

EYES & EARS

Formerly
Renaissance Times

February 2010 A Mental Health Consumer/Survivor Newsletter Volume 6 Issue 2

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Forum to be held discussing Chasse death

From KATU.com, January 17, 2010

It has been more than three years since James Chasse, a schizophrenic, died after being tackled and taken into custody by Portland police on a Northwest Portland street.

And now, a community forum is in the works – to be held in March at Portland State University.

For some like Jason Renaud, a mental health advocate, the forum will be held three years too late.

“The community is pretty disappointed and disgusted with the city at this point,” Renaud said. “At this point, so many months have gone by without any accountability that the process of the internal police review and the process of the police commissioner lacks credibility.”

In Renaud’s view, the only way for the city to regain its credibility is by taking “extra efforts” to listen – and respond – to citizen comments.

Others, such as vice-chair of a Portland-based Citizens Review Committee Hank Miggins, expect the scope of the forum will be wider than just Chasse’s death.

Miggins said recent use-of-force issues, such as the same officer involved in the Chasse shooting also tagging a combative teenager with a bean-bag gun, should be part of the March meeting. He hopes the forum will shed light on the larger, more general issues of police brutality.

(Continued on next page)

Oregon Health Plan Adds 2000 More Recipients

By April Baer from news.opb.org
February 2, 2010

2000 more Oregonians were selected Monday to sign up for the Oregon Health Plan. The state relies on a lottery system that is gradually building enrollment. April Baer reports.

Since the state had to start limiting enrollment for money reasons, the occasional lotteries have allowed a lucky few access to basic primary care visits, limited hospital and dental coverage, as well as some mental health and addiction treatment.

Judy Mohr Peterson, the state’s deputy director for medical assistance programs, says the list included about 60,000 wanting to enroll, before the drawing.

Judy Mohr Peterson: “That reduced it down to about 58,000. About 19,000 folks actually came from our original reservation list that we had in 2008.”

That means they’ve been waiting all this time for enrollment slots to open.

Thanks to a new tax on hospitals, DHS will step up these drawings through the year. The goal is to try to get everyone on the list covered by July 2011.

At the Cascadia Plaza Clinic you can find more information and application forms. Also see the next page for additional details.

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Forum to be held discussing Chasse death

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The forum could include a presentation from former Hillsboro Police Chief, Ron Louie, who has written a manual on use-of-force and who has also been critical of police decisions that led up to the bean-bag-shooting of that Portland teenager.

Police use-of-force has been such a hot issue, some on the citizens review committee are concerned about having enough security at the forum. However, they will settle on just how much is needed, between now and March.

Oregon Health Plan's OHP Standard Reservation List is Open

OHP Standard provides free or low-cost health coverage to Oregon residents who:

- Do not have health care insurance
- Are ages 19 through 64
- Are not pregnant
- Have limited income

You or someone you know can place your name on the reservation list in one of three ways:

- **Fill out a request online** at www.oregon.gov/DHS/open.
- **Mail a request.** Forms are available at all DHS/AAA offices, county health departments and most hospitals and clinics **including the Cascadia Plaza clinic at SE 43rd & Division.**
- **Sign up by phone.** Call 1-800-699-9075 or 503-378-7800 (TTY) Monday through Friday, 7:00 am to 6:00 pm

Other benefit packages, such as those that cover pregnant women or people younger than 19 years of age have different eligibility requirements and are always open. To find out if you are eligible for one of these benefit packages, complete an OHP application by calling 1-800-359-9517 or going to any DHS branch office.

Have children? Don't wait! Your children may qualify today for the Oregon Healthy Kids plan with no waiting. Please go to www.oregonhealthykids.gov, call 1-877-314-5678 or pick up an application at your local DHS branch office.

Only one candidate in line for Portland public finance money

By Janie Har, The Oregonian
January 29, 2010

City Council candidate Jesse Cornett submitted 1,253 signatures today, putting him in good shape to score \$145,000 in campaign dollars for the May 18 primary.

If he qualifies, Cornett will probably have the most money to challenge Commissioner Dan Saltzman, who has agreed to limit his campaign spending to match publicly financed candidates.

Other candidates who are on the ballot are Mary Volm, Ed Garren, Rudy Soto, Spencer Burton, and Martha Perez. All will have to raise money from private sources to compete.

Jason Renaud, a disabilities and mental health advocate, submitted 1,045 signatures but will not qualify because 69 names have been rejected as invalid.

Portland's Campaign Finance Fund gives up to \$145,000 to any candidate who collects at least 1,000 signatures from registered voters and \$5 from each of those people. The deadline was today.

"I think we'll be fine," said Cornett of his signature cushion. "It's been a fun six weeks."

Renaud said he hasn't decided whether he'll stay in the race. He figures he would need at least \$30,000 to run a credible campaign against Saltzman.

He estimates about 160 volunteers, including homeless people and people with disabilities, helped.

This is nothing like 2008, when six candidates ran for Portland City Council using public finance. Since city commissioners approved the public financing fund in 2005, taxpayers have spent roughly \$1.6 million for eight candidates to run for City Council.

