

eyes & EARS

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Times

July 2011 A Mental Health Consumer/Survivor Newsletter Volume 7 Issue 7

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

Gina Nikkel, Ph.D. Named as the First Executive Director of the Foundation for Excellence in Mental Health Care

From CooperRiis News and Events, July 5, 2011

The Foundation was established in response to nationwide interest in Robert Whitaker's book, *Anatomy of an Epidemic*, and the desire to examine existing research, create support for new innovative research and programs, and sponsor symposia to build a new paradigm of care that focuses on long-term recovery and wellness. [Read more here.](#)

Psychiatric Security Review Board Reform Bills Set to Become Law

Although both House Bill 3100 and Senate Bill 420 passed the Legislature handily, doubts still remain

Amanda Waldroupe, The Lund Report, June 29, 2011

House Bill 3100 and Senate Bill 420 change the PSRB's authority in terms of the board's involvement when a court decides if a criminal is "guilty except for insanity," and when certain patients are released from the Oregon State Hospital. [Read more here.](#)

New Tri-County Metro-Area Consumer/Survivor Council Holds First Meeting on July 28

By David Green, mentalhealthportland.org

It has been almost twenty years since the Portland Metropolitan Area had a Consumer/Survivor Organization that covered the whole territory. It's about time! This exciting development happened as a result of conversations on OCSC-Talk. Local Consumer/Survivor activist Ann Kasper, who is the co-Chair of Multnomah County's Adult Mental Health & Substance Abuse Advisory Council, has been leading this effort for a new Council.

[Read more here.](#)

Kitzhaber Signs Overhaul of Oregon Health Plan

From: beaumontenterprise.com

Written by JONATHAN J. COOPER, Associated Press, Friday, July 1, 2011

PORTLAND, Ore. (AP) — Gov. John Kitzhaber took a victory lap Friday, signing in a public ceremony his ambitious proposal to overhaul the Oregon Health Plan with a focus on providing preventive care. [Read more here.](#)

Upcoming August Events on Page 14

**NAMI Annual Potluck Picnic
Rethinking Psychiatry General Meeting
and more**

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Mental Health Association of Portland Recent Website Postings as of July 10th

www.mentalhealthportland.org

Click below to view an article

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[Psychiatric Security Review Board Reform Bills Set to Become Law](#)

[Oregon State Hospital annex at Junction City still alive](#)

How Health Insurance Affects Health

By DAVID LEONHARDT, NYTimes.com

July 7, 2011

A new study being released today, by some of the country's top health economists, aims to estimate the effects of not having health insurance — and the effects are large.

[Read more here.](#)

Oregon inmates' mental health problems outstrip a system never designed to handle them

By Les Zaitz, The Oregonian, June 20, 2011

Year after year, the percentage of prisoners battling psychiatric demons has edged up. Now, seven in 10 of the state's 14,000 inmates need some type of mental health care in a system never designed to provide it. [Read more here.](#)

How to Live Successfully When You Hear Voices

by Karen Taylor

Working to Recovery (WTR) has always specialized in working with people who hear voices. In this article, Karen Taylor, who has a background in psychiatric nursing, describes the organization's approach to working with people who hear voices and how WTR helps people recover their lives and live with their voices. [Read more here.](#)

The Illusions of Psychiatry

by Marcia Angell, The New York Review of Books
www.nybooks.com

IN PART TWO, of the New York Review of Books, Angell takes on what is widely called the bible of the American Psychiatric Association, the DSM (Diagnostic and Statistical Manual) [Read more here.](#)

Robert Whitaker

Author of "Anatomy of an Epidemic"

Website: robertwhitaker.org

Email: robert.b.whitaker@verizon.net

Whitaker's Mad in America blog
www.psychologytoday.com/blog/mad-in-america

Part III: Brain injuries push victims into homelessness

July 7, 2011, streetroots.wordpress.com

By Stacy Brownhill, Staff Writer

"...as a rule, TBI is not recognized and patients do not self-identify. "To diagnose TBI, you have to pay attention. You have to get a good history. You may be working on your gut, but the behavior of a brain-injured client is really different from a mentally ill client," she says, "and it's common."

