

EYES & EARS

Formerly
Renaissance Times

October 2009 A Mental Health Consumer/Survivor Newsletter Volume 5 Issue 10

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Back from ashes, center fulfills variety of dreams

Garlington mental health center joined by medical clinic and gay nonprofit

By Peter Korn The Portland Tribune, Sep 17, 2009

Interesting, how one building can mean so many different things to so many people.

Cascadia Behavioral Healthcare reopened its Garlington Center on North Martin Luther King Boulevard Friday amid a great deal of rejoicing. A ribbon was cut, speeches were made by notables, including an ex-mayor and a variety of leaders in the Portland black community. But not everyone present was celebrating the same thing.

Derald Walker was celebrating financial progress and also the way a disaster opened room for new community connections. Cascadia's chief executive officer, Walker came to the nonprofit in 2008, shortly after the financial meltdown that very nearly closed Multnomah County's largest provider of mental health services. It took a \$2.5 million state and county line of credit to save Cascadia.

But the Garlington's Center's particular disaster was near total destruction from a fire in October 2008. The fire's cause has not yet been determined, but many members of the Garlington community are convinced an arsonist was involved.

Walker said it cost \$2.2 million to rebuild

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Ask for James Chasse Officers' Resignations

We need your voice on October 8

The Mental Health Association of Portland asks all persons concerned with civil society, with health-care, with justice issues, and who care for the welfare of persons with mental illness, to join us on October 8, 2009 and ask for the VOLUNTARY RESIGNATIONS of Portland police officers Kyle Nice, Christopher Humphreys and Bret Burton.

Our systems of justice and requests for accountability have failed. It's time for us to act.

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Unacceptable: Chasse case should ignite a revolution in policing

From the Oregonian Editorial Board, September 25, 2009

Many things can be said about the death of a mentally ill man in police custody. 'Acceptable' isn't among them

Acceptable?

You can almost feel this community reeling in stunned disbelief at the headline coming out of the Portland Police Bureau this week ("Sizer: Chasse force acceptable," The Oregonian, Sept. 24).

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More on James Chasse - Page 5

Central City Concern's mentor program - Page 6

Waiting lists at six public housing opens up - Page 10

City of Portland's "Making a Difference Awards", Emergency Preparedness Training, "Found Lives" performance, NAMI recovery panel discussion, Facing Mental Illness TV special and library book sale all on pages 18-21

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Back from ashes, center fulfills variety of dreams

(Continued from front page)

Garlington, nearly all of it covered by the building's insurance policy. Of more concern is the ongoing operating cost for the center, an estimated \$1.3 million.

Walker didn't say keeping Garlington open on a sustainable basis will be easy, not with Cascadia still paying off \$2.3 million worth of loans.

"Running publicly funded health care is not for the faint of heart," he said. But on Friday, at least, Walker said the future for Cascadia looked brighter.

"We survived last year and we've come out a lot stronger," he said. "I think we'll be fine."

New clinic space

The new Garlington Center represents substance for Jill Ginsburg, and relief. A family physician who started the North by Northeast Community Health Center three year ago in a tiny building on North Williams Avenue, Ginsburg has watched her free clinic patients line up outside on Thursday evenings, and sometimes wait in their cars.

Some of those people who had come to North by Northeast for the only health care available to them had to be turned away, sent to other safety net clinics. Ginsburg simply had no room.

Ginsburg has room now, at the Garlington Center. Her new clinic space is four times the size of the old, with four treatment rooms instead of two, a waiting area that can seat 20, and even a break room for volunteers.

Was there some sort of break room in the old North by Northeast clinic?

"Are you kidding?" Ginsburg asks. "We had a treatment area in a hallway behind the curtain. We're growing up and (Garlington Center) is a beautiful place for our patients."

Youth resource center

Proud as she has been of the Sexual and Gender Minority Youth Resource Center for which she serves as program director, Favor Ellis has recognized the center has not been as diverse as its name implies.

The Cascadia-financed center, based in Southeast Portland for 11 years, has been the only organization in Portland with the aim of providing a supportive environment for lesbian, gay, bisexual and transgender youths.

But nearly all those youths were white.

And that is the primary reason the center has moved its offices and hangout space into the new Garlington Center.

"Queer identified African American youth in Northeast Portland may have felt like SMYRC was a resource for white youth," Ellis said, adding that non-heterosexual black youths may not have felt welcome in Southeast Portland. "It may have been scary for them," she said.

In the new Garlington Center building, the minority youth resource center may truly be able to bring in minority youths, Ellis said. Outreach has begun to predominately black organizations and churches in North and Northeast Portland. The message, Ellis said, is that gays, lesbian and transgender youths of all races are at increased risk for suicide, drugs, alcoholism, teen pregnancy and as victims of violence.

Reopening is a tribute

Maggielean President also attended Friday's opening ceremony at the Garlington Center. President, a Northeast Portland resident who has been a Cascadia client since 1999, attends group therapy twice a week, so she's happy to have Garlington back. But the real significance of the reopening for President was what she calls "paying tribute."

Garlington Center is named after John Garlington, a black minister and social activist who died in a car accident 13 years ago. Reopening the center keeps Garlington's memory alive, according to President.

"Whoever did this did us a favor by setting this place on fire," President said. "The favor is that this place is looking better that it was at first."

More triumphs

Nobody understands the daily struggle to overcome life's obstacles better than those who suffer prolonged mental illness. Ryan Hamit took the fire personally.

"I've seen programs come, stay a while and go. I've seen staff leave. I've seen a lot," said Ryan Hamit, who lives in the Pearl District but for years has received a variety of mental health services at Garlington, nearly an hour away by public transit. Hamit serves on the Garlington consumer council, which lobbied county officials to save Garlington during Cascadia's financial crisis.

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Ask for James Chasse Officers' Resignations

(Continued from front page)

Please forward this information to ALL EMAIL LISTS and ALL MEDIAS and ALL COMMUNITY ORGANIZATIONS.

Join the National Alliance for the Mentally Ill, Disability Rights Oregon, Mental Health America of Oregon and other organizations and individuals in asking for the police resignations.

These three police officers brutally beat James Chasse and ignored his injuries until he died approximately 100 minutes later.

