

EYES & EARS

Formerly
Renaissance Times

February 2009 A Mental Health Consumer/Survivor Newsletter Volume 5 Issue 2

Mailing Address: 2415 SE 43rd Avenue Portland Oregon, 97206 eyes.ears@cascadiabhc.org

Facing Tough Economic Climate, Downtown Cops, Businesses Want Stricter Civil Commitment Laws

From Matt Davis at the Portland Mercury,
January 13 2009

Downtown cops and business advocates began a push for tighter laws on involuntary commitment for people suffering with mental illness at a meeting at city hall this morning.

I wrote in depth about the civil commitment process, here in Portland, last February, but the bottom line is, that there are laws in Oregon that allow the government to involuntarily hospitalize someone whose mental illness makes them an imminent danger to themselves or others, or who is unable to take care of their basic needs. And there was talk of pushing in Salem for those laws to become stricter at a meeting of the downtown Public Safety Action Committee this morning.

There's no doubt that times are going to be tough in Portland on this front over the next year. For a start, Governor Kulongoski's proposed budget cuts the state alcohol and drug treatment budget by 83 percent; and cuts community-based mental health services by 90 percent. That means that people whose basic needs would have been met by some of those services are more likely to end up roaming the streets in states of distress and crisis—which is unlikely to do anybody any good.

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How feds' stimulus plan will benefit Oregon

Excerpts from the Oregonian article
Saturday January 31, 2009

The enormous federal stimulus bill passed by the House on Wednesday (Feb. 28th) has an \$819 billion price tag. Numbers are fuzzy still, but the Senate bill, expected to be passed this week, is likely to be larger. President Barack Obama is pushing for fast approval. Based on the numbers available now, here is how the money is likely to be spent in Oregon:

State government

The House plan: \$79 billion to help states balance budgets that are short by billions of dollars, including \$39 billion to public school districts, colleges and universities; \$15 billion as grants to states that meet specific performance measures; \$25 billion for other high-priority needs, such as public safety.

Oregon's share: \$747.1 million.

What it means: Oregon lawmakers say they desperately need a federal bailout or they will be forced to make deep and immediate cuts to state programs, including schools and help for the elderly. Agency heads have submitted plans to whack up to 20 percent from their budgets between now and June 30, the end of the state's fiscal year.

"It is an absolute life ring," says Sen. Margaret Carter, D-Portland, co-chairwoman of the committee

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Civil Commitment Laws

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"We're facing a humanitarian crisis, really," said Steve Trujillo, co-chair of the PSAC group. "We're asking law enforcement to do mental health work, and jails to do treatment."

Now, in response to a reported rise in suicide attempts in downtown Portland, the PSAC group has written to City Council in support of pushing the state legislature to make involuntary commitment statutes tougher.

"Is there a reason there's no diminished capacity clause in our statutes so that we don't have to wait until they're imminently dangerous so that we can do something?" asked Old Town cop, Jeff Myers.

"I'd like to see it changed," said Jean Dentinger, the county's supervisor of involuntary commitment.

Dentinger quoted the Washington state laws on involuntary commitment, which have a lower standard of proof, merely to show that a person is "gravely disabled," she said. There seemed to be consensus around the table that a statute closer to Washington's might be more favorable, here in Oregon. Read all about it, after the jump.

"I understand that in the 60s and 70s, mental health facilities were not perfect, but the solutions that we've put in place now seem to be worse," said John Hren, boss of private security firm, Portland Patrol, Incv, who said one of his officers was recently assaulted by a mentally ill man who had just got out of hospital. "Very clearly this guy has issues, mental issues, but we can't get him into the system," Hren continued. "The system is broke in this country."

"We're very concerned about some of the [commitment] court's rulings," said Central Precinct Commander, Mike Reese. "People who are very dangerous and are threatening suicide or other people around them, and there's nothing we can do. It's like throwing a hand grenade out there and waiting for it to go off."

Dentinger also blamed cuts in the District Attorney's budget for attorneys to work on prosecution in the commitment court for some of the rulings—currently, the court is staffed by deputy DAs in training. "We don't have any full-fledged lawyers," Dentinger said. "Whereas on the public defender's side, there are some very skilled attorneys. It puts us

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How feds' stimulus plan will benefit

Oregon (Continued from front page)

responsible for writing and balancing the state budget.

