

EYES & EARS

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Book Sparks Mental Health Movement

A group of psychiatrists and mental health experts kicked off a national effort in Portland last month to improve the use of mental health drugs

By David Rosenfeld, The Lund Report

March 15, 2011 – Gina Nikkel said she couldn't read a book like Robert Whitaker's *Anatomy of an Epidemic* and not "do something about it," she told a crowd at the First Unitarian Church of Portland last month.

Whitaker – sitting a few feet away onstage – grinned proudly. His book looks at the outcomes of mental health patients over the past century, concluding in part that long-term use of mental health drugs could be making patients worse.

What Nikkel, the executive director of the Association of Oregon Community Mental Health Programs, along with Whitaker did about it was help create the Foundation for Excellence in Mental Health, which plans to raise several million dollars toward non-biased research into the use of psychiatric medication.

"The whole thought is to empower our docs and our psychiatrists to use medication in the manner that it's supposed to be used," Nikkel said. "A lot of the research we have now is funded by different entities that have a stake in the outcome of that research. We want to make sure there is research focused on medications and focused on recovery and what are the

(Continued on next page)

The Wrong Tools for the Job?

No Easy Fixes in Report on Mental Health Treatment

Portland Mercury, April 07, 2011

Denis C. Theriault

Eyebrows were raised across political and social-services circles last week, when a City Club of Portland committee released the results of a year-long examination into how Multnomah County treats its mentally ill patients.

With a call to "blow up the system," the innocuously titled report, "Improving the Delivery of Mental Health Services in Multnomah County," issued a series of blistering accusations: muddy budgeting; opaque spending; slipshod communication between county agencies, and also with regional governments; and a failure to adequately assess whether Multnomah County's treatment programs actually, you know, work.

"Needy individuals fall through the cracks, sometimes receiving no care or care at inappropriate levels and locales," reads the report.

Read the Portland City Club's report "Improving the Delivery of Mental Health Services in Multnomah County" at www.pdxcityclub.org.

By stressing transparency and "measurables," the document— assembled after months of cooperation with County Chair Jeff Cogen's office—aims to

(Continued on page 3)

City Club Report Critical of County's Mental Health System - Page 4

Ten years later, what has the death of Jose Meija Poot meant for Portland? - Page 5

Cascadia's CEO Honored with Award - Page 6

Cascadia Consumer Council - Eat pizza and write short messages to our State Legislators - Page 6

Rethinking Psychiatry Symposium, NAMI Walk, Prescription Drug Turn-In Day - P. 18-19

General Contents

Resources	8-17
Coming events	18-19
Job opportunities	19-20
Resource List	21-23

Book Sparks Mental Health Movement

(Continued from front page)

best protocols for recovery.”

The Foundation already has significant funding for a series of symposiums beginning with one in Portland last month that brought together more than 50 psychiatrists and mental health experts. In October, the Foundation plans a symposium on child psychiatry in Boston.

Nikkel said the Foundation was inspired by stories of physicians who say they face pressure from the public for a “magic pill.” Others have seen that medication isn’t always the best answer. Meanwhile, doctors are getting other messages that certain mental health conditions could require lifelong medication.

In Whitaker’s book, he describes patients that successfully recovered from mental illnesses by perhaps using medications periodically while relying on community support and other therapies.

“In some ways this is not a new way to think about things,” said Dr. Maggie Bennington-Davis, chief medical officer of Cascadia Behavioral Healthcare, who attended the two-day conference. “In some ways we’re going back to what community mental health was always meant to be when first envisioned in the 60s.”

She blames decades of reduced funding that have led payers to require that doctors invoice for specific practice codes. Patients end up in certain categories they may not belong, which can easily lead down the path of medication, Bennington-Davis said.

“It’s like shopping for a menu. If what you need isn’t on there, you’re out of luck,” she said.

Cascadia is the largest mental health provider in the state with most of its services located in and around Portland. It treats roughly 13,000 people with anything from therapy to secure residential housing. The organization itself has weathered perennial reductions in government funding, pushing the non-profit in recent years near bankruptcy.