The actions of these officers, and the lack of appropriate response of our courts and public administrators, have broken a vital bond of trust within this community.

We ask for resignations as an important step toward renewing trust and respect between police officers and citizens.

For all news about James Chasse visit our web site at <http://www.mentalhealthportland.org/?tag=james-chasse>

Here's how you can help.

- Email the officers and ask them to resign - contact information below
- Call or email politicians and ask them to join us calling for officers to voluntarily turn in their badges
- Forward this email message to your friends and colleagues - spread the word
- Make a colorful sign for your bike, car, window or lawn
- Wear a button, make a poster, write a song, talk to a friend
- Write a letter to the editor of a local paper - these are very helpful to enlarge the message
- Join us for a press conference on October 8, speak out, tell your story, wave signs, sing songs
- Join our Facebook page at <http://tinyurl.com/MHAP-FB>

We will hold a press conference on October 8 at 9 AM at the offices of Disability Rights Oregon, 620 SW Fifth Avenue, Suite 500, and invite all persons who wish to ask the officers to resign to come to speak up and speak out.

If you or your organization can join us, in person or in spirit, please email info@mentalhealthportland.org

PLEASE CONTACT THESE PERSONS BELOW BY OCTOBER 8 AND ASK FOR THEIR RESIGNATION FROM THE PORTLAND POLICE BUREAU

Kyle Nice, Portland Police Bureau - knice@portlandpolice.org

Christopher Humphreys, Portland Police Bureau - chumphreys@portlandpolice.org

Bret Burton, Portland Police Bureau - bburton@portlandpolice.org

PLEASE CONTACT THESE PERSONS BELOW BY OCTOBER 8 AND ASK THEM TO JOIN OUR CALL FOR THE RESIGNATIONS OF KYLE NICE, CHRISTOPHER HUMPHREYS AND BRET BURTON

Rosie Sizer, Chief of Police, Portland Police Bureau - rsizer@portlandpolice.org, 503-823-0000

Dan Saltzman, Police Commissioner, City Council - dan@ci.portland.or.us, 503-823-4000

Sam Adams, Mayor of Portland - samadams@ci.portland.or.us, 503-823-4000

Randy Leonard, City Council - randy@ci.portland.or.us, 503-823-4000

Amanda Fritz, City Council - amanda@ci.portland.or.us, 503-823-4000

Nick Fish, City Council - nick@ci.portland.or.us, 503-823-4000

LaVonne Griffin-Valade, City Auditor - lavonne.griffin-valade@ci.portland.or.us, 503-823-4000

Robert Skipper, Multnomah County Sheriff - bob.skipper@mcso.us, 503-988-4300

Michael Schrunk, Multnomah County District Attorney - michael.d.schrunk@mcda.us, 503-988-3162

Unacceptable: Chasse case should ignite a revolution in policing

(Continued from front page)

Nothing about the death of James P. Chasse Jr., a mentally ill and physically fragile musician, will ever be remotely acceptable.

Unacceptable: The secrecy that has swaddled this case. When there's a death at police hands or in police custody, it shouldn't take a federal lawsuit to illuminate what happened. The public deserves a full and prompt accounting in a public inquest.

Unacceptable: The length of time, three years, it has taken for the chief to decide on discipline — or lack thereof — for the officers involved. True, it has been complicated by the federal lawsuit filed by the Chasse family, which goes to trial in March, but there's still no excuse.

Unacceptable: The officers' maximum response on Sept. 17, 2006, to a situation that called for minimal intervention. It is not even clear that Chasse, a 42-year-old schizophrenic, actually urinated in public, the offense that supposedly triggered the police chase in the Pearl District.

Of course, police are often rightfully suspicious when people ordered to stop run away from them. But there is some doubt about whether Chasse was even capable of running, since he walked with a limp as a result of a traffic accident. We do know for certain he was terrified of the police. And, it turns out, he had every reason to be.

On Wednesday, however, Police Chief Rosie Sizer announced her conclusion that the officers who confronted Chasse three years ago conformed to bureau policy. The chief only singled out a sergeant for discipline, recommending he be suspended for an unspecified period — 40 hours has been discussed — for failing to ensure Chasse went to a hospital.

That lapse may sound minor, but it wasn't. It violated a bureau policy, adopted in 2006, requiring that anyone stunned with a Taser who shows evidence of disorientation be rushed to a hospital.

Had the sergeant adhered to this policy, it might have saved Chasse's life. As for whether everything else adhered to bureau policies — and a use-of-force review board backed up the chief — the response from this community must be: Well, great. Then change the policies.

And it's reassuring to know that the bureau has done exactly that. Sizer, remember, was sworn in as

chief on July 13, 2006, just two months before Chasse died. Since his death, and it's not a coincidence, the bureau has instituted crisis intervention training for all uniformed officers; altered training on foot pursuits; and overhauled the protocol for evaluating and transporting the injured.

True, there have been many tragic deaths at police hands or in police custody over the years. Some have reverberated in this city for a time without fundamentally altering the culture of the bureau. A bureau chastened and revolutionized, a bureau that you can speak of as pre-Chasse and post-Chasse?

That's the only outcome from this case that is remotely acceptable.

Back from ashes, center fulfills variety of dreams

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"It's like an extended family to me," Hamit said, explaining why he travels cross-town.

The fire, to Hamit, was another obstacle in a series of obstacles faced by Garlington and the people who need its services.

"It's hard when there's always somebody out there trying to cut us down," he said.

For Hamit, last Friday's reopening was just one more in a long line of triumphs.

How to tell a cold from the flu

Sep 29, 2009

The common cold and flu (AP) -- both the seasonal and the new swine flu - are caused by different viruses but can have some similar symptoms, making them tough to tell apart. In general, the flu is worse and symptoms are more intense.

COLDS: Usual symptoms include stuffy or runny nose, sore throat and sneezing. Coughs are hacking and productive. It's unusual to have fever, chills, headaches and body aches, or if present, those symptoms will be mild.

FLU: Fever is usually present, along with chills, headache and moderate-to-severe body aches and tiredness. Symptoms can come on rapidly, within three to six hours. Coughs are dry and unproductive, and sore throats are less common.

Sources: U.S. Centers for Disease Control and Prevention; Roche, maker of Tamiflu.

Not Policing Themselves - Lawsuits: The Only Real Discipline for Portland Cops?