Oregon faces two budget quandaries. First, the current budget has come up short by hundreds of millions of dollars. Second, estimates for the next two years leave the state at least \$1 billion -- and potentially \$2 billion -- short of maintaining services at their current level.

The stimulus package could help fill those holes.

Timing is critical, however. Under the House version of the package, the first check to Oregon wouldn't be cut until July 1 -- too late for the current budget. The Senate version, at this point, would release some money immediately.

"This bill will not solve all of Oregon's budget problems," says Anna Richter Taylor, Gov. Ted Kulongoski's spokeswoman. But, she said, it will "provide needed assistance to struggling Oregonians and help accelerate job creation."

-- Harry Esteve

Safety net

The House plan: \$87 billion for state Medicaid health programs; more than \$41 billion for unemployment and other benefits for laid-off workers; \$20 billion to boost food stamp payments.

Oregon's share: At least \$1.2 billion, including an estimated \$800 million for Medicaid health coverage, \$200 million to computerize health records, \$150 million for food stamps and \$90 million for unemployment benefits.

What it means: The federal stimulus package offers short-term help for the poor, unemployed, elderly and disabled at a time when Oregon has one of the nation's highest unemployment rates and a record number of people relying on food stamps.

More than a half-million Oregonians receiving food stamps could see higher allotments, starting in April.

There's also \$25 more a week for the approximately 140,000 Oregonians receiving unemployment checks. Laid-off part-time workers could get unemployment checks, though the Legislature would have to change state law first.

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Civil Commitment Laws

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at a huge disadvantage.”

Reese asked whether the court might be suffering from an increase in advocacy by the defense bar, and Dentinger agreed that the court is “extremely legalistic. I’ve had people go free because a box on a form wasn’t checked,” she said.

“So the court is not necessarily doing what’s right for the person,” said Reese.

Mike Kuykendall, the vice president of downtown services for the Portland Business Alliance, and co-chair of the PSAC committee with Trujillo, was supportive of the move to lobby hard in Salem for a change in the law.

Leaving aside the civil rights implications of pushing for tighter civil commitment statutes, there’s a likely financial impact to doing so that was not discussed at this morning’s meeting.

“But if they manage to do that, there’s a financial impact,” says Jason Renaud, of the Mental Health Association of Portland. “And these business people have not been very good at getting more money for mental health treatment in the past. We’d be glad to see more beds available, but as soon as we have talked about more money in the past, the business folks have tended to walk away from the conversation.”

“The thing is, too, that if we had more money for mental health treatment in the community, these sorts of things would not be necessary,” Renaud continues.

On the other hand, let’s hope that the slashed budgets and increased pressure on law enforcement and private security to pick up the pieces doesn’t result in another tragedy in Portland.

AMHSA Meeting - Adult Mental Health and Substance Abuse Advisory Council

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

Meets on the 1st and 3rd Thursdays at 3 pm.

We are planning our upcoming **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

Meets every 1st and 3rd Thursdays at 10 am.

We are planning our upcoming **Consumer Conversation and Celebration**. So mark your calendar and bring your ideas to help plan for it!

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

Congress voted to give TV stations the option of postponing digital TV transition to June 12th

All but two Portland stations, which haven't decided yet, are sticking with February 17th

Initial funding for the converter box coupons has run out. You can apply to be put on a waiting list as more coupons become available.

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 the switch. After the switch, 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 on the waiting list or get additional information and help:

Call toll free at 1.888.DTV.2009
or go to www.dtv2009.gov

Or call Oregon Public Broadcasting toll free at 1-800-241-8123

Also the volunteer group Elders in Action is working to help senior citizens with the transition. Call 503-235-5474

Immigrants seeking help with the transition can call the Immigrant and Refugee Community Organization at 503-234-1541

How feds' stimulus plan will benefit Oregon (Continued from page 2)

By far the biggest chunk of money comes in Medicaid dollars.

Oregon Health & Science University, which recently announced job cuts, would be the primary recipient of \$1.1 million for hospitals that treat the indigent.

If House language prevails, at least some of the \$800 million Oregon would receive over the next two years comes with strings attached: To get the Medicaid money, states cannot change eligibility rules. That could save benefits for more than 4,200 elderly and disabled Oregonians who could lose their coverage under the governor's 2009-11 budget plan.

Ellen Pinney, director of the Oregon Health Action Campaign, spent last week in Washington lobbying Congress. She says the stimulus proposal is a "huge benefit to Oregon, particularly at this time."

