

eyes & EARS

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Times

June 2012 A Mental Health Consumer/Survivor Newsletter Volume 8 Issue 6

Mailing Address: 2415 SE 43rd Avenue Portland Oregon, 97206 eyes.ears_newsletter@yahoo.com

Communication to Oregon Health Plan Patients Increases As Reform Nears

The Oregon Health Authority is emphasizing that patient's services and care will not change

Amanda Waldroupe, The Lund Report

June 7, 2012—Communication to Oregon Health Plan patients about what the monumental changes to the Oregon Health Plan's delivery system means to them is beginning in earnest as the August 1 start date for 11 organizations likely to become coordinated care organizations throughout Oregon nears. [Read more.](#) Also read "[Two Portland-area provider groups will serve Oregon Health Plan members under state reform plan](#)" and "[Dental Organizations Interested in Reform Take Their Case to the Legislature](#)" and "[Volunteer Physicians Line up Support for Uninsured in the Columbia Gorge](#)".

New health care groups say Oregon's reforms could sputter without more cash

Nick Budnick, The Oregonian, June 08, 2012

Provider groups that stepped up to be the cutting edge of Oregon's health reforms say the state is renegeing on promises of a financial helping hand. [Read more.](#) Also read "[Some Oregon Health Plan providers to see rate cuts to close state budget hole](#)"

Federal justice agency seeks Frashour arbitration transcripts

Maxine Bernstein, The Oregonian, June 13, 2012

The U.S. Department of Justice, which is conducting an investigation of Portland police use of force, asked the Portland City Attorney's office on June 7 for the transcripts from the arbitration hearing involving the firing of Portland Officer Ronald Frashour for his fatal shooting of Aaron Campbell. [Read more.](#) Also read "[Attorneys for Portland consider Frashour's fatal shooting 'unjustified and egregious'](#)" and [more stories here.](#)

Questions, investigations follow killing of mental health worker in St. Helens

Nick Budnick, The Oregonian, May 27, 2012

Filling in for a co-worker on the weekend shift, Jennifer Warren stepped into Brent Redd's home last Sunday morning to deliver his anti-psychotic medication.

Doctors, though, were reducing Redd's dosage in preparation for a medical procedure. [Read more.](#) Also read "[What happened to Brent Redd](#)" and "[Protecting Oregon's mental health workers like Jennifer Warren – those angels unaware](#)" and "[Data on Healthcare Violence Remains Out of Reach](#)"

Coming Events

Alternatives Conference 2012 and OCSC Statewide Gathering preceding the conference on page 14

General Contents

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Employment & Educational opportunities	15-17
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Mental Health Association of Portland Recent Website Postings as of June

www.mentalhealthportland.org

Click below to view an article

[Aaron Campbell wasn't an immediate threat, Portland police chief testified, so Officer Ron Frashour didn't have a right to shoot him](#)

[Google Fu arriving at 'Mental Health Association of Portland'](#)

[Opinion: Article on Cascadia Behavioral Healthcare paints a false portrait](#)

[Family, friends gather to say goodbye to Jennifer Warren](#)

[The variance between the rule and the right: Ronald Frashour](#)

[PSRB in the Albany Democrat Herald Mailbag](#)

[Hearing Voices and Extreme States Peer Support Group Facilitator Training July 16](#)

[What happened to Rob Fox](#)

[Portland police fail to learn from past mistakes in officer-involved shootings, review says](#)

[Australia learns about Portland's 'Taser Troubles'](#)

Clackamas County Oregon Launches New Healthcare Initiative

HealthTechZone www.healthtechzone.com

Ray Deck, May 23, 2012

The program, called mHealth or mobile health, uses text messages to keep in touch with clients who manage chronic conditions such as mental illness or diabetes. [Read more.](#)

MindFreedom's I Got Better campaign

Today, MindFreedom International launches the I Got Better campaign with an invitation for you to participate in this Survey on Hope in Mental Health:

<https://www.surveymonkey.com/s/mfi-igb-intro>

This brief, confidential introductory questionnaire takes less than five (5) minutes to complete.

I Got Better is an ongoing project defying the all-too-common message that recovery from mental and emotional distress is impossible. The I Got Better campaign will make stories of recovery and hope in mental health widely available through a variety of media. www.mindfreedom.org News and resources about human rights and alternatives in the mental health system.

