

eyes & ears

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March 2013 A Mental Health Consumer/Survivor Newsletter Volume 9 Issue 3

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Evidence-Based Mental Health Programs Await Better Funding

Leaders of the House and Senate have boosted support for the EASA program, which assists youth after a psychotic break. Gov. Kitzhaber has earmarked a \$1.8 million increase for the program, while the dramatic increase envisioned by Sen. Peter Courtney awaits a funding source
Christopher David Gray, The Lund Report

February 22, 2013 — If left improperly treated, someone suffering from psychosis can have a bleak life ahead of them: years of drifting in and out of the medical system or the prison system. A psychotic break can often set up a person for a life on the margins living off meager disability payments.

The Early Assessment and Support Alliance aims at changing that. By working with teens and young adults during the first year of a psychotic break, the program can help guide clients toward accepting and managing their condition, helping them to stay out of the hospital, out of prison and in school while removing environmental barriers that may be exacerbating their disorder.

“Our goal is to provide support to people as early as possible,” said Tamara Sale, the program coordinator at the Mid-Valley Behavioral Health Network in Salem. “It’s not easy for families to find the help that they need. Half of people who call us have no signs of psychosis, but they do need some kind of help.” (Continued on next page)

Former Oregon Chief Justice Paul DeMuniz to serve as mediator on Portland police reforms

Maxine Bernstein, The Oregonian, March 5, 2013

Former Oregon Chief Justice Paul De Muniz will serve as mediator between Portland city officials, federal investigators, police union leaders and members of a community group directed to come to agreement on reforms needed to address a scathing U.S. Department of Justice inquiry into police use of force.

Mediation is expected to begin early next week, said Assistant U.S. Attorney Adrian Brown.

U.S. District Court Judge Michael H. Simon has given the parties 45 days to reach an agreement, but he asked them to give him an update on their efforts by April 8.

"I commend the parties on an excellent choice of a mediator," Simon told attorneys Tuesday morning.

The matter stems 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 agreement between federal investigators and the city, approved by the City Council on Nov. 14, called for widespread changes to Portland police policies on use of force, Tasers, training, supervision and oversight. It also called for
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Evidence-Based Mental Health Programs Await Better Funding

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Sale said clients are treated in an evidence-based but holistic fashion, tailored to the individual's needs. A number of people who have gone through the program are not only staying out of taxpayer-funded institutions but working toward college degrees. Program coordinators also work to stay in touch with clients after they finish the two-year intervention.

"It's really about helping people gain some context," for their condition, Sale said. "Our goal is to avoid them ever going to the hospital again."

The program served 600 families between 2008 and 2011, but it's still not funded statewide. Three Western Oregon counties that recently joined the program — Clackamas, Lane and Douglas — were funded by one-time private grants.

Kotek lauds EASA

In a state with millions of dollars in unmet mental health funding needs, House Speaker Tina Kotek, D-Portland, pointed to EASA as a high priority.

"She's called that out as a successful program, and the kinds of programs we ought to be funding," said her spokesman, Jared Mason-Gere.

Senate President Peter Courtney, D-Salem, specifically mentioned the EASA program when he called for a "game-changing" increased mental health investment of \$331 million at the start of the legislative session. Added revenue in the governor's proposed budget would boost EASA, but the money that Courtney suggested would allow for a greater expansion.

"We need services that can intervene and make a difference in someone's life before they wind up in the Oregon State Hospital or one of our prisons," according to an earlier press release from Courtney. "More than half of the adults with mental illness are slipping through the cracks."

Courtney's proposal is roughly six times what Gov. Kitzhaber submitted in his 2013-2015 budget to legislative leaders, while funding for Courtney's proposals was unclear.

"The governor strongly supports Senator Courtney's mental health initiative and appreciates his leadership for taking on an important issue that's been neglected for too long," said Tim Raphael, the

governor's spokesman. "The governor stands ready to help in anyway possible."

While Kitzhaber's proposals could come from the general fund, Courtney's "game-changing" investment would require a new revenue source — and bipartisan approval of two-thirds of the Legislature or a direct vote of the people.

