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Times

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

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

Portland City Council approves plan to control police use of force

Maxine Bernstein, The Oregonian, November 14, 2012

Portland's City Council Wednesday voted unanimously to approve the negotiated settlement the city reached with federal justice officials on Portland police reforms.

The council vote came two and a half weeks after Mayor Sam Adams and Oregon's U.S. Attorney Amanda Marshall publicly released the agreement, which calls for changes to Portland police use of force and Taser policies, training and oversight. [Read more.](#) Related articles: "[Portland mayor, chief, and Oregon U.S. Attorney announce settlement on Portland police reforms](#)" from October 26th; "[Recipe for the Status Quo?](#)"

U.S. Attorney's Office and Civil Rights Division Sign Agreement

Moves Forward on State-Wide Community Mental Health Reform - November 09, 2012

The U.S.D.O.J Civil Rights Division and the U.S. Attorney for the District of Oregon have entered into an agreement with the State of Oregon for the collection and analysis of specific data to identify and address gaps in the State's delivery of community mental health services. This resolves the federal investigation of Olmstead rights violations of Oregon State Hospital patients.

The Justice Department and the State will host a community conference call with members of the public to address the Agreement's specifics. The call will take place on Tuesday, Nov. 20. [Click here for more info.](#)

Low Income Energy Assistance Program (LIEAP) info on page 3

Lecture series at Rethinking Psychiatry meetings - Page 5

Coming Events on page 14

2012 Thanksgiving Hot Meal Sites

Benefit concert for Potluck in the Park

Portland Hearing Voices Talent Fair

People on Medicaid Struggle with Mental Health, Substance Abuse Problems

Health Share of Oregon board members rely on their prior experiences to help bridge the gap between physical and mental health

Christen McCurdy, The Lund Report, www.thelundreport.org

November 8, 2012 – There's a very high preponderance of people on the Oregon Health Plan who have a mental health or substance abuse problem, according to Mary Monnat, president and CEO of LifeWorks NW. In the Portland metropolitan area, such problems affect 70 percent of that population. [Read more.](#) Also read "[State hospital tax could be renewed to plug new hole in Oregon Health Plan](#)"; "[First Permanent Safety Net Dental Clinic in Downtown Portland Opens Friday to Serve Most Vulnerable](#)"; "[Naturopaths Given Reprieve by Oregon Health Authority](#)"

Kaiser Becomes First Health Insurer to Cover Autism Treatment

W. Scott Jorgensen, The Lund Report www.thelundreport.org

November 13, 2012 -- Advocates scored a major victory when Kaiser Permanente announced it would provide coverage of Applied Behavioral Analysis (ABA) therapy for autism and neurodevelopmental disorders. [Read more.](#)

General Contents

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Mental Health Association of Portland Recent Website Postings as of Nov. 16th

www.mentalhealthportland.org

Click below to view an article

[Rethink Mental Illness](#)

[MHAPer Will Hall picks up the Judi Chamberlin Joy in Advocacy Award](#)

[Mayor proposes new phone tax to pay for police reforms](#)

[Prineville man with mental illness files \\$5 million police brutality suit](#)

[Police chief issues video message linking officer injuries to settlement concerns](#)

[Community input prompts changes to settlement agreement](#)

[CCOs address clients' need for mental health, substance abuse treatment](#)

[Potluck in the Park volunteers serve a warm meal in downtown Portland every Sunday to anyone who needs one](#)

Home Forward to earn up to \$1.7 million fee developing Multnomah County health building

Brad Schmidt, The Oregonian, November 01, 2012

Home Forward, formerly known as the Housing Authority of Portland, has been tapped by Multnomah County to serve as lead developer for the \$38.5 million county health building slated for land in Old Town/Chinatown. [Read more.](#)

Agencies in Multnomah County plan to ramp-up services for homeless as winter approaches

Sara Hottman, The Oregonian, November 15, 2012

Agencies in Multnomah County are prepping for winter, adjusting services when the homeless population's need increases.

At a meeting Wednesday, the Coordinating Committee to End Homelessness, made up of social service agencies, discussed the annual winter ramp-up that started in November and lasts through March.

[Read more.](#) Related articles: "[Winter homeless shelter opens amid record demand in Multnomah County](#)"; "[Women's winter shelter opens in Northwest Portland November 19](#)"

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. [Read more.](#) Also read a 2010 StreetRoots interview with Kirk [here.](#)

Ketamine Relieves Depression By Restoring Brain Connections

Jon Hamilton, www.npr.org. October 04, 2012

Scientists say they have figured out how an experimental drug called ketamine is able to relieve major depression in hours instead of weeks.

