

EYES & EARS

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Swinging doors at the state hospital Lawmakers must carefully balance patient care, taxpayer cost and public safety

By The Oregonian Editorial Board, May 01, 2011

It's clear that some patients spend too long in the Oregon State Hospital, where a year of care and confinement costs \$200,000. It is less clear why that's so, and what the Legislature should do about it.

There's a rush on in Salem to lay blame for the lengthy hospital stays and extraordinary costs onto the Psychiatric Security Review Board, which decides when a forensics patient — someone who has pleaded guilty except for insanity to a crime — is ready for release from the hospital to less-restrictive community facilities.

It's true that the PSRB has a long history of erring on the side of confinement. That's what Oregonians apparently wanted when they established the pioneering PSRB in 1978, and wrote into law that the board's primary responsibility was to protect public safety. It's done that. Over the past three decades fewer than 2 percent of conditionally released patients committed new crimes. That's a remarkable figure, but it's come at a high cost to patients and taxpayers.

It's also contributed to a damaging kink in Oregon's mental health system, with patients stacking up at the overcrowded and expensive hospital, while little or no care is available to many other persons with mental illness.

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Doubts, Warnings to Lawmakers Fill Transformation Testimony

Groups are worried about leaving some vulnerable populations behind and skeptical about alleged cost savings

By: David Rosenfeld - The Lund Report

April 28, 2011 -- Doubt and skepticism along with some strong warnings about revamping the Oregon Health Plan and other human services were heard loud and clear Wednesday night as lawmakers met to discuss House Bill 3650, the newly drafted health-care transformation legislation.

The bill seeks to coordinate care for mental health, physical health, dental and chemical dependency under new Coordinated Care Organizations, which would take the place of current Medicaid Managed Care Organizations. In many cases the MCO plans would simply transition to CCO plans covering more services. In other places, some commercial insurance companies may come on board.

The state faces a shortfall of more than \$800 million in the general fund budget for human services in the next biennium, and the hope is that by jump-starting the transformation process the state could save up to \$500 million in the second year of the biennium.

But that number is being questioned. Paul Phillips, a former legislator who lobbies on behalf of a coalition of Medicaid managed care plans called

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Swinging doors at the state hospital

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The crowded conditions and lengthy stays are part of an ongoing federal civil rights investigation of the hospital.

Given all this, it's appropriate that lawmakers are debating legislation that would reduce the number of patients sent to the hospital, and, in theory at least, shorten the length of stay for some of those who are hospitalized.

We're strongly in favor of Senate Bill 3100, which would reduce the number of patients coming in the hospital's front door. It would require an evaluation by a state-certified psychologist or psychiatrist before a person could successfully plead guilty except for insanity. It would also exclude from the hospital persons who plead guilty except for insanity to misdemeanor crimes.

Senate Bill 420 is a more complex, difficult question. That bill proposes to take the responsibility for deciding when a hospital patient is ready for release away from the PSRB and give it to the Oregon Health Authority. Supporters, including patients and advocates for those with mental illness, strongly support the bill, arguing that decisions about the fitness of patients for release belong with physicians and the health authority.

That makes sense. But SB420 may have less impact than many people expect. In recent years, as scrutiny on the state hospital has grown, the PSRB has been more accommodating about moving people out of the hospital. In fact, it's hard to find many recent cases in which state hospital physicians have recommended a patient's release, and a community facility were ready and willing to accept that patient, and yet the PSRB denied the release.

Shifting responsibility for release decisions from the PSRB to the health authority will not magically open up more community beds for patients prepared for release from the hospital. We're not opposed to the shift, but if the Legislature makes this change, it should be done with clear eyes. In the end, the only way to move people more quickly from the state hospital is to ensure that they have a place to go, one that provides an appropriate level of care and protects the public safety.

Doubts, Warnings to Lawmakers Fill Transformation Testimony

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COHO, said he doesn't believe it.

"My single concern is the budget," Phillips said. "In states that have transformed and moved forward, in the first five years it cost them more money."

Phillips pointed to Massachusetts, which already spent \$7,000 per Medicaid member compared to Oregon's \$5,000 per member when it went through a similar transition several years ago. Phillips said the costs went up because the state needed to set up additional networks.