Courtney holding meetings

At the press conference, Courtney cited raising the beer and wine taxes as one possible revenue source, but said he was open to other ideas. Courtney's spokesman Robin Maxey told The Lund Report this week that there have been discussions with players behind the scenes, but nothing he was ready to make public.

"We have to do something," said Rep. Jim Thompson, R-Dallas, who's the ranking Republican on the House Health Committee. But he hadn't been privy to any discussions over funding sources and was noncommittal to raising revenues. "New taxes -- those are always so popular with the people."

The governor's budget predicts that the Medicaid expansion in 2014 -- thanks to the Affordable Care Act -- will save Oregon roughly \$44 million for what's currently spent from the general fund on indigent mental healthcare because those people will eventually come onto the Oregon Health Plan.

But instead of cutting that money from the general fund or allocating it elsewhere, Kitzhaber has proposed rolling the dollars back into state community mental health programs, and adding another \$12 million.

The governor's budget also includes \$1.8 million for the EASA program from the general fund, which Sale said would allow the program to become statewide. All the EASA sites do receive some support from the state's 15 coordinated care organizations, but those sites require more revenue to remain sustainable, she said.

Systems needs more money

Chris Bouneff, the executive director of the National Alliance on Mental Illness of Oregon, said it was encouraging to see Kitzhaber increase mental health funding after several years of flat funding, but the system still was not properly funded as well as it should be.

"You have a mental health system that is stretched to the limit," Bouneff said. "We have some
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Evidence-Based Mental Health Programs Await Better Funding

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programs that we know work, they're just not widely available." He also stressed the serious need for housing for people with mental illnesses.

EASA started in Salem in 2001 and has since expanded to 19 counties around Oregon. But it's still not available in much of Eastern Oregon or two of the state's largest cities, Medford and Corvallis. Once funding becomes available, Sale said they had agencies ready to go east of the Cascades and in Benton County.

Although the CCOs are tasked with integrating mental and physical health services, Bouneff said it's too early to credit much success to them, other than diverting some patients from the emergency rooms.

"I think it's overly optimistic to expect the CCOs to have much impact in the first year on mental illness," he said. "The CCOs came into existence before we had any plans ... If they work as intended, there's a lot of potential."

Former Oregon Chief Justice Paul DeMuniz to serve as mediator on Portland police reforms

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a restructuring of police crisis intervention training and quicker internal inquiries into alleged police misconduct.

When the agreement was presented to Simon for review and approval, the police union and the Albina Ministerial Alliance's Coalition for Justice and Police Reform sought to intervene in the pending agreement. The union argued that changes to the Portland police policies, training and oversight undermine the collective bargaining rights of its members.

Simon granted the Portland Police Association the legal right to intervene in helping craft the police reforms. The judge denied the coalition the legal right to intervene, but granted the coalition enhanced "friend of the court" status. The coalition can participate in mediation, and was granted the right to file legal briefs and participate in oral arguments.

If the parties reach a mediated agreement, though, Judge Simon Tuesday said he remains "skeptical" that he can approve the agreement if it

requires changes to the police union contract. However, Simon said he could approve an agreement that changes police union contract provisions if he finds after a trial, or through summary judgement, that the reforms are fair and reasonable.

Simon Tuesday complimented the attorneys involved in the case for coming to an agreement on a mediator. He said the case, since it's reached federal court, is moving in a "very positive" direction, and Simon urged that spirit of collaboration to continue.

"This is a very, very important issue to the city, to the region and to the country," Simon said.

Mindfulness and meditation training could ease PTSD symptoms, researchers say

David Kohn, February 16, 2013

www.washingtonpost.com

Over the past nine years, more than 2 million American soldiers have served in Iraq and Afghanistan. As many as several hundred thousand may now suffer from post-traumatic stress disorder, experts say. They struggle with anxiety, anger, depression, flashbacks and nightmares. The ailment can take years to emerge, and many more cases are likely to appear.

