

eyes & ears

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Times

Dec. 2012/January 2013 A Mental Health Consumer/Survivor Newsletter Volume 9 Issue 1

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

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

Maxine Bernstein, The Oregonian, December 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 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. [Read more.](#)

Related articles: "[Portland police union aims to block excessive force agreement](#)"; "[Federal government files civil lawsuit against City of Portland stemming from police inquiry](#)"; "[The First 30 Seconds](#): The city hopes to shield the mentally ill from excessive force by putting the right cop on the scene."

Rejection, bullying are risk factors among shooters

Elizabeth Landau, CNN, December 19, 2012

(CNN) -- If you're wondering who else in the United States might fit a "profile" of becoming a mass killer, just look around: They are everywhere, and they're most likely harmless.

Frighteningly, we have little idea about what separates those who ponder committing slaughter from those who go through with it. Experts say that risk factors, such as social isolation and rejection, are found in many people across the United States, a country shaken by the massacre at Sandy Hook Elementary School in Newtown, Connecticut, on Friday, in which 20 children and six adults were killed. [Read more.](#) Related articles: "[NAMI condemns NRA support for 'national database of mentally ill'](#)"; "[In Gun Debate, a Misguided Focus on Mental Illness](#)"; "[Coping with tragedies, like we experienced this past week](#)"

Medicaid Expansion Offers Richer Benefits to 200,000 Oregonians

Christopher David Gray, The Lund Report

December 13, 2012 -- The 200,000 Oregonians expected to qualify for Medicaid coverage in 2014 will receive more robust benefits if the Oregon Health Policy Board approves a recommendation from the Medicaid Advisory Committee. [Read more.](#) Also read "[Gov. John Kitzhaber wants to add roughly 200,000 to Oregon Health Plan](#)"

Oregon Health Authority Joins Portland Police on DOJ Watchlist

ANDREA DAMEWOOD, December 3, 2012
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. [Read more.](#)

Federal Benefit Paper Checks to Stop in 2013, Sign Up for Direct Deposit - Page 2

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

Rethinking Psychiatry talk on the benefits of acupuncture for treating trauma and PTSD - Page 5

Coming Events on page 14

Open Dialogue workshop and free film showing; Alien Boy premiers at Film Festival

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CNN's Dr. Gupta on Trauma, SSRIs, Suicides & School Shooting

CNN's Dr. Sanjay Gupta looks at the roles of trauma and medication as a "common factor" in tragedies similar to the Sandy Hook shooting. SSRIs have been shown to carry a risk of increased impulsivity, says Dr. Gupta, and points out that "over a 7-year period, there were 11,000 incidences of violence" connected with SSRIs, many of them suicides. [See the video here.](#)

A Tense Compromise on Defining Disorders

BENEDICT CAREY, December 10, 2012
www.nytimes.com

This month, the American Psychiatric Association announced that its board of trustees had approved the fifth edition of the association's influential diagnostic manual — the so-called bible of mental disorders — ending more than five years of sometimes acrimonious, and often very public, controversy. [Read more.](#) Also read "[Final DSM 5 Approved by American Psychiatric Association](#)"

Across nation, unsettling acceptance when mentally ill in crisis are killed

Even as they face a growing number of disturbed people, police often lack crisis training. And the leadership and data-gathering needed to stem the bloodshed are largely absent.

Kelley Bouchard, December 10, 2012
www.pressherald.com

[Read more.](#)

Groups: Autism not to blame for violence

Miriam Falco, December 17, 2012 us.cnn.com

(CNN) -- Since news first broke about the shooting at a Connecticut elementary school, people began wondering how something so horrible could happen.

Within a few hours, before the magnitude of the tragedy was fully known, reports began to surface that the shooter, Adam Lanza, was autistic or had Asperger's syndrome in addition to a possible personality or anxiety disorder such as obsessive-compulsive disorder.

[Read more.](#) Also read "[I have Asperger's; I am just like you](#)"; "[We're just like you: Readers support Asperger's community](#)"

Mental Health, Long-Term Care Targeted for \$30 Million in Innovative Ideas

The money in Governor John Kitzhaber's budget is intended to support the goals of healthcare transformation

Diane-Lund Muzikant, *The Lund Report*, January 2, 2013
[Read more.](#)

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*, thelundreport.org

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. [Read more.](#)

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 [Go Direct 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.

Grossberg: Thoughts on labeling

By Chaya Grossberg, Assistant Director of Portland Hearing Voices, Nov. 27, 2012
www.mentalhealthportland.org

When people call someone in their family “mentally ill,” what does it mean? The term mental illness has gotten out of control vague. There is no way to prove someone does or doesn’t have a mental illness in the way it is referred to, so why don’t we hear people say, “There’s someone in my family who’s extremely challenging for me (and others perhaps)?” Why don’t we hear descriptions of the behavior, how people feel in response to it, and what concerns it brings up in an honest way where the speaker owns their own experience?

