

EYES & EARS

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Conversation Underway on Mental Health Service Reform

From Disability Rights Oregon, March 27 2009

On March 19, Senator Alan Bates and Representative Tina Kotek, co-chairs of the Ways and Means Subcommittee on Human Services (DHS), released a memorandum entitled: System Reform for Mental Health and Addiction Services.

The memo stated that in order to maximize the quality, effectiveness, and efficiency of Oregon's mental health care and addictions treatment system, the legislators want to discuss options for system reform. In particular, they want to consider ways to integrate physical and mental health care, promote wraparound services, and reduce administrative and delivery costs.

To achieve this, the legislators proposed that two changes be discussed:

1. A change in management — Contracting with the state's Medicaid Managed Care Organizations (MCO's) to manage funds to purchase core mental health, addiction, and physical health services.
2. A change in payment structure — Developing a system of payment that rewards positive outcomes for patients, not the number of patient-provider encounters.

On March 24, Richard Harris, Assistant Director,
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"Turned Out onto the Streets." Portland's Budget Crisis Will Impact Neediest

Portland Mercury March 19, 2009
by Matt Davis, and Sarah Mirk

STATEWIDE EMPLOYMENT numbers released Monday, March 16, show Oregon's unemployment rate at 10.8 percent, its worst since 1984. But forget the state at large: You won't even have to leave Portland city limits to experience the recession in all its terrifying reality over the coming months.

The City of Portland is facing an \$8.8 million cut to its general fund this year, or roughly 2.6 percent in cuts across the board. The police bureau plans to close North and Southeast Precincts to accommodate the cuts, while the fire bureau may have to close a station. The biggest cuts, however, will affect the city's one-time funding allocations, which are usually taken from the city's budget surplus. Citywide one-time funding will be reduced by almost 90 percent, from \$24.9 million last year to a total of \$2.5 million this year.

The one-time funding cuts hit some programs that have been controversial since their inception: The Office of Neighborhood Involvement stands to lose its mediation programs and half of its graffiti abatement program. The Bureau of Planning and Sustainability may lose \$2.6 million in funding for projects like the Portland Plan and Vision into Action, while the Office of Human Relations may lose
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Conversation Underway on Mental Health Service Reform

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Department of Human Services, Addictions and Mental Health Division, released a "system change concept" at the request of Senator Bates and Representative Kotek. The document sets out five guiding principles for the mental health and addictions service system, a description of the current system and proposed changes. It essentially supports the proposals contained in the March 19 memorandum and suggests that three pilot projects be established for 2009-11 to test the changes.

On March 25, the Ways and Means Subcommittee on Human Services heard invited testimony from representatives of Community Mental Health Programs, Fully Capitated Health Plans and Mental Health Organizations regarding the co-chair's proposals. At the conclusion of the hearing, Senator Bates asked that DHS convene a work group to further discuss the proposals. He asked that DHS report back to the committee on April 13.

A special pre-meeting was held March 30th for consumers, families and advocates to give input.

A work group meeting is scheduled for Friday, April 3rd from 1:00 -5:00 p.m. at the Labor & Industries Building, 350 Winter Street NE, Salem in Room 260 from 1:00 - 5:00 pm. Please RSVP if possible to Jamie Rockwell at (503) 945-9708 or Jamie.rockwell@state.or.us.

The members of the state Ways and Means Subcommittee on Human Services are:

Sen. Alan Bates, D-Ashland, co-chairman
 Sen. Margaret Carter, D-Portland
 Sen. Jackie Winters, R-Salem
 Rep. Tina Kotek, D-Portland, co-chairwoman
 Rep. Mitch Greenlick, D-Portland
 Rep. Bill Kennemer, R-Oregon City
 Rep. Carolyn Tomei, D-Milwaukie
 Rep. Dennis Richardson, R-Central Point

"Turned Out onto the Streets."

(Continued from front page)

half the funding for its new Human Rights Commission.

Meanwhile, other one-time funding cuts could affect Portland's most vulnerable when they need help most. Last year, for example, the Bureau of Housing relied on just over \$6 million in one-time funding for services like homeless outreach, shelters for men and women, severe-weather shelters, and employment programs. This year, funding for those programs geared toward ending homelessness will be axed to just \$2.5 million, unless council can find cash elsewhere.

