

EYES & EARS

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Oregon moves to expand state health coverage

Tax on hospitals and insurers will aid 115,000 more people

Friday, May 29, 2009

BILL GRAVES The Oregonian Staff

SALEM-- Legislative leaders announced Thursday that they have agreed to expand state health coverage to an additional 80,000 uninsured children and 35,000 low-income adults by taxing hospitals and insurers.

Senate President Peter Courtney, D-Salem, called the bill an extraordinary feat in a time of deep recession.

"This could be the most significant accomplishment in this session, bar none," he said.

House Bill 2116, which passed 6-4 out of the House Revenue Committee on Thursday, creates taxes expected to raise about \$300 million to \$400 million over the 2009-11 biennium, leveraging nearly \$1 billion more in federal matching money. The taxes would raise more money in 2011-13.

House Speaker Dave Hunt, D-Gladstone, said the bill could also be seen as an employment act because it would create an estimated 3,600 health care jobs.

Some business leaders and Republicans oppose the legislation, arguing it would raise health care costs and force small businesses to stop providing health benefits. But Courtney and Hunt said they

Is Oregon building 'a nicer monument to futility'?

Alan Gustafson Salem Statesman Journal,
May 23 2009

New psychiatric facility alone can't fix Oregon's mental health system, advocates say

Construction will get under way next month on the first phase of a \$280 million psychiatric hospital to replace the obsolete and unsafe Oregon State Hospital.

But mental health advocates warn that it won't cure Oregon's ailing mental health system.

As they tell it, the new hospital envisioned by state leaders as a "world class" psychiatric facility won't succeed unless the state finds more money to bolster community-based mental health services.

"My fear is, we have a monument to futility right now in the state hospital and we're just going to build a nicer monument to futility," said Chris Bouneff, executive director of the Oregon chapter of the National Alliance on Mental Illness.

"If they don't come to some terms soon, we're going to be stuck with our same old problems that we've battled now for decades. The only thing that will change is that we'll have a nicer building."

Community-based mental health services include housing, medication, case management, counseling and assistance with employment. Such services are
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Oregon moves to expand state health Coverage

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expect the bill to pass in both chambers because it has broad support in the Democrat-dominated Legislature and among hospitals and insurers.

While the bill would expand health coverage, it falls far short of insuring the roughly 600,000 Oregonians who lack it.

The bill, which goes next to the Joint Ways and Means Committee, would fulfill one of Gov. Ted Kulongoski's top priorities.

The bill would levy a 1 percent tax on the "gross amount of premiums earned" by most insurers. That money would be used to expand coverage to 80,000 uninsured children, bringing the share of all children insured in Oregon to 95 percent. No state has done better than that, said Dr. Bruce Goldberg, director of the Department of Human Services.

The state would pay the full cost of insurance for children in families whose incomes fall below 200 percent of the federal poverty level, \$44,100 a year for a family of four. It would subsidize commercial insurance premiums on a sliding scale for children in families with incomes between 200 percent and 300 percent of poverty level.

Regence BlueCross BlueShield of Oregon agreed to the premium tax as a first step toward a more permanent, sustainable solution for covering the uninsured, said Dr. Bart McMullan, president. Both taxes in the bill would end Oct. 1, 2013, by which time state leaders hope to have found that solution.

The hospital tax would be levied on the net revenue of the state's 26 largest hospitals at a floating rate not to exceed 5.5 percent. The tax would function more like a loan from hospitals as the bill requires the state to increase Medicaid payments to hospitals enough to offset the tax. So whatever hospitals pay in taxes, they would get back in increased Medicaid payments.

The tax money would leverage enough federal money to add about 35,000 adults living in poverty to 24,000 adults now covered by one portion of the Oregon Health Plan. About 100,000 poor adults qualify for the coverage.

Andy Davidson, president of the Oregon Association of Hospitals and Health Systems, said the bill

provides a "launching point to search for a broader way in which to fund expansion so that ultimately we can get to universal access."