“For Cascadia it’s a reminder that we’re here to help people to recover by whatever that looks like for each person,” Bennington-Davis said. “That may or may not include medication. It certainly doesn’t automatically require medication.”

The Oregon Psychiatric Association held a two-day conference in Portland earlier this month around the strengths and limitations of evidence-based medi-

cine in terms of various therapies as well as medications, said John McCulley, executive director.

“I don’t think there is ever any question that psychiatrists want to improve their education and skills in the area of medications,” McCulley said. “It’s so very complex and so individually patient determined. There needs to be continual research in all these areas.”

Dr. Chris Gordon, assistant professor of psychiatry at Harvard University, told the crowd at the Unitarian Church last month that the causes of mental illness are still unknown.

“I have the greatest respect for the profound suffering that whatever this is that we call mental illness actually is,” Gordon said. “I do acknowledge that many people have suffered grievous harm at the hands of psychiatrists, and my profession has unfortunately greatly compounded the suffering of many people. We have grossly under-appreciated the possibility for recovery.”

Mental Health Association of Portland Recent Website Postings as of April 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.

No Easy Fixes in Report on Mental Health Treatment

Multnomah County’s response to Senate Bill 111
Portland Police Trying New Methods Of Dealing With The Mentally Ill

You say you want a revolution in the county’s mental health care system?

Ten years later, what has the death of Jose Meija Poot meant for Portland?

Multnomah County: Response to committee report from City Club of Portland

City Club report says county’s ‘fractured’ mental health system needs help

Two managers in OSH cottages are reassigned

Dedicated staff makes new hospital even better

Eugene theater director draws talent from the world of the homeless

The Wrong Tools for the Job?

(Continued from front page)

impose clean, business-like standards on a mental health system (the largest in the state) that's anything but orderly. Budgets would clearly track which federal and state grants were funding which programs. And the county would consider giving up its fiefdom on mental health in favor of working more closely with other counties.

And, in a potential bright spot, the report also arrives at a time when more people might be paying attention: just before a storm of state and federal budget cuts, but right after a wave of high-profile police shootings.

That sounds promising. Until you ask advocates who have spent decades tackling the issue. Their take? "Blowing it up" isn't the answer.

"There's a problem with that," says Jason Renaud of the Mental Health Association of Portland. "Thousands and thousands of people rely on this system with their very lives. And these people don't react to change very well. They wind up in jail or in emergency rooms, and they cost even more."

For one, a businessperson's approach is usually a poor fit for something as subjective as mental illness. Do you measure money saved? Turnover in beds? Or a community's well being?

"Their jaws drop. They say, 'This [bookkeeping] is pure amateur witchcraft,'" says Renaud. "Because there really are substantive 'unmeasurables.' It's very difficult to know from an outside perspective whether something useful is being done or not."

Another question, if you buy into the City Club report's premise: Is there any political will to make it happen.

Note the swift and strong reaction from Cogen's office, coming off a bit defensive after all the time and energy its staffers invested in helping City Club produce the report.

David Austin, a Multnomah County spokesman, charitably called the thing an "attempt" to study the problem and said committee members drew mistaken conclusions. For one, he says, the county has already begun reaching out to the state and other regional governments. Officials also defended the county's budget process and how they measure patients' success.

"Maybe the committee didn't understand the information. Maybe it was a short timeframe," says Austin. "Like any public agency, we're always look-

ing for things to improve. But certainly, we're just puzzled at their tone and some of their erroneous conclusions."

Not even Cogen's office would argue the system isn't troubled. Money for programs is hard to follow, most of it funneled to a small office in Salem from the federal government and then spread out to counties and nonprofit partners. And budget cuts on all levels of government have further shrunk a pool of cash that was never much to begin with.

Renaud reminds, with a measure of irony, that one of the City Club report's prime ideas—creating a regional system, in which data would be tracked and budgets would be clear—has already been attempted. It was called Cascadia Behavioral Healthcare, born last decade after years of study and thousands millions of dollars in consulting fees.