Article on Cascadia Behavioral Healthcare paints a false portrait

Despite misinformation, independent living is key to survival

by Derald Walker – chief executive officer of Cascadia Behavioral Healthcare Inc.

...the May 24 Portland Tribune article, "Cascadia Housing: not always for healing," goes a long way in misinforming the public and misrepresenting the good work that occurs in Cascadia's housing services. [Read more.](#)

Plan to display Oregon State Hospital cremains OK

www.eastoregonian.co, May 19, 2012

SALEM — The Salem Historic Landmarks Commission has approved plans to transform a 116-year-old building at Oregon State Hospital into a memorial for the cremated remains of former patients. [Read more.](#)

Unions to city: Stop Right 2 Dream Too fines

Some city employees pledge funds for Old Town encampment

Peter Korn, The Portland Tribune, Jun 7, 2012

The latest chapter in the ongoing saga surrounding the Right 2 Dream Too homeless encampment unfolded Saturday when some city union employees called for the city to reverse its decision declaring illegal the campsite beside the Chinatown Gate on West Burnside Street. [Read more.](#)

Will They Ever Learn? Report on Cop Shooting Investigations Finds "Room for Improvement"

Denis C. Theriault, Portland Mercury, June 7, 2012

The day after the city released an outside analysis of seven police shootings since 2004—a report that raised significant concerns about the Portland Police Bureau's ability to learn from its mistakes—the bureau's official response didn't inspire much confidence. [Read more.](#) Link includes related articles.

Portland Police Bureau posts 'It Gets Better' video

Maxine Bernstein, The Oregonian, June 16, 2012

Portland police Sgt. Liani Reyna, an 18-year bureau veteran, said people have shoot at her and tried to run her over on the job.

But those experiences were not as frightening as what Reyna decided to do this year: speak openly about her experience growing up as a lesbian on a Portland Police Bureau video called "It Gets Better." It debuted Friday on YouTube, launched to coincide with Portland's Gay Pride week. [Read more.](#)

Does Anyone Want a Genetically Modified Brain? – Anti-Psychotic Medications May Have Been Causing It To Happen All Along

Michael Cornwall, Ph.D., May 28, 2012
www.madamerica.com

Move over outdated chemical imbalance theory, now it is claimed that genetic misregulation underlies psychiatric disease, and that psychiatric drugs themselves can fix the genetic misregulation problem. [Read more.](#)

Writers embrace self-publishing through instant publishing machine

By The Associated Press, June 11, 2012

Clare Dickens only wanted to share her story to help others. But in the process, she became a successful independent author — with the help of a local bookstore and its instant publishing machine. [Read more.](#)

[Free meditations from Mindfulness | Mindfulness: Finding Peace in a Frantic World](#)

<http://franticworld.com>

Free your mind with free Mindfulness meditations courtesy of Dr. Mark Williams and Dr. Danny Penman, authors of Mindfulness: Finding Peace in a Frantic World.

Sleep deprivation may lead to higher anxiety levels, fMRI scans show

American Academy of Sleep Medicine
June 10, 2012 www.aasmnet.org

DARIEN, IL – New research shows that sleep loss markedly exaggerates the degree to which we anticipate impending emotional events, particularly among highly anxious people, who are especially vulnerable. [Read more.](#)

The Place of Medication in a Recovery Oriented System of Care

Sandra Steingard, M.D.,
www.madamerica.com, June 9, 2012

First and foremost, we should be careful and judicious in how we use these drugs. They have serious side effects and they are not as effective as is commonly thought. There are people who seem to do better without them and we do not yet fully understand their long term impacts.