Legislative leaders acknowledge that expanding health insurance to more Oregonians will not be affordable unless the state also finds ways to reduce health care costs.

Toward that end, a House Ways and Means subcommittee Thursday took up House Bill 2009, which would create a new health agency called the Oregon Health Authority. The authority would oversee state

Mental illness often described negatively

SEATTLE, May 7, 2009 (UPI) -- Looney, psycho, scumbag, whacked out, ticking time bomb and bonkers are some of terms used by the U.S. media to describe the mentally ill, researchers said.

Lead author Jennifer Stuber of the University of Washington in Seattle and Peg Achterman, a doctoral student, analyzed 856 stories published in the state from January to April in 1995, May to August in 2000 and September to December in 2005 in four of the state's major media markets -- Vancouver, Seattle and Spokane and Tacoma.

The researchers found 31 percent used negative/derogatory language for people who had mental health issues in news articles, movie reviews, plays and TV programs.

"Using such labels is insulting to people with mental illness. It is equating people with their illness and making their illness their predominant characteristic," Stuber said in a statement.

A term such as "schizoid" or "the schizophrenic" to describe a person living with schizophrenia, stigmatizes the person -- as does the false link between violence and mental illness -- Stuber said.

"There is a widely held misperception by the general public that there is a strong link between mental illness and violence," Stuber said. "There is no such link. Study after study, has shown mental illness is not a defining characteristic of violence."

Other factors -- such as being male, being a young adult or using alcohol -- have a more direct link to violence, Stuber said.

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

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 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.

Garlington Consumer Client Council

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

2808 NE Martin Luther King, Jr. Blvd. #B
One block south of Garlington on the corner of MLK and Stanton.

Oregon Consumer/Survivor Council

The Oregon Consumer/Survivor Council meets on the 2nd Wednesday of even numbered months from 1:00 to 4:00 PM in meeting room HSB-352 located on the 3rd floor of the Barbara Roberts Human Services Building (DHS main office), 500 Summer St NE, Salem, OR.

Contact: Michael Hlebechuk; 503.947.5536;
email: michael.hlebechuk@state.or.us

Purpose statement:

- A) To inform the state mental health authority on mental health policy and service delivery from the perspective of people who receive or have received mental health services (consumer/survivors);
- B) To provide a forum for consumer/survivors to communicate special and unmet needs and concerns to the state mental health authority; and
- C) To provide a forum for the state mental health authority to inform consumer/survivor leadership of efforts being made to provide a better system of mental health delivery.

futility’?

(Continued from front page)

essential to help people with mental illness maintain stable, productive lives, advocates said.

In some cases, proper assistance can prevent people from requiring hospitalization. In others, it can help former hospital patients stay on the path of recovery.

All too often, though, the critical services are lacking in communities across the state.

That’s why Jason Renaud of the Mental Health Association of Portland objects to massive state spending on the new hospital in Salem.

“We believe the state’s attention and funds should be going towards the outpatient system, which is so crippled and porous that people end up in the hospital when earlier and less expensive intervention would have been more successful,” he said.

Like the antiquated state hospital, Oregon’s community-based mental health system has been “broken for generations,” Renaud said.

County jails and state prisons now harbor thousands of mentally ill Oregonians, partly owing to inadequate community-based programs and services, he said.

“The community system has been starved to the point where people migrate from their first episode into jails, into prisons, into parole and probation departments and into the state hospital,” he said.

Also troubling, he said, has been the evolution of the state hospital into a forensics facility, largely housing patients who were judged guilty of crimes except for insanity.

“Looking at the history of the hospital over time, it really has become an annex of the corrections system more than an annex of the mental health system,” Renaud said, “and it is the most feared place for people with a mental illness in the state. It should be the safest and most beneficial place but it hasn’t played that role for several decades. That’s entirely, I think, due to the neglect by the state legislature.”

Hospital projects on track

Gov. Ted Kulongoski, Senate President Peter Courtney and other legislative leaders have stated their intent to go forward with two new psychiatric hospitals to replace the 126-year-old state hospital.

