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Supreme Court Ruling Met With Relief in Oregon

Amanda Waldroupe, The Lund Report

June 28, 2012—Today's Supreme Court ruling largely upholding President Barack Obama's Patient Protection and Affordable Care Act and its provisions means it's full steam ahead for the state's health insurance exchange, creation of coordinated care organizations, and other reforms being implemented in the state.

A flurry of press releases and statements from elected officials, health providers and consumer organizations celebrated the Court's ruling, emphasizing that the law's provisions—including allowing young adults up to age 26 to be on their parent's health plan, prohibiting insurance companies from not covering people with pre-existing conditions, and doing away with life time caps—will continue and thus help people access healthcare more easily.

Rocky King, the exchange's executive director, said he and other exchange staff celebrated the ruling for about 10 minutes. Then they got back to work.

"There was a great feeling of relief that we don't have to spend a lot of time finding solutions to what could have been a very difficult six months," King said. "I don't think there's any change based on the ruling coming out of the Supreme Court this

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Mental health group says combat PTSD deserves Purple Heart

Rebecca Ruiz, usnews.msnbc.msn.com, July 2012

The National Alliance on Mental Illness (NAMI), a grassroots advocacy organization, released a report Thursday calling for the military to make service members with combat-related post-traumatic stress and other psychological injuries eligible to receive the Purple Heart.

The report, Parity for Patriots, argues that mental health disorders are "signature" injuries of the Iraq and Afghanistan wars. In 2011, there were more hospitalizations for mental disorders amongst active-duty service members than for any other major illness or injury, affecting one in five individuals.

Sita Diehl, the report's author and director of state policy and advocacy for NAMI, said that in addition to PTSD, the military should also consider combat-related depression for Purple Heart eligibility. Previous research, Diehl said, has shown that after a sixth or seventh deployment, it is standard to experience about six months of combat-related depression.

The Purple Heart is awarded to service members who have been wounded or killed by the enemy in combat. Post-traumatic stress disorders currently do not justify a Purple Heart, according to Army regulations. Other injuries that do not merit the Purple Heart include heat stroke, frostbite, battle fatigue and accidents.

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Supreme Court Ruling Met With Relief in Oregon

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morning. We're moving forward."

Rep. Val Hoyle (D-Eugene), co-chair of the Ways and Means Human Services Subcommittee, said she "was not hopeful" the Court would uphold the law, and that she and other legislative leaders had already begun crafting a "plan B" in case the Court had ruled differently.

"We would have moved forward," she said. "It would have been more difficult."

Oregon is getting local and national media attention for being ahead of many other states in health reform. The state's coordinated care organizations (or CCOs), which will integrate and coordinate the physical, mental and dental care of Oregon Health Plan members starting in August, are one example of Oregon anticipating many of the provisions of the Affordable Care Act (in the case of coordinated care organizations, expanding a coordinated medical home model of care).

Hoyle attributes much of Oregon's success the collaboration among numerous interest groups, including businesses and consumer advocacy groups, as well as bipartisanship on the part of lawmakers. "It [wasn't] hyper partisan," she said. "We were able to approach it by working together." You're not seeing that elsewhere."

The exchange, created by the Legislature in 2011 and which will begin offering insurance coverage to individuals and small businesses in January 2014, stood the most to lose if the Supreme Court had ruled differently.

The law's individual mandate, which requires people to purchase health insurance or pay a fine, quickly became the law's most controversial piece, with opponents arguing it violated the Constitution's commerce clause.

If the individual mandate had been struck down, it would have seriously impacted the exchange's ability to attract people to purchase insurance and meant there might not have been a sufficient pool of people in the exchange to keep the premium rates low. Also, federal subsidies expected to help people purchase insurance through the exchange, if they earned below 400 percent of the federal poverty level, would not have been available.

Additionally, federal grant funding helping

exchanges become operational would have dried up. Oregon's exchange has been the recipient, thus far, of \$64 million in grant funding. King said the federal government would have honored any financial commitments that had already been made, but future funding would have been unlikely.

King said it would not have been as simple as going to the Legislature and asking lawmakers for money. "It would have been a very, very tough debate to move forward without federal dollars," he said.

The Supreme Court ruled that the individual mandate can be enforced as a tax, rather than as a way of regulating commerce. King doesn't expect that to impact the exchange's efforts to attract people to purchase coverage.

"I think a lot of people are going to buy insurance," he said. "Will everybody buy insurance? Of course not. Look at auto insurance now. People take those risks. But if you're paying \$90 a month [as a fine], you're getting nothing. If you're paying \$150 a month, at least you're getting coverage."

Oregon Health & Science University's Richmond clinic in Southeast Portland wins federal funds to expand services

Nick Budnick, The Oregonian, July 09, 2012

Oregon Health & Science University's Richmond Clinic has received federal funding to increase hours, expand services to the uninsured and improve mental health care for residents of Southeast Portland.

Late last month staff at the clinic, located at 3930 SE Division St., were informed it had been approved as a federally qualified health center, focusing on poor and underserved populations.

