

# eyes & ears

Formerly  
Renaissance Times

November 2012 A Mental Health Consumer/Survivor Newsletter Volume 8 Issue 11

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## Portland mayor, chief, and Oregon U.S. Attorney announce settlement on Portland police reforms

Maxine Bernstein, The Oregonian, October 26, 2012

Portland Mayor Sam Adams and Police Chief Mike Reese stood with U.S. Attorney Amanda Marshall Friday afternoon in City Hall to announce a settlement agreement that the city reached with the U.S. Department of Justice on reforms to Portland police policy, training and oversight.

Among the changes called for in the agreement, Portland must hire or retain a compliance officer and appoint a community liaison to oversee reforms of police policies. A 15-member Community Oversight Advisory Board will also be created.

The police bureau will also adopt the kind of crisis intervention team model used in Memphis and expand its single mobile crisis unit, which pairs one officer with one Project Respond mental health worker, to three units.

The bureau intends to set up a new "Addictions and Behavioral Health Unit" staffed with a lieutenant, a new crisis intervention coordinator, an analyst and the five officers in the bureau's mobile crisis unit. The manager of the existing Service Coordination Team, which works to find housing, treatment and addiction services for frequent offenders of low-level crimes, will also serve in the new unit. (Continued on next page)

## What Are We Recovering From? Making a Case for Recovery

Lisbeth Riis Cooper, October 16, 2012  
[www.madinamerica.com](http://www.madinamerica.com)

Over the past 30 days, we have had World Mental Health Day, Mental Illness Awareness Week, National Wellness Week and Recovery Month. Lots of ways to raise awareness about the same thing. But are we talking about the same thing?

There is a rising tide of mental health care reformers and advocates who are interested in creating a new mainstream for the way we care for each other when we are in our most vulnerable moments. Many are active in this online community galvanized by Robert Whitaker's work.

However, we do not all speak with the same voice, as indicated by the variety of ways we promote our cause and the lively debates here and in alternative and complementary mental health conferences such as those sponsored by the Foundation for Excellence in Mental Health Care, ISEPP, INTAR, Alternatives, Empathic Therapy and many more. Not to mention the many Occupy and other psychiatric reform protests.

**One of the current debates centers around whether "recovery" is a useful concept** or whether it is overused, co-opted or simply not an accurate way to describe the process of learning to work with and through madness and life's challenges.

"If those of us experiencing emotional distress or  
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## Portland mayor, chief, and Oregon U.S. Attorney announce settlement on Portland police reforms

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In addition, internal affairs investigations will now have to be completed within 180 days, federal officials said. To accomplish that goal, more investigators will be hired.

Portland City Auditor LaVonne Griffin-Valade said she's committed to increasing the diversity of investigators working for the Independent Police Review Division. City records show that the division will get three new full-time staff, under the agreement. Griffin-Valade said she intends to bring on at least one new investigator who has a mental health background.

"This agreement is going to make the Portland Police Bureau better," Adams said. "For me this is a watershed moment for the Portland Police Bureau."

The city estimates the reforms will cost \$3.5 million to implement.

A spreadsheet released at the conclusion of Friday's news conference suggests that the start-up costs will be \$519,301 and the annual ongoing costs will be \$5.4 million.

The city figures show a gain of 32 new staff – 26 within the Portland Police Bureau, of which the majority are civilians, one attorney in the city attorney's office, three full-time staff in the Independent Police Review Division and two staff members to the city's Office of Equity.

A member of the Citizen Review Committee, which now hears citizen appeals of complaints against Portland police, will be added to the bureau's Use of Force Review Board, which evaluates officer-involved shootings and use of force.

Reese also endorsed the 74-page agreement.

"We all agree we can do better as a police bureau and as a community," the chief said. "This agreement will provide us a road map as we move forward."

Joyce Harris, a member of the Albina Ministerial Alliance's Coalition for Justice and Police Reform, urged the federal and city officials to recognize that community involvement is key to its success.

"I probably shouldn't have to say this, but community engagement is critical," Harris said. "We can't let it fall apart, because lives are at stake."

The agreement was negotiated after federal officials announced last month that their more than year-long investigation found Portland police engage in a pattern and practice of excessive force against people who suffer from or are perceived to suffer from mental

illness.

On Sept. 13, Assistant Attorney General Thomas E. Perez reported in a 42-page letter to the mayor and chief that Portland police officers frequently escalate conflict, rush in to an encounter when they can hold back and continue to use force even when the need for it has waned.

Federal investigators concluded that the excessive force used by officers results from bureau "deficiencies in policy, training and supervision" that have been in place for a long time.

Federal officials called for an array of changes in bureau policies and practices, including restrictions on the use of Tasers, a revamped use of force policy that emphasizes the need to de-escalate conflicts, and the reinstatement of a specialized team of crisis intervention officers who would be called out to respond to calls involving people in mental health crisis.

The agreement will go to City Council for a first review on Thursday at 2 p.m.

Once the council formally approves the agreement, it will need to be signed by a federal judge and filed in U.S. District Court.

The federal justice department will formally file a civil lawsuit against the city, but then voluntarily dismiss the suit from the court's active docket. At the same time, the federal government and the city will sign the formal agreement on reforms to be adopted.