But county funding leaked away after only a few months. Cascadia eventually went broke, siphoning millions in loans from the county while it collapsed under the weight of poor accounting practices, and now it's just one of a handful of groups the county contracts with.

"You need a dictator, one person who's willing to be hated," but also take charge of the system, Renaud says. "The people who manage for the county are very good managers, but they don't have the political cover to be tyrants and they don't have the money to buy the services that people need."

And for all its bluster, advocates say, the City Club report had at least one surprisingly glaring blind spot: It doesn't address the Multnomah County jail, technically the county's largest provider of mental health services. Elizabeth Wakefield, a public defender who specializes in mental health cases, says the county has made strides when it comes to keeping the most impaired defendants from languishing in jail, removed from whatever care they'd been receiving, or, worse, being put back out on the streets.

"That system is slowly improving, and the lines of communication are working better," she says. "The treatment system knows what's going on and the legal system knows what's going on."

Wakefield says that while it's possible to "measure success" in mental health treatment, even when things are working, she says, "sometimes they do have police contacts or they pick up low-level charges."

"You can't measure success with this population the same way you measure success with other populations."

City Club Report Critical of County's Mental Health System

It recommends that the county turn over mental health services to a regional entity by working with the Oregon Health Authority

By Amanda Waldroupe, The Lund Report

March 31, 2011 -- The City Club of Portland released an in-depth report of Multnomah County's mental health system today which concluded that the county's mental health system, which served nearly 30,000 people in 2009, is not patient-centered and is egregiously flawed.

"In Multnomah County, the system of mental health care needs to be completely restructured," the report said.

In its most stunning criticism, the City Club suggests that Multnomah County may not be the appropriate governmental entity to provide mental health services, and the county should explore working with the Oregon Health Authority to establish a regional authority.

Nine members of the City Club analyzed the mental health system, interviewing more than 100 service providers, advocates and policy makers. Its 45-page report looks at how the county manages and negotiates its contracts, its budget, patient outcome measurement, and how that system coordinates with the criminal justice system, hospitals, drug treatment programs, other counties and other systems.

Multnomah County contracts with providers using a fee-for-service system, reimbursing providers for the services they perform.

There isn't a structure to decide whether to contract for services or provide them directly, according to Karl Brimner, director of the county's mental health and addiction services division.

That lack of structure is a handicap, according to the City Club's report because "the county relies on the experience and judgment and individuals running the division," and contracting decisions are "based on the judgments of key administrative personnel." There is the potential for misjudgment, individual biases, and subjectivism which can color the decision making process.

"The subjective judgment of individuals, no matter how dedicated or accomplished, cannot be the basis for an enduring and effective system of mental healthcare delivery in a community," the report said.

Contracts also do not explicitly spell out standards of performance and outcomes that providers are expected to accomplish. Such contracts should be unambiguous and clearly identify "clear standards of acceptable performance," the report recommends.

"Without uniform data collection and clear standards of performance, objective judgments of the quality of performance are not possible."

The Budget Isn't Transparent

The City Club also raised serious concerns about the lack of transparency in the division's budget. Currently its budget doesn't show how money the division receives from various funding streams for particular providers, programs and services.

Its analysis "found it impossible to determine exactly how much money is spent for mental health services in the county. "It is difficult, if not impossible, to know how much each department spends on direct delivery of mental health services." Instead, the City Club recommends the division create a line-item budget and make such information available to the public.

The report also criticizes the lack of specific guidelines and desired outcomes in the division's contracts, and "the effectiveness of treatment cannot be ascertained."

And, it found "poor coordination" between the division and its service providers, the criminal justice system, hospitals and other entities serving mentally ill people. The result is that patients do not receive appropriate care.

Go to www.mentalhealthportland.org to read the County's response.

Ten years later, what has the death of Jose Mejia Poot meant for Portland?