PTSD is usually treated with drugs, behavioral therapy and other approaches. But for many, these methods don't work. Now, researchers are looking at a new method that might limit future cases of PTSD and ease symptoms for those who have it: meditation.

With its emphasis on cultivating tranquillity, meditation might seem like an odd fit for the military. But the researchers say that a particular type, known as mindfulness, may prove to be an important therapeutic tool to help reduce stress and increase focus.

Practitioners of mindfulness meditation focus on a single thing happening in the moment, such as breathing, for a set period of time, generally at least 15 or 20 minutes. Studies have found that for regular practitioners, mindfulness has physical and emotional benefits.

"It's clear that mindfulness can lower stress in many contexts," says Elizabeth Stanley, an associate professor of security studies at Georgetown University who has been involved in the studies and began practicing meditation to deal with her PTSD.

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Mindfulness and meditation training could ease PTSD symptoms, researchers say

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“We think it can work for soldiers dealing with the extreme stress of combat.”

Stanley says she believes meditation should be as much a part of basic training as learning to fire a weapon or march in formation.

The research by Stanley and her colleagues has attracted the attention of some military leaders, including the commander of all allied forces in Afghanistan.

A former Army military intelligence officer, Stanley is not a scientist, but her research collaborators are psychologists and neuroscientists. In 2010, they published the results of a pilot study that found that mindfulness protected soldiers from anxiety and other stress-related negative emotions. They have completed two other studies whose findings have not been published.

The pilot study focused on 60 Marine reservists who were going through two months of intense training before being deployed to Iraq. Some received regular instruction in mindfulness meditation and were asked to meditate for 15 minutes a day; the other group got no meditation training. The researchers found that after two months, the meditation group reported significantly lower levels of stress and anxiety.

The study found that mindfulness training had another benefit: It made the soldiers smarter. Specifically, it improved their capacity to retain new information, which is known as expanding their working memory. Participants were asked to remember letters from the alphabet while doing simple arithmetic. Those who had received the mindfulness training and meditated every day did significantly better at this task than those who didn't receive such training, and those who meditated more did better than those who meditated less.

Marine medic Del Cochran was among those in the meditation group. Like many participants in the study, he was initially skeptical: “No one wanted to do it. We thought it was a waste of time.”

But Cochran was suffering from problems related to combat stress: After returning home from an eight-month tour in Iraq in 2004, he'd struggled. His marriage was in trouble, he was drinking a lot and he was constantly angry. So he was willing to

try anything. As the meditation training progressed, Cochran said he found that he was calmer and less angry.

When his unit was deployed to Iraq in 2008, the study was put on hold. But Cochran, now 50, continued to meditate in Iraq, putting aside 15 minutes a day to practice. He says that many others in his unit did the same and that some who hadn't had the training also took up meditating when they saw how it seemed to help with stress.

After the soldiers returned from Iraq, they were retested. University of Miami neuroscientist Amish Jha, one of Stanley's collaborators, says that those who continued practicing meditation in Iraq showed improved working memory in follow-up tests. The researchers were surprised, Jha says, because stressful experiences tend to degrade working memory.

Cochran says he believes meditation helped him stay much calmer during his second tour in Iraq. “The first tour, I was freaked out all the time,” he says. “There was so much static. With meditation, you're much more in tune — what is a target, what is not a target. You are much more focused on what you are doing.”

He says this increased sense of control continued when he returned home. Now a battalion medical chief for a Marine reserve unit in Cape Coral, Fla., he meditates 15 minutes a day, usually during lunch. “For me, meditation was a lifesaver,” he says.

Stanley and her colleagues have followed up this pilot study with more research, funded by the Department of Defense. One study looked at 320 Marines based at Camp Pendleton, Calif., who were preparing to go to Afghanistan. At the time, they were undergoing an immersion course that closely simulated combat through realistic live-action scenarios, such as going on patrol, driving in a convoy and meeting with a local sheik. This training takes place in a mock Afghan village, a square block peopled by Pashto-speaking actors dressed in traditional Afghan clothing. As in real life, the situations turn chaotic: The sheik suddenly gets angry, or an insurgent detonates a suicide bomb.

