

EYES & EARS

Formerly
Renaissance Times

March 2011 A Mental Health Consumer/Survivor Newsletter Volume 7 Issue 3

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Oregon lawmakers get to work on state mental health reforms

Michelle Cole, The Oregonian, February 19, 2011

SALEM -- Oregon lawmakers set to work Friday on ensuring that the only people being sent to the state mental hospital are those who need to be there -- and that they stay only as long as clinically necessary.

Some who commit crimes while they are mentally ill would be better off in community care and some really ought to go to prison, Rep. Brian Clem told the House Judiciary Committee.

Clem, a Salem Democrat, is sponsoring legislation that would standardize the assessments psychologists and psychiatrists use in determining whether a defendant is eligible to plead guilty except for insanity.

House Bill 3100 would also make it possible for defendants found guilty except for insanity of misdemeanors to bypass the state hospital, unless they are dangerous to themselves or others. And the bill proposes more flexibility to deal with people who commit low-level felonies.

"The decision whether to place an individual in the state hospital for forensic services is frequently made without sufficient information to consider other options," testified Richard Harris, head of the state's mental health and addictions division.

The decision is costly -- both in human and financial terms. The state spends \$17,661 a month to

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Aid to schools, state services safe until June

House sends bills to Senate, which is expected to pass them

Written by Peter Wong, Statesman Journal
March 1, 2011

State services and aid to public schools will see no further cuts in the final three months of the budget cycle under bills that advanced Monday.

The Oregon House voted 59-0 for the package, which shields the 197 school districts from cuts in state aid through June 30. It also prevents immediate layoffs in state prisons and youth authority centers, and further reductions in services to seniors and people with mental illnesses and developmental disabilities.

The three bills went to the Senate, which was expected to approve them later this week.

"It's something that won't get a lot of headlines because it doesn't talk about partisan bickering," said Rep. Peter Buckley, D-Ashland, who's a House co-chairman of the Legislature's joint budget committee.

Of the extra \$77 million set aside, about half (\$35.5 million) will go to schools. Smaller amounts will go to the Department of Corrections, Department of Human Services, Oregon Youth Authority and other agencies as decided by a budget subcommittee Feb. 18.

Lawmakers were helped by the Feb. 15 state
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Oregon lawmakers get to work on state mental health reforms

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care for each of these patients in the state hospital. And lawmakers most decide soon whether to build another new state mental hospital in Junction City.

Mental health advocates, district attorneys, police, patients and families said they approved of the bill. But some also asked for changes, which means that the bill that finally emerges out of committee could be much different.

Mental Health Association of Portland Recent Website Postings as of March 13th

www.mentalhealthportland.org

The Mental Health Association of Portland is a great resource for current news on mental health issues. Go to their site and check them out! Also includes a link to their Facebook site.

Saved after 126 arrests: Program offers hope of changing costly chronic criminals

Invitation to Speak – David Wu

Transgender patient alleges discrimination at Oregon State Hospital

Grand Jury transcripts for death of Anthony McDowell

Review finds verbal abuse toward OSH patient from Mary Claire Buckley

MHAO opposes Senate Bill 594

From the Inside Out – the video

Clackamas jailers remain inadequately trained for mentally ill inmates, review finds

Alien Boy: the Death and Life of James Chasse

Are Oregon State Hospital consultants worth it?

Assessing the need for state hospital beds

By Guest Columnist, Mark Webb

www.oregonlive.com, February 17, 2011

The state's Addictions and Mental Health Division has released its "2010 Revised Forecast of Need for State Hospital Beds." The report revisits the recommendations of the master plan for the Oregon State Hospital made in 2005. It essentially agrees with the earlier report as far as the total number of beds needed to meet projected hospital levels of care through 2030. It also continues to support construction of a psychiatric facility in Junction City. But it recommends that a smaller facility be built and more beds developed outside the state system.

The revised forecast is significant for the direction it sets and the investment it requires. Is it the right thing to do now? No. Why? Because it will impact, and be impacted by, the scope and quality of the state's community-based mental health services. And yet the forecast ignores this crucial fact altogether. It thereby runs the serious risk of taking us in the wrong direction.

The 2005 report noted that unless additional and substantial amounts were invested in community mental health services, our state hospital system would be overrun. The new forecast ignores this issue. The recommended investment has not been made, with less than 50 percent of the need for outpatient mental health services currently funded. That's not likely to change soon.

The revised forecast also ignores how a redesigned community-based delivery system might enhance the quality of community care, and thereby reduce the need for costly hospital care. The Children's System Change Initiative was implemented October 2005. Before that initiative, about 60 percent of state spending for children's mental health was spent on just 6 percent of the children. That has changed since CSCI was implemented. Moreover, length of stay in residential facilities has dropped more than 50 percent, total bed days has dropped more than 50 percent, wait time for a bed has dropped from more than two years to less than two weeks, costs have been contained to within 5 percent of what was spent in 2005, and more than twice as many children are being served with this money than were served in 2005.

The Adult Mental Health Initiative (Aim High)
(Continued on next page)

Assessing the need for state hospital beds

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was implemented last September. Driven by many of the same concerns as CSCI, Aim High targets similar outcomes. Early results are promising. Many mental health professionals expect it will have a significant, positive impact on the adult system.

Any responsible analysis of the need for state hospital beds should evaluate how additional funding or redesigned delivery systems at the community level might impact the need, cost and type of higher levels of care, and vice versa. The revised forecast does not do this. So it's significant, not only for the direction it sets and the investment it requires, but also for the incomplete analysis it provides. It should have focused on the system as a whole -- funding, service delivery, facility capacity and the state hospital system -- before it recommended how best to meet the hospital levels of care some people with mental illness require.