By Martin Gonzalez, the coordinator of the Justice for Jose Mejia Poot Committee and member of the Portland School Board, and Dan Handelman, who participated in the Committee and is a member of Portland Copwatch.

Today, April 1, 2011 marks 10 years to the day since day laborer Jose Santos Victor Mejia Poot was shot and killed by Portland Police Officers responding to a 9-1-1 call inside a mental hospital. Such an anniversary seems a good time to examine where we were as a City then and what has changed.

Mr. Mejia did not have a mental illness, but rather was suffering a seizure from epilepsy when he found himself 20 cents shy of bus fare two days earlier. Officers called to the bus dragged Mr. Mejia out and reportedly beat him. Once released from jail, Mr. Mejia, a Native American from the Yucatan peninsula who did not speak English nor much Spanish, confused and penniless, was misdiagnosed as having a mental illness and brought to Pacific Gateway Psychiatric Hospital on March 30, 2001.

Two days later, a staff nurse called the police after Mr. Mejia got out of his room and allegedly threatened staff with a pencil. Officers responded, including the Crisis Intervention Team (CIT) trained officer who knew how to de-escalate a situation. Mr. Mejia was returned to his room without incident. A few hours later, he got out again, the nurse called again, but the CIT officer was no longer on duty. The officers who responded confronted Mr. Mejia, who allegedly grabbed the aluminum push rod from a door, and they shot and killed him.

To its credit, the City put together a series of forums to hear from the community about what they would want to see changed. The community had put forward a list of 10 demands for the City, the police and for Tri-Met.

However, a few steps taken drove the wedge between community and police further: Chief Mark Kroeker awarded two of the officers involved in the shooting with medals; then, community members seeking to appeal the finding of “no misconduct” for the beating on the bus were prevented from using the City’s Citizen Review Committee by administrative declaration of the Independent Police Review Division director, the City Auditor, and the City Attor-

ney.

Since then, the hospital settled with the family and closed its doors; the City settled with the family for a small amount of money and an agreement to conduct at least one hour of CIT training and training about epilepsy for all officers, and the agreement to buy less lethal weapons as an alternative to firearms.

So what has changed at the Portland Police Bureau?

One of the community demands that grew out of the incident was to get CIT training for all officers. That happened, but not until after the death of James Chasse, Jr in 2006.

Among the ten specific demands from the community forums after Mr. Mejia’s death was the creation of a citizens police review board and changes to deadly force policies. The IPR was created in 2001 and strengthened some in 2010; however, it still falls short of community expectations for a strong oversight body. In 2008, Chief [Rosie] Sizer changed the use of force policy to encourage officers to use the least force necessary; that new rule is clearly up to interpretation as officers have been involved in 9 shootings since January of 2010. It is certainly a healthy change, however, that there have been no awards given out for controversial shootings in recent years, and that current Chief Mike Reese called the number of shootings “unacceptable” and pledged to find ways to avoid future incidents. Another demand was for diversity training, which has been offered to officers with mixed success and little input from the community.

Looking at other demands from 2001, the community wanted strict standards for officers dealing with individuals with disabilities, hiring officers to reflect the size of Portland’s Latino population, and for the City to pass an ordinance against police brutality. On these points, we are still waiting.

Cascadia's Derald Walker Honored with National Visionary Leader Award

April 5th, 2011 www.cascadiabhc.org

Derald Walker, Ph.D., Chief Executive Officer of Cascadia Behavioral Healthcare is being recognized by the National Council for Community Behavioral Healthcare with the 2011 Award of Excellence for Visionary Leadership.

"Derald Walker has fundamentally transformed Cascadia Behavioral Healthcare," said Linda Rosenberg, MSW, President and CEO of the National Council for Community Behavioral Healthcare. "Through his leadership, Cascadia has surfaced from near bankruptcy, restructured, and is now counted amongst the most innovative and quality service providers in Oregon. He has created a vision for a safer, healthier community, establishing Safer Steps Portland with the Bazelon Center for Mental Health Law to identify barriers to treatment and intervene before individuals interact with law enforcement."