[Read more here.](#)

Robert Whitaker and Thoughts on Psychiatric Medication

Written By Maggie Bennington-Davis, MD
Chief Medical and Operating Officer for Cascadia Behavioral Healthcare

I recently had the interesting experience of serving on a panel facilitated by Robert Whitaker that focused on the use of psychiatric medications. Whitaker's book, *Anatomy of an Epidemic*, emphasizes uncertainty about the place and value of psychiatric medications, and (more concerning) calls into question the risks of how medication may in fact precipitate the very symptoms they are meant to diminish. [Read more here.](#)

Commentary on Lund Report Article

By Meghan Caughey MA, MFA
Senior Director for Peer and Wellness Services,
Cascadia Behavioral Healthcare

When I first read the Lund article on "Psychiatric Drugs Aren't Always the Fix for Mental Illness", I had a complex reaction---it did not completely match my own experiences, but much also resonated with me. [Read more here.](#)

Senate Passes Oregon Health Authority \$11.9 Billion Budget

Two Democrats object to increased fees in the medical marijuana program

By: Amanda Waldroupe, The Lund Report

June 15, 2011—The Oregon Legislature is regarded as being sympathetic to health and human services programs when agency budgets must be cut to close the state's budget hole. The Senate followed through with that mindset this year, passing the Oregon Health Authority's budget for 2011-2013 by a 19-11 margin yesterday. [Read more here.](#)

2011 – 2012 DRO Goals & Priorities Survey

Each year we ask for community assistance in setting our goals & priorities by conducting a survey. Our goals are the changes we think are needed to create opportunity, access & choice for people with disabilities. Our priorities are ways we can advocate to help us reach the goals.

Take the survey at www.disabilityrightsoregon.org

The survey will be open through August 15, 2011.

The Sun Interview:

"The Voices Inside their Heads: Gail Hornstein's Approach to Understanding Madness"

(The Sun Magazine, July 2011)

Gail A. Hornstein is Professor of Psychology at Mount Holyoke College in South Hadley, Massachusetts (USA)..... Unlike most scholars who study mental illness, Hornstein has always been as interested in patients' experiences as in doctors' theories.... Her new book, *Agnes's Jacket: A Psychologist's Search for the Meanings of Madness*, shows how the insights of those diagnosed as "schizophrenic," "bipolar," "depressed," and "paranoid" can help us radically reconceive fundamental assumptions about madness and mental life.

To read this interview and other articles by Gail, go to her site at: www.gailhornstein.com.

New county facility is 'piece of the puzzle' for mental health patients

By Peter Korn, The Portland Tribune, Jun 20, 2011

Multnomah County will get more mental health treatment options Tuesday when the long-awaited 16-bed Crisis Assessment and Treatment Center begins operation at 55 N.E. Grand Ave.

[Read more here.](#)

Cascadia Hires Meghan Caughey As Its New Senior Director of Peer & Wellness Services

By David Green, July 10th, 2011
From Mentalhealthportland.org

[Read more here.](#)

Governor Calls for Nominations: Help Shape the Future of Healthcare in Oregon

Written by David Green, mentalhealthportland.org
July 7th, 2011

With the passage of HB 3650 and SB 99, there are big changes coming to healthcare in Oregon. But there are a lot of details to be worked out – and Governor John Kitzhaber wants you to volunteer to help make those decisions. [Read more here.](#)

Webinar#1: Banking Fundamentals: Checking & Savings Accounts

Wed, Aug 10, 2011, 11:00 AM PDT
Duration: 1 hour 30 minutes, Host: Donita Diamata

This webinar will explain how to open an account with a bank and will give suggestions on questions you should ask before opening an account.

[Click here for more info & to register.](#)

DrugWatch.com

DrugWatch.com is a comprehensive resource featuring information on various medications, including prescription and over-the-counter drugs, and those currently available or previously distributed worldwide. DrugWatch.com is not affiliated with any pharmaceutical companies or drug manufacturers.

By providing extensive information about side effects, drug interactions, FDA recalls and drug alerts, DrugWatch.com helps patients and consumers make educated decisions about their medications and treatment options.