That first election, candidate Emilie Boyles submitted signatures from people who didn't remember her and paid her teenage daughter \$12,500 for dubious campaign work.

The city elections office has until Feb. 12 to certify Cornett.

Oregon police commissioner wants shooting testimony

Feb 5, 2010

PORTLAND, Ore. (AP) -- The city police commissioner says he wants grand jury testimony in a police shooting death to be made public.

Commissioner Dan Saltzman urged Multnomah County District Attorney Michael Schrunk to take the unusual step so the public can hear the complete facts about the shooting death of a Portland man, Aaron Campbell.

"I realize there is nothing we can do to ease the pain that his death is causing his family, his friends and our community," Saltzman wrote to Schrunk in a letter Wednesday.

"That being said, I believe that the community deserves a public and thorough airing of the facts surrounding his death," Saltzman wrote.

Last Friday night, Campbell was shot once in the back by Officer Ronald Frashour, who fired a rifle at him in the parking lot of an apartment building.

Police had been called to the apartments to check on the welfare of Campbell, his girlfriend and three children after being told Campbell was suicidal and armed.

The girlfriend was outside the apartment when police arrived, and the three children exited safely. Police later determined the 25-year-old Campbell was unarmed.

A Multnomah County grand jury began hearing testimony Thursday on the shooting, and the entire proceeding was recorded after Schrunk obtained a court order at Saltzman's request.

Schrunk said he will ask the court to make the transcripts or recording public once the grand jury makes a ruling. But he emphasized that the decision will rest with a judge.

"These are unusual circumstances and unusual tragic events," Schrunk told The Oregonian newspaper in an interview.

In a letter to Saltzman, Schrunk wrote that he fully supported public disclosure of transcripts in all grand jury investigations into police use of deadly force.

The move marks a significant departure from past practice and a partial win for former state Sen. Avel Gordly, who tried unsuccessfully for 12 years to push through a bill to open the secret grand jury

proceedings and require the state to record grand jury testimony in cases involving deaths that occur at the hands of police.

The proposed law, which Gordly co-sponsored in 2007 with former Attorney General Hardy Myers, sharply divided Oregon prosecutors.

Gordly praised the development. "It's a positive move by Commissioner Saltzman, and it's good for the sake of transparency that the DA has agreed to do that," she said. "We need a full, public accounting of what happened in this tragic death."

Portland police Sgt. Scott Westerman, president of the Portland Police Association union, said he's generally opposed to the recording of secret grand jury proceedings.

He said their release could have a chilling effect on witness testimony and the fact-finding process.

Mental Health Association of Portland Recent Website Postings as of February 5th

www.mentalhealthportland.org

Jail, Inc. - Is Privatizing Jail Health Care a Lethal Idea? - February 5th

Impaired medical workers soon will face closer watch February - 4th

James Chasse's attorneys say Portland's request for trial change of venue frivolous - February 3rd

Media Coverage - Death of Aaron Campbell - January 31st

Suicidal Man Shot by Portland Police January 31st

Copland - January 30th

Portland officer files whistle-blower complaint, accuses bureau of punishing him for speaking out - January 30th

Subject: Dereliction of Duty - January 30th

Police question officer in shotgun incident, 2 months after a 12-year-old was shot - January 30th

Judi Chamberlin, 65, Is Dead; Fought for Rights for Mental Health Patients

From the NY Times, January 26, 20

Judi Chamberlin, whose involuntary confinement in a mental hospital in the 1960s propelled her into a lifelong leading role in the movement to guarantee basic human rights to psychiatric patients, died on Jan. 16 at her home in Arlington, Mass. She was 65.

The cause was pulmonary disease, said Martin Federman, her companion since 2006.

“It was not into one of those horror-story-type places” that Ms. Chamberlin was committed in 1966, Mr. Federman said. Still, those five months in a state hospital in New York City for a diagnosis of chronic depression were enough to shock her into action.

She was then Judi Ross, 22 years old, and had suffered a miscarriage. “She didn’t get over that, as people kept telling her she would,” Mr. Federman said. After several voluntary hospitalizations, she was involuntarily committed.

“There are real indignities and real problems when all facets of life are controlled — when to get up, to eat, to shower — and chemicals are put inside our bodies against our will,” Ms. Chamberlin told *The New York Times* in 1981.

There was a lack of activity, of fresh air. There were seclusion rooms and wards for noncompliant patients, even those who were in no way violent. The drugs, which made her lethargic and affected her memory, seemed more intended to control than cure. And she could not sign herself out.

She had become, she said, “a prisoner of the system.”

After her release, Ms. Chamberlin began working with several organizations in the budding rights movement for mental health patients. She gave speeches and interviews throughout the country. Then, in 1978, her book “*On Our Own*” (Hawthorne) was published.

“It became the bible of the movement,” Daniel B. Fisher, executive director of the National Empowerment Center, said in an interview. The center, run by people who have experienced mental health issues, is a federally financed organization that provides support, teaches recovery skills and works to reduce the stigma faced by psychiatric patients and those who have recovered.

