

eyes & EARS

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Times

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

Mailing Address: 2415 SE 43rd Avenue Portland Oregon, 97206 eyes.ears@cascadiabhc.org

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.

[Read more here.](#)

A Multi-Story Underground: Squatters in the United States

by Hannah E. Dobbz, Feb. 23, 2011
www.beyondchron.org

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.....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.

[Read more here.](#)

Only scratching the surface on mental health system issues

March 01, 2011

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.

[Read more here.](#)

Building a better mental health system

Oregon will need to replace more hospital beds for persons with mental illness, but it must stop sentencing so many people, for so long, to costly hospital care

By The Oregonian Editorial Board
February 23, 2011

[Read more here.](#)

Pet Talk: Portland agencies operate pantries and clinics to help the pets of the homeless - Page 2

Media Guide – Your Language Matters When Writing About Mental Illness - Page 3

**NorthStar news including some position openings
NAMI Peer Delivered Service position open
Both on Page 4**

**Annual Northwest NAMI Walk! Sunday, May 22 -
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Mental Health Association of Portland Recent Website Postings as of March 13th

www.mentalhealthportland.org

Click below to view an article

[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?](#)

Second mental hospital draws critics People opposed to plan to build the state facility speak at hearing Friday

www.statesmanjournal.com, March 12, 2011

Written by Alan Gustafson

Critics of the state's plan to build another mental hospital in Junction City attempted to turn up the heat Friday at a legislative hearing.

[Read more here.](#)

Pet Talk: Portland agencies operate pantries and clinics to help the pets of the homeless

By Monique Balas, Special to The Oregonian
March 01, 2011

As one of Portland's estimated 2,500 homeless people, Scott (who declined to give his last name) says he feels safer sleeping on the streets with Bear Dog than he does in a shelter.

[Read more here.](#)

Assessing the need for state hospital beds

Guest Columnist By Mark Webb, February 17, 2011
www.oregonlive.com

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.

[Read more here.](#)

Are Oregon State Hospital consultants worth it?

From the Salem Statesman Journal
February 27, 2011, Written by Alan Gustafson

State officials refuse to answer questions about two mental-health consultants who have been paid \$1 million to help the Oregon State Hospital respond to an ongoing U.S. Department of Justice investigation of the Salem psychiatric facility.

The taxpayer-subsidized tab for the consulting duo has nearly doubled since the Statesman Journal first reported on their pay in July 2009.

[Read more here.](#)

Keeping our cops clean and sober

Guest Editorial, The Oregonian, February 16, 2011

The “treatment-first” option packaged with random drug testing in the contract means officers with alcohol or drug addiction will get help, not punishment. This is a substantive move that benefits the officers, their families and friends, and every one of us who looks to them for safety and protection.

[Read more here.](#)

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

From the Inside Out – the video

www.mentalhealthportland.org, March 1st, 2011

In 2007 and 2008 the Mental Health Association of Portland helped produce From the Inside Out, a theater group of persons with diagnosis of mental illness which explored issues of mental health and related topics through interactive theater, participatory workshops and the arts.

The project closed in 2009 but was pretty exciting for persons who were involved with it. The group had over 25 performances for about 1,000 audience members using 8 separate plays.

[See the video here.](#)

Prevent crisis; get informed; strengthen community. This link provides practical information for people interested in understanding how to identify and support persons with mental disorders. Discussion also explores the facts and myths about mental illness and violent behavior.

Five Questions on the Tucson, Ariz., Shootings for Psychologist Joel Dvoskin, PhD

www.apa.org

A mental health expert explains how to recognize danger signs, talk to children about the tragedy and more

[Read more here.](#)

Guest Opinion at portlandtribune.com

Crisis training for all police is not a ‘flaw’

My View • Front-line officers need another tool to protect mentally ill people

By Dan Handelman, Feb 24, 2011

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.

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.