But advocates and state officials also warn that Oregon still faces cuts to health and social service programs.

-- Michelle Cole

Email your comments to the County regarding the mental health system by going to the County web site at:

www.co.multnomah.or.us/mh.shtml

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

Budget reduces spending for alcohol, drug, mental health treatment

Many programs face budget cuts - Budget reduces care for some seniors, spending for alcohol, drug treatment

By Tracy Loew • Statesman Journal
January 11, 2009

Social services make up the second-largest chunk of the state general fund.

Gov. Ted Kulongoski's budget proposes spending 22.9 percent of state tax and lottery dollars on human resources programs.

He has proposed increases in spending on health care for children and poor adults.

But those will come at the expense of other programs.

The governor's budget reduces care for seniors above certain income levels. About 6,500 seniors and people with disabilities will no longer qualify for in-home care.

It cuts the state alcohol and drug treatment budget by 83 percent; and cuts community-based mental health services by 90 percent.

It cuts child-care subsidies for 3,500 low-income working families.

And the post-TANF (welfare) benefit would be reduced from \$150 to \$50 per month.

Social service leaders say they'll lobby the Legislature to restore some of that funding.

"We are going to be interested in protecting TANF and employment related day care," said Cathy Kaufmann, policy and communications director for Children First for Oregon. "Those are critical programs for very low-income families."

Lawmakers are likely to seek ways to cancel the worst cuts.

And Kulongoski has said he's hoping Congress will increase federal dollars to states, offsetting some of the cuts.

State Mental Health Caucus Holds First Meeting

Ron.Maurer.jpg On January 29, Representative Ron Maurer convened this session's first Mental Health Caucus meeting. The Caucus was begun during the 2007 Session by former Senator Avel Gordly. It provides a forum for information sharing on mental health and chemical dependency issues during the legislature session. The Caucus will meet every other Thursday from noon to 1:00 in Room 343 at the Capitol. All are welcome to attend or participate by phone at 503-378-3313. If you would like to receive email reminders for Caucus meetings, send your request to: Maurer.Rep@state.or.us

At this Thursday's meeting, a discussion of current issues was led by Richard Harris, Interim Director of the Addictions and Mental Health Division of the Department of Human Services. Among many matters discussed, the release of a new report titled Assessment and Evaluation of the Mental Health Care Delivery System in Oregon was announced.

The report was prepared by an independent consultant, the Public Consulting Group and funded by the legislature. The full report can be found at: <http://www.oregon.gov/DHS/mentalhealth/legislative-info/pcg-report.pdf>

This information comes from Disability Rights Oregon

DISABILITY RIGHTS OREGON LEGISLATIVE UPDATE

January, 23, 2009

Legislature Hears Oregon State Hospital Advisory Bill

This week, the Senate Health Care and Veterans' Affairs Committee heard testimony on Senate Bill 25. SB 25 establishes an Oregon State Hospital Advisory Board. The board is intended to play an oversight role, evaluate the quality of Oregon State Hospital services and make recommendations to DHS and the Oregon Legislature. The membership of the board consists of 11 individuals, including advocates of people with mental illness, family members, and consumers of mental health services.

Bob Joondeph, Disability Rights Oregon, testified that, 'studies and research show that bringing in outside perspectives from consumers and families help administrators and public officials understand the real needs of the hospital. This moves us to our common goal of wanting the hospital to be the best that it can be.' Other people to testify included Senate President Peter Courtney, Senator Diane Rosenbaum, Superintendent Roy Orr, Robin Henderson Co-Chair of the Mental Health Coalition and unions representing employees of the hospital.

Advocates Celebrate Mental Health Day

On Wednesday, Disability Rights Oregon joined numerous organizations in advocating for the protection of mental health and addiction treatment programs. Mental Health Day, organized by the National Alliance on Mental Health (NAMI), emphasized the need for an adequately funded community-based system of care for people with mental illness.

The day began over breakfast with a welcome from Chris Bouneff, Executive Director of NAMI Oregon, followed by words of encouragement and hope from Senator Margaret Carter, Co-Chair of the Ways and Means Committee. After that, hundreds of supporters met legislators from around the state to share their personal stories and experiences. The day concluded with a rally on the steps of the Capitol.

Bill numbers for DRO Legislation

Senate Bill 287 – Authorizes DHS to require correction of licensing deficiencies in multiple group home owned by a single provider.

Senate Bill 288 – Allows patients who appear in con-

tested case hearing regarding involuntary medication to be represented by non-attorney supervised by an attorney.