NorthStar News

New Hours - Mon-Thurs 10:30 - 3

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 or see it online

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/>

OCSC has a public free e-mail **DISCUSSION** list to talk with others about OCSC:

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

Contact info: Address: OCSC P.O. BOX 11284
Eugene, OR 97440

Email contact: oregon.united@gmail.com (Ask about becoming a group sponsor!)

INDIVIDUAL MEMBERSHIP FOR \$1 OR MORE -
PLEASE GIVE AS GENEROUSLY AS YOU CAN

Sign the Peer Medication Statement

Frustrated by the one-size-fits all medication approach of traditional care? Concerned that too many people are often harmed by psychiatric drugs, and want to see more non-medication options? Join the effort for a new approach to medications in mental health! Please read and sign the Peer Medication Statement at www.portlandhearingvoices.net

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

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

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

Contact: Amy Anderson 971-340-8942 or
(Note: new email address)
advocate55@q.com

Cascadia's SE Plaza is at 2415 SE 43rd – go to the 43rd Street entrance, then to the 2nd floor, and we are in conference room 3 on the right (if the door isn't open yet, please sit in the waiting area until the meeting starts). Guests are welcome.

Garlington Client Council

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

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

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

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

From www.disabilityrightsoregon.org

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

Oregon Consumer Advisory Council

The Oregon Consumer Advisory Council meets on the 2nd Wednesday of even numbered months from 1:00 to 4:00 PM in meeting room HSB 166 at the Barbara Roberts Human Services Building (DHS main office), 500 Summer St NE, Salem, OR.

Send email to the Council at:
oregon-cac@googlegroups.com

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 am - 11:45 am, Room 137C+D, Human Resources Building, 500 Summer St. NE, in Salem.

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

Watch Advocate for Wellness

on blip.tv at: <http://blip.tv/advocate-for-wellness>
with host Ann Kasper

Advocate for Wellness is a show about health issues in the state of Oregon.

Multnomah County

AMHSA Meeting - Adult Mental Health and Substance Abuse Advisory Council

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

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

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

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

Quality Management Committee

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

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

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

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

Oregon Health Authority Facebook

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

www.facebook.com/OregonHealthAuthority

Clackamas County Mental Health and Addictions Council

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

Website - http://www.clackamas.us/community_health/behavioral/councils.html

Washington County Behavioral Health Council

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

Mental Health America of Oregon

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

3534 SE Main St., Portland OR 97214
503-922-2377(voice) 888-820-0138 (toll free)
TTY: use 711 relay mhaoforegon@gmail.com
www.mhaoforegon.com
[Click here to go to the MHAO Facebook](#)

Oregon Health Connect

www.oregonhealthconnect.org

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

Write Around Portland

Nonprofit organization for writers. Provides facilitated workshops in safe, accessible and respectful environments for people to write and share. Holds community readings to promote the exchange of stories. Publishes anthologies to connect writers and readers.

917 SW Oak St. #406 503-796-9224
Hours: 9 am-5 pm Monday-Friday
www.writearound.org

The Mental Health Association of Portland

is seeking consumer perspectives on mental health and addictions issues

www.mentalhealthportland.org

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

For more info send email to: info@mentalhealthportland.org.

EYES & EARS

Welcomes your contributions

Contact the editor or subscribe to Eyes&Ears at eyes.ears@cascadiabhc.org

The Plaza Consumer Office at Cascadia Behavioral Healthcare at 2415 SE 43rd Avenue will soon be undergoing remodeling as well as the clinic. The new office will reopen after the remodeling is finished.

Street Roots

www.streetroots.org

Street Roots is a nonprofit newspaper assisting people experiencing homelessness and poverty by creating flexible income opportunities. Through education, advocacy and personal expression, we are a catalyst for individual and social change.