As a consequence, federal grant funding of \$1.3 million over the next two will allow expanded services to be phased in starting this fall:

- Expanded hours weekends and evenings at the clinic's main location.
- Increased patients served at Richmond from 8,700 to 12,600 a year
- A new walk-in clinic within the Cascadia Behavioral Health Clinic, 2415 SE 43rd Ave.
- Increased dental services purchased on a contract basis.

Dr. John Saultz, chairman of OHSU's Department
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Oregon Health & Science University's Richmond clinic in Southeast Portland wins federal funds to expand services

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of Family Medicine, said the partnership with Cascadia will help "some pretty fragile people ... if we can figure out how to do a collaborative model it could really change some of these people's lives."

News of the Richmond Clinic's federal approval was first reported in The Lund Report. To schedule an Appointment, call (503) 418-3900.

Mental health group says combat PTSD deserves Purple Heart

(Continued from front page)

Awarding the Purple Heart for mental illness that results from combat, Diehl said, would "help to recognize these are genuine medical conditions. If you get a psychological wound in battle, that means you are courageous. We want that to be recognized."

NAMI spokesman Bob Carolla said the organization previously approached military leaders privately about Purple Heart eligibility, but said it never received a response. This is the first time the organization has publicly called for changes to the regulations.

The report also outlines a looming mental health crisis for service members, veterans and their families. Studies have shown that military spouses and children are diagnosed with anxiety, depression and other mental disorders at rates comparable to service members.

In order to address various aspects of the crisis, the report called on the Department of Defense to require commanders to focus on preventing psychological injuries and deaths; said the Veteran Health Administration should ensure that more veterans and their families have access to care; and recommended that the Department of Health and Human Services finalize regulations for a federal parity law that would fully end discriminatory practices in mental health care treatment.

Still, Diehl said, the responsibility to help service members, veterans and their families can't fall only to the government.

"These [agencies] can't do it alone," she said, "We as the American people need to reach out and care."

Changes to Oregon health reforms lead to delay by Portland-area Medicaid group

Nick Budnick, The Oregonian, June 21, 2012

As reforms to the Oregon Health Plan kick in, a consortium that hopes to provide more efficient care to low-income people in Clackamas, Multnomah and Washington counties has asked the state for more time.

The Tri-County Medicaid Collaborative had applied to be in the first wave of coordinated care organizations approved by the state under a law passed in February. The organizations will integrate care and focus on prevention to cut Medicaid spending.

However, the Portland-area group has now decided to pull out of the first round of CCO approvals-- which aim to be up and running by August -- to instead target the second round of approval, meaning a start-up in September.

Erin Fair, director of government relations and public policy for the collaborative, says members of the collaborative need to be sure they are comfortable with late-breaking developments in the legalities and funding of the reforms. Among the changes: a proposed contract that departs from past practice, new rules, and as the collaborative's CEO has noted, the realization that the state won't provide start-up funding as expected.

"We just felt it was prudent to take some time and look at them as a whole," Fair said. However, she expressed confidence that the group will continue moving forward "full steam ahead."

In addition to not providing up-front transition funding, the Oregon Health Authority will pay CCOs at a lower rate than expected as it tries to close a budget hole of roughly \$9 million in state health spending.

It's not surprising some of the new groups are hesitating, said Rep. Jim Thompson, R-Dallas, co-chair of the House Health Care Committee. "I think everybody is putting the brakes on, saying 'Hold on a minute here.'"

But the state recently made up for the lack of funding by loosening reporting requirements the new groups considered onerous, said pediatrician Bob Dannenhoffer of another new CCO, Douglas County's Umpqua Health Alliance. "I think OHA listened," he said.

The Portland area collaborative includes Legacy Health, Providence Health & Services, Oregon Health & Science University, CareOregon, Tuality Healthcare, Kaiser Permanente, Adventist Health, federally funded community health clinics and health departments of Clackamas, Multnomah and Washington counties.

Another group, FamilyCare, is proceeding with plans to become a Portland-area coordinated care organization.

GUEST VIEWPOINT: Mental hospital needs discussion, not construction

By Gary Crum, July 9, 2012, registerguard.com

These are difficult times — difficult for us and difficult for public bodies.

Public officials face the thankless job of reducing expenditures while minimizing the deleterious effects. Public safety, human services, animal control, educational programs, park services, building maintenance — the list of decreased services is practically all-inclusive. Our elected officials deserve our support as they face this task.

But there's an exception — an opportunity to make a decision that is cost-effective and also provides the highest level of appropriate service.

The Oregon Legislature, in its next session, will decide to fund or not fund, to build or not build, an additional state mental hospital on property between Eugene and Junction City. This facility would cost more than \$100 million and would have an annual budget of more than \$48 million — \$280,000 per bed per year. It would provide both the most restrictive, and by far the most expensive placement for Oregon's mentally ill population.

All stakeholders oppose the hospital: patient advocacy groups, professional psychiatrists' organizations, the governor-appointed and Legislature-confirmed State Hospital Advisory Board, patient families and concerned people like me.

