future by finding freedom from the past.

There is no cost for this group, but size is limited, and pre-registration is required. The class is led by Lance Echo-Hawk, MA.

Contact Patty Warman, Executive Director at 503-222-6564 or [Patty@fpcpx.org](mailto:Patty@fpcpx.org) to register for this group. The Julia West House is located at 522 SW 13th Street

The Mission of Julia West House is to provide training and support that will empower low-income and homeless residents of Downtown Portland to alter their lives through positive action.

## **SMART Recovery**

### **Self-management and Recovery Training**

#### **The scientific alternative for people seeking independence from addictive behaviors including alcohol, other drugs and gambling**

- Discover your personal power and strengths, and regain your confidence.
- Use supportive groups to brainstorm solutions to real personal problems.
- Clarify your values and find life, purpose, and hope.
- Learn tools and techniques for self-directed change.
- Be motivated to recover and live a satisfying life.

There are several meetings held in and around Portland.

For more information call Hank Robb at 503-635-2849 or email him at [robhb@pacificu.edu](mailto:robhb@pacificu.edu).

Visit SMART's website at [smartrecovery.org](http://smartrecovery.org) for a list of current meetings.

## COMING EVENTS

### FREE PIONEER SQUARE EVENTS

[www.pioneerCourthouseSquare.org](http://www.pioneerCourthouseSquare.org)

#### Pacific University Ivan

Tuesday, January 6th 12:00 pm - 4:00 pm

The mobile eye clinic will be onsite offering free eyesight screenings.

#### American Tinnitus Association

Saturday, January 10th 10:00 am - 4:00 pm

Start the year off right and stop by the Square during Health Week! Various health organizations from the Portland area will be onsite to provide health screenings and information about healthy living.

#### Oregon College of Oriental Medicine

Sunday, January 11th

Information about acupuncture and oriental medicine will be distributed.

#### Roe v. Wade Memorial Rally

Sunday, January 18th 2:00 pm – 3:00 pm

Oregon Right to Life will hold a rally at the Square.

#### PDX Jazz Pavilion

February 13th - 16th

The PDX Jazz Pavilion will return to the Square as part of the annual Portland Jazz Festival. Visitors of this event will enjoy a variety of jazz performances and activities.

### PORTLAND ZOO

\$ 2.00 9 am to 4 pm

On the second Tuesday of each month

### Mental Health Day at the Capitol

#### Building a system of Community Care

Wednesday, January 21, 2009 Please join us for a noon rally on the Capitol Steps!

Preparing for the 2009 session and raising awareness of mental health among neighbors, colleges, and friends.

Talking points:

Incorporation of prevention, recovery, and integration into a community based mental health care system; Decriminalization of mental illness; The state budget

What you can do:

Invite community partners to join the Day at the Capitol; Register to talk with your legislators; Rally, Rally, Rally.

Please plan on joining us for any or all Mental Health Day activities. Let the legislature hear your voice!

7:00AM-8:30AM Breakfast at Mission Mill Museum (optional, for more information go to NAMI OREGON online and register.).

9:00AM-10:30AM Mission Mill Museum. Registration and Advocacy Prep for all Advocates

9:30AM-3:00PM State Capitol. Scheduled Meetings with Legislators. Presenting and Contributing Sponsor Tables in Galleria.

9:30 AM-2:00 PM “Best Practice” Presentations in Room 50

12:00 PM-12:30PM Rally on Capitol Steps

By going to [www.nami.org/oregon](http://www.nami.org/oregon) you can:

- Schedule a meeting to talk with your legislators about mental health (register by January 16).
- Apply for financial assistance as well as a travel stipend.
- Volunteer or ask questions.

Or call NAMI Oregon at 1-800-343-6264.

NAMI Oregon is working in partnership with: Astra-Zeneca, Oregon Health Forum, and the Oregon Community Mental Health Coalition.