Greater Oregon Behavioral Health Inc., of which I am a board member, is a mental health managed care organization. It, along with others, has urged the state to do essentially this. Our goal is to transition the existing system from a crisis response system to a prevention- and early intervention-based system by aligning financial incentives with good clinical outcomes. This would increase the scope, quality and effectiveness of mental health care in Oregon at the community level early on, reduce its cost, and therefore significantly reduce the need for, and cost of, hospital care later on.

We should be moving in this direction now, not in the direction recommended by the revised forecast.

Mark Webb is a Grant County judge.

Aid to schools, state services safe until June

(Continued from front page)

revenue forecast, which showed little change from Nov. 19. That forecast showed a slight uptick in tax collections after nine consecutive quarters of decline dating back to September 2008.

Aid to schools and state services were hit by across-the-board cuts ordered by then-Gov. Ted Kulongoski after tax collections dropped by \$1 billion below what lawmakers assumed in the current budget, approved back in mid-2009. Lawmakers cushioned a few of those cuts last year by tapping federal aid and state reserves.

Monday's actions were no guarantee of funding for the next two-year budget cycle that starts July 1.

Media Guide – Your Language Matters When Writing About Mental Illness.

Responsible journalists use sensitive, respectful and neutral language which recognizes diversity and dignity. When writing about mental illness, however, they face a challenge.

When you encounter news articles which use discriminatory language - or public individuals who use discriminatory language - email them directly with a short note and include the Media Guide pdf. The Mental Health Association of Portland created this document which anyone is welcome to use.

You can find the pdf at www.mentalhealthportland.org in the About Us tab.

Only scratching the surface on mental health system issues

The Oregonian, By Guest Columnist , Jim Hargreaves, March 01, 2011

An editorial last week in The Oregonian -- "Building a better mental health system" -- stated that "House Bill 3100 is a promising start." That's like saying that the removal of the first shovel of dirt is a "promising start" to digging a well in the desert. Like the first shovel of dirt, HB3100 barely scratches the surface.

While there is a myriad of issues that need to be addressed regarding the way Oregon deals with those who commit crimes and are mentally ill, there are four that are absolutely critical.

One issue, and probably the most difficult to address, is the required finding by a judge that a person presents a "substantial danger to others" before that person can be committed to the Oregon State Hospital. In most cases this will not be a difficult determination given the nature of the crime committed. However, at any given time there are roughly 10 to 15 percent of the hospital population who are there for having committed felonies or misdemeanors that do not involve harm or even attempted harm to others. It's unfortunate that no one has taken the time and effort to closely review this category of cases to see just what it was that judges were relying upon in making the required determination of "substantial danger to others."

A second issue is the length of time a person can be sent to the hospital having been found guilty except for insanity. For those who have committed a felony, the commitment is either five, 10 or 20 years depending upon the class of the felony. By contrast, a person convicted of the same crime but not found to be insane will in most cases serve a fraction of this amount of time in prison or, in many cases, will only be placed on probation with perhaps a short term in the county jail. This disparity is completely irrational and is probably the single most important driver of hospital population.

A third issue involves the Psychiatric Security Review Board. The board, not the professionals at the hospital, determines who gets out of the hospital -- and when. It also has the authority to return people to the hospital whom it has previously released. Over the years the board has shown a great

reluctance to release people from the hospital (as well as from supervision once they are released) and an energetic willingness to return people to the hospital for the smallest of infractions of supervision. A person refused release by the board has as a recourse only an appeal to the Court of Appeals. There, the legal standard is so low for upholding the ruling of the board that such appeals are rarely successful.

The fourth issue involves the 80 to 100 people in the hospital who have been charged with a crime but because they are seriously mentally ill lack the capacity to understand and effectively participate in their own defense. This group has not been found guilty of any crime. They have not been found to be a danger to anyone. They are simply in the hospital because they can't understand what is happening to them. These people can be held in the hospital for up to three years. In a large number of cases this detention time greatly exceeds any sentence they would receive if they were able to plead guilty and be sentenced. The rationale for this disparity continues to escape me.

I suggest that when the Legislature gets a bill before it that seriously addresses at least these four critical issues, it will have indeed made a "promising start."

Jim Hargreaves of Eugene is former governor's special master for the Oregon State Hospital.

Crisis training for all police is not a ‘flaw’ My View • Front-line officers need another tool to protect mentally ill people

Portland Tribune, By Dan Handelman , Feb 24, 2011

After talking with reporter Peter Korn for more than an hour, it was very disappointing to see his article on Portland’s training for police on mental health issues was still titled “Experts say police training flawed” (Jan. 13).

Talking with Korn, I related the long history of Crisis Intervention Team training in Portland. The parents of Nathan Thomas, a 12-year-old who was taken hostage in his own home and was shot by police who also killed his abductor, asked Portland to come up with a way to handle situations with people in mental health crisis instead of using deadly force. In exchange, they did not sue the city.

Portland adopted the “Memphis model,” training only a small percentage of patrol officers who volunteered to respond to CIT calls.

For years, Portland Copwatch and other members of the community pushed the city to train all officers with these skills to recognize possible signs of mental illness and to de-escalate confrontations using body language, words and tone of voice, not weapons. But city officials said they did not have the money to pay for this training.

Richard “Dickie” Dow, a man who was in treatment for schizophrenia, was beaten to death by Portland police in 1998. A settlement with the family cost taxpayers \$400,000.

Jose Mejia Poot, a Mexican day laborer taken in when his epileptic seizure was mistaken for mental illness, was shot by Portland police in a mental health hospital in 2001. The first set of officers called to the hospital included members of the CIT. Those officers went off duty, and when a second call came in, untrained officers shot and killed Mejia.