The agreement will be legally enforceable, as it will remain under the court's jurisdiction.

Federal justice officials have said they would be available to provide technical assistance to the police bureau to help with the reforms.

"This agreement is going to make the Portland Police Bureau better," Adams said at Friday's news conference.

Under the 74-page settlement agreement released Friday, federal justice officials identified principles it expects the Portland police to include in its revised use of force and Taser policies.

It said the Portland police shall use "disengagement and de-escalation techniques," when possible, and/or call in specialized police units when practical "in order to reduce the need for force and increase officer and civilian safety."

The agreement says Portland police will prohibit Taser use for pain compliance "against those suffering from mental illness or emotional crisis except in exigent circumstances, and then only to avoid the use of a higher level of force."

It says that after the firing of one Taser cycle,

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officers shall evaluate the situation to determine if subsequent cycles are necessary, and that includes waiting for a reasonable amount of time to allow the person to comply with a police warning.

The agreement also covers supervisors' responsibilities. Portland police are to revise their directives to require that supervisory officers complete "after-action reports" within 72 hours of the officers' use of force. Supervisors will also be subject to potential discipline or removal from their supervisory position for deficient investigations based on the "accuracy and completeness" of their after-action reports.

"All supervisors in the chain of command are accountable for inadequate reports and analysis," the agreement states.

Under the agreement, a bureau inspector shall present a quarterly analysis of patterns or trends in Portland police use of force to the chief, the training division and the new training advisory council.

The inspector – a command level position in the bureau's Professional Standards Division – will be expected to audit police use of force reports and ensure officers are acting according to bureau policy, their use of force reports are comprehensive and their supervisors are completing their responsibilities appropriately.

Under changes to training, the bureau is expected to instill expectations "that officers are committed to the constitutional rights of people with mental illness. The bureau must update its training plan annually, considering officer safety issues, misconduct complaints, problematic uses of force, court decisions and input from police and community members.

Last week, the police chief publicly released drafts of revised bureau policies for public comment, as city and federal officials were in the final throes of negotiations on the police reforms.

Some of the chief's drafts did not go as far as justice officials had sought in several areas.

For example, federal officials urged the bureau to require officers involved in shootings to be interviewed immediately by detectives, instead of allowing a 48-hour wait after an incident. The Justice Department also urged the city to restrict the number of Taser cycles an officer can fire at a suspect.

The bureau did not include those standards in its drafts, but made other changes. For example, the chief wants to require officers involved in shootings to provide an "on-scene interview" to a detective, after given a reasonable chance to confer with a lawyer or

union representative. It will be a briefing on what occurred, but a full sit-down interview could still be delayed for 48 hours, under union contract.

The chief's draft policy on Taser use does not restrict the number of stun gun cycles an officer may fire at a single person. But it says, "members should evaluate their force options and give strong consideration to other force options, if the Taser is not effective after two" cycles on the same person.

Last month, federal and city officials said the proposed settlement between the Portland police and federal justice department would ensure that the city:

- revises its use of force policies so officers have "necessary guidance" when encountering someone with mental illness or someone perceived to have a mental illness;
- revamps its Taser policies to focus on de-escalating encounters arising from welfare checks or low-level offenses;
- expands its single Mobile Crisis Unit team, which pairs an officer with a Project Respond mental health expert, to provide 24-hour, 7-day-a-week coverage; and
- sets up a Mental Health Triage Desk at the dispatch center to ensure mental health-related calls are properly dispatched to the appropriate agency.

Under the preliminary agreement, the city also agreed to work with community mental health providers to try to open a 24-hour secure drop-off, or walk-in, center that will give officers more options when helping people with mental illness. The Police Bureau would actively use its Early Intervention System to track officers with many citizen complaints or use of force complaints to help curb problem behavior; and expedite internal affairs inquiries. And, a community group would be created to continually monitor the requested reforms.

## ***EYES & EARS***

**Welcomes your contributions**

**Contact the editor at**

[eyes.ears\\_newsletter@yahoo.com](mailto:eyes.ears_newsletter@yahoo.com)

**Cascadia Behavioral Healthcare**

**2415 SE 43rd Ave. 503-238-0705 Ext. 1204**

## Speakers urge City Council to create independent civilian panel to investigate Portland police misconduct

Maxine Bernstein, The Oregonian  
November 8, 2012

Attorneys, community activists and mental health providers filled Portland City Council chambers Thursday to voice concerns about the city's pending agreement with federal justice officials on police reforms.

Many argued that until an independent civilian panel with subpoena powers is created with the authority to investigate alleged police misconduct, abuses will continue within the Portland Police Bureau.

Speakers played videos of recent police confrontations with community activists and relayed stories of their own negative experiences with officers.

"As long as we have a system where police are investigating the police, we're never going to get the police department we want," said Attorney Greg Kafoury, who represents people who sue the police.

His son, Attorney Jason Kafoury who works with his dad, said 98 percent of the calls they receive regard citizen complaints against Portland police, not against Beaverton, Gresham or other police agencies.