The Awards of Excellence will be formally presented to Derald Walker and his fellow nominees on May 3, 2011 in San Diego, California during the 41st Annual Conference of the National Council for Community Behavioral Healthcare. For more information on the 2011 National Council Award winners, and to view winners from previous years, please go to www.thenationalcouncil.org/awards.

The above contains excerpts of the full article. Go to www.cascadiabhc.org to read the full article.

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.

Oregon Certified Ombudsmen Volunteers

Certified Ombudsmen Volunteers are advocates who visit the residents of long-term care facilities, identifying complaints and concerns. They investigate these complaints and work with the staff of the facilities to resolve problems, advocating from the resident's point of view.

Certified Ombudsmen Volunteers set their own schedule, attend monthly support group meetings, and volunteer about five hours a week.

Training for this volunteer job consists of five classroom sessions and one facility visit. The next trainings in the Portland area are in May, August and November.

Before attending training, volunteers complete an application, interview and pass a background check. To apply, call 1-800-522-2602 or email LTCO.volunteer@state.or.us.

Go to www.oregon.gov/LTCO/ to learn more.

**Cascadia Consumers!! Please join the
Cascadia Consumer Council
for a Pizza Party with a Purpose!**

Cascadia Plaza
2415 SE 43rd (SE 43rd and Division)
Portland, OR 97206
April 21 from 12 - 2 pm

Cascadia Garlington Center
3034 NE Dr. Martin Luther King, Jr. BLVD
Portland, OR 97212
April 22 from 1:30 - 3:30 pm

We will eat pizza and write short messages to our State Legislators about the importance of community mental health and addictions services!

For more information, contact: Amy 971-340-8942

We hope to see you there.

Panel proposes overhaul to Ore. health care system

www.necn.com, Mar 25, 2011

SALEM, Ore. (AP) — A panel of health experts is recommending an overhaul of the Oregon Health Plan aimed at rewarding doctors for keeping patients healthy and out of the hospital.

The panel sent the plan to the Legislature this week after two months of meetings that began in February. The goal is to help narrow a health care funding gap and stanch the rapid rise of health care costs — and in the process provide better health care.

"Make it an easier, simpler system," said Dr. Bruce Goldberg, director of the Oregon Health Authority and chair of the panel. The health authority oversees the Oregon Health Plan, the state's version of Medicaid, which pays for health care for people with low income.

About 20 percent of patients account for 80 percent of health care costs, Goldberg said. So a proactive focus on keeping those patients out of the hospital can save a lot of money while also leaving them healthier. That comes, for example, by carefully managing diabetes and ensuring patients with mental health conditions get diagnosed and treated.

The proposal was developed by a panel called the Health Systems Transformation Team, which was convened by Gov. John Kitzhaber's administration and comprised of lawmakers, government agencies, lobbyists for health care interests and others with a stake in the outcome.

The group recommended creating community-based non-profits called coordinated care organizations that would be responsible for patients in their region. A CCO would coordinate mental health, physical health and dental care in a way that reduces duplicated treatments and ensures patients have access to the resources they need to stay healthy and away from the hospital.

If a patient can't get time off work to see a doctor, the CCO might find a community health worker who can visit them at home. If someone needs help getting to a doctor's office, the CCO might find transportation.

A coordinated care organization would get the state and federal Medicaid funding for the patients in its region. The organization would be responsible for using the money to efficiently care for its patients

without exceeding the budget. As money is saved because patients are healthier, the CCO would share the savings with health providers in its network.

The proposal calls for restructuring payments and incentives to move away from the current system where doctors are paid for the services they provide, which critics say encourages overtreatment and doesn't create incentives for doctors to have healthy patients. The proposal promotes the use of alternative models such as one known as a patient-centered medical home, where doctors, nurse practitioners and physician assistants work together to ensure patients are getting the care they need.

