

eyes & ears

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Times

September 2012 A Mental Health Consumer/Survivor Newsletter Volume 8 Issue 9

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

Oregon's great health care experiment: State puts \$240 million on the line with coordinated care

Amanda Waldroupe, Staff Writer for Streetroots
streetroots.wordpress.com, August 15, 2012

Starting in September, the Portland metropolitan area's largest private and public health care providers will forge a new way of delivering health care to some of the neediest and most vulnerable patients in the state, and they'll do it in a way that seems impossible: by working together. [Read more](#). Related articles: ["Oregon's largest Coordinated Care Organization ready for launch"](#); ["Oregon health reforms proceeding as issues arise, lawmakers told"](#)

Lukus Glenn verdict of \$2.5 million 'moment of accountability' for Washington County

Emily E. Smith, The Oregonian, August 31, 2012

Moments after a federal judge read the jury's \$2.5 million verdict, Hope Glenn turned away from the counsel table and clung to her husband, in tears.

Jurors decided Thursday that Washington County sheriff's deputies violated the Fourth Amendment rights of 18-year-old Lukus Glenn when they fatally shot him in 2006. The unanimous verdict also faulted retired Sheriff Rob Gordon, who approved of the shooting after an administrative review. [Read more](#).
[More articles on Lukus Glenn](#).

Department of Justice: Portland Police Used Excessive Force Against People with Mental Illness

*Report finds civil rights violations and notes concerns of
communities of color*

By Helen Silvis Of The Skanner News
September 13, 2012

A Department of Justice report has concluded that the Portland Police Department violated the civil rights of people with mental illness by engaging in patterns or practices of using excessive force.

[Read more](#). Related articles: ["Mental health in Oregon: State has more work to do"](#) [Click here for more articles](#).

Governor Kitzhaber Seeks to Expand Coordinated Care Organizations

*The CCOs, which got under way in August, now cover
500,000 people on Medicaid throughout the state*

Diane Lund-Muzikant, The Lund Report
www.thelundreport.org

September 12, 2012 – With coordinated care organizations – better known as CCOs -- in full swing for the Medicaid population, Governor John Kitzhaber is setting his sights on the next targets – people on Medicare, the state's public employees and the private business sector. [Read more](#). Also read ["Oregon Primary Care Practices Chosen to Participate in New Federal Initiative"](#)

Coming Events

The Wireman Project Waffle Brunch
2012 Portland Out of the Darkness Community Walk!
FolkTime: Unmasking Mental Health
New documentary film: Bill W.
Alternatives Conference 2012 and OCSC Statewide
Gathering preceding the conference
all on page 14

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Mental Health Association of Portland Recent Website Postings as of Sept. 20th

www.mentalhealthportland.org

Click below to view an article

[Portland police were warned repeatedly about Taser use](#)
[City Unveils New Suicide Hotline: "We Want People to Not Call 911"](#)

[Beyond the Department of Justice Report: Cease Fire Now](#)

[Naming names when Portland cops beat up on the mentally ill](#)

[MHAP on KBOO](#)

[Portland police efforts to fix crisis response are a failure, feds say](#)

[Portland cops and mentally ill: Now try it with the feds watching](#)

[Friday Night Flicks: The One Percent](#)

[DOJ: Portland police use excessive force against persons with mental illness](#)

[Larry McKinney's family files wrongful death lawsuit](#)

Obama Campaigns For Veterans' Mental Health

Scott Horsley, Sept. 01, 2012 www.opb.org

Obama signed an executive order on Friday, directing the Veterans Administration to hire 1,600 new mental health professionals, and to expand the capacity of its crisis line so those who are in crisis can see a counselor within 24 hours. [Read more.](#)

Combat Vet With PTSD Booted From Army, Barred From Healthcare

Austin Jenkins, Aug. 11, 2012 opb.org

SALEM, Ore. – In Salem, a former Army staff sergeant named Jarrid Starks has run out of the medications that keep him stable. He has severe Post Traumatic Stress Disorder and other mental and physical wounds of war. But he's currently not eligible for veterans' health benefits that would include prescription refills. That's because Starks was kicked out of the Army for bad behavior. He's far from alone. [Read more.](#)

Oregon to receive \$4.2 million in Risperdal illegal marketing settlement

Nick Budnick, The Oregonian, August 30, 2012

Oregon will receive more than \$4.2 million under a multi-state settlement over alleged illegal marketing of the anti-psychotic drug Risperdal.