From the Portland Mercury, September 30 2009
by Sean Breslin and Matt Davis

Police Chief Rosie Sizer finally released the findings of an internal review of the 2006 death in custody of James Chasse—a man suffering from schizophrenia—last week, finding barely any wrongdoing by her officers.

The Portland Police Bureau's internal Use of Force Review Board found that Officer Christopher Humphreys and Sergeant Kyle Nice did not violate any bureau policies by chasing Chasse, tackling him to the ground, and beating him on the sidewalk, in front of witnesses, until he was unconscious.

Perhaps most controversial of all, the chief released a statement saying: "There is no evidence in any report or witness statement that caused members of the Use of Force Review Board to conclude that any officer at the scene knew or should have known that Mr. Chasse had suffered a serious physical injury."

Court documents and witness transcripts obtained by the Mercury tell a different story. State Medical Examiner Karen Gunson found 48 separate abrasions on Chasse's body, including 16 possible blows to the head. Several witnesses described Chasse's screams during his struggle with police, before going unconscious.

"He seemed like a scared animal," said witness Melissa Jane Gaylord. Electrician Tony Lee Carter "thought [Chasse] was dead" for the period during which Chasse was unconscious on the sidewalk. Bike lawyer Mark Ginsberg, another witness, said: "I did hear Mr. Chasse yelling, 'mercy, mercy, mercy,' and that was personally pretty disturbing to me."

Witnesses were shocked Chasse wasn't taken to the hospital in an ambulance. Local developer Homer Williams said Chasse looked like a "bag of bones" when police put him in a squad car. Meanwhile Lou Reiter, former deputy police chief of the Los Angeles Police Department, described the officers' use of force as "unreasonable," and their failure to disclose to paramedics the force used on Chasse as "unreasonable," during depositions in a lawsuit being brought by the Chasse family against the police bureau, earlier this year.

The only person at fault in the whole affair was Sergeant Nice, according to the internal review

board, for failing to transport Chasse to the hospital after the deployment of a Taser by Sheriff's Deputy Bret Burton during the struggle. Sizer and Police Commissioner Dan Saltzman will now co-sign a letter ordering Nice suspended for an as-yet-determined period of time. Nice will have the opportunity to appeal the suspension if he chooses.

Saltzman had no comment on the findings on Wednesday, September 23, but told the Mercury: "We certainly regret Mr. Chasse's death."

"Nice's suspension could be 10 minutes long," says Jason Renaud of the Mental Health Association of Portland. "The question is whether there is some sort of punitive measure that will cause police officers to not do this in the future."

"When police officers do the right thing as per policy and per training, and yet someone ends up dead, there is something wrong," Renaud continues. "That problem has not been solved yet, and it seems to be that the only way to solve that is by the penalty afforded from a civil trial."

In other words, it would seem the only way to fairly punish Portland's cops for excessive force is to take them to court.

Just ask Frank Waterhouse—the cops' internal review recommended no discipline for the officers who Tasered and shot him with less-lethal ammunition without warning in October 2006. Waterhouse had been filming the officers as they searched for a jaywalker at a Northeast Portland garage where he was working as an apprentice.

Waterhouse, who was cleared of all charges relating to the incident, wasn't satisfied with the Use of Force Review Board's findings, and took the officers to court. Two weeks ago he won a settlement of \$55,000 after a jury agreed that the officers' use of force was indeed excessive. Waterhouse had only sought \$30,000 in the suit, but the jury awarded him almost twice as much.

Perhaps most surprising of all in the case was the identity of Waterhouse's star witness: Chief Sizer.

Sizer testified for Waterhouse, against her own Use of Force Review Board's findings, and against the city, arguing that the officers had ample time to coordinate their efforts so Waterhouse wasn't hit with two weapons at once, and that they had plenty of time to give warning. Sizer also told the jury Waterhouse was not actively resisting, a requirement for the use of a beanbag round, which is fired from a 12-gauge shotgun. (Continued on next page)

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“It blew my mind, really,” Waterhouse says. “I couldn’t believe that somebody from their side actually looked at my case and determined that they went overboard.”

Sizer declined comment on her decision to testify against the internal review board’s findings by press time, but it certainly sets an uncomfortable precedent for police officers working the street.

“These officers felt blindsided by the chief in court,” says Portland Police Association boss Scott Westerman, who adds that mitigating circumstances for the force used on Waterhouse were excluded from the court testimony—they thought Waterhouse was the jaywalker they were looking for, he says.

“The circumstances to which these officers were responding were minimized by the attorney,” he adds.

Waterhouse’s attorney, Benjamin Haile, says Westerman’s remarks are “insulting” to juries because they assume that the public can’t understand the work that police do.

“In my experience, people on juries are very willing to give police officers the benefit of the doubt, very willing to assume they’re doing the best they can,” Haile says. “A trial is a time to get the entire truth out in the open. The officers are not going to be held responsible for their actions unless all of those people agree that what they did was wrong.”

A federal trial related to Chasse’s death is due to begin in March 2010. The Chasse family’s attorney, Tom Steenson, issued a statement last week about the Use of Force Review Board’s findings, but declined further comment under the terms of a court protective order.

Drug addicts kick their habits through mentor program

From the Oregonian, September 18, 2009

By Ted Sickinger

Doug Bishop was only 9 when he started drinking and smoking weed, a fourth-grader starting a three-decade spiral of addiction.

By 11, when most kids are making the transition to middle school, Bishop had graduated to crystal meth and cocaine and notched his first burglary arrest in support of a growing habit. By 14, he was living on the streets, revolving through the juvenile justice system and doing “whatever I could do to stay high.”

“My drug use was every day, all day,” he said.

Now 40 and sober for three years, Bishop said he never worked a day before age 39. He never had a bank account, a driver’s license, a Social Security number or a permanent address, despite a habit that required thousands of dollars a month during increasingly short stints of freedom.

Bishop may have been an early bloomer, but his drug use and criminal history aren’t unusual. What is more surprising is not only that he’s alive, but also that his life has taken a 180-degree turn—a testament, he said, to Central City Concern’s Mentor Recovery Program.

“This program isn’t just treatment,” he said. “It’s a safe place to live. It’s support. It’s mentors who have been through what I have, not just learned it out of a book. . . .”

