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

Senate Bill 823 Outlines Courtney's Vision for Mental Health

Sen. Brian Boquist of McMinnville, the Republican co-sponsor, said the bill sets guidelines in place so the state will be more prepared to actually show results as funding becomes available

Christopher David Gray, www.thelundreport.org

April 10, 2013 — Senate President Peter Courtney, D-Salem, teamed up with Sen. Brian Boquist, R-McMinnville, on Tuesday to press for Senate Bill 823, a broad-sweeping set of policy guidelines aimed at providing more comprehensive and proactive community mental health across the state of Oregon.

Courtney spoke passionately once more before the Senate Health Committee about the need to facilitate mental health services, particularly for young people. He specifically called out the EASA or Early Assessment and Support Alliance program, which provides early intervention for adolescents and young adults who are suffering through a psychosis.

"It's a SWAT team of mental health people who move in just like that," Courtney said.

But he lamented that EASA is only available in 15 of Oregon's 36 counties, primarily in the Willamette Valley.

"The children in Eastern Oregon or on the Coast or down south, do they suffer any less than kids in the Valley?" pleaded Courtney.

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The Changing Face of NAMI

Blog by Pete Earley at www.petearley.com

The National Alliance on Mental Illness is searching for a new executive director and one of the first challenges that its next leader will face is helping determine who NAMI represents and what principles it supports.

Mike Fitzpatrick, who has successfully led NAMI with a steady hand for ten years, announced in January that he is stepping down. He has done a great job. The NAMI that his predecessor will inherit is a much different organization from the one that Mike took over in 2004.

In recent years, more members with mental illnesses have joined NAMI and they have brought with them a different perspective from the group's traditional base — parents of persons with diagnosed mental disorders.

NAMI was formed in 1979 by parents, mostly mothers of "consumers." In the early days, some critics spoke bitterly about the "NAMI Mommies" because the critics objected to NAMI's "parental" views, especially toward involuntary commitment and forced medication.

NAMI's national rival, Mental Health America, was formed in 1909 when former patient, Clifford W. Beers, exposed abuses that he and other patients were suffering in state mental hospitals. From its inception, MHA has been a consumer focused and driven organization.

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Senate Bill 823 Outlines Courtney's Vision for Mental Health

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The governor's budget does include \$1.8 million to expand the EASA program statewide, but SB 823 directs the Oregon Health Authority to not only expand existing programs like EASA statewide it asks the agency to create entirely new programs based on evidence-based practices.

"I believe that in 10 to 15 years for now people will look back at this as one of the most important pieces of legislation to come out this session," said Sen. Elizabeth Steiner Hayward, D-Beaverton, a family physician.

Funding the programs remain a question, but Boquist said SB 823 will serve as a six-year blueprint for the state's mental health priorities and be funded as money comes along and the mental health professionals and infrastructure actually comes to provide the community's needs.

"Let's develop a policy that for the next six years, this is what we want to do and then go about funding it," said Boquist, who prefaced his remarks by noting that you can't simply throw \$300 million at the problem and hope it goes away.

The bulk of the policy outlines in SB 823 are geared toward building a better mental health system for young people and children, including school-based services that would catch emotional problems and peer-support programs that would provide support.

The bill also asks that primary care doctors have better coordination with psychiatrists and develop intervention teams for adults. SB 823 doesn't leave the elderly out, either, asking for a geriatric mental health specialist for each community mental health provider.

In a separate measure — Senate Bill 4 — Courtney called for an unspecified amount of money dedicated to providing the Department of Human Services with money for mental health and addiction services to seniors and people with disabilities.

SB 4 passed out of the Health Committee on a 3-0 vote and was sent to the Joint Committee on Ways & Means to seek funding.

Courtney acknowledged that building a comprehensive community mental health network across Oregon is a much greater challenge than building a new Oregon State Hospital — a much

more discrete goal Courtney was able to accomplish with broad-based bipartisan support.

He said if a new revenue stream opened up, he expected it could cause the many mental health providers to clamor for the money, opening up turf battles and special interests that would limit the big picture.

"Our bottom line is that poor person who is suffering with mental illness," Courtney said.

Sen. Jeff Kruse, R-Roseburg, gave his support to the overall effort, but asked that a vote be delayed to modify the bill to provide greater legislative oversight of the Oregon Health Authority as it implements the policy goals.

