

eyes & ears

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Federal court judge wants public input on Portland-federal justice agreement on police reforms

By Maxine Bernstein, The Oregonian, Dec. 21, 2012

U.S. District Judge Michael H. Simon said Friday he will allow public testimony at a “fairness hearing” the court will hold next year (2013) on the negotiated settlement that the city of Portland reached with federal justice officials on police reforms.

Simon described his objective in holding such a hearing as three-fold: to help him determine whether or not the settlement agreement is “fair, adequate and reasonable”; to keep the process transparent and “give everyone a full and fair opportunity to be heard.” He cautioned that it won’t resemble a trial.

Simon said any person or group who wants to more formally intervene in the case must submit a motion to the court by Jan. 8.

But any citizen who wishes to participate in the fairness hearing should submit written comments to the federal court clerk by Jan. 22, sharing their ideas on how to conduct the hearing.

Simon said he’s open to holding the hearing at night or during the weekend to better accommodate the public. A date was not set.

Members of the Albina Ministerial Alliance, National Lawyers Guild and Portland Copwatch, who were present at the court’s first hearing on the

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Recovery-Oriented Research Funded by Mental Healthcare Foundation

Inspired by Robert Whitaker's 'Anatomy of an Epidemic,' the grants will aid investigation of care models that have helped patients overseas
Christen McCurdy, The Lund Report

November 21, 2012 -- The Wilsonville-based Foundation for Excellence in Mental Health Care – started last year to support a new model for mental health research – has awarded a \$100,000 grant to research whether the Finnish “open dialogue” model can be implemented in the United States, and is both offering and seeking funds for other related grant projects.

The open dialogue therapy model was developed and implemented in Finnish Western Lapland at the Keropudas Hospital to help people who show symptoms of early psychosis. Instead of being hospitalized, prescribed medication and released back to the community – as is common with mental health patients in the U.S. – patients become part of a team which includes at least two clinicians, as well as members of their family or group of friends. The patient is included in every discussion relating to his or her treatment plan, and the practice – which is nearly 30 years old – emphasizes not the eradication of symptoms, but healing from the episode.

Research shows that mental health patients who use the open dialogue model have higher rates of employment and better long-term mental health

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Federal court judge wants public input on Portland-federal justice agreement on police reforms

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negotiated federal settlement Friday and allowed to address the court, applauded the judge's approach.

Attorney Michael Rose, on behalf of the Albina Ministerial Alliance's Coalition for Justice and Police Reform, told the judge that his procedure for reviewing the matter was a "very reasonable and sane way of getting through this morass."

Rose also told the court that the alliance's coalition will be submitting a motion to formally intervene in the case, as the Portland police union has done.

Friday was the first court scheduling hearing since the federal government on Monday formally filed a lawsuit against the City of Portland in U.S. District Court. The lawsuit, alleging excessive force by police, was filed along with a 76-page negotiated settlement agreement that calls for a multitude of Portland police reforms.

The court filings stem from the U.S. Department of Justice's nearly 15-month investigation into use of force by Portland police. The inquiry found police engaged in a pattern or practice of excessive force against people suffering from or perceived to have a mental illness.

The settlement, approved by the City Council on Nov. 14, calls for widespread changes to Portland police policies on use of force, Tasers, training, supervision and oversight.

On Tuesday, the Portland Police Association filed a motion to intervene as a defendant in the case, alongside the city. The union argues that the negotiated changes to Portland police policies and procedures undermine the collective bargaining rights of union members.

The union cited a 9th U.S. Circuit Court of Appeals case that allowed the Los Angeles Police Protective League to intervene in a consent decree before the federal court on Los Angeles police reforms in 2002.

"I don't know whether those factors will or will not apply in this case," Simon told attorneys Friday. Anil Karia, the union attorney, told the judge he was concerned that the city and Portland Police Bureau might be moving ahead with training on revised use of force and Taser policies. Karia inquired if he

should seek a "stay" on the agreement to halt the police bureau from implementing changes until the court rules on the settlement.