400 at celebration

More than 400 people, most of them alumnae, showed up at the Melody Ballroom in Southeast Portland over the weekend to celebrate the 10th anniversary of the program that many credit with saving their lives.

This was a crowd with mileage on it, one full of hard stares, tattooed bodies and hair-raising experience. But it was also one of vocal thanksgiving. Spontaneous hugs, shout-outs and warm handshakes were the rule.

“I probably know 40 percent of the people in this room,” said Dionne Preston, a 45-year-old Portlander sober for four years.

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Preston hopes to receive her bachelor's degree from Portland State University in June. She's maintaining a 3.76 GPA as a double major in social work and criminal justice, fields in which she already has a long resume.

Preston smoked crack cocaine while a 16-year-old student at Jefferson High School. By age 23, as the drug spread through North and Northeast Portland, it dragged Preston along with it –into prostitution, the loss of her three children and hopelessness.

"It wasn't that I didn't care about my kids," she said. "My caring had absolutely nothing to do with it. I just didn't know any other way to live.

"This program literally saved my life."

Started in 1999 with a \$150,000 grant from Multnomah County to combat an epidemic of heroin deaths in Portland, the Mentor Recovery Program has now served some 1,700 addicts and claims an unheard of success rate of 65 percent.

Mentors in the program, recovering addicts themselves, say that's because of its long-term orientation. While mentoring has becoming a common component of treatment programs, it was almost unheard of a decade ago, especially for heroin addicts.

Stitched to Central City Concern's other programs, it can provide a structured continuum that includes treatment, one-on-one support, drug-free housing, employment assistance and, most importantly for many, the opportunity to give back to the community.

"When you're working with people who are really damaged, who don't have any of the life skills, you can't just put them through treatment and send them back into the community," said Jill Kahnert, supervisor of the mentor program. "It's a huge transition. The last thing we want to do is set people up for failure."

Cuts down crimes

The program's payoff is not just rebuilt lives, said Ed Blackburn, executive director of Central City Concern, but also lower drug traffic and crime in Portland. A study by PSU's Regional Center for Social Research followed 87 graduates of the program. Annual crime losses in Portland from the group – estimated at \$2 million before treatment –declined by 93 percent after graduation.

Multnomah County Chairman Ted Wheeler, the

man holding the program's \$300,000 purse strings, was at Saturday's celebration. He told the crowd that his own family has struggled with addiction, and that it's the No. 1 health issue facing the community.

"The cost of addiction in Oregon is \$5 billion a year," he said. "That's staggering. That's why it's so important for programs like the Mentor Recovery Program to fill the void."

Bishop lived in that void until 2006, when he latched onto the mentor program during his last stint in prison. He'd hit bottom, he said. He finally wanted to quit but didn't know how.

As of Oct. 19, he'll be celebrating three years clean. He's been at his current job 16 months and said he's never been late, never called in sick. He's married. He owns a car. And he just got back from a paid vacation, driving to Yellowstone National Park.

"Life is good," he said. "I'll always participate in this program."

Comment from Mental Health Association of Portland

Multnomah County, and Central City Concern, have a proven successful response to drug addiction, one of the first ever. Congratulations. Actually we've known this for several years now. The question is, why has this not been expanded, replicated, understood, commended, recognized, acknowledged, fully-funded. Policy should closely follow evidence - that's the job of addiction health administrators. and where our county's system flounders.

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

New things are happening

Cascadia Behavioral Healthcare management, including Derald Walker, CEO of Cascadia, have been attending our meetings lately. They are making plans to seek input from clients on how to improve Cascadia services and are also planning how to improve consumer involvement in Cascadia's management meetings, such as letting a consumer fill a position on the Board of Directors.

Please join us at our Cascadia Consumer / Survivor Advisory Council meetings, and be a part of this process. Guests are welcome.

**Meetings are on the 1st and 3rd Thursdays of
each month at 3 pm**

In October we meet on the 1st and 15th.
In November we meet on the 5th and 19th.

We meet at the Cascadia's SE Plaza, 2415 SE 43rd – go to the 43rd Street entrance, then to the 2nd floor, and we are in conference room 3 on the right (if the door isn't open yet, please sit in the waiting area until the meeting starts)

Cascadia Garlington Consumer Client Council

Meets on the 1st and 3rd Thursdays of each month
at Garlington at 10 am in room G2

3034 NE Martin Luther King, Jr. Blvd.

**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.

Important people with the power to make decisions attend these meetings. And you can talk with them - guests are welcome.

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.

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;
- 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.

**AMHSA Priority Issues
from May 6, 2009 Meeting**

Issue	# Votes
1. Address treatment needs for the poor and uninsured	8
2. Get people with mental illness and addictions out of prisons and jails	8
3. Increase housing options for people with mental health and A&D issues	7
4. Increase peer advocates	5
5. Socialization drop-in centers – need more than one place to drop in	4
6. Merged A&D/mental health funding	3
7. Change hiring process to be more inclusive	2
8. Assist people with self-sufficiency supports to get out of the “systems”	2
9. Disaster/emergency preparation for those with mental health issues	2
10. Alternative medical models for those resisting conventional models	2
11. Something between independent and dependent supports. Decrease red tape. More research on failures and successes of drop-in centers.	1
12. Effective wrap-around: Early intervention supports that help people stay out of the system and avoid repeated periods of psychosis.	1

**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

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

**OREGON CONSUMER SURVIVOR
COALITION (OCSC) IS ON THE
MOVE!!**

OCSC unites mental health consumers and psychiatric survivor organizations state-wide throughout Oregon! OCSC wants to include you! On July 27th & 28th the Coalition board held our first annual Strategy Conference. We developed and agreed upon our new VISION STATEMENT:

“A UNITED VOICE FOR CHANGE”

We will DEVELOP RELATIONSHIPS, CREATE DIALOGUE and REACH OUT to all mental health consumers/survivors and those interested in mental health issues in Oregon.

We are excited to announce that OCSC will begin a MEMBERSHIP DRIVE THIS AUTUMN OF 2009! We support inclusion and ask you to speak up - tell us what you want to CHANGE ABOUT OREGON’S MENTAL HEALTH SYSTEM! Tell us who you are (or not). What works for you? What doesn’t? What is your vision and your story. How do you think OCSC can be a force with the Oregon state legislature?