Ms. Chamberlin’s book “is a set of beliefs and

principles,” said Mr. Fisher, who recovered from schizophrenia. “The most fundamental is in the subtitle: ‘Patient-Controlled Alternatives to the Mental Health System.’

“Embodied in that,” he continued, “is consumer control of not only the treatment but of the new paradigm for recovery, which goes beyond what the system provides and encompasses all the support and services needed to lead a full and meaningful life in the community: education, housing, jobs.”

Not surprisingly, Ms. Chamberlin was a critic of the old system, of large institutions in which people were given little hope of recovery and essentially told to accept that they would always lead a limited life.

In 2000, she was a primary author of a federal report by the National Council on Disability called “*From Privileges to Rights*.” The report made clear that within the traditional system patients had to earn privileges, among them to see visitors, to leave the grounds and to have their own clothes. Those should be basic rights, not earned privileges, the report said.

Ms. Chamberlin was also a member of the team that framed the mental health recommendations in the United Nations Convention on the Rights of Persons With Disabilities. The convention, adopted by the General Assembly in 2006, calls for mental patients to be treated with dignity and for a reduction in forced treatment.

In 1992, President George Bush presented Ms. Chamberlin with the Distinguished Service Award.

Born in Brooklyn on Oct. 30, 1944, Judi Ross was the only child of Harold and Shirley Jaffe Ross. Her father was an advertising executive, her mother a school administrator.

Her marriages to Howard Cahn and Robert Chamberlin ended in divorce. Besides Mr. Federman, she is survived by a daughter, Juli Chamberlin of Medford, Mass., and three grandchildren.

“The public dislikes mental patients, mentally retarded people, the physically disabled, the deformed or disfigured — and often such people are incarcerated in institutions euphemistically called hospitals, schools and homes,” Ms. Chamberlin wrote in her book. “The public’s aversion to people who are different is not sufficient reason to justify locking them up.”

Ambulance company second to settle Chasse federal lawsuit claims

By Maxine Bernstein, The Oregonian
January 21, 2010

The ambulance company that responded in 2006 to a police call involving James P. Chasse Jr. and the paramedics who examined him without taking him to a hospital are settling their part of a wrongful death federal lawsuit.

American Medical Response Northwest Inc. is the second party to the federal lawsuit to settle before a scheduled June trial, leaving the City of Portland and its officers as the remaining defendants.

Last summer, Multnomah County settled for \$925,000, and the settlement by AMR is reportedly about \$600,000.

AMR's move comes after U.S. District Judge Garr M. King threw out allegations that paramedics acted with negligence and discrimination against a patient with mental illness, but allowed a wrongful death claim to proceed.

James Dumas, the lead attorney for AMR, did not return calls Thursday night. Chasse's attorney, Thomas Steenson, and deputy city attorney James Rice declined comment.

Court records filed in recent days revealed that a settlement was close between the ambulance company and Chasse's family, as the city signaled its intent to use several of the expert witnesses that the ambulance company had retained.

"Plaintiffs are in the process of settling with defendant AMR, and expect AMR to be dismissed from the case before trial," wrote deputy city attorney David A. Landrum, in a document filed this week.

In depositions and legal filings, the two paramedics who were called to the Pearl District after police took Chasse into custody said police did not explain to them the extent of their struggle with the 42-year-old man. They said they only visually assessed Chasse, checking his airway, breathing and vital signs. They thought Chasse might have been on drugs, and didn't ask the police about Chasse's medical history, according to court records.

Police had chased Chasse after they said they believed he was acting oddly and possibly urinating in the street, and knocked him to the ground. Chasse, who suffered from schizophrenia, sustained

multiple rib fractures, some of which punctured his left lung, early in his encounter with police, the state medical examiner found.

Ambulance paramedics who responded to the scene said his vital signs were normal and had a Portland police officer sign for him, declining emergency transport to a hospital.

Police drove Chasse to the Multnomah County Detention Center. He appeared to suffer a seizure in a holding cell and went unconscious. A jail nurse told police the jail would not book Chasse. Portland officers placed him in a patrol car, and he died on the way to a hospital. The cause of death was broad-based blunt force trauma to his chest, the state medical examiner ruled. No drugs were in his system.

Attorneys for the company argued in court papers that the paramedics acted in good faith.

Chasse's lawyer said the paramedics failed to follow their own procedures, which say that patients who have some trauma or are in an altered mental state be given a "head-to-toe" physical exam with inspection of the patient's head, and chest, looking for bruising, contusions, lacerations or use of a stethoscope to listen to lungs. Further, paramedics failed to follow AMR protocols that require a person in an "altered mental state" be transported to a hospital, Steenson argues in court papers. Fire Bureau paramedics, in depositions, said Chasse was speaking words that made no sense and was in an "altered" state of mind.

Paramedics found Chasse at Northwest 13th Avenue and Everett Street, lying on his right side, handcuffed, with his feet tied to his wrists. Paramedic Tamara Hergert said she asked an officer what had happened, and was told the man had run from police and when they caught him, he continued to struggle until he suddenly stopped fighting, according to an AMR court filing.