"There is a cultural problem here that has to be addressed," Jason Kafoury said. He drew applause from the crowd, dismaying the mayor who cautioned that people applauding during the hearing could be asked to leave.

Greg Kafoury called the proposed changes to the current police oversight system in the federal Department of Justice settlement an "astonishing waste."

"It's the establishment of new levels of bureaucracy in a system already described as Byzantine," Kafoury said. "All we are doing is spinning our wheels."

The earliest the council may vote on the negotiated settlement is next week, Mayor Sam Adams said. But it's clear there's no support, at this point, from city or federal officials for an independent civilian oversight panel to investigate Portland police.

"That's not in this agreement," Adams said after the hearing. "But I hope the public would recognize the federal justice department will be overseeing this

agreement for five years."

The agreement follows the federal findings announced in September that Portland police engage in excessive force against people with mental illness. Thursday, the mayor presented a revised agreement that included some changes in response to complaints raised at a hearing last week.

The amendments keep intact the city's existing Community Police Relations Committee, which works to improve race relations between police and residents. The initial plan had been to scrap and replace it with a new Community Oversight Advisory Board.

Under the changes, the chairs of the city's Human Rights Commission and city's Commission on Disability would appoint members to the new Community Oversight Advisory Board, and each City Council member also would appoint a representative.

Other amendments: Meetings of a new Portland police training advisory council would be public; a new Compliance Officer Community Liaison responsible for monitoring the reforms would report to the City Council; the Citizen Review Committee, which now hears citizen appeals of police findings stemming from their complaints against officers, would be able to request further police investigation that includes multiple inquiries.

Several speakers urged the city to ensure when police officials talk about being "transparent" with the public, they actually carry through.

Jan Friedman, an attorney with Disability Rights Oregon who has been a member of the bureau's Crisis Intervention Team advisory panel since 1999, said the bureau refused to share training curriculum with her. She said a "new police culture" must exist to ensure the specialized crisis intervention team works closely with mental health providers and consumers.

Others called the agreement's deadlines for new mental health care centers, or the sped-up 21-day deadline for appeals investigations to be done by the Citizen Review Committee not feasible.

Janet Meyer, interim chief executive of Health Share of Oregon, called the agreement's plan for the opening of a new crisis drop-off center by mid-2013 "too energetic" a deadline. Derald Walker, of Cascadia Behavioral Healthcare, urged stronger coordination between the city and county and the local coordinated care organizations.

## What Are We Recovering From? Making a Case for Recovery

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extreme states do not have a brain disease,” so the argument goes, “what are we recovering from?!”

Another well-reasoned argument is that recovery implies a desire to return to pre-crisis functioning. But pre-crisis functioning may be driven by dysfunctional coping mechanisms. In these cases, emotional crises can be gateways to mental, emotional and spiritual growth and a state of becoming “weller than well,” to quote Dr. Karl Menninger (as our Papa Bear Michael Cornwall is apt to do).

Yet another argument for abandoning the term “recovery” is its long-standing association with substance abuse and 12-step programs and, more recently, the pharmaceutical industry and medical model. When used in these circles, recovery is a daily practice that does not mean complete healing but instead involves keeping symptoms in check and staving off relapse, which is always right around the corner if we forget our disease or our meds. Often referred to as the long road home...

When we formed our family-led support network almost one year ago, Mother Bear Community Action Network (Mother Bear CAN) grappled with these same concerns. And we asked ourselves, our families and advisors,

Are we a family recovery network?

Mother Bear CAN’s primary goal is to help families facing mental health challenges to find real and lasting healing in community. We are committed to helping families become “weller than well” and to helping families heal their relationships by working through mental health challenges in a way that empowers and connects all family members, when possible. And, in a very real sense, we do “cover” for each other, even though we cannot recover for each other. Together we can create communities that foster healing and connection.

What we have found over this past year is that most families still believe extreme emotional distress, often defined by a mental illness diagnosis, is a life sentence. That personal and family “recovery” is too much to hope for (and this is recovery by any definition). That distress is a disease for which there is no cure, but one which families must chase primarily with medications and hospitalizations in the hopes that they will find the right combination to bring their family members back. An elusive chase that seems to have no end in sight.

After consulting with individuals and families with lived experience, leaders of the recovery movement (often one and the same), and mental health care reformers, we decided that the promise of recovery was indeed the first thing we could and should offer families.

Recovery provides a point of departure from what many families are being told and what we know is possible if we rethink our approach.

**We dared to dream and created our vision of a new mental health paradigm** in which the whole family is supported, both personal and family recovery are expected, hope is encouraged, the role of medication is carefully considered, and family and community are a vital part of the healing process.

**We developed our mission to support families** through recovery education, family-led support communities, and access to recovery resources that enable all family members to thrive—emotionally, physically and socially.

We decided on a set of shared values that draw on the wisdom of lived experience and a careful examination of mental health research, as is presented by Robert Whitaker in *Anatomy of Epidemic*.

**Our Mother Bear CAN families embrace the following recovery values:**

Recovery is not only possible; it is expected.

Emotional distress has many causes and many possible solutions.

All family members deserve support and education for their own emotional distress.

Individual and family empowerment are essential for recovery.