House Bill 2351 – Requires DHS to adopt rules to protect people with mental illness in emergency room.

House Bill 2319 – Conforms state law to changes in the federal Americans with Disabilities Act.

Capitol information and bill schedules can be found at www.leg.state.or.us

Oregon's share of drug settlement: \$8.9 million

From AP.com, January 15 2009

Oregon will receive \$8.9 million of an \$800 million national settlement with Eli Lilly after an illegal marketing campaign for the antipsychotic drug Zyprexa.

Oregon Attorney General John Kroger said Thursday it is the single largest Medicaid fraud judgment ever won by the Oregon Department of Justice.

Zyprexa was the first of a newer generation of medications approved to treat severe psychological disorders.

Eli Lilly was accused of promoting it for unapproved uses, including depression, anxiety, irritability, disrupted sleep, nausea and gambling addiction.

Federal law prohibits pharmaceutical companies from promoting drugs for uses that are not approved by the U.S. Food and Drug Administration.

The marketing campaign ran from 1999 to 2005. Kroger says Eli Lilly was also providing physicians with cash and gifts forbidden by federal Medicaid rules.

Group rallies to oppose cuts to mental health care

By Peter Wong • Statesman Journal
January 22, 2009

A couple of hundred people showed up Wednesday at the Capitol in the first of what likely will be many rallies to support specific state programs and oppose spending cuts.

Wednesday was Mental Health Day, organized by NAMI Oregon, and lawmakers were among the speakers urging that cuts not fall heavier on mental health and addiction treatment programs. The group's name stands for National Alliance on Mental Health.

"It is easy to put aside" when lawmakers are faced with cuts, said Rep. Ron Maurer, R-Grants Pass and co-owner of the Rogue River Health Clinic.

Gov. Ted Kulongoski's proposed budget would drastically scale back community programs, although he is banking on more federal Medicaid dollars to expand coverage under the Oregon Health Plan.

"The greatest assistance we can receive right now from the federal government is an economic recovery package that is on the fast track, and provides assistance to states for schools and human services to help in the short term with our budget," said Anna Richter Taylor, a spokeswoman for the governor, in an earlier interview.

Chris Bouneff, NAMI Oregon's executive director, said advocates must keep up their campaign.

"Too often, we have borne the brunt of an economic downturn and we have been ignored during an economic upswing," Bouneff said.

Bouneff said advocates have shown they can win, such as a 2005 law that requires insurance benefits for mental illness to be on a par with those for physical ailments, and a modest 2007 spending increase on mental health programs.

Kris Anderson, who has a 13-year-old son with bipolar disorder, said there is hope.

"This economic crisis is a great opportunity to be truly creative, when you can have agencies come out of their governmental silos and connect with communities, organizations, families, youths and adults," said Anderson, who works with the Oregon Family Support Network Inc. based in Marylhurst.

New funding for mental health Warmline

From the Clackamas Review, Jan 13, 2009

Clackamas County Community Health joins the Clackamas County branch of the National Alliance on Mental Illness (NAMI) in sponsoring expanded hours for the David Romprey Warmline for people with mental illness. Effective Jan. 12, the Warmline expanded its hours of operation from 35 to 45 hours per week.

The peer-operated Warmline (800-698-2392) began in January 2008 and is a statewide resource for people with mental illness who "just want to be heard."

"This is an important service that provides a friendly ear to people who need it and can reduce mental health costs by decreasing doctor visits," explained Jan Clay, Behavioral Health Services Manager for Clackamas County Community Health. Community Health is part of the county's Department of Human Services (DHS).

The phone service's motto is "People just want to be heard." Unlike a hot line, which is for people in crisis, the Warmline is for individuals with mental illness who want to talk to someone with a similar background. Warmline operators are peers who are trained to listen in confidence without judgment or criticism. They help people through difficult situations and share in callers' positive experiences. Each operator receives 16 hours of peer-to-peer training, a day of individual training, and regular follow-up evaluations.

This is the program's second expansion. Last October, it expanded to five hours per day, seven days per week. Starting Jan. 12, the Warmline will increase the hours on Mondays and Tuesdays to 10 hours each day. The new schedule is Monday, 10 a.m. to 8 p.m.; Tuesday, noon to 10 p.m.; Wednesday 9 a.m. to 2 p.m.; Thursday 1 to 6 p.m.; Friday, noon to 5 p.m.; Saturday 5 to 10 p.m.; and Sunday, 5 to 10 p.m.