Hergert said she had difficulty getting a blood pressure cuff on Chasse's arm, and looked at one of the officers to "communicate that I wanted the hobble removed. The officer said 'Not a chance' " and moved the patient's feet toward his arms to create more slack. She said she then was able to take Chasse's blood pressure. She said it was 119/73, calling that well within the normal range, and his pulse was 100, at the high end of normal, she testified in court documents.

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Ambulance company second to settle Chasse federal lawsuit claims

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She said she manually counted Chasse's respirations, and found his rate between 18 to 20 breaths per minute. She said she wanted to check his oxygen saturation rate, but found it would have been impossible because of a decreased blood flow to his hands from pulling against handcuffs. Instead, she considered his skin color. She found his face a little pale, but the rest of his skin color good.

Hergert said she had no idea Chasse suffered from a mental illness, and had overhead officers say they thought Chasse had drugs.

"Although in my opinion emergency transport to a hospital was not medically indicated, I offered to transport the patient. The officer declined and said the patient would be going to jail," she said, in a court filing.

Stenson also argued that the paramedics failed to determine the cause of injuries to Chasse's face, the source of the blood pooling below his mouth, nor the reason why he was reported to have stopped breathing or gone unconscious. They didn't lift his shirt to check his chest palpitations, according to court documents.

"The chief complaint associated with the call by the police was that Chasse had stopped breathing. With such a complaint, it would be important to find out what force had been used," Steenson wrote.

When assessing Chasse, Hergert said she would have liked to have known that Chasse was knocked to the ground, and landed hard.

Chasse's attorney was set to rely on testimony from professor Paul A. Werfel, director of the paramedic program at the State University of New York at Stony Brook's School of Medicine, who concluded that both Hergert and paramedic Kevin Stucker acted with a "deliberate indifference toward the medical needs of their patient."

Our full potential lies beyond the bias — and ignorance

February 3, 2010 from streetroots.wordpress.com

I only thought these people existed on television, in certain areas of the country, and, in the spirit of full disclosure, in parts of my family. Certainly, not in liberal-loving, alternative-transportation-worshipping, scarf-wearing Portland.

My ears perked up as a group near me in a downtown coffee shop started discussing how government leaders were asking churches to do more for the homeless. They were frustrated, and not because they felt like they were already doing enough, but because they believed that the government leaders probably didn't even belong to a church. How dare they ask the church to help? And, they said, ultimately, isn't it really the city's job to take care of this anyway?

That wasn't great, but that's not so bad. I know I fall in the trap of feeling like others should do more all the time. I tried to withhold judgment — rise above things, as it were.

Then I hear, "So, where do we stand on 66 and 67?" Grumbles all around. "Well, they just did that to show they are doing something without really doing anything." And, "I can't believe they want to raise taxes at a time like this." And then this. "Our church can't afford to pay more; we're losing people as it is." That's right. A non-profit church is somehow being forced to pay more because of 66 and 67. Who knew?

This is not good. Government should take care of the homeless problem but shouldn't ask taxpayers to pay for the human services folks need to end and avoid homelessness to begin with. But, again, trying to stay above it all, if we are about embracing diversity, then embracing different points of view are part of that. Right?

Then, the group's topic turned to the earthquake in Haiti. And, I didn't know this, but apparently a sudden lateral or vertical movement of rock along a ruptured surface does not cause an earthquake. God does. God also caused Hurricane Katrina. (I had heard rumor of this before). And, you know what the proof is? Look at Mount St. Helens. All we got was a dusting up here.

Wow. My tolerance of this group just went down the toilet, and I began to think of the danger of this

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Our full potential lies beyond the bias — and ignorance

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kind of thinking. Now, I know enough to know that most people don't feel this way. But the truth is, many people do, and a lot more people hold biases that will continue to keep people from realizing their full potential. Let's look at people who are involved with the criminal justice system.

It's an issue for many people who are experiencing, and who have experienced, homelessness. From the person who has multiple violations due to the sheer risks associated with being on the streets to the person with untreated illnesses who gets caught up in the public safety and correctional systems because of criminal activity driven by addiction or unusual behavior that few understand and fewer know how to treat.

Every year, more than 650,000 people are released from state and federal prisons, and more than 7 million people exit local jails in the United States.

Many inmates experience chronic health and/or mental health problems that increase their likelihood of being homeless upon release from prison or jail. The 2005 Report of the Re-Entry Policy Council documents that:

- More than one in three inmates reports a physical or mental disability;
- The incidence of serious mental illness, such as schizophrenia, major depression, bipolar disorder and post-traumatic stress disorder, is two to four times higher among prisoners than among the general population; and
- Three out of four inmates have a chemical dependency problem.

A 2006 report from the U.S. Department of Justice estimates that approximately 42 percent of inmates in state prisons and nearly half of all inmates in local jails have both a mental health problem and a substance abuse disorder.