Some of the Marines were given mindfulness training. During the immersion sessions, researchers monitored all of the Marines' blood pressure, heart rate and breathing as well as a range of neurochemicals related to stress. The researchers

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Mindfulness and meditation training could ease PTSD symptoms, researchers say

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found that the mindfulness group was not only calmer during and after the immersion exercises but also responded faster when a threat appeared.

This is crucial, says Tom Minor, a University of California at San Diego neuroscientist who was one of the researchers. “That was one thing we worried about: ‘Are we going to take a bunch of Marines and turn them into chanting monks who couldn’t generate a stress response?’ But they didn’t get too relaxed.”

Meditation seems to produce its effects via a range of mechanisms, according to the researchers. Minor and others have found that mindfulness increases levels of insulin-like growth factor 1, a hormone that repairs cellular damage caused by stress. At the same time, it decreases levels of cortisol and neuropeptide Y, stress-related chemicals that, over time, can damage tissues.

Mindfulness also alters brain circuitry. Using MRI scans, Martin Paulus, another UCSD neuroscientist, found that meditation increases activity in the insula. This region of the brain plays a major role in the perception of bodily sensation — whether a given signal is interpreted as innocuous, painful or pleasurable. Paulus says that an active insula may improve the ability to handle stress and trauma by making the body’s physical and emotional signals more noticeable.

“Once you’re aware of the signals, they have less power over you,” he says. “Think of it like a thermostat: If you aren’t feeling what’s going on, you can’t adjust to it.” He and other researchers have also found that meditation boosts activity in the frontal cortex and the parietal cortex, two brain regions that play a role in controlling emotions.

Stanley’s interest in mindfulness stems from her experience. In 1996, she was sent to Bosnia by the Army. She did not see combat, but it was a stressful assignment: She was working 18 hours a day, living in spartan barracks without running water and trying to learn Croatian because her unit needed translators. After a few months of this, she developed insomnia, severe asthma and depression. She was given a diagnosis of PTSD and left the military to pursue a doctorate in government at Harvard.

During the next several years, she tried a range of treatments for her PTSD, but her symptoms

persisted. In desperation, she began experimenting with mindfulness. While at a meditation retreat a few months later, the light switched on. “My mind was much stiller,” she says. “I felt very spacious. It was so beautiful.”

She kept meditating, and within two years, her emotional and physical symptoms disappeared. She now practices for 15 or 20 minutes a day, sometimes meditating at her desk or while walking.

Stanley’s work focused on new strategies to improve soldiers’ performance, and she became convinced that mindfulness was a valuable technique. She says the military should see mindfulness as a necessity, as important to mental fitness as regular exercise is to physical fitness.

Last year, Stanley says, she gave mindfulness training to several Marine leaders, among them Gen. Joseph F. Dunford, who took charge of all allied forces in Afghanistan this month. Dunford was not available for comment, but according to Marine Corps spokesman Paul Kennedy, the general is intrigued by the potential uses of meditation.

“I’m convinced this could have a place in the Marine Corps. It makes sense to me,” says Maj. Gen. Melvin Spiese, who commands the 1st Marine Expeditionary Force and was trained in mindfulness by Stanley.

The Pentagon is also interested. Frank DiGiovanni, who oversees training for all branches of the U.S. military, is evaluating several mindfulness approaches, including Stanley’s, to improve performance and reduce stress.

“This is a tool that we should look seriously at,” he says. “It’s something that has real potential.”

Marijuana PTSD Bill Clears Senate Health Committee

Sen. Chip Shields spearheaded the vote on an un-amended bill authorizing doctors to prescribe marijuana for post-traumatic stress disorder, which now is headed to the Senate Judiciary Committee

Christopher David Gray, The Lund Report
March 1, 2013 -- The Senate Health Committee voted 4-1 Thursday to give approve Senate Bill 281, which would expand the medical marijuana program to include post-traumatic stress disorder. The committee referred the bill to the Senate President, Peter Courtney, who's expected to pass it along to the Senate Judiciary Committee for a hearing.