"It will completely fail if it doesn't have ironclad legislative oversight," Boquist conceded.

Sen. Laurie Monnes Anderson, D-Gresham, allowed for the amendment but said she was committed to getting the bill voted out of her committee and sent to the Joint Committee on Ways & Means by the filing deadline on April 18. The legislative oversight could always be added by that committee later, she said.

Cindy Becker, the director of health, housing and human services in Clackamas County told the legislators that the policy discussion over community mental health needed to leave the walls of the state Capitol if it was going to be successful.

She wanted mental health discussions to be raised before chambers of commerce and civic groups as well as more informal settings, helping to remove the stigma associated with mental illness.

"If you have a mental illness, you don't want to talk about it," Becker said. "People don't seek care as early as they need to."

Chris Bouneff, the director of the National Alliance on Mental Illness chapter in Portland, told the committee that just because EASA or other programs are expanded statewide, that doesn't mean they'll be the same programs everywhere because many parts of the state have different levels of mental health therapists, social workers and psychiatrists available.

Getting the state to where it needs will take time and more than just a policy bill supporting the programs.

"When you've got nothing, you've got to start somewhere," Bouneff said. "It's nice to be coming in from the wilderness this year."

The Changing Face of NAMI

(Continued from front page)

For many years, the differences between NAMI and MHA were stark. As more and more consumers have joined NAMI, the gap between them has narrowed.

A simple way to see this shift is by looking at NAMI's complicated love-hate relationship with Dr. E. Fuller Torrey, one of psychiatry's best known and lightning rod figures. In the beginning days of NAMI, Dr. Torrey was a much beloved NAMI spokesman. He traveled across the nation without charge, speaking at fledgling NAMI groups, and he donated the hardcover royalties of his book, *Surviving Schizophrenia*, to NAMI.

His influence began to wane after he launched the Treatment Advocacy Center, although NAMI officially endorsed Assistant Outpatient Treatment, one of TAC's primary issues.

In 2002, NAMI invited Dr. Torrey to give the keynote at its annual convention but a decade later, NAMI's convention organizers were warned that if Dr. Torrey was invited to speak at its national convention, consumers in NAMI would protest and walk out.

This year, NAMI has invited author Robert Whitaker to speak during an afternoon session at its convention June 27 to 30 in San Antonio. Whitaker's most recent book, *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America*, argues that psychiatric medications are not only harmful, but in some cases can cause mental disorders.

Dr. Torrey criticized Whitaker's book in a past review. More recently, blogger Susan Inman, expressed fears in a Huffington Post editorial that Whitaker's views were harming individuals with mental disorders. Whitaker has his supporters and has developed an especially devoted following among consumer groups that question the "medical model" and Big Pharma's influence.

For me, this shift away from Dr. Torrey's views and the welcoming of Robert Whitaker as a NAMI speaker reflects how NAMI's membership — or at least its board of directors — has moved away from its traditional parental based roots. I would not be surprised if NAMI soon drops its long-standing support of Assisted Outpatient Treatment.

Whether you consider this shift a good or bad thing clearly depends on your individual views about such issues as AOT, medication, involuntary treatment, Dr. Torrey and Whitaker. The point of this blog is simply this: NAMI's views are shifting.

Because of the Newtown shooting, we are at a tipping point. Local, state and national politicians are talking seriously about the need to improve community mental health. Sadly, many politicians are hustling through laws that will increase stigma by drawing-up lists of consumers and reporting them to federal law enforcement. Laws are being passed that threaten traditional safeguards that protect confidentiality between a patient and doctor.

Now, more than ever, all of us concerned about improving mental health need a strong national voice — and that means we need a strong NAMI. There should be room at the table for all of our different voices to be heard. But it will take a skilled leader to blend such divergent voices into a unified one that speaks for the benefit of us all through NAMI.

Portland police select about 50 officers to get special crisis intervention training

Maxine Bernstein, *The Oregonian*, April 09, 2013

Portland police have selected about 50 officers who volunteered to be part of a new specialized unit to respond to mental health crisis calls.

The new unit is one of the initiatives that federal justice investigators last year urged the bureau to adopt to improve police encounters with people suffering from mental illness.

The U.S. Department of Justice found last year that Portland police engaged in a pattern of excessive force against people with mental illness.

The Portland officers assigned to the bureau's Enhanced Crisis Intervention Team will remain on patrol but become the go-to responders on mental health crisis calls.