The 620-bed Salem facility is scheduled to fully open by 2011. A 360-bed facility in Junction City is

scheduled to open in 2013.

Legislators approved spending \$458 million for building the two hospitals. The pivotal decisions came before the state was sent reeling by a deep economic recession and slumping tax revenue triggered by one of the nation’s highest unemployment rates.

Now, legislators face a \$3.8 billion shortfall in the 2009-11 budget cycle. Legislative budget writers working to plug that hole recently unveiled a two-year budget that calls for an 11 percent cut for the state Department of Human Services, which oversees mental health programs.

Mental health advocates fear that the underfunded community-based mental health system will remain “broken.” They said that doesn’t bode well for mentally ill people struggling without adequate help in the community or patients deemed ready to leave the state hospital.

“One of the largest problems we face is the lack of step-down services,” Bouneff said. “We have a shortage of residential beds and community-based programs. There’s really nowhere for someone to go once they are well enough and it’s no longer clinically necessary for them to be in a hospital.”

The state has made concerted efforts in recent years to expand the supply of group homes and residential facilities for patients leaving the state hospital. But progress has been slow, partly because of community opposition to such facilities.

“And we’re certainly not making any big new investments in that in the current budget climate,” Bouneff said. “So that’s still a big problem.”

Meanwhile, the state hospital will continue to devour money, he said.

“We’re spending a significant amount of money to house people in the Oregon State Hospital,” Bouneff said. “In the most extreme cases, it costs upwards of \$200,000 a year.”

First phase of new hospital

ABC, short for admissions, behavior and corrections, is the term state planners use for the first phase of the new hospital.

It will have 124 beds and house patients in three separate programs:

- Admissions will be the 44-bed entry point for new patients. They will undergo clinical evaluations and get stabilizing treatment, then move to other areas of

(Continued on next page)

Is Oregon building ‘a nicer monument to

futility’?

(Continued from previous page)

the hospital for additional treatment.

-Behavior will have 60 beds for patients who violate hospital rules or instigate violence. Such patients now are housed on maximum-security wards in the J Building.

-Corrections will consist of a 20-bed unit reserved for mentally ill patients transferred to the hospital from the state prison system. After short-term care, these patients will go back to the prison system.

Construction of ABC will begin next month with site prep work, followed by laying of a concrete foundation.

Development of the first component of the new hospital marks the beginning of a multi-phased building program. The new hospital is being built south of Center Street NE, within the southern part of the existing hospital campus.

The sour economy could produce early cost savings on the project because firms are hungry to work and tamping down their bids for contract work, said Linda Hammond, hospital replacement administrator for the state Department of Human Services.

“We’re getting some good bids back,” Hammond said. “I’m optimistic about the savings we can make with the condition of the economy.”

The state recently accepted bids on \$40 million worth of contractor work on the project, including setting the concrete foundation for the first section of the new hospital and reinforcing parts of the existing hospital’s creaking J Building.

The state plans to seek bids soon for \$120 million worth of contract work on the project.

Hammond envisions a short-lived opportunity for cost savings.

“You’re going to lose that advantage pretty quickly when the stimulus projects start hitting the street,” she said. “Right now, companies are looking to keep their doors open until these other projects come along.”

From the Inside Out

Over the past years we’ve had a lot of fun, and we think our group has done some good. Due to some major changes, our group is now struggling to continue. Everybody can do something. If you’re interested in our group continuing, please join us.

**Community of Christ
4837 NE Couch St.
Portland, Oregon 97213**

**Fridays from 1:30 to 3:30 pm
June 12th, July 10th and August 14th**

Contact: Deborah at 254-4942

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

What is Interactive Theater?

A short play requiring problem solving (written mostly by people with mental health issues) is performed first without interruption or solving any issues presented. When repeated, volunteers from the audience stop scenes, replace a character and act out potential solutions. Discussion follows each intervention.

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.

We’ve had 25 total performances for about 1,000 audience members using 8 separate plays.