"This is not the year to be cutting these programs," says the city's homeless program manager, Sally Erickson. "I know we have a lot of support from city council—we're just hanging in there."

Over the past week, representatives from each city bureau have lobbied council to preserve their programs at budget work sessions. Now, Mayor Sam Adams has to finalize his budget in consultation with the Office of Management and Finance and present the final cuts to council for approval in May.

"We have to make cuts, but I want to prioritize protecting services and programs that address the needs of those being hit hardest by this recession," says Adams.

On the Multnomah County level, the budget is severely squeezed in two directions. County Chair Ted Wheeler has asked all departments to slash their budgets 12 percent to make up for plummeting tax revenues that have helped create a \$36.5 million hole in the county's general fund. But the state, which is facing a \$3 billion budget hole of its own, is also planning to cut funding to many county programs significantly or entirely.

"We have cut our budget eight years in a row and we have cut to the bone. The cuts we're making now are crazy if you're looking out for the long-term health of the community," says County Commissioner Jeff Cogen.

Just like the cuts at the city level, slashing budgets at the county level will hit Portland's most vulnerable populations the hardest. The governor's projected budget would axe funding for the Hooper Detox Center, which picks 11,000 intoxicated people up off the county's streets every year, from \$804,000 to \$0.

(Continued on next page)

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

The County and City want your input on their budgets through an online survey

Go to www.co.multnomah.or.us/ and click on Survey: City of Portland and Multnomah County budget priorities

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.

Garlington Client Council

Meets on the 1st and 3rd Thursdays of each month at Eliot E-Mat Café at 10 am

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

"Turned Out onto the Streets."

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Oregon already ranks 45th in the nation for access to addiction treatment, according to Department of Human Services spokesman Dave Austin, but the governor's budget cuts reduce local rehab services even further. The county currently funds 160 beds in live-in addiction programs that treat 500 people per year—including 165 women accompanied by children. Under the current budget projections, the county will have to slice that to just 16 beds.

The cuts in the mental health services budget are equally extreme. The county's mobile crisis response team is dispatched on 11,500 different calls each year to deal with mentally ill people who are causing some sort of danger in the community. The governor cut the projected budgets of that program, and the county's walk-in clinic, which treats 5,000 urgent mental health cases a year, by 90 percent.

Austin hopes the legislature will come up with funding, maybe from the federal stimulus package, to patch up some of the cuts. "The alternative is pretty scary," he says. "That will be people who are the most vulnerable being turned out onto the streets. And that's not figurative language."

" We can't just cut our way out of this problem. We do need to raise some taxes," says Cogen, who expects to announce new options for county revenue within the next few weeks.

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

Meets on the 1st and 3rd Thursdays of each month at the SE 43rd Ave. Plaza at 3 pm

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. The #4 (Division) Trimet bus goes there.

Roy Orr Feels Great About First Year at Oregon State Hospital

Goals for state's major psychiatric facility on track

From the Salem Statesman Journal, March 30 2009

By Alan Gustafson

A year after he took the reins of the embattled Oregon State Hospital, Superintendent Roy Orr touts sweeping changes at the 126-year-old psychiatric facility.

"I feel great about our first year," Orr said. "If somebody would have told me on my first day that this is where we'd be a year later, I would have said, 'I'll take that.'"

"This is a large organization. It's a very expensive organization to run, and we've got a lot of work ahead of us. But I'd be hard pressed to try and design a better first year to build on."

Orr spotlighted these achievements and planned reforms:

- Recruitment of new employees has exceeded expectations, with the addition of nearly 300 new staffers in the past year.
- Staff use of seclusion and restraints to control combative patients has decreased nearly 80 percent.
- A streamlined process for hiring registered nurses has reduced from 80 days to 7 days the average time period for hiring new nurses. Accordingly, the hospital's nursing vacancy rate has dropped from 22 percent to less than 10 percent.
- Patient morale has been boosted by the opening of six cottages on the hospital grounds as transitional homes for patients nearing their discharge dates.
- Planned addition of a \$26 million computerized records system will replace the hospital's antiquated paper records system.
- Creation of an innovative "peer bridger" program employs three former patients to work with current patients as they prepare to leave the hospital and transition back into Oregon communities.
- The south wing of the dilapidated J Building soon will be demolished, marking progress toward construction of a new \$280 million replacement hospital in central Salem.

Senate President Peter Courtney, D-Salem, gave Orr high marks for his first-year performance.