"The myth that this would save \$500 million is just that, a myth," Phillips said. "You'll see the money down the line. It doesn't mean it shouldn't be done. It should be done with a realistic view of what it will cost."

Up until now, lawmakers had spent more time debating how organizations would share in the savings rather than face the reality of sharing in the losses.

In addition, several provider groups from rural hospitals to county mental health providers and groups that serve women's reproductive health may be given additional time to transition into the new payment plans, which could further push savings down the line.

Andy Davidson, CEO of the Oregon Association of Hospitals and Health Systems, asked legislators to exclude Type A and B hospitals until 2014 when everyone should have coverage under federal law. Those are rural hospitals with fewer beds that receive higher reimbursement.

Taking another \$1 billion out of the Medicaid program is dangerous, he said, and an increased hospital provider tax, as some have discussed to ease the shortfall, could solve part of the problem but not all of it.

"We're really worried that the Oregon Health Plan as we know it, transformation or not, is in deep trouble. It's a very dangerous road we're going down," Davidson said.

Jim Carlson, executive director of the Oregon Health Care Association, which represents long term care providers, said he was hopeful the plan could save money for the dual eligible population. "I believe there's tremendous potential to receive better

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enhanced care that can also be delivered at lower cost,” Carlson said. “This holds potential to build a better model and provide better services.”

Claudia Black, co-director of government relations for Multnomah County, said her county as well as the Association of Oregon Counties supports the bill. But they have concerns about coordination among child welfare, mental health crisis centers and criminal justice as well as safety net services for those not covered by Medicaid.

“Until most have coverage and transition, we want to be sure those most severely ill will continue to receive services,” Black said.

Mike Shirtcliff, president of Advantage Dental, expressed similar concerns about folding dental providers into the CCO plans. Dental, mental health and physical health were originally integrated together when OHP began in 1994. But it didn’t work, Shirtcliff said, because the health plans couldn’t get the dentists to work together, which led to the creation of the DCOs.

“Now our fear is that if this is done too quickly (under the CCOs), the Medicaid population won’t have access to dental care,” he said.

Shirtcliff too argued that dental providers transition into the plan in 2014. “This is really about how we transition into new groups and don’t disrupt continuity of care and lose the current system,” Shirtcliff said. “Managed care has done a lot of good and I don’t want to kill something that has the potential to do good. I’m trying to work in the spirit of cooperation with everyone to make the transition better and deliver better results.”

Dr. Lyle Jackson, president of Mid-Rogue IPA, a Medicaid managed care plan, warned legislators to maintain local control. He cautioned against creating vast statewide networks or even regional players who might not be familiar with local providers. He also harkened back to the early days of the Oregon Health Plan history in the 1990s when some commercial health plans, including Regence BlueCross BlueShield, failed to deliver adequate access and dropped out.

“We know our neighborhood. We know what works,” Jackson said. “If you go with statewide or regional organizations because of efficiency, I can tell you the doctors will drop out. The reason they take discounted rates is they’re part of the process. If you take away that local control, it will not work. We’re all ready to go. It’s just a matter of changing the sign and the letterhead.”

Mental Health Association of Portland Recent Website Postings as of May 9th

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.

Changes to Oregon State Hospital policies would threaten public safety

‘Bad apples’ hinder reform efforts at Oregon State Hospital

Asylum in the Streets

Medford – Incidents involving mentally ill increase

Swinging doors at the state hospital

OHSU Grand Rounds – May 3

In Memoriam – Robert Kadas

DHD is a “fictitious epidemic.”

The Numbers Have Dropped But Meth Still Takes Its Toll

Regarding Officer Chris Kilcullen and Mental Health Care

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.

Kitzhaber, Feds could meet soon about OSH Inquiry into state hospital is going on five years this June

Written by Alan Gustafson, Statesman Journal
April 24, 2011

Oregon State Hospital has been in the crosshairs of federal civil-rights investigators since mid-2006, and there appears to be no end in sight to the long-running inquiry.

In fact, federal lawyers at the forefront of the investigation made two recent trips to Salem to gather more information about Oregon's main mental hospital and other aspects of the state's mental-health system, email correspondence obtained by the Statesman Journal shows.

The first visit occurred in February when lawyers from the U.S. Department of Justice met at the state hospital with a number of patients to hear their concerns and complaints.

