

eyes & EARS

Formerly
Renaissance
Times

October 2011 A Mental Health Consumer/Survivor Newsletter Volume 7 Issue 10

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

Oregon group wants to rein in use of mental health drugs

The Oregonian, by Nick Budnick, October 3, 2011

Nikkel found Whitaker's book disturbing and inspiring. She and her husband, Bob Nikkel, Oregon's former commissioner of mental health, invited the author to Oregon to talk with providers. That led to a conference in Portland last February of psychiatrists, providers, researchers, and activists from 13 states.

Afterward, a smaller group of them founded the Foundation for Excellence in Mental Health. Its goal: to further discussion by funding unbiased research. Nikkel left her job to become its executive director..... The group is not anti-drug, Nikkel says, but "what is optimal for one person might not be for another." [Read more here.](#)

Modified release law results in confusion

Written by Alan Gustafson, Statesman Journal
Sep. 18, 2011

A bill that modifies how mental patients with criminal pasts are released from the Oregon State Hospital has left confusion, bitterness and dueling state legal opinions in its wake, months after its passage by the 2011 Legislature. [Read more here.](#)

Low Income Energy Assistance Program (LIEAP) contacts - Page 4

Coming Events - Page 14

TriCounty Peer Council Meeting
Next Rethinking Psychiatry Meeting

New mental hospital would harm patients, community

Guest opinion by Gary Crum published in the Eugene Register-Guard, October 2, 2011.

Gary Crum of Junction City is a retired teacher and counselor.

While [Kitzhaber] supported the construction of the hospital, his support was tempered by his acknowledged concern with the issue of the "least restrictive appropriate treatment setting." I share that concern and wish to address several of the issues germane to the discussion. [Read more here.](#)

Portland police using new 'step back' training to deal with people in mental health crisis

By Maxine Bernstein, The Oregonian
October 08, 2011

The recent peaceful resolution of a Southwest Portland confrontation has been hailed as a prime example of the new approach's effectiveness. Yet some mental health advocates and residents ask whether the bureau has swung too far to a hands-off response, potentially putting the public in danger. [Read more here.](#)

General Contents

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Mental Health Association of Portland Recent Website Postings as of Oct. 15th

www.mentalhealthportland.org

Click below to view an article

[Death shocks family](#)

[‘Out of the Darkness’ walk this Saturday will raise money for suicide prevention](#)

[Emergency Workers Concerned About Spate Of Suicides](#)

[The Other Portland](#)

[Expert in depression, bipolar disorder visits Corvallis for two public events](#)

[Alarming increase in suicides has Portland’s first responders calling for help](#)

[The Art of Backing Down](#)

[Citizen Review Committee’s Taser/Less-lethal Force Workgroup](#)

[Oregon couple aids other parents battling addiction](#)

[Portland police using new ‘step back’ training to deal with people in mental health crisis](#)

Occupy Portland: Smash the State

Mental Health Association of Portland

By Chris O’Connor, October 6th, 2011

Portland public defender and MHAP board member Chris O’Connor has practical advice for those who would spend some time today or tomorrow to smash the state. It’s being circulated and reposted and is well worth reading. [Read more here.](#)

Sick, insured, and nowhere to turn

A study reveals that even those with insurance can't get emergency psychiatric care

October 1, 2011, The Oregonian Editorial Board

Recently we celebrated in this space an Oregon study that found that the state's 2005 law requiring parity in mental health insurance did not result in the spike in overall medical costs predicted by opponents of the law. However, the findings of a recent study in Boston may offer one explanation -- and strongly suggest that our celebration was premature.

[Read more here.](#)

Portland awarded new funding to support homeless people living with HIV/AIDS

From Just Out, www.justout.com

Ryan Prado, September 27, 2011

The Portland Housing Bureau received \$1.365 million in new funding from the U.S. Department of Housing and Urban Development (HUD) to fund a variety of housing services, including short-term rent assistance, employment services, and permanent housing for people living with HIV and experiencing homelessness. [Read more here.](#)

Governor backs state hospital at Junction City

By Saul Hubbard, The Register-Guard
September 28th, 2011

“It’s great to talk about community--based care, but nobody wants it in their backyard,” he said.

[Read more here.](#)

The Foundation for Excellence in Mental Health Care

the new mainstream

www.mentalhealthexcellence.org

We are a group of scientists, psychiatrists, researchers, public policy analysts, users and providers of mental health services, philanthropists, and community members that formed The Foundation for Excellence in Mental Health Care to find and promote the best ways to achieve long-term recovery and help people with mental health challenges to thrive.

We do so by identifying, developing, and sharing knowledge with the public about mental health care that best helps people recover and live well in society.