While all Portland patrol officers have received 40 hours of crisis intervention training, this group will receive an additional 40 hour over four days next month that's based on input from mental health agencies and consumers.

The training will include classroom instruction, role-playing, tours of mental health facilities and a

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Portland police select about 50 officers to get special crisis intervention training

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panel discussion with people living with mental illness and their family members.

Central Precinct Officer Amy Bruner-Denhardt, who joined the bureau 8 1/2 yrs ago, will serve as the team coordinator.

"We have high hopes that when someone is a volunteer, they'll be perhaps more familiar and more able to react in a highly supportive manner," said Terri Walker, board president of the Multnomah County chapter of the National Alliance on Mental Illness.

Police have also created the Behavioral Health Coordination Team, with police meeting twice a month with representatives of mental health care agencies. Together, they identify the city's most vulnerable citizens who have been the subject of repeated police calls or are considered a heightened danger to refer them to appropriate treatment.

"Our hope is we can plug the right person with the right agency," Central Precinct Cmdr. Bob Day said Tuesday.

Lt. Cliff Bacigalupi said the Behavioral Health Coordination Team is modeled after the bureau's existing Service Coordination Team, which works to connect repeat low-level offenders with alcohol treatment and housing.

The Behavioral Health Coordination Team meets every other Friday, drawing representatives from agencies such as Cascadia Behavioral Healthcare, the U.S. Department of Veterans Affairs, Transition Projects and Multnomah County's Mental Health and Addiction Services, along with a new county prosecutor assigned to mental health cases and county jail medical staff.

Laura Maurer, the county's deputy district attorney assigned since September to work on mental health matters, said she attends the meetings to help police or mental health care providers navigate legal matters that might arise. She also works to educate officers and others on what's needed for civil commitment hearings.

Last month, the U.S. Department of Justice urged the bureau to return to a specialized group of officers who have the desire, crisis intervention training and skills to work with people suffering from mental illness. The federal review found Portland's crisis

training sorely lacked key components: "live exposure" to mental health consumers and family members, role-playing scenarios and community collaboration.

Portland police had adopted the Memphis model in 1995, creating a specialized team of volunteer officers to respond to crisis calls after the 1992 Portland police shooting of Nathan Thomas, a 12-year-old held hostage by a mentally ill man with a knife. Portland police started it with 60 officers who volunteered for the 40-hour training and, within 18 months, grew to 185 officers.

But the bureau veered away from the voluntary training and required that all officers be trained in 2007. The switch came after the controversial 2006 death in police custody of James P. Chasse Jr., who suffered from paranoid schizophrenia.

Shannon Pullen, interim executive director of the National Alliance on Mental Illness' Multnomah chapter, is co-chairing a new advisory committee for the police bureau's Behavioral Health Unit. It has met twice this year and includes members of Central City Concern, Volunteers of America, Cascadia, Disability Rights Oregon and mental health consumers.

Pullen said she's excited that police are engaging a diverse group of people who work in the mental health field. The advisory panel will sit in on next month's enhanced crisis intervention training and is coordinating a panel to address the officers.

"It's what the community has wanted," Pullen said. "My mantra is engagement. We can only work better together and try to see the issue from each other's point of view. And, hopefully, it'll result in better outcomes."

Organize for Rights in Psychiatry

THURSDAY April 25 6:30—8:30

Presentation and Q&A

COMMUNITY BILL OF RIGHTS MOVEMENT

&

A COMMUNITY MENTAL HEALTH CARE

BILL OF RIGHTS

First Unitarian Church 12th and Salmon Portland OR

Once a 'Cuckoo's Nest,' Now a Museum

KIRK JOHNSON, March 31, 2013

www.nytimes.com

SALEM, Ore. — Nurse Ratched slept here.

The punctiliously cruel psychiatric ward tyrant in the book and movie “One Flew Over the Cuckoo’s Nest” was brought to cinematic life by the actress Louise Fletcher during filming here at the Oregon State Hospital in the 1970s.

But the melding of real life and art went far beyond the film set. Take the character of John Spivey, a doctor who ministers to Jack Nicholson’s doomed insurrectionist character, Randle McMurphy. Dr. Spivey was played by Dr. Dean Brooks, the real hospital’s superintendent at the time.