This cost the city more money, and a pledge to give officers a few hours of training about epilepsy and mental illness.

It wasn’t until after Portland police beat James Chase Jr. to death in September 2006, when Mayor Tom Potter was able to come up with roughly \$500,000 to pay for training all officers in crisis intervention, that the community’s demands were finally met.

Now the Tribune is asking the community to return to the days when officers facing a crisis had to wait for backup from a special team to recognize and de-escalate such situations. Each of the seven people shot

by police bullets in the past 13 months were in some sort of mental health crisis. According to the police, only two incidents lasted long enough where a specialized CIT officer could have come to the scene. Those were the shootings of Aaron Campbell and Craig Boehler.

The officer who shot Jack Collins did so moments after Collins emerged from a Portland Arboretum bathroom holding a one-inch X-Acto knife. The officers who shot Darryel Ferguson did so as soon as he came to his apartment door with a replica gun. The officers who shot Thomas Higginbotham did so moments after he allegedly emerged from a room with a knife.

The officers who shot Marcus Lagazzino did so after making an elaborate plan to take him into custody, which apparently did not take into consideration the likelihood he would charge them with the machete he was holding.

And, needless to say, the Gang Enforcement Team officers who shot Keaton Otis 23 times did so without regard to whether he was in mental health crisis, as they’d targeted him for “looking like a gang member.” After three officers hit him simultaneously with tasers and an officer was shot (allegedly by a gun that Otis pulled out), the police unloaded 32 bullets in his direction.

In the case of Aaron Campbell, who was unarmed, he was actually in a text and phone conversation with an officer practicing good conversational skills, but then a failure in communication between the negotiators and a police sniper led to Campbell’s death.

Clearly one issue the Portland Police Bureau needs to deal with is integrating Crisis Intervention Team training with similar training on the use of deadly force.

We support the comment in the story from Jason Renaud at the Mental Health Association of Portland, who said the problem is not that Portland trains all its officers, but that all the officers are not taking the training to heart. It may be worthwhile to identify and put on call those officers who excel at CIT skills, who might be able to de-escalate situations if they are brought in. To remove the ability of front-line officers to assess the situation and tap into those skills would be a giant step backward.

Dan Handelman is a co-founding member of Portland Copwatch, a civilian group promoting police accountability through citizen action.

A Multi-Story Underground: Squatters in the United States

Hannah E. Dobbz, Feb. 23, 2011, Beyond Chron.org

Matt Bruce is a magician. By this, I mean that he literally works kids' parties for money and entertains friends with sorcery in his spare time. His room is bursting with occult paraphernalia and he has countless tricks up his sleeve. But Matt Bruce is no one-trick pony; he knows more than how to manipulate a deck of cards and how to have a quarter crop up behind your ear: Matt Bruce knows how to make rent bills disappear.

Bruce and his friends haven't paid to live in their bungalow home in Salt Lake City, Utah, in over three years. How do they do it? While most magicians don't reveal their secrets, Bruce is notably open about his illegal living situation. Squatting is not a new form of rent evasion, but it is an increasingly practiced one – and in light of the so-called “housing crisis” of the late 2000s, squatters are increasingly comfortable discussing their lifestyles.

He summed up their ability to maintain the property with the words of a city worker who learned of the squatters a few months after they moved in: “If you don't say anything, I won't say anything. You took the eyesore out of the neighborhood.”

Indeed, the rundown property that had once attracted drug addicts and other unseemly types by its ramshackle appearance now glows with life. The mere presence of the new caretakers drove away the seedy elements, and the small gesture of taking the boards off the windows spoke volumes for the mood of the property.

It is for this reason that squatting has become a popular discussion topic in a post-housing-bubble era. With 14 percent of living units in the United States vacant at the end of 2010, many people are questioning the logic of the real estate market, and some are bucking the system by occupying vacant but usable properties. Families and individuals who can no longer afford the high cost of living, then, are able to find homes in houses that are sometimes in better condition than rental properties. And neighbors often turn a blind eye to the illegality of the squatters' methods since the move-in can actually increase the value of formerly unoccupied properties.

In this way, squatting in the United States is taking on more European overtones. Europe is famous for its squatting history, with its grandiose stories of

squatted night clubs in England and squatted castles in Spain. Some countries enjoy what are often called “open” squatting laws, which encourage squatters to openly occupy abandoned buildings. Amsterdam, for example, is known for its comically straight-forward requirement of a chair, a table, and a bed in a squatted building for 48 hours to constitute a legal property transfer. In these situations, neighbors are often supportive. After all, abandoned properties are a symptom of a broken property system. Why not address it?

More recently, some European countries have begun tightening their formerly lax squatting rules, which some read as a slipping away of what was once part of a powerful cultural history. But while a legislative shift is happening now overseas, a cultural shift is beginning here in the States.

Rich countries such as the United States are accustomed to surplus. Just as consumers enjoy a surplus of food, clothes, and plastic trinkets in the U.S., they similarly enjoy a surplus of real estate. Even beyond the housing-bubble burst, developers continue to build new living units despite a surfeit of old ones. This is where the term “housing crisis” is farcical at best and downright inaccurate at worst. The term “crisis” implies a shortage -- an idea that Americans are rarely familiar with; instead, the American poor are victimized by a maldistribution of resources.

While there has never been a shortage of space in the United States, Americans have historically deluded themselves into a state of spatial urgency, moving further West and always developing more for fear of a shortage.

The same can be said of the “housing crisis” that began in late 2007: The most famous example of a wide housing gap is that of Miami, Fl., which was supposedly hit hardest by the economic implosion. But Miami had a 10-percent vacancy rate in affordable and public housing even before the alleged crisis. Further, the city had demolished 482 units of public housing, and, despite \$8.5 million of city money allocated to the rebuilding of affordable units, the lot remained vacant until it was later offered to developers at no charge.

