

# eyes & EARS

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Times

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

Mailing Address: 2415 SE 43rd Avenue Portland Oregon, 97206 [eyes.ears\\_newsletter@yahoo.com](mailto:eyes.ears_newsletter@yahoo.com)

## 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*

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. [Read more](#). Also read "[State Could See 'Game-Changing' Spike for Children's Mental Health](#)"

## ACA mental-health plan's growing pains

KATHRYN SMITH, February 20, 2013

[www.politico.com](http://www.politico.com)

The Newtown, Conn., killings brought plenty of calls from policymakers to beef up public mental health programs. The Affordable Care Act is trying to do just that — so far, with modest success.

Aided by the health care law, some states have already put in place a model that creates a dramatically different way of caring for Medicaid mental health patients. But if the slow state uptake of the program is any indication, the patterns of spotty care for most low-income people with big mental health problems won't change quickly. [Read more](#). Also read "[New Federal Rule Requires Insurers to Offer Mental Health Coverage](#)"; "[Measure would strengthen mental health-care system](#)"; "[Sequester effect on mental health funding](#)"

## Medical Research, FDA And Mental Health Programs Face Budget Bite

Mary Agnes Carey, Mar 1, 2013, [kaiserhealthnews.org](http://kaiserhealthnews.org)

Both Democrats and Republicans say they didn't like the budget reductions, called the sequester, but they couldn't agree on how to stop them. The \$85.3 billion in cuts for fiscal 2013, which ends Oct. 1, are part of a larger package of \$1.2 trillion in trims scheduled to occur over the next decade.

The sequester would not affect Medicaid, the joint federal-state health program for the poor. However, Medicare spending would be cut by 2 percent through reductions in payments to.... [Read more](#).

## 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. [Read more](#). Also read "[Federal judge recommends city, federal justice officials, police union and AMA Coalition mediate a reform agreement](#)"

**Oregon Legislature Updates from DRO - Page 2**  
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**Annual Rethinking Psychiatry Film Festival**

**2013 NAMIWalk Northwest**

**and more**

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### **Portland police union says 'final drafts' of revised bureau policies on use of force remain 'fundamentally flawed'**

Maxine Bernstein, The Oregonian' February 22, 2013

The Portland Police Bureau is pressing ahead with drafting new written policies on use of force and Taser use as the city and union await a decision by a state panel on whether the changes must be negotiated with the officers' union. [Read more.](#)

### **Marijuana PTSD Bill Clears Senate Health 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. [Read more.](#)

### **Greenlick and Shields Want to Shine Daylight on CCOs**

*Pair of bills would open CCO meetings to the public and give teeth to community oversight council*  
Christopher David Gray' The Lund Report

February 15, 2013 — Coordinated care organizations would face more scrutiny under a pair of bills heard Wednesday from Portland Democrats Sen. Chip Shields and Rep. Mitch Greenlick.

Senate Bill 412 requires that CCOs hold their board meetings in public.

House Bill 2133 would require CCOs to get their budgets approved by their community advisory councils before they can be recertified. [Read more.](#)

### **After Newtown, support for mental-health spending grows**

Brady Dennis and Lena H. Sun, February 23, 2013  
washingtonpost.com

Mental-health advocates from coast to coast are seizing upon a rare and unexpected chance to stem the years-long tide of budget cuts and plug gaps in the nation's patchwork mental-health-care system. [Read more.](#)

### **Oregon Picked to Lead National Innovation in Health Care Improvements**

Office of Gov. John Kitzhaber, www.thelundreport.org

February 21, 2013 — Governor Kitzhaber today received notice that Oregon's health system transformation has been accepted as a model to be used in others states. To that end, Oregon was awarded up to \$45 million in a State Innovation Model grant by the federal Centers of Medicare and Medicaid Innovation. The grant is designed to support states taking innovative approaches to improving health and lowering costs across the health care system, including Medicaid, Medicare, and the private sector. [Read more.](#) Also read "[HHS providing states with additional flexibility, resources to enhance care](#)"

### **Oregon Legislature Updates from DRO**

Bob Joondeph Disability Rights Oregon  
www.droregon.org/

[Click here to get the latest Oregon Legislature updates from DRO.](#)

### **"No one is happy with the status quo"**

Israel Bayer, Staff Writer , Feb 28, 2013  
news.streetroots.org

New Mayor Charlie Hales recently sat down with Street Roots to talk about the state of the city, and what's to come.