Dr. Brooks read for the role, he said, and threw the script to the floor, calling it unrealistic — a tirade that apparently impressed the director, Milos Forman. Mr. Forman ultimately offered him the part, Dr. Brooks said, and told the doctor-turned-actor to rewrite his lines to make them medically correct. Other hospital staff members and patients had walk-on roles.

Now jump cut to the present: the office and treatment rooms of the hospital, which opened in 1883, have been turned into a Museum of Mental Health — one of only a few around the world that are part of a still-functioning hospital, which sprawls behind the old brick structure.

In the museum, a steel examination table sits near a photograph of the Oregon State Insane Asylum baseball team, which once played against local challengers in and around Salem, Oregon’s capital. A straitjacket and a spilled bag of handcuffs fill another display, with a notation from the night watch book recorded at 2 a.m. on Feb. 25, 1913. “Mrs. Bernard would not remain in bed,” an attendant wrote. “Restrained her with jacket and belt.”

The juxtaposition of real and celluloid, truth and fiction, that emerged on the “Cuckoo’s Nest” set continues. A photograph of Ms. Fletcher’s character, steely smile and nurse’s cap in place, adorns a wall near a television that blares the movie itself on a continuous loop showing the movie’s patients watching that very television, which was retrieved from a hospital trash bin and saved after the filming ended.

The result — physical evidence of the hospital’s past alongside the Hollywood portrait — creates

questions that McMurphy and his cohorts might have asked. What is real and what merely seems real? Was the hospital, which had a large number of voluntary admissions in its early years, a place of sanctuary, an old definition of the word “asylum,” or of confinement? Darkness and dread, or escape?

Dr. Brooks, now 96, and living near the hospital in a retirement home, minces no words when he says that mental health treatment in years past had its flaws. But anyone looking back, he said in an interview, should also look hard at the present. Institutions like the Oregon State Hospital, which he supervised for nearly 30 years — from the mid-1950s to the early ’80s — might not have been perfect, he said, but they were at least out there and trying to help. Today, he said, prisons have taken over the job, with barely a pretense of treatment. “Three-fourths of all mentally ill people are in jails or penitentiaries,” he said.

But the new museum raises questions about what the hospitals themselves were created to do, and how many patients were actually mentally ill by modern definitions.

In its early days, the museum’s records suggest, there was no pattern to admissions at all. Alcoholics, dementia patients, syphilis sufferers and others given the catchall diagnosis of “mania” were all taken in. And for part of its history, in the early 20th century, a majority of patients were women, at least a few of whom would occasionally leave for visits with their families. That suggests, museum volunteers said, that domestic trouble or abuse, in a time before easy divorce and when officers spent little time on marital violence cases, may have created a sense of safety for women behind the hospital walls that has since been forgotten in the wave of harsh imagery in films and books like “Cuckoo’s Nest,” which was written by Ken Kesey and published in 1962.

The old model of an “insane asylum” coincided with an era that revered the value of work. Patients were expected to sew or cook or grow the food they ate — not just to make the place self-sufficient, which it mostly was, but because work itself was considered elevating and therapeutic. Patients even made their own leather restraints, said Kathryn Dysart, a museum volunteer.

In the new hospital, music and art therapy areas line a corridor that includes rooms where patients can practice skills they will need when they are

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Once a ‘Cuckoo’s Nest,’ Now a Museum

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released, like handling money. One was created to look like a bank and allows patients to withdraw funds that their families have deposited — money that can then be used to buy clothes at a room made to look like a store.

“As real as possible,” said Rebeka Gipson-King, a spokeswoman for the Oregon State Hospital, in describing the mimicry, which she said was aimed at making the outside world less alien after a patient’s discharge.

Other preconceptions about the outside world do not hold up so well. Ms. Fletcher, who won an Oscar for her portrayal of Nurse Ratched — the film won five Oscars, including Best Picture, in 1976 — came to the Mental Health Museum’s opening last fall, and turned out to be, in reality, very nice.

“Charming lady,” said Hazel Patton, the president of the museum’s board of directors

Tomei Puts Weight Behind Community Mental Health Housing

A huge backlog in housing for those with mental illness has left people confined to the Oregon State Hospital, in violation of the Americans with Disabilities Act

Christopher David Gray, The Lund Report
March 27, 2013

March 27, 2013 — Clackamas County Sheriff Capt. Chris Hoy is a big, burly bear of a man but when he told legislators of his mother’s fate, he burst into tears.