"That's fantastic news," said Jerry Wade, a veteran and member of the Stormy Ray Cardholders Foundation, an information and advocacy group for medical marijuana patients based in Silverton. "We've been trying to have PTSD added for many, many years," Wade told The Lund Report after the vote. "The medical evidence is finally catching up."

At the first public hearing in early February, the Health Committee heard from several experts from around the country as well as a packed room of supporters, including disabled veterans, who traveled from across Oregon. No one testified in opposition.

On Thursday, Sen. Jeff Kruse, R-Roseburg voted against the bill after his request that it be a part of a larger evaluation of the medical marijuana program was denied.

"If we're going to treat marijuana as a medicine. ... I think there's some therapeutic value in having the patient check in with the doctor," Kruse said. A marijuana card is currently good for one year after a doctor's visit.

Sen. Elizabeth Steiner Hayward, D-Beaverton agreed, and said that while patients with blood pressure medicine may only see a doctor once a year, no other controlled substance is prescribed for longer than three months.

"I don't think the evidence is compelling one way or another about PTSD, but I'm not compelled to think that marijuana should be illegal," said Steiner Hayward, a medical doctor. "If we're treating it like medicine, we should treat it like a medicine and we should have ongoing medical care."

But Sen. Chip Shields, D-Portland, quashed that discussion and successfully pushed for the bill to be passed along with a do-pass recommendation.

"I think the proponents of this bill came forward with a very narrow bill related to one particular diagnosis," Shields said. "I think that if we want to open the can of worms of whether or not medical marijuana is a good thing or a bad thing I think the voters have told us clearly where they are."

Shields added that if Kruse and Steiner Hayward wanted to re-evaluate the program, they should drop a separate bill and not tie up the PTSD expansion with something that would be more comprehensive and time-consuming.

Steiner Hayward voted for the bill, saying she understood Shields' point about the narrowness of the bill but told Kruse she was interested in working with him to draft a separate bill overhauling the program if he was so inclined. Kruse also sits on the Judiciary Committee, where he will have a chance to vote on SB 281 once again.

Wade said that Kruse and Steiner Hayward's position was well-intended, but it could cripple the program.

"It would make the bureaucracy so cumbersome," Wade said. Even with a physician's renewal required only once a year, he still had to wait five months for the state to issue his 2012 card in November.

While he was still able to get his marijuana medication after his card expired in June, he worried about whether police would honor his expired card if he was pulled over for speeding, and he had pot in his car.

He also said that requiring more frequent doctor visits would go against the spirit of the law that voters approved, since many patients have no health insurance and would have difficulty paying for other doctor visits. "It's a way of imposing a financial hardship on these people," he said.

He said most healthcare providers do not prescribe marijuana, and it's particularly burdensome to find one who does that deals with Medicaid or indigent populations.

At the earlier meeting, psychiatric nurse practitioner Bryan Krumm from Albuquerque, N.M., testified that marijuana has greatly relieved the symptoms of his patients while mainstream pharmaceuticals had failed. Krumm works with

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1,000 PTSD patients at the Sage Neuroscience Center in Albuquerque. New Mexico is among a handful of states that explicitly permit marijuana prescriptions for PTSD.

The Veterans Affairs hospital system treats veterans with PTSD with a combination of cognitive-behavioral talk therapy and prescription drugs, but Dr. Richard Staggenborg, a retired VA psychiatrist from Coos Bay, said there was a dearth of alternatives for treating PTSD with pharmaceuticals. Antidepressant and anti-psychotic medications were inconsistent with significant side effects.

Kruse was the chief Republican sponsor of 2005 legislation that expanded the program by increasing the allotment of cannabis plants per patient.