"The PPA is concerned about ongoing implementation of aspects of the agreement," Karia told the judge.

If the bureau were to start training on any revised force policies, Karia argued that "that mere act violates collective bargaining."

Portland Copwatch's Dan Handelman also noted in court that the city plans next month to put out a request to hire a compliance officer who would oversee the reforms.

"We're letting the proverbial cart get before the horse," Karia said.

The judge replied that he's taken no action. He noted that parties to a private settlement could still move forward with parts of it, without the blessing of a court.

If a motion for a stay was to be filed, the judge said he'd schedule an expedited hearing to rule on it.

City Attorney James Van Dyke acknowledged that the city and police bureau may want to move ahead with terms of the agreement, such as training, before its formally adopted.

"I don't expect the settlement agreement to be entered until after a fairness hearing," Van Dyke told the court. "Nevertheless we have some desire to collectively bargain with our union in regard to some of the changes in our settlement agreement."

Federal prosecutors have until Jan. 21 to submit their response to the police union's motion to intervene in the case.

Simon set the next court hearing in the case for Feb. 19 at 9 a.m. to rule on the pending motions.

Simon likened his role in this case to the role of the court in deciding whether to accept a settlement in a class-action case.

"It's essentially a ratification of a compromise," Simon said.

Oregon's U.S. Attorney Amanda Marshall, also present in court, and Billy Williams, assistant U.S. Attorney, said the judge's move to include public comment is consistent with how the nearly 15-month investigation was handled.

"We applaud the court's direction," Marshall said.

Oregon Health Authority Joins Portland Police on DOJ Watchlist

ANDREA DAMEWOOD, December 3rd, 2012
Willamette Week www.wweek.com

Here's a U.S. Department of Justice agreement a lot of people have overlooked: the state of Oregon is on the hook to make sure its mental health programs are not violating the Americans with Disability Act.

The DOJ has had the state under investigation since 2010. Under the ADA, a state cannot segregate individuals with disabilities—including severe and persistent mental illness—in institutional settings when they could receive care through community-based services.

The department's investigation also stems from the related investigation of the Oregon State Hospital concerning conditions and treatment of patients, which began in 2006 and remains open.

The agreement, released in November, received far less attention than September's high profile Department of Justice finding against the Portland Police Bureau, which the DOJ says has a "pattern and practice" of using excessive force on the mentally ill.

Police and city leaders have blamed Oregon's poor safety net as part of the reason Portland's officers are left to deal with so many people in mental health crisis. While the new agreement doesn't mention the PPB, the findings do seem to give some credence to that claim.

Oregon Health Authority Director Bruce Goldberg tells WW he was "surprised" that the latest DOJ findings garnered no mention from any major media. The DOJ put out a press release, and it, along with state officials, hosted a conference call shortly before Thanksgiving.

The state and the DOJ are now signing off on a mental health services action plan that starts with Oregon taking much better stock of who is using which programs and where. The next step of the agreement will bring the state and the DOJ together to find where the gaps are and how they might be fixed.

By 2015, the DOJ expects Oregon to report back its progress.

Many of the steps in the agreement, Goldberg says, will fold into the state's redesign of its health care system into Coordinated Care Organizations that's now underway.

"In this settlement is an agreement by the feds that we're in essence headed in the right path," Goldberg says.

Recovery-Oriented Research Funded by Mental Healthcare Foundation

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outcomes than those who use more traditional models of care.

The foundation's open dialogue grant will support Dr. Douglas M. Ziedonis, MPH, at the University of Massachusetts Medical School in developing a clinical practice training manual and an organizational change manual to guide clinicians in adopting the practice. It will also determine what tools will be necessary to help clinicians in this country practice the open dialogue model – including which cultural factors need to be considered.

The foundation is also fundraising for additional research into how the model can be used to treat specific populations (such as transitional youth).