We promote improvements in mental health care by sponsoring research and the development of programs designed to help people thrive--physically, mentally, socially and spiritually.

Stanford study vanquishes social anxieties without drugs

August 19, 2011 By Suzanne Bohan, Contra Costa Times

In the fall, Stanford researchers will start a new, five-year clinical trial to continue their study of non-drug treatments for social anxiety. As with the previous one, the trial will test the effectiveness of cognitive behavioral therapy and mindfulness meditation in calming social anxiety.

[Read more here.](#)

Recovery: The Lived Experience of Rehabilitation

by Patricia E. Deegan, Ph.D., revised version of paper originally published in Psychosocial Rehabilitation Journal, 1988, 11(4), 11-19

This very important paper describes in moving, personal terms the importance of hope in recovery. And willingness. And responsible action. It also provides very important information on how to structure a program to achieve recovery.

[Read more here.](#)

Our Lives After Labels

ourlivesafterlabels.blogspot.com

Many of us who receive psychiatric labels find it difficult to make sense of our psychiatric diagnoses. Without communication among each other, we may feel confused, hopeless, lost and alienated. We built this space so all of us can help each other and give hope to one another through sharing our stories about our lives after labels.

Sponsored by [MindFreedom International](#)

Time to rev up drug treatment

By The Oregonian Editorial Board
September 17, 2011

The public savings involved in treating drug abuse can be enormous. A recent analysis of 703 Oregon Health Plan patients, one year after they started treatment, showed an average drop in their billings for physical ailments of \$3,603 per person.

[Read more here.](#)

Crazy Talk

Mental Health Association of Portland
By Rachel Gill – September 13, 2011

In the United States, being labeled mentally ill has many consequences that ultimately amount to social inequality. Such a label has the potential to diminish an individual's status, self-confidence.....

[Read more here.](#)

A hospital, not a prison

Guest column by Bob Joondeph, published in the Oregonian, September 25, 2011. Bob is Executive Director of Disability Rights Oregon.

When a defendant is found "guilty except for insanity" in Oregon, she is usually committed to the state hospital for custody, care and treatment for a period of time that is necessary to control the person's symptoms and return her safely to society.

[Read more here.](#)

Thoughts on Poverty wanted

I am currently preparing for a presentation for the upcoming Alternatives conference on poverty and mental health. I am collecting brief quotes (less than 50 words) from peers on the subject of poverty, particularly how it affects so many people who have been diagnosed with mental illness and have been in the 'care' of the mental health system.

If you have something you would be willing to share (reflect-ions on how poverty has touched you personally, how it makes you feel, or how the system of care you may have found yourself in might have con-tributed to you having lived in poverty) please send your thoughts to me:

Donita Diamata, Project Coordinator
Peerlink National Technical Assistance Center
donitamhao@gmail.com

Get involved!

Health System Transformation: Public input opportunities

[Click here](#)

Autistic and Seeking a Place in an Adult World

www.nytimes.com

As few as one in 10 hold even part-time jobs. Some live in state-supported group homes; even those who attend college often end up unemployed and isolated, living with parents....But Justin is among the first generation of autistic youths who have benefited throughout childhood from more effective therapies and hard-won educational opportunities....Some advocates of “neurodiversity” call this the next civil rights frontier: ...

[Read more here.](#)

Alarming increase in suicides has Portland’s first responders calling for help

Maxine Bernstein, The Oregonian, October 12, 2011

A man jumped to his death from the 15th floor of Portland’s Marriott Downtown Waterfront hotel Sept. 5, five minutes after he checked in. Five days later, a Portland man leaped from the St. Johns Bridge. The next day,....

At the bottom of this article are crisis line numbers.

[Read more here.](#)

Study says mental health parity law doesn’t break the bank

Insurances costs see little increase after state decision four years ago

By Peter Korn, The Portland Tribune, Sep 22, 2011

Six years ago, Oregon mental health advocates pushed for a parity law that required health insurers to provide the same benefits to patients with mental illness as they gave to patients with physical problems. At the time, health insurers argued that their costs could skyrocket if mental health parity was required. [Read more here.](#)

How Is Justice Served

The Dill Pickle Club | Portland, Oregon

By marc moscato dillpickleclub.org

Last Friday the Dill Pickle Club led “How Is Justice Served?,” a walking tour of Portland’s criminal justice system. [Read more here.](#)

Low Income Energy Assistance Program (LIEAP)

The agencies that are accepting applications vary from week to week, so call first. Also you can get recent info by calling 211 or going to 211info.org. They can help with oil assistance also.