He was a freshman at Willamette University when his mother developed a mental illness and had to be admitted to the Oregon State Hospital.

“The stigma of mental illness was so great that I would sneak away from my dorm at Willamette to visit her at the hospital. My friends and professors didn’t know where I was going. I was too embarrassed to tell anyone,” Hoy told the House Human Services Committee on Monday. “Those visits were awful.”

“She didn’t need to be at the hospital, but there were no alternatives for her at the time. Sadly, she never left the hospital and died as a patient there,” he said.

Rep. Carolyn Tomei, D-Milwaukie, said there

are 30 patients at the Oregon State Hospital who would be free to leave except the state has no transition housing available for them in their communities.

“People go to the state hospital to get well. They do not go there to live,” said Tomei, who chairs the Human Services Committee. “We need people to have the keys to their own doors.”

Tomei is pushing for a bipartisan bill that would help Oregon increase the housing options for people recovering from mental illness by providing state funding to assist with the start-up costs of such projects.

House Bill 3332 would provide 20 percent of construction and 50 percent of the start-up costs for the homes including expenses like furniture and staff training. The bill does not specify the amount of funding, but Tomei asked committee members to attend the budget hearings in the Joint Subcommittee on Ways & Means and call for as much funding as possible.

She also called for a quick vote on HB 3332, which passed the committee unanimously. Committee Vice Chairman Andy Olson, R-Albany, is a co-sponsor and Sen. Jeff Kruse, R-Roseburg, is the chief sponsor in the Senate.

“I was quite taken with the chair’s plea,” said Rep. Vic Gilliam, R-Silverton, throwing his support behind Tomei.

Chris Bouneff, the executive director of the National Alliance on Mental Illness chapter in Portland, said he would like at least \$6 million next biennium — the amount the Legislature removed from a special trust fund for community mental health housing last biennium to patch a hole in the general coffers.

Oregon was investigated by the U.S. Department of Justice to see whether it was meeting requirements under the 1999 Supreme Court ruling *Olmstead vs. L.C.*, which stated that warehousing people with mental disabilities in institutions was a violation of the Americans with Disabilities Act if these people can be reasonably placed in community settings.

The state signed a settlement in 2012 with the federal government to avoid a lawsuit, and the first federal report is due April 1 — next Monday.

“I’m anxious to hear from the DOJ on April 1st,” Tomei said. “I think they’re not going to give us a

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Tomei Puts Weight Behind Community Mental Health Housing

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great mark with what we are doing with community mental health.”

Bouneff said NAMI asked for HB 3332 after having discussions with mental health providers across the state to zero in on Oregon’s key deficits in serving people with mental healthcare needs. Housing rose to the top of everyone’s lists.

“We have people backing up in our ERs and our psychiatric wards and they’re there much longer than is necessary or prudent because they can’t get access to long-term care needs such as the Oregon State Hospital or some of our sub-acute care centers around the state,” Bouneff said.

He said the Oregon State Hospital has a backlog because there aren’t enough step-down housing placements for its patients in residential treatment, and patients are stuck in residential treatment because there is a shortage of independent housing.

Hoy said he now works as a sheriff’s deputy in Clackamas County Community Corrections, and the state’s jails also serve as a default warehouse for people with mental illnesses. He said 2,000 out of Clackamas’ 14,000 inmates are prescribed psychiatric medications and more than half have substance abuse withdrawal from addictions.

HB 3332 would subsidize housing projects across the spectrum of needs for people with mental illnesses. Bouneff said much of the construction for the housing could be funded with private sources, but builders need state assistance because of the weak overall housing market.

“There are some providers that have the capacity to fund the whole construction process — but they are few and far between,” said Kevin McChesney, the president of the Oregon Residential Provider Association.

Ken Milner testified that he was attending college for a degree in social work in the late 1980s when he was diagnosed with bipolar disorder. “My life imploded,” he said. “All I had left was my car and my clothes.”

Milner said he spent years bouncing back and forth between living in his car and living with his parents cross-country. Finally, in 2000, he discovered Sequoia Mental Health Services, which offered a group home for homeless men with mental illness. They helped him get treatment and a job, and he later moved into his own place.

Now he volunteers with NAMI, providing support for others, and intends to return to college to finish his degree.