"We think we need to figure out once and for all, can this be replicated in the United States or not?" said Gina Nikkel, PhD, the foundation's President and CEO. "There has not been enough emphasis on how trauma informs mental health challenges. Quite often, people will have trauma issues in their late teens, early 20s, and they'll be diagnosed with mental illness."

If clinicians can offer better support for survivors of trauma, the long-term outcomes for people who suffer it can be improved, she said.

The foundation is also working on raising money for Hearing Voices, a program to research the phenomenon of hearing voices -- a psychosis symptom that often persists even after the patient is prescribed antipsychotic medications. Hearing Voices therapy groups across the country use a peer-to-peer approach to help patients live with or even make sense of what the voices are telling them.

While there are small numbers of Hearing Voices groups in the U.S., the model hasn't been implemented in any organized way. The fund will support the implementation of Hearing Voices groups throughout the U.S., as well as deeper research on the phenomenon of hearing voices itself.

The foundation – which includes clinicians,
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Recovery-Oriented Research Funded by Mental Healthcare Foundation

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researchers and people who've experienced mental health challenges – was catalyzed by the publication of Robert Whitaker's *Anatomy of an Epidemic*, which reviews decades of research on the efficacy of psychiatric drugs, and criticizes the current understanding of mental illnesses as diseases that must be medicated for life.

“What we've learned is that we don't know very much about mental illness,” Nikkel said. “A lot has been written and a lot has been wrong.”

The foundation touts a recovery model – used in contrast with “illness model” -- that suggests mental health patients can recover from acute mental illness rather than being considered a lifelong patient, and was created to fund research for better outcomes.

It raises funds both from the general public through its website, and from donors who can make larger gifts for its research projects. Nikkel said the foundation has accepted funds from psychiatrists, business owners and people who've experienced mental health challenges, but not from pharmaceutical companies or the healthcare industry.

“It's really a way, as public money becomes less and less in mental health care, we wanted to tap private philanthropy,” she added.

Open DialogueSM

Dialogic Practice www.dialogicpractice.net

Fundamental to the approach is the shift away from an immediate emphasis on trying to eradicate symptoms. The conversation, or dialogue, is not “about” the person, but a way of “being with” them and living through the crisis together. What Tom Andersen M.D. called “witness practices” mitigate the sense of isolation and distance a frightening episode can produce and lead to a path of recovery.

Open Dialogue” is an innovative approach to acute psychiatric crises developed by Jaakko Seikkula, Markku Sutela, and their multidisciplinary team at Keropudas Hospital in Tornio, Finland.

Starting in the eighties, there have been a variety

of research studies of Open Dialogue and its outcomes with early psychosis. Garnering widespread international attention, the results consistently show that this approach reduces hospitalization, the use of medication, and recidivism when compared with treatment as usual. For example, in a five-year study, 83% of patients had returned to their jobs or studies or were looking for a job (Seikkula et al. 2006). In the same study, 77% did not have any residual symptoms. Such outcomes led the Finnish National Research and Development Center for Welfare and Health to award a prize recognizing the Keropudas group for “the ongoing development of psychiatric care over a period of ten years.”

With strong foundations in philosophy and science, its principles are

1. congruent with our knowledge of the best practices for treating early psychosis;
2. rooted in systems and communication theories that have become widely accepted; and
3. are consistent with the recovery perspective of consumer advocacy groups and the system-of-care initiatives.

Open Dialogue can be thought of as a double helix that meshes a dialogic process, or new style of psychotherapy, with an integrated treatment system that delivers care primarily in the community. The basic vehicle of Open Dialogue is its radically altered version of the treatment meeting. As soon as possible in a given situation, the team, which consists of at least two clinicians, gathers everyone connected to the crisis, including the person at the center, their family and social network, all professional helpers, and anyone else closely involved. There are no separate staff meetings to talk about the “case.” Rather all discussion and any decisions about medication and hospitalization take place with everyone present.