For more information, call Jan Clay of Clackamas County Community Health at 503-723-4921.

Portland Hearing Voices has Job Openings in Innovative Mental Diversity Nonprofit Startup

January 27, 2009

Portland Hearing Voices is a new community learning partnership for people who hear voices, see visions, and have unusual beliefs and sensory experiences. We ask the question, What do these experiences mean to you? and welcome all individual interpretations, recognizing emotional distress and pain while also acknowledging positive sides of creativity, sensitivity, and spirituality. A non-judgmental approach accepts people who use medication, those who do not, people who have a medical diagnosis, and the range of possibilities in between. Through discussion groups, public events, and education we embrace and support mental diversity.

We are currently in a visioning and startup phase. We have two part-time job openings: Volunteer Coordinator and Development Director. Both positions work closely with the Program Director and will involve collaborative development of work goals and plans.

As a startup project, these are volunteer-to-hire positions that will offer salary commensurate with experience once we start reaching fundraising objectives.

Volunteer Coordinator: Part time to recruit and collaborate with Portland Hearing Voices volunteers and build relationships with partner organizations.

Development Director: Part time to write and solicit foundation grants, develop membership fundraising efforts, coordinate fundraising events, and create organization funding strategies.

These positions are open to all qualified applicants. People who hear voices, see visions, and have unusual beliefs and sensory experiences are also encouraged to apply. Hours are based on your volunteer availability (such as 5-8 hours/week to start, but this is flexible), and both positions expect a 1 year commitment.

Program Director Will Hall is a voice hearer and schizophrenia survivor. He has more than 15 years experience as a community organizer, including co-founding Western Massachusetts' Freedom Center, work with The Icarus Project, and co-initiating

WXOJ-LP FM Valley Free Radio. Will writes and speaks frequently about his experiences, and has a longtime spiritual practice of yoga, meditation, and acupuncture.

Portland Hearing Voices is a 501(c)3 non-profit under the fiscal sponsorship of the Mental Health Association of Portland. We are part of the international voice-hearing movement; check out www.intervoiceonline.org. Portland Hearing Voices is an equal opportunity employer, and people from diverse backgrounds are especially encouraged to apply.

Will Hall

Founder and Program Director

Portland Hearing Voices

portlandhearingvoices@gmail.com

Portland, Oregon USA 413.210.2803

The above has been excerpted from the job ad placed on Craigslist.

To read the full ad with more details and to apply, go to <http://portland.craigslist.org/mlt/npo/> and look under January 27 for [Mental Diversity Startup: Volunteer Coordinator / Development Director - \(Portland\)](#).

Also you can get a copy of it at the Cascadia SE Plaza clinic on the bulletin board.

Or go to mentalhealthportland.org where it's also posted.

Help produce a cool Oregon documentary film

by Doug Bates, The Oregonian
Thursday January 22, 2009, 3:00 PM

Oregonians should take advantage of a unique opportunity to help finance production of a commercial-quality documentary film on a fascinating subject: the Oregon State Hospital in Salem.

And, yes, fascinating is the right word. In a state known far and wide as a bastion of progressive values, the 126-year-old institution is a grotesque anomaly. Its original structure, built in 1883 as the Oregon Asylum for the Insane, is still there, and part of it is still in use. No new buildings have been erected on the hospital campus in more than a half a century.

The place is an overcrowded, inhumane dump -- an environment so awful that Hollywood producers chose it as the setting for the movie classic "One Flew Over the Cuckoo's Nest." That was more than three decades ago. It's even worse today.

In 2005, The Oregonian called it "a 19th century fright house" in an editorial series that called on lawmakers to replace it. Now the state is indeed about to begin tearing portions of it down in preparation for construction of a state-of-the-art new psychiatric hospital.

Cue the cameras: Before the wrecking ball strikes, however, the Mental Health Association of Portland, Oregon's foremost independent advocate for persons with mental illness and addiction, wants to produce a high-quality documentary on the hospital. The group has lined up a terrific director, Portland's own Brian Lindstrom, director of the acclaimed documentary "Finding Normal," a heart-wrenching look at recovery from drug addiction by addicts in Portland.

Movies cost money, though, and here's where everyone can help. Send your contributions directly to the Mental Health Association of Portland (a 501 (c)3 nonprofit organization, at P.O. Box 3641, Portland, OR 97208. You can learn more about this exciting project at <http://oregonstatehospital.org>.