Changing the system will be difficult — because it represents a "cultural shift" — but not impossible, said Dr. Richard Wopat, who runs a medical home practice in Lebanon, Ore. The health care system has been largely unchanged for decades, and nobody's happy with the way it is now, Wopat said.

"It's going to take time, energy, patience and persistence to make the change," Wopat said. "But I do think it's critical if we're going to be successful."

The plan proposed this week still faces an uphill battle. Much of it needs approval from the Legislature or the federal government, including permission for health providers to share patients' private medical information with the CCO.

And the state would need permission from the federal government to cap CCO funding and to require that Medicaid patients enroll in a CCO.

The state would also need federal permission for plans to combine funding and oversight between Medicaid and Medicare for the 59,000 patients who are eligible for both programs. Those patients, and the doctors treating them, currently face different bureaucracies for each program.

Goldberg said the plan is to start first with Medicaid patients and eventually expand to also include state employees. That's 850,000 patients — a significant chunk of the health care market in Oregon — and can influence the entire health care system even for patients with private insurance.

"We didn't create this health care system overnight. The costs didn't skyrocket overnight," Goldberg said. "This is something that's been happening over decades, and this is something that's going to take some time to revitalize and re-strengthen the system."

First Career Mapping Workshop — A Success!

The Compass, April/May 2011, by Silas Matthies

On Saturday, February 26, NorthStar held a Career Mapping workshop, which was a workshop where participants could explore career interests and goals and give each other feedback. The workshop facilitators were NorthStar staff members Thalia Begun and Peter Katon.

The workshop included four written brainstorming activities. The first brainstorm was *Life History*, which Thalia described as, “thinking about things that have influenced your life.” The next map was *Strengths, Gifts, and Capacities*. Thalia says that through this activity, participants “discover the many positive aspects they bring to the table.” The next activity was *What Works/What Doesn't*. It involved identifying work environments and job characteristics that work for each individual, and those that don't. The final brainstorm is *Possible Jobs/Careers*. Uniquely, facilitators and participants worked together to come up with possible job opportunities for participants, many of which an individual would not have thought of on his/her own.

After Career Mapping, the next step for participants is Resource Planning through individual appointments with NorthStar staff. Prior to meeting, workshop graduates gather the results of the brainstorming activities into one guiding document. Resource Planning allows participants and staff to collaborate in formulating goals and a plan of action to achieve them.

The workshop was a success and gave participants the opportunity to see themselves in a new light. Now they can move forward. Participant Betty Davis admits “I've let my mental illness define me...I feel like Rip van Winkle waking up after [a long time] asleep.”

Through workshops and opportunities such as Career Mapping, Peter Katon would like to see “an increase in self-awareness and career interests that may help you think of other career opportunities.” Such self-awareness can enlighten others, too: Thalia Begun is excited about the possibilities for people to reframe themselves in terms of their potential instead of their weaknesses. Says Thalia, “It's interesting to find out what makes people tick, what their strengths are. I think all people are amazing: sometimes they need other people to help them see that.”

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. Keep up with what's going on at NorthStar by subscribing.

Call 971-544-7485

or email info@northstarportland.org.

Or see it online at www.northstarportland.org. Just click on Programs and Activities on top of the website.

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 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 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 - 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 - www.clackamas.us/community_health/behavioral/councils.html

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. For more info:
www.communitycounselingsolutions.org

Empowerment Initiatives

Serving people with mental health diagnosis. Help in finding and securing resources most effective for their mental health and well being.

www.chooseempowerment.com

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

April 19th, May 3, 17, June 7, 14

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

Rethinking Psychiatry Two-Day Symposium

Friday, May 13, 7:00 to 9:00 PM

Creating a New Paradigm of Mental Health Care:
What Needs to be Done? and Why?

Saturday, May 14, 8:00 AM to 5:00 PM

Building Strong Communities: New Tools for
Mental, Emotional and Spiritual Health

The First Unitarian Church of Portland
1011 SW 12th

Friday evening will feature Robert Whitaker, author of *Anatomy of an Epidemic*, facilitating a conversation with the audience and a panel of mental health providers and peers on the current national movement to move our mental health care to a more holistic, effective and humane system.