Families, with honest education and support, can play a powerful role in recovery.

The role and decision to use medication should be carefully considered including documented studies of risks.

Recovery is a universal human experience that requires patience, hope and encouragement.

*But the question remains, “What is recovery?”*

This is what we discuss together as a community in our Family Dens, in our online forums and at conferences with our peers and sources of inspiration. There is no one answer. And that, we believe, is just as it should be.

Here are just a few of the ways our families define recovery:

**Recovery is a universal experience.**

It is a natural resolution of emotional distress and  
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disempowerment that may have been caused by many things, among them the many traumas and losses that are part of the human experience.

We all have dark nights of the soul, grieve losses, suffer trauma and experience overwhelming feelings and thoughts. And sometimes, we are recovering from the very things we or others thought would help us heal.

We do not view emotional distress as a disease, but we recognize that we can make ourselves sick by not living a healthy, balanced emotionally expressive and connected life, so recovery can involve healing from physical illnesses too.

### **Recovery means thriving.**

Not subsisting in a medicated fog or a minimally functioning state or dying 25 years younger than our peers.

Recovery is about richly connected relationships, personal empowerment and self-direction, a sense of meaning and purpose, health and vitality, dreams. It is about living a life worth living.

### **Recovery is more about transformation than restoration.**

If distress indicates we have been overwhelmed by life's circumstances, then moving through the recovery process is about uncovering strengths, cultivating patience for the natural healing process, finding new ways of handling challenges, and re-connecting or connecting more fully with our community and our "tribe."

Families who have recovered from an emotional/mental health challenge can be more resilient, courageous, and healthy than families who haven't had to make this journey.

### **Recovery is relational.**

When one person in a family or community struggles, we all struggle. Distress is not something trapped within people, it an experience held between them. Recovery is about repairing our relationships and the disconnections that isolate us from each other and from ourselves. Recovery restores our sense of belonging and usefulness, meaning and purpose. It reminds us that we are irreplaceable and our existence and contributions matter to others.

### **Recovery is unique.**

For some, that may mean complete recovery—leave your diagnosis and your labels behind. For others, it may be helpful to think of recovery as an

ongoing process of growth, evolution and self love.

Rather than tell someone what recovery means, we think it is more valuable to ask,

### **What does recovery mean for you? What is your truth?"**

Honor it.

In that spirit, we invite you to tell us what recovery means to you and what other concepts help you heal and support those you love and serve?

*Mother Bear Community Action Network (Mother Bear CAN) can be found at [www.motherbearcan.org](http://www.motherbearcan.org)*

## **Kirk Reeves, an icon among local street performers, told friends before his death that he was suicidal**

Steve Beaven, The Oregonian, November 7, 2012

Nearly every day, Kirk Reeves stepped into his white tuxedo, grabbed his trumpet and put on the Mickey Mouse ears that had become his trademark.

Then he headed to the west end of the Hawthorne Bridge, where he played "Somewhere Over the Rainbow" or "Amazing Grace" and did magic tricks for the motorists whizzing by on their way to somewhere else.

"Anywhere he goes he would just stop and pull stuff out of his cart and start entertaining people," said Brenda Gersch, one of his roommates in Northeast Portland.

But the Mickey Mouse ears and the toy cart he dragged around belied serious health problems and a worsening depression that he talked and wrote about openly.

On Sunday, Reeves' body was found at the Smith and Bybee Wetlands Natural Area on North Marine Drive, according to Gersch and Wanda Broadous, another roommate.

They said his death was a suicide.

But in a news release on Wednesday, the Oregon State Medical Examiner's Office said it would not release details of Reeves' death and asked for help in locating Reeves' family. He may have a sister in the Boston area and cousins in Los Angeles, the release said.

Friends said Reeves, who was 56, had grown despondent about his flagging entertainment career. He'd gone to Los Angeles in May to audition for the

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television shows “America’s Got Talent” and “Shark Tank,” but wasn’t selected for either, Gersch said. And a movie he hoped to make about a day in the life of a struggling family didn’t appear to be going anywhere, said Nour Mobarak, a Portland filmmaker who produced a student documentary about Reeves several years ago.

Last month, Reeves sent a long, rambling email to friends detailing his disappointments, health problems and his desire to kill himself.

“I haven’t committed suicide because too many people would be hurt,” he wrote. “But I hate this place and want to leave.”

Reeves had previously been homeless and suffered from diabetes and cataracts. He also had to have a toe amputated, friends said.

He wrote friends that he thought God hated him and that he was often called names and attacked, though he didn’t provide details.

“I think he had a lot of dreams and he was getting very disheartened and he felt things just kept getting worse and worse,” Mobarak said. “He was struggling a lot.”

Mobarak, who interviewed Reeves extensively, said he grew up in Boston where he saw violence, drug abuse and death at a young age. He didn’t fit in with other kids.

“He suffered a lot as a kid,” Mobarak said. “He was a nerd and got picked on.”

As he grew older, Reeves got interested in trains and then computers. He told Mobarak that he hung out at a computer club at MIT.

He told her that, ultimately, he got a job in the computer industry and moved to Oregon. But he quit that job because he feared that the Y2K computer catastrophe predicted for the year 2000 would destroy his career.