Patients vented frustration about long stints of hospitalization and restrictive release practices that keep patients cooped up on psychiatric wards after therapists have found them fit to be released.

During the second trip to Salem, visitors from the U.S. DOJ spent three days, April 6-8, conducting interviews with at least 10 state mental health administrators. The talks took place in a conference room at the Commerce Building.

State officials briefed the federal contingent on various mental-health programs, state hospital release practices and funding issues that loom as the state faces a \$3.5 billion shortfall in its budget for 2011-13.

Ten administrators were listed on a roster of scheduled participants for the three-day series of interviews. Among them: Richard Harris, director of the Addictions and Mental Health Division; Mary Claire Buckley, executive director of the Psychiatric Security Review Board; and Nena Strickland, deputy superintendent of the state hospital.

Heading up the federal team was Robert Koch, a trial attorney for the Special Litigation Section of the Civil Rights Division of the U.S. DOJ.

The Statesman Journal obtained back-and-forth correspondence between state and federal lawyers through a public records request filed with the Oregon Department of Justice. The email traffic stretches from January through the middle of last week.

Much of the correspondence focused on scheduling matters and other arrangements for the two recent visits.

Other exchanges pointed to a potential meeting between Gov. John Kitzhaber and Thomas Perez, head of the federal Justice Department's Civil Rights Division.

State and federal lawyers expressed mutual interest in setting up such a meeting, potentially opening up a new, top-level line of communication in the protracted investigation.

Former Gov. Ted Kulongoski previously spurned an invitation for a face-to-face meeting with federal officials investigating OSH.

As it stands, no date has been set for a meeting between Kitzhaber and Perez.

"We've always been open to a meeting, but we continue to discuss when it should occur," Tony Green, a spokesman for Attorney General John Kroger, said last week in an email to the newspaper.

The state has placed a pre-condition on any meeting between Kitzhaber and Perez, as outlined Wednesday in an email sent to the feds by John Dunbar, the attorney in charge of the Special Litigation Unit of the Oregon Justice Department.

Dunbar wrote: "I have checked further about a meeting between Tom Perez and Governor Kitzhaber. We think it would be best to hold the meeting after we learn more about USDOJ's specific concerns and any findings

"Of course, we believe that given what USDOJ learned about during its most recent visit, including the AMHI program (Adult Mental Health Initiative), the Oregon Health Plan, the child wraparound program, and other Oregon programs, USDOJ should not issue findings. In any event, we look forward to hearing from USDOJ about follow-up information."

This June will mark the fifth anniversary of the beginning of the federal investigation of the state hospital.

In 2008, the feds threatened legal action if Oregon did not fix numerous defects in patient care and hospital conditions. The state responded by launching new treatment programs, hiring hundreds of new hospital employees and moving forward with construction of a new 620-bed, \$280 million replacement hospital in central Salem.

Despite reform-minded efforts, the federal Justice Department put the state on notice in November that it was widening the investigation, digging into

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concerns beyond patient care and hospital conditions.

The expanded investigation has been scrutinizing how long patients stay at OSH, the availability of mental health services for people coming out of the hospital and those at risk of being institutionalized, and whether the state is complying with federal law, which requires that government dollars support the most appropriate care for people with disabilities in the least restrictive settings.

Mental health advocates maintain that Oregon spends too much on hospitalization for people with mental illnesses and not enough on community programs.

Legislative action will occur soon on budget cuts that loom for the state hospital and other parts of the mental health system. Kitzhaber's proposed budget for 2011-13 called for \$36 million worth of general fund spending cuts at OSH. Mental health administrators are putting together a package of specific cuts for upcoming review by the Legislature's budget-writing committee.

New Framework Proposed for Manual of Mental Disorders

From MedPage Today, 5/4/11

The American Psychiatric Association is proposing a new classification system that they hope will correspond better to the causes of mental illness. The new organization for the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM) eliminates some categories while adding new ones and substantially renaming others. It reflects the latest scientific thinking about how various conditions relate to each other and may influence care. Illness types that will no longer have their own top-level categories in DSM-5 include factitious disorders, adjustment disorders, and "mental disorders due to a general medical condition." Top-level groupings for bipolar and related disorders; elimination disorders; trauma- and stressor-related disorders; obsessive-compulsive disorder; and disruptive, conduct, and impulse-control disorders have been added. The proposed changes to the organizational structure and revisions to diagnostic criteria will be available for review and comment at www.DSM5.org from May 4 to June 15, 2011.