Researchers from Yale and the National Institute of Mental Health say ketamine seems to cause a burst of new connections to form between nerve cells in parts of the brain involved in emotion and mood.

The discovery, described in Science, should speed development of the first truly new depression drugs since the 1970s, the researchers say. [Read more.](#)

Update on the killers of James Chasse

www.mentalhealthportland.com November 8th, 2012

Former Portland Police Bureau officer Christopher Humphreys has won the position of Sheriff for Wheeler County, Oregon.....Portland Police Bureau Sgt. Kyle Nice is now back on patrol at the East Precinct.

[Read more.](#)

D.A. Creates Special Mental Health Prosecutor

ANDREA DAMEWOOD, Willamette Week
Oct. 19, 2012 www.wweek.com

A dedicated mental health prosecutor is now a full-time part of the Multnomah County District Attorney's Office.....Maurer will handle all the agency's involuntary commitment hearings, helping increasing the odds that someone who needs to be committed will be—and not released back onto the streets for the police to deal with, he says. [Read more.](#)

Seeing Things? Hearing Things? Many of Us Do

OLIVER SACKS, November 3, 2012, www.nytimes.com

Having hallucinations is a fearful secret for many people — millions of people — never to be mentioned, hardly to be acknowledged to oneself, and yet far from uncommon. The vast majority are benign — and, indeed, in many circumstances, perfectly normal. Most of us have experienced them from time to time, during a fever or with the sensory monotony of a desert or empty road, or sometimes, seemingly, out of the blue. [Read more.](#)

Depression Stigma May Be Fading: Survey

consumer.healthday.com

THURSDAY, Oct. 11 (HealthDay News) -- Most Americans know what depression is and believe there is no shame in seeking treatment for the mental health condition, a new survey shows. [Read more.](#)

What Are We Recovering From? Making a Case for Recovery

Lisbeth Riis Cooper, October 16, 2012
www.madinamerica.com

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

[Read more.](#)

Scholarship fund created in memory of Nikolina Stoyanova, Oregon State Hospital -Portland patient who died

Helen Jung, The Oregonian, November 7, 2012

Seven months after a young woman choked to death while in the care of the Oregon State Hospital, her guardian, an adoption agency and a Portland couple moved by her story have established a scholarship fund in her memory.

The Nikolina Stoyanova Memorial Scholarship will go to a student at Mount Hood Community College pursuing a mental health and human services degree.

[Read more.](#)

Low Income Energy Assistance Program (LIEAP)

The agencies that are accepting applications vary from week to week, so call first. Also you can get current 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

[More information from PGE](#)

“The Incarceration Revolution”1: The Abandonment of the Seriously Mentally Ill to Our Jails and Prisons

Joseph D. Bloom

Prior to and after the election of President Reagan, the states had the major responsibility for the care of the seriously and chronically mentally ill. The earlier state era was characterized by the large state mental hospital, while the current state era is characterized by the criminalization of the mentally ill. [Read more.](#)

Pet Talk: Veteran inspired by dog helped launch Northwest chapter of Pets for Vets

Monique Balas, Special to The Oregonian
November 09, 2012

After adopting a rescue dog, Desert Storm veteran Jim Ballos was amazed at the transformative effects the animal had on him. He helped establish a Northwest regional chapter of national nonprofit Pets for Vets and now hopes to help fellow veterans in Oregon and Washington experience the healing powe... [Read more.](#)

Potluck in the Park volunteers serve a warm meal in downtown Portland every Sunday to anyone who needs one

Special to The Oregonian, November 09, 2012

Denise Williams has been the "Ticket Lady" at Portland's Potluck in the Park's free Sunday dinners for 12 years. At noon, hungry people, many of them homeless, head downtown to O'Bryant Square [Read more.](#)

Money reads: Help challenging your medical bills

Brent Hunsberger, The Oregonian, November 6, 2012

This article shows where you can find medical bill advocates to help you contest and negotiate your medical bills. [Read more.](#)

Do Not Despise Your Inner World: Advice on a Full Life from Philosopher Martha Nussbaum

Maria Popova, 12 OCTOBER, 2012
www.brainpickings.org

One of the most poignant letters comes from philosopher Martha Nussbaum, who makes an eloquent case for the importance of cultivating a rich inner life by celebrating emotional excess as a generative force, embracing vulnerability, not fearing feelings, and harnessing the empathic power of storytelling. [Read more.](#)

Common Antidepressants Too Risky During Pregnancy, Researchers Say

But another expert disagrees, saying all options must be open to women faced with this situation

By Amanda Gardner, HealthDay Reporter, Oct. 31, 2012
consumer.healthday.com

[Read more here.](#)

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.