Current OCSC Accomplishments

- OCSC met with the Governor
- OCSC spoke out in the legislature about bills of interest, and held a training
- OCSC is submitting our 501(3) application to the IRS
- OCSC completed OCSC bylaws and our articles of incorporation

OCSC has a public free e-mail NEWS list for all interested to get OCSC updates:

<http://www.intenex.net/lists/listinfo/ocsc-news>

OCSC has a public free e-mail DISCUSSION list to talk with others about OCSC:

<http://www.intenex.net/lists/listinfo/ocsc-talk>

Contact info: Address: OCSC P.O. BOX 11284 Eugene, OR 97440

Email contact: oregon.united@gmail.com (Ask about becoming a group sponsor!)

**INDIVIDUAL MEMBERSHIP FOR \$1 OR
MORE - PLEASE GIVE AS GENEROUSLY AS
YOU CAN**

Do you need subsidized housing?

Waiting lists at six public housing communities for seniors and persons with disabilities will be open October 12 – 16, 2009

Hollywood East
Studio and 2-bedroom ADA* apartments
4400 NE Broadway St, Portland, OR 97213
Phone: 503.288.5773

Northwest Tower
Studio apartments
335 NW 19th Av, Portland, OR 97209
Phone: 503.802.8380

Williams Plaza
Studio apartments
2041 NW Everett St, Portland, OR 97209
Phone: 503.227.7870

Ruth Haefner Plaza
1-bedroom apartments
6005 SW Beaverton-Hillsdale Hwy, Portland, OR 97221
Phone: 503.297.1276

Schrunk Riverview Tower
1-bedroom apartments
8832 N Syracuse St, Portland, OR 97203
Phone: 503.283.1636

Medallion Apartments
2-bedroom ADA* apartments
1969 NW Johnson St, Portland, OR 97209
Phone: 503.221.4582

How to Apply

Application forms will be available on Monday, October 12 at the apartment communities or at www.hapdx.org. Completed applications may be submitted:

- by mail to the addresses above. Applications must be postmarked between October 12 - 16.
- by fax to 503.802.8488. Only applications faxed between October 12 and 4:30 p.m. on October 16 will be accepted.
- in person from 9:00 a.m. – 4:30 p.m. October 12 – 16 at the addresses listed above.

Eligibility Requirements

Applicants and/or co-applicants must be elderly (62 or older) or disabled. Total household income must be less than 80% of the area median income to qualify. Please call one of the sites above or visit www.hapdx.org for current income guidelines.

For More Information

Call HAP's public housing hotline at 503.288.5750, visit www.hapdx.org/options/phapply.html or contact the apartment staff at the phone numbers listed above.

* Applicants for 2-bedroom ADA (Americans with Disabilities Act) apartment waiting lists will need to provide documentation verifying they require an ADA unit prior to moving in.

FamilyWize® partnership offers free prescription drug discount cards

Go to familywize.org and get a free prescription drug discount card that lets you save up to 30% or more on 8 out of 10 prescriptions that are not covered or not fully covered by insurance.

You can contact the United Way Agency nearest you to find out where to get your card. In Portland that number is 503-228-9131.

Present your card and prescription to a participating pharmacy to obtain the discounted price. You always receive the lower of the discounted price or pharmacy's retail price. See their website for complete details.

Some participating pharmacies are Albertsons, Costco, Fred Meyer, K Mart Pharmacy, Rite Aid Pharmacy, Safeway Pharmacy, Shop 'N Save, Wal-Mart Pharmacy and Walgreens.

Use your card as often as you need. There is no income limit, age requirement, eligibility or registration required.

FamilyWize encourages you to "email your friends, family members, co-workers, and members of groups you know a link to this website, place a link to this site on your websites and web pages, and print cards for the people you know that do not have Internet access. And please click on the Volunteer Center to get cards and flyers to distribute in your area. Together, we can make a difference! THANK YOU!"

There are copies of the card on the Cascadia Plaza bulletin board.

New Support and Education Groups Offered by Portland Hearing Voices

From mentalhealthportland.org

Portland Hearing Voices, a new education and support organization that is under the Mental Health Association of Portland fiscal umbrella, announces new support and education groups held regularly in downtown Portland. People who have mental health diagnoses are welcome, please spread the word.

Portland Hearing Voices is a new group to support and educate around mental diversity, hearing voices, seeing visions, and non-ordinary mind states. We welcome the range of human experiences and take a non-judgmental approach. We offer educational events, discussion groups, trainings and more. Help us make the community more inclusive and supportive! More info at our website: <http://www.portlandhearingvoices.net>.

Voices, Visions, and Different Realities Group led by Will Hall. Open to people who have these experiences.

6-730 pm Downtown Chapel 601 W Burnside St

Tuesday October 6th

Tuesday October 20th

Tuesday November 3rd

Tuesday November 17th

What is it like to live with voices, visions, and different realities?

What do these experiences mean to you? How can we learn to accept and live with who we are? What are ways to cope with fear, trauma, isolation, and overwhelming responses? Are there positive, creative, and spiritual sides to what we go through? What is mental diversity all about?

Will Hall was diagnosed with schizophrenia and is an internationally recognized mental diversity educator, advocate, and counselor. www.willhall.org

Download the Voices, Visions, and Different Realities Group Flyer at www.portlandhearingvoices.net

All Portland Hearing Voices groups are open to all. Inclusive, non-judgmental, pro-treatment choice and pro-diversity. Donation requested, no one turned away for lack of funds. People who hear voices, have

unusual beliefs, altered states of consciousness or mental health diagnosis are especially invited.

For information contact
portlandhearingvoices@gmail.com
www.portlandhearingvoices.net
 413.210.2803

Join 558 Fans of Mental Health Association of Portland on Facebook

The Mental Health Association of Portland invites you to join us on Facebook.

Our fans include dozens of persons with mental illness, their friends, supporters and family members, doctors, lawyers, politicians, philanthropists, clinicians, business owners, artists, musicians, accountants, and academics.

What do you get for joining? We'll be able to easily send you updates, which often are shown first on our site, about events and news. There's areas to discuss issues, share pictures and video, and meet others who share your common interest.