Madness Radio

voices and visions from outside mental health

Madness Radio focuses on personal experiences of 'madness' and extreme states of consciousness from beyond conventional perspectives and mainstream treatments. The show also features authors, advocates, scientists, healthcare practitioners, and artists. Hosted by Will Hall

Madness Radio wants your involvement! Got an idea for a topic or guest? Want to leave feedback on a particular show? How about asking local stations to broadcast Madness Radio? And we can always use donations. Visit our website at www.madnessradio.net

You can also access the shows from Mental Health Association's website at: www.mentalhealthportland.org

TriMet bus pass discount after the 15th

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

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

Oregon Health Plan's OHP Standard Reservation List is Open

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

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

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

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

Mental Health America

Mental Health America keeps you informed on the latest that is happening in Congress on crucial legislation that affects access to care, federal funding and services. Their website makes it very easy to send emails to congressional leaders with your personal input on legislative issues.

Go to www.mentalhealthamerica.net and click **Take Action Now** under the **Action** menu

The Department of Human Services Wellness Initiative

Get empowered by finding out ways to improve your mental and physical well being

DHS provides a Wellness Initiative web site at oregon.gov/OHA/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 does someone you know need help with a mental health or addiction problem?

Multnomah County Mental Health and Addictions Services Call Center is Portland's mental health information and referral hub for persons in crisis.

The call center is staffed by mental health professionals 25 hours a day, 7 days a week and can be reached at 503-988-4888 or 1-800-716-9769.

PERSONAL CARE SERVICES

Personal Care Services (PCS) are services that support consumer/survivors in Oregon to help them live independently and participate in community activities. The state pays for the PCS services.

Consumer/Survivors who qualify for PCS can get up to 20 hours a month of assistance for:

- Nutrition
- Medication management
- Housekeeping tasks
- Personal hygiene
- Arrangement of medical appointments
- Emotional support
- And other tasks that are difficult because of your disability.

You may qualify if you have an Oregon Health Plan card. (Eligible for Medicaid), and you are not receiving services from a licensed residential program such as a foster home or group home, and you feel that because of your mental health issues, you would benefit from this assistance.

If you are interested in receiving Personal Care Services, contact your case manager.

Need to Talk? Call the David Romprey Oregon Warm Line

Staffed by trained Peers
People just want to be heard.

**Warm line hours
1-800-698-2392**

Monday 10 am - 8 pm
Tuesday Noon -10 pm
Wednesday 9 am - 2 pm
Thursday 8 am - 6 pm
Friday Noon - 5 pm
Saturday 5 pm -10 pm
Sunday 5 pm -10 pm

This Warmline is NOT a resource line

Call to have a confidential conversation with a Peer who will listen without judgment or criticism.

Together we can learn and grow.

www.communitycounselingsolutions.org/warmline.html

At Cascadia

Cascadia

Garlington Center Recovery Services

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

We offer a variety of classes for:

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

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

Want to Go Back to School?

Whether you want to:

Enroll in a college

Complete your GED or,

Improve your Reading, Writing or Math Skills

The Supported Education Program at Cascadia can help!

Come to an orientation

And learn all about our program!

Mondays at 1 pm

Cascadia Behavioral Healthcare - 503-238-0705
2415 SE 43rd, Second floor, Room #1

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.

Extreme States And Hearing Voices Support Group led by Will Hall. Open to people who have these experiences.

Meetings are held at

Empowerment Initiatives - 3941 SE Hawthorne on the first and third Tuesdays from 6:00 to 7:30 pm

July 19, August 2, 16

See other coming events at the Portland Hearing Voices website at

www.portlandhearingvoices.net

What is it like to live with voices, visions, and extreme states of consciousness? What do these experiences mean to you? How can we learn to accept and live with who we are? What are ways to cope with fear, trauma, isolation, and overwhelming responses? Are there positive, creative, and spiritual sides to what we go through? What is mental diversity all about?

Will Hall was diagnosed with schizophrenia and is an internationally recognized mental diversity educator, advocate, and counselor.

www.willhall.org

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

Empowerment Initiatives

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

www.chooseempowerment.com

(503) 249-1413

NAMI Programs and Classes

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

Multnomah NAMI: (503) 228-5692
nami.multnomah@gmail.com

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

Washington NAMI: 503-356-6835
FamilySupport@NamiWash.org

Family-to-Family is a twelve week course which educates families with an adult family member (spouse, parent, adult child, etc) suffering from mental illness. The class focuses on major brain disorders, family coping mechanisms, as well as advocacy and communication techniques.