Proposed budget could cut services to Oregon's most vulnerable

Catholic Sentinel sentinel.org 05/28/2009

Facing a \$4 billion gap between planned spending and expected revenue, Oregon lawmakers are debating a new proposed budget that could reduce services to vulnerable residents.

"The saddest part of this is that it is going to affect a lot of caregiving for seniors in their homes," says Roger Martin, a lobbyist who represents the Oregon Catholic Conference in Salem.

The \$350 million in reductions proposed by the Oregon Legislature's Joint Ways and Means Committee would have been worse, were it not for federal recovery legislation signed this month by President Barack Obama. But the cuts still could mean larger class sizes, shrunken anti-poverty programs and higher fees everywhere from courts to state parks.

Plans call for a \$167 million dip in school funding, a \$51 million decline in public safety funding and more than \$13 million in cuts to human services. The proposal uses \$115 million in federal stimulus funds to offset bigger cuts to education while federal funding also helps protect further cuts in social programs.

In human services, budget writers built in a preference for mental health and drug and alcohol rehabilitation programs.

"If we don't fund those programs, we will pay for it more in the future," says Rep. Peter Buckley, an Ashland Democrat and co-chair of the Joint Ways and Means Committee.

In-home care and transportation for senior and disabled residents will take relatively significant cuts, with a likely loss of thousands of senior service workers.

Buckley worries about the stress the budget will put on other programs to help the poor. He is also concerned about the home health workers whose hours will be curtailed. "If you make \$10 per hour and get cut back, that's pretty hard," he says.

The co-chairs budget funds human services at \$4.2 billion, including \$541 million in federal stimulus dedicated to Medicaid.

Martin, the church's lobbyist, refuses to criticize the Ways and Means Committee leadership, saying they are "doing the best they can under very difficult circumstances."

He is still studying the proposed \$14.6 billion two-year budget to see if there are other moral implications.

The proposal uses \$361 million in reserves and \$941 million in federal stimulus money. It nixes 1,700 state jobs, cancels cost-of-living increases for state workers and contains cuts to nearly every state agency. Income tax

increases are likely to help raise \$800 million in new revenue.

The \$6 billion provided for K-12 public schools is more than lawmakers had prepared educators to receive. But it still might mean larger classes, fewer school days and employee pay freezes. If the economy worsens, less money could flow to schools in 2011.

Republicans have proposed a budget that holds the line on current service levels, apparently without tax increases. Some Democratic lawmakers, who are in the majority, are skeptical of the math.

Democratic majority leaders in the Legislature have praised the committee's budget plan for balancing the budget without hurting the middle class. But some lawmakers are critical that so much of the shortfall will be made up by Oregonians earning more than \$125,000. Those higher earners already pay more than their share, Republicans say.

Buckley contends that the House has the numbers to pass the budget. But insiders like Martin say a vote for tax increases could be dangerous for Democrats from closely split districts like those in Portland's suburbs.

Social aid agencies get funds from counties, rather than directly from the state. Budgets for Catholic Charities in Portland, for example, seemed in good shape according to earlier Multnomah County proposals, but last week's budget recommendation makes it appear that state pass-through funds could erode.

"We estimate that Multnomah County will lose \$25 million to \$50 million in state-funded services," county commission Chairman Ted Wheeler said last week. Wheeler predicted two sets of reductions in county funding, one before June and the second when the state budget is made final.

"There are no easy answers," Wheeler says. "Holding any particular service harmless from budget cuts forces even deeper cuts in other areas. Elected leaders need to work together to maintain the most critical services, regardless of which jurisdiction provides them."

Wheeler has directed county budget writers "to protect our most vulnerable citizens first."

The committee's budget emerged after two weeks of public hearings around the state. Oregonians seemed to prefer a balance of service cuts and revenue boosts like tax increases.

Legislative Update from Disability Rights Oregon

Ways and Means Co-Chairs Release Recommended Budget

On Monday afternoon, May 18th, the co-chairs of the Ways and Means Committee released their Recommended Budget for fiscal years 2009-2011. This budget is the starting point for the legislative discussion that will lead to a final budget and adjournment.