## Employment & Educational Opportunities

### Supported Education

**Helping people begin or return to education so they may receive education and training to achieve their educational and recovery goals and/or become gainfully employed.**

**Connecting folks with Vocational, Education, GED, Portland Community College, PSU, etc.**

**The Supported Education Specialist will provide assistance with:**

Registration	Time management
Selecting classes	Financial aid & forms
Classroom skills	Study skills
Test taking and notes	Wake up calls
Class preparation	Syllabus 101
Using campus resources	Individual support
Study skills	Peer support groups
Individual campus orientation	
Help with finding textbooks	
Collaboration and advocacy with school staff	

**Let's talk!**

Robin Gill, CADC I, M.A.  
Supported Education Specialist  
Recovery Support Services Plaza I  
503-238-0705 x240

### INDIVIDUAL DEVELOPMENT ACCOUNT PROGRAM

MercyCorps NW helps low-income families and individuals realize their dreams of financial independence or starting a business. Personal finance and business education workshops help participants learn how to budget, manage credit, and assess investment options. The Individual Development Account program helps people get in the habit of saving money and matches \$3 for every \$1 saved. Loan programs are also available. Call 503-236-1580 or visit [www.mercycorpsnw.org](http://www.mercycorpsnw.org).

### Cascadia

#### Social Service Aide Training

Social service classes are designed to educate those who have a history with mental illness. At the end of the training, students can expect to have a much clearer picture of the mental health system and possible employment opportunities in the field. These classes give consumers and survivors skills to obtain work in the social service field. This is a three phase training.

**Phase 1** focuses on communication skills and the recovery movement. Some topics that are covered include ethics, confidentiality, evidence based practices, self awareness, and person centered planning.

**Phase 2** focuses on Clinical skills including diagnosis, symptoms, crisis prevention, co-occurring disorders, medications and more.

The first two phases are five weeks in duration meeting three times a week.

**Phase 3** is eight weeks in duration. Those who successfully complete the first two phases will have an opportunity to apply their skills during their practicum.

**Call 503-283-3763 ext. 4846 to find out when the next course starts.**

**Cascadia Garlington Center  
3034 NE Martin Luther King Blvd.**

### Vocational Rehabilitation Division

3945 SE Powell Blvd.  
503-731-3210, 971-673-2555

Ticket to Work and Self-Sufficiency Program is an employment program for people with disabilities who are interested in going to work. General orientation for new clients held 1:30 p.m. every Tuesday. Hours: 8 am-5 pm, Monday-Friday.

[www.oregon.gov/dhs/vr](http://www.oregon.gov/dhs/vr)

## **HELPING HANDS COMMUNITY STORE**

Helping Hands store was developed as a way to provide worksite training for men and women who face multiple barriers to employment. Set up to run as a retail clothing outlet using donated clothing, the store is run entirely by those seeking to build job experience and training while at the same time working on employment barriers. With the help of job coaches, referral resource coordinators and on-site trainers these individuals build self esteem, learn to problem solve, develop management and teamwork skills while they sort and stock inventory, manage the retail floor, check clients in and out, maintain activity logs and practice customer service. The store prepares individuals that have never been successful in the workplace for sustainable employment.

**Helping Hand Community Store 9999 NE Glisan  
Monday, Tuesday and Wednesday from 10 am to 2 pm  
503-517-0298 or 503-517-0297 Fax 503-548-0299**

## **SE Works One Stop**

6927 SE Foster Road (503) 772-2300 TTY: (503) 772-2305 [www.seworks.org](http://www.seworks.org)

SE Works offers a range of services and resources for job seekers with various backgrounds, skills, and experiences. Services are appropriate for job seekers of all ages, including those who are: looking for entry-level or professional employment; preparing for work in a specific industry; pursuing technical and/or basic skills upgrades; planning for career advancement.

Staff members bilingual in Spanish, Russian, and Portuguese are available to assist non-native English speakers. We also have specific expertise providing job search assistance to individuals with criminal histories.

One Stop is home to a number of on-site partners specializing in a variety of services including services to persons experiencing disabilities and youth among others.

To get started, attend one of our information sessions. Call for day and time of next session. This brief orientation will introduce you to the resources available at SE Works.