MHAPer Will Hall picks up the Judi Chamberlin Joy in Advocacy Award

Mental Health Association of Portland, November 13th, 2012 www.mentalhealthportland.org

At the annual meeting of the National Coalition for Mental Health Recovery (NCMHR) in Portland, Ore., on October 10, 2012, Will Hall, an internationally known mental diversity counselor and consultant and syndicated radio host, received the 2012 Judi Chamberlin Joy in Advocacy Award. [Read more.](#)

Spirituality and Madness – aka are the mad really prophets?

by Katina Hesselink - Spirituality on August 14, 2012

I received a digital review copy of The Spiritual Gift of Madness: The Failure of Psychiatry and the Rise of the Mad Pride Movement recently and I must say: I have rarely read a book in which I highlighted so much...

However, instead of doing a proper review I will try and tackle the main issue this book raises. [Read more.](#)

Coming Off Medications Guide – Second Edition – Free Download

Will 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.](#)

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 Street
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>

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

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

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.

DSM5 in Distress

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

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.](#)

Rethinking Psychiatry

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

[Rethinking Psychiatry Facebook page](#)

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](#)

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

Anatomy of an Epidemic is now available in paperback

The Foundation for Excellence in Mental Health Care

the new mainstream

www.mentalhealthexcellence.org

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

OREGON CONSUMER SURVIVOR COALITION (OCSC)

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.

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

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

ocsc-talk@lists.mindfreedom.org

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

Email contact: oregon.united@gmail.com Ask about becoming a group sponsor!

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

CASCADIA CONSUMER/SURVIVOR 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.

Contact: Ryan Hamit 971-340-8774 or at
garlingtontrust@gmail.com

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.

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 Oregon Facebook page](#)

[This page lists just some of the resources on the thriving movement activity in Oregon.](#)

MindFreedom Live Free Web Radio
<http://www.blogtalkradio.com/davidwoaks>

[Occupy Portland](#)

[Portland Occupier](#)

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/adult-mental-health-and-substance-abuse-advisory-council>

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/behavioralhealth/council.html>

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 Behavioral Health Planning and Management Advisory Council (PAMAC)

This Council advises the Addictions and Mental Health Division (AMH) in areas vitally important to the Consumers of Oregon.

<http://www.oregon.gov/oha/amh/pages/tools-policymakers/main.aspx#mh>

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](http://www.mentalhealthamerica.org)

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 mhaoforegon@gmail.com

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.

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.

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.

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. 1204

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.

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.

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

Avel Gordly Center for Healing

A multicultural, mental health center responsive to the needs of the diverse communities of Oregon.

Cascadia Peer Wellness Program

Cascadia's 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. [Click here for more info.](#)

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 1176.

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

<http://www.clackamas.us/behavioralhealth/centerstone.html>

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.

The David Romprey Oregon Warm Line also operates out of Centerstone. The Warm Line # is 1-800-698-2392.

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.

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](#)

Early Assessment and Support Alliance

[The Early Assessment and Support Alliance \(EASA\)](#) is an outreach and treatment program for young people from age 15 to 25 experiencing the first symptoms of psychosis. The goal of the program is to prevent more significant problems by intervening early in the illness.

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 3:30-5pm

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 [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.

Independent Living Resources

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

1839 NE Couch St, Portland 503-232-7411

Recovery International

www.lowselfhelpsystems.org

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

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.

On Thursdays there's Art, Music, and Creative Writing groups with lunch served at 12:30. Fridays offer special community events such as bowling, movies, local parks, museums and more.

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.

Peer Employment Specialists are available to 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

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.

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

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

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.

Portland Hearing Voices Talent Fair

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

Portland Central Library
801 SW 10th Ave.

Free event

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.

[Click here for more info](#)

www.portlandhearingvoices.net

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!

Portland Events Calendar

www.travelportland.com/calendar/calendar

2012 HOLIDAY FOOD AND TOY PROGRAMS

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 at 503-593-0427 to sign up
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

Benefit concert for Potluck in the Park

Winter Warm 6 Concert

5:30 p.m. to 10 p.m. Nov. 29
Fourth floor of the Tiffany Center
1410 S.W. Morrison St.