"I think he came into a very difficult, if not im-

possible, situation," Courtney said. "I think he has worked very hard to make a tremendous number of changes, including adding staff we should have had a long time ago."

A concerted state push to transform psychiatric care at the oldest psychiatric hospital on the West Coast was spurred more than a year ago by a scathing federal investigation report.

In a 48-page report issued in January 2008, the U.S. Department of Justice Civil Rights Division rapped the hospital for unsafe conditions and widespread flaws in patient care.

Orr became hospital chief less than two months after the report shocked state leaders.

Despite improvements in patient care and conditions, Orr acknowledged that the hospital remains severely understaffed and still faces the potential threat of a federal lawsuit that could place it under court control.

Hospital administrators are seeking to hire nearly 1,000 more employees during the 2009-11 budget period, which starts July 1, and in 2011-13. Total cost for the proposed staffing increases has been pegged about \$125 million. The Legislature will decide how much money to allocate for extra hospital staffing.

Besides a huge infusion of workers, Orr said continued progress at the hospital requires a change in the institutional culture, shifting from a "make do" attitude to a "can do" attitude.

Here are Orr's answers to further questions about his first year as superintendent.

Question: Where does the hospital stand now with the U.S. Department of Justice?

Answer: Oregon DOJ and U.S. DOJ continue to talk about settlement issues. Here at the state hospital we're not intimately involved in those conversations. I feel that in a number of important respects we're a very different organization today than what the U.S. DOJ found. I remain really hopeful that like many other state hospitals we'll be able to come to an agreement.

Q: Demolition of the south wing of the old J Building is going to occur in early April. Do you see that as a milestone?

A: It is a milestone. It's not just getting old buildings
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Roy Orr Feels Great About First Year at Oregon State Hospital

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out of the way for the new, I think it's symbolically significant. To me, it respectfully asks our past to get out of the way for our future, and at the same time it tears down some of the things that we'd like to move away from: the stigmas, the associations and the problems of the past.

Q: Initially, some neighbors weren't happy about the plan to turn six cottages into transitional homes. As that program gets under way, why do you see it as a big step forward?

A: Imagine the difference between being a patient in an overcrowded ward day after day, for months, if not years, and then to earn the privilege to be in one of these beautifully renovated, historically renovated, homes. To wake up each day and enjoy an almost 360 degree view around the park that the cottages are set in ...

We've got some great staff members who have transferred into those positions down there who are every bit as excited as the patients.

Q: What benefits will come with the planned shift to a computerized records system?

A: We've really been hamstrung historically because of our lack of automation. By capturing our data electronically we will have the ability to turn it into really useful clinical and management information.

This is really going to be the backbone of what will ultimately be a network for knitting together the community mental health providers with the state hospital. That will be a huge advantage for us all.

Oregon Legislature testimony given by Amy Anderson

Oregonians for Health Security
www.oregoniansforhealthsecurity.org
Tuesday, January 13, 2009

I have been struggling with my health since childhood and went many years without health insurance. The high cost of care has inhibited me from getting the care that I need when I need it. Among other drastic health outcomes, I could not afford prenatal care during a pregnancy which ended sadly with the death of my prematurely born infant. Later, a uterine tumor went undiscovered until it was the size of a grapefruit and required an emergency hysterectomy.

I eventually did find a job that offered health insurance but in my 21st year at the job, a back injury developed into spinal stenosis, leaving me unable to work. I now struggle with insulin dependent diabetes, chronic back pain and bouts of depression and anxiety.

I was relieved last fall to hear that after several appeals, I would finally be awarded Social Security Disability Benefits to help pay my bills. However, by December I was told that I no longer qualified for my medical coverage through OHP because my new benefits put me over the \$864.00/month income limit.

I am aware of the different patient assistance programs, but the paperwork is difficult to keep up with. I have checked into the coverage from Oregon's Medical Insurance Pool and I cannot afford the \$506.00/month on top of the \$1000.00 deductible.

I recently joined a group of other women with disabilities, as part of the women with disabilities health equity coalition (wowDHEC). We all agree that there has to be more support for folks like us, who want to work and have so much to offer. We are often left out of the job market because of how little understanding exists in the work place about disabilities. With health insurance tied to employment, many of us struggle to find adequate health care to manage our chronic health conditions.