HONORING PATIENTS' ADVANCE DIRECTIVES

Excerpt from Disability Rights Oregon Legislative Update April 29, 2011 disabilityrightsoregon.org

On Wednesday, April 27th Disability Rights Oregon submitted testimony on House Bill 2107 to the Senate Committee on Health Care, Human Services and Rural Health Policy. This bill has already passed the House. It would allow the state hospital to not follow a patient's directions about treatment that the patient has previously put in an advance directive. The hospital can do this now for civilly committed patients but not for those who have been committed through the criminal courts.

A "Declaration for Mental Health Treatment" allows an adult to plan in advance for mental health care if he or she becomes incapacitated. It also allows an adult to appoint a substitute decision-maker who thereby gains the authority to access otherwise confidential treatment records and discuss treatment options with clinicians. DRO encourages clients to consider using the Declaration because it allows them to appoint another person to look after their interests in case they become incapacitated. Unfortunately, Declarations are often ignored in private and public hospitals and in the community.

This is why DRO is asking the Senate Committee to amend HB 2107 to clarify that while a hospital may medicate an incapacitated, committed patient if it follows an "override process," it may not ignore parts of a Declaration that do not interfere with that process.

Oregon safety net programs should get first bite of any new revenue, says Kitzhaber

By Harry Esteve, The Oregonian, May 06, 2011

Oregon's human service programs should go to the head of the line if the state has more money to spend than it expects, Gov. John Kitzhaber said today.

He mentioned welfare payments and services to the elderly and people with disabilities.

"The social safety net is pretty thin right now, and I think we need, to the extent we can, to shore that up a bit," Kitzhaber said.

His comments came as he toured a largely African American business district in Northeast Portland.

Kitzhaber has summoned legislative leaders and budget writers to a summit at Mahonia Hall on Monday. The plan, he said, is to hash out where the biggest budget holes are and where the key areas of disputes remain.

On Thursday, lawmakers will get an updated estimate of how much money the state will have to spend over the coming two years. If the forecast is up, Kitzhaber said, human service programs should be the first priority for add-ons.

But, he's only one player in the budget process he said. That's why he called for the meeting at the governor's mansion.

"We're going to try to get that exit strategy before the forecast," Kitzhaber said.

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.

Poetry & Mental Health

By Rachel Gill

About the Author:

Rachel Gill is a social and behavioral sciences sophomore at Linfield College who plans to continue graduate studies in cognitive-behavioral and clinical psychology. She is also a mental health advocate/consumer diagnosed with Major Depressive Disorder, Borderline Personality Disorder, and Agoraphobia with Panic Disorder. She is in Dialectical Behavioral Therapy at Portland DBT, is without prescription medications, and hopes to create a more positive image of persons with mental disorders by sharing her story with the public and actively contributing to the advocacy efforts of Multnomah N.A.M.I and the Mental Health Association of Portland.

In addition to her scholarly goals and community involvement, Ms. Gill also records and produces original music under the name Pinki Tuscadero on Rez Records, her do-it-yourself record label. *It is only a Machine*, her second LP CD is due for release on June 21, 2011 (the 1st day of summer), and will be available for download on iTunes and several other online music stores. Physical copies will be in local music stores or ordered direct by mail; e-mail rez.records@live.com for more information. Preview music at reverbNation.com/pinkituscadero.

About the Poems:

The following five poems are a sample of the author's poetry chosen particularly for their relation to personal experiences with issues of mental health. The author aims to show others with and without mental disorders a creative means to self-validate and effectively cope with negative emotions/situations. The author would like to emphasize to readers that any political implications are more a side effect of the writing process than the author's original intent.

Thank You Verity Much

DBT is for BPD except in MHO policy.
County seniority is not a requisite degree.
Staff, not doctors, decide treatments for me.
Multnomah Verity, please realize.
Unlicensed psychology can cause suicide.

My Window

I listen to soft lullabies of
Murmuring raindrops.
They collide incongruously with
harsh angles, surfaces.
Rhythm drops against panes and
beats my heart.