## **ABOUT U. at [www.u.about.com](http://www.u.about.com)**

The website of About U. offers a collection of free online courses. Each online course is sent to you via email on a daily or weekly basis and is designed to help you learn a specific skill or solve a particular problem. There are no grades or degrees, only a whole lot of free online learning.

## **VOLUNTEER OPPORTUNITIES**

If you are interested in volunteer opportunities available in and around Multnomah County, visit the website of Hands On Portland, [www.handsonportland.org](http://www.handsonportland.org), a local organization that helps match volunteers with a wide range of opportunities to give back to your community. Or call (503)200-3355.

## **One-Stop Career Centers**

[www.wfn.pcc.edu](http://www.wfn.pcc.edu)

One-Stop Centers provide communities with access to information and resources to assist people in their career planning and job search activities. Self-directed resource rooms at each center provide access to computer workstations, job orders and listings, resume software, and a wealth of planning and job search assistance information.

## CAREER TESTING

Careerkey.org - 10 minute test  
 Livecareer.com - 100 question test  
 Etest.net - 20-30 minutes  
 Jobhuntersbible.com - The career Key, Career Interests Games, Princeton Career Test  
 Futureproofyourcareer.com - 85 questions  
 Assessment.com - 71 questions  
 Queendom.com - 200 tests  
 Tickle.com - career test - 50 questions

## JOB SEEKING WEBSITES

[www.oregonlive.com](http://www.oregonlive.com)  
[www.jobdango.com](http://www.jobdango.com)  
[www.jobs.employmentguide.com](http://www.jobs.employmentguide.com)  
[www.opportunityknocks.org](http://www.opportunityknocks.org)  
[www.careeronestop.org](http://www.careeronestop.org)  
[www.careerbuilder.com](http://www.careerbuilder.com)  
[www.monster.com](http://www.monster.com)  
[www.emp.state.or.us/jobs/](http://www.emp.state.or.us/jobs/)  
[www.dice.com](http://www.dice.com)  
[www.job-hunt.org](http://www.job-hunt.org)

## Free online education from the Massachusetts Institute of Technology (MIT)

### MIT OpenCourseWare [ocw.mit.edu](http://ocw.mit.edu)

MIT OpenCourseWare (OCW) is a free online publication of course materials used at MIT. Although you cannot get a degree or certificate from MIT or OCW, or get access to MIT faculty, it's still a great website to get accredited education for free. No registration, user ID, or password is needed to access the site.

Over 1700 courses to choose from. Although materials presented may not reflect the entire content of the course, most of the courses include lecture notes, assignments and exams.

Go to [ocw.mit.edu](http://ocw.mit.edu) and check it out.

By going to [www.ocwconsortium.org](http://www.ocwconsortium.org), you can find out more information on OpenCourseWare and also access the websites of other colleges offering OpenCourseWare programs.

## Elders in Action

1411 SW Morrison St. 503-235-5474

Employment, personal and community safety advocates for adults age 50 and over.

[www.eldersinaction.org](http://www.eldersinaction.org)

## Goodwill Industries of the Columbia-Willamette

1943 SE 6th Ave. 503-239-1734

Jobs available at stores or donation centers, and free employment service in the community. Call for appointments 10 am or 1 pm, Monday-Thursday.

## Job Corps

1130 SW Morrison, Suite 407  
503-326-6800

Job Corps provides hands-on career training for 30 trades for economically disadvantaged young adults 16-24. Students can also complete their GED and receive their high school diploma on Center.

[www.region4wib.org/JobCorp.htm](http://www.region4wib.org/JobCorp.htm)

## Julia West House

522 SW 13th Ave. 503-222-6564

Free reading classes and GED preparation classes. Sign up in advance at Daywatch or Nightwatch programs. Day Access center hours daily.

Service Hours: Reading classes 9-10:30 a.m.; GED classes 10:40 a.m.-noon, Monday and Thursday.

## Seniors Make Sense

A Title V training program free for senior citizens 55 and older. Promotes older workers as a solution for businesses seeking a trained, qualified, and reliable workforce. Facilitates economic self-sufficiency for older individuals and their families who are working.