Amy's Message to Legislators:

"We cannot put our health conditions on hold. We need solutions now. I will volunteer to help design a plan for better health care choices, just don't give up on folks like myself."

Scholarships available for NAMI Convention and Mental Health America Conference

April 13th is the deadline for registering for a scholarship for the 2009 Mental Health America Centennial Conference: "Celebrating the Legacy, Forging the Future" on June 10 – 13, 2009 in Washington, DC.

To be eligible for this scholarship, a completed application and letter of recommendation must be received via U.S. mail and postmarked by April 13, 2009. Also note these scholarships are contingent on funding and availability.

Conference information is available at: www.mentalhealthamerica.com/go/conference.

April 24th is the deadline for registering for a scholarship for the NAMI 2009 Convention: "Creating a Healthy Future For Us All" on June 6-9, 2009 in San Francisco, CA.

To be eligible for this scholarship, a completed application and letter of recommendation must be sent by U. S. mail to SAMHSA and postmarked by April 24, 2009. Also note these scholarships are contingent on funding and availability.

Conference information is available at: www.nami.org.

The Center for Mental Health Services (CMHS), within the Substance Abuse and Mental Health Services Administration (SAMHSA), is planning on providing financial support to consumers of mental health services who would like to participate in these events. The purpose of the scholarships is to foster transformation of mental health care to focus on recovery.

Call for Oregon art

This is a call for art to be used in Salem's Consumer/ Survivor conference's, web sights, and the like.

The art work will be shown on Power Point.

Please send a photo No Larger than 8x10 (4x6 preferred) to Traci Murry PO Box 1392 La Grande Or. 97850 OR E mail them to me in a jpg. file to tracimurry31@gmail.com. Note: Photos will not be returned with out self stamped envelope!

The Dead Line for the 1st run will be 30 April 2009.

Please include your permission to use your art!

Unlike You Buddy Bee Anthony

I don't work like you. I don't play like you.

I don't talk or stalk my prey like you.

I don't go in for the kill,
seize the day,
or chill like you.

I don't smell like you.

Ain't pullin water from the well like you.

I don't hurt like you.

I won't nip and tuck,
then hit the dirt like you.

I don't smoke like you, or go for broke,
then choke like you.

Ain't cuttin dirty deals like you.

Won't be stealin, or wolfin down eight course meals
like you.

I don't fold em or stay like you.

And I don't run,
or walk away like you.

Cats

My cat

Your cat

Her cat

His cat

Their cat

But my cat

Is fat

By Purrfect - cat owner

Examining the words of the Bible By Patty Jo

My best scripture I read this week was Eph. 2:4 on Tuesday, March 24th. God is rich in mercy. It is one thing to feel compassion, but quite another to act on it for the benefit of the disadvantaged.

Oregon Consumer-Survivor Legislative Committee

Mission:

To bring together mental health consumer/survivors, to empower our voices, for expression and involvement in the legislative process of our State of Oregon and our nation.

Some goals:

- Get together to learn how to give powerful spoken testimonies at legislative hearings
- Learn how to write written testimonies
- Learn how to effectively meet in person with legislators
- Coordinate together so that we are a strong force at hearings!
- Use weekly teleconferences to reach as many persons as possible.
- Track and monitor consumer/survivor issues and bills---*rally together for maximum impact.*

Everyone is welcome to participate—all levels of experience!!!!

Location:

Live meeting at Association of Oregon Community Mental Health Program office----at 1201 Court Street, Salem Room 306 RSVP to Crucita if planning to attend, please.

Teleconference----free to call in! 1-800- 207-6717, then use code 424638.

When: We meet every Monday from 10:30 am until noon.

For more information, contact Crucita at empower.ocslc@gmail.com or at 503 -399-7201

Meghan Caughey, Drake Ewbank ---Co Chairs, Crucita White ---Facilitator

Sponsored by The Association of Oregon Community Mental Health Programs

Digital TV transition will take place June 12th in the Portland area

Coupon situation improved

Congress voted to allow TV stations to have the option to delay digital TV transitions to June 12th. Digital TV transition will take place June 12th in the Portland area

Coupons are being mailed out to households on the wait list. If you received coupons before but let them expire, you can now reapply.

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

Addiction treatment can save state money in long run

By Peter Wong

Salem Statesman Journal, March 15 2009

They took different roads to recovery.