The document sets out these core principles:

- Focus on jobs and the economy
- Protect children, seniors and Oregonians with disabilities
- Build for the future in education, health care, business and public safety

Working from the understanding that available resources will be \$3.85 billion less than is required to continue the current level of state-funded services, co-chairs Sen. Margaret Carter and Rep. Peter Buckley proposed cutting about \$2 billion from the budget. They want to produce about \$800 million in new revenue while cutting 1,700 state jobs. The remaining shortfall would be made up with federal stimulus money and state reserves.

Representative Buckley stated: "We're tightening our belts and doing what we can to protect our kids and our most vulnerable citizens. We're addressing short-term needs but keeping our eyes on the future as well." He added that legislators are hoping that the state economist is right in predicting a recovery in late 2010.

Bill Giving DHS Authority to Seek Guardianships Moves

On Monday, May 18th, the Senate Judiciary Committee moved House Bill 2137 to the Senate floor with a "do-pass" recommendation.

This bill gives the Department of Human Services (DHS) authority to go to court to seek guardianship for an individual when it is necessary to protect the person from a "serious and imminent threat to health or safety". In such a situation, DHS can reveal otherwise confidential information to the court, but that information must remain confidential and the court record must be sealed.

House Bill 2137 has already passed the House. Because it has an emergency clause, it will become law when passed by the Senate and signed by the Governor.

ADA Alignment Bill Moves

Senate Bill 874, a bill to conform state law to recent changes made by Congress to the Americans with Disabilities Act (ADA), received a do-pass recommendation from the House Judiciary Committee on Friday, May 22nd.

Changes to the ADA encourage a broader understanding of who is considered "disabled". Senate Bill 874 makes the same technical adjustments to definitions as did Congress. The most notable change is that individuals will be protected against discrimination based upon disabling conditions even if they use medications or devices to control the effects of their conditions.

The Bureau of Labor and Industries (BOLI), and Disability Rights Oregon are proponents of the bill. DRO & BOLI noted that the ADA and Oregon disability discrimination laws keep workers on the job and allow them to return to work following injuries. Employers still need only make "reasonable" changes to accommodate worker disabilities and are protected against "undue hardship".

Bill to Improve Group Home Licensing Practices Heads to Full House

On Friday, May 22nd, Senate Bill 287 moved to the House floor with a "do-pass" recommendation by the House Human Services Committee.

This bill permits the Department of Human Services to more efficiently address problems in group and foster homes serving individuals with developmental disabilities, mental illness and/or addictions disorders. If DHS finds a serious problem in one facility operated by a company that operates many facilities, it will now be able to require improvements in all the facilities.

Glenn Close Walks To Support NAMI Maine

By Caroline Cornish, reporter and Tiffany Buchanan, Multimedia Producer from wsh6.com

PORTLAND, MAINE(NEWS CENTER) -- Actress Glenn Close made an appearance in Portland this weekend, serving as the emcee for a walk benefiting the Maine chapter of NAMI, the National Alliance on Mental Illness.

Close has made it her mission to help reduce the stigma that goes along with mental illness because her sister is bipolar, and her nephew has schizophrenia.

The NAMI walk tries to put a face on mental illness, and it's also the organization's major fundraiser. This year's walk has raised \$100,000.

Close, who's also putting together a national ad campaign and website to help families dealing with mental illness, said she feels strongly that these efforts do make a difference. Close said, "Even in mounting this campaign and talking about it and talking about it with my sister, I feel a great feeling of release. Because I believe we will be able to very soon be able to say schizophrenia, bipolar, depression and... it will be like cancer and diabetes and it won't have that stigma."

Close also is auctioning off a walk-on role in her TV series "Damages" to benefit NAMI Maine. You can learn more about that by visiting NAMI's website.

Do you want to help improve Mental Health Services?

Verity Integrated Behavioral Healthcare Systems is looking for consumer representatives to serve on the Quality Management Committee. This committee meets monthly on the third Thursday (with the exception of August). The committee reviews Quality Improvement measures for Verity mental health services, which includes hospital, outpatient, and crisis services data.