Memory Walk

Laura VanTosh

Flushed with memory
on green lawn marked by stone entry way
A college I would have loved to have attended
Students with back packs
Some focused on their dreams
I hope
Walk was a path from days and months ago
But it's the future they seek
Flags with messages of peace and fun-love

Springtime Green/Renewal

Laura VanTosh

Glo in the dark green
Brighter than light
Sparkling sunshine
Growth
Budding lives
Vines spreading wings
Blossoms
The brightest green there is
For weeks
Lighting the path
To a new road
A fresh start
Yet familiar

Entry on Mental Illness Added to AP Stylebook

Bob Carolla, NAMI Director of Media Relations
www.nami.org

For years, NAMI has worked to have the news media abandon inaccurate, careless, or stigmatizing language or practices in reporting on mental illness.

Finally, the Associated Press has included rules on mental illness in the new edition of the AP Stylebook, the bible used throughout the industry.

In other words, the mental health community has won a huge victory—a seismic shift in the terrain of popular culture. If necessary, mental health advocates, looking forward, can cite the AP Stylebook as an authority in getting wayward editors and reporters to change their way in how they report about mental illness.

Founded in 1846, AP is a global news network whose reporting is seen or heard by more than half the world's population.

The new rules include:

- Mental illness is a general condition. Specific disorders are types of mental illness and should be used whenever possible
- Do not use derogatory terms, such as insane, crazy/crazed, nuts or deranged, unless they are part of a quotation that is essential to the story.
- Wherever possible, rely on people with mental illness to talk about their own diagnoses.
- Avoid using mental health terms to describe non-health issues. Don't say that an awards show, for example, was schizophrenic.
- Do not assume that mental illness is a factor in a violent crime, and verify statements to that effect. A past history of mental illness is not necessarily a reliable indicator. Studies have shown that the vast majority of people with mental illness are not violent, and experts say most people who are violent do not suffer from mental illness

Please send a message of thanks to AP at info@ap.org. Please share the new rules with editors and reporters in your community. Please also review the rules carefully and apply them in anything you write!

2nd Annual Rethinking Psychiatry Film Festival

Fridays, March 1 – April 5 6:30 – 9 PM
First Unitarian Church 1011 SW Twelfth, Portland, OR

ADMISSION: \$5-\$20 donation requested. No one
turned away for lack of funds.

Mar 1 “The Marketing of Madness”

This is the story of the high income partnership between
drug companies and psychiatry.

Mar 8 “Out of the Shadows”

This very personal documentary chronicles the
filmmaker's mother, Millie, and her family through
Millie's battle with schizophrenia and her subsequent
trials within the public health system.

Mar 15 “Creating Healthy Communities”

Sisters of the Road will present a series of short films,
including Concrete, Steel and Paint. When men in a
Pennsylvania state prison join with victims of crime to
create a mural about healing, their views on
punishment, remorse, and forgiveness collide.

Mar 22 “Generation Meds”

Generation Meds is a 30 minute film that resulted from a
year of investigative reporting by ABC's 20/20. Diane
Sawyer and her staff interviewed dozens of foster kids,
adoptive parents, mental health providers, and child
welfare professionals about the hugely disproportionate
number of foster children who are given psychotropic
drugs for behavioral and emotional issues.

Mar 29 “Hearing Voices: Approaches to Managing Psychosis”, and “Beyond the Medical Model”

Apr 5 “Milk”

Sean Penn (in an Oscar winning role) stars in this fact-
based drama about Harvey Milk, the openly gay activist
and San Francisco politician who was murdered along
with Mayor George Moscone (Victor Garber) by
disgruntled city supervisor Dan White (Josh Brolin) in
1978.

Visit www.RethinkingPsychiatry.org for more details of
the films.

This event is co-sponsored by:

The Peace Action Group and the Economic Justice
Action Group of the First Unitarian Church, and The
Returning Veterans Project: The Fallen Warriors
Foundation

Rethinking Psychiatry is a project of the Economic
Justice Action Group of the First Unitarian Church of
Portland.