But the stories told by Robert Howe and Deborah “Janie” Marsh at the Capitol last week made one common point to lawmakers looking for cuts — that spending for alcohol and drug abuse treatment is not a losing cause.

At the same time that lawmakers face a big gap between projected tax collections and proposed spending in the next two years — \$3 billion and counting — they also have to deal with a ballot measure voters approved four months ago to expand addiction treatment for some offenders and lengthen prison sentences for others.

Howe and Marsh began drinking early — Howe at age 9, Marsh at 12 — and then used methamphetamine.

“My addiction was more than a drug,” Marsh said. “It was a life.”

Marsh managed to avoid arrest until she was 31, by which time she had no job and her children were with her parents.

While at the Coffee Creek Correctional Facility in Wilsonville, Marsh was in the Turning Point program — she said a change in her attitude led to her break with addiction — and she was released in September 2006. She remains under supervision, but she holds a job.

Howe, in contrast, was in and out of jail — but never free of alcoholism, even when he had a son and then a daughter. A member of the Confederated Tribes of Warm Springs Reservation, he credits the Native American Rehabilitation Association of the Northwest with helping break his addiction.

“I hope my children don’t ever see what I have been through,” said Howe, his 9-month-old daughter in a carrier at his feet during part of his testimony.

State Rep. Chip Shields, D-Portland, said there was a reason he organized the hearings.

“We cannot look at Oregon’s public safety budget and our human services budget as separate and unrelated,” said Shields, who is co-chairman of the public safety subcommittee. “The fact is that they are deeply intertwined, especially when it comes to dealing with substance abuse.”

Budget problem

Gov. Ted Kulongoski’s proposed 2009-11 budget for addiction treatment and mental health within the Department of Human Services is \$844 million, almost \$69 million less than legislative budget analysts estimate is needed to maintain programs.

The proposed budget adds money for Oregon State Hospital staffing — prodded by a federal investigation —

but also cuts deeply into state support for community alcohol and drug treatment programs and mental health services. DHS oversees them, but the money goes to counties, health plans, nonprofit agencies, tribes — and the Department of Corrections and the Oregon Criminal Justice Commission, which oversees drug courts.

Kulongoski hopes to offset those cuts with an expanded Oregon Health Plan, which would cover 75,000 more adults. His plan hinges on lawmakers agreeing to increase provider taxes on hospitals and insurers and to use that money to recoup more federal Medicaid dollars.

But a Legislative Fiscal Office analysis said some people still would go without services if they do not qualify for the plan.

A proposed increase in Oregon’s beer tax, proceeds from which are split between addiction treatment/mental health and general aid to state and local governments, would supply more money for all. But the increase in the tax, now the nation’s lowest, faces stiff opposition.

Link to savings

David Rogers, executive director of the Partnership for Safety and Justice based in Portland, said there is another reason for concern.

“These hearings confirm there is a direct link between addiction treatment and mental health services and crime prevention,” said Rogers, whose organization supports alternatives to prison. “If we make decisions on funding without understanding those connections, we’re making ineffective decisions about policy that are likely to be costly.”

For every dollar spent on treatment, the Department of Human Services estimates savings of \$4 to \$7 in other costs.

Voters last fall approved Measure 57, which lawmakers proposed as an alternative to an initiative imposing mandatory minimum prison sentences on some property and drug offenders. Measure 57 lengthens prison stays for some repeat offenders but requires drug treatment for others.

“It was a demonstration of public support for Oregon beginning to invest in treatment and proactive approaches to crime prevention,” Rogers said.

Kulongoski’s budget proposes about half the estimated \$140 million required to carry out the measure. While the bulk of the \$73 million is for housing 1,300 more inmates in prison, about \$20 million is proposed for expanded treatment.

Seeking results

Sen. Jackie Winters, R-Salem, said appropriate treatment for a parent with a drug problem can save thousands of dollars for foster care for a child in state custody — and for a prison stay for the parent. According to the Pew

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Addiction treatment can save state money in long run

(Continue from previous page)

Center on the States, a survey of 34 states — including Oregon — found that spending for an inmate averaged \$29,000 annually.

“But it’s not enough to say we have wonderful programs,” said Winters of the human-services subcommittee. “What are we getting for the dollars we are spending?”

Rep. Dennis Richardson, R-Central Point, said it’s not enough that people complete treatment.