Instead, he decided to pursue his dream job as an entertainer. He bought the trumpet at a garage sale, started taking lessons and became a ubiquitous figure in downtown Portland.

Reeves also wrote five unpublished novels, Mobarak said. And he hosted a cable access television show with a slapstick theme that was called “Low Comedy.”

Broadous met Reeves about 10 years ago when she saw him playing on the street. She runs Broadous Entertainment, which promotes local acts, and

booked Reeves to play at a church.

Reeves played trumpet at the base of the bridge even when it rained, and wore a plastic poncho to stay dry.

He also loved doing magic tricks for children, Gersch said. He performed the simplest tricks, which allowed the kids to believe they had unraveled a mystery.

“They’d feel so smart and magical they would tell their parents,” she said.

Although they aren’t related, Broadous said she was the only family Reeves had. She knew he was depressed. He often told her that people were rude to him and that he wished everyone could be kind.

He had been homeless before he moved into her house near Northeast Alberta Street and 18th Avenue about a year-and-a-half ago, she said.

“I wanted to get him off the street,” Broadous said. “He was ill. He needed someone to care for him.”

Friends will hold a candlelight vigil for Reeves on Nov. 18 at 4 p.m. starting near the west side of the Hawthorne Bridge. He’ll be remembered as a sweet man who was full of contradictions and honest about his suffering.

“He was just ultra humane and intelligent and always sad and struggling and very open about his struggles,” Mobarak said. “And at the same time always cheerful and funny.”

## **Silenced**

by Pinki Tuscadero (aka Rachel Gill)

October 18, 2012

Psychos need Therapy  
and Pseudo-healing  
health that cares  
minus the Feeling

Multi-medicated  
wound in Talk  
Stigma, Restraints,  
Electric Shocks

the Family said,  
"How could this be?"  
"We never would've guessed."

How could you?

There is respect for the Dead  
Not the Depressed

## Low Income Energy Assistance Program (LIEAP)

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

LIEAP Office - 503-988-6295 Ext. 27049

HUMAN SOLUTIONS, INC. Portland Office 12350 SE Powell Blvd., Portland, OR 97236 Rockwood office 124 NE 181st Ave. (503) 405-7877 Energy Assistance Line

IMPACT NW Energy Assistance Line (503) 988-6020 Press Option 1.

NEIGHBORHOOD HOUSE INC. 7780 SW Capitol Highway, Portland, OR 97219. For energy assistance please call 503-246-1663, choose option #2 for screening.

IRCO – Asian Family Center 503-235-4932

Native American Youth and Family Center 503-972-2463

Self Enhancement Inc. 503-240-0828

The Salvation Army 503-239-1264

Clackamas Co. Social Services 503-650-5640

Washington County - Community Action, Beaverton/  
Hillsboro offices 503-615-0771

## My Street Grocery

My Street Grocery is a community mobile grocer and pop-up market that brings fresh, delicious, and healthful foods directly into your neighborhood at budget-sensitive prices.

### MARKET MONDAYS

Marshall Union Manor Market, 2020 NW Northrup St.  
11:30am-12:30pm

Central City Concern/Old Town Market  
Garage at the corner of NW Broadway & NW Couch St.  
1:00pm-2:30pm

Visit My Street Grocery's website at  
<http://mystreetgrocery.com>

## Free 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.

## 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 for the print edition. Please send writing that is relevant to Portland and mental health issues to [eyes.ears\\_newsletter@yahoo.com](mailto:eyes.ears_newsletter@yahoo.com)

## Free Geek

[www.freegeek.org](http://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.

## Occupy Portland

<http://occupyportland.org>

## Portland Occupier

[www.portlandoccupier.org](http://www.portlandoccupier.org)

## **OREGON CONSUMER SURVIVOR COALITION (OCSC)**

OCSC unites mental health consumers and psychiatric survivor organizations state-wide throughout Oregon! OCSC wants to include you!

### **OCSC Mission Statement**

To establish a statewide network of people who identify as having a psychiatric diagnosis, and/or who feel labeled by one; to share ideas; provide mutual support; work toward common goals; strengthen peer-run organizations; and advocate for positive change in the mental health system.

We support inclusion and ask you to speak up - tell us what you want to **CHANGE ABOUT OREGON'S MENTAL HEALTH SYSTEM!** Tell us who you are (or not). What works for you? What doesn't? What is your vision and your story. How do you think OCSC can be a force with the Oregon state legislature?

**New OCSC Website!** - <http://www.oregonpeers.org>

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

[ocsc-talk@lists.mindfreedom.org](mailto:ocsc-talk@lists.mindfreedom.org)

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

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

INDIVIDUAL MEMBERSHIP FOR \$1 OR MORE

## **CASCADIA CONSUMER ADVISORY COUNCIL**

The Cascadia Consumer/Survivor Advisory Council meetings at the Plaza and Garlington sites are cancelled and will not take place in November and December. We are taking some time off for the Holiday Season. Season's Greetings

Contact: Ryan Hamit 971-340-8774 or at  
[garlingtontrust@gmail.com](mailto:garlingtontrust@gmail.com)

## **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.

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.