NAMI Basics course consists of a series of workshops for caregivers of children with brain disorders. It covers educational material and provides the basics for day-to-day caregiving skills.

In Our Own Voice (IOOV) is a consumer based presentation program that creates awareness about the possibility for recovery from mental illness. IOOV presentations are held for other consumers, family members, health care providers, law enforcement officials, faith community or any other community or civic organization.

Peer To Peer, a nine week course on the topic of recovery for any person with a serious mental illness who is interested in establishing and maintaining wellness. This course is taught by trained "Mentors" who have personal experience with living with a mental illness.

Join over 2,700 Fans of Mental Health Association of Portland on Facebook

The Mental Health Association of Portland invites you to join us on Facebook at

www.mentalhealthportland.org

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. 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).

NAMI Connection Recovery Support Groups

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

Multnomah NAMI - 503-228-5692 for more info

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

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

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

Wednesdays 3 pm at Clackamas Community College, in the Community Center, Rm CC112

Wednesdays: 12 - 1:30 pm, Hilltop- 998 Library Ct, Oregon City

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

FolkTime

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

Schizophrenia Support Group

Every Wednesday; 1:00 pm to 2:00 pm

NAMI Multnomah office, 524 NE 52nd Ave,
Portland 97213

Contact: Arlene Stine, (503) 228-5692

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

NAMI Major Depression Support Group

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

Come hang out with us on Thursdays!

2 pm - 3 pm NAMI Multnomah Office

524 NE 52nd Ave., Portland, OR

Questions? Call 503-228-5692

Rose Haven

627 NW 18th Ave

503-248-6364

New website address: rosehaven.org

Women support group, 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 www.ilr.org

1839 NE Couch St, Portland 503-232-7411

Online mental health and recovery support sites

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

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

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

What a Difference a Friend Makes

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

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

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

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

<http://onlinerecoverysupport.ning.com>

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

www.rc-rc.info/index.html

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

Voices Across the World: Living with Mental Illness. This Facebook page was created to give those of us diagnosed with mental illness a collective voice in a safe "no stigma zone".

www.facebook.com/VoicesFightingTheStigma?ref=mf

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

Dialectal Behavior Therapy - Website for people who are seeking information about DBT (Dialectal Behavior Therapy). This site was written primarily by PEOPLE WHO HAVE BEEN THROUGH DBT, not DBT professionals. We cannot give advice, but we can talk about our experiences on our DBT journey. www.dbtselphelp.com

SMART Recovery

Self-management and Recovery Training

The scientific alternative for people seeking independence from addictive behaviors including alcohol, other drugs and gambling

- Discover your personal power and strengths, and regain your confidence.
- Use supportive groups to brainstorm solutions to real personal problems.
- Clarify your values and find life, purpose, and hope.
- Learn tools and techniques for self-directed change.
- Be motivated to recover and live a satisfying life.

There are several meetings held in and around Portland.

For more information call Hank Robb at 503-635- 2489 or email him at robhb@pacificu.edu.

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

Dual Diagnosis Anonymous of Oregon

Mental Illness and Substance Abuse

www.ddaoregon.com

DDA is a program based on the 12 steps of Alcoholics Anonymous with an additional 5 steps that focus on Dual Diagnosis. DDA's unique 12 steps + 5 program offers hope for achieving the promise of recovery.

DDA Central Office 521 SW 11 Avenue (2nd floor). Monday thru Friday from noon to 1 pm. Open meetings. Call 503-222-6484.

Meetings are subject to change without notice. Please contact DDA at 503-737-4126 for more information.

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

COMING EVENTS

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.

Go to www.alternatives2011.org for application and other information about the conference.

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 July 31

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 Aug. 28, Sept. 2

Next Rethinking Psychiatry General Meeting

Wednesday, August 17, 7:00-9:00 PM
at the First Unitarian Church
1011 SW 12th, Portland, Oregon

Please remember that this is an ongoing movement that is continually evolving. Your presence, your ideas and your passion are welcome whenever it best works for you. So do stay connected and continue to spread the word about the necessity of Rethinking Psychiatry. Hope to see you in August!