The consumer protection settlement announced this morning is based on a long-running investigation into whether Janssen Pharmaceuticals, Inc, a subsidiary of Johnson & Johnson, paid kickbacks to providers to use the drug for unapproved purposes such as managing elderly in nursing homes – while downplaying safety concerns. The drug's side effects include increased risk for obesity and diabetes, as well as for strokes in older people.

[Read more.](#)

City Unveils New Suicide Hotline: "We Want People to Not Call 911"

Denis C. Theriault, Sep 19, 2012

blogtown.portlandmercury.com

Get used to seeing this phone number on Portland-area bridges and billboards and other places where you can't miss it: 503-972-3456.

As the Mercury said would happen last month, city and police officials joined suicide-response nonprofit Lines for Life (formerly Oregon Partnership) in unveiling a new Portland-specific suicide hotline. [Read more.](#)

Portland police efforts to fix crisis response are a failure, feds say

Maxine Bernstein, The Oregonian, September 15, 2012

The U.S. Department of Justice was blatantly clear in its report last week that the Portland Police Bureau's practice of training all its officers in crisis intervention techniques -- adopted after the high-profile death in police custody of James P. Chasse Jr. -- isn't working.

[Read more.](#) Related articles: "[Portland cops and mentally ill: Now try it with the feds watching](#)"; "[Beyond the Department of Justice Report: Cease Fire Now](#)"

Margaret Brayden retires as NAMI Multnomah Executive Director

August 31, 2012 www.namimultnomah.org

Margaret Brayden is retiring as Executive Director of NAMI Multnomah on September 14, 2012. We want to thank Margaret for her wonderful work and commitment to NAMI Multnomah. We are pleased that she will continue to support NAMI as a volunteer. [Read more.](#)

Peer Support Specialist Training

Available only to people in Multnomah County. This is an Oregon AMH-approved training opportunity facilitated by Project ABLE, Inc. Participants must complete 40 classroom hours and pass an exam; they are then eligible for paid and volunteer opportunities as a Peer Support Specialist.

Four PSS trainings planned for 2013. Only 16 seats in each course. Classes fill up fast so register early! Trainings held in January, April, July and October (exact dates and locations TBA) .

Sponsored and organized by Multnomah NAMI.

To sign up for one of the four week-long trainings in 2013, contact NAMI Multnomah at 503-228-5692.

Survey finds mental health still carries stigma

September 10, 2012 www.irishexaminer.com

Stigma around mental health issues is still stopping people in need from accessing support, medics have warned.

A survey to mark World Suicide Day found almost a third of people would not willingly accept someone with a mental health problem as a close friend.

And 62% admitted they would discriminate against hiring someone with a history of mental illness on the grounds they may be unreliable. [Read more.](#)

A First Aid Kit For Mental Health Emergencies

www.npr.org

Many people know how to respond when colleagues hurt themselves, or are felled by heart attack or stroke. But few know what to do in a psychiatric crisis. The Mental Health First Aid program aims to teach people to respond to psychiatric emergencies, from anxiety to eating disorders to psychosis. [Read more.](#) For more info on this program go to <http://www.mentalhealthfirstaid.org/cs/>