Such shenanigans inspired the Miami Herald's “House of Lies” series, which highlights the corruption and incompetency of city politicians with regard to housing, as well as the well-known organized-squatting movement Take Back the Land.

But squatting was not born of the housing bust: Squatting has a long history in the United States, beginning with colonization, extending through Western Expansion land grants and land boom legislation, homesteading, and into modern housing justice movements like that of ACORN and Homes Not Jails. If nothing else, squatters have historically catalyzed property legislation reform by attacking with two prongs: (1) garnering public support by calling attention to the basic right to personal space and shelter, and (2) becoming such a nuisance to property managers, speculators, and law enforcement that legislators are compelled to create other options.

Unfortunately, little information is broadly available about squatters and squatting. Here and there is mention of them in historical texts, and during the height of the foreclosure crisis articles about down-and-out families cascaded into the news and then quickly evaporated. Perhaps this information firewall is in the nature of American squatting, which remains clandestine; like the tunnel dwellers of New York City and Las Vegas, squatting movements live underground. And while this invisibility is not unintentional, as squatting is indeed an illicit lifestyle, it is squatters' invisibility that siphons their power and cripples their political sway.

When squatters and other property outlaws can again unite, organize, and step into the limelight to publicly demand housing justice (as they historically have), we may see surprising changes in the legal framework of our predatory property system. Many revolutions begin underground. But none of them can stay there for long.

Hannah Dobbz is the director of the documentary film Shelter: A Squatumentary. She is currently researching and writing a book [AK Press] on the history of squatting, land struggles, and property law in the United States. To view her Kickstarter page or to support her work, please visit: <https://www.kickstarter.com/projects/1578702306/the-history-and-future-of-squatting-in-the-us-the>

Low-Income Home Energy Assistance Program (LIHEAP)

- Self Enhancement Inc.
NE Portland 503-240-0828
- Human Solutions
Gresham/East Multnomah County 503-405-7877
- Impact NW (formerly Portland Impact) SE Portland.
- IRCO - Asian Family Center
All of Multnomah County 503-235-9396
- NAYA N/NE Portland 503-972-2463
- Neighborhood House
All of Multnomah County 503-246-1663
- The Salvation Army
All of Multnomah County 503-239-1264

Download music for free on the Multnomah County Library website

Download music for free with your Multnomah County Library card. Just enter your library card number and PIN to download up to three songs per week -- 156 songs per year -- that you can keep forever.

Songs are downloaded in an MP3 format (compatible with everything), so they can be saved to any computer, mobile device or MP3 player, including an iPod. There are no digital rights management restrictions, and no special software is required.

Choose from hundreds of thousands of songs in over 100 genres of music from the Sony Music Entertainment catalog, through a service called Freegal.

Go to www.multcolib.org and click on Services and Downloadable Music

Comcast settles Oregon late fee class-action suit

Comcast Corp. has agreed to pay up to \$23 million to settle a class-action lawsuit alleging that it improperly charged late fees to its Oregon cable TV customers.

Subscribers who paid a late fee between July 15, 2003 and November 22, 2010 are entitled to \$16 each time Comcast assessed its \$6 fee.

Claimants can obtain forms to apply for their settlement at oregonlatefeesettlement.com.

NAMI Peer Delivered Service position open

Prescription Assistance Community Services (PACS)

Title: Coordinator (Peer Delivered Service Position)
 Classification: Part-time Temporary 20 hours weekly
 Compensation: \$10.50/hour
 Reports to: National Alliance on Mental Illness (NAMI) Multnomah Executive Director
 Application closing date: March 19th, 2011

Go to www.nami.org/multnomah for more info.

NorthStar News

Call for artists

Are you an artist, or do you know a peer who is an artist? There are opportunities to show original art at NorthStar.

Our plan in the near future is to have a group show when we have enough contributing artists. Also, aspiring artists may have opportunities to participate in special workshops to do art together at NorthStar. We will try to keep you updated in the Events section of The Compass if we plan to schedule creative classes.

For more information, please contact Jason Ingram at: creativealaskan@yahoo.com.

Subscribe to The Compass newsletter

The Compass is NorthStar's newsletter that just premiered last month. Keep up with what's going on at NorthStar by subscribing. Call 971-544-7485 or email info@northstarportland.org.

Career Mapping Workshops

Career Mapping Workshops are a fun and interactive opportunity for members to explore their natural gifts and career interests. This workshop will help lay a strong foundation for determining the next steps for pursuing employment and training goals. Call 971-544-7485 or email info@northstarportland.org to become a member and attend the workshops.

NAMI Multnomah NorthStar positions open

NAMI Multnomah is hiring a Program Director, Job Developer and Generalist Staff for NorthStar. NorthStar is a clubhouse to be modeled on the standards set by the International Center for Clubhouse Design (ICCD).

Go to www.nami.org/multnomah and click NorthStar for job descriptions and for instructions to apply for these positions.

For more information about NAMI Multnomah's NorthStar, email nami.multnomah@gmail.com.

Join us at NorthStar

What is NorthStar?

A place to go. A place to return to.
A place to find meaningful relationships.
A place to find fulfilling work.

NorthStar is a mental health recovery program for adults living in the Portland metro area who have a mental illness. NorthStar provides a safe and welcoming environment where members can participate in a peer-supported community, promoting independence, confidence, wellbeing, and recovery.

The NorthStar community provides acceptance and encouragement for individual goals and achievements while supporting members in employment, education, reaching-out, skill-building, social activities, and recreation.