To qualify as a consumer representative you must be currently enrolled in the Oregon Health Plan and be a Verity member.

Interested persons who qualify should apply to: Charmaine Kinney 503-988-5464, Ext. 24424

All persons selected for the Quality Management Committee will have a short training on QM terms, definitions, and how to review the information presented at the QM Committee meetings.

Multnomah County pays consumer representatives a stipend of \$25 for each Verity Quality Management meeting they attend.

Department of County Human Services
Multnomah County Oregon
Mental Health & Addiction Services Division
421 SW Oak Street, Suite 520
Portland, Oregon 97204

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!!!!

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.

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

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

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

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 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

<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.

Helping Hands 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**

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

**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.**

To My Readers by Patty Jo Wolf That's Who I Am

When I make a big mistake and falter, my heart is broken. I'll cry. I'll be fine because I know who I am.

I have friends who know what I go through and they still love me because I know who I am.

I'm a spitting image of my Dad.

I'm the biggest fan of my Mother.

I'm a daughter, a sister and a mother.

That's who I am.

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

Raven By Buddy Bee Anthony

Raven, what can we make of this war for our village.

Raven, explain all this plunder and pillage.

It's all so frightfully clear.

Since, Raven's been wavin war flags around here.

So,

Raven stop wavin war flags around here.

It blows as blood flows on our heads and our toes.

Heaven knows we're shedding much more than a tear.

Since, Raven's been wavin war flags around here.

So, Raven, stop wavin war flags around here.

Raven, who are you savin,

the ground you've been shakin,

the lives you are stakin

the deals you are breakin,

no haven is safe from blind hatred we fear.

Since Raven's been wavin war flags around here.

So, Raven, stop wavin war flags around here.

You want to blast us into outer space.

First let's feed, house, and clothe the human race.

Cause, there's war over here, death and war over there.

We do not have another world to share or spare,

It's all too patently clear.

Since, Raven's been wavin war flags around here.

So, Raven

stop wavin war flags around here. Raven,

don't go engravin, dull colors of your framin,

of our red, our white and our blue.

It shames us to see the dirty tricks that you do,

it is all too famously clear.

Since, Raven's been wavin war flags around here.

So, Raven, stop wavin war flags around here.

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/>

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers
People just want to be heard.

**Warm line hours expanded 5 hours on
Thursdays**

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

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.

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

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

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.

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.

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.

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

Julia West House workshops provide training and support to empower low-income and homeless residents of Downtown Portland to alter their lives through positive action. The workshops currently offer literacy classes, GED preparation, computer classes, art, women's group, and cooking classes.

The First Presbyterian Church operates Day-watch, a day shelter, 6:30 am-3:30 pm Monday-Saturday (closed at 1:30 pm on Thursday) out of Julia West House, providing hospitality, fellowships, showers, coffee and one snack in morning and one snack in afternoon.

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
503-222-6564

Rose Haven

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.

Movie shown on Friday mornings.

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

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

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.

Meetings are subject to change without notice. Please contact DDA at 503-737-4126 for more information.

The following are more open meetings.

Cascadia Plaza 2415 SE 43rd Ave. Thursdays from Noon to 1:00 pm. Upstairs in Room 1.

Central City Concern 412 SW 12th Ave. Thursdays— 10:00 to 11:00 am

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

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

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

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

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

The Taft Hotel 1337 SW Washington St.
Mondays— 2:00 to 3:00 pm

YWCA 1111 SW 10th Ave.
Sundays— 12:00 to 1:00 pm (women only)

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

Updated June 6, 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

www.rc-rc.info/index.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

COMING EVENTS

Disability Rights Oregon's Open House

DRO's 2009 OPEN HOUSE with special guest
**Secretary of State Kate Brown, plus an exhibit
and sale of work by artists with disabilities.**

Join us!