Additionally, the state is negotiating an agreement with the U.S. Department of Justice's Civil Rights Division for the state to meet specific and monitored requirements to correct deficiencies in our mental health service system. In a March letter to the state summarizing the negotiations, Jonathan Smith, chief of the division's special litigation section, writes:

"Throughout our investigation, we have met with a range of stakeholders — including consumers, advocates, providers, and elected and public safety officials. We have heard a consistent message that the state must invest more in critical community-based services and that investments in institutions — including the proposed hospital at Junction City — are draining resources that should be used to keep people in their homes and communities.

"The process to which we have agreed is consistent with these values and with the goals set by the governor in the health reform process. We will continue to meet with these stakeholders as the state implements its reform process to ensure that this agreed-upon process translates to real improvements in the lives of people with mental illness."

Based on this statement, I believe it's reasonable to

add the Civil Rights Division to the list of parties opposed to the hospital's construction.

At the foundation of mental health care is the concept of "least restrictive appropriate treatment placement." The community resources referenced by Smith comprise a cascade of community based facilities, programs and services: walk-in clinics; outpatient services; emergency intervention services; community-based residential placement; and short-term crisis care detention and assessment facilities.

These services are proactive, designed to support patients in the community and to provide, when needed, the appropriate intervention in the early stages of crisis. Additionally, they are funded with a 50 percent to 60 percent federal cost offset.

Institutional placement (which I term post-active), the most restrictive treatment placement possible, receives absolutely no federal offset.

Unfortunately, the Oregon Department of Health Services and the State Hospital Replacement Division have chosen to ignore all the above factors. The Legislature has yet to make a decision regarding the hospital, and in the face of strong and ever-mounting opposition, the bureaucrats supporting hospital construction have devised an interesting strategy to achieve that Legislative approval.

The Department of Health Services has "found" \$20 million in its budget, primarily, it seems, money left over from the construction of the mental hospital in Salem. The department intends to spend that money quickly and to begin construction on hospital site preparation and building foundations.

Should this occur, the department would tell the Legislature, "Gee, folks, we've already spent \$20 million, and a decision not to fund the hospital will mean that money has been wasted." It's a plan to corner the Legislature into supporting hospital construction.

Any construction needs to be delayed until the Legislature makes a final decision regarding the hospital. The arguments supporting community services are extremely convincing, and the federal support for community services as opposed to institutional care is extremely important. The cost savings, combined with more humane and effective treatment, represented by community services is clear.

Let's slow down a moment, suspend any construction planned for this summer and have the decision regarding hospital construction made by our legislators after a reasoned discussion and debate — before that \$20 million is spent.

Surely that's not asking for too much.

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

Governor Kitzhaber Meets With Mental Health Consumer/Psychiatric Survivor Leaders About Healthcare Transformation *Governor Promises to Issue Written Statement of Support for “Shared Goals”*

June 13, 2012 ocsblog.wordpress.com

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).

OCSC President, Rebecca Eichhorn, said, “We are concerned that as Oregon health care transformation moves forward that the valuable and unique role of peers — that is, those with ‘lived experienced’ of a mental health diagnosis — will be marginalized.”

Also attending the meeting were OCSC board members Mark Fisher and David Oaks, as well as Sean Kolmer, who is the Governor’s Assistant Health Policy Advisor.

OCSC asked the Governor to support creating an Oregon Office of Mental Health Consumer/Survivor Activities, as promised in Oregon’s “Olmstead Plan,” which contain written steps for deinstitutionalization as required by the US Supreme Court. OCSC also asked that the Governor support mental health consumer/psychiatric survivor meaningful involvement in Oregon’s health care transformation.

Said Mark Fisher, “We need to defend the unique and valuable role of Peer Support Specialist, Peer Services, and Peer-Run organizations. We ask you, Governor Kitzhaber, for your leadership in ensuring that peers are not marginalized but included as a vital part of the health care transformation.”

David Oaks said, “In the past decade since your first terms as Governor, Oregon has become one of the few US States to zero-out resources for the state-wide voice of mental health consumers and psychiatric. For the past five years, OCSC has asked a question about that: ‘Why zero?’”

The OCSC delegation ended the meeting on a positive note, saying that the State of Oregon also now has the potential to lead nationally in a “major paradigm change in mental health care.” The delegation left the Governor a copy of the book “Anatomy of an Epidemic” by journalist Robert Whitaker, who has visited Oregon many times

because of the possibility for major changes in the mental health system here.

Governor Kitzhaber expressed support for all the goals brought up during the meeting, and pledged to issue a public letter in the near future to that effect.

Your Input Welcome For 2012 Alternatives Keynote Speech – SURVEY

Will Hall, June 30, 2012, www.madinamerica.com

I was invited to give a Keynote Address at the 2012 Alternatives Conference in Portland Oregon, and I’m collecting your input on what I should say — I’m crowd sourcing my Keynote!