2101 NE Flanders St. 503-232-7684  
 Hours: 8:30 a.m.- 4:30 pm, Monday-Friday.  
[www.doleta.gov/seniors](http://www.doleta.gov/seniors)

## NEED A JOB?

### FREE TRAINING IN JANITORIAL AND LANDSCAPING

**Weekly Info and Intake Meetings**  
**Call for days and times**  
**At Portland Habilitation Center**  
**5312 NE 148th Ave.**

**PHC trains and employs adults with disabilities.**

**If you plan on attending an Information & Intake Meeting, please bring the following items.**

- **Photo Identification**
- **Social Security Card**
- **Documentation of a Disability**
- **Phone numbers and address of Medical or Mental Health Providers**
- **Alien Registration (if applicable)**

**If you have questions, please call 503-261-1266. Or go to [www.phcnw.com](http://www.phcnw.com) for more info. The site also lists job openings and allows you to apply online.**

**PHC in addition offers employment opportunities in production, property management and clerical work.**

**Bus Service: You can take bus 87 or call Tri-Met 503-238-7433 for bus times and locations.**

## EMPLOYMENT MARKETPLACE

**“Bringing employers & job seekers together”**

**Every Friday**

**8:00 - 8:30 Networking Opportunity**

**8:30 - 10:30 am Employer Presentations & Job Fair**

**5600 NE 42nd Avenue Building 2 - Auditorium**

- **Come dressed to impress your proven resume!**
- **Hear employer presentations on current opportunities!**
- **Meet employer hiring officials in professional settings!**

**Check website for This Week’s Employers:**

[www.wfn.pcc.edu/EmployerMarketPlace/EMP.asp](http://www.wfn.pcc.edu/EmployerMarketPlace/EMP.asp)

## Better People

2 NW 2nd Ave. 503-281-2663

Helps people with legal histories find and retain jobs. Recently released and current parole participants have access to classes on interviewing skills and job application preparation. Downstairs through the Workforce One-Stop office.

[www.centralcityconcern.org](http://www.centralcityconcern.org)

## Central City Concern Workforce program

2 NW 2nd Ave. 503-226-7387

Provides employment workshops, job resource center, daily job announcements, career advancement and training services, employment-related housing and veterans’ services, among others. Enroll to learn interviewing skills and prepare for job searches. Hours: 8 am-6 pm, Monday-Friday.

Orientation: 8:45 am Tuesday; 12:45 pm Thursday

[www.centralcityconcern.org](http://www.centralcityconcern.org)

## DePaul Industries

4950 NE Martin Luther King Jr. Blvd.  
 8 -5 Monday - Friday 503-281-1289

Temporary staffing service specializing in employing the disabled or people in recovery. Employment options for people with disabilities, including injury and illness related disabilities.

[www.depaulindustries.com](http://www.depaulindustries.com)

## Differently-Abled Business Association (DBA)

DBA helps people with disabilities start a small business. They can help locate funding resources and loan packaging.

503-998-9560 [www.dbaoregon.org](http://www.dbaoregon.org)

## Easter Seals Latino Connection Program

4134 N. Vancouver Ave. Suite 300C  
 503-335-6161

Vocational rehabilitation services, including employment for Latinos with disabilities, ESL and computer classes in Spanish, job development and job placement; translation and interpretation, resume and interview workshops; ESL support and referral.

[www.or.easterseals.com](http://www.or.easterseals.com)

**Multnomah Mental Health**  
**Crisis Number: 503-988-4888**  
**Or 1-800-716-9769**

**Mental Health Organizations -**

**-Cascadia Central Intake** - Mental health and drug/alcohol services for low-income; call 503-674-7777 for an intake.

**-Cascadia Urgent Care Walk In Clinic** - Open 7 days a week to deal with mental health crises for any resident of Multnomah Co. who is not currently enrolled in ongoing mental health services. Can access eligibility for services and direct clients to local resources. Sometimes able to help people seeking consultation of psychiatric medication or initial prescription of medications. 2415 SE 43rd 503-238-0705