--Doug Bates, associate editor; dougbates@news.oregonian.com

Update: ALIEN BOY

From Mental Health Association of Portland
www.mentalhealthportland.org January 11th, 2009

ALIEN BOY is a feature length documentary film being produced by the Mental Health Association of Portland. The film tells about the life and the death of James Chasse, an artist, a musician, a family member, a neighbor, a member of a religious community, and a person with schizophrenia. James died after a beating at the hands of three members of the Portland Police, and after a series of opportunities for medical intervention failed to occur.

The film is directed by Brian Lindstrom, who created FINDING NORMAL, and KICKING, two insightful films about addiction and recovery.

Here's an update on our progress to date: A production crew was recruited and has been meeting in collaboration with board members of the Mental Health Association of Portland for over a year. That collaboration has resulted in raising approximately \$32,000 from community members and a local foundation.

We have had great help from dozens of people to arrange house parties, throw a rock concert, write proposals to foundations, build this web site, and make solicitation visits. ALIEN BOY is truly a community effort.

One of the most fun aspects to the past year was the ALIEN BOY zine, produced by Erin Yanke and Icky Ciccone. This beautifully designed zine collects a selection of writing and art by James Chasse, as well as interviews with the filmmakers and information about the case. It includes a CD with KBOO related radio coverage of the case. The zine ALIEN BOY is available for sale at Reading Frenzy, 921 SW Oak Street, Portland, Oregon 97201 (503) 274-1449 or online. at www.readingfrenzy.com. All proceeds from the sale go toward the production of the documentary ALIEN BOY.

Seventy percent of the interviews for ALIEN BOY have been collected, transcribed, and the crew is on course to collect the remaining interviews before the end of February. Editing is scheduled to begin in March and should take three weeks. Intermittent with editing, cinematographer John Campbell will shoot cutaways of landscapes, still images and

(Continued on next page)

Update: ALIEN BOY

(continued from previous page)

references to intersplice with interviews.

It has taken a long time, but over the year we've learned what happened to James Chasse, and also how both his life and death had an profound affect on the city of Portland. We hope, by early summer of 2009, to be ready to show ALIEN BOY to both Portland and the world.

More on Hoarding**By Patty Jo**

My last writing was about hoarding. It's an everyday problem and since I've been going to Women's Group from 10 to 11 am on Thursdays, I've really been learning from others in the group with the same problem. So today we learned how our stuff controls us. I am determined to control it by getting rid of what I don't need.

Being at peace and having peace of mind. Last night I was determined to take all the clothes off my bed. It was so piled up that I've been sleeping on my couch! So now I have only one dresser, one bed, and one vanity dresser And all the extra bags and more bags, I just filled them up and tide the bag.

Today I can't remember what really went out the door.

But my bedroom is my sanctuary and it's my peace and calm. I had the best sleep I had in 6 months!

Enough is enough. If you don't use it, you don't need it. Clutter be gone.

DVD review from www.miwatch.org
January 13, 2009

"Take These Broken Wings"**by Darby Penney**

"Take These Broken Wings" powerfully demonstrates that recovery from a schizophrenia diagnosis without psychiatric drugs is not just a possibility, but can be a reality. The documentary film braids together authoritative witness testimony from two recovered women, the recollections of therapists who have helped people facilitate their own recoveries, scientific evidence from the established literature, and snippets of interviews with over 100 passers-by in New York's Washington Square Park who express public perceptions about schizophrenia and its treatment. Daniel Mackler, a New York City psychotherapist and first-time filmmaker, uses these diverse elements to subtly orchestrate an irrefutable argument, and does so with a sense of wit and humor that belies the seriousness of the film's message.

Mackler, as he acknowledges in the director's interview (one of several intriguing extras on the DVD), was fortunate to have great material to work with. He convinced several well-known psychotherapists who advocate recovery without drugs to sit before his camera. Central to the film are interviews with two women who recovered from diagnoses of schizophrenia and long hospitalizations without medications, both of whom discuss their experiences in unsparing detail. Joanne Greenberg is the author of *I Never Promised You A Rose Garden*, the 1964 best-seller that is a fictionalized account of her psychotherapy with Frieda Fromm-Reichmann at Chestnut Lodge in the 1940s, before the advent of modern "anti-psychotic" drugs. Catherine Penney (no relation) is now a psychiatric nurse. Her story of recovery is recounted in *Dante's Cure: A Journey Out of Madness*, by her therapist, Daniel Dorman, M.D., who also appears.