There are real solutions. Permanent housing linked to supportive services increase the likelihood of an ex-offender's successful reintegration into the community. Supportive housing reduces criminal justice involvement for homeless people with severe mental illnesses, reducing jail incarceration rates up

to 30 percent and reducing prison incarceration rates as much as 57 percent.

It's really a no-brainer — housing and services help people who are ill and homeless avoid incarceration. It's not easy work, but it doesn't require an act of God. It's more humane for people and it's a much better use of precious public resources.

Prison and jail are among the most expensive settings in which to serve people who are homeless. One study of nine cities calculated the median daily costs for prison and jail at \$59.43 and \$70, respectively, compared with \$30.48 per day for supportive housing.

To get to the solutions, we have to get beyond our preconceived notions of what someone who has criminal justice involvement is about, especially when they have the added pressures of mental illness and addictions. We have to understand that everyone deserves another chance to realize his or her potential. We have to open doors, provide care and allow people to grow beyond their pasts and transform to become accountable, responsible and participatory citizens in our community.

Oh, and vote yes on 66 and 67. Churches won't pay more. I promise.

By Heather Lyons

Author's disclaimer: The views represented in this column belong to me, Heather. They do not represent the views of any of my current or previous employers. Though, of course, they are greatly influenced by my experiences over the years, as should all opinions.

Fish pushing to allow, regulate camping Housing commissioner says recession driving need

By Jim Redden

The Portland Tribune, Feb 2, 2010

Portland Housing Commissioner Nick Fish plans to ask the City Council to allow a limited number of people to camp on church property in the city within the next two weeks.

Fish is also working with Police Commissioner Dan Saltzman to develop guidelines for allowing small numbers of people to camp on other properties in town, provided they comply with safety, sanitation and other requirements.

"I do not believe camping is an answer to the homeless problem, but during the worst recession in my lifetime, when there is tremendous growth in homelessness, I believe a compassionate city can work out a way to accommodate people who do not have homes," Fish says.

According to Fish, the church property-related ordinance is modeled on one that is already in place in Eugene. Fish says his proposal will allow up to three people to camp on church property, where they can access such services as restrooms and meals.

Fish says that he and Saltzman are attempting to develop the guidelines within the next two weeks. If they are able to reach agreement, the guidelines will be given to Police Chief Rosie Sizer as a directive for a pilot program. Depending on how they work out, the guidelines could form the basis to settle a lawsuit against the city's current camping prohibitions filed by the Oregon Law Center.

"I believe in test-driving the guidelines before asking a court to impose them on the city," Fish says.

Such guidelines had been submitted to the council for approval by the city Office of Risk Management in late December. They were withdrawn because no settlement had actually been reached in the suit.

Those guidelines included a four-person limit on the size of any camp, a prohibition against camping before 9 p.m. and after 7 p.m. (a.m.?), and a requirement that all camps be away from nighttime high volume traffic areas.

The OMF ordinance also imposed a number of requirements in the city, including a pilot project of providing storage for homeless people.

A conference on the lawsuit is scheduled for Feb.

16. Fish said he does not believe the city will be ready to settle the suit by then.

"It will take more than two weeks to work out a settlement," Fish says.

The city is in the middle of a 10-year plan to end homelessness. Since being put in charge of the city's housing programs, Fish has worked to provide more housing for the homeless. Among other things, he worked with Multnomah County to open warming centers when temperatures dropped below freezing last year, and had written area churches asking that they take in homeless families.

Linea's Movie Review

December 9, 2009

Seven Pounds

"WILL SMITH COULD NOT BE BETTER IN SEVEN POUNDS, DELIVERING A MAGNIFICENT STAR TURN IN THIS HEARTFELT AND HARROWING DRAMA."

COLUMBIA PICTURES

presents

Association with Relativity Media
an Overbrook Entertainment Escape Artists production

A film by Gabriele Muccino

123 minutes.

Written by Grant Nieporte

Music by Angelo Milli

Editor Hughes Winborne, A.C.E.

From The director of "The Pursuit of Happiness"

Actors:

Will Smith, James Lassiter, Jason Blumrntal,
Steve Tisch

Having a cell phone conversation while driving in a car isn't safe. I got this tid bit of information watching this film at my friends house who only has a land line, although everyone has a cell phone or 2 in each family these days. Ben is emotionally charged in this tender love story searching for a way to redeem his heavy conscience. With the power to change certain circumstances of seven strangers Ben proves a second chance can happen. Ben does die. See this Will Smith movie.

A lot like you

By Buddy Bee Anthony

No cash money,
no way home,
nobody cares,
and I'm all alone.
I'm a lot like you, a lot like you.

Got nobody,
no set plans,
left waitin on these promised lands.
I'm a lot like you, a lot like you.

Keep your eyes open,
you won't get fooled.
Get over yourself,
I'm a lot like you.

Every night,
fast holdin on tight with
a lot like you.

**The Mental Health Association of
Portland
is seeking consumer perspectives on
mental health and addictions issues**
mentalhealthportland.org

The Mental Health Association of Portland is seeking writers and editors from the mental health community to present a consumer perspective on mental health and addictions issues.