Avoiding Fear

I sleep faithfully wrapped
In shuttered rooms & dreams,
Where there are no throngs to face
Thoughts fold illusory content.

Mental Health Cares?

Why is it?
Research rats are not
Obliged to pay for
Psychiatric pretention or
Statistical display.
Drugs, Psycho, Therapy,
Pseudo-healing
If mental health cares,
Where is the feeling?

R.E.M.

Bed time hours,
Blinking eyes,
Dreams water.
Dehydrate minds.

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 (OCAC) 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

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>.

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.

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

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.

Music Therapy

Come sing, play instruments, and listen to music. Music therapy helps you reduce anxiety, improve your mood, think more clearly, develop connections with peers, express yourself and have fun.

No music experience or knowledge is necessary. This is not a drop in group; ask your case manager for a referral.

Tuesdays 2:30-3:30 and 3:30-4:30
Cascadia Plaza Clinic in the Hope Center, main floor, 2415 SE 43rd Ave. 503-238-0705

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

May 17, June 7, 14, July 5, 19

See other coming events at the Portland Hearing Voices website at

[www portlandhearingvoices.net](http://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

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 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

2011 NAMI Convention

Chicago July 6-9 nami.org

Some scholarships available

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

New website address: rosehaven.org

Women support groups, classes and activities
 Referral & advocacy

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

New things are happening at 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. Also open on Thursdays. And Fridays offer special events.

Every week, except Tuesdays, members gather to participate in a variety of activities, including art and craft projects, writing group, guest speakers, games, 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 - Erin Vaughn, Program Manager of the new Sandy site (See below) and Gloria Giddens, Manager of the NE site have been trained as Peer Employment Specialists and can now work with individuals in recovery who are interested in exploring career interests and options.

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 10:30 am to 2:30 pm. Thur. from 10:30 am to 3 pm. Fridays at noon.

-Oregon City site - 142 Molalla, Oregon City 503 -722-5237 Mon, Tue, Thurs 10 am to 2 pm. Fri. at 11. Wednesday bowling at 1.

New Site Opened

-Sandy - Sandy Community Center, 38348 Pioneer Blvd, Sandy, OR, (503) 238-6428 (Main Office). Mon., Tue., Thur. and Fri. 9:30 am to 2:30 pm. Closed Wed.

To view the schedules of each site go to

www.folktime.org

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

Mental Diversity Meetups

Informal public social gatherings open to all

Last Sunday of Every Month

4 pm-6:30 pm

Backspace Cafe 115 Northwest 5th Avenue at
Couch

Next meetup Sunday May 29

Everyone is invited to join Portland Hearing Voices for an informal gathering with drink, eats, and socializing. Meet new people, learn from each other, and build community. An antidote to loneliness!

Upcoming meetups are:

Sunday May 29, June 26, July 31, Aug. 28, Sept. 2

Music and Madness!

Celebrate the 2 Year Anniversary of
Portland Hearing Voices

Sunday June 5, 7-10 pm

\$8-15 cover sliding scale donation
(no one turned away)

Someday Lounge
125 Northwest 5th Avenue

We're two years old! Celebrate Portland Hearing Voices work for community support and public education at a special benefit party at Someday Lounge, with three local musical performers and speakers from Portland Hearing Voices. More details forthcoming at www.portlandhearingvoices.net

Ethan Watters

author of **Crazy Like Us: Globalization of the American Psyche**

Thursday, May 19, 7:30 pm

Powell's City of Books 1005 W Burnside Portland,
OR 97209

Portland Hearing Voices is sponsoring *Ethan Watters author of *Crazy Like Us: Globalization of the American Psyche*. The book is a powerful exploration of how cultures are influenced to accept US mental disorders and psychiatric medication.

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, Join Robert Whitaker as he facilitates a conversation with the audience and a panel of mental health care providers and peers on the current national movement to create a mental health care system that is more holistic, effective and humane.

Saturday, Join us for workshops, open microphone, round table discussions and a community resource fair as we highlight the array of ideas, actions and activities that are helping to create the new paradigm of mental health care for all.

Portland Hearing Voices Workshop:

Coming Off Psychiatric Medications: A Harm Reduction Approach - Taught by Will Hall
10:30-11:45 a.m. Room Number: B202-B203

Organized by Rethinking Psychiatry. For information contact: Marcia Meyers 503-665-3967. Email: healthymindshealthyhearts@gmail.com.