Cost: \$45 per person for general concert admission; \$75 per person for light dinner, two drinks and concert.

For more information, visit

www.potluckinthepark.org or www.tomgrant.com

Resources

Community Warehouse
communitywarehouse.org

Community Warehouse collects and redistributes donated furniture and household goods to low-income people in Oregon and southwest Washington.

[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/>

GrantSpaceSM

GrantSpaceSM, a service of the Foundation Center, offers information and resources that are specifically designed to meet the needs of nonprofits worldwide in need of know-how for securing funding and operating effective organizations.

Join GrantSpace for free at <http://grantspace.org>

As a member, you can add your voice to a community of grantseekers: weigh in on what matters to you, rate and comment on content throughout the site, and share your favorite pages with others.

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

seekers together". Every Friday though Workforce
<http://wfn.pcc.edu/EmployerMarketPlace/EMP.asp>

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

Free online education: OpenCourseWare at
www.ocwconsortium.org, **Coursera** at www.coursera.org

About U. also offers free online classes at <http://u.about.com/>

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

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

Individual Development Account Program helps people
 save up money to start a business by matching \$3 for every
 \$1 saved. www.mercycorpsnw.org

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

Oregon Certified Ombudsmen Volunteers
<http://www.oregon.gov/LTCO/> 1-800-522-2602

Portland Habilitation Center 5312 NE 148th Ave.
 503-261-1266 Training and employment in janitorial,
 landscape and clerical work. Low-cost/no-cost/Section 8
 apartments available. Trimet # 87 www.phcnw.com The
 site also lists job openings and allows you to apply online.
 Weekly Info and Intake Meetings.

Senior Community Service Employment Program - A
 Title V training program free for senior citizens 55 and
 older. Promotes older workers as a solution for businesses
 seeking a trained, qualified, and reliable workforce.
 Facilitates economic self-sufficiency for older individuals
 and their families who are working. 2101 NE Flanders St.
 503-232-7684. 8:30 a.m.- 4:30 pm, Mon-Fri.
www.doleta.gov/seniors

State of Oregon Employment Office - Oregon labor
 market information system and job search database.
 Portland office, 30 N. Webster, 503-280-6046. Call for
 hours. <http://www.employment.oregon.gov>

Trillium Artisans Program - 503-775-7993; Marketing

support for artists interested in home-based business or
 contract work; www.trilliumartisans.org

Vocational Rehabilitation Division - 3945 SE Powell
 Blvd., Portland, 971-673-2555; East Portland, 305 NE
 102nd Ave., 971-673-5858; North Portland, 4744 N.
 Interstate Ave., 971-673-3055. Mon-Fri 8am-5pm
<http://www.oregon.gov/dhs/vr>

WorkSource Portland Metro provides communities with
 access to information and resources to assist people in
 their career planning and job search activities. Self-
 directed resource rooms at each center provide access to
 computer workstations, job orders and listings, resume
 software, and a wealth of planning and job search
 assistance information. (503)772-2300

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Health Resources:

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

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

-Free Eye Care for Seniors- eyecareamerica.org.

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

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

-Lions Club - Eye care & hearing aids. 1-866-623-9053

-Medical Teams international Dental Van offers free
 dental van services at various locations in Portland. Must
 call specific locations for referral and scheduling.

St. Francis Dining Hall (503-234-2028)

William Temple House (503-226-3021)

Christ Community Food Ministries (503-239-1226)

All Saints Episcopal Church (503-777-3829)

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

-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. web.multco.us/health/dental-clinics

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

-The PACS Program - Prescription and Community

Resources

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

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

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

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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 services and Rights:

-Community Alliance of Tenants - Oregon's only statewide, grassroots, tenant-controlled, tenant-rights organization. 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

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

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

-Legal Aid Services of Oregon - 503-224-4094 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

Other Resources:

-BoltBus offers rides to Seattle for \$7.

<https://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

-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

-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.metrocrr.org/index.htm

-No Longer Lonely - Online Dating for adults with mental illness. www.nolongerlonely.com

-William Temple House offers low-cost mental health counseling, emergency social services including food and children's clothing, pastoral care. 2023 NW Hoyt St., 503.226.3021 www.williamtemple.org

-Write Around Portland - creative writing 10-week sessions; publish work; 503-796-9224; www.writearound.org

Eyes & Ears

Editor: Duane Haataja
Assistant Editor David Green

Our Principles ~

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

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Eyes & Ears
 2415 SE 43rd Avenue
 Portland, Ore. 97206
 503-238-0705 Ext. 1204