“I take care of my physical health. I’ve even started dating,” Milner said. “I was able to find my way out of dysfunction and the start of that was finding housing.”

This American Lie; Public Radio Errs on Disability Facts

Justine Petela, Freelance writer, SE Portland
April 5, 2013

Do you think you can believe everything you hear on FM public radio? Think again. If you tuned into Oregon Public Broadcasting on Saturday afternoon, March 23, "Planet Money" presented "Trends With Benefits," which they described as an inside look at Social Security Disability Insurance (SSD and SSI) in the US today. Reporter Chana Joffe-Walt claimed to have spent six months researching the underbelly of SSI and SSD. The gist of the show was that a growing number of Americans are on an unbridled spree to use the disability programs as a convenient alternative to working. The hour-long show implied that almost anyone with a minor ailment can fill out a few forms, go home and wait for their monthly Social Security Disability checks to roll in with no oversight.

In fact, Disability applicants undergo stringent screening from numerous occupational and medical specialists. Most applicants are initially turned down and must prove their inability to work to a government-appointed administrative judge. Joffe-Walt zeroed in on a few families who rely on one child's \$700 Social Security check as their only income. She therein posited that teens disabled for any trifling reason are apt to stay on Disability's "easy street" for life, rather than seek training and employment. She didn't mention that loss of Disability means trading access to Medicaid or Medicare for a low-paying job with no benefits.

A few days later, on March 29, NPR admitted that they had been deluged with hundreds of letters criticizing the veracity of the broadcast. Joffe-Walt conceded a few minor "corrections," claiming her report was not meant to attack the disabled, but to "inform the public." Even her admission that it can take up to two years for a disability claim to be processed was marginal. In fact it takes most people well over two years to qualify, if at all.

Joffe-Walt failed to identify the complex reasons so many Americans need to apply for Disability. The most significant cause is the failure of the US to provide free or even affordable healthcare and prescription medicine to all citizens. And the "Obama Plan" may not remedy the problem. Next, a

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This American Lie; Public Radio Errs on Disability Facts

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dismal economy has rendered returning to work impossible for even many educated and talented job-seekers. 40 years of ill-conceived wars, from Viet Nam to Afghanistan have left thousands of veterans as well as the national economy in shambles. In the 80's, the Reagan Administration cut back on mental health facilities, leaving thousands with psychological issues with nowhere to go. Disability recipients are regularly screened to determine whether they can return to work. And one qualifying criteria is whether or not an occupation exists anywhere in the US which can theoretically be performed by the disabled person. Planet Money is NPR's financial analyst branch and the source of this report. They failed to take into account the skyrocketing cost of college and career training which is a barrier to anyone seeking work. Finally, Social Security is not, in reality an "entitlement," but is a form of "insurance." Those pesky "FICA" deductions pay for your Social Security.

NPR's shallow broadcast portrayed the Disabled in a negative light, and failed to point out the primary reason for the program's existence: to provide a lifeline to millions of Americans who are unable to support themselves and their families. It is a mystery why Public Radio targeted SSD and SSI programs. Did they think the sensationalism of the subject matter would increase listenership? Perhaps they figure that the disabled, who are mostly poor, have no Washington Lobby or corporate-funded watchdog groups. They do not underwrite "MarketWeek." Regardless, any time we discover any mediums misrepresenting the disabled, we must be vigilant on "calling them out" on it. Don't believe everything you hear broadcast. And when you hear lies, don't shrug them off. Call, email, twitter, or write to the offending party - in this case National Public Radio. Tell them that we will not tolerate misrepresentations of a large group of under-represented Americans - the Disabled. There is power in numbers and we must look out for ourselves. To hear the show, go to "This American Life" archives at <http://apps.npr.org/unfit-for-work/>

COMING EVENTS

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

Join us

Wednesday, April 17th, 2013 7:00 pm

For a SNEAK PREVIEW of the West Coast Premier
Coming Off Psych Drugs

Leader and activist

Laura Van Tosh is featured in Daniel Mackler's newest film! Laura is unable to attend in person, but will be there on the screen. Chaya Grossberg is also featured and will present the film and lead discussion after.

More than half the film's subjects have successfully come off a variety of medications, including antipsychotics, mood stabilizers, antidepressants, and benzos, and several participants give trainings on the process. Here they tell how they did it and they provide a philosophy and framework for coming off.

Popcorn & drinks provided!