Alternatives is a federally funded annual SAMHSA conference that brings together more than 1000 peer specialists, advocates, policy makers, and people in mental health recovery to learn about and discuss new directions for mental health services. Thanks to everyone who organizes the conference and made my invitation possible!

I have lots of ideas for my hour long talk — you know me, once I get started I have a lot to say about recovery alternatives (and I’ve done just that at www.madnessradio.net). I plan to focus on practical recovery innovations that can be implemented immediately to improve recovery and end harm done by the system.

And I want your input!

Please go to this Survey and take a couple of moments to share YOUR input on what my Alternatives Keynote address should cover:

<http://www.surveymonkey.com/s/YMH9B28>

And share this link with everyone you know who might also want to give input. I’ll take all the responses to heart as I write my Alternatives speech.

(You may remember that 2 years ago Robert Whitaker and I were both invited to Alternatives, and then Bob was un-invited and I was prevented from offering my coming off medications workshop as planned. A public outcry turned all of that around, and Bob gave his keynote — followed by a very strange rebuttal — and I gave my workshop — not quite listed correctly in the program, unfortunately. It was a living example of the recovery movement having its voice heard, and the flexibility and openness of Alternatives to taking risks that reflect changing times.)

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Upcoming Peer Workshops & Groups at Clackamas County urgent walk-in clinic

(Formerly Centerstone urgent walk-in clinic)

Empowerment Initiatives and Clackamas County are providing 2 peer support groups and 3 workshops at the Centerstone urgent walk-in clinic in Happy Valley, Oregon

Come join us in the Peer Lounge at

11211 SE 82nd Ave. , Suite O
Happy Valley, OR 97086

In the Ross shopping center - Bus: #72

All activities open to the public and free.

Visit our website at:

<http://www.chooseempowerment.com>

Questions 503.438.8098 or

jwhipple@chooseempowerment.com

Support Group: The Women's strength from within

1—2:30pm

Every Wednesday led by Gina Hahn

What does self care look like for me?

Who do I want to be?

Confidence to find your voice

I will provide an opportunity to network with others. I will cover how to deepen your involvement in the consumer/survivor movement, and gain knowledge that will help you in your recovery. We will be given the opportunity to meet amazing women and learn from their experiences and journey.

Workshop: Creative approaches to a stress-free lifestyle

2—3:30pm, 2nd Fridays of the month, led by Colette Dinneen - July 13, 2012 and August 10, 2012

Free community-based activities, Journaling, Breathing techniques

Testimonial: I learned a lot about how I can properly manage my stress. I needed to make some changes in my life and this workshop gave me ideas-exercise, me time, eating better. Thank you, it was fabulous.

~ Julie Graeber, Portland , OR

Support Group: Uncommon ground

Saturdays, from 1pm - 2pm. Led by Jim Whipple.

Purpose: Provide a safe and comfortable environment where peers may come to:

Talk about what matters to them.

Listen to others share their stories.

Learn to interact in a semi-structured environment with ground rules agreed upon by group members.

Share ideas and resources with people who desire feedback.

Learn and practice relaxation and visualization exercises.

Have the opportunity to practice group leadership by leading exercises.

Sit quietly and feel welcome even without actively joining in.

Workshop: Creating healthy meals

Saturday, August 4, 2012, 3 to 5 pm, led by Colette Dinneen

Food resources - Meal planning - Cooking supplies

Workshop: Wellness and Exercise

1pm—2:30pm, The 4th Sunday of the month, led by Colette Dinneen - July 22 and August 26

Frustrations or barriers to working out

Safe Stretching

Walking

Meditation

Creating Life intentions

Your Input Welcome For 2012 Alternatives

Keynote Speech – SURVEY

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Does my invitation reflect a genuine shift to more progressive, honest discussion of mental health reforms, including topics I'm closely identified with such as medication alternatives, ending force and diagnostic labels, and challenging Pharma influence? We'll see. In the mean time, I'd love your input to make my Keynote Address a crowd-sourced reflection of community voices. The survey only takes a moment to complete, and I'll take all the input to heart in my talk. And thanks to Alternatives for recognizing my ten years of recovery movement work in this invitation and opportunity.

EYES & EARS

Welcomes your contributions

Contact the editor at

eyes.ears_newsletter@yahoo.com

Cascadia Behavioral Healthcare

2415 SE 43rd Ave. 503-238-0705 Ext. 204

Penny Lane King - Part 2

A Short Story by Pinki Tuscadero
Et aliae, Rachel Gill, June 3, 2012

“Laid open in front of King’s seated frame is a cardboard guitar case that holds a few dollar bills, five quarters, three dimes, two nickels, and one me, Penny. Yep, this little copper coin has seen a lot go down on these metro streets and seen more change than the bottom of a wishing well, except for change of heart, that is” - from Part 1 of “Penny Lane King”, of the June Eyes & Ears

“Sir, please turn around. I need to speak with you,” says the police officer to King whom, facing the opposite direction, looks disoriented, nothing like the man who just a moment ago so eloquently spoke of standing up for his rights. He is mumbling to himself, frantically sifting through newspapers and plastic bags, which hold all he owns in the world. The situation is tense; even the wind seems to be holding its breath. My thoughts grow uneasy as the discontent and confusion reflecting in King’s eyes.