**-Cascadia Integrated Treatment Services** (drug/alcohol) 503-238-0705; www.cascadiabhc.org

**-El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 www.catholiccharitiesoregon.org

**-Portland Veterans Center** - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; www.va.gov

**Mental Health Drop - In Centers:**

**-David's Harp** - NE 112th & Knott, 503-253-8883. Need a referral.

**-Folk-Time Socialization & Support** - 4837 NE Couch St., 503-238-6428

**National Mental Health Organizations:**

**-Mind Freedom** - Campaigns for human rights in mental health; also contact if have been abused by the psychiatric system. 1-877-MAD-PRIDE; www.mindfreedom.org

**-National Alliance for the Mentally Ill** - Education, support, advocacy, info/referral; www.nami.org/Multnomah; 503-228-5692

**-National Mental Health Consumers' Self-Help Clearinghouse;** 800-553-4539; www.mhselfhelp.org

**-National Suicide Prevention Lifeline** (Suicide Support) 1-800-273-TALK (8255).

**-Mental Health America** - Education, support; 1-800-969-NMHA (6642); www.mentalhealthamerica.net

**-SAMHSA's National Mental Health Information Center** - Mental health information; 1-800-789-2647; www.mentalhealth.samhsa.gov

**Mental Health Support Groups or Information:**

**-Northwest Autism Foundation** - info on autism and contact info on treatment. autismnwaf.org. 503-557-2111

**-Portland Aspergers Network** (503) 226-5999 contact@portlandaspergers.org. Website: aspergersnet.org

**-Bereavement Support Group (coping with loss)** - At

Adventist. Free. To register, call 503-251-6192 ext. 5670

**-Brain Injury Support Groups** - Brain Injury Association of Oregon, 1.800.544.5243, biaoregon.org

**-Children & Adults with Attention Deficit** - 503-294-9504. Free. www.chadd.net

**-Depression and Bipolar Support Alliance** - 800-826-3632; Portland support groups: west side: Jason-503-227-2423 east side Julie 503-977-3103 www.dbsalliance.org

**-Family to Family Support Group** - NAMI - free group for loved ones of individuals with mental illness. Educational group. 503-228-5692

**-Healing Power online discussion group** for readers of "Healing Power -- Ten Steps To Pain Management and Spiritual Evolution" written by Philip Shapiro, M.D.

E-mail Ryan at: healingpowergroup@gmail.com

**-Obsessive Compulsive Disorder support group** - 503-494-6176; OHSU - 503-494-8311

**-PSU Community Counseling Clinic** 503-725-4620 Portland State University. Individual, couple and family counseling. \$15 per session, reduced fees negotiated, day or evening sessions. Bus service: Fareless square.

**-Recovery, Inc. International** - Self-help for people with depression, anxiety, phobias, fears, anger, & low self-esteem. 503-231-1334; www.recovery-inc.org.

**-YWCA Counseling Center** 503-294-7440; 333 N Russell St. (at MLK) - Individual, couple, group counseling, support groups and assessments. Sliding scale starts at \$13. All counselors are LGBTQ friendly/affirming.

**Employment Resources:**

**-Benefits Planning Assistance** - Disability Rights Oregon (formerly known as Oregon Advocacy Center) has PIP benefits planners to help you figure out how going to work will effect your benefits. 503-243-2081

**-Better People** - Support for people with criminal history. 4310 NE MLK, Jr. Blvd., 503-281-2663. betterpeople.org

**-DePaul Industries** - Temporary staffing service specializing in employing the disabled or people in recovery. 4950 NE MLK, Jr. Blvd. 8 -5 Mon - Fri 503-281-1289 www.depaulindustries.com

**-Easter Seals Latino Connection Program** 503-335-6161 - 4134 N. Vancouver Ave. Suite 300C. Vocational rehabilitation services, including employment for Latinos with disabilities.