[Read more.](#)

David W. Oaks’ Message To the World: “Cracking the Nut of Normality”

By David W. Oaks, December 28, 2012
www.madinamerica.com

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. [Read more.](#) Also read “[Thoughts About David Oaks](#)” by Robert Whitaker

A ‘Party Drug’ May Help the Brain Cope With Trauma

BENEDICT CAREY, November 19, 2012
www.nytimes.com

Hundreds of Iraq and Afghanistan veterans with post-traumatic stress have recently contacted a husband-and-wife team who work in suburban South Carolina to seek help. Many are desperate, pleading for treatment and willing to travel to get it.

The soldiers have no interest in traditional talking cures or prescription drugs that have given them little relief. They are lining up to try an alternative: MDMA....

[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](#)

Non-Profit Offers New Tool to Save on the Cost of Medication

By: NeedyMeds, The Lund Report

December 4, 2012 -- NeedyMeds, a national non-profit organization aimed at providing information to consumers on programs that help with the cost of medications and health care, is announcing a new system to track cost saving patient assistance programs for pharmaceuticals.

[Read more.](#)

Beyond the Brain

Tanya Marie Luhrmann, www.wilsonquarterly.com
Summer 2012

In the 1990s, scientists declared that schizophrenia and other psychiatric illnesses were pure brain disorders that would eventually yield to drugs. Now they are recognizing that social factors are among the causes, and must be part of the cure. [Read more](#)

Four Leading Antipsychotics Aren't Safe or Effective in Older Adults

www.madinamerica.com, November 27, 2012

A 5-year study funded by the National Institute of Mental Health and conducted by U.C. San Diego School of Medicine, Stanford University and the University of Iowa, comparing the effects of Abilify, Zyprexa, Seroquel and Risperdal on 332 patients over the age of 40, finds that "While there were a few significant differences among the four drugs, the overall risk-benefit ratio for the AAPs in patients over age 40 was not favorable, irrespective of diagnosis and drug." Results were released online yesterday by the Journal of Clinical Psychiatry.

[Read more.](#)

U.S. Barred From Prosecuting Off-Label Sales of Drugs

Margaret Cronin Fisk - Dec 3, 2012 www.bloomberg.com

Pharmaceutical companies and their sales staff can't be prosecuted for promoting drugs for "lawful," unapproved uses, a federal appeals court said, reversing a conviction of a salesman. [Read more.](#)

New Help for Hoarders

PAULA SPAN, November 29, 2012 nytimes.com

There were times, Sandra Stark remembers, when she couldn't use her kitchen or sit on her sofa. Her collections — figurines, vases, paperweights — had overtaken every closet, drawer and surface. Stacks of clothing and old magazines added to the clutter. [Read more.](#)

How 7 Historic Figures Overcame Depression without Doctors

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? [Read more.](#)

Ten Things You Can Do to Be Recovery Oriented, Starting Today

by Larry Davidson, Ph.D. December 27, 2012

Recovery to Practice - Resources for Behavioral Health professionals www.dsgonline.com

For practitioners to fully embrace recovery, many changes are needed that require significant policy, program, and systems reform, which is why SAMHSA and other organizations are calling for a transformation of behavioral health care.

However, the need for large-scale reform doesn't mean behavioral health care providers cannot make important changes in their everyday practice while waiting for broader reform to take place. You'll be surprised how small changes can make a big difference. Try these 10 steps with the people for whom you provide care.

[Read more.](#)

'Hallucinations,' by Oliver Sacks

www.nytimes.com December 28, 2012

"Hallucinations" covers a broad range of sensory disturbances — visual, auditory, olfactory and tactile. In his introduction, Sacks writes, "I think of this book, then, as a sort of natural history or anthology of hallucinations, describing the experiences and impact of hallucinations on those who have them, for the power of hallucinations is only to be understood from first-person accounts."

[Read more.](#)

Meditation Influences Emotional Processing Even When You're Not Meditating: Study

November 15, 2012 www.huffingtonpost.com

Meditation may influence the way the brain processes emotions -- even when you're not actually practicing it, a new study in the journal *Frontiers in Human Neuroscience* suggests. [Read more.](#)

National Empowerment Center (NEC) Calls for Peer-Delivered Community Services Instead of More Forced Treatment

WASHINGTON, Dec. 21, 2012 /PRNewswire-USNewswire/ -- In the wake of the tragic Sandy Hook Elementary School shooting, there are calls for improved mental health services. Dr. Daniel Fisher, executive director of the National Empowerment Center (NEC) and a member of the President's New Freedom Commission on Mental Health, who himself recovered from a diagnosis of schizophrenia, says, "The best means to help people recover from mental health issues is by funding more voluntary, community-based services delivered by people who have ourselves recovered: people who relate mutually, or peers. [Read more.](#)

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

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.

[See Flyer](#)

For more info contact: Call Marcia Meyers at 503-665-3957 or email visitwww.RethinkingPsychiatry.org

[Rethinking Psychiatry Facebook page](#)

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.](#)

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

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. Aired Mondays at 2pm Pacific. [Click here for his archived shows.](#)

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/>

[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

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>

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.

[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.net)

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 for updates.

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 was originally.

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

5600 NE Glisan St. 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

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.

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

Introduction to Open Dialogue Approach to First Episode Psychosis

A Workshop With Will Hall, MA, DiplPW
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.

[Click here 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. [Read more.](#)

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
familywize.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

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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