For more info send email to:
info@mentalhealthportland.org. or contact Duane
at the Cascadia Plaza Consumer Office usually in
the afternoons or by calling the Consumer Office
at 503-238-0705 ext. 204.

Did Social Security Stop Your Benefits Because You Had an Arrest Warrant?

You may be able to start your benefits again. You may also be able to get **thousands of dollars in back benefits**. A class action lawsuit settlement says:

- Social Security cannot deny or stop benefits because of most outstanding arrest warrants.
- Social Security must stop collecting overpayments based on most outstanding warrants.
- For 80,000 people, Social Security must pay back all benefits that it didn't pay or that it collected as overpayments. These benefits may total over \$500 million dollars.

Many people can get their benefits back.

Over 200,000 people could be helped by this lawsuit, which is called *Martinez v. Astrue*.

These are the benefits you can get back:

- Social Security
- Supplemental Security Income (SSI)
- Special Veterans Benefits (SVB)

IMPORTANT: This case will not help you if:

- You were convicted and sentenced for a crime and violated your probation or parole.
- You have an outstanding warrant for flight and/or escape (very rare).

Make sure Social Security pays you the back benefits it owes you.

Social Security will send notices to class members. Make sure Social Security has your current address. People who received Social Security (not SSI or SVB) can update their address online at www.socialsecurity.gov/changeofaddress.

If you received SSI benefits, you should visit your local Social Security office and ask them to put your name, address, Social Security number and phone number on the "Martinez list."

To learn more visit www.nslc.org/areas/social-security-ssi/Martinez-Settlement. Or visit the Social Security website at www.ssa.gov/martinezsettlement.

Empowerment Initiatives Multnomah County Brokerage 2009-2010

What is Empowerment Initiatives Brokerage Program?

Empowerment Initiatives (EI) Inc. is an independent organization run *by* people with mental health issues *for* people with mental health issues.

EI has started our fifth Multnomah County Brokerage! It runs from October 2009 through September 2010. We will be able to work with 25 individuals this plan year. Individuals will work with a resource broker to create a person-directed plan. This plan will help you set goals for yourself in many areas of your life. You will have a personal spending account available to help you make purchases that will assist you to achieve these goals. Your resource broker will work with you during the plan year to help you with implementing your plan, making purchases, and accessing various community resources to help you achieve your goals. We believe that life goal planning and access to resources to implement your plan is invaluable for mental health stability, growth, and recovery.

Am I eligible? How do I apply?

To be eligible you must be receiving services through an agency funded by Multnomah County Mental Health and meet other selection criteria.

We now accept applications on an on-going basis. We enroll customers from October through February annually.

www.chooseempowerment.com

503-249-1413

Trimet Honored Citizen Downtown Portland Bus Pass

Unlimited free rides on buses downtown

The Honored Citizen Downtown Portland Bus Pass provides unlimited rides on buses within the boundaries of the Willamette River, I-405 and NW Irving Street. It is available only to Honored Citizen riders who live within this area and is good for two years.

The pass also serves as proof of Honored Citizen status for trips outside of downtown that require a fare.

A \$10 administrative fee is required.

Download the application form at trimet.org or pick one up at the TriMet Ticket Office at Pioneer Courthouse Square at 701 SW 6th Ave., Portland OR. Hours are 8:30 a.m.-5:30 p.m. Monday through Friday. Phone: 503-962-2455.

West Burnside Chiropractic Clinic

7:30 AM - 6:30 PM Monday through Friday

Low and no cost services to those who cannot afford to pay for care.

West Burnside Chiropractic Clinic
221 West Burnside St. Portland, Oregon 97230
503-223-2213
www.wschiro.edu

Portland Housing Bureau online survey

The City of Portland is developing its budget for the next fiscal year (July 1, 2010 – June 30, 2011). The Portland Housing Bureau (PHB) would like your help in prioritizing the importance of its programs to the public by giving your opinions in an online survey. Go to disabilityrightsoregon.org and look for the link to the survey at the top of their web page.

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

Please join us at our Cascadia Consumer / Survivor Advisory Council meetings. We will be conducting a Cascadia consumer survey starting soon to help us with our plans to increase consumer advocacy and consumer involvement in Cascadia services.

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

In February and March we meet on the 4th & 18th

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). Guests are welcome.

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.

The February and March meetings are on the 4th
and 18th

**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)

OCSC unites mental health consumers and psychiatric survivor organizations state-wide throughout Oregon! OCSC wants to include you!

OUR 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 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:

We met with the Governor; spoke out in the legislature about bills of interest, held a training; submitting our 501(3) application to the IRS; and 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**

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. Does not cover co-pays.

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, which there are many of in the Portland area, to obtain the discounted price. You always receive the lower of the discounted price or pharmacy's retail price.

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

FamilyWize encourages you to let others know about the discount cards and print cards for the people you know that do not have Internet access.

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

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

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

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
at the Plaza Consumer Office
after 12 noon**

Or call 503-238-0705 Ext. 204

Or E-Mail: eyes.ears@cascadiabhc.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.