Jun 18, 2009 5:00 pm to 7:00 pm
DRO 620 SW Fifth Avenue, Suite 500 Portland
Contact rsvp@disabilityrightsoregon.org
Phone 503-243-2081 x209

COMPASSION SOUTHEAST A Helping Hand for the Community

YOU ARE INVITED

June 20th, 2009 9:00 AM - 4:00 PM
WOODMERE ELEMENTARY SCHOOL
7900 SE DUKE ST.
PORTLAND, OR 97206

**WE WELCOME underinsured members of the
SE community to take part in Compassion
Southeast 2009. We would like to provide the
following services:**

- **Medical Exams**
- **Dental cleaning and emergency treatment**
- **Pediatric care**
- **Vision care**
- **Social service fair**
- **Free hair cuts**
- **Children's activities**
- **Free Lunch**
- **Other services**
- **Free pet health exams, vaccinations, micro-chips and pet food**

www.compassionse.org

All are welcome to attend

Music Benefit at Backspace

June 11th 8 PM!

115 NW 5th Avenue

Join Portland Hearing Voices at a Launch
Celebration Music Show

Listen to some great local music, learn more about
Portland Hearing Voices, discover a little about
voice-hearing and non-ordinary sensory experi-
ences, raise some seed money to get us off the
ground — and have some fun!

Come hear performers The Reed Sea, Reclinerland,
and Gavin Castleton — sweet and soulful musi-
cians.

Please spread the word! We're asking \$5 -\$15 at
the door (our policy is that no one will ever be
turned away for lack of funds). We also need a cou-
ple of volunteers to help with event logistics, and we
really want you to invite your friends, colleagues,
and community to come as well - word of mouth is
key. Contact us to help out by email @ [portland-
hearingvoices@gmail.com](mailto:portland-hearingvoices@gmail.com)

A wonderful opportunity to hear some great music,
hang out, and connect.

Portland Hearing Voices is a new education and
support effort to promote mental diversity. We cre-
ate public education, discussion groups, and other
community support related to hearing voices, seeing
visions, and having unusual beliefs and sensory ex-
periences. Portland Hearing Voices aims to reduce
fear and misunderstanding, question stereotypes,
overcome isolation, and create a more inclusive and
supportive community. Check out [http://www.
portlandhearingvoices.net](http://www.portlandhearingvoices.net) for more information, to
join our Facebook and follow us on Twitter.

Pioneer Courthouse Square Events

www.pioneercourthousesquare.org

Festival of Flowers

through June 20th

Display: June 5 – 16

Flower Sale: Begins June 17 at 8 am

This June marks the return of one of Portland's most renowned annual events, Festival of Flowers at Pioneer Courthouse Square. An estimated 350,000 people gather during the two-week celebration to enjoy the opening of the summer season with flowers and fun. Nearly 20,000 plants of vibrant color will blend together on-site to create a stunning display for community members and visitors to enjoy.

Pride Parade

Sunday, June 14th 11:00 am – 3:00 pm

Pride Northwest will have a booth at the Square where they will announce the 2009 Pride Parade as it makes its way through downtown.

KPSU 15-Year Anniversary

Saturday, June 27th 10:00 am – 10:00 pm

Portland State University's student-run radio station, KPSU, will celebrate 15 years on the air. Come down to the Square and enjoy a day filled with live music, food and fun!

Portland Blues Experience

Friday, July 3rd 1:00 pm – 4:00 pm

The Portland Blues & Jazz Dance Society will host and afternoon filled with live music and dancing!

Noon Tunes Summer Concert Series

Tuesdays & Thursdays
July 7th through August 20th

This year's series will feature some of the best local, regional and national talent around! For more information call 503.223.1613.

Pioneer Courthouse Square Events

Flicks on the Bricks Outdoor Movie Series

Fridays at dusk, July 10th through August 14th

This Summer's schedule of Movies:

July 10th	Indiana Jones and the Last Crusade
July 24th	Dirty Dancing
August 7th	Jurassic Park
August 14th	Anchorman

PORTLAND ZOO

\$ 2.00 9 am to 4 pm

On the second Tuesday of each month

Portland Saturday Market

**New location: Waterfront Park just south of the
Burnside bridge**

Through December 20th

Saturdays 10 - 5 pm Sundays 11 - 4:30 pm

503.222.6072

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, CADCI, 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.