Contact persons:

Marcia Meyers 503-665-3957

Terry Danielson tdaniel333@comcast.net

NAMI Multnomah's Annual Potluck Picnic!

Saturday, August 13, 2011
11:00 am to 2:00 pm at Laurelhurst Park

Food, prizes, games, fellowship and fun! Hot dogs, veggie burgers and sodas will be provided

Bring your own favorite picnic food to share! Join your friends and meet some new ones!

Laurelhurst Park is at the corner of SE 37th and Oak St. Look for us at Picnic Area C, across Oak St from the tennis courts.

Questions? Call us at 503-228-5692 or email us at nami.multnomah@gmail.com.

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 employing the disabled or people in recovery. All are welcome. The programs are individualized and can accommodate those with special needs, including hearing impairment and visual impairment. Employment options for people with all kinds of disabilities, including injury and illness related disabilities. Security and clerical job training and placements.

Empowerment Initiatives

3941 SE Hawthorne Portland OR 503-249-1413

empowermentinitiatives.org/

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

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 professional clothing for job interviews and the workplace, and assistance with resume preparation and job search in our Career Center. Once employed, we provide job retention resources, training and mentoring through our Professional Women's Group (PWG).

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.

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.

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

Employment & Educational Opportunities
(See more in the Resources pages)

WorkSource Portland Metro
www2.worksourceportlandmetro.org

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

At the WorkSource Centers you can access:

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

We help you compete in today’s job market:

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

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

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

Worksource Portland Metro Southeast
7916 SE Foster Road, Suite 104
Portland, OR 97206 (503)772-2300
For other locations go to the website listed above.

The Khan Academy
www.khanacademy.org

A free world-class education for anyone anywhere. We're a not-for-profit with the goal of changing education for the better by providing a free world-class education to anyone anywhere.

Over 2400 videos. Our library of videos covers K-12 math, science topics such as biology, chemistry, and physics, and even reaches into the humanities with playlists on finance and history. Each video is a digestible chunk, approximately 10 minutes long, and especially purposed for viewing on the computer.

Resources

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

- Mental Health Organizations -**
- Cascadia Behavioral Healthcare** - Central Intake - 503-674-7777. Urgent Care Walk In Clinic 7 am-10:30 pm 7 days a week - 2415 SE 43rd 503-238-0705 Integrated Treatment Services (drug/alcohol) 503-230-9654
 - Central City Concern 12th Avenue Recovery Center** - 503 - 294-1681 www.centralcityconcern.org
 - El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350
www.catholiccharitiesoregon.org
 - LifeWorks Northwest** -503-645-9010
www.lifeworksnw.org. E-mail intake@lifeworksnw.org.
 - Portland Veterans Center** - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; www.va.gov

- Mental Health Drop - In Centers:**
- Folk-Time** Socialization & Support - 4837 NE Couch St., 503-238-6428 Mondays & Wednesdays 11:30 - 2:30
www.folktime.org
 - Safe Haven** (Folk Time program) - 142 Molalla, Oregon City 503 -722-5237 Mon, Thurs & Fri 10 am to 2 pm

- National Mental Health Organizations:**
- Mind Freedom** - Campaigns for human rights in mental health; also contact if have been abused by the psychiatric

Resources

system. 1-877-MAD-PRIDE; www.mindfreedom.org

-National Alliance on Mental Illness - Education, support, advocacy, info/referral; www.nami.org/Multnomah; 503-228-5692

-National Mental Health Consumers' Self-Help Clearinghouse; 800-553-4539; www.mhselfhelp.org

-Mental Health America - Education, support; 1-800-969-NMHA (6642); www.mentalhealthamerica.net

-SAMHSA's National Mental Health Information Center - Mental health information; 1-800-789-2647; www.mentalhealth.samhsa.gov

Mental Health Support Groups or Information:

-Northwest Autism Foundation - info on autism and contact info on treatment. www.autismnwaf.org. 503-557-2111

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

-Bereavement Support Group (coping with loss) - offered by Adventist Medical Center. To register, call 503-251-6192 ext. 5670. **Healing Grief** - Call 503 251-6105 for more info and to register. Both groups are free.