Street Roots asked the mayor about his plans for Right 2 Dream Too, sidewalks, housing and homeless services, police reform, transportation and more. Here's what he had to say...

[Read more](#)

### **Kitzhaber, fellow Democratic governors say public anger wanes in months after mass shootings**

Jeff Mapes, The Oregonian, February 28, 2013

Politico reports that some Democratic governors -- including Oregon Gov. John Kitzhaber -- say they're once again seeing an old pattern in the wake of the mass shooting at Newtown, Conn.

Initial public anger over gun violence and calls for tougher regulation are now abating as legislation stalls in Congress and time passes, the governors say. [Read more.](#)

**Who Wants to Save a Junkie?**

*Oregon can, with one simple step. So far, it hasn't.*  
 ERIN FENNER, March 6, 2013 www.wweek.com

Across the country, recovery agencies and treatment centers have been making Narcan (also known by its generic name, naloxone) available to drug users' friends, families, counselors and even addicts themselves—giving them a chance to deliver a life-saving dose before paramedics arrive.

Considered radical when it started, the wider use of Narcan has saved as many as 10,000 lives by reversing the effect of overdoses.

But Oregon—once in the forefront of helping protect the health of drug addicts—has not joined in.

Now, Oregon senators are considering a bill to make it easier to distribute Narcan. [Read more.](#)

**John F. Kennedy: "Special Message to the Congress on Mental Illness and Mental Retardation.," February 5, 1963.**

www.presidency.ucsb.edu

To the Congress of the United States:

It is my intention to send shortly to the Congress a message pertaining to this nation's most urgent needs in the area of health improvement. But two health problems—because they are of such critical size and tragic impact, and because their susceptibility to public action is so much greater than the attention they have received—are deserving of a wholly new national approach and a separate message to the Congress. These twin problems are mental illness and mental retardation. [Read more.](#)

**Mindfulness and meditation training could ease PTSD symptoms, researchers say**

David Kohn, February 16, 2013  
 www.washingtonpost.com

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.

[Read more.](#)

**Mental Illness Soars In Prisons, Jails While Inmates Suffer**

Alana Horowitz, February 4, 2013 huffingtonpost.com

A 2006 study by the Bureau of Justice Statistics found that over half of all jail and prison inmates have mental health issues; an estimated 1.25 million suffered from mental illness, over four times the number in 1998. Research suggests that people with mental illness are overrepresented in the criminal justice system by rates of two to four times the normal population. The severity of these illnesses vary, but advocates say that one factor remains steady: with proper treatment, many of these incarcerations could have been avoided. [Read more.](#)

**Franken Makes Mental-Health Care a Priority**

Melissa Attias, Jan. 31, 2013 www.rollcall.com

Minnesota Democrat Al Franken has been positioning himself as one of the Senate's key voices on mental-health care, following in the legacy of his late friend and predecessor, Sen. Paul Wellstone. [Read more.](#)

**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. [Read more.](#)

**Mental illness: A difficult diagnosis with sometimes deadly consequences**

Anna Griffin, The Oregonian, March 02, 2013

Millions of children don't receive the mental health support they need. Those with potentially severe mental illnesses, the type that can morph into something deadly as adolescence evolves into young adulthood, aren't diagnosed early enough. They're not getting the compassionate, thorough care that will help them make smart decisions once they reach the age of consent.