You can find out more info on this group by going to [oregon.gov/OHA/amh](http://oregon.gov/OHA/amh) and clicking on public meetings.

## **The M.O.M.S. MOVEMENT**

[www.mentalhealthrightsyes.org](http://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.

## **Mental Health Association of Portland**

[www.mentalhealthportland.org](http://www.mentalhealthportland.org)

[twitter.com/MHAPortland](https://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.

## **Multnomah County**

### **AMHSAAC 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](http://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.

## **Mental Health America of Oregon**

Mental Health America of Oregon (MHAO) 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](mailto:mhaoforegon@gmail.com)

[www.mhaoforegon.org](http://www.mhaoforegon.org)

## **Peerlink National Technical Assistance Center**

Peerlink National Technical Assistance Center is a program of MHAO, 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](http://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](http://robertwhitaker.org)

Email: [robert.b.whitaker@verizon.net](mailto:robert.b.whitaker@verizon.net)

Whitaker's Mad in America blog

[www.psychologytoday.com/blog/mad-in-america](http://www.psychologytoday.com/blog/mad-in-america)

Anatomy of an Epidemic is now available in paperback

## **MindFreedom International**

[mindfreedom.org](http://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>

### 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](http://www.communitycounselingsolutions.org)

### Write Around Portland

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

917 SW Oak St. #406 503-796-9224

Hours: 9 am-5 pm Monday-Friday

[www.writearound.org](http://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.

### 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:

[www.madnessradio.net](http://www.madnessradio.net)

### Multnomah County Aging and Disability Services Helpline

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.

The Helpline simplifies access to services and provides important follow-up and advocacy to ensure needs are met. It is staffed at all hours for situations requiring immediate resolution

### MindFreedom's I Got Better campaign

[www.igotbetter.org](http://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!

### **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](http://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](http://www.oregon.gov/OHA)

OHA Facebook:

[www.facebook.com/OregonHealthAuthority](http://www.facebook.com/OregonHealthAuthority)

### **Oregon Health Connect**

[www.oregonhealthconnect.org](http://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](http://www.disabilityrightsoregon.org)

610 SW Broadway, Suite 200, Portland, OR  
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.

### **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](http://www.portlandhearingvoices.net)

**Download for free the new second edition of Coming Off Medications Guide.** It 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.

This Guide can be downloaded for free on this page: <http://willhall.net/comingoffmeds>

## **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

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 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.

## **Wireman Project**

wiremanproject.wordpress.com

Wireman Project is on Facebook too.

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.

## **Empowerment Initiatives**

### **New groups added!**

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

**New** - Relaxation Group - Wednesdays from 3:30-5 pm

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

**New** - Women's Strength from Within peer support group Fridays from 12 to 1 pm

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.

## **NAMI contact numbers**

Multnomah NAMI: (503) 228-5692

Clackamas NAMI: 503-344-5050

Washington NAMI: 503-356-6835

## **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. Please call us to arrange a new member orientation.

**Tuesday** - 9:30 AM to 5:00 PM

**Wed.** - 9:30 AM - 7 PM **Thursday** - 9:30 AM - 5 PM

**Friday** - 9:30 AM - 6 PM **Saturday** - 9:30 AM - 3 PM

522 N.E. 52<sup>nd</sup> Ave. 971-544-7485

Email: info@northstarportland.org

Website: www.northstarportland.org

NorthStar is now on Facebook

## 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. Open to people who have these experiences.

Meetings are held at Empowerment Initiatives at 3941 SE Hawthorne

Tuesdays and Thursdays from 6:00 to 7:30 pm

See other coming events listed at [www.portlandhearingvoices.net](http://www.portlandhearingvoices.net).

**Women Survivors of Sexual Trauma** - 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](http://www.willhall.org)

For more information contact [portlandhearingvoices@gmail.com](mailto:portlandhearingvoices@gmail.com)  
[www.portlandhearingvoices.net](http://www.portlandhearingvoices.net) 413.210.2803

## Q Center

Portland's LGBTQ Community Center  
4115 N. Mississippi Ave. (503) 234-7837  
[www.pdxQcenter.org](http://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.

## 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 Behavioral Healthcare can help!

Make an appointment with Erin, the Supported Education Specialist, and learn all about the program! 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 1176. Cascadia Behavioral Healthcare Plaza 2415 SE 43rd

## Cascadia Peer Wellness Program

Cascadia Behavioral Healthcare Peer Wellness Program serves those who are interested in becoming Peer Wellness Specialists (PWS) and those in need of support from a PWS. If you are interested in becoming a PWS, or have any questions about the program, contact Meghan Caughey at (503) 963.7771.

## 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.

## 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, Hearing Voices groups, transportation planning, medication empowerment education, resource support, facilitating community integration and work activities.

### Rose Haven

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

Women support groups, 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

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.