But here's the best part. Deleting yourself from Facebook is notoriously difficult, and we've figured out how to do it. If you try it - and don't like it - send us a note to info@mentalhealthportland.org and we'll give you instructions to remove yourself as a fan from our page or from their database.

Go to www.mentalhealthportland.org to link up with Facebook to join us.

See the Eyes&Ears Newsletter on the Mental Health Association of Portland Website at

mentalhealthportland.org

The Mental Health Association of Portland is a great resource for news and commentary on mental health issues of the day. Go to their site and check them out!

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

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

Voice-Hearers

A Yahoo group 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.

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

Street Roots

www.streetroots.org

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

EYES & EARS

Welcomes your contributions

**Contact Duane or David,
at the Plaza Consumer Office
after 12 noon**

Or call 503-238-0705 Ext. 204

Or E-Mail: eyes.ears@cascadiabhc.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's website is 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/>

Ride Connection

www.rideconnection.org 503-528-1720

Ride Connection serves the elderly and people with disabilities providing transportation. Generally they provide trips for medical, shopping, nutritive, recreational, supportive services and volunteer/work activities. The following services are available for Multnomah County:

1. Specialized Transportation

Neighborhood Based Service Provides coordinated door-to-door demand response transportation.

East County U-Ride provides expanded transportation in rural east Multnomah County where there is absence of public transportation.

2. Shuttle Services

Cherry Blossom Shuttle provides transportation services to/from the East Portland Community Center in Portland for customers enrolled at the center for meals and/or center activities.

Gateway Shuttle serves the needs of those who would use TriMet's #77. Offers door-to-door service to retailers and services in the Gateway area.

N/NE RideAbout is a free shuttle for those who need a little extra help getting around.

3. Customer Training

RideWise assists older adults and people living with disabilities to travel independently. Individuals are guided through the resources and options available in their community. This personalized service provides customers with information on all transportation options so that they are able to choose the best option for each of their trips.

WorkLink The WorkLink program serves low income job seekers and wage earners. It provides instruction in English and Spanish on how to fully understand and utilize all alternative transportation options within their community by working with partner agencies, identifying network trainers, providing direct consumer education and one-on-one instruction.

Individuals are instructed in group settings and individually. Those who receive training not only practice the many ways to plan a commute using the TriMet system, they also learn about other transportation options, such as bicycles, carpools and vanpools.

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.

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers
People just want to be heard.

Warm line hours

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.

At Cascadia

New nurses groups starting at the Cascadia Plaza!

"Healthy Living with Schizophrenia"

Monday 9-10 am, Wednesday 2-3 pm,
Thursday 1-2 pm

We work together on:

Healthy living habits.....

Setting small, realistic, achievable goals for our daily lives.....

Medication and symptom management....

Stress reduction tips.....

Healthy food choices.....

Ask your nurse, case manager or provider for details about the group.

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 12:30 pm on Mondays**

Cascadia Garlington Center

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.

NAMI Support Groups

Drop In Family Support Group Every Monday, 7 pm
NAMI Multnomah office 524 NE 52nd Ave., Portland
Mission: to support family members of a loved one with mental illness.

Bipolar and Depression Group Every Thursday, 7 pm
Providence Hospital, Room HCC1
4805 NE Glisan Ave., Portland
Mission: to support persons with bipolar disorder or depression.

“Anxiety Society” Support Group Every Tuesday, 7 pm
NAMI Multnomah office 524 NE 52nd Ave., Portland
Contact Terri Walker at 503-890-4805.
Mission: a safe place for people ages 18-36 with social anxiety to develop communication skills in a relaxing, fun environment.

Schizophrenia Support Group Wednesdays, 1-2 pm
NAMI Multnomah office 524 NE 52nd Ave., Portland
Contact Arlene Stine at 971-409-8519
Mission: fellowship, support, and companionship to assist in achieving and maintaining good mental health.

Dual Diagnosis Anonymous Every Wednesday, 5:30 pm
NAMI Multnomah office 524 NE 52nd Ave., Portland
Contact David McGill at 503-880-1524
Mission: to support those with mental illness who also deal with substance abuse.

Advocates Network First Wed. of the Month, 7 pm
Contact Karen Oehler at 503-232-2559
Mission: network with other families, share experiences, and learn about the local mental health system.

“Talk it Over” Support Group
2nd and 4th Sun. of the month 4 pm-5:30 pm
Providence Hosp. Child Center 830 NE 47th Ave, Port.
Contact Margaret Puckett at 503-317-1130
Mission: a supportive, confidential place for families with children or teens with mental illness or substance abuse.

For more information, please visit
www.nami.org/multnomah

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.

Portland Adventist Community Store

11020 NE Halsey Street 503-252-8500 X111
PACS is a low-cost re-sale store and has a free medical clinic and food bank on site.

FolkTime

FolkTime's mission is to provide opportunities for individuals facing the challenge of mental illness, to regain their sense of community, by providing a supportive environment which promotes peer support and self determination

The schedule of activities at FolkTime is determined by members at a monthly community meeting. Hot lunches are served at 12:30 Mondays and Wednesdays, and are prepared on site and shared together. Members are asked to donate \$1 towards lunch.

On Mondays, Wednesdays, Thursdays and Fridays, members gather to participate in a variety of activities, including craft projects, writing group, Dual Diagnosis groups, guest speakers, games, bingo, and discussions on current topics of interest. Each week we venture out to a bowling alley, local parks, museums, and gardens, or participate in community events.

Some new groups and programs are being planned for the future.

-Couch Street site: 4837 NE Couch St., 503-238-6428
Mondays & Wednesdays 11:30 am to 2:30 pm. Creative Writing meets Thursdays 1:30 to 3 pm

-Safe Haven site - 142 Molalla, Oregon City 503 -722-5237 Mon, Thurs & Fri 10 am to 2 pm

To view the schedules go to www.folktime.org

Bus directions to the Couch Street site: Take the # 20 **East Burnside bus**. Downtown you board it on West Burnside. Get off at East 47th & Burnside and walk north one block on 47th past the Community Policing Center and turn right on Couch until you come to a church on the left hand side of the street. Or take the #19 **East Glisan bus** and get off at NE 47th & Glisan and walk south down the hill 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.