For more info: Call Marcia Meyers at 503-665-3957 or
visit our website: www.RethinkingPsychiatry.org or
www.MindZoneMovie.com

COMING EVENTS

2013 NAMIWalk Northwest

Vera Katz Eastbank Esplanade, Portland, OR
Sunday, May 19, 2013

Distance: 5K Check-in: 12:00 pm Start Time: 1:00 pm

For more information about this event, please contact:
Michelle Madison michelle@namior.org
503-230-8009

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

Due to the film festival there will be no monthly
meetings until April

Join us at our next meeting!
Wednesday, April 17th, 2013 7:00 pm

Guest speaker: Laura Van Tosh “Wellness Tools to
Reduce & Eliminate Use of Psychiatric Medications”

This talk will focus on the presenter's recent
experience as a client engaged in complete cessation of
psychiatric medications taken over the past 30 years for a
diagnosed major mood disorder.

Laura has held policy staff positions and has worked
in three state psychiatric hospitals and has developed,
managed, and researched peer-operated services. She is a
nationally-recognized mental health activist and has
authored and collaborated on numerous articles and book
chapters. Go to the web link above for more details.

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

Find Rethinking Psychiatry on Facebook

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.

Occupy Portland

<http://occupyportland.org>

Portland Occupier

www.portlandoccupier.org

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

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.

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

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

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.

Sisters Of The Road

www.sistersoftheroad.org

Since 1979, Sisters Of The Road has been an essential part of the Old Town/Chinatown neighborhood. Sisters offers a space to build community, empower ourselves, learn from one another, dine with dignity and organize for justice and human rights for all.

133 NW Sixth Avenue Portland, Oregon 97209
503 . 222 . 5694

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/>

Robert Whitaker's Website: robertwhitaker.org

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.

New Address - 133 SW 2nd Ave, Ste. 304
Portland, OR 97204 503-796-9224

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.

NAMI contact numbers

Multnomah NAMI: (503) 228-5692

Clackamas NAMI: 503-344-5050

Washington NAMI: 503-356-6835

Wireman Project

Healing Through the Arts

wiremanproject.wordpress.com

Wireman Project is on Facebook too.

Empowerment Initiatives

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

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

Women's Strength from Within peer support group
Fridays from 12:30 to 1:30 pm

Meditation and Relaxation Group - Fridays from 2:30 to 4:30pm

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.

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.

Sunday and Monday - Closed

Tuesday & Wednesday - 9:30 AM to 5:00 PM

Thursday - 10:00 AM to 5:00 PM

Friday - 9:30 AM to 6:00 PM

Saturday - 9:30 AM to 4:00 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.

Tuesdays and Thursdays from 6:00 to 7:30 pm at **Empowerment Initiatives - 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

If you have experience with extreme states, are inspired by the vision of mental diversity, and want to join a team that includes sometimes getting a small stipend for your work, please get in touch.

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.

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.

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 is a program that promotes the lives of individuals who are committed to mental health recovery by providing meaningful opportunities that enrich their lives.

Currently, our services are offered at three locations in the Portland metro area. The Couch Street program is our main location operating through the generosity of the Community of Christ Church. Oregon City and Sandy, OR, also offer programs four days per week. All of the sites are operated by members who are in recovery and have stabilized their condition to the point of accepting a leadership role within FolkTime.

The schedule of activities is determined by members at a monthly community meeting. Our hot lunches are prepared on site and shared together. Generally, on Mondays, Wednesdays, Thursdays and Fridays, FolkTime members gather to participate in a variety of activities, including craft projects, guest speakers, games, and discussions on current topics of interest. Once per week the members venture out to local parks, museums, and gardens, or participate in community events.

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.

FolkTime locations:

Couch Street site: 4837 NE Couch St Portland: 503-238-6428

Oregon City site: 142 Molalla, Oregon City 503-722-5237

Sandy site: Sandy Community Center, 38348 Pioneer Blvd, Sandy, OR 503 757-8224

To view the schedules of each site go to

www.folktime.org

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

mentalhealthportland.org

**Type Eyes & Ears into their search box to
bring up this months edition and also past
editions.**

Has links to many more 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. 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.

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

www.benefits.gov

The official benefits website of the U.S. government

Informs citizens of benefits they may be eligible for
Provides information on how to apply for assistance
Learn about FREE MONEY and GRANTS

Looking for Benefits? Answer questions to find out which government benefits you may be eligible to receive

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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