At the same time, they can be extremely helpful for people who are in acute distress and in some cases their benefits are dramatic and life saving. [Read more.](#)

Art Can Be Good for Mental Health

Michael Friedman, L.M.S.W., Adjunct Associate Professor, Columbia University Schools of Social Work and Public Health, Healthy Living Blog
<http://www.huffingtonpost.com>

Art can be a healing force for people with mental disorders, including people with dementia, and art can contribute to psychological well-being of people regardless of whether they have a mental disorder or not. [Read more.](#)

Tri-County Medicaid Collaborative

<http://tricountycollaborative.org/>

a temporary website for the TCMC

Presentation by Ron Coleman and Paul Baker

recoveryfromschizophrenia.org

Hugh Massengil shot video of Ron Coleman and Paul Baker giving a presentation at the LILA Peer Suppo... This video could be useful for professionals, voice hearers, and friends and family! Very impressive to anyone not totally familiar with recovery or the hearing voices movement. [Click here to go to the video.](#)

Governor Kitzhaber Meets With Mental Health Consumer/Psychiatric Survivor Leaders About Healthcare Transformation

June 13, 2012, ocsblog.wordpress.com

Governor Promises to Issue Written Statement of Support for "Shared Goals"

Oregon's Governor John Kitzhaber met face-to-face today in his office with a delegation representing the united state-wide voice of Oregonians diagnosed with psychiatric disorders, Oregon Consumer/Survivor Coalition (OCSC). [Read more.](#)

SSRIs May Cause Bone Loss

www.madinamerica.com May 21, 2012

An Israeli study of 10,621 women found that those taking an SSRI more than 80% of the time were 1.4 times more likely to experience bone fractures or to initiate treatment for osteoporosis. [Read more.](#)

Reconnecting with culture helps OSH patients work toward recovery

www.oregon.gov

For many Native American patients at Oregon State Hospital, reconnecting with their culture can be a major step in their healing process and recovery. [Read more.](#)

Pathways to Liberation

pathwaystoliberalation.net

For those of you interested in inner work.

Rethinking Psychiatry

www.rethinkingpsychiatry.org/

Rethinking Psychiatry meets on the third Wednesday of each month at The First Unitarian Church, 1011 SW 12th Ave., Portland, Oregon

There's no meeting in June.

Contact info:

Marcia Meyers 503-665-3957

[Rethinking Psychiatry Facebook page](#)

RethinkingPsychiatry@gmail.com

Black Hats, White Hats, and Financial Reckonings

Robert Whitaker, June 7, 2012

www.madinamerica.com

It is clear now that the marketing of aypical antipsychotics over the past 20 years was, in essence, a criminal enterprise, as the makers of these medications regularly violated the law governing the selling of new drugs. The manufacturers hid side effects and [Read more.](#)

DSM5 in Distress

The DSM's impact on mental health practice and research. Blogs by Allen Frances, M.D.

Coalition for DSM-5 Reform

An Open Letter was written by board members of The Society for Humanistic Psychology (Division 32 of the APA) to the DSM-5 Task Force. Please read and sign this petition if you are in support.

IRON TRIBE

The Recovery Network

www.irontribenetwork.org

IRON TRIBE is a Community Organization of Ex-Cons in Recovery. We are men and women who have been incarcerated and are now engaged in a program of living that is based upon recovery, peer support and building community. Our mission is to provide peer support and guidance for the releasing ex-con and people in recovery, as they navigate successful integration into our community.

Penny Lane King

A Story by Pinki Tuscadero

Dedicated to all veterans of war whose fight continues long after the battlefield, those who have died unnecessarily at the hands of police, all hearts without a home, and those who struggle for mental health in communities where there is more shame than support.

-P.T. (aka Rachel Gill)

[Link to the story here.](#)

My voices

Scott Henderson

My voices got stronger, night and day they would not leave me alone. My mental state had gotten worse and I could not understand what was going on.

I decided to ask for help, but only from people I knew and that was a very small amount after the things I'd done to everyone. I spoke to an older woman downtown and she said I could go to one of the hospitals and talk to a doctor about these questions.

I went to a hospital here in Portland, but this was in 1977 and I did not have any insurance so I thought it would cost me money that I did not have. I asked the woman at the front desk at emergency if there was someone to talk to about my voices. She said to fill out some paperwork.

A doctor called my name and I followed her into a room with only two chairs. This made me feel strange and scared. She asked me about my voices and if I wanted to admit myself to the mental health wing? I said yes, only we were there. She asked me if I wanted to hurt myself or others. She left and a nurse came in and gave me a blanket and when she left she locked the door. I did not understand that and knocked on the door and yelled "What is going on. I want out. Let me go." My voices began to laugh at me, loud laughter. Being scared was the only reaction that I felt to this type of "HELP". My first contact with these people wasn't very nice. I yelled until my voice was gone. They came by and checked on me about every half hour. I'd see a doctor in the morning.