“When a government agency spending millions in taxpayer money does not know what the outcomes are of drug and alcohol patients 30 days after they leave treatment, that lack of follow-up indicates a lack of concern for recovery — and too much concern on qualifying for treatment dollars,” he said.

State statistics show that 64 percent of enrollees complete treatment, higher than the national average of 51 percent. But it’s harder to know how many stay drug-free.

Winters said success appears to tie in with the possibility of criminal sanctions, such as in drug courts in most counties and diversion programs for first-time drunken-driving offenders. Diversion programs have the highest rate of success at 74.1 percent.

<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.

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers

People just want to be heard.

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

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.

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**

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.

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

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 WXOJ-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

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.

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@fpcpd.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.

<http://sites.google.com/site/gamenighters/Home>

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

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

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

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 March 29, 2009.

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.

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

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

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

COMING EVENTS

Calling clients/consumers, staff, family members, community supporters!

The Garlington Client Council and Consumer/Survivor Advisory Council are hosting a

Consumer Conversation and Celebration

Light Refreshments Served

We'll share

Our successful work in 2008, the results of our peer-to-peer survey, how you can "have your say" and get involved

We'll ask you about

Improving interactions with professional staff, improving client experiences at Cascadia, the importance of client leadership and advocacy, developing a site council at the Plaza, how to better engage family, friends and supporters

**Thursday, April 16th, from 11AM - 1PM
at the Plaza, 2nd floor, Room 4&6
SE 43rd & Division
(Enter on SE 43rd Avenue)**

RSVP to Sharon at 503-238-0769 x179
by Monday, April 13th

Health Action Day

Wednesday, April 8, 2009 in Salem

Join the Oregon Health Action Campaign for Health Action Day on Wednesday, April 8 in Salem!

SCHEDULE OF ACTIVITIES

First United Methodist Church
MICA Building
600 State Street NE, Salem

9 am - Doors open at the MICA Building

9:30 am - Orientation, Lobbying 101

11 am - Lunch, march to Oregon Capitol

The Oregon State Capitol
900 Court Street NE, Salem

Noon - Rally on the Capitol Steps

1 pm - Meetings with legislators

3 pm - House Health Care Committee

Register so a lunch can be ordered for you.

Please note whether you are seeking or can offer a ride.

For more information call 503-239-8800 or 888-654-2273.

Mental health and addictions Upcoming Events

Find out what mental health and addictions, health and legislative events and meetings are going on in and around Portland and Salem.

Go to mentalhealthportland.org
And click on Upcoming Events after clicking on the Resources link on top of the page

Consumers' Day at the Capitol Thursday, May 7th

Will have a room reserved all day and lunch is included. More information to come.

To sign up, get more information, and to connect with others for carpooling, please contact Jessica van Diepen at jvandiepen@aocweb.org.

PORTLAND ZOO

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

NAMI Walk NW

Sunday, May 17, 2009

Eastbank Esplanade, Portland

Walker Check-in time: 12 p.m.

Official walk start time: 1 p.m.

Distance: 5 Kilometers

The NAMIWALKS for the Mind of America is a nationwide fundraising and mental health awareness program that is being held in more than 80 communities around the country in 2009, including right here in Portland. It is expected that these walks will raise approximately 9 million dollars in 2009 for NAMI and the mental health services it provides to thousands of families across the country.

There is no walker registration fee for the Walk. All participants are encouraged to collect donations from family members, friends, co-workers and business associates in support of their participation in the Walk.

Ninety percent of the funds collected by walkers will be used to fund NAMI's programs here in Oregon and Southwest Washington. These programs include support, education, research and advocacy involving schizophrenia, bipolar disorder, major depression, obsessive-compulsive disorder and severe anxiety disorders.

All walkers raising \$100 or more will receive a NAMIWALKS for the Mind of America event T-shirt.

Companies, organizations and families are encouraged to organize teams of walkers made up of employees, organization members, relatives and friends to take part in the Walk.

NAMIWALKS for the Mind of America is a rain or shine event.

There is a wide-range of corporate sponsorship opportunities available to local companies and businesses relating to the Walk.

For more information contact Susan Matthies at 503-788-2555 or email susan.a.matthies@gmail.com.

You can register at nami.org/multnomah.