It is cold and wet, but King’s face is flushed with heat, breath fast and shallow: panic. He moves anxiously, eyes wide. He hardly gives a second glance to the police officer. What distracts him? Finally, with what seems like considerable effort, King turns toward the officer. All but attentive, his eyes do not meet those of his inquirer but instead scan the ground, trees, and pavement. I notice a small crowd of people beginning to gather like keen concertgoers arriving early for a good spot at a standing room only show.

What is he looking for? I wonder of King. The police officer has a quizzical look upon his face as if he is asking himself the same question.

“Howdy officer, it’s a bit drizzly out isn’t it? But, you know, I have a feeling the sun is going to shine on us, at least a little, before the day is through.” King flashes the officer his most winning smile.

“Sir, I’ve been called here to investigate a complaint about someone loitering in front of Sweets bakery and disturbing the peace. Can I please see some identification?”

“Sure thing officer, I ain’t here to cause no trouble.” King pulls on the chain around his neck and fishes a metal tag out from underneath his shirt.

The officer disregards King’s attempt to make polite small talk, “Sir, I would prefer to see a state issued picture I.D.”

“With all due respect, I would prefer that I had one for you to see but this here dog tag is all I got, but I can assure you, it’s as legal as an eagle, got it from Uncle

Sam when I was a tunnel rat back in Vietnam.” Kings blinks his eyes tightly in three rapid successive squints as he jerks his head to the right to shout over his shoulder, “Shut up! I know he already knows!” Behind him, the small crowd stirs with murmured excitement.

Ms. Sweets has turned her open sign to closed and come outside where, beside the police officer, she stands nervously wringing her hands, compulsively darting her eyes from her store, to the officer, King, the crowd and back. The anger that had her reeling not long ago now shivers her timbers: panic. Feverish, her almond eyes are full of uncertainty and desperation as she interrupts the officer’s dialogue to blurt out, “Please, officer, can’t you just get the guy out of here? I am trying to avoid not become a spectacle. This is getting out of hand, people are beginning to stop and stare and ...”. “Ma’am, please, I need you to remain calm. There are procedures; I have to follow the law, Ma’am and I’ll need to speak with Mr. ...” the officer, somewhat flustered, cocks his head to the left and reads the tag dangling around King’s neck now laying on the outside of his shirt, “... Mr. Morris, I’ll need to speak with you, Ma’am, Mr. Morris, and any witnesses so I can fill out a report before anyone goes anywhere.”

The acute air thickens as an anonymous voice erupts over the crowd. “He’s a Vietnam Veteran for Christ’s sake! Leave him alone!” Ms. Sweets blushes with either anger, embarrassment or both, the attention proving to be more than she had bargained.

The officer looks similarly uneasy though less frantic as he scans the crowd for the rogue protester, but before he can find it, another voice of protest calls from the opposite direction. “He’s paid his dues!” Another likewise follows. “Yeah, show the man a little respect!”

King is anxious disoriented, confused to his surroundings, oblivious to the cries in his defense though they are in accord with his own. The eyes gawking only inches from his may as well be a million miles away. He seems frightened.

“You know where I go, what I do, tracking every move. What do you want from me? You sent me down in those holes and didn’t think I would come back, but I did so you had to come up with another plan, one that would punish me, proper.” King’s fervor builds in intensity and incoherence. A bead of sweat slides down the right side of the officer’s temple: fear. His hand moves slowly up to the hilt of his gun, poised, ever slightly trembling.

Thick sounds of wailing, moaning, heavy machine gears, brakes fill the air. A school bus slows, screeching to a halt at the red light in front of Sweets

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Penny Lane King - Part 2

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bakery. I can almost hear the squeaky sounds of little children's noses pressing curiously up against the glass fogged by their baby's breath, straining to get a better look at The Homeless. Their little eyes look entranced, curious.

However, there is one little girl noticeably crying, a slightly taller girl, probably the little one's sister has her arm around the little one's shoulders, as if to reassure her; don't worry, everything is going to be alright. Don't be scared. No one will hurt you. The rest of the children are all transfixed. Some of them open their windows to get a better look; the bus driver is tapping her fingers nervously upon the steering wheel impatiently, anxious to get away from a situation that would no doubt cause her to have to do a lot of explaining to kids, her boss, and over reactive parents. Looking up from the traffic light into the rearview mirror, she yells at the children to close the windows. They pay her no mind.

The officer notices the bus but keeps his eyes fixed upon King. Finally, the young officer shouts with as much volume and command of authority it seems he can muster. "Sir, now you better listen and listen up quick because I am only going to say this once, put your hands behind your head, spread your legs, turn your back to me, drop slowly and I mean slowly to your knees. Keep your hands above your head and lay down on your stomach.