-Brain Injury Support Groups - Brain Injury Association of Oregon, 1.800.544.5243, www.biaoregon.org

-Children & Adults with Attention Deficit - 503-294-9504. Free. www.chaddpdx.org

-Depression and Bipolar Support Alliance - 800-826-3632; Portland support groups: west side: Jason-503-227-2423 east side Jean 503-231-7513 www.dbsalliance.org

-Family to Family Support Group - NAMI - free group for loved ones of individuals with mental illness. Educational group. 503-228-5692

-National Suicide Prevention Lifeline (Suicide Support) 1-800-273-8255.

-Obsessive Compulsive Disorder support group - 503-494-6176; OHSU - 503-494-8311

-PSU Community Counseling Clinic 503-725-4620 Portland State University. Individual, couple and family counseling. \$15 per session, reduced fees negotiated. 10 week commitment.

-Recovery, Inc. International - Self-help for people with depression, anxiety, phobias, fears, anger, & low self-esteem. (503) 892-3893; www.recovery-inc.org.

-Women's Crisis Line - 503-235-5333 or toll free at 888-235-5333. www.pwcl.org

-YWCA Counseling Center 503-294-7440; 333 N Russell St. (at MLK) - Individual, couple, group counseling, and assessments. Sliding scale starts at \$13. Mon-Sat, 8 am-8 pm. Appointments only.

Alcohol and Drug Services

-Al-Anon and Alateen (for friends and family) 503-292-1333; www.al-anonportlandoregon.org

-Alcohol and Drug Helpline; adult or teen; 1-800-923-HELP

-Alcoholics Anonymous - 503-223-8569; www.pdxaa.com

-Cocaine Anonymous - 503-256-1666; Help line and call center for people struggling with cocaine addiction.

-Crystal Meth Anonymous meetings www.crystalmeth.org

-Dual Diagnosis Anonymous - 503-222-6484 www.ddaforegon

-Marijuana Anonymous - 503-221-7007; www.marijuana-anonymous.org

-Narcotics Anonymous - 503-727-3733; www.portlandna.com

-Nicotine Anonymous - www.nicotine-anonymous.org; Toll free at 877-879-6422

-SMART Recovery - Hank Robb 503-635-2849 www.smartrecovery.org

Benefits:

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

-Free Bus Pass - If bus at least three times/week for medical or mental health center 503-802-8700; Need to be on Oregon Health Plan

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

-Oregon Telephone Assistance Program - If on food stamps, OHP, SSI or TANF; 1-800-848-4442 or (503) 373-7171 www.puc.state.or.us/PUC/

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

Employment Resources:

Benefits Planning Assistance - Disability Rights Oregon (formerly known as Oregon Advocacy Center) has PIP benefits planners to help you figure out how going to work will effect your benefits. 503-243-2081

Better People - 4310 N.E. Martin Luther King Blvd., Portland, (503) 281-2663 Helps people with legal histories find and retain jobs. Recently released and current parole participants have access to classes on interviewing skills and job application preparation. www.betterpeople.org

Central City Concern Workforce program 2 NW 2nd Ave. 503-226-7387 Provides employment workshops,

Resources

job resource center, daily job announcements, career advancement and training services, employment-related housing and veterans' services, and more. Enroll to learn interviewing skills and prepare for job searches. Hours: 8 am-6 pm, Monday-Friday.

www.centralcityconcern.org

DePaul Industries - 4950 NE Martin Luther King Jr. Blvd. 8 -5 Monday - Friday 503-281-1289
Temporary staffing service specializing in employing the disabled or people in recovery. Employment options for people with disabilities, including injury and illness related disabilities. www.depaulindustries.com

Easter Seals Latino Connection Program 4134 N. Vancouver Ave. Suite 300C 503-335-6161 Vocational rehabilitation services, including employment for Latinos with disabilities, ESL and computer classes in Spanish, job development and job placement; translation and interpretation, resume and interview workshops; ESL 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

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>

Oregon Certified Ombudsmen Volunteers
<http://www.oregon.gov/LTCO/> 1-800-522-2602

Portland Habilitation Center 5312 NE 148th Ave. 503-261-1266 Training and employment in janitorial, landscape and clerical work. Low-cost/no-cost/Section 8 apartments available. Trimet # 87 www.phcnw.com The site also lists job openings and allows you to apply online. Weekly Info and Intake Meetings.