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

Find Rethinking Psychiatry on Facebook

Music & Art for the Mind

A gala benefit for NorthStar, a peer-run community providing recovery and empowerment for individuals with mental illness

Friday, April 19th 6:00 – 8:30 pm Miller Hall, World Forestry Center*

Advance tickets are \$45 each; 6 or more \$40 each
Tickets at the Door are \$50

Go to www.northstarportland.org or call 971-271-7273 for more details.

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!

COMING EVENTS

Care Connection 2013

First Annual Health Fair & Screening Event
Friday, April 19, 2013 • 8:00 am to 3:00 pm
Oregon Convention Center Plaza • Portland, Oregon
777 NE MLK, Jr. Blvd.

The medical community in Portland, including physicians, physician assistants, and medical and PA students, has joined with the Oregon Medical Association to offer free screening services and education for the uninsured and underinsured in the Portland metro area.

Care Connection is free and open to the public. Health screenings and services will be available on a first-come, first-served basis for the duration of the event.

Go to www.coalitionclinics.org/ for more info.

Join The Urban League of Portland for the 20th Annual Career Connections Job Fair

Monday, April 22nd, 2013
10:00 AM - 4:30 PM

Double Tree Hotel by Hilton
1000 NE Multnomah St., PORTLAND, Or. 97232

See a Flyer and Information at <http://ulpdx.org/>

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

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 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

Chair-Based Yoga

Free Class!

Thursdays 10:30-1130am
At Impact NW (SE Multicultural Center)
Downstairs: 4610 SE Belmont

Chairs are available for seated poses, resting, and help with balancing postures.

Traditional yoga postures are modified and guided in stages, with an emphasis on steady breathing, and self-awareness.

For info on other low cost and sliding fee scale yoga classes contact Kate at
503-888-8657 or kate@katesyoga.com

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?

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

Talk To Others about OCSC Or Other Topics of Interest to OCSC Members:

<http://www.intenex.net/lists/listinfo/ocsc-talk>

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

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.

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"

www.madinamerica.com

www.robertwhitaker.org

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>

Check out Creative Maladjustment Week: July 7 – July 14, 2013 at cmweek.org

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

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

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 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 Support Groups: Recovery and support by and for people living with mental illness
Call 503-228-5692 for more info.

Tuesdays 11:00 am-12:30 pm

Luke-Dorf, 1952 SE 122nd Ave., Portland, OR 97233

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 Providence

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

Bipolar & Depression Group Thursdays, 7-8:30 PM

Providence Hospital, Conference Room 2E in the main part of the hospital, 2nd floor (use gray elevators) 4805 NE Glisan, Portland, OR 97213 Contact: Jean, 503.866.9135

Schizophrenia Support Group Wednesdays, 1:00 pm

NAMI, 524 NE 52nd Ave, Portland 97213

Dual Diagnosis Anonymous: Support for those with mental illness who also deal with substance abuse.

Wed, 6:00 pm NAMI, 524 NE 52nd Ave, Portland 97213

Contact Arlene at 971.409.8519

Fridays, 5:30 pm NAMI, 524 NE 52nd Ave, Portland

97213 A non-exclusive LGBTQ safe-space. Contact Autumn at 360.936.3959

Drop-In Family Support Groups: For families of adults with mental illness

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 Legacy Mt Hood Medical Center, Cascade Room, 24800 SE Stark Street, Gresham. Contact Nancy, 503.665.5481

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 at

<http://namimultnomah.org> or call 503-228-5692

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

NAMI contact numbers

Multnomah NAMI: (503) 228-5692

Clackamas NAMI: 503-344-5050

Washington NAMI: 503-356-6835

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/>

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).

Beyond Meds - Alternatives to psychiatry

beyondmeds.com

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

Rose City Recovery Connections

Recovery-Related Resources - Portland Metro Area

www.rc-rc.info/index.html

Website for the recovery community to make connections—for newcomers, oldsters, family, agencies, and support people. It is an online gathering place of recovery-related information—to help answer questions and for continued investigation— official 12-step and unofficial; local and beyond; area treatment centers and help agencies; links to a wide assortment of teachings, data, history, news, inspiration, and knowledge; and links to materials and gifts for sale. There are lists of area recovery social clubs and clean-and-sober events.

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.chaddpx.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

Editor: Duane Haataja
Assistant Editor David Green

Our Principles ~

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

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