The next two weeks were spent being admitted to the hospital, a thousand questions and medication that made me sleepy. Couldn't keep my eyes open.

Eyes and Ears Newsletter welcomes your submissions

Eyes and Ears Newsletter welcomes submissions from mental health consumers/survivors/ex-patients. Your story and perspective is needed to make this truly the voice from the inside. Previously published works are welcome and accepted. Personal stories, articles, editorials and poetry are all welcome. Anonymous work will be considered. Please send writing that is relevant to Portland and mental health issues to eyes.ears_newsletter@yahoo.com

Robert Whitaker

Author of "Anatomy of an Epidemic"

"I have redesigned madinamerica.com into a webzine. It now features news updates, a number of bloggers, etc., and my hope is it will grow into a web site community engaged in "rethinking" psychiatric care in this country." Robert Whitaker

<http://www.madinamerica.com/>

[Mad in America Facebook](#)

Robert Whitaker website: robertwhitaker.org

[RobertWhitaker Facebook](#)

[Anatomy of an Epidemic Facebook](#)

Email: robert.b.whitaker@verizon.net

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

Anatomy of an Epidemic is now available in paperback

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.

OREGON CONSUMER SURVIVOR COALITION (OCSC)

**Oregon Consumer Survivor Statewide Gathering
Preceding the Alternatives Conference 2012 that's
being held at the same location**

**Wednesday, October 10, 2012 1 to 4 pm
Portland Marriott Downtown Waterfront Hotel
Mt. Hood Banquet Room
More details in the Coming Events page on page 14**

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?

OCSC Blog: <http://ocscblog.wordpress.com/>

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

ocsc-talk@lists.mindfreedom.org

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**

MindFreedom International

mindfreedom.org

MindFreedom International is a nonprofit organization
that unites 100 sponsor and affiliate grassroots groups
with thousands of individual members to win human
rights and alternatives for people labeled with psychiatric
disabilities.

CASCADIA CONSUMER ADVISORY COUNCIL

Meets on the third Tuesday of each month at 12
noon and the meeting place alternates sites

**In July the Council meets Tuesday the 17th at 12
noon at the Garlington Clinic**

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

Call or email first to confirm meeting is taking place

**In June the Council meets Tuesday the 19th at 12
noon at the SE Plaza Clinic**

Contact: Amy Anderson 971-340-8942 or
amyadvocate4u@gmail.com

Call or email first to confirm meeting is taking place

Cascadia's SE Plaza is at 2415 SE 43rd - go to the
43rd Street entrance, then to the 2nd floor, and we are
in room 1 on the right.

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 at the Barbara Roberts
Human Services Building, 500 Summer St. NE,
Salem, OR.

[OCAC Facebook](#)

The Oregon Consumer Advisory Council is the
official body, established by the Oregon
Legislature, which has responsibility for providing
ongoing advisory input and consultation on mental
health services and mental health services
provision statewide to the State Addictions and
Mental Health Division.

Occupy Portland

<http://occupyportland.org>

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.

Website - <http://web.multco.us/mhas/quality-management>.

Clackamas County

Mental Health and Addictions Council

<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>.

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

Mental Health America of Oregon/Peer Link

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.

10150 SE Ankeny St. Suite 201-A, Port., OR 97216

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](#)

Peerlink National Technical Assistance Center

Peerlink National Technical Assistance Center is a program of Mental Health America of Oregon, a non-profit organization with more than 30 years of advocacy experience. We offer technical assistance to individuals, peer-run programs, and community partners with the goal of improving overall services for people with lived experience of mental health challenges.

www.peerlinktac.org Same contact info as above.

The Oregon Peer Employment Network

(OPEN) is a project of Mental Health America of Oregon (MHAO). OPEN provides ongoing training and technical assistance to mental health peers in the field of peer-delivered employment services and supports. <http://www.peeremployment.jimdo.com/>

Mental Health in the Headlines

offers summaries of the latest news and views in the mental health field.

Published by [Mental Health America](#)

Disability Rights Oregon

www.disabilityrightsoregon.org

[Facebook](#)

610 SW Broadway, Suite 200, Portland, OR 97205.
503-243-2081

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.