TriMet bus pass discount after the 15th

If you need a bus pass and it's after the 15th, you can purchase one for half price from TriMet.

TriMet Ticket Office 701 SW 6th Ave.
At the Pioneer Courthouse Square
503-238-7433

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/>

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
1-800-698-2392**

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

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 Connection Recovery Support Groups come to Oregon

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. The groups are free to attend.

Mondays at 4:00 PM

Clackamas Community College

CCC Community Center in tutoring room
19600 Molalla Ave, Oregon City, OR

Tuesdays at 11:00 AM

Luke Dorf, 9255 NE Halsey Street, Portland Oregon.

Wednesdays at 12:00 PM

Hilltop

998 Library Ct, Oregon City

Fridays at 7:00 PM

Kaiser Sunnyside Hospital

10180 SE Sunnyside Rd, Clackamas, OR

Saturdays at 1:00 PM

Villebois

Rain Garden Apts

29197 SW Orleans Loop, Wilsonville, OR

Saturdays at 3:30 PM - Starts Sat. Nov. 7th!

5228 NE Hoyt Street, Bldg. B., Portland, Oregon

Open to all adults with mental illness, regardless of diagnosis. Participants should feel welcome to drop by and share feelings, difficulties, or successes.

Call NAMI at (503) 228-5692 for more info.

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!

NAMI Multnomah Support Groups

www.nami.org/multnomah

NAMI Multnomah also offers a wide range of informational materials beneficial to those living with a mental illness and their families and friends. Our lending library has many new books and videos.

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

Bipolar and Depression Peer Support Group, Every Thursday; 7 pm, Providence Hospital, 4805 NE Glisan, Portland Room H-CC1, Jean Duncan, (503) 231-7513
Mission: to support persons with bipolar disorder or depression.

"Anxiety Society" Support Group, Tuesdays; 7 pm, NAMI Multnomah office, 524 NE 52nd Ave, Portland
Contact: Terri Walker, (503) 890-4805
Mission Statement - a safe place for people ages 18-36 with social anxiety to develop communication skills in a relaxing, fun environment

Schizophrenia Support Group, Every Wednesday; 1:00 pm to 2:00 pm, NAMI Multnomah office, 524 NE 52nd Ave, Portland, Arlene Stine, (503) 228-5692
Mission Statement - A safe place for people with schizophrenia to relax, socialize, and develop skills.

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

Advocates Network, 1st Wednesday of the month; 7 pm, Karen Oehler or Dave Kaplan, (503) 232-2559
Mission Statement - Come network with other families, share experiences, and learn about the local mental health system.

NAMI Mult. Gresham Family Members Drop-In Group, Every Thursday; 6 - 7:30 pm, Lin Haak, (503) 492-1229, Legacy Mt. Hood Hospital, Administrative Building, Cascade Room, 23800 SE Stark

"Talk it Over" Support Group for families with a child or teen struggling with mental illness, The 2nd and 4th Sunday of every month; 4:00 to 5:30 pm
Providence Hospital Child Center - 830 NE 47th Ave, Portland, Margaret Puckette, (503) 289-7797
Mission Statement - To provide a supportive, nonjudgmental, and confidential place for families to share with others who understand. For families with children or teens with mental illness or substance abuse.

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.

Support and Education Groups Offered by Portland Hearing Voices

Open to all. Inclusive, non-judgmental, pro-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.

Voices And Extreme States Support Group

led by Will Hall. Open to people who have these experiences.

6-730 pm Tuesdays at
Downtown Chapel 601 W Burnside St
February 16, March 2 & 16, April 6 & 20

What is it like to live with voices, visions, and extreme states of consciousness? 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

Holistic Mental Health Education Group

led by naturopaths Dr. Krista Tricarico and Dr. Elissa Mendenhall. Open to all.

6-730 pm Mondays at
Downtown Chapel 601 W Burnside St
Feb 8, March 18, April 12

Join Naturopathic Physicians Dr. Elissa Mendenhall and Dr. Krista Tricarico, who will present on holistic mental health options and lead a group discussion. Learn about everything from nutrition, supplements, herbs, holistic treatments and more.

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

Join over 600 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.

Online Recovery Support

An online resource for the recovery community

<http://onlinerecoverysupport.ning.com>

Mental Health Social Network

Mental Health Social Network is an online community that helps you connect with others who have similar mental health issues, as well as those who work in the mental health field, and anyone in the community that may have an interest in mental health including families and friends of those with mental illness.

Several Forums are available to participate in. It's free and anyone can join and you can be anonymous.

www.mentalhealthsocial.com

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. Sack lunch now being served on Thursdays.

Every week, except Tuesdays, members gather to participate in a variety of activities, including art and craft projects, writing group, guest speakers, games, yoga, bingo, karaoke, 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.

New groups and programs are being planned for the future.

Folk Time now has a full schedule on Thursdays, starting with an art class at 10:45 led by an art therapist, followed by a sack lunch at 12:15, and ending with Creative Writing at 1:30.