[Read more.](#)

## Military Study May Show Medication/ Suicide Link

Leo Shane III, February 15, 2013, [www.stripes.com](http://www.stripes.com)

A large-scale study of depression-related brain activity may also reveal whether a connection exists between the high rates of both psychotropic medication and suicide in the military, according to Senator Ben Cardin (D-Md). [Read more.](#)

## Survey finds strong support for gun control, more mental healthcare

Melissa Healy, January 31, 2013 [www.latimes.com](http://www.latimes.com)

Almost 70% of respondents supported greater government spending and insurance coverage for mental healthcare as a means of averting gun violence. But fear and suspicion of those with mental illness were also strongly evident....The survey showed that slim majorities of Americans -- about 54% overall -- do not believe that those with mental illness are "by far, more dangerous than the general population." [Read more.](#)

## Do you know what to do in a crisis?

### [Serious Trouble](#)

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

Sometimes people with mental illness and addiction get into serious trouble. Sometimes their friends and family members can help.

1. Suicide
2. Expected Death
3. Death at the Hands of Others
4. Jail
5. Homelessness
6. Civil Commitment
7. Hospitals

## P:ear marks 11 years as the community their homeless youth never had

Sara Hottman, The Oregonian, February 11, 2013

The kids at P:ear draw and paint and play guitar with surprising talent. They speak in vagaries and gloss over details about their lives. Some have ambition and plans. Some are getting by. They're not so different from any kid. Except they're homeless. [Read more.](#)

## Emotional CPR as a Way of Life

Lauren Spiro, February 12, 2013

[www.madinamerica.com](http://www.madinamerica.com)

Emotional CPR, a public health education program of the National Coalition for Mental Health Recovery, was developed out the premise that every crisis represents an opportunity for deeper self-awareness, growth, and connectedness with others. eCPR was developed by people who themselves have experienced emotional distress and crisis, and have helped others to move through crisis into a hopeful, empowered place.

[Read more.](#)

## New film chronicles Mariel Hemingway's fight to escape family's legacy of suicide

By Brendan McLean, NAMI Communications

Coordinator, Feb. 28, 2013

The new documentary *Running from Crazy*, chronicles the life of Mariel Hemingway, the granddaughter of the famous novelist Ernest Hemingway. Focusing on Mariel's personal history of mental illness, drug addiction and the suicides of seven relatives, including her sister Margaux and grandfather, the film offers a poignant look into one of America's most well-known families. [Read more.](#)

## HANDS ACROSS ISLAND

<http://www.hali88.org>

HANDS ACROSS LONG ISLAND (HALI) was formed in 1988 as a grassroots, multi-service, organization managed and operated by, and for, psychiatric survivors. Today, HALI is the largest and most successful peer-run, multi-service, mental health organization in NY State, helping over 3,500 consumers each year. HALI operates the FIRST peer-run mental health clinic in the United States.

## The New Normal

*Mental health in the context of inevitable struggle*

Dr. Eric R. Maisel, Ph.D., February 1, 2013 in *Rethinking Psychology* [www.psychologytoday.com](http://www.psychologytoday.com)

What if, in our conceptualization of emotional and mental health, we moved to a common sense definition of the word "normal" as "usual" or "understandable" or "a logical consequence of an array of causes"? What if we stopped using "abnormal" as a weapon against ourselves and.... [Read more.](#)

## Thoughts from John Perry on psychosis as vision, schizophrenia as process, and healing as the natural result

January 30, 2012 altmentalities.wordpress.com

His treatment center, called Diabasis, operated in San Francisco in the 70s. Heavily influenced by Jungian approaches to psychosis (Perry did study with him in Switzerland) and Chinese philosophy, Diabasis was a place for schizophrenics to process their internal Apocalypse with the loving support of the laypeople staffed by the project. Medication was, for the most part, avoided, as were restraints and coercion of any kind.