Senior Community Service Employment Program - A Title V training program free for senior citizens 55 and older. Promotes older workers as a solution for businesses seeking a trained, qualified, and reliable workforce. Facilitates economic self-sufficiency for older individuals and their families who are working. 2101 NE Flanders St. 503-232-7684. 8:30 a.m.- 4:30 pm, Mon-Fri.
www.doleta.gov/seniors

State of Oregon Employment Offices - North Portland: 503-280-6046 Gresham: 503-669-7112 Beaverton: 503-644-1229 www.employment.oregon.gov

Trillium Artisans Program - 503-775-7993; Marketing support for artists interested in home-based business or contract work; www.trilliumartisans.org

Vocational Rehabilitation Division- Employment services for people with disabilities; Ticket to Work and Self-Sufficiency Program. Central 3945 SE Powell Blvd. 971-673-2555; East 305 NE 102nd Avenue Suite 200 971-673-5858 North 4744 N. Interstate Ave. 971-673-3055
www.oregon.gov/dhs/vr

WorkSource Portland Metro provides communities with access to information and resources to assist people in their career planning and job search activities. Self-directed resource rooms at each center provide access to computer workstations, job orders and listings, resume software, and a wealth of planning and job search assistance information.
www2.worksourceportlandmetro.org

Health Resources:

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

-Free custom made shoes and inserts for people with diabetes - Priority Footwear and Pedorthic Services provides a full line of Diabetic Shoes and Inserts for Men and Women. Medicare and Medicaid accepted. 503-524-9656 www.priorityfootwear.com

-Free Eye Care for Seniors- eyecareamerica.org.

Resources

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

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

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

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

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

William Temple House (503-226-3021)

Christ Community Food Ministries (503-239-1226)

All Saints Episcopal Church (503-777-3829)

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

-OHP Client Advocate Services Unit - 800-273-0557; For questions about coverage and billing in the Oregon Health Plan

-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.

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

Information and Referral:

-211 Information & Referral - DIAL 2-1-1 or dial 503-222-5555 or go to www.211.org

-City/County Information/Referral - (503) 823-4000

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

-Housing: www.housingconnections.org

-Network of Care - www.networkofcare.org

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

-Resource web sites - www.thebeehive.org

-The Rose City Resource - www.streetroots.org

Legal:

-Disability Rights Oregon (formally called Oregon Advocacy Center) - 1-800-452-1694; 503-243-2081; Legal representation & disability advice; TTY: 800-556-5351; www.disabilityrightsoregon.org

E-Mail: welcome@oradvocacy.org

-Lawyer Referral Service - 800-452-7636, 503-684-3763 www.osbar.org

-Public Assistance and Disability Rights (Legal Aid) - 503-241-4111

-Legal Aid Services of Oregon - 503-224-4094 www.lawhelp.org

-Senior Law Project - 503-224-4086 Free counseling in legal matters to any Multnomah County resident 60 and older. www.oregonlawhelp.org

Other Resources:

-Community Cycling Center Complete five hours of safe commuting and bike maintenance training and get a free bike. Must be referred by a social service organization. Can not own an operating vehicle (503)288-8864.

www.communitycyclingcenter.org

-Education - Portland Community College - (has GED classes) 503-244-6111, www.pcc.edu; Mt. Hood Community College (have a mental health program) 503-491-6422, www.mhcc.edu; Federal Financial Aid - 800-433-3243; www.fafsa.ed.gov

-Fair Housing Council - 503-223-8295 / Hotline 800-424-3247; www.fhco.org

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

-In-Home Safety Repairs - Minor home safety repairs for people who have low-income and are 55 years or older and/or have a disability; 503.284.6827

-Local Renting Information: U.S. Dept. of Housing and Urban Development (HUD) - portal.hud.gov

-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
Assistant Editor David Green

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

Subscribe to Eyes&Ears at
eyes.ears@cascadiabhc.org

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