**-State of Oregon Employment Offices** - North Portland: 503-280-6046 Gresham: 503-669-7112 Beaverton: 503-644-1229 employment.oregon.gov

**-Equal Employment Opportunity Commission** 800-669-4000; www.eeoc.gov; Discrimination/rights

**-Goodwill Industries**—(503)239-1734 Apply for jobs at Goodwill or receive help in finding jobs in the community. www.meetgoodwill.org

**-Hands On Portland** - Volunteer jobs in & around Multnomah Co. (503)200-3355 www.handsonportland.org.

**-More employment resources on the web -**

www.workinginoregon.com

**-One Stops** - See their ads in the Employment & Educational Opportunities of this newsletter.

**-Portland Habilitation** - 503-261-1266 Janitorial and various other jobs, some waiting lists long, others not; long trainings; www.phcnw.com

**-Trillium Artisans Program** - 503-775-7993; Marketing support for artists interested in home-based business or contract work; priority if live in outer SE

**-Vocational Rehabilitation Division-** Employment services for people with disabilities; Central 3945 SE Powell Blvd. 971-673-2555; East 305 NE 102nd Avenue Suite 200 971-673-5858 North 4744 N. Interstate Ave. 971-673-3055\_www.oregon.gov/dhs/vr

### Alcohol and Drug:

**-Al-Anon and Alateen** (for friends and family) 503-292-1333; www.al-anonportlandoregon.org

**-Alcohol and Drug Helpline; adult or teen;** 1-800-923-HELP

**-Alcoholics Anonymous** - 503-223-8569; www.pdxaa.com

**-Dual Diagnosis Anonymous** - 503-222-6484 or 503-737-4126 www.ddaforegon

**-Marijuana Anonymous** - 503-221-7007; www.marijuana-anonymous.org

**-Narcotics Anonymous** - 503-727-3733; www.portlandna.com

**-Nicotine Anonymous** - www.nicotine-anonymous.org; (503) 323-2110; info@nicotine-anonymous.org

**-SMART Recovery** - Hank Robb 503-635-2849 www.smartrecovery.org

### Benefits:

**-Aging and Disability Services Division branches** - 503-988-3620 (Downtown) 503-988-3660 (SE); 503-988-5480 (Mid-County); 503-988-3840 (E); 503-988-5460 (W); 503-988-5470 (N/NE); Helpline: 503-988-3646. Call for hours; closed noon-1 pm; www.co.multnomah.or.us

**-Oregon Health Plan** - 1-800-359-9517  
Medical, dental, and mental health insurance

**-Social Security Admin.** - 1-800-772-1213 www.ssa.gov

### Legal:

**-Lawyer Referral Service** - 800-452-7636, 503-684-3763

**-Legal Aid Services of Oregon** - 503-224-4094

**-Multnomah County Legal Aide** - 503-224-4086

**-Disability Rights Oregon** (formally called Oregon Advocacy Center) - 1-800-452-1694; 503-243-2081; Legal representation & disability advice; TTY: 800-556-5351; www.disabilityrightsoregon.org  
E-Mail: welcome@oradvocacy.org

### Information and Referral:

**-211 Information & Referral** - DIAL 2-1-1 or dial 503-222-5555 from your cell phone or go to www.211.org

**-City/County Information/Referral** - (503) 823-4000

**-Network of Care** - www.networkofcare.org

### Additional Resources:

**-\$4 drug prescriptions** - Walmart, Fred Meyer and Target stores.

**-Coalition of Community Health Clinics Website**  
Provides info about free health care for uninsured people. www.coalitionclinics.org.

**-Community Cycling Center** Complete five hours of safe commuting and bike maintenance training and get a free bike. Must be referred by a social service organization. Can not own an operating vehicle (503)288-8864.

**-Education** - Portland Community College - (has GED classes) 503-244-6111, www.pcc.edu; Mt. Hood Community College (have a mental health program) 503-491-6422, www.mhcc.edu; Federal Financial Aide - 800-433-3243; www.fafsa.ed.gov

**-Fair Housing Council** - 503-223-8197; www.fhco.org

**-Free Bus Pass** - If bus at least three times/week for medical or mental health ctr 503-802-8700; Need to be on Oregon Health Plan

**-Free Geek** - Free computers and training in exchange for volunteer work. 503-232-9350 www.freegeek.org

**-Housing:** www.housingconnections.org

**-In-Home Safety Repairs** - Minor home safety repairs for people who have low-income and are 55 years or older and/or have a disability; 503.284.6827