AMH Wellness Initiative

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

AMH provides a Wellness Initiative web site at

<http://www.oregon.gov/OHA/amh/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

OHA website: www.oregon.gov/OHA/

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.

The M.O.M.S. MOVEMENT

www.mentalhealthrightsyes.org

A Movement Of Mothers Standing-Up-Together
We are Mothers and Other Individuals who have experienced grief, pain, shock, outrage and deep heartbreak, in response to the treatment our loved ones received in and through the mental health agencies and institutions and the criminal justice systems.

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.

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_newsletter@yahoo.com
503-238-0705 Ext. 204

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 - 10 pm
Tuesday 10 am - 10 pm
Wednesday 9 am - 8 pm
Thursday 8 am - 8 pm
Friday, Saturday & Sunday 10 am - 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

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 24 hours a day, 7 days a week and can be reached at 503-988-4888 or 1-800-716-9769.

Street Roots

<http://streetroots.org/>

211 NW Davis St, Portland OR 503-228-5657

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. For a comprehensive listing of resources check out their Rose City Resources page.

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: www.madnessradio.net

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
9 am-5 pm Monday-Friday www.writearound.org

Wireman Project

Wireman Project is a newly-forming organization in Oregon with the mission of "Healing Through the Arts," and will incorporate numerous other alternatives to the existing mental health system to promote mental health and trauma history recovery and healing.

Check out [Wireman Project on Facebook](https://www.facebook.com/wiremanproject) and in the blogosphere at <http://wiremanproject.wordpress.com/>. We would love it if you would like us on Facebook and check the blog on a regular basis for weekly updates.

A sizable number of people completed a survey to help Wireman leadership determine what Wireman Project should look like. [See the survey results here](#) at their website.

Sisters Of The Road

www.sistersoftheroad.org

Join Sisters to create community-driven, nonviolent solutions to the calamities of homelessness and poverty.

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 a team of facilitators.

Tuesdays and Thursdays from 6:00 to 7:30 pm
at 3941 SE Hawthorne

See upcoming events at the Portland Hearing Voices
website at www.portlandhearingvoices.net

Women Survivors of Sexual Trauma - Open to all women (including transgender persons who identify as women), who have been through traumatic sexual experiences..... Every Wednesday, 7-8:30 p.m. Held at Empowerment Initiatives.

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

portlandhearingvoices@gmail.com
www.portlandhearingvoices.net

413.210.2803

Centerstone Clinic

For residents of Clackamas County

11211 S.E. 82nd Ave., Suite O, Clackamas, OR
503-722-6200 Tri-met Lines: 72

Walk-in: Mon.-Fri., 10 a.m.-8 p.m., Sat.-Sun. 10 a.m.-7 p.m. 24-hour crisis line: 503-655-8585

In addition to offering traditional crisis supports, persons can access Peer Delivered Services, which include: problem solving and crisis support, in home or community based person directed planning, WRAP® plans, in home respite support, Hearing Voices groups, transportation planning, RentWell© education, medication empowerment education, resource support, facilitating community integration and work activities.

At Cascadia

Cascadia programs with info pages and websites

- Access to Recovery
- Peer Wellness
- Sexual Minority Youth Resource Center (SMYRC)
- Volunteers Involved for the Emotional Well-being of Seniors (VIEWS)
- David's Harp

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!**

Make an appointment with Erin, the Supported Education Specialist, and learn all about the program!

How? Just let your case manager know you would like a referral to the Supported Education Program. Or, call Erin direct at 503-238-0705 x 176.

Cascadia Behavioral Healthcare Plaza
2415 SE 43rd

NAMI Multnomah Support Groups

NAMI Connection Peer Support Groups

NAMI Connection is a free weekly peer 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. Call 503-228-5692 for more info.