Complete Honesty About Psych Meds Must Be Nuanced, Not Black-and-White

Ken Braiterman. September 6, 2011, madinamerica.com

Most of us know that every individual reacts differently to every different psych med, but sometimes we forget to say that they help some people sometimes, at least in the short term. Here's one way to say that without diluting our message. [Read more.](#)

Peer Perspectives: The Healing Power of Going Public with Mental Health Struggles

by Pinki Tuscadero (et aliae Rachel Gill)

Mental Health Association of Portland

September 8, 2012

People who have mental disorders can feel isolated, worried about others judging, the shame, humiliation and threat of potentially being taken against ones will to a locked down mental facility can make one afraid to seek help, afraid to discuss struggles with family, friends, co-workers. How do I know this? I have dealt with these issues firsthand. I live with Borderline Personality Disorder, Agoraphobia, and Depression.

The good news is that what I have found is in deciding to come out about my struggles with mental health I have become empowered..... [Read more.](#)

With a little learning, you can reduce suicides

By Lissa Voorhees and Sandy Moses, September 11, 2012
www.registerguard.com

Not that long ago there was a great amount of stigma and silence surrounding the "Big C" — cancer. People were afraid to mention the word, to reach out to those with a cancer diagnosis, and as a result misinformation was rampant. Thanks to nationwide awareness and education campaigns, we are more compassionate, understanding and supportive when we find out someone is living with cancer. Unfortunately, when it comes to mental illness and certainly suicide, we have a long way to go. [Read more.](#)

Collective Memory

A new museum at the Oregon State Hospital takes visitors behind the walls and through the history of the enigmatic facility.

Emily Grosvenor www.portlandmonthlymag.com

Aug 23, 2012

Throughout the Oregon State Hospital's 129-year history, its treatment of the mentally ill has often seemed like a kind of insanity itself. Established in 1883 as a therapeutic refuge to treat, among other things, pervasive illnesses such as alcoholism and venereal disease, the state-funded mental hospital slowly deteriorated into a dilapidated facility plagued by an ugly legacy of abusive human rights practices. [Read more.](#)

Portland Hearing Voices Facilitators Training

November 5th - 6th, 2012

Our United Villages, 3625 North Mississippi Avenue,
Portland, OR 97227[Click here for details.](#)**Crazy Enough to Care**

BY BRAD EDMONDSON

<http://www.balticstreet.org/>[EdmondsonPeerSvcsAmScholar.pdf](#)

Peer counseling, long used in the humane treatment of the mentally ill, is getting new attention as a cost saver because of the Affordable Care Act.

Understanding Psychiatric Medications: A Harm Reduction Approach

Sunday, October 21, 10:00 am – 5:00 pm
Process Work Institute, 2049 NW Hoyt St. Portland

with Will Hall MA, Dipl PW

\$120 (\$108 before Oct. 8th)

Space limited; pre-registration recommended

Registration: info@processwork.orgScholarship info: portlandhearingvoices@gmail.com

5.75 CEUs available for this workshop

How can anti-psychotics, anti-depressants, mood stabilizers, and other drugs be used wisely? What are the risks and benefits? How can we collaborate effectively with prescribers, and what about reducing and withdrawal from medications? Come learn a pragmatic harm reduction approach that is neither pro- nor anti-medication, but instead based in mental diversity.

Everyone is welcome: professionals, survivors, students, family, and anyone taking or not taking medications.

[Click here for more details.](#)**MindFreedom's I Got Better campaign**www.igotbetter.org

[MindFreedom International's](#) I Got Better campaign aims to challenge the dominant narrative of hopelessness in mental health care by making stories of hope and mental wellness widely available through a variety of media. We're collecting: I Got Better videos, written stories AND data on hope and hopelessness in mental health care. With this collection of stories and evidence we can spark a new dialogue in our society about mental and emotional distress, moving from hopelessness and chronic illness to themes of resiliency, recovery, wellness, and HOPE!