The aim of the treatment meeting is to generate dialogue that leads to common understandings, which become the basis of care. It begins first by eliciting the point of view of the person who has the overt symptoms. Often there is a special kind of meticulous, back-and-forth exchange between this person and the therapists to develop a more lucid way of expressing the situation and create a shared language. Building on this interaction, the therapists weave a common understanding of the

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Open DialogueSM

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crisis by bringing forward the voice of each of the participants. The exchange of voices creates a new fabric of meaning and engagement to which everyone has contributed important threads. This process can take one meeting or many meetings.

Fundamental to the approach is the shift away from an immediate emphasis on trying to eradicate symptoms. The conversation, or dialogue, is not "about" the person, but a way of "being with" them and living through the crisis together. "Witness practices," to quote Tom Andersen M.D., mitigate the sense of isolation and distance a frightening episode can produce. As the person at the center acquires greater voice and agency, they can participate meaningfully in both the conversation and the resulting decisions about their own lives, thus becoming more empowered. The perspective at work in Open Dialogue is that recovery from psychosis and other severe crises happens between people and with the help of important others. The result is that the open dialogue approach has achieved unique success in assisting people to navigate first time psychosis and other crises while relying much less on medication and hospitalization.

Exposed to natures elements

Sean Salazar, November 21, 2012

When the storm hit I curled up into mothers earths arm that she held me with the conforter that came from earth and is native.

Although she ain't here in body I know she is responsible for my pain. But she always seems to congratulate me once it is over with a sense of responsibility. The euphoric feeling not dying off until I tell it to. She then says I'm in complete control. And that I did it to myself.

Oh mother you're so modest not wanting me to think too highly of you.

I hum the sweet tone that I know she is putting on the tip of my tongue while I rock myself to the shattering window in my room. I'm pissed. I like nature and all but hate her elements.

Don't touch me damn window pane. And you stay away too, windy leaves. I will only come out once the building crumbles and I crawl out of the rubble. So stop knocking with your drummed lightning.

David W. Oaks' Message To the World: "Cracking the Nut of Normality"

A letter from David, who says: "The silver lining in this event has been witnessing the love between us all."
www.mindfreedom.org

Dear Friends, family, colleagues, and supporters

After 4 decades as a psychiatric survivor human rights activist and 3 decades with spinal arthritis (ankylosing spondylitis), that fused my spine into peanut brittle, I knew I needed a break. The break that I got about 3 weeks ago was not the one I expected. I slipped off a wet ladder in my writer's studio, and it resulted in a complete break of my neck.

The silver lining in this event has been witnessing the love between us all. I'm overwhelmed by the cards and offers of support for me, for my wife, my fabulous darling Debra, for my family, for MindFreedom, for USICD, OCSC, Opal network and for our movement for nonviolent global revolution.

I love you all so much from the core of my heart. I hope that every single one of you can feel that heat!

With my whole heart and soul, I give thanks for Earth's free bounty shared w/ all my relations. The word origin for "thanks," is simply "to think," and a Native American sign language for thinking is to point to one's own chest. Truly my heart is thinking of you all. Thank you!

I'm laying here in a special rotating hospital bed with my good friend, Rev. Phil Schulman, using a special trache tube to talk for a few minutes. To finish this letter we are using a word board based on cryptography designed for me by my computer genius brother Tony. Here at Sacred Heart Hospital River Bend I've been cared for by an amazing medical team of skilled and compassionate healers. They seem like they are from NASA and as friendly as a next door neighbor.

Finding Creative Maladjustment

A few days after hearing that crack of my neck, I laid in a hospital bed here, and I knew that I must find a creative maladjustment. Rev. Martin Luther King Jr. many times called for an International Association for the Advancement of Creative Maladjustment. I'm requesting your leadership in launching the first annual Creative Maladjustment Week, July 7-14, 2013 with Patch Adams MD. It may be a way to recover from a broken planetary ecosystem, as well as neck, heart and anything else. Let us finally hear the crack of the nut of normality.