[Read more here.](#)

Music for All makes classical music, ballet accessible to low-income Oregonians

By David Stabler, The Oregonian, January 04, 2011

[Read more here.](#)

Multnomah County Library offers free digital music downloads through Freegal

By Nikole Hannah-Jones, The Oregonian
February 13, 2011

Starting today, cardholders can download three free songs a week from the expansive Sony Music Catalog, with genres spanning from bolero to hip hop to Volksmusic.

[Read more here.](#)

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

NAMI Peer Delivered Service position 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/>

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

Comcast settles Oregon late fee class-action suit for \$23 million

Comcast Corp. 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. Notices about the settlement will appear in subscribers' monthly bills, but former subscribers are also eligible to submit claims.

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

**Meets on the third Thursday of each month we at
Cascadia's SE Plaza at 3 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 at Cascadia.

Contact: Amy Anderson 971-340-8942 or at
(Note: new email address)
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 am**

Cascadia's Garlington Clinic is at 3034 NE Martin Luther King, Jr. Blvd. and we meet in room G2.

Contact: Ryan Hamit 971-340-8774 or at
(Note: new email address)
garlingtonconsumer@gmail.com

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

From www.disabilityrightsoregon.org

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 166 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 am - 11:45 am, Room 137C+D, Human Resources Building, 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>

Website - includes Minutes, Bylaws, their priorities, and a Membership List.

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.

- Enforces privacy and confidentiality rules
- Measures treatment effectiveness (includes designing surveys)
- Performs certification reviews to determine if an agency will be qualified as a provider of mental health services
- Gives technical assistance to agencies who need to become compliant with state rules
- Investigates around 200 allegations of abuse of adults with mental illness annually

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.

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

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.

Washington County

Behavioral Health Council

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

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

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

www.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 Plaza Consumer Office weekend
afternoons at Cascadia Behavioral Healthcare
at 2415 SE 43rd Avenue Portland Oregon
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 www.madnessradio.net

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

www.mentalhealthportland.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) Monday through Friday, 7:00 am to 6:00 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. 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.

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

Do you or does 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 25 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.

**See the Eyes&Ears Online Edition on
the
Mental Health Association of Portland
Website at**

www.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!

At Cascadia

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.

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 - 503-238-0705
2415 SE 43rd, Second floor, Room #1**

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 6:00 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

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

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

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

Washington NAMI: 503-356-6835
FamilySupport@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 us on 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

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.

Schizophrenia Support Group

Every Wednesday; 1:00 pm to 2:00 pm
NAMI Multnomah office, 524 NE 52nd Ave,
Portland 97213

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

Women support group, classes and activities
on Thursdays from 9:30 to 11:30 am

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 www.ilr.org

1839 NE Couch St, Portland 503-232-7411

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.

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 - Website for people who are seeking information 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.dbtselphelp.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

www.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 listing of meetings taking place in the Portland metro area 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.— Casadi

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.

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

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

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.

Employment & Educational Opportunities
(See more 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.

Resources

Multnomah Mental Health
Crisis Number: 503-988-4888
Or 1-800-716-9769

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

-LifeWorks 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 on Mental Illness - 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. www.autismnwaf.org. 503-557-2111

-Portland Aspergers Network 503-284-4507, 503-682-1609. Email: contact@aspergersnet.org. Web:

Resources

www.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, www.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.

Alcohol and Drug Services

-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

-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

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

-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/

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

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 related 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

Resources

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 through 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

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 www.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

Health Resources:

-Coalition of Community Health Clinics Website
Provides info about free health care for uninsured people.
www.coalitionclinics.org.

-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 www.priorityfootwear.com

-Free Eye Care for Seniors- eyecareamerica.org.

-Free prescription drug discount card - Save up to 30%
or more on most prescriptions that are not covered or not
fully covered by insurance. Does not cover co-pays. Go to
familywize.org

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

-Lions Club - Eye care & hearing aids. 1-866-623-9053

-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)

-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

-Partnership for Prescription Coverage - 1-888-477-
2669. www.pparx.org. Coalition of different groups that
can help with prescription coverage.

Resources

-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.

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

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

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 Aid** - 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

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

Eyes & Ears
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