Julia West House 522 SW 13th
503-222-6564

Rose Haven

627 NW 18th Ave

503-248-6364 www.rosehaven.org

9 a.m.- 12 p.m., Mon, Tues and Wed.

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

A community and intervention center for women and children. Assistance with referral for health care, nutrition, hygiene and clothing, advocacy services for housing and legal aid. Mailing address and voice mail.

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

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

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.

Cascadia Garlington Center 3034 NE MLK
Time & Day: To Be Determined

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 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 October 3, 2009.

Online Recovery Support

An online resource for the recovery community

<http://onlinerecoverysupport.ning.com>

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 to Street Roots at www.streetroots.org

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

You are Invited

Connecting Communities 2009

Celebrating this October as
National Disability Employment Awareness Month

Headlined by national speaker Olegario "Ollie"
Cantos VII

Emceed by KOIN Channel 6 anchor Ken Boddie

City of Portland's "Making a Difference Awards"

And a variety of activities, performances and
prizes!

The DoubleTree Hotel
1000 NE Multnomah St. Portland, OR 97232
October 15, 2009 4:30 p.m. to 7:30 p.m.

For complete event information, visit:
www.phcnw.com/cc09

Event is open seating limited to 600 guests.

To help ensure equal access to City programs, services and activities, the City of Portland will reasonably modify policies/procedures and provide auxiliary aids/services to persons with disabilities. Call 503-823-9970, TTY 503-823-6868 with such requests.

READY NOW!

If there is an emergency are you ready?

Join us for a free Emergency Preparedness Training session for individuals with disabilities develop the tools and knowledge you need to:

Establish emergency/medical contact
Prepare for your individual need
Learn about specific emergency situations
Identify and use local resources

Emergency Self-Preparedness Training for people with mobility impairments

October 5th 10 am to 12 pm
Portland Building 1120 SW 5th Avenue – 2nd Floor, Conference Room C

Emergency Self-Preparedness Training for people with developmental and cognitive disabilities

October 8th 10 am to 12 pm
Portland Building 1120 SW 5th Avenue – 2nd Floor, Conference Room C

Emergency Self-Preparedness Training for people who are deaf or hard of hearing

October 12th 10 am to 12 pm
Portland Building 1120 SW 5th Avenue – 2nd Floor, Conference Room C

Emergency Self-Preparedness Training for people who are caregivers

October 19th 10 am to 12 pm
Portland City Hall 1221 SW 4th Ave – 3rd Floor, Rose Room

Emergency Self-Preparedness Training for people with mental health disabilities

October 20th 10 am to 12 pm
Portland City Hall 1221 SW 4th Ave – 3rd Floor, Rose Room

Space is limited, Please RSVP
call Cathy Blahut, MSW at 503-501-5420
or email at Cathy@ilr.org

COMING EVENTS

FOUND LIVES: The Struggles & Triumphs of People with Schizophrenia & Those Who Love Them

A very special dramatic performance that explores the inner lives of people with schizophrenia in their own words. Presented by New Moon Productions in collaboration with NAMI Multnomah, this production was written by OHSU psychiatrist William Wilson and professional playwrights who drew on blog entries to allow a rare glimpse into the experience of people with schizophrenia.

"*Found Lives*" is designed to enhance public understanding of the human side of this illness and reduce the stigma associated with schizophrenia.

A question-and-answer session with a psychiatrist, the playwrights and cast will follow the performance.

October 16 @ 7:30 pm
The Artist Repertory Theater
1515 SW Morrison Portland, OR 97205

Tickets \$25, available at 800-838-3006 or
<http://www.brownpapertickets.com/event/80662>

Portland Fruit Tree Project Harvesting Parties

Harvesting Parties bring people together to pick fruit that would otherwise go to waste, and make it available to people in need. Half of the fruit goes to a local food bank, and the rest goes home with harvest participants. We hold Harvesting Parties every week, August through October.

Harvesting Parties are open to anyone, and filled on a first-come, first-served basis. A number of slots are reserved for people living on low incomes. You are encouraged to sign up for harvesting parties in your area of residence. Suggested donation per participant: \$5-\$20 sliding scale.

We also coordinate special harvesting events for organizations serving low-income clients.

Go to www.portlandfruit.org for more info.

Mental Health Awareness Week is October 4th -10th

"Achieving Wellness & Recovery from Mental Illness"

Wednesday, October 7th

Speaker: Richard Berchou, Ph.D
Wayne State University, Dept. of Psychiatry

12:30 PM to 1:30 PM

(a light lunch will be served at 12:00 PM)

or

6:30 PM to 8:00 PM

(a light dinner will be served at 6:00 PM)

A lively panel discussion moderated by Julie A. Fast, best-selling mental health author, will follow the evening presentation.

Providence Portland Medical Center Ampitheater
4805 NE Glisan Street Portland, Oregon 97232

Registration required: email nami.multnomah@qwestoffice or call 503.228.5692

Suggested donation: \$15.00+ to benefit NAMI
Education Programs

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

PORTLAND ZOO

\$ 2.00 9 am to 4 pm

On the second Tuesday of each month

COMING EVENTS

MINDS ON THE EDGE: Facing Mental Illness

Will be shown on KOPB-PLUS (Channel 310)
Thursday, October 15th at 11:00 PM

MINDS ON THE EDGE: Facing Mental Illness is a multi-platform media project that explores severe mental illness in America.

The centerpiece of the project is a television program that will air on PBS stations in October 2009. This video component is part of a national initiative that includes an extensive web site and an ambitious strategy to engage citizens, professionals in many fields, and policy makers at all levels of government. The goal is to advance consensus about how to improve the kinds of support and treatment available for people with mental illness.

The television program MINDS ON THE EDGE: Facing Mental Illness effectively illuminates challenging ethical issues as well as systemic flaws in program and policy design, service coordination, and resource allocation that are contributing to a mental health system that is widely acknowledged to be broken. MINDS ON THE EDGE also provides a glimpse of many solutions that are currently being implemented across the country. These innovations, many shaped by the guidance and expertise of people with mental illness, offer promising solutions and hopeful direction to transform the mental health system.