During long nights in this hospital, I have been emboldened by the spirit of Justin Dart Jr., considered to be the father of the Americans with Disabilities Act. His heart radiates into mine. I hear the words he so often echoed: "I love you, Lead On!" He knew that absolutely each one of us who join in this movement for human

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How 7 Historic Figures Overcame Depression without Doctors (Part 1)

Bruce Levine, Ph.D., November 29, 2012
www.madinamerica.com

While Sylvia Plath and Ernest Hemingway received extensive medical treatment for depression but tragically committed suicide, other famously depressed people—including Abraham Lincoln, William James, Georgia O’Keeffe, Sigmund Freud, William Tecumseh Sherman, Franz Kafka, and the Buddha—have taken different paths. Did those luminaries who took alternative paths and recovered really have the symptoms of major depression, and did their antidotes really work?

Abraham Lincoln (1809 -1865)

In Lincoln’s *Melancholy: How Depression Challenged a President and Fueled His Greatness*, biographer Joshua Wolf Shenk reports that Lincoln experienced two major depressive breakdowns at age 26 and age 31, which included suicidal statements that frightened friends enough to form a suicide watch. When he was 32, Lincoln wrote, “I am now the most miserable man living.” Lincoln’s longtime law partner William Herndon observed about Lincoln, “Gloom and sadness were his predominant state,” and “His melancholy dripped from him as he walked.” And another Lincoln friend reported, “Lincoln told me he felt like committing suicide often.”

Lincoln’s Antidotes: Abraham Lincoln, along with other famous depression sufferers such as Winston Churchill and Mark Twain, used humor as an antidote to depression. To boost his spirits, Lincoln told jokes and funny stories. A good story, said Lincoln, “has the same effect on me that I think a good square drink of whisky has to the old roper. It puts new life into me . . . good for both the mental and physical digestion.” Lincoln said, “If it were not for these stories—jokes—jest I should die; they give vent—are the vents of my moods and gloom.” Shenk concludes that “Humor gave Lincoln protection from his mental storms. It distracted him and gave him relief and pleasure . . . Humor also gave Lincoln a way to connect with people.” In addition to humor, Shenk discovered that Lincoln utilized other major depression antidotes, including his love of poetry and a strong belief that his life had an important purpose.

William James (1842-1910)

One of America’s greatest psychologists and philosophers, James suffered periods of depression during which he contemplated suicide for months on end. John McDermott, editor of *The Writings of William James*, reports that “James spent a good part of life rationalizing his decision not to commit suicide.” In *The Thought and Character of William James*, Ralph Barton Perry’s classic biography on his teacher, in the chapter “Depression and Recovery,” we learn that at age 27, James went through a period that Perry describes as an “ebbing of the will to live . . . a personal crisis that could only be relieved by philosophical insight.”

James’s Antidotes: James’s transformative insight about his personal depression also contributed to his philosophical writings about pragmatism, as James came quite pragmatically to “believe in belief.” He continued to maintain that one cannot choose to believe in whatever one wants (one cannot choose to believe that $2 + 2 = 5$ for example); however, he concluded that there is a range of human experience in which one can choose beliefs. He came to understand that, “Faith in a fact can help create the fact.” So, for example, a belief that one has a significant contribution to make to the world can keep one from committing suicide during a period of deep despair, and remaining alive makes it possible to in fact make a significant contribution. James ultimately let go of his dallying with suicide, remained a tough-minded thinker with scientific loyalty to the facts, but also came to “believe in my individual reality and creative power” and developed faith that “Life shall be built in doing and suffering and creating.”