### 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? For more info call 503.228.5692.

### 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.

FolkTime now has trained 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

**-Sandy** - Sandy Community Center, 38348 Pioneer Blvd, Sandy, OR, (503) 238-6428

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

[www.folktime.org](http://www.folktime.org)

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

[mentalhealthportland.org](http://mentalhealthportland.org)

**Has links to articles and resources.**

## 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](http://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](http://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](http://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](http://beyondmeds.com)

**Spotlight on Recovery** - Website and email newsletter. [www.spotlightonrecovery.org](http://www.spotlightonrecovery.org)

**Intervoice** - The International Community for Hearing Voices. [www.intervoiceline.org](http://www.intervoiceline.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](mailto:robhb@pacificu.edu).

Visit SMART's website at [smartrecovery.org](http://smartrecovery.org) for a list of current meetings.

## Dual Diagnosis Anonymous of Oregon

Mental Illness and Substance Abuse

[www.ddaoregon.com](http://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 (2<sup>nd</sup> 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

### 2012 Thanksgiving Hot Meal Sites

#### Monday November 19

City Team Ministries 526 SE Grand Ave. 5-7 pm

First Baptist Church 909 SW 11th Ave. 2-4 pm

#### Tuesday November 20

Sisters of the Road 133 NW 6th Ave. 10 -2:30 pm

#### Wednesday November 21

City Team Ministries 526 SE Grand Ave. 4 pm

Portland Rescue Mission 111 W. Burnside St. 5 pm

Genesis Community Fellowship 5425 NE 27th Ave.  
5:30-7:30 pm

#### November 22 Thanksgiving Day

Blanchet House 310 NW Glisan St. 5-7 pm

Sno Cap 17805 SE Stark St. 12-2 pm

American Legion 2146 SE Monroe St. 11:30 am

Union Gospel Mission 3 NW 3rd Ave. 10 am - 2 pm

Elm Court Loaves and Fishes - seniors 60 and over -  
1032 SW Main St. 11:30-1 pm

Belmont Loaves and Fishes - Seniors 60 and over -  
4610 SE Belmont 11:30-1 pm

St. Francis 330 SE 11th Ave. 3:30 pm

Rockwood United Methodist Church 17805 SE Stark  
12-2 pm

Trinity Episcopal Cathedral 147 NW 19th 12-2 pm

Celebrate Tabernacle 8131 N. Denver 503-890-5393

Feast for SE Mt. Scott Community Center 5530 SE  
72nd 2-4 pm. Call first to sign up at 503-593-0427

Lift Urban Portland 2701 NW Vaughn St. Ste. 102 12-  
2 pm

Union Gospel Mission 3 NW 3rd 10-2 pm

#### Friday November 23

Grace Memorial Episcopal 1535 NE 17th Ave. 6 pm

### Portland Hearing Voices Talent Fair

Free Event Sunday, December 9th, 2012 1pm - 4pm

Portland Central Library 801 SW 10th Ave.

You are welcome to bring a talent/offering to share or  
simply come to enjoy the offerings of others.

Unfortunately music is not allowed at the library.

This is a free drink potluck event and we are asking  
everyone to bring beverages to share. The downtown  
library location US Bank room does not allow food, so  
lets get creative with beverages! Smoothies, green juices,  
chocolate concoctions, milk shakes...use your  
imagination.

[www.portlandhearingvoices.net](http://www.portlandhearingvoices.net)

### Rethinking Psychiatry

[www.rethinkingpsychiatry.org/](http://www.rethinkingpsychiatry.org/)

**Rethinking Psychiatry's General Meeting Lecture Series** meets on the third Wednesday of each month from 7 to 9 pm at The First Unitarian Church, 1011 SW 12th Ave., Portland, Oregon

In January, Erik Isaacman, will talk about the benefits of acupuncture for treating trauma and PTSD.

For more info contact: Call Marcia Meyers at 503-665-3957 or email [visitwww.RethinkingPsychiatry.org](mailto:visitwww.RethinkingPsychiatry.org)

Find Rethinking Psychiatry on Facebook

### Meetups in Portland [www.meetup.com](http://www.meetup.com)

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!

### Feast for Southeast Thanksgiving dinner

Thursday, November 22, 2012  
2 - 4pm

Mt. Scott Community Center  
5530 SE 72nd Ave.

Portland, Oregon 97206

Call us at 503-593-0427 to sign up  
[www.feast4southeast.com](http://www.feast4southeast.com)

Feast for Southeast is a grassroots Thanksgiving event, for the community BY the community. It is planned by a group of neighbors from all over Southeast Portland and focused on the neighborhoods encompassing Mt. Scott/Arleta, Woodstock, Brentwood/Darlington and Foster/Powell.

## 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](http://www.centralcityconcern.org)

**-El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 [www.catholiccharitiesoregon.org](http://www.catholiccharitiesoregon.org)

**-Life Works Northwest** -503-645-9010 [www.lifeworksnw.org](http://www.lifeworksnw.org). E-mail [intake@lifeworksnw.org](mailto:intake@lifeworksnw.org).