Now in the foundational stage as a program of NAMI Multnomah, NorthStar will ultimately seek certification through the International Center for Clubhouse Development (ICCD). For more information about the ICCD Clubhouse model go to www.iccd.org. The Clubhouse model has been very successful with helping people with mental illness to stay out of hospitals while achieving social, financial, educational and vocational goals.

An ICCD Clubhouse is fully run by members with the assistance of a few paid staff personnel. Because members operate NorthStar, they share ownership and responsibility for it's success.

The ICCD model offers members a "work ordered day.." Members and staff meet together, decide objectives and assign tasks for the day. Staff and members work together as equals in decision making and daily operations. The skills, ideas and abilities of each member are recognized and encouraged. Members also organize and lead classes and activities. NorthStar has opportunities for members to contribute in several units: Clerical/Outreach, Health and Wellness, and Creative Design.

Contact us for more information!

522 N.E. 52nd Ave., Portland, OR, (971)544-7485

Northstarportland.org

info@northstarportland.org

OREGON CONSUMER SURVIVOR COALITION (OCSC)

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

OCSC Mission Statement

To establish a statewide network of people who identify as having a psychiatric diagnosis, and/or who feel labeled by one; to share ideas; provide mutual support; work toward common goals; strengthen peer-run organizations; and advocate for positive change in the mental health system.

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?

Get Free E-mail News Updates about OCSC:

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

Visit Our OCSC Blog:

<http://ocscblog.wordpress.com/>

Talk To Others about OCSC Or Other Topics of Interest to OCSC Members:

<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

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

**Meets on the third Thursday of each month at
Cascadia's SE Plaza at 3 - 4:30 pm**

Take part in our Consumer Advocacy Project which will allow us to be participants in multiple forms of health reform advocacy at the local and state levels, including Cascadia.

Contact: Amy Anderson 971-340-8942 or at
Plazaconsumer@gmail.com

Cascadia's SE Plaza is at 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.

Garlington Client Council

**Meets on the first Thursday of each month
at Cascadia's Garlington Clinic at 10-11:30am**

Cascadia's Garlington Clinic is at 3034 NE Martin Luther King, Jr. Blvd. and we meet in room G4

Contact: Ryan Hamit 971-340-8774 or at
Garlingtonconsumer@gmail.com

Want to help improve interactions between police & people with disabilities in Portland?

Disability Rights Oregon helped establish crisis intervention training here in Portland in 1995, and we have been involved ever since, including presently by participating in the Crisis Intervention Team's (CIT) Advisory Group to ensure that the on-the-ground interactions that the Portland Police Bureau (PPB) has with people with disabilities continues to improve. Please contact CIT Coordinator Liesbeth Gerritsen if you are interested in joining: 503.823.0183.

Oregon Consumer Advisory Council

The Oregon Consumer Advisory Council meets on the 2nd Wednesday of even numbered months from 1:00 to 4:00 PM in meeting room HSB 166l at 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.

Oregon DHS Mental Health Planning and Management Advisory Council

This Council advises the Addictions and Mental Health Division (AMH) in areas vitally important to the Consumers of Oregon.

- Advising AMH on mental health policies and programs for children and adults
- Facilitating effective cooperative working relationships among the parts of the mental health system
- Making recommendations about identifying, developing, and utilizing resources
- Identifying problems and recommending solutions
- Make plans for monitoring, reviewing, and evaluating the federally mandated state plan for mental health services.

Meetings - 1st Thursday of odd numbered months, 9 - 11:45 am, Room 137C+D, Human Resources Bldg., 500 Summer St. NE, in Salem.

Website - <http://www.oregon.gov/DHS/mentalhealth/tools-policymakers/main.shtml#mh>.

Multnomah County

AMHSA Meeting - Adult Mental Health and Substance Abuse Advisory Council

This Consumer-run committee includes discussions about what is going on within the County and at Provider Agencies, and makes recommendations to Multnomah County.

Meetings - 1st Wednesdays, 10 am to 12 pm at the Lincoln Building at 421 SW Oak (2 blocks south of Burnside). Enter the front door, turn right, go to the receptionist desk in the County Mental Health office, and ask for directions.

<http://web.multco.us/mhas/mental-health-services>

Quality Management Committee

The Committee advises the Quality Management Unit of the Mental Health & Addictions Services Division, which helps to protect County residents who receive public mental health services, and to continuously improve the quality of those services.

Meetings - 2nd Thursday of every month, from 3pm to 5pm, in Conference Room 112 of the Multnomah Building, at 501 SE Hawthorne Blvd, in Portland.

Website - <http://web.multco.us/mhas/quality-management>. They include Minutes of their Committee, Publications (including analysis of Multnomah County surveys), and detailed Contact Info for their Staff.

Wash. Co. Behavioral Health Council

Website - <http://www.co.washington.or.us/HHS/Addiction/behavioral-health-council.cfm>

**Clackamas County
Mental Health and Addictions Council**

Meetings - 4th Tuesdays most months. To confirm meeting time/location, call Karen Erwin at 503-742-5310.

Website - http://www.clackamas.us/community_health/councils.htm#mh.

Mental Health America of Oregon

Mental Health America of Oregon is an inclusive grassroots organization dedicated to empowering consumer / survivor voices to drive services and policies that foster wellness and full participation in the community.

3534 SE Main St., Portland OR 97214
503-922-2377(voice) 888-820-0138 (toll free)
TTY: use 711 relay mhaoforegon@gmail.com
www.mhaoforegon.com

Disability Rights Oregon

www.disabilityrightsoregon.org

A great place to keep up to date on Oregon's 2011 Legislative news.