The video can be purchased from
www.iraresoul.com/dvd.html

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

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers

People just want to be heard.

Community Counseling Solutions
is pleased to announce an increase in Warm Line
hours effective January 12, 2009.

The new hours are:

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

** Increased Hours indicated

1-800-698-2392

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, Colum-
bia County, Douglas County, Benton County, Clacka-
mas County Community Health and Clackamas County
NAMI*

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.

<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 inter-
ested 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.

The Sun Feb. 4th, 2009
By Blossem

The sun is out.

The trees are looking sprout.

The bees please the birds.

The soft air.

All is fair.

The folks are smiling

Because the sun is shining.

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.

Interactive Theater Contact: Cathy Clemens 503-267-5081 or 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.

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.

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 and click Take Action Now under the Action menu

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 oregon.gov. 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.

Disability Rights Oregon (formerly Oregon Advocacy Center) www.disabilityrightsoregon.org

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

DRO has a new website that's designed to be a hub for Oregon's Disability Community, gathering a wide variety of current information in one place.

Explore mental health at About.com

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

Madness Radio

Voices And Visions from Outside Mental Health

Madness Radio focuses on personal experiences of 'madness' and extreme states of consciousness from beyond conventional perspectives and mainstream treatments. The show also features authors, advocates, scientists, healthcare practitioners, and artists.

Hosted by Will Hall, Madness Radio was launched as a weekly show in 2005 on WWOJ-LP FM Valley Free Radio in Northampton Massachusetts. Today Madness Radio is also heard on KWMD in Anchorage, Alaska, on Pacifica Network community FM stations around the country, and is archived on the internet and available as a podcast and through iTunes. And we just aired our 100th show!

You can listen to and download recent shows from our website, subscribe to our podcast, browse topics, search by keyword, or see all our shows as a list.

Madness Radio wants your involvement! Got an idea for a topic or guest? Want to leave feedback on a particular show? How about asking local stations to broadcast Madness Radio? And we can always use donations. Visit our website at www.madnessradio.net

You can also access the shows from Mental Health Association's website at www.portlandmentalhealth.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

825 NE 20th Ave. Ste. 130 (503) 249-1413

Bus service: 12, 19, 20

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.

Julia West House Workshop for low-income and homeless residents of Downtown Portland

All classes are free. Classes not identified as drop in require registration. To register for a class, contact Patty Warman at 503-222-6564, or patty@fpcpx.org. The web site for Julia West House is www.juliawest.org

The Monster Piece Theater Tuesdays, 12:30 pm
Classic films from the Golden Age of monster cinema. Drop ins are welcome.

Computer Class Wednesdays, 1:15 pm
Beginning computer instruction. Drop ins welcome.

Computer lab is open every day from 8 am to 1 pm. Use is limited to one hour each day.

Spanish Class Fridays, 1:00 pm
Beginners welcome, but pre-registration is necessary.

Craft Group, Fridays 1:00 pm Drop ins welcome.

Job Consultant, Mondays.

Professional job consultant, Pam Gross, is available to meet with guests on an individual basis.

Reading Class, Mondays & Thursdays, 9-10:15 am

G.E.D. Class: Reading, Mondays & Thursdays, 10:30-11:45 am. Prepare for the G.E.D. reading test. All materials are provided.

G.ED. Class: Math, Mondays & Thursdays, 12:30-1:30 pm. Prepare for the G.E.D. math test. All materials are provided.

Art Class, Tuesdays, 9-11 am. Professional artist, Sharon Agnor, meets weekly with students.

Showers offered daily. Sign-ups are at 7:20 am and 10:20 am, for daily showers.

The mission of the Julia West House is to provide education and support that will empower low-income and homeless residents of Downtown Portland to alter their lives through positive change.

Julia West House 522 SW 13th

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 on the Cascadia Plaza clinic bulletin board.

4837 NE Couch St. 503-238-6428. www.folktime.org

The # 20 East Burnside bus goes there. Downtown you board it on West Burnside. Get off at East 47th and Burnside and walk north for one block on 47th 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 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.