Open to all persons, 18 and over, with a mental health diagnosis and connected with a mental health provider or social worker.

-Couch Street site: 4837 NE Couch St., 503-238-6428
Mondays & Wednesdays 11:30 am to 2:30 pm. and
Thursdays from 10:45 am 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 SE 43rd and Division. Thursdays from Noon to 1:00 pm. Upstairs in Room 1.

Cascadia Garlington Center 3034 NE MLK Fridays - 2:00 to 3:00 p.m.

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 6:00 to 7:00 PM

Providence Medical Center 5228 NE Hoyt Street Portland Mondays-3:15 to 4:15 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 January 31, 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 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

Pioneer Courthouse Square Events

www.pioneerCourthousesquare.org

Winter Celebration at the Square

Friday, February 12th

The Oregon Sports Authority is pleased to announce "Winter Celebration at the Square," a free public viewing event of the 2010 Vancouver Olympic Games Opening Ceremony at Portland's Pioneer Courthouse Square on Friday, February 12.

The spirit of the Olympics will extend from one Northwest city to another as Pioneer Square is transformed into the ultimate living room setting for winter sports enthusiasts, complete with two giant LCD screens, interviews with Oregon Olympians, live music, warm drinks and a hockey goal-scoring challenge.

Portland Commission on Disability Meeting

Friday, February 12, 2010

10 am – 1 pm

The Portland Building – 2nd Floor, Room C
1220 SW 5th Avenue, Portland, OR 97204

If you have questions, please contact Teckla Anderson at (503) 823-3881 or teckla.anderson@ci.portland.or.us.

PORTLAND ZOO

\$ 2.00 9 am to 4 pm

On the second Tuesday of each month

City Community Budget Forums

The Office of Management and Finance (OMF) coordinates the City Community Budget Forums. These forums are open to everyone and are an opportunity to hear from and give feedback on all the City bureaus regarding their FY2010-11 budget requests.

Other City budget information and opportunities for public input in the budget process are available online at <http://www.portlandonline.com/omf/index.cfm?c=26061>.

Please note that the following dates and locations have been confirmed for the City/OMF Community Budget Forums:

Monday March 1st

Montgomery Park
2701 NW Vaughn St.
6:00 p.m. to 8:30 p.m.

Wednesday March 3rd

Mt. Scott Community Center
SE 72nd and Harold St.
6:00 p.m. to 8:30 p.m.

Saturday March 6th

IRCO Community Space
10301 NE Glisan St.
1:00 p.m. to 3:30 p.m.

2010 Census Jobs

The U.S. Census Bureau is recruiting temporary, part-time census takers for the 2010 Census. These short-term jobs offer good pay, flexible hours, paid training, and reimbursement for authorized work-related expenses, such as mileage incurred while conducting census work. Best of all, census takers work right in their own communities.

Hundreds of thousands of census takers are needed nationwide to help locate households and conduct brief personal interviews with residents. Most positions require a valid driver's license and use of a vehicle. However, use of public transportation may be authorized in certain areas.

All census takers must be able to speak English, but people who have bilingual skills are needed in communities where a large number of residents primarily speak other languages. If you have the appropriate language skills and cultural knowledge to communicate well in your community, we encourage you to apply.

Apply today by contacting your Census Office in Portland at 503-205-8370 or by calling 1-866-861-2010 . Census takers start at: \$15.25/hour

A New Day: We're Listening Registration

In early 2010, the U.S. Department of Labor's (DOL) Office of Disability Employment Policy (ODEP) and its Federal partners will hold a series of six Listening Sessions across the country on disability employment. Each Listening Session is an opportunity for members of the public to provide input to senior Federal officials on their ideas for more effective ways to employ all people with disabilities, including women, Veterans and minorities with disabilities and what is currently working in their regions to increase employment of people with disabilities.

ODEP seeks input particularly from:

- Individuals & Consumers: youth and adults with disabilities, parents and caregivers.
- Employers: public and private
- Service Providers & Advocacy Organizations (such as Employment Services and Partners): Independent Living Centers, One-Stops, State Vocational Rehabilitation Programs.

Register for the San Francisco, CA February 16, 2010 Event at <https://www.disabilitylisteningtour.com>
Open to residents of Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, Washington, Guam. (DOL Region VI)

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

Dental Care

-Medical Teams international Dental Van offers free dental van services at various locations in Portland. Must call specific locations for referral and scheduling.

St. Francis Dining Hall (503-234-2028)

William Temple House (503-226-3021)

Christ Community Food Ministries (503-239-1226)

All Saints Episcopal Church (503-777-3829)

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 organiza-

tion. 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

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

We Would Like to Thank Our Authors:

A Lot Like You by Buddy Bee Anthony
Linea's Movie Review

We Would Like To Thank Our Donors:

Cascadia Behavioral Healthcare, for their donation of office space, equipment, supplies, and copying and distributing our newsletter to Clients & Staff at the clinics and residential housing.

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

We Would Also Like To Thank:

George, Maija, & Michael for photocopying our newsletter at Cascadia Plaza and Garlington

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

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