HUMAN SOLUTIONS, INC. ROCKWOOD BLDG.
124 NE 181st Avenue, Portland, OR 97230
(503) 405-7877 Energy Assistance Line

HUMAN SOLUTIONS, INC. PORTLAND
12350 SE Powell Blvd, Portland, OR 97236
(503) 405-7877 Energy Assistance Line

IMMIGRANT AND REFUGEE COMMUNITY
631 NE 102nd Ave., Portland (503) 802-0082

IMPACT NW 4610 SE Belmont, Portland, (503) 988-6020, 5135 NE Columbia Boulevard, Portland (503) 972-2463 Energy Assistance Line

NATIVE AMERICAN YOUTH AND FAMILY CENTER, 5135 NE Columbia Boulevard
Portland, (503) 972-2463 Energy Assistance Line

NATIVE AMERICAN REHABILITATION ASSOCIATION OF THE NORTHWEST
1776 SW Madison Street , Portland, OR 97205
(503) 347-3886 Main phone for Energy Assistance
Service hours: Energy Assistance line typically open on Wednesdays between 9-11am only.

NEIGHBORHOOD HOUSE INC. 7780 SW Capitol Highway, Portland, OR 97219, (503) 246-1663
Service hours: Monday-Wednesday 10am-5pm, Thursday 10am-8pm, Friday 10am-2pm

SALVATION ARMY CASCADE DIVISION
1712 NE Sandy , Portland, (503) 239-1264
Mon/Wed/Thursday/Friday 9am-4pm (closes 6:30 Wed.). Closed 11:30am-1pm. Closed Tuesdays.

SELF ENHANCEMENT INC, 4134 N Vancouver Avenue Suite 31, Portland, (503) 240-0828 Energy Assistance Line

SNOWCAP, 17805 SE Stark Street (behind church), Portland, (503) 674-8785

ST ANDREW EMERGENCY SERVICES, 4925 NE 9th Avenue, Portland. Caller must have 97211 zip code. (971) 244-0339

ST VINCENT DE PAUL OF PORTLAND SOCIAL SERVICES, 5120 SE Milwaukie, Portland, (503) 233-5589 Main phone. Alternate (503) 235-8431

What's Happening at NorthStar

Become a member of NorthStar by calling and making an appointment to attend one of the half hour Orientation meetings held on Tuesdays and Thursdays at 10:30 am. After the meeting you have an opportunity to attend the work ordered day meeting where you can find out what we do here.

Art Program

Members with an interest in art have been attending the Art Committee here at NorthStar. Recent discussion has been around planning art exhibits here and in the community.

Newsletter and Website Design teams

Members are welcome to join our newsletter team that meets weekly to put out NorthStar's newsletter, The Compass, on a quarterly basis.

A weekly web design meeting is open to members who want to help develop NorthStars website and it's content.

Employment Help

Career Mapping Workshops are a fun and interactive opportunity for members to explore their natural gifts and career interests.

WorkSource Welcome Process meetings help you join the WorkSource program and find your way around on their website.

Peer Support Specialist trainings

NorthStar members are getting connected to NAMI's Peer Support Specialist trainings, both in the design process and in receiving training.

Wellness Program

Recently members have gone on an outing to the Japanese Gardens, a hike to Mt. Tabor Park and also had a couple of game nights at NorthStar.

NorthStar is open Mon-Thurs from 10:30 am to 3:00 pm. It's located at 522 N.E. 52nd Ave.

Phone: 971-544-7485.

Email: info@northstarportland.org

Website (under construction) : Northstarportland.org

Join us at NorthStar

What is NorthStar?

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

NorthStar is a 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

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

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

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

Contact: Amy Anderson 971-340-8942 or
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
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.

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

Anatomy of an Epidemic now available in
paperback

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.

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](#)

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

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.

Clackamas County

Mental Health and Addictions Council

Website - <http://www.clackamas.us/behavioral/council.jsp>

Washington County

Behavioral Health Council

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

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.

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

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

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. Track health care reform. Find programs for healthy living. Uninsured? Make this your one stop for information on Oregon health coverage options.

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

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. Call 1-800-699-9075 or 503-378-7800 (TTY) Monday through Friday, 7:00 am to 6:00 pm

DrugWatch.com

DrugWatch.com is a comprehensive resource featuring information on various medications, including prescription and over-the-counter drugs.

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.

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.

EYES & EARS

Welcomes your contributions

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

Cascadia Behavioral Healthcare, 2415 SE 43rd
Ave.

**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](http://www.communitycounselingsolutions.org/warmline.html)

**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.

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.

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 Oct. 30th

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!