Oregon Health Authority Facebook

Keep up to date on the Oregon health care reform news by going to the Oregon Health Authority's Facebook

www.facebook.com/OregonHealthAuthority

Oregon Health Connect

www.oregonhealthconnect.org

We link you to information about health care and health insurance in Oregon. Use the Resource Directory to find public health programs like Oregon Health Plan. Locate affordable medical services at health clinics and county health departments. Learn how private health insurance works, including your appeal and complaint rights. Track health care reform. Find programs for healthy living. Uninsured? Approaching Medicare? Have a pre-existing condition? Make this your one stop for information on Oregon health coverage options.

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

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

EYES & EARS

Welcomes your contributions

Contact Duane

at the Cascadia Plaza Consumer Office
2415 SE 43rd

503-238-0705 Ext. 204 from 1-3 pm weekdays

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

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:

wwwmadnessradio.net

You can also access the shows from The Mental Health Association of Portland's website at:

www.portlandmentalhealth.org

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

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) Mon. thru Fri., 7 am to 6 pm

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/DHS/mentalhealth/wellness/main.shtml

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.

**Multnomah County's
Mental Health Call Center**

Do you or someone you know need help with a mental health or addiction problem?

Multnomah County Mental Health and Addictions Services Call Center is Portland's mental health information and referral hub for persons in crisis. The call center is staffed by mental health professionals 24 hours a day, 7 days a week and can be reached at 503-988-4888 or 1-800-716-9769.

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.

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

3941 SE Hawthorne (503) 249-1413

At Cascadia

Want to Go Back to School?

Whether you want to:

**Enroll in a college
Complete your GED or,**

Improve your Reading, Writing or Math Skills

**The Supported Education Program
at Cascadia can help!**

**Come to an orientation
And learn all about our program!**

Mondays at 1 pm
Cascadia Behavioral Healthcare
2415 SE 43rd, Second floor, Room #1

Cascadia

Garlington Center Recovery Services

Cascadia Garlington Center is an outpatient clinic, that provides multi-disciplinary, culturally relevant treatment services to persons with a mental illness and/or co-occurring disorder with specialized culturally specific services available for African Americans. We are located at 3034 NE MLK Blvd. Portland, OR 97212. Phone: 503-283-3763.

We offer a variety of classes for:

- Depression - Anxiety - Stress management
- Healthy relationships - Bipolar
- Skills training for various topics
- Culturally specific classes are also available for African American Women.

If you are interested in attending a class, please contact your case manager.

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.

Meetings are held at

Empowerment Initiatives - 3941 SE Hawthorne
on the first and third Tuesdays from 6 to 7:30 pm

March 15th,
April 5th & 19th

See other coming events at the Portland Hearing
Voices website at

www.portlandhearingvoices.net

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

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

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

mentalhealthportland.org

Has links to articles and resources.

NAMI Programs and Classes

NAMI provides free classes to family members of children and adults with mental illness. To learn more about our program offerings, contact:

Multnomah NAMI: (503) 228-5692
nami.multnomah@gmail.com
<http://www.nami.org/multnomah>

Clackamas NAMI: 503-344-5050
nami.clackamas@gmail.com

Washington NAMI: 503-356-6835
FamilySupport@NamiWash.org
<http://www.namiwash.org/>

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.

NAMI Basics 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, 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.

Join over 2,600 Fans of Mental Health Association of Portland on Facebook

The Mental Health Association of Portland invites you to join their Facebook at:

www.mentalhealthportland.org

Join us at NorthStar

What is NorthStar?

A place to go.

A place to return to.

A place to find meaningful relationships.

A place to find fulfilling work.

NorthStar is a community for adults with mental illness looking for a place to go and/or find meaningful and productive volunteer or paid work.

Contact us for more information!

522 N.E. 52nd Ave.
Portland, Oregon 97214
(971)544-7485

Northstarportland.org
info@northstarportland.org

NAMI Connection Recovery Support Groups

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.

Multnomah NAMI - 503-228-5692 for more info

Tuesdays, 11:00 am Luke Dorf, 9255 NE Halsey Street, Portland Oregon 97220.

Saturdays 3:30 pm 5228 NE Hoyt Street, Bldg. B., Portland, Oregon 97213

Clackamas NAMI - 503-344-5050 for more info or Email: nami.clackamas@gmail.com

Wednesdays 3 pm at Clackamas Community College, in the Community Center, Rm CC112
Wednesdays: 12 - 1:30 pm, Hilltop- 998 Library Ct, Oregon City

Saturdays: 1 - 2:30 pm. Call Steve Levine for more info at: 503-697-1854 or email at: steve.levine@comcast.net

Schizophrenia Support Group

Every Wednesday; 1:00 pm to 2:00 pm
NAMI Multnomah office, 524 NE 52nd Ave, Port.

Contact: Arlene Stine, (503) 228-5692

Mission Statement - A safe place for people with schizophrenia to relax, socialize, and develop skills.

NAMI Major Depression Support Group

Would you like support and a welcoming environment to connect with other folks who deal with depression? Don't let depression get you down!

Come hang out with us on Thursdays!
2 pm - 3 pm NAMI Multnomah Office
524 NE 52nd Ave., Portland, OR
Questions? Call 503-228-5692

Rose Haven

627 NW 18th Ave

503-248-6364 rosehaven.moonfruit.com
All new informative website now up and running

Thursdays 9:30 - 11:30 am
Women support group, classes and activities

Referral & advocacy: afternoons except Wed.
Services for housing, legal aid, medical & mental health care; Counseling; Compassionate listening; Assistance navigating the social services maze; Clothing & Hygiene items; Mailing address; Voice mail; Support Groups

Independent Living Resources

Offering Advocacy, Information & Referral, Peer Counseling, and Skills Training for people with disabilities. Classes, support groups, recreation and volunteer opportunities

1839 NE Couch St. 503-232-7411 www.ilr.org

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 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.