[Read more.](#)

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

## 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](http://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](#)

## Robert Whitaker

Author of “Anatomy of an Epidemic”

[www.madinamerica.com/](http://www.madinamerica.com/) [Mad in America Facebook](#)

Robert Whitaker website: [robertwhitaker.org](http://robertwhitaker.org)

Whitaker’s Mad in America blog:

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

Anatomy of an Epidemic is available in paperback

## The Foundation for Excellence in Mental Health Care

the new mainstream

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

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

## Coming Off Medications Guide – Second Edition – Free Download

Will Hall, [www.madinamerica.com](http://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](mailto:eyes.ears_newsletter@yahoo.com)

## COMING EVENTS

### 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”  
Mar 8 “Out of the Shadows”  
Mar 15 “Creating Healthy Communities”  
Mar 22 “Generation Meds”  
Mar 29 “Hearing Voices: Approaches to Managing  
Psychosis”, and “Beyond the Medical Model”  
Apr 5 “Milk”

Visit [www.RethinkingPsychiatry.org](http://www.RethinkingPsychiatry.org) for 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](http://www.RethinkingPsychiatry.org) or  
[www.MindZoneMovie.com](http://www.MindZoneMovie.com)

### 2013 Mental Health Conference: Why Wellness Works

[www.mentalhealthamerica.net/go/annualconference](http://www.mentalhealthamerica.net/go/annualconference)

Mental Health America invites you to experience the premier mental health conference in 2013, Why Wellness Works: Breakthroughs and Pathways to Whole Health, which will take place June 5 - 8, 2013, at the Gaylord National Resort & Convention Center in National Harbor, Maryland.

#### Financial support available

We are pleased to announce that the Substance Abuse and Mental Health Services Administration (SAMHSA) is looking to provide financial support to consumers of mental health services for attendance at our 2013 Annual Conference, Why Wellness Works: Breakthroughs and Pathways to Whole Health.

### 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](mailto:michelle@namior.org) 503-230-8009

### Rethinking Psychiatry

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

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

Due to the film festival (See page 14) 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 site link below for more details.

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

[Rethinking Psychiatry Facebook page](#)

### Portland Events Calendar

[www.travelportland.com/calendar/calendar](http://www.travelportland.com/calendar/calendar)

### 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!

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

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

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

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

**CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL**

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

A Movement Of Mothers Standing-Up-Together We are Mothers and Other Individuals who have experienced grief, pain, shock, outrage and deep heartbreak, in response to the treatment our loved ones received in and through the mental health agencies and institutions and the criminal justice systems.

**MindFreedom International**

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

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

[MindFreedom 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](http://www.igotbetter.org)

[MindFreedom International's](#) I Got Better campaign aims to challenge the dominant narrative of hopelessness in mental health care by making stories of hope and mental wellness widely available through a variety of media. We're collecting: I Got Better videos, written stories AND data on hope and hopelessness in mental health care.

[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>

**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-policy-makers/main.aspx#mh>

**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](mailto:mhaoforegon@gmail.com)

**Website:** [www.mhaoforegon.org](http://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](http://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](http://www.mentalhealthportland.org)  
[twitter.com/MHAPortland](https://twitter.com/MHAPortland)

The Mental Health Association of Portland is the state's impartial and independent advocate for persons with mental illness and addiction. Our task is to help persons with a diagnosis of mental illness or addiction speak up and speak out – and to speak for those who cannot speak for themselves.

**Free Geek** [www.freegeek.org](http://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](#)

**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 Divison  
(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](#)

[Adult Mental Health Services](#)

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

OHA website: [www.oregon.gov/OHA/](http://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](http://www.oregonhealthconnect.org)

We link you to information about health care and health insurance in Oregon. Use the Resource Directory to find public health programs like Oregon Health Plan. Locate affordable medical services at health clinics and county health departments. Track health care reform. Find programs for healthy living. Uninsured? Make this your one stop for information on Oregon health coverage options.

[RxISK.org](http://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](http://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](http://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**

Find current or past editions of Eyes & Ears at [www.mentalhealthportland.org](http://www.mentalhealthportland.org) by typing Eyes & Ears into their search box

**Contact the editor or subscribe to Eyes&Ears at**  
[eyes.ears\\_newsletter@yahoo.com](mailto:eyes.ears_newsletter@yahoo.com)  
503-238-0705

**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](http://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.

## NAMI

Multnomah NAMI: (503) 228-5692 [Website](#)  
Clackamas NAMI: 503-344-5050 [Website](#)  
Washington NAMI: 503-356-6835 [www.namiwash.org](http://www.namiwash.org)

## 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](http://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.

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

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

## Street Roots

<http://streetroots.org/>

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

Street Roots is a nonprofit newspaper assisting people experiencing homelessness and poverty by creating flexible income opportunities. Through education, advocacy and personal expression, we are a catalyst for individual and social change. For a comprehensive listing of resources check out their Rose City Resources page.