The MINDS ON THE EDGE web site will relaunch in October in conjunction with the program premiere. At that time, the web site will feature additional information IN DEPTH on the issues raised by the program as well as examples of "best practices" that are proving effective in providing treatment and support for people with severe mental illness, their families, and the community at large. The expanded web site will be highly interactive and provide a forum for many perspectives on the complex and sometimes conflicting values that must be considered and balanced as a basis for public policy.

The MINDS ON THE EDGE project is designed as a media catalyst to contribute to the conversation already underway in America and help to move it

forward. The program, which is being widely distributed in DVD format, will be screened and discussed by civic groups, professional organizations, and leaders in government as a tool to engage the issues posed by severe mental illness and work together to find effective answers to this hidden crisis in America.

Learn more at www.mindsontheedge.org

Pioneer Courthouse Square Events

www.pioneercourhousesquare.org

AIDS Walk Portland 2009

Sunday, October 11th 8:00 am – 1:00 pm

Week of German Culture

Sunday, November 8th 12:00 pm - 5:00 pm

Sharing German culture with the communities of Portland.

Stimson Lumber Tree Arrival

Friday, November 13th 12:00 pm

Each year, downtown's holiday festivities begin when Portland heralds the arrival of the City's most spectacular 75 foot tree, gifted by Stimson Lumber Company. Several thousand people participate in welcoming the tree along its parade route, complete with Santa Claus, seasonal music and local dignitaries!

COMING EVENTS

Friends of the Multnomah County Library

36th Annual Fall Used Book Sale 2009

October 9 - 12, 2009

1625 NE Sandy Blvd., Portland, Oregon 97232

General Sale

Saturday, October 10, 9 a.m. to 6 p.m.

Sunday, October 11, 11 a.m. to 5 p.m.

Monday, October 12, 9 a.m. to 3 p.m. - 50% off Discount Day

MEMBERS ONLY Pre-Sale: Friday, October 9, 6 to 9 pm

Memberships available at the door

Individual memberships start at \$30; Family \$45; Senior 65+ \$20

Volunteers needed for all book sale shifts! Please fill out our online volunteer form if you are interested.

100,000 Items!

Books

CDs & DVDs

Audio & Video tapes

Maps & Sheet Music

All items are donated and well sorted

Great prices!

Children's books and pocket-sized paperbacks start at 50¢

Hardcover books and large paperbacks start at \$1.50

Proceeds from the sale support Multnomah County Library.

Throughout the year

Donate your good used books, CDs, videos, etc. to the Friends of the Library. Up to two boxes of books, just bring them to your local branch. For larger donations, call 503-224-9176.

Employment & Educational Opportunities

OPPORTUNITY FOR CONSUMERS/ SURVIVORS INTERESTED IN WORKING IN MENTAL HEALTH SERVICES

The Supported Services Program at Cascadia Garlington Center offers a 28 week class to train clients with disabilities to work in the Social Services field. The training is available to any Cascadia consumers and others outside of Cascadia who are interested. The training is free and is meant to prepare attendees for future employment or volunteer work in the social services field.

Participants will learn specialized skills needed for social services positions through engaging exercises and classroom discussions. Consumers also gain a clear picture of the mental health system and ideas for possible employment opportunities in the field.

The training consists of three phases:

Phase I (10 weeks, 2X/week) focuses on communication skills and the recovery movement. Topics covered include ethics, confidentiality, boundaries, evidence based practices, and self awareness.

Phase 2 (10 weeks, 2X/week) focuses on clinical skills including diagnosis, symptoms, crisis prevention, co-occurring disorders and medications.

Phase 3 (8 weeks) is a practicum for those who successfully complete Phase I and Phase 2.

To find out when the next class begins call Caroline or Elliot at 503-889-2512.

Training location:

Cascadia Garlington Center
3034 NE Martin Luther King Blvd. Portland, OR

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.

CAREER TESTING

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.

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.

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.

Workforce Network, 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; www.trilliumartisans.org

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 Behavioral Healthcare** - Central Intake - 503-674-7777. Urgent Care Walk In Clinic 7 am-10:30 pm 7 days a week - 2415 SE 43rd 503-238-0705 Integrated Treatment Services (drug/alcohol) 503-230-9654
- Central City Concern 12th Avenue Recovery Center** - 503 - 294-1681 www.centralcityconcern.org
- El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 www.catholiccharitiesoregon.org
- Life Works Northwest** -503-645-9010 www.lifeworksnw.org. E-mail intake@lifeworksnw.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 Mondays & Wednesdays 11:30 - 2:30 www.folktime.org
- Safe Haven** (Folk Time program) - 142 Molalla, Oregon City 503 -722-5237 Mon, Thurs & Fri 10 am to 2 pm

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** 503-284-4507, 503-682-1609 contact@aspergersnet.org. Web: aspergersnet.org
- Bereavement Support Group (coping with loss)** - offered by Adventist Medical Center. To register, call 503-251-6192 ext. 5670. **Healing Grief** - Call 503 251-

6105 for more info and to register. Both groups are free.

- 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
- 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) 892-3893; 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
- 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.

Resources

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 www.osbar.org

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

-Legal Aid Services of Oregon - 503-224-4094 www.lawhelp.org

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

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 - www.streetroots.org

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 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 - 503-223-8295 / Hotline 800-424-3247; www.fhco.org

-Free Bus Pass - If bus at least three times/week for medical or mental health center 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 the editor.

Eyes & Ears

Editor: Duane Haataja
Assistant Editor: David Green

Our Principles ~

1. Eyes & Ears is a Consumer-Run Newsletter – all editorial decisions are made exclusively by our Editorial Staff, who are 100% Consumer
2. Our target audience is Consumers, Family Members & other loved ones of Consumers, & Mental Health Professionals within the Tri-County Portland Metropolitan Area
3. We welcome contributions of articles from everyone in our target audience, with articles written by Consumers having the highest priority

We Would Like To Thank Our Donors:

Cascadia Behavioral Healthcare, for their donation of office space & supplies, & copying & distributing our newsletter to Clients & Staff

Lifeworks NW, for copying & distributing our newsletter to their Clients & Staff

Mental Health Association of Portland for donating a computer and a scanner to the Eyes&Ears office

We Would Also Like To Thank:

George, Maija, & Michael for photocopying our newsletter at Cascadia

All unattributed viewpoints & opinions expressed in articles are the viewpoints & opinions of the author of the article

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