Georgia O’Keeffe (1887-1986)

Artist Georgia O’Keeffe suffered significant periods of depression during her life, according to biographers Roxana Robinson (*Georgia O’Keeffe: A Life*) and Hunter Drohojowska-Philp (*Full Bloom: The Art and Life of Georgia O’Keeffe*). At age 46, O’Keeffe was admitted to Doctors Hospital in New York City following symptoms of anxiety and depression that included weeping spells and not eating or sleeping. At the time, her breakdown was attributed to the stress of not completing a Radio City Music Hall mural, but her biographers now conclude that O’Keeffe was caught between fear of

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How 7 Historic Figures Overcame Depression without Doctors - Part 1

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public failure and rebellion against her control-freak husband, the renown photographer Alfred Stieglitz, 23 years older than O'Keeffe, who had an affair with a woman almost two decades younger than O'Keeffe.

O'Keeffe's Antidotes: O'Keeffe's biographers do not report any great positive transformations due to her hospitalization. Instead, an essential part of her recovery was travel, first to Bermuda and then Lake George in New York where she ate and slept well. Later, she would also enjoy herself in Maine and Hawaii. O'Keeffe renewed her regular summer trips to New Mexico, and biographer Roxana Robinson concluded, "Warmth, languor and solitude were just what Georgia needed." In addition to travel, another antidote for O'Keeffe was her relationship with the poet and novelist Jean Toomer. Ultimately, O'Keeffe relocated and redefined herself in New Mexico, and her art was her best long-term antidote.

Sigmund Freud (1856-1939)

"For many years he suffered from periodic depression and fatigue or apathy, neurotic symptoms, including anxiety attacks," according to *The Life and Work of Sigmund Freud*, authored by Ernest Jones, one of Freud's disciples. An early Freud attempt to assuage his depression was cocaine use. When he was 28, Freud said, "In my last severe depression, I took coca again and a small dose lifted me to the heights in wonderful fashion. I am just now busy collecting the literature for a song of praise to this magical substance. . . . I take very small doses of it regularly against depression and against indigestion, and with the most brilliant success." Ultimately the cocaine treatment for depression was an embarrassing failure for Freud. After getting other's addicted to it, Freud discovered cocaine's dangers.

Freud's Antidotes: While many credit Freud's lengthy self-analysis as an effective treatment, it also appears that recognition from the world was a powerful depression antidote. Freud, at an early age, very much wanted fame and recognition. In his late 20s, he was beaten out by Carl Koller in the discovery of cocaine as an anesthetic, and that depressed him some. Later, through his work on

psychoanalysis, dreams, and sexuality, Freud received worldwide recognition, and he acquired an intellectual community in which Freud was the leader. Recognition and community appears to be a powerful antidote for many famous emotional sufferers, including mathematician John Nash, made famous in the book and movie *A Beautiful Mind*.

David W. Oaks' Message To the World: "Cracking the Nut of Normality"

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rights and dignity is a leader.

I cherish being connected to him, and to all of you. It has been my great fortune to have 38 beautiful years in this movement so far without direct funding from the government or mental health industry. Many of us speak out freely and organize for human rights in mental health. Some of us work to change the system from within. Together inside and outside, we are an emergent force of nature, a creative maladjustment to oppression. We are leading humanity into a sustainable way to live on this planet that includes caring and listening to marginalized people.

Many of you have expressed concern for Debra and me, that we will continue to have the financial resources for quality of life and access to full medical care. Below you will find a short note from my brother Tony providing a means for contributions. Thank you, all of you for personal support as well as participation in this movement.

Gratefully in support,
David W. Oaks

Information from David's brother, Tony Oaks, about how you can help David:

Through Debra's job at the Eugene Public Library, Dave has access to health insurance. Given the catastrophic nature of his injury, we expect that eventually his coverage will be maxed out and Dave will switch to medicaid. In order to ensure Dave gets access to the things which may be necessary and yet not covered by insurance or medicaid, my mom, Violet, worked with a local attorney (Mark Williams) to establish a Irrevocable Special Needs Trust for David.