Tuesdays 11:00 am-12:30 pm

Luke-Dorf, 9255 NE Halsey St, Portland 97220

Tuesdays 3:30-5 pm

Macdonald Center, 605 NW Couch, Portland 97209

Wednesdays 4:00-5:30 pm

Mult. County East, 600 NE 8th Ave., Gresham 97030

Thursdays 2:00-3:30 pm

NAMI Multnomah, 524 NE 52nd Ave, Portland 97213

Thursdays 5:30-7 pm

LifeworksNW, 3716 NE MLK Jr Blvd, Portland 97212

Saturdays 3:30-5:00 pm

5228 NE Hoyt Street, Bldg. B., Portland 97213

"Anxiety Society" Support Group

Tuesdays, 5:00 pm

Contact: Terri Walker, 503-890-4805

Mission: a safe place for ages 18-36 with anxiety to develop communication skills in a relaxing, fun environment

DBSA (Bipolar & Depression) Peer Support Group

Thursdays, 7:00 pm

Temporary Location March 1-June 30

Tabor Heights Church, 6161 Stark St, Portland 97215

Contact: Jean Duncan, 503-231-7513

Schizophrenia Support Group

Wednesdays, 1:00 pm

NAMI, 524 NE 52nd Ave, Portland 97213

Mission: a safe place for people with schizophrenia to relax, socialize, and develop skills.

Drop-In Family Support Group

Mondays, 6:00 pm

NAMI, 524 NE 52nd Ave, Portland 97213

Contact NAMI Office, 503-228-5692

2nd and 4th Thursdays, 6:30-8 pm

Mt Hood Medical Center, Cascade Room

24800 SE Stark Street, Gresham

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.

NorthStar

NorthStar is a mental health recovery program for adults living in the Portland metro area who have a mental illness. Spearheaded by NAMI Multnomah, NorthStar is based on the International Center for Clubhouse Development (ICCD) model of psychosocial rehabilitation and standards. ICCD certification is our goal. NorthStar provides people living with the effects of mental illness an evidence-based approach for respect, hope, stability and resiliency.

Please call us to arrange a new member orientation. Orientations are held every Tuesday and Thursday from 3:00 to 3:30 PM.

Mon-Thurs 9:30 am to 3:30 pm.

522 N.E. 52nd Ave. 971-544-7485.

Email: info@northstarportland.org

Website: www.northstarportland.org/

[NorthStar Facebook](#)

NAMI contact information

Multnomah NAMI: (503) 228-5692 [Website](#)

Clackamas NAMI: 503-344-5050 [Website](#)

Washington NAMI: 503-356-6835 www.namiwash.org

Empowerment Initiatives

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

Portland Hearing Voices Support Group - **Tuesdays and Thursdays** from 6:00 to 7:30 pm
Book Club - Every Thursday 3:30 - 5:00 pm
Women Survivors of Sexual Trauma Support Group - Wednesdays from 7:00 - 8:30 pm

www.chooseempowerment.com [Facebook](#)

3941 SE Hawthorne Blvd Portland, OR 97214
(503) 249-1413

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.

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

Recovery International

www.lowselfhelpsystems.org

The mission of Abraham Low Self-Help Systems is to use the cognitive-behavioral, peer-to-peer, self-help training system developed by Abraham Low, MD, to help individuals gain skills to lead more peaceful and productive lives. For more info and to find support groups near you, go to their website.

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

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

Benzo Beware - Awareness Group about the use of Benzodiazepines - [Facebook](#)

Beyond Meds - Alternatives to psychiatry
beyondmeds.com

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

Forums at Psych Central - An abundance of forums to choose from.
<http://forums.psychcentral.com/>

Intervoice - The International Community for Hearing Voices. www.intervoiceline.org

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

OAASIS - support for sexual abuse survivors.
<http://oaasisoregon.org>

Online Recovery Support - An online resource for the recovery community.
<http://onlinerecoverysupport.ning.com>

PSRB Fair Shake This facebook page exists to help anyone currently under the PSRB. We are a peer-run group of Oregonians currently living under the Psychiatric Security Review Board (PSRB).
Website: <http://psrbfairshake.org/wordpress>

Rose City Recovery Connections - An online site for the Portland recovery community.
www.rc-rc.info/index.html

Spotlight on Recovery - Website and email newsletter. www.spotlightonrecovery.org

Voice-Hearers - This group is for people who hear, or who have heard voices.
<http://health.groups.yahoo.com/group/voice-hearers/>

What a Difference a Friend Makes
<http://www.whatadifference.samhsa.gov>

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 Conference 2012

www.alternatives2012.info

Also join us on Facebook: [Alternatives 2012](#).