## Sisters Of The Road

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

### 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 St.**

See upcoming events at the Portland Hearing Voices website at [www.portlandhearingvoices.net](http://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](http://www.willhall.org)

[portlandhearingvoices@gmail.com](mailto:portlandhearingvoices@gmail.com)  
[www.portlandhearingvoices.net](http://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.

### 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.

### Cascadia

### Garlington Center Recovery Services

Cascadia Garlington Center 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

### Q Center

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

Q Center provides a safe space to support and celebrate LGBTQ diversity, visibility and community building. Q Center is a 501c3 non-profit organization which offers multi-generational programs and services in four core areas: Arts & Culture; Education & Training; Health & Wellness and Advocacy.

## **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**

Healing Through the Arts

<http://wiremanproject.wordpress.com/>

[Wireman Project on Facebook](#)

## **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

Tuesday - 9:30 AM to 5:00 PM

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](mailto:info@northstarportland.org)

Website: [www.northstarportland.org/](http://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.

## **Avel Gordly Center for Healing**

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

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

1839 NE Couch St, Portland 503-232-7411

### Recovery International

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

### Rose Haven

627 NW 18th Ave 503-248-6364 [rosehaven.org](http://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](http://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](http://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.intervoiceline.org](http://www.intervoiceline.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](http://www.rc-rc.info/index.html)

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

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

### 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 a list of current meetings in Oregon and Portland [click here](#).

## Dual Diagnosis Anonymous of Oregon

### Mental Illness and Substance Abuse

[www.ddaoregon.com](http://www.ddaoregon.com)

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

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

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

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

## Resources

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

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/>

**[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

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**[Disability.gov](#)**

A comprehensive online resource designed to provide people with disabilities with the information they need to know quickly and easily. With just a few clicks, the site provides access to disability-related information and programs available across the government.

## 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](http://www.centralcityconcern.org)
- El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 [www.catholiccharitiesoregon.org](http://www.catholiccharitiesoregon.org)
- LifeWorks Northwest** -503-645-9010 [www.lifeworksnw.org](http://www.lifeworksnw.org). E-mail [intake@lifeworksnw.org](mailto:intake@lifeworksnw.org).
- Portland Veterans Center** - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; [www.va.gov](http://www.va.gov)

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### Mental Health Drop - In Centers:

- Folk-Time** Socialization & Support - 4837 NE Couch St., 503-238-6428 Mondays & Wednesdays 11:30 - 2:30 [www.folktime.org](http://www.folktime.org)
- Safe Haven** (Folk Time program) - 142 Molalla, Oregon City 503 -722-5237 Mon, Thurs & Fri 10 am to 2 pm

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### National Mental Health Organizations:

- Mind Freedom** - Campaigns for human rights in mental health; also contact if have been abused by the psychiatric system. 1-877-MAD-PRIDE; [www.mindfreedom.org](http://www.mindfreedom.org)
- National Alliance on Mental Illness** - Education, support, advocacy, info/referral; **NAMI Multnomah** - 503-228-5692 [www.nami.org/Multnomah](http://www.nami.org/Multnomah); **NAMI Oregon** - 503-230-8009, [www.nami.org/oregon](http://www.nami.org/oregon)
- National Mental Health Consumers' Self-Help Clearinghouse**; 800-553-4539; [www.mhselfhelp.org](http://www.mhselfhelp.org)
- Mental Health America** - Education, support; 1-800-969-NMHA (6642); [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)
- SAMHSA's National Mental Health Information Center** - Mental health information; 1-800-789-2647; [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

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### Mental Health Support Groups or Information:

- Northwest Autism Foundation** - info on autism and contact info on treatment. [www.autismnwaf.org](http://www.autismnwaf.org). 503-557-2111
- Portland Aspergers Network** 503-284-4507, 503-682-

## Resources

1609. Email: [contact@aspergersnet.org](mailto:contact@aspergersnet.org). Web: [www.aspergersnet.org](http://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](http://www.biaoregon.org)

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

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

**-Family to Family Support Group** - NAMI - free 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](http://www.recovery-inc.org).