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

### **Community Warehouse** [communitywarehouse.org](http://communitywarehouse.org)

Community Warehouse is a volunteer-based 501 (c)(3) nonprofit agency that 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. 503 235 8786

## Resources

### 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](http://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](http://www.mindfreedom.org)

**-National Alliance on Mental Illness** - Education, support, advocacy, info/referral; **NAMI Multnomah** - 503-228-5692 [www.namimultnomah.org](http://www.namimultnomah.org); **NAMI Oregon** - 503-230-8009, [www.nami.org/oregon](http://www.nami.org/oregon)

**-National Mental Health Consumers' Self-Help Clearinghouse**; 800-553-4539; [www.mhselfhelp.org](http://www.mhselfhelp.org)

**-Mental Health America** - Education, support; 1-800-969-NMHA (6642); [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**-SAMHSA's National Mental Health Information Center** - Mental health information; 1-800-789-2647; [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

### Mental Health Support Groups or Information

**-Northwest Autism Foundation** - info on autism and contact info on treatment. [autismnwaf.org](http://autismnwaf.org). 503-557-2111

**-Portland Aspergers Network** 503-284-4507, 503-682-1609 [contact@aspergersnet.org](mailto:contact@aspergersnet.org). Web: [aspergersnet.org](http://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](http://biaoregon.org)

**-Children & Adults with Attention Deficit** - 503-294-9504. Free. [www.chaddpdx.org](http://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](http://www.dbsalliance.org)

**-Family to Family Support Group** - NAMI - free

## Resources

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.

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

**-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. www.oregonhelps.org.

**-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. Apply online and get more info at 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-6pm M-F. 503-223-2213. www.coalitionclinics.org/wbcc.html

### Dental, Hearing & Eye Care

**-Free Eye Care for Seniors-** eyecareamerica.org.

## Resources

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

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

**-Multnomah County Dental Clinics** - CareOregon Dental and Capitol Dental members: 503-988-6942. Un-insured urgent or emergency care: Call the Dental Access Program at 503-988-6942.

### 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. [www.betterpeople.org](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](http://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](http://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](http://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](http://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](http://www.eeoc.gov); Discrimination/rights

**Free online education: OpenCourseWare** educational programs are offered at various colleges. [www.ocwconsortium.org](http://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](http://www.meetgoodwill.org)

**Hands On Portland -Volunteer jobs** in & around Multnomah Co. (503)200-3355 [www.handsonportland.org](http://www.handsonportland.org).

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

**Vocational Rehabilitation Division** - 3945 SE Powell

## Resources

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](http://www2.worksourceportlandmetro.org)

### Health Resources

**HIV 7 Hepatitis C Resource Guide** -  
[www.oregonaidshotline.com](http://www.oregonaidshotline.com)

### Information and Referral

**-211 Information & Referral** - DIAL 2-1-1 or dial 503-222-5555 or go to [www.211.org](http://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](http://www.housingconnections.org)

**-Network of Care** - [www.networkofcare.org](http://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](http://www.oregonhelps.org)

**-Resource web sites** - [www.thebeehive.org](http://www.thebeehive.org)

**-The Rose City Resource** - [www.streetroots.org](http://www.streetroots.org)

### Legal services and Rights

**-Community Alliance of Tenants** - Oregon's only statewide, grassroots, tenant-controlled, tenant-rights organization. [www.oregoncat.org](http://www.oregoncat.org) 503-460-9702

**-Disability Rights Oregon** provides legal advocacy to individuals with disabilities who have an issue related to their disability. - 503-243-2081;  
[www.disabilityrightsoregon.org](http://www.disabilityrightsoregon.org)

**-Fair Housing Council** - 503-223-8295 / Hotline 800-424-3247; [www.fhco.org](http://www.fhco.org)

**-Lawyer Referral Service** - 800-452-7636, 503-684-3763 [www.osbar.org](http://www.osbar.org)

**-Legal Aid Services of Oregon** - 503-224-4094  
[www.lawhelp.org](http://www.lawhelp.org)

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

**-Renters' Rights Hotline** - If you have questions

about your rental situation and/or want to learn more about your rights and responsibilities, call 503-288-0130.

**-Senior Law Project** - 503-224-4086 Free counseling in legal matters to any Multnomah County resident 60 and older. [www.oregonlawhelp.org](http://www.oregonlawhelp.org)

### Other Resources

**-BoltBus offers rides to Seattle for \$7**  
[www.boltbus.com](http://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](http://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](http://communitywarehouse.org)

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

**-Free Geek** - Free computers and training in exchange for volunteer work. 503-232-9350 [www.freegeek.org](http://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](http://portal.hud.gov)

**-Metro Child Care** - 503-253-5000  
[www.metroccrr.org/index.htm](http://www.metroccrr.org/index.htm)

**-No Longer Lonely** - Online Dating for adults with mental illness. [www.nolongerlonely.com](http://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](http://www.williamtemple.org)

**-Write Around Portland** - creative writing 10-week sessions; publish work; 503-796-9224;  
[www.writearound.org](http://www.writearound.org)

# *Eyes & Ears*

**Editor:** Duane Haataja  
**Assistant Editor** David Green

## *Our Principles ~*

1. Eyes & Ears is a Consumer-Run Newsletter – all editorial decisions are made exclusively by our Editorial Staff, who are 100% Consumer
2. Our target audience is Consumers, Family Members & other loved ones of Consumers, & Mental Health Professionals
3. We welcome contributions of articles from everyone in our target audience, with articles written by Consumers having the highest priority

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