If you would like to contribute to that fund please make your checks payable to: David W Oaks Irrevocable Trust and mail your checks to this address:

David W Oaks Irrevocable Trust c/o Chase 1100
Williamette St. Eugene OR 97401 USA

Note, your contribution to this fund, while a gift, is not tax deductible and, of course, it is not refundable.

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

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

Federal Benefit Paper Checks to Stop in 2013, Sign Up for Direct Deposit

The U.S. Treasury Department is phasing out paper check payments and requiring federal benefit recipients to receive their benefit money electronically by March 1, 2013. Anyone receiving Social Security, veterans' or other federal benefits by paper check should act now to receive their money safely, quickly and on time. People may choose to receive payment by direct deposit to a bank or credit union account or to a Direct Express Debit card account.

Visit the www.godirect.org website link to learn how to make your choice and avoid any interruption in payment next spring. You also can call the U.S. Treasury Electronic Payment Solution Center at (800) 333-1795 or visit your local bank or credit union

Please note, anyone already receiving their federal benefit payments electronically will not be affected by the change and does not have to indicate a change for payment.

Free Geek

www.freegeek.org (503) 232.9350

1731 SE 10th Avenue, Portland, OR
Tuesday - Saturday 10am - 6pm

Free Geek refurbishes technology to provide computers, education and job skills in exchange for community service.

Occupy Portland

<http://occupyportland.org>

Portland Occupier

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

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

CASCADIA CONSUMER ADVISORY COUNCIL

Contact: Ryan Hamit 971-340-8774 or at
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 and clicking on public meetings.

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.

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.

EYES & EARS

Welcomes your contributions

Contact the editor at
eyes.ears_newsletter@yahoo.com

Cascadia Behavioral Healthcare
2415 SE 43rd Ave. 503-238-0705 Ext. 1204

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

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

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 Same contact info as above.

Robert Whitaker

Author of "Anatomy of an Epidemic"

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

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

Website: robertwhitaker.org

Email: robert.b.whitaker@verizon.net

Whitaker's Mad in America blog

www.psychologytoday.com/blog/mad-in-america

Anatomy of an Epidemic is now available in paperback

MindFreedom International

mindfreedom.org

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

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

Write Around Portland

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

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

Hours: 9 am-5 pm Monday-Friday

www.writearound.org

Street Roots

<http://streetroots.org/>

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

Street Roots is a nonprofit newspaper assisting people experiencing homelessness and poverty by creating flexible income opportunities. Through education, advocacy and personal expression, we are a catalyst for individual and social change.

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

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

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

Oregon Health Authority

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

OHA website - www.oregon.gov/OHA

OHA Facebook:

www.facebook.com/OregonHealthAuthority

Oregon Health Connect

www.oregonhealthconnect.org

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

Disability Rights Oregon

www.disabilityrightsoregon.org

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

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

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 has moved!

NorthStar has moved to a bigger and better space! NorthStar is now located at 5600 NE Glisan St., only 4 blocks from the NAMI Multnomah office where it moved from.

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

5600 NE Glisan St. 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.

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

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

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.

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.

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

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

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

About.com:mental health Explore mental health

<http://mentalhealth.about.com>

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

Dialectal Behavior Therapy - Info about DBT. This site was written primarily by PEOPLE WHO HAVE BEEN THROUGH DBT, not DBT professionals. We cannot give advice, but we can talk about our experiences on our DBT journey.

www.dbtselfhelp.com

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

OAASIS - support for sexual abuse survivors.

<http://oaasisoregon.org>

PSRB Fair Shake This facebook page exists to help anyone currently under the PSRB. We are a peer-run group of Oregonians currently living under the Psychiatric Security Review Board (PSRB).