**-Women's Crisis Line** - 503-235-5333 or toll free at 888-235-5333. [www.pwcl.org](http://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](http://www.al-anonportlandoregon.org)

**-Alcohol and Drug Helpline; adult or teen;** 1-800-923-HELP

**-Alcoholics Anonymous** - 503-223-8569; [www.pdxaa.com](http://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](http://www.crystalmeth.org)

**-Dual Diagnosis Anonymous** - 503-222-6484 [www.ddaoforegon.org](http://www.ddaoforegon.org)

**-Marijuana Anonymous** - 503-221-7007;

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

**-Narcotics Anonymous** - 503-727-3733; [www.portlandna.com](http://www.portlandna.com)

**-Nicotine Anonymous** - [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org); Toll free at 877-879-6422

**-SMART Recovery** - Hank Robb 503-635-2849 [www.smartrecovery.org](http://www.smartrecovery.org)

### Benefits:

**-Aging and Disability Services** - Helpline: 503-988-3646. Closed noon-1 pm; [www.co.multnomah.or.us](http://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/](http://www.puc.state.or.us/PUC/)

**-Social Security Admin.** - 1-800-772-1213 [www.ssa.gov](http://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](http://www.centralcityconcern.org)

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

**Elders in Action** - 1411 SW Morrison St. 503-235-5474 Employment, personal and community safety advocates for adults age 50 and over. [www.eldersinaction.org](http://www.eldersinaction.org)

**Employment Marketplace:** "Bringing employers & job



## Resources

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

**Equal Employment Opportunity Commission**  
800-669-4000; [www.eeoc.gov](http://www.eeoc.gov); Discrimination/rights

**Free online education: OpenCourseWare** at [www.ocwconsortium.org](http://www.ocwconsortium.org), **Coursera** at [www.coursera.org](http://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](http://www.meetgoodwill.org)

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

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

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

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

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

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

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

**Trillium Artisans Program** - 503-775-7993; Marketing

support for artists interested in home-based business or contract work; [www.trilliumartisans.org](http://www.trilliumartisans.org)

**Vocational Rehabilitation Division** - 3945 SE Powell 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](http://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](http://www.priorityfootwear.com)

**-Free Eye Care for Seniors-** [eyecareamerica.org](http://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](http://familywize.org)

**-HIV 7 Hepatitis C Resource Guide -**  
[www.oregonaidshotline.com](http://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](http://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](http://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](http://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](http://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](http://www.211.org)

**-City/County Information/Referral** - (503) 823-4000

**-Health Helpline** by Oregon Health Action Campaign: 1-866-458-4457. Info on health services.

**-Housing:** [www.housingconnections.org](http://www.housingconnections.org)

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

**-Oregon Helps** - This site asks a few questions about your income and expenses. The site then estimates your potential eligibility for 33 federal, state and local services. [www.oregonhelps.org](http://www.oregonhelps.org)

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

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

### Legal services and Rights:

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

**-Disability Rights Oregon** provides legal advocacy to individuals with disabilities who have an issue related to their disability. - 503-243-2081;

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

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

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

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

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

**-Renters' Rights Hotline** - If you have questions about your rental situation and/or want to learn more about your rights and responsibilities, call 503-288-0130.

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

### Other Resources:

**-BoltBus** offers rides to Seattle for \$7.

<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](http://www.communitycyclingcenter.org)

**-Community Warehouse** - nonprofit agency that collects and redistributes donated furniture and household goods to low-income people. 503 235 8786

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

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

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

**-In-Home Safety Repairs** - Minor home safety repairs for people who have low-income and are 55 years or older and/or have a disability; (503) 808-7088 or email [skowalczyk@reachcdc.org](mailto:skowalczyk@reachcdc.org)

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

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

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

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

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

# Eyes & Ears

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

## Our Principles ~

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

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