COMING EVENTS

Art Lovers:

Visit NAMI's Open Minds Art Studio

National Alliance on Mental Illness of Clackamas County invites you to engage in our Open Minds Art Studio. NAMI volunteers recognizing the natural therapeutic value art has had in their own lives created Open Minds Art Studio. The studio is open to Peers living with a mental illness, friends or family who care for someone with a mental illness and any supportive persons who love arts and crafts.

Use NAMI's donated supplies and/or bring your own! Art Studio is open Tuesdays 1:30 pm to 3:00pm & Thursdays 6:30 pm to 8:00 pm. Drop-in, but we'd love a call or e-mail that you're coming!

- (503) 344-5050
- nami.clackamas@gmail.com

Art Studio at NAMI of Clackamas County office
10202 SE 32nd Ave, Suite 501, Milwaukie 97222
(middle of green buildings on Providence Hospital campus).

ART SUPPLY DONATIONS:

As visiting artists use supplies, they need to be replenished. If interested in donating, please call or e-mail. We can share wants and you can share what you might have for us. We are a 501(c)(3) nonprofit. Thank you for your support!

Alternatives 2011 to Be Held in Orlando, FL

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. Scholarship applications are due May 16.

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!

Participant reading Write Around Portland Workshops

Free community reading & anthology release party

**Wednesday, May 25
6:30-8:00 pm**

First United Methodist Church
in Collins Hall at the back of the church
1838 SW Jefferson St, Portland

at the Goose Hollow TriMet MAX stop

Free (but limited) parking available.

Join us for a great evening of words and community-building as writers from our spring workshops for seniors with Alzheimer's, youth in a GED program, domestic violence survivors, adults living with mental illness and many others read their work from our new book, *Still the Days Grow Longer*.

The event is organized by Write Around Portland, free, and everyone is welcome. ADA-accessible. Free childcare provided. Anthologies and Write Around Portland t-shirts will be available for purchase. Financial donations welcome, appreciated & tax deductible. Call 503.796.9224 for more info.

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.

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

Avita Business Center

5257 NE Martin Luther King Jr Blvd, Suite 201
Portland OR 97211 503-998-9560

<http://avitabiz.com/>

<http://www.oregondisabilitychamber.com>

10 am - 4 pm, Mon. - Thurs. - Buses # 6 & 72

Three self-employment opportunities: MIPO program to help inventors in patent process; Oregon Disability Chamber business assistance for the disabled; WBC small business start-up help.

Better People

4310 NE Martin Luther King Jr Blvd
Portland OR 503-281-2663

<http://www.betterpeople.org> - Bus # 44

Helps people with legal histories find and retain jobs. Recently released and current parole participants have access to classes on interviewing skills and job application preparation. Downstairs through the Workforce One-Stop office.

Easter Seals Latino Connection Program

4134 N. Vancouver Ave. Suite 300C
503-335-6161

<http://www.or.easterseals.com>

Call for hours

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.

CCC Employment Access Center

2 NW 2nd Ave. Portland OR 503-226-7387

www.centralcityconcern.org

8 am -6 pm, Monday-Friday. Orientation 9:45 am, Tuesdays; 1:45 p.m. Thursdays.

Transit: Max Red, Blue, 4, 12, 19, 20

Provides employment workshops, job resource center, daily job announcements, career advancement and training services, employment-related housing and veterans' services, among others. Enroll to learn interviewing skills and prepare for job searches.

Elders in Action

1411 SW Morrison St., Suite 290, Portland
503-235-5474 www.eldersinaction.org

8:30 am.-5 pm Mon. -Thurs. and 8:30 am.-4 pm

Transit: 15, 51 and MAX all.

Personal advocates for adults age 60+ in the area of housing, health care, crime and elder abuse.

Connect with Multnomah Co. Volunteer Opportunities!

Volunteer with committees and boards composed of members of the public that meet with county officials to promote citizen input into county decision making.

Also find other volunteer opportunities with the county like assisting with pet adoptions at Animal Services, promoting community literacy through your neighborhood library, or serving as a Rape Victim Advocate in the DA's Office.

Register as a county volunteer by signing up at

<https://ec.volunteernow.com/custom/1248/>

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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