Online mental health and recovery support sites

This is a listing of some online sites that offer various types of support for persons with mental illness, their friends, family and those that work in mental health.

Check them out and find the support you need.

Forums at Psych Central - An abundance of forums to choose from.

<http://forums.psychcentral.com/>

What a Difference a Friend Makes

<http://www.whatadifference.samhsa.gov>

Voice-Hearers - This group is for people who hear, or who have heard voices.

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

Online Recovery Support - An online resource for the recovery community.

<http://onlinerecoverysupport.ning.com>

Rose City Recovery Connections - An online site for the Portland recovery community.

www.rc-rc.info/index.html

About.com:mental health Explore mental health
<http://mentalhealth.about.com>

Voices Across the World: Living with Mental Illness. This Facebook page was created to give those of us diagnosed with mental illness a collective voice in a safe "no stigma zone". www.facebook.com/VoicesFightingTheStigma?ref=mf

No Kidding, Me Too! - Fights stigma through education and breaking down societal barriers. An amazing number of actors and other entertainment professionals are involved. <http://nkm2.org>

Dialectal Behavior Therapy - Info about DBT (Dialectal Behavior Therapy). This site was written primarily by PEOPLE WHO HAVE BEEN THROUGH DBT, not DBT professionals. We cannot give advice, but we can talk about our experiences on our DBT journey. www.dbtselfhelp.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- 2489 or email him at robhb@pacificu.edu.

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

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.

Go to DDA's website listed above for a complete listing of meetings taking place in and around Portland and elsewhere.

COMING EVENTS

Free Yoga For Trauma and Extreme States ends for now

The last yoga for trauma and extreme states class will be March 12th. My internship will be completed. I'll be taking a Street Yoga training March 25-27th and will most likely hold another yoga class through that organization. I'll let you know.— Cascadi

Mental Health America's 2011 Annual Conference

June 9 -11, 2011 at Washington, D.C.

Scholarships to MHA's 2011 Annual Conference are being provided to consumers of mental health services by SAMHSA/CMHS

www.mentalhealthamerica.net/go/conference.

Alternatives 2011 to Be Held in Orlando, FL

Save the Date! Alternatives 2011, the annual national conference organized by and for individuals with psychiatric histories, will be held from Wednesday, Oct. 26, 2011, through Sunday, Oct. 30, 2011, at the Caribe Royale Orlando in Orlando, Fla. Alternatives 2011 is being organized by the National Mental Health Consumers' Self-Help Clearinghouse www.mhselfhelp.org, a peer-run national technical assistance center funded by the Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.

2011 NAMI Convention

Chicago July 6-9

Some scholarships available

nami.org

Mark your calendar! Join us to raise funds and awareness, and break stigma

Annual Northwest NAMI Walk!

Sunday, May 22, 2011

Vera Katz Eastbank Esplanade Festival Area
(near OMSI) Portland, Oregon
Registration begins at noon; walk begins at 1 PM.

2,000 people will walk together in May, to say "Recovery is possible; mental health matters; and that people living with mental illness are a valuable part of our community."

Seventy-five percent of funds raised by NAMI Multnomah teams goes directly to NAMI Multnomah's affiliate, to provide support, education and advocacy for individuals living with mental illness and their families. The remaining 25% is used by state and national NAMI.

Supporting the walk supports your community.

Signing up as a team captain or walker and raising money, will help NAMI Multnomah continue to provide hope, help and healing. Sponsorship opportunities are also available to directly benefit NAMI Multnomah's many programs.

Sponsorship levels for NAMIWalk range from \$250 to \$10,000.

Please assist us in identifying businesses and individuals in the community to support NAMI Multnomah programs.

Please review your holiday card list, vendors, neighbors and business associates, forward those contacts to NAMI Multnomah Walk Committee Chair Wendy Sample if you would like her to approach them for support of the NAMIWalk

Please remember NAMI's mission is to improve the quality of life for people with mental illnesses and their families through support, education, and advocacy.

For more information contact Wendy Sample at 503-245-2647 or email at wendyworks@ymail.com. Sign up a team or join a team today by visiting the walk web site: www.nami.org/namiwalks/OR

Thank you for your participation!

Employment & Educational Opportunities

(See more next page and in the Resources pages)

WorkSource Portland Metro

www2.worksourceportlandmetro.org

Your local WorkSource partners have the resources you need to sharpen your skills, find the perfect job, and advance your career. Our centers are open to all job seekers and career advancers age 18 and older.

At the WorkSource Centers you can access:

- iMatchSkills and other internet-based job search tools
- Job postings - web-based and employer posted
- Telephones, fax, and copy machine to help with your job search
- Resume writing tools
- Information on local industries and jobs – and their pay rates
- Workshops to help focus your job search
- Information about community resources

We help you compete in today's job market:

- Identify your skills, interests, and strengths
- Find out which skills businesses value most
- Learn how to interview and network
- Target your job search toward high growth industries
- Staff assistance with career advancement planning

Our staff will connect you with training options, such as:

- Occupational skill training
- Apprenticeship programs
- Continuing education in your field
- Adult Education, including GED, English as a Second Language (ESL), and Financial Literacy classes

Worksource Portland Metro Southeast
7916 SE Foster Road, Suite 104
Portland, OR 97206 (503)772-2300

For other locations go to the website listed above.

Employment & Educational Opportunities

Job Corps

PIVOT

2701 N. W. Vaughn Street, Suite 151, Portland
(503) 274-7343

<http://pivot.jobcorps.gov>

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.