**-Low Income Energy Assistance Program (LIEAP)-** 503-988-6295

**-Metro Child Care** - 503-253-5000 www.metroccrr.org/index.htm

**-No Longer Lonely** - Online Dating for adults with mental illness. www.nolongerlonely.com

**-Oregon Telephone Assistance Program** - If on food stamps, OHP, SSI or TANF; 800-848-4442 www.puc.state.or.us/PUC/

**-Partnership for Prescription Coverage** - 1-888-477-2669. www.pparx.org. Coalition of different groups that can help with prescription coverage.

**-Resource web sites** - www.thebeehive.org

**-Women's Crisis Line** - 503-235-5333 or toll free 1-888-235-5333. www.pwcl.org

**-Write Around Portland** - creative writing 10-week sessions; publish work; 503-796-9224; www.writearound.org

**If you have noted any changes or have any new resources that you would like to be added to this list, contact or leave a message with the editor.**

## RECOVERY SUPPORT SERVICES & C3 COMMUNITY CONNECTIONS SCHEDULES

You can attend classes at any site All classes are drop in unless otherwise noted. If you see something interesting please come and check it out.

2415 SE 43rd Ave

**PLAZA CLINIC**

503-238-0705

### Plaza Recovery Support Services Groups and Classes

**Thursday 10-11 am Women's Sexuality** - Shelly - Sexuality is often seen as a taboo subject but it doesn't have to be. Let's get together and talk about this often overlooked part of our lives. We will discuss good health habits, menopause, and many other topics with humor, sensitivity and grace.

**Thursday 12:30-1:30 Walking Club** - Meet in Lobby.

**Friday 10-11 am Computer Literacy** - Shelly - Learn how to use a computer to surf the web, send and receive e-mail and much more. A basic, hands on class.

### **Living with Mental Illness**

#### **Weekly Seminars offered on These Topics:**

- **Active Listening**
- **Active Hearing**
- **Coping with Guilt**
- **Staying on Task**
- **Planning Strategies**
- **Feeling Better**
- **Pushing Buttons**
- **How to say what you want to say - tactfully**
- **Saying what you want to without insulting anybody**
- **How to get along with those that bug us**
- **Visualization of self and others**
- **Roles of men and women**

**Room 2 upstairs at the Plaza at SE 43rd and Division 10:45 am -12:15 pm on Mondays**

## THE PLAZA INTEGRATED TREATMENT SERVICES

**Monday 9-10 am Peer Process** Room 2 No referral needed. Drop in! Daily support is focused on Dual Diagnosis recovery support utilizing a 12 step model. This group utilizes peer facilitation with staff support.

**Monday 10-11 am Dual Diagnosis Education** Room 5 No referral needed. Drop in!  
This educational class discusses the interplay of addictions with mental illness.

**Monday 11-12:30 Women Seeking Safety II** Room 5 **Ask for a referral from your clinician.** This Dual Diagnosis group is a closed group for women who have graduated from Women Seeking Safety.

**Tuesday 9-10 am Peer Process** Room 2. See Monday's description.

**Tuesday 10-11 am Life Challenges in Recovery** Room 5 No referral needed. Drop in! This class focuses family and daily relationship issues that are affected by using substances.

**Tuesday 11-11:50 am Motivation** Room 5 **Ask for a referral from your clinician.** This 5 week class helps you explore your values and develop your own Vision Statement.

**Tuesday 1-2:30 pm Anger Management in Recovery** Room 7 No referral needed. Drop in! This 12 week open group looks at anger and it's interaction with substance abuse.

**Wednesday 9-10 am Peer Process** Room 2 See Monday's description.

**Wednesday 10-11 am Mood in Recovery** Room 5 No referral needed. Drop in! This class discusses how to manage depression, anxiety and stress without substance use.

**Wednesday 11:00 - 12:15 Men Seeking Safety** Room 5 **Ask for a referral from your clinician.** This closed Men's group focuses on dealing with PTSD symptoms without utilizing substances to cope.