Saturday will be a day sharing the wealth of resources and knowledge that support mental, emotional and spiritual health of all members of our communities. You will be invited to take part in and present workshops, presentations and conversations highlighting the array of ideas, actions and activities that are helping create the new paradigm of mental health care for all.

Organized by Rethinking Psychiatry. For information contact: Marcia Meyers 503-665-3967

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.

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!

Prescription drug turn-in day to dispose of unwanted medication set for 3 Portland locations

The Oregonian By Melissa Navas, April 05, 2011

Prescription drug turn-in sites will be available at three Portland locations April 30 to coincide with a nationwide collection campaign.

The event will be held from 10 a.m. to 2 p.m. at two Fred Meyer locations, 7404 N. Interstate Ave. and 1111 N.E. 102nd Ave., and the Old Town Police Contact Office, 110 S.W. Third Ave.

Unwanted medications will be incinerated instead of ending up in the water supply. Sharps and medical waste will not be accepted.

The event is hosted by the Portland Office of Neighborhood Involvement, Portland Police Bureau and the DEA.

For more information contact Jenni Bernheisel at 503-823-2781 or jenni.bernheisel@portlandoregon.gov.

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.

Presentation proposals being taken until May 31st. Go to www.alternatives2011.org for application and other information about the conference.

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 nami.org
Some scholarships available

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

DePaul Industries

4950 NE Martin Luther King Jr. Blvd. ,Portland OR
503-281-1289 www.depaulindustries.com
8 a.m.-5 p. m, Monday-Friday.
Transit: 6 down MLK Jr. Blvd.

Temporary staffing service specializing in employ- ing the disabled or people in recovery. All are wel- come. The programs are individualized and can ac- commodate those with special needs, including hearing impairment and visual impairment. Employ- ment options for people with all kinds of disabili- ties, including injury and illness related disabilities. Security and clerical job training and placements.

Dress For Success

1532 NE 37th Ave. Portland OR (503) 249-7300
www.dressforsuccessoregon.org
By Referral only. See website/Call for referring agency.
Transit: 77, Max Blue, Green, Red

Resources and support to help low-income women successfully enter the workforce. We offer profes- sional clothing for job interviews and the work- place, and assistance with resume preparation and job search in our Career Center. Once employed, we provide job retention resources, training and men- toring through our Professional Women's Group (PWG).

Epilepsy Foundation: Employment Plus

5251 NE Glisan St., #A-203, Portland OR
503-228-7651 www.epilepsynw.org
Call for appointment and intake. Transit: 19, 71
Employment assistance for people diagnosed with epilepsy. Call for appointment for intake meeting.

Empowerment Initiatives

3941 SE Hawthorne Portland OR 503-249-1413
www.chooseempowerment.com
Call for hours
Transit: 12, 19, 20

Serving people with mental health diagnoses. Help in finding and securing resources most effective for their mental health and well being.

Senior Community Service Employment Program

2101 NE Flanders St. Portland OR 503-232-7684
www.doleta.gov/seniors
8:30 a.m.- 4:30 p. m. Monday-Friday.
Transit: 12 to NE Flanders.

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 reli- able workforce. Facilitates economic self- sufficiency for older individuals and their families who are working.

Human Solutions-Living Solutions

18709 SE Stark St Portland OR (503) 548-0270
www.humansolutions.org
Hours: 9 a.m.-5 p.m.
Transit: MAX Blue Line

Living Solutions offers employment training for low-income families in Gresham. Services include: GED preparation classes, assists with work searches, resume building; participants receive job coaching and career training. Call for eligibility pre-screen. Orientation is required and available. Services available in English/Spanish.

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/

-The PACS Program - Prescription and Community Services. A resource and support program for adults living with mental illness in Mult. Co. Peer run. Call 503-228-5692 for an intake and to schedule an appt.

-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

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