King glances toward the officer, but seems oblivious to the gun aimed directly at him. "You think I do not know about the little microchips you have been putting in me. You can't take me to jail. I am jail. You locked me up outside!" The crowd surges like a swelling wave of energy that expels heat but tries not to transmit sound. King spins around, his hand reaches out to point an accusation and one fateful finger in the direction of the officer.

BANG! Like a thunderous whip, the stifled atmosphere of contained crisis cracks. A shriek of a woman's voice follows; the crowd disperses. People scatter across the street slinking like guilty shadows touched by the sun. The few who remain huddle in shock about King who has collapsed to his knees. No longer comprehensible, a gurgling sound and a weak watery cough emits from his throat; he is still trying to argue a point to some unseen condemner as a thin trickle of blood spills over his worn, weather beaten lips falling like crimson tear drops onto the concrete to mingle with those of the rain. Like the sky, his eyes fill with clouds.

At once, I am lost in a sea of rampant feet that kick, stomp, and scoot me around the pavement. Confusion and chaos abound; the noise that pierced the silence and shook the small crowd around me with fear like tectonic friction shakes the earth moments ago now leaves but a few to stand bewildered, silent, in shock and disbelief.

In kind, the rain relents; ominous clouds begin to fold like billowy drapes, parting to reveal a sliver of blue that, for a moment, casts out a meek, but forceful beam upon the disgraced sidewalk like a beautifully glaring spotlight reveals an ugly truth. You were right, King. The sun did come out today after all. Then, as quick as it had come, the sunshine vanishes. All is dark. I realize it is not necessarily for the hiding sun as much it is for a powdered, doughy, soft human hand, which has scooped me up from the street along with the other change that spilled from interior of King's overturned guitar case.

I hear the now familiar voice of Ms. Sweets, coming from above me as I jingle in what is most certainly her pocket. "What a horrible mess!" she laments. In the distance, a sirens song of emergency response vehicles wailing their frantic cries, grows louder, closer, rushing to clean up the streets and wash away the sin of an innocent man's demise.

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

Free Geek

www.freegeek.org (503) 232.9350

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 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
See more info on page 17**

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/>

Talk To Others about OCSC Or Other Topics of Interest to OCSC Members:

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

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.

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 August the Council meets Tuesday the 21st 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 (OCAC) meets on the 2nd Wednesday of even numbered months from 1:00 to 4:00 PM 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

OCAC is now on 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>

There's a lot more to the Occupy movement than you see on TV. Check them out.

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>.

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.

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

Contact info:

Marcia Meyers 503-665-3957

Email RethinkingPsychiatry@gmail.com

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.

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

503-922-2377(voice) 1-800-820-0138 (toll free)

TTY: use 711 relay mhaoforegon@gmail.com

www.mhaoforegon.com

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.

Robert Whitaker

Author of "Anatomy of an Epidemic"

"I have redesigned [madinamerica.com](http://www.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/>

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 is now available in paperback

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.

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. For more info:
www.communitycounselingsolutions.org

Multnomah County's Mental Health Call Center

Do you or someone you know need help with a mental health or addiction problem?

Multnomah County Mental Health and Addictions Services Call Center is Portland's mental health information and referral hub for persons in crisis. The call center is staffed by mental health professionals 24 hours a day, 7 days a week and can be reached at 503-988-4888 or 1-800-716-9769.

Madness Radio

voices and visions from outside mental health

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

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

wwwmadnessradio.net

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

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.

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.

AMH Wellness Initiative

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

DHS provides a Wellness Initiative web site at
www.oregon.gov/OHA/amh/wellness/main.shtml

Oregon Health Authority

Keep up to date on the Oregon health care transformation news.

OHA website - www.oregon.gov/OHA

OHA Facebook:

www.facebook.com/OregonHealthAuthority

Oregon Health Connect

www.oregonhealthconnect.org

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

Disability Rights Oregon

www.disabilityrightsoregon.org

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

Take the Disability Rights Oregon Disability Community Survey!

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.

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.

RxISK.org

RxISK.org has been designed to help patients, doctors, and pharmacists research prescription drugs and their side effects. It also provides a means to easily report these side effects to assist in individual patient care and to help other patients by identifying problems and possible solutions earlier than is currently happening.

RxISK.org is the first free website (not sponsored by big pharma or advertising) to provide this kind of support to patients, doctors, and pharmacists.

Watch Advocate for Wellness episodes

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.

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

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

Empowerment Initiatives

Portland Hearing Voices Support Group - Tuesdays and Thursdays from 6:00 to 7:30 pm

Book Club - Every Tuesday 3 - 4:30 pm

Women Survivors of Sexual Trauma Support Group - Wednesdays from 7:00 - 8:30 pm

See page 6 for upcoming workshops and groups

www.chooseempowerment.com

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

Empowerment Initiatives, Inc. is a non-profit organization founded by and for former and present consumers of the mental health system. It is the mission of Empowerment Initiatives Inc. to be a catalyst providing individuals who experience mental health issues opportunities for choice and development of personal goals, using the four principles of self-determination: freedom, authority, responsibility, and support.