**Thursday 9-10 am Peer Process** Room 2 See Monday's description.

**Thursday 10-11 am Recovery Management** Room 7 No referral needed. Drop in! This relapse prevention class focuses on changing irrational thoughts to rational thoughts.

**Thursday 1-2:30 Seeking Safety** Room 7 **Ask for a referral from your clinician.** This 10-week closed group utilizes "Seeking Safety" manual for gaining skills to deal with PTSD symptoms without utilizing substances to cope.

**Friday 9-10 am Peer Process** Room 2 See Monday's description.

**Friday 10-11 am Wellness** Room 5 No referral needed. Drop in! Discussion on the mind-body connection and how to restore your physical health to help manage emotions and avoid relapse.

**Friday 11-12 Recovery in the Media** Room 5 No referral needed. Drop in! This class offers a variety of informational and entertaining films about substance abuse and/or mental illness, followed by support and discussion.

**Ask for a referral from your Mental Health Clinician if you would like to enroll in the program, or call 503-238-0705 and ask for Karen (ext. 158) or Daniel (ext. 121).**

12/29/08

3034 NE MLK, Jr. Blvd.      **GARLINGTON CLINIC**      503-283-3763

**Groups are now meeting temporarily at Salvation Army at 5335 N. Williams Ave. (& Killingsworth)**

Use entrance on Emerson St.    Tri-Met #6 to Killingsworth and walk to Williams or catch #72.  
#44 (Mocks Crest) from downtown 4th and Taylor, Washington or Davis

**Garlington C3:Community Connections**

The **C3 Community Connections Center** is a program that is recovery oriented and supports relationships and connections with other people, and a program that helps you to plan outings into the community, and teaches about events, activities and classes that will help you get better and develop more satisfaction in your life.

**Monday and Wednesday    10:00 am -12:00 noon**

**Garlington Recovery Support Services Groups and Classes**

**Tuesday 11:00 am -12:30 pm    Walking Group    Room B    Gladys Howard**

**Thursday 2:00 - 3:30 pm      Women’s Group    Room A    Ellsworth Gibson**

**Friday 10:00 - 11:30 am      African American Men’s Group    Room A    Michael Denny**

**Dual Diagnosis Groups Schedule**

<b><u>Monday</u></b>	9:00-10:00 AM	Dual Recovery Support	(Katherine)	Room C
	10:00-11:00 AM	Dual Diagnosis Education	(Sheena)	Room C
	10:00-11:30 AM	African American Group	(David)	Room B
	1:00-2:30 PM	Wellness	(David)	Room C
<b><u>Tuesday</u></b>	9:00-10:00 AM	Dual Recovery Support	(Katherine)	Room C
	10:00-11:00 AM	Life Challenges in Recovery	(David)	Room C
	11:00-12:00 PM	DBT-Skills	(Sheena)	Room C
	1:00-2:30 PM	Co-Ed Seeking Safety	(Sheena)	Room C
<b><u>Wednesday</u></b>	9:00-10:00 AM	Dual Recovery Support	(Katherine)	Room C
	10:00-11:00 AM	Moods in Recovery	(David)	Room C
	2:00-3:30 PM	African American A&D	(David)	Room C
<b><u>Thursday</u></b>	9:00-10:00 AM	Dual Recovery Support	(Katherine)	Room A
	10:00-11:00 AM	Anger Management	(Sheena)	Room A
	11:00-12:30 AM	Wellness	(Sheena)	Room A
	1:00-230 PM	Motivation and Orientation	(David)	Room A
	1:00-2:00 PM	3D @ Downtown		
	6:00-7:30 PM	Seeking Safety	(David)	@ Plaza 43rd and Division
<b><u>Friday</u></b>	9:00-10:00 AM	Dual Recovery Support	(Katherine)	Room C
	10:00-11:00 AM	Recovery Management	(Sheena)	Room C
	11:00-12:30 PM	Women’s Seeking Safety	(Katherine)	Room C
	1:00-2:00 PM	Recovery at the Movies	(David)	Room C

**Editors and contributors for this edition of Eyes & Ears include:**

**Duane Haataja - Editor**

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