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

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

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
3941 SE Hawthorne

on the first and third Tuesdays from 6:00 to 7:30 pm

October 18, November 1, 15
December 1, 15

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

Free Geek

www.freegeek.org

1731 SE 10th Avenue, Portland, OR
Tuesday - Saturday 10am - 6pm

Free Geek refurbishes technology to provide computers, education and job skills in exchange for community service.

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

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.

Empowerment Initiatives

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

www.empowermentinitiatives.org

3941 SE Hawthorne Blvd
Portland, OR 97214
(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

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.

NAMI Support Groups

Schizophrenia Support Group

Every Wednesday; 1:00 pm to 2:00 pm
Contact: Arlene Stine, (503) 228-5692

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

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 2-3 pm!

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

Rose Haven

627 NW 18th Ave

503-248-6364 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.

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).

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.

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.

-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.

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>

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.dbtselfhelp.com

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

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.

Tri-County Peer Council Meeting

Thursday, October 27, 2011 at 6 pm

Christ The King Parish
11709 SE Fuller Rd
Milwaukie OR 97222

The parish hall is located near Clackamas Town Center

Shawn Clark, Peer Delivered Services Coordinator at the Oregon Health Authority Addictions and Mental Health Division (AMH) will be attending this meeting to talk about the future of peer delivered services in Oregon.

Meets monthly on the 4th Thursday
All are welcome to attend

Next Rethinking Psychiatry Meeting

Wednesday, October 19th, 2011
7-9 PM

First Unitarian Church in Portland
1011 SW 12th, Portland, Oregon

“At our September 21 general meeting, we worked on a mission statement. We also made plans to host a Film Festival on Friday evenings between January 20 and February 24, 2012, which will be hosted by various mental health community groups. We have also confirmed with Robert Whitaker May 11 and 12 as the dates for our second annual Symposium.”

Rethinking Psychiatry is sponsoring 2 films at the Economic Justice Action Group (EJAG) EJAG Film Series on October 28, 2011 from 6:30-9:00 PM which are: Frontline's "The Medicated Child" and Robert Whitaker's "Psychotropic Drugs and Children"

See the new Rethinking Psychiatry website listed below for the new mission statement and details of information about the films and other news.

Contact persons:

Marcia Meyers 503-665-3957

Terry Danielson tdaniel333@comcast.net

[Rethinking Psychiatry Facebook page](#)

[Rethinking Psychiatry Website](#)

Mentally Gifted Art Studio

Welcome to Mentally Gifted Art Studio. A new and welcoming community where we can gather to share our art work. It is open to all people that suffer from some form of mental illness. It is founded by individuals who also suffer from some form of mental illness as well. [Click here to go to the group.](#)

Employment & Educational Opportunities

Career Visions Project Self-Determination Career Planning Project

The Career Visions Project teaches young adults with mental health challenges career planning self-determination skills and provides them with assistance to use these skills to achieve a career or job goal.

Young adults between the ages of 20 and 30 years who receive or have received mental health services in the past two years, and whose mental health challenges make it difficult for them to get or keep a job are eligible to participate. We are particularly interested in working with young adults who receive Social Security due to their mental health issues. Participation in the project is free.

For more information or if you know of individuals who may wish to participate in Career Visions please contact:
Jared Tormohlen at 503-725-9608 or
j.tormohlen@pdx.edu

Job Corps

Partners in Vocational Opportunity Training -PIVOT
2701 N. W. Vaughn Street, Suite 151, Portland
(503) 274-7343 Ext. 214

<http://pivot.jobcorps.gov>

Job Corps is a no-cost education and career technical training program that helps young people ages 16 through 24 improve the quality of their lives through career technical and academic training.

Vocational Rehabilitation Division

3945 SE Powell Blvd., Portland, 971-673-2555
East Portland, 305 NE 102nd Ave., 971-673-5858
North Portland, 4744 N. Interstate Ave., 971-673-3055

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

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

State of Oregon Employment Office

Portland office, 30 N. Webster, 503-280-6046

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

Call for hours.

Oregon labor market information system and job search database.

Portland Habilitation Center Northwest

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

<http://www.phcnw.com>

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

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

Julia West House

522 SW 13th Ave., Portland
503-916-4009

<http://www.juliawest.org>

Reading classes, GED classes, Alcoholics Anonymous and Gamblers Anonymous meetings, and more.

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
www.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

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. <http://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

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. (503)772-2300

Health Resources:

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

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

-Free Eye Care for Seniors- eyecareamerica.org.

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

Resources

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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Cascadia Behavioral Healthcare, for their donation of office space, equipment, supplies, and copying and distributing our newsletter to Clients & Staff at the clinics and residential housing.

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

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

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