Julia West House

522 SW 13th Ave. , Portland , OR
503-222-6564

Reading classes 9- 10:30 a.m.; GED classes 10:40 am.-noon, Monday and Thursday. Day access center 6:30 a.m.-3:30 pm, Monday-Wednesday and Friday; 6:30 a.m.-1 p.m.

Transit: Fareless Max Blue, Green, Yellow.

Free reading classes and GED preparation classes. Sign up in advance at Daywatch or Nightwatch programs. Day Access center.

Portland Habilitation Center Northwest

5312 NE 148th Ave. ,Portland, OR, 503-261-1266

<http://www.phcnw.com>

hours: 8 a.m.-5 p.m, Monday-Friday.

Transit: 87, from Parkrose Transit Center.

Training and employment in janitorial, landscape and clerical work. Opportunities for disabled people. An equal opportunity employer. Low-cost/no-cost/Section 8 apartments available.

State of Oregon Employment Offices

30 N Webster, Suite E., Portland OR

Gresham office (SE Stark) 503-669-7112; Portland office (N Webster) 503-280-6046; Tualaton Office (SW Mohawk) 503-612-4200; Beaverton/Hillsboro Office (SE Edgeway Dr.) 503-526-2700.

<http://www.employment.oregon.gov>

Call for hours.. Transit: 4, 44

Oregon labor market information system and job search database.

Vocational Rehabilitation Division

3945 SE Powell Blvd., Portland, OR

971-673-2555

<http://www.oregon.gov/dhs/vr>

8 a.m.-5 p.m, Monday-Friday.

Transit: 9, 75.

Ticket to Work and Self-Sufficiency Program is an employment program for people with disabilities who are interested in going to work. General orientation for new clients held 1:30 p.m. every Tuesday.

Goodwill Industries of the Columbia-Willamette

www.meetgoodwill.org

1943 SE 6th Ave. Portland

503-239-1734; 1-877-676-5872

Jobs available at stores or donation centers, and free employment service in the community.

The above info came from the Rose City Resource produced by Street Roots. For a listing of more resources go to www.rosecityresource.org. Hardcopy guides are available at the Street Roots office at 211 NW Davis St in Old Town Portland, or from your friendly neighborhood Street Roots vendor.

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. www.recovery-inc.org/georjw@comcast.net.
- 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:

- 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** - 4310 N.E. Martin Luther King Blvd., Portland, (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. www.betterpeople.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 re-

Resources

lated disabilities. www.depaulindustries.com

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.

Employment Marketplace: "Bringing employers & job seekers together". Every Friday though Workforce <http://wfn.pcc.edu/EmployerMarketPlace/EMP.asp>

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

Free online education: OpenCourseWare educational programs are offered at various colleges. www.ocwconsortium.org,

About U. also offers free online classes at <http://u.about.com/>

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.

Individual Development Account Program helps people save up money to start a business by matching \$3 for every \$1 saved. [Www.mercycorpsnw.org](http://www.mercycorpsnw.org)

Job Corps - PIVOT, 2701 N. W. Vaughn Street, Suite 151, Portland, (503) 274-7343 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. <http://pivot.jobcorps.gov>

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.

Senior Community Service Employment Program - 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

WorkSource Portland Metro provides 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. www2.worksourceportlandmetro.org

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.

-Crystal Meth Anonymous meetings www.crystalmeth.org

-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.smartrecovery.org

Benefits:

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

-Coalition of Community Health Clinics Website Provides info about free health care for uninsured people. www.coalitionclinics.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 prescription drug discount card - Save up to 30% or more on most prescriptions that are not covered or not fully covered by insurance.. Go to familywize.org

-Low Income Energy Assistance Program (LIEAP)- 503-988-6295

-Needy Meds - Find help with the cost of medication - www.needymeds.org

-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

-Oregon Helps - One stop place to learn about your eligibility for various human services. www.oregonhelps.org.

-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.

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

-West Burnside Chiropractic Clinic - Low & no cost services to those who cannot afford to pay for care. 221 W. Burnside St. Portland - 7:30am-6:30pm M-F. 503-223-2213. www.wschiro.edu.

Dental, Hearing & Eye Care

-Free Eye Care for Seniors- eyecareamerica.org.

-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)

-Lions Club - Eye care and hearing aids 1-866-623-9053

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

-Health Helpline by Oregon Health Action Campaign: 1-866-458-4457. Info on health services.

-Housing: www.housingconnections.org

-Network of Care - www.networkofcare.org

-Oregon Helps - This site asks a few questions about your income and expenses. The site then estimates your potential eligibility for 33 federal, state and local services. www.oregonhelps.org

-Resource web sites - www.thebeehive.org

-The Rose City Resource - www.streetroots.org

Health Resources:

HIV 7 Hepatitis C Resource Guide - www.oregonaidshotline.com

Other Resources:

-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 Geek - Free computers and training in exchange for volunteer work. 503-232-9350 www.freegeek.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

-Metro Child Care - 503-253-5000 www.metroccrr.org/index.htm

-No Longer Lonely - Online Dating for adults with mental illness. www.nolongerlonely.com

-William Temple House offers low-cost mental health counseling, emergency social services including food and children's clothing, pastoral care. 2023 NW Hoyt St., 503-226-3021. www.williamtemple.org

-Write Around Portland - creative writing 10-week sessions; publish work; 503-796-9224; www.writearound.org

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
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, equipment, supplies, and copying and distributing our newsletter to Clients & Staff at the clinics and residential housing.

Mental Health Association of Portland for technical assistance, posting the newsletter to their website & emailing the newsletter.

We Would Also Like To Thank:

George & Maija for photocopying the newsletter at Cascadia Plaza; and Garlington for printing the newsletter out for their clients.

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

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