The 'Quiet' man: Eliot man recalls a 'masterpiece' filmLars Trodson, August 03, 2008 www.seacoastonline.com

There was a time, not so long ago, when people believed a simple idea could save the world.

The simple idea was to create a school for New York City youths who were generally thought of as outcasts, or hopeless, or without redeeming qualities. And for a brief, shining period many of the country's most powerful people believed in this place, the embodiment of a simple idea, which was called the Wiltwyck School for Boys.

[Read more.](#)**New Guide: A Sane Approach to Psychiatric Drugs**

Bruce E. Levine, Practicing clinical psychologist, writer
The blog at www.huffingtonpost.com, 09/12/2012

Millions of people believe that psychiatric medications have saved their lives, while millions of others report that their psychiatric medications were unhelpful or made things worse. All this can result in mutual disrespect for different choices. I can think of no better antidote for this polarization than the recently revised, second edition Harm Reduction Guide to Coming Off Psychiatric Drugs. [Read more.](#)

Coming Off Medications Guide – Second Edition – Free DownloadWill Hall, www.madinamerica.com, July 27, 2012

The new second edition has expanded Resources, scores of new collaborators and Advisors, new topics, more detail on the reducing and coming off process, and additional ideas for harm reduction and staying on medications. [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.

Finland: The Pre-Seminar

Sandra Steingard, M.D., www.madinamerica.com
September 15, 2012

As I mentioned in an earlier blog, I attended the 17th International Conference on the Treatment of Psychosis in Tornio, Finland. I have wanted to write more about the conference but I have hesitated since I do not want to present myself as an expert on network treatments or Open Dialogue. What follows is my attempt to present this as a reporter. [Read more.](#)

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

[Rethinking Psychiatry Facebook page](#)
RethinkingPsychiatry@gmail.com

A Kickstarter Project HEALING VOICES

HEALING VOICES is a feature-length documentary film, in the making, examining mainstream mental healthcare and psychiatry in the United States.

[Click here to go to the project.](#)

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. As a general rule contributions should be a page or less. Please send writing that is relevant to Portland and mental health issues to eyes.ears_newsletter@yahoo.com

Dr. Peter Breggin Hour

Psychiatrist Dr. Breggin has many of the most innovative and exciting guests in the world who are working on better, empathic, supportive approaches to emotional crises that foster wellbeing and recovery. Great guests, callers, and conversations to inspire you. Airs Mondays at 2pm Pacific. [Click here for his archived shows.](#)

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

[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.

Disability Rights Oregon

[Mental Health Law in Oregon Guide!](#)

2012 Fourth Edition

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
See below for teleconference info.**

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! Also ask for details of
upcoming teleconferences on August 17th and September
7th.

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

CASCADIA CONSUMER ADVISORY COUNCIL

**Meets on the 3rd Tuesday of Sept., Nov. and Jan. 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

**Meets on the 3rd Tuesday of Aug., Oct., and Dec. 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.

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.

For more info [click here](#).

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.

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-policymakers/main.shtml#mh>.

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

New website: www.mhaoforegon.org

[Click here to go to the MHAO Facebook](#)

Peerlink National Technical Assistance Center

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) 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 Association of Portland

www.mentalhealthportland.org

twitter.com/MHAPortland

The Mental Health Association of Portland is the state's impartial and independent advocate for persons with mental illness and addiction. Our task is to help persons with a diagnosis of mental illness or addiction speak up and speak out – and to speak for those who cannot speak for themselves.

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.

Mental Health in the Headlines

offers summaries of the latest news and views in the mental health field. Published by [Mental Health America](#)

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.

MindFreedom Live Free Web Radio

<http://www.blogtalkradio.com/davidwoaks>

Oregon Addiction and Mental Health Devison (AMH)

[AMH Addiction and Mental Illness Recovery site](#) Peer -Delivered Services, Presentations, Recovery Stories, Web Site Resources and more.