Peerlink National Technical Assistance Center announces the 26th annual Alternatives Conference, the oldest national mental health conference organized by and for mental health consumers/survivors, to be held:

October 10-14, 2012

**Portland Marriott Downtown Waterfront
1401 Southwest Naito Parkway
Portland, Oregon 97201**

The theme of Alternatives 2012 is "Honoring Our History, Building Our Future." The theme reflects honoring the efforts and achievements of the past while embracing and supporting the growth of new programs and services.

Portland Events Calendar

www.travelportland.com/calendar/calendar

Oregon Consumer Survivor Statewide Gathering

Preceding the Alternatives Conference 2012 that's being held at the same location

Wednesday, October 10, 2012 1 to 4 pm
Portland Marriott Downtown Waterfront Hotel
Mt. Hood Banquet Room

Facilitated by OCSC (Oregon Consumer Survivor Coalition)

We are "uniting the voice for change" in the Oregon mental health system through individuals in all regions of Oregon.

What we will do:

Offer free membership through October 2012 sign up to join the OCSC

Individual introductions: What concerns do you have and what is developing in your region?

Speakers

Group introductions: What are the different Peer Run Organizations doing throughout Oregon?

Legislative action: What items do we need to work on for Oregon's next legislative session January 2013?

Quoting Mark Fisher (OCSC secretary): "We find that a voice for change in the legislature is essential. Individuals throughout Oregon want to be heard, listened to, and their mental health concerns acted upon. OCSC is the vehicle for the united voice of individuals with mental health issues to be heard. Our Statewide gathering is the opportunity to share about our activities and to be known; then to draw up an action agenda for the next legislative session."

Contact for more information:

OCSC Blog: <http://ocscblog.wordpress.com/>
<http://www.peerlinktac.org>

Or email: mrkfish92@gmail.com

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.

Worksource Portland Metro Southeast
 7916 SE Foster Road, Suite 104
 Portland, OR 97206 (503)772-2300

Resources

[NAMI Oregon Community Resources](#)

Many community resources are available for people with mental illness. We list here ones we think will be of interest to people with severe and persistent mental illness, their friends and families in Oregon.

Resources Galore

[NAYA Family Center](#) and Monica Parnley, LCSW present this very comprehensive resource guide. This guide to Portland resources lists everything from Food Assistance to Legal Services, Mental Health Counseling, to population specific agencies and more. [Click here to download the pdf.](#)

Street Root Rose City Resources

Employment and training

Find [employment and training resources listings](#) at Street Root's Rose City Resources.

Rethinking Psychiatry Resource List

<http://www.rethinkingpsychiatry.org/resources/>

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** - 232 NW 6th Ave, Portland, OR - 503 294-1681 www.centralcityconcern.org
- El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 www.catholiccharitiesoregon.org
- LifeWorks Northwest** -503-645-9010 www.lifeworksnw.org. E-mail intake@lifeworksnw.org.
- Portland Veterans Center** - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; www.va.gov

Mental Health Drop - In Centers:

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

National Mental Health Organizations:

- Mind Freedom** - Campaigns for human rights in mental health; also contact if have been abused by the psychiatric system. 1-877-MAD-PRIDE; www.mindfreedom.org
- National Alliance on Mental Illness** - Education, support, advocacy, info/referral; **NAMI Multnomah** - 503-228-5692 www.nami.org/Multnomah; **NAMI Oregon** - 503-230-8009, www.nami.org/oregon
- 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-

Resources

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

-MyAutismTeam - social network for parents of children with autism with. <http://www.myautismteam.com/>

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

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

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

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

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

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

Alcohol and Drug Services

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

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

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

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

-Crystal Meth Anonymous meetings www.crystalmeth.org

-Dual Diagnosis Anonymous - 503-222-6484 www.ddaoforegon.org

-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:

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, 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>

Resources

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 Office - Oregon labor market information system and job search database.

Portland office, 30 N. Webster, 503-280-6046. Call for hours. <http://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 - 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. Mon-Fri 8am-5pm

<http://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

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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 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

Resources

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: welcomer@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:

-**BoltBus** offers rides to Seattle for \$7.

<http://portlandafoot.org/w/BoltBus>

-**Community Cycling Center** Complete five hours of safe commuting and bike maintenance training and get a free bike. Must be a low-income adult enrolled in a comprehensive employment program (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) 808-7088 or email skowalczyk@reachcdc.org

-**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

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