Wireman Project

wiremanproject.wordpress.com

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.

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 is now on Facebook

NAMI contact numbers

Multnomah NAMI: (503) 228-5692

Clackamas NAMI: 503-344-5050

Washington NAMI: 503-356-6835

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 including Will Hall. Open to people who have these experiences.

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

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

Women Survivors of Sexual Trauma - New Support Group: Open to all women (including transgender persons who identify as women), who have been through traumatic sexual experiences..... Every Wednesday from 7 pm to 8:30 pm Call or email for more details. 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

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

See Eyes&Ears on the
Mental Health Association of Portland
Website at:

mentalhealthportland.org

Has links to articles and resources.

At Cascadia

Want to Go Back to School?

Whether you want to:

**Enroll in a college
Complete your GED or,
Improve your Reading, Writing or Math Skills**

**The Supported Education Program
at Cascadia can help!**

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

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.

Rose Haven

627 NW 18th Ave. 503-248-6364 rosehaven.org

Women support groups, classes and activities
Referral & advocacy

See page 18 for info on Rose Havens Career
Assistance Program

Services for housing, legal aid, medical & mental
health care; Counseling; Compassionate listening;
Assistance navigating the social services maze;
Clothing & Hygiene items; Mailing address; Voice
mail; Support Groups

Independent Living Resources

Offering Advocacy, Information & Referral, Peer
Counseling, and Skills Training for people with
disabilities. Classes, support groups, recreation and
volunteer opportunities

1839 NE Couch St. 503-232-7411 www.ilr.org

Recovery International

www.lowselfhelpsystems.org 503-231-1334

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.

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.

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 see FolkTime's webpage and also to see the
schedules of each site go to

www.folktime.org

Online mental health and recovery support sites

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 - Info about DBT. 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

Dialectical Behavior Therapy Connections - This is a place for people interested in dialectical behavioral therapy to exchange information, encouragement, and resource links. www.facebook.com/dbtconnections

OAASIS - support for sexual abuse survivors.

<http://oaasisoregon.org>

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>

Beyond Meds - Alternatives to psychiatry
beyondmeds.com

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

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

SMART Recovery

Self-management and Recovery Training

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

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

There are several meetings held in and around Portland.

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

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

Dual Diagnosis Anonymous of Oregon

Mental Illness and Substance Abuse

www.ddaoregon.com

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

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

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

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

COMING EVENTS

Alternatives Conference 2012

Registration is now open. The Early Bird registration fee is only available through August 3rd.

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.

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.

Wireman Project presents
For the Love of Art

Saturday, August 4th 5 pm - 9 pm
3850 N. Mississippi Ave.

A benefit to raise funds for the Wireman Project. An organization focused on healing through the arts and creating community.

\$10 suggested donation

Food Drinks Music Crafts
Art supply donations are appreciated

Check us out on Facebook

Please RSVP. 503-413-9814

Portland Parks & Recreation
Summer Free For All

Concert in the Parks Through August 30th

Movies in the Parks Through September 8th

For more detail and schedules
go to the Parks & Recreation page via the search box
at www.portlandonline.com

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

Career Assistance at Rose Havens

www.rosehaven.org - See page 15 for contact info

Resume Writing & Cover Letter Assistance

Many of our guests are looking for work and in today's environment that is not easy for anyone, especially someone who has not recently been in the work force. Creating a resume can be difficult when there are employment gaps or not much real work experience. Skilled volunteers help create a resume for those who have had a long work history as well as those who have less, incorporating volunteer experience and learned life skills.

Job Search Assistance

Many of our guests have not had to apply for jobs online nor do they have email addresses. A volunteer shows the guest the basics in this process and even helps to complete applications online.

Job Interview Tips

Job interview tips to help prepare the guest to interview effectively are provided individually. Information is given regarding appropriate dress, how to respond to questions and other tips are provided alleviating some of the stress involved in job interviews. Role playing is available.

Writing Class This class builds writing, listening and concentration skills; encourages creativity; motivates reading and writing; and instills excitement and interest in learning. Storytelling plays a key role in the development of the personal voice which aids in communicating experiences and understanding of the world around us.

Rose Haven is a one-stop community and intervention center for women and children experiencing the trauma of abuse and homelessness in Portland, Oregon.

Rose Haven promotes self-sufficiency by providing on-site advocacy, informal counseling and referral services that assist women in obtaining housing, medical, and legal services.

Much of Rose Haven's success over the past decade is due to the focus on long-term, personal care. Guests are provided with clothing, hygiene products, diapers, voicemail accounts and a mailing address. Rose Haven offers writing classes, resume assistance, math tutoring, creative art programs and health education programs for its guests.

In addition to providing access to social services and education, Rose Haven offers guests a safe haven from the street, a sense of community, and a place to build relationships. Call 503-248-6364 for more info.