[Wellness](#) Get empowered by finding out ways to improve your mental and physical well being

[Addictions Services](#)

[Public Meetings](#)

[Resources](#)

[Addictions and Mental Health Services](#) AMH home page.

Oregon AMH Peer Delivered Services Newsletter

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/

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.

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.

[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.

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

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.

Disability Rights Oregon

www.disabilityrightsoregon.org [Facebook](#)

610 SW Broadway, Suite 200, Portland 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.

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.

Multnomah County Aging and Disability Services Helpline

<http://web.multco.us/ads/services-resources>

The Helpline (503) 988-3646 provides 24-hour information and assistance to seniors, people with disabilities, and caregivers in: assessing their needs identifying services to meet those needs, and linking them with providers of those services.

NAMI Multnomah

Peer Support Specialist Volunteers

Guidance, help, and advice from others who've "been there" Do you want a Peer Support Specialist to help with Recovery and Stability? Call 503.228.5692

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

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.

Sisters Of The Road

www.sistersoftheroad.org

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

NAMI contact information

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

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

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

Support and Education Groups Offered by Portland Hearing Voices

Open to all. Inclusive, non-judgmental, pro-choice and pro-diversity. Donation requested, no one turned away for lack of funds. People who hear voices, have unusual beliefs, altered states of consciousness or mental health diagnosis are especially invited.

Extreme States And Hearing Voices Support Group
led by 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.

**Understanding Psychiatric Medications: A Harm
Reduction Approach - Workshop**

Sunday, October 21, 10:00 am - 5:00 pm
with Will Hall MA, Dipl PW

More info at www.portlandhearingvoices.net

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

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

portlandhearingvoices@gmail.com

www.portlandhearingvoices.net

413.210.2803

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

Cascadia programs with info pages and websites

- Access to Recovery
- Peer Wellness
- Volunteers Involved for the Emotional Well-being of Seniors (VIEWS)
- David's Harp

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

Centerstone urgent walk-in clinic

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.

Q Center

Portland's LGBTQ Community Center
4115 N. Mississippi Ave. (503) 234-7837

www.pdxQcenter.org

Q Center provides a safe space to support and celebrate LGBTQ diversity, visibility and community building. Q Center is a 501c3 non-profit organization which offers multi-generational programs and services in four core areas: Arts & Culture; Education & Training; Health & Wellness and Advocacy.

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

Contact: Jean, 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 Groups:

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

Dual Diagnosis Anonymous Groups:

Wed, 6:00 pm NAMI, 524 NE 52nd Ave, Portland 97213

Mission: to support those with mental illness who also deal with substance abuse.

Fridays, 5:30 pm NAMI, 524 NE 52nd Ave, Portland 97213 Mission: a non-exclusive LGBTQ safe-space for those with mental illness who also deal with substance abuse.

Other NAMI groups and programs

NAMI Family-to-Family

NAMI Basics

NAMI Peer-to-Peer Recovery Education Course

Peer Support Specialist Training

Resource Assistance Program

More info at Multnomah NAMI,s [Website](#)

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](#) 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 huge thank you to all who attended the "For the Love of Art" fundraising event. We made enough money to get going on classes in September, and we collected two experienced, great minds for our Board of Directors. Hearts are flowing with gratitude. ♥

Come join us at **The Wireman Project Waffle**

Brunch Sunday October, 7 10am - 1pm

See page 14 for more info.

NorthStar is moving!

NorthStar is moving to a bigger and better space! More information will be shared in the coming weeks. NorthStar will be located at 5600 NE Glisan, only 4 blocks from the NAMI Multnomah office where it is currently.

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.