Rose Haven

627 NW 18th (corner of NW 18th and NW Irving)
503-248-6364 www.rosehaven.org

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
Calls taken Monday - Friday 8:00 am - 4:00 pm

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

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

www.ilr.org

Garlington C3: Community Connections

**Mallory Church 126 NE Alberta St (&Mallory)
Lower Level**

**Monday, Wednesday and Friday from 8:30 am
to 1:30 pm. Hot lunch at noon.**

The Mallory Church provides a gym, library, computer room and movie room for use by Cascadia Garlington C3 members. Contact Michael Denny for more information at 503-889-2510.

Dual Diagnosis Anonymous of Oregon

Mental Illness and Substance Abuse

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 (2nd 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 10 to 11 am. 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

Prescott Terrace 5725 NE Prescott Street Portland
Thursdays-4:00 to 5:00 PM

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

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

Updated February 1, 2009.

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

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.

Visit SMART's website at smartrecovery.org for a list of current meetings.

Social Service Resources

The Rose City Resource on-line

Go online to Street Roots at 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

Network of Care

www.networkofcare.org

New online resource list developing

Mental Health Association of Portland's

Ultimate Resource List

mentalhealthportland.org

So far, up and running are Detox services, Dental services and Upcoming Events. Volunteers needed to help develop and maintain the site.

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

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

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.**

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

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

Helping Hand Community Store

The Helping Hands Community Store features clothing for every age, size and gender and free professional men's clothing. 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**

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/

COMING EVENTS

FREE PIONEER SQUARE EVENTS

www.pioneercourthousesquare.org

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.

Japanese Garden presents Free Admission Day

Monday, February 16th 10 am to 4 pm

This is our fourth year hosting Free Admission Days," Steve Bloom, the Garden's Executive Director. "The response from the community has been fantastic, with over 9,000 people visiting the Garden over the three Free Days in 2008. We are excited to carry on the tradition this year."

During Free Admission Day, the Garden's first Art in the Garden Exhibition will be open in the Garden's Pavilion. Titled Shodo: The Way of the Brush, this outstanding exhibition features fine calligraphy by Master Calligrapher Yoshiyasu Fujii of Tokyo with work by members of the Meito Shodo Kai. The exhibition is also free of charge.

611 S.W. Kingston Ave.
503-223-1321

PORTLAND ZOO

**\$ 2.00 9 am to 4 pm
On the second Tuesday of each month**

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. 503-238-0705 x240
Supported Education Specialist
Recovery Support Services Plaza I

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.

ABOUT U. at 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.

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

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

TestQ.com

HELPING HANDS COMMUNITY STORE

Provides 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 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.

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

Free online education

MIT OpenCourseWare

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 and check it out.

By going to www.ocwconsortium.org, you can find out more information on OpenCourseWare and also access the websites of other colleges offering OpenCourseWare programs.

JOB SEEKING WEBSITES

www.oregonlive.com
www.jobdango.com
www.jobs.employmentguide.com
www.opportunityknocks.org
www.careeronestop.org
www.careerbuilder.com
www.monster.com
www.emp.state.or.us/jobs/
www.dice.com
www.job-hunt.org

More 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 - 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

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. 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

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

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

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.

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

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. www.meetgoodwill.org

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

Job Corps - 1130 SW Morrison, Suite 407 503-326-6800 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

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 and GED classes

One-Stop Career 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. www.wfn.pcc.edu

Portland Habilitation Center 5312 NE 148th Ave. 503-261-1266 Free training for adults with disabilities in janitorial , landscaping, production, property management and clerical work. Trimet # 87 www.phcnw.com The site also lists job openings and allows you to apply online. Weekly Info and Intake Meetings.

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 8:30 a.m.- 4:30 pm, Mon-Fri. www.doleta.gov/seniors

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

Trillium Artists 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

Resources

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:

-See listings in the Employment & Educational Opportunities section on the previous page.

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.ddaoforegon

-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.

Resources

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 custom made shoes and inserts for people with diabetes - Priority Footwear and Pedorthic Services pro-

vides a full line of Diabetic Shoes and Inserts for Men and Women. Medicare and Medicaid accepted. 503-524-9656 priorityfootwear.com

-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.

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

Duane Haataja - Editor

Special thanks to George and Maija who do the copying of the newsletter

Poems: Patty Jo, Blossem

This newsletter is funded and supported by Cascadia. The views and opinions expressed in this newsletter do not necessarily represent the views and opinions of Cascadia or its representatives.

Eyes & Ears
2415 SE 43rd Avenue
Portland, Ore. 97206
503-238-0705 ext. 204