Pioneer Courthouse Square Events

www.pioneerCourhousesquare.org

BloomFest

April 4th through the 10th 9:00 am – 6:00 pm

Easter Seals of Oregon will be at the Square selling beautiful fresh-cut tulips. Bouquets of 10 tulips will be sold for \$5.00 each. The money raised during the event will help pay for the many programs and services offered by Easter Seals of Oregon.

EFI Community Shred Day

Friday, April 17th 7:00 am – 5:00 pm

EFI Secured Shredding and Recycling will host a post tax day community shred event at the Square! Participants are encouraged to bring up to 100 pounds of paper to be shredded for free.

The Mental Health Action Group

at the **First Unitarian Church of Portland**
is sponsoring a...

Spring Potluck

(Back by Popular Demand)

If you cannot bring a dish, Please come anyway!

Half hour program at Noon includes poetry and music

Saturday, April 25th 2009, 11 am – 2 pm

1011 SW 12th Avenue, Room B102

(look for the signs)

Please RSVP by calling Cathy at 503-267-5081,
cathyclemens@msn.com

If you are bringing a dish or drink and already know what that is ~ let us know

Also, if you would like to share a short (usually 2 or 3 minute) creative piece let us know that too!

Members of From the Inside Out (exploring issues of mental health and related topics through interactive theater, participatory workshops and the arts) have also been invited.

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.

For more info, call the Cascadia Woodland Park site at 503-253-6754 and ask for Elliott

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 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

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.

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

Integrated Treatment Services at Mallory Church

126 NE Alberta - corner of Mallory St. and Alberta All groups are Drop in- No referral needed

Ask for a referral from your mental health clinician if you would like to enroll in the program, or call 503-283-3763 and ask for an addictions counselor.

<p>Monday 9:00 - 10:00 DRS-12 Step Skills 10:00 - 11:00 Dual Diagnosis Education 10:00 - 11:30 African American Group 1:00 - 2:30 Wellness</p>	<p>Wednesday 9:00 - 10:00 DRS-12 Step Skills 10:00 - 11:00 Mood in Recovery 11:00 - 12:00 DBT-S Skills Group 2:00 - 3:30 African American Group</p>
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Friday 9:00 - 10:00 DRS-12 Step Skills
 10:00 - 11:00 Recovery Management
 10:00 - 11:30 African American Group
 1:00 - 2:00 Recovery at the Movies

C3: Community Connections

Monday, Wednesday & Friday from 8:30 am to 1:30 pm.
 Hot lunch at noon.
 Contact Michael Denny for more info at 503-889-2510.

Integrated Treatment Services at Garlington

Classes are drop-in unless noted otherwise

Ask for a referral from your mental health clinician if you would like to enroll in the program, or call 503-283-3763 and ask for an addictions counselor.

<p>Tuesday 9:00 - 10:00 DRS-12 Step Skills 10:00 - 11:00 Life Challenges in Recovery 1:00 - 2:30 Co-ed Seeking Safety - Ask for a referral from your clinician</p>	<p>Thursday 9:00 - 10:00 DRS-12 Step Skills 10:00 - 11:00 Anger Management 11:00 - 12:30 Wellness 1:00 - 2:00 Diversity in Dual Diagnosis - 3-D - For LGBTQ clients. Ask for a referral from your clinician. 6:00 - 7:30 African American Seeking Safety - Men's group. Ask for a referral from your clinician</p>
<p>Friday 11:00 - 12:30 Women's Seeking Safety (Garlington Trailer) Ask for a referral from your clinician.</p>	

Addiction Treatment Services at Garlington

If you would like to enroll in the program, call 503-230-9654 or ask for an addictions clinician.

<p>Tuesday 11:00 am - 12:30 pm Recovery Management (AIP & MIT) 6:00 pm - 7:30 pm Discovery: Addictions Education</p>	<p>Wednesday 5:30 pm - 7:00 pm Change vs. Consequence 6:00 pm - 7:30 pm Recovery Management (AIP & MIT)</p>
<p>Thursday 5:30 pm - 7:00 pm African American Seeking Safety - Men's group - Ask for a referral from your addictions clinician 6:00 pm - 7:30 pm Recovery Management (AIP & MIT)</p>	
<p>Friday 10:00 am - 11:30 am Discovery: Addictions Education 6:00 pm - 7:30 pm Recovery Management (AIP & MIT)</p>	
<p>Saturday 10:00 am - 11:30 am Discovery: Addictions Education</p>	

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

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