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
Futureproofyourcareer.com - 85 questions
TestQ.com

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.

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, and more. 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 at 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.

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 Training and employment in janitorial, landscape and clerical work. Low-cost/no-cost/Section 8 apartments available. 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; Ticket to Work and Self-Sufficiency Program. 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 1-800-716-9716

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) 503-230-9654; Walk-ins taken up to 8 pm every day 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:

-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

-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@aspergersnet.org. Website: aspergersnet.org

-Bereavement Support Group (coping with loss) -

offered by Adventist Medical Center. 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.chaddpdx.org

-Depression and Bipolar Support Alliance - 800-826-3632; Portland support groups: west side: Jason-503-227-2423 east side Jean 503-231-7513 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

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

-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. 10 week commitment.

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

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

-YWCA Counseling Center 503-294-7440; 333 N Russell St. (at MLK) - Individual, couple, group counseling, and assessments. Sliding scale starts at \$13. Mon-Sat, 8 am-8 pm. Appointments only.

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

-Cocaine Anonymous - 503-256-1666; Help line and call center for people struggling with cocaine addiction.

-Dual Diagnosis Anonymous - 503-222-6484
www.ddaoforegon

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

Resources

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

-Nicotine Anonymous - www.nicotine-anonymous.org;
Toll free at 877-879-6422

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

Benefits:

-Aging and Disability Services - Helpline: 503-988-3646. Closed noon-1 pm; www.co.multnomah.or.us

-OHP Client Advocate Services Unit - 800-273-0557;
For questions about coverage and billing in the Oregon Health Plan

-Oregon Health Action Campaign - 800-789-1599;
Help with the Oregon Health Plan

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

Legal:

-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

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

-Public Assistance and Disability Rights (Legal Aid) - 503-241-4111

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

-Senior Law Project - 503-224-4086 Free counseling in legal matters to any Multnomah County resident 60 and older.

Information and Referral:

-211 Information & Referral - DIAL 2-1-1 or dial 503-222-5555 or go to www.211.org

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

-Network of Care - www.networkofcare.org

-The Rose City Resource - Go online to Street Roots at www.streetroots.org and click on [Street Roots wiki](#)

Additional Resources:

-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. www.communitycyclingcenter.org

-Education - [Portland Community College](#) - (has GED classes) 503-244-6111, www.pcc.edu; [Mt. Hood Commu-](#)

[nity 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 - 503-223-8295 / Hotline 800-424-3247; 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 provides 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; 1-800-848-4442 or (503) 373-7171 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

-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.

Monday	9:00 - 10:00	DRS-12 Step Skills	Wednesday	9:00 - 10:00	DRS-12 Step Skills
	10:00 - 11:00	Dual Diagnosis Education		10:00 - 11:00	Mood in Recovery
	10:00 - 11:30	African American Group		11:00 - 12:00	DBT-S Skills Group
	1:00 - 2:30	Wellness		2:00 - 3:30	African American Group

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.

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
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
Friday	11:00 - 12:30	Women's Seeking Safety (Garlington Trailer) Ask for a referral from your clinician.

Addiction Treatment Services at Garlington

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

Tuesday	11:00 am - 12:30 pm	Recovery Management (AIP & MIT)
	6:00 pm - 7:30 pm	Discovery: Addictions Education
Wednesday	5:30 pm - 7:00 pm	Change vs. Consequence
	6:00 pm - 7:30 pm	Recovery Management (AIP & MIT)
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)
Friday	10:00 am - 11:30 am	Discovery: Addictions Education
	6:00 pm - 7:30 pm	Recovery Management (AIP & MIT)
Saturday	10:00 am - 11:30 am	Discovery: Addictions Education

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

Duane Haataja - Editor

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