Resources

Multnomah Mental Health Crisis Number: 503-988-4888 Or 1-800-716-9716

Mental Health Organizations

-Cascadia Behavioral Healthcare - Central Intake - 503-674-7777. Urgent Care Walk In Clinic 7 am-10:30 pm 7 days a week - 2415 SE 43rd 503-238-0705 Integrated Treatment Services (drug/alcohol) 503-230-9654

-Central City Concern - 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

-Life Works Northwest -503-645-9010 www.lifeworksnw.org. E-mail intake@lifeworksnw.org.

-Portland Veterans Center - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; www.va.gov

Mental Health Drop - In Centers

-Folk-Time Socialization & Support - 4837 NE Couch St., 503-238-6428 Mondays & Wednesdays 11:30 - 2:30 www.folktime.org

-Safe Haven (Folk Time program) - 142 Molalla, Oregon City 503 -722-5237 Mon, Thurs & Fri 10 am to 2 pm

National Mental Health Organizations

-Mind Freedom - Campaigns for human rights in mental health; also contact if have been abused by the psychiatric system. 1-877-MAD-PRIDE; www.mindfreedom.org

-National Alliance 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

Resources

Mental Health Support Groups or Information

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

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

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

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

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

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

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

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

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

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

-Recovery, Inc. International - Self-help for people with depression, anxiety, phobias, fears, anger, & low self-esteem. www.recovery-inc.org / georjw@comcast.net.

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

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

Employment Resources

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

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

Central City Concern Workforce program 2 NW 2nd Ave. 503-226-7387 Provides employment workshops, job resource center, daily job announcements, career advancement and training services, employment-related housing and veterans' services, and more. Enroll to learn interviewing skills and prepare for job searches. Hours: 8 am-6 pm, Monday-Friday. www.centralcityconcern.org

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

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

Elders in Action - 1411 SW Morrison St. 503-235-5474 - Employment, personal and community safety advocates for adults age 50 and over. www.eldersinaction.org.

Employment Marketplace: "Bringing employers & job seekers together". Every Friday though Workforce http://wfn.pcc.edu/EmployerMarketPlace/EMP.asp

Equal Employment Opportunity Commission 800-669-4000; www.eeoc.gov; Discrimination/rights

Free online education: OpenCourseWare educational programs are offered at various colleges. www.ocwconsortium.org, **About U.** also offers free online classes at http://u.about.com/

Goodwill Industries of the Columbia-Willamette 1943 SE 6th Ave. 503-239-1734 - Jobs available at stores or donation centers, and free employment service in the community. Call for appointments 10 am or 1 pm, Monday-Thursday. www.meetgoodwill.org

Hands On Portland -Volunteer jobs in & around Multnomah Co. (503)200-3355
www.handsonportland.org.

Resources

Individual Development Account Program helps people save up money to start a business by matching \$3 for every \$1 saved. [Www.mercycorpsnw.org](http://www.mercycorpsnw.org)

Job Corps - PIVOT, 2701 N. W. Vaughn Street, Suite 151, Portland, (503) 274-7343 Provides hands-on career training for 30 trades for economically disadvantaged young adults 16-24. Students can also complete their GED and receive their high school diploma at Center. <http://pivot.jobcorps.gov>

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. www2.worksourceportlandmetro.org

Alcohol and Drug Recovery

-Al-Anon and Alateen (for friends and family) 503-

292-1333; www.al-anonportlandoregon.org

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

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

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

-Crystal Meth Anonymous meetings
www.crystalmeth.org

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

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

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

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

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

Benefits

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

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

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

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

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

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

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

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

-Oregon Health Action Campaign - 800-789-1599; Help with the Oregon Health Plan

-Oregon Helps - One stop place to learn about your eligibility for various human services.

Resources

www.oregonhelps.org.

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

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

-Partnership for Prescription Coverage - 1-888-477-2669. www.pparx.org. Coalition of different groups that can help with prescription coverage.

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

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

Dental, Hearing & Eye Care

-Free Eye Care for Seniors- eyecareamerica.org.

-Medical Teams international Dental Van offers free dental van services at various locations in Portland. Must call specific locations for referral and scheduling. St. Francis Dining Hall (503-234-2028)
William Temple House (503-226-3021)
Christ Community Food Ministries (503-239-1226)
All Saints Episcopal Church (503-777-3829)

-Lions Club - Eye care and hearing aids 1-866-623-9053

Legal

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

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

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

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

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

Information and Referral

-211 Information & Referral - DIAL 2-1-1 or dial

503-222-5555 or go to www.211.org

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

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

-Housing: www.housingconnections.org

-Network of Care - www.networkofcare.org

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

-Resource web sites - www.thebeehive.org

-The Rose City Resource - www.streetroots.org

Health Resources

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

Other Resources

-BoltBus offers rides to Seattle for \$7
portlandafoot.org/w/BoltBus www.boltbus.com

-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 Aide - 800-433-3243; www.fafsa.ed.gov

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

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

-In-Home Safety Repairs - Minor home safety repairs for people who have low-income and are 55 years or older and/or have a disability; (503) 808-7088

-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

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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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