Sunday and Monday - Closed

Tue - 9:30 AM - 5 PM, Wed - 9:30 AM - 7 PM

Thursday - 9:30 AM to 5 PM, Friday - 9:30 AM to 6 PM

Saturday - 9:30 AM to 3:00 PM

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

Email: info@northstarportland.org

Website: www.northstarportland.org/

[NorthStar Facebook](#)

[Check out NorthStar's Calendar here](#)

Empowerment Initiatives

NA meeting – 12- 1pm Every Tuesday
Portland Hearing Voices Support Group - Tuesdays and
Thursdays from 6:00 to 7:30 pm

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

EI groups at Centerstone in Clackamas Co. (See p. 10)
through September

Women's Strength from within - Wed. at 1:00

Men's support group - Sat. at 1:00

www.chooseempowerment.com [Facebook](#)

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.

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

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.

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 12:30.

-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

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.

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.intervoiconline.org

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/>

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

The Wireman Project Waffle Brunch

(please note new location)

When: Sunday October, 7th 10am - 1pm

Where: Tupelo Alley Ecolounge (ADA accessible)
3850 N Mississippi Ave., Portland, Oregon

Come join us for a free waffle breakfast, and find out more about the Wireman Project mission, and get to know peers in recovery!

Please R.S.V.P. to hlebechuk@gmail.com

This is a Wireman Project monthly event

2012 Portland Out of the Darkness Community Walk!

Join the American Foundation for Suicide Prevention (AFSP) on October 6 for the 2012 Portland Out of the Darkness Community Walk! Starts at 10am October 6th at the World Trade Center at 121 Salmon Street, Portland, Or. [Click here for more info.](#)

Meetups in Portland

Our events are based on the activity and having people with diverse interests meet each other. Usually the only requirement is the activity sounds like fun. Anyone Can Join!

FolkTime: Unmasking Mental Health

Art Exhibition — Open to the public for viewing Monday – Saturday, 10 a.m. – 5 p.m. and during events, from September 6th thru September 30th, 2012.

Antoinette Hatfield Hall lobby at 1111 SW Broadway at Main Street.

The Portland Center for the Performing Arts has tapped the talents of FolkTime Members for their latest exhibition at the PCPA Gallery.

The diverse sampling from 42 of FolkTime member/artists will enliven the walls of PCPA's lobby with inspiring original works, many created through Art Therapy though September 30, 2012.

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?

Space is limited so reserve your place by emailing in your name by Thurs, October 4th to: oregon.united@gmail.com

Contact for more information:

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

<http://www.peerlinktac.org>

Or email: mrksh92@gmail.com

Alternatives Conference 2012

www.alternatives2012.info

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

Alternatives 2012: Announcements, Reminders, and Updates! At ymlp.com

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**

The theme of Alternatives 2012 is "Honoring Our History, Building Our Future."

New documentary film: Bill W.

A new documentary film about the life of the founder of Alcoholics Anonymous will be shown in Portland October 7 – 11 at the [Cinema 21 Theater](#).

[Click here for a review.](#)

Resources

Community Warehouse

communitywarehouse.org

Community Warehouse collects and redistributes donated furniture and household goods to low-income people in Oregon and southwest Washington. Working in partnership with more than 100 social services agencies, the Warehouse fulfills over 40 requests each week.

[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 Parmley, 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 - TriMet's Medical Transportation Program provides free rides to covered medical appointments for Oregon Health Plan (OHP) Plus members. 503-962-8700

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

-Oregon Telephone Assistance Program - May qualify if on food stamps or TANF or SSI or certain medical and Medicaid programs such as OHP. Reduces phone bill by \$12.75. ; 1-800-848-4442 or (503) 373-7171. More info & apply online at 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

Resources

can help with prescription coverage.

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

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 provides legal advocacy to individuals with disabilities who have an issue related to their disability. - 503-243-2081; www.disabilityrightsoregon.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

-Community Warehouse - nonprofit agency that collects and redistributes donated furniture and household goods to low-income people. 503 235 8786 communitywarehouse.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

Subscribe to Eyes&Ears at
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All unattributed viewpoints & opinions expressed in articles are the viewpoints & opinions of the author of the article

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