Website: <http://psrbfairshake.org/wordpress>

Beyond Meds - Alternatives to psychiatry
beyondmeds.com

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

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

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

Dual Diagnosis Anonymous of Oregon

Mental Illness and Substance Abuse

www.ddaoregon.com

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

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

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

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

COMING EVENTS

OPEN DIALOGUE FILM: An Alternative, Finnish Approach to Healing Psychosis

Video Showing And Discussion

Thursday, January 31, 2013
7:30-9:30pm

Free and open to the public

Process Work Institute, 2049 NW Hoyt St. Portland

Finland once boasted some of Europe's poorest outcomes for schizophrenia, but today has the best recovery results in the world. They turned their system around with an approach called Open Dialogue. Open Dialogue meets clients in crisis immediately and often daily until the crises are resolved. They avoid hospitalization and its consequential stigma, preferring to meet in the homes of those seeking their services. And, perhaps most controversially, they avoid the use of anti-psychotic medication wherever possible. They also work in groups, because they view psychosis as a problem involving relationships.

Go to www.portlandhearingvoices.net for more details.

Alien Boy to (Finally) Premiere at Portland International Film Festival

Surely you remember Alien Boy, the documentary about one of the Portland Police Bureau's darkest hours, when James Chasse Jr. was brutally beaten (16 broken ribs, 26 total broken bones, 1 punctured lung) and died in police custody in 2006. Matt Davis was on the Mercury news team at the time, and covered the event and its aftermath closely, going on to join the filmmaking team. At long last, Alien Boy: The Life and Death of James Chasse is finished, and will premiere at this year's Portland International Film Festival in February. Dates and times are still TBA.

The Portland International Film Festival lasts from February 7th through the 23rd. Go to <http://nwfilm.org/festivals/piff/> to check when the film will be shown.

Rethinking Psychiatry

www.rethinkingpsychiatry.org/

Rethinking Psychiatry's General Meeting and 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

Wednesday, January 16 7-9 pm

Featuring Erik Isaacman

Health Practitioner and co-owner of Inner Gate Acupuncture who will speak on 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

Find Rethinking Psychiatry on Facebook

Introduction to Open Dialogue Approach to First Episode Psychosis

A Workshop With Will Hall, MA, DipIPW
Sunday, February 10, 2013 10am-4:00pm

Process Work Institute
2049 NW Hoyt St. Portland OR

Workshop fee: \$90; Pre-registration recommended
info: portlandhearingvoices@gmail.com
CEU's are available for this event

Open Dialogue is a new way of approaching psychosis that is rich with application in the US: low use of medications, team approach, working with families and relationships, dialogic listening, non-hierarchy and openness among professionals, non-diagnostic language, and expectation of recovery. Come learn about how Open Dialogue helps people and how we can use these approaches in the US. Similarities with Process Work and other approaches will be addressed, and you will learn new tools to put into practice right away.

Co-Sponsored by Portland Hearing Voices, Mental Health Association of Portland, and Empowerment Initiatives.

More info: portlandhearingvoices@gmail.com or go to www.portlandhearingvoices.net

Meetups in Portland 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!

Resources

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

Mental Health Organizations

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

-Central City Concern - 232 NW 6th Ave, Portland, OR - 503 294-1681 www.centralcityconcern.org

-El Programa Hispano - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 www.catholiccharitiesoregon.org

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

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

Community Warehouse
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

-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.namimultnomah.org; **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. autismnwaf.org. 503-557-2111

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

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

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

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

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

-Family to Family Support Group - NAMI - free

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Trillium Artisans Program - 503-775-7993; Marketing support for artists interested in home-based business or contract work; www.trilliumartisans.org

Vocational Rehabilitation Division - 3945 SE Powell

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

Health Resources

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

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
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 Aide - 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

-Local Renting Information: U.S. Dept. of Housing and Urban Development (HUD) - portal.hud.gov

-Metro Child Care - 503-253-5000
www.metroccrr.org/index.htm

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

-William Temple House offers low-cost mental health counseling, emergency social services including food and children's clothing, pastoral care. 2023 NW Hoyt St., 503-226-3021. www.williamtemple.org

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

Eyes & Ears

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Our Principles ~

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

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