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April 2013 A Mental Health Consumer/Survivor Newsletter Volume 9 Issue 4

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

DOJ Settlement Aims to Improve Mental Health Treatment

Christen McCurdy, March 15, 2013, The Lund Report

Section V of the settlement outlines goals for creating community-based mental health services, and tasks the coordinated care organizations with a big piece of that: "The United States expects that the local CCOs will establish, by mid-2013, one or more drop-off center(s) for first responders and public walk-in center(s) for individuals with addictions and/or behavioral health service needs. All such drop off/walk-in centers should focus care plans on appropriate discharge and community based treatment options, including assertive community treatment teams, rather than unnecessary hospitalization." [Read more.](#) Also read "[Kotek Receives National Legislator of the Year Award for Work on Mental Health Care](#)"

Senate Bill 823 Outlines Courtney's Vision for Mental Health

Christopher David Gray, The Lund Report

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. [Read more.](#) Also read "[Proposal calls for comprehensive state network of new mental health programs](#)"; "[Experiment in Oregon Gives Medicaid Very Local Roots](#)" from the New York Times.

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

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. [Read more.](#)

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. [Read more.](#) Also read "[Union officials say legislative proposal would make Portland police firings 'political decisions'](#)"

Coming Events on page 6

Music & Art for the Mind - A gala benefit for NorthStar

2013 NAMIWalk Northwest

Care Connection 2013

20th Annual Career Connections Job Fair

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Kitzhaber orders shift from sheltered workshops for people with disabilities

Bryan Denson, The Oregonian, April 11, 2013

Gov. John Kitzhaber on Thursday announced plans to move more Oregonians with severe disabilities into the general workforce and gradually decrease state funding to nonprofit sheltered workshops.

The governor, facing a class-action lawsuit by critics of the workshops, issued an executive order affirming Oregon's plan to help the disabled find and keep jobs in mainstream workplaces. [Read more](#). Also read "[U.S. Department of Justice accuses Oregon of segregating disabled in sheltered workshops](#)"; "[Top Democrats Differ On Ending Subminimum Wage For Workers With Disabilities](#)"

Lawsuit Filed Against Solitary Confinement of 800 "Seriously Mentally Ill" in Pennsylvania

Sal Rodriguez, March 18, 2013 solitarywatch.com

The Disability Rights Network of Pennsylvania (DRNP) has filed a lawsuit against John Wetzel, the Secretary of the Pennsylvania Department of Corrections, charging that the confinement of prisoners in Restricted Housing Units (RHUs) amounts to "cruel and unusual punishment" of those diagnosed as "seriously mentally ill." The suit seeks an end to long-term segregation of such individuals and seeks an order that DOC prisoners "receive constitutionally adequate mental health care."

[Read more](#). Also read "[Judge hears arguments about Calif. prisons mental health care oversight](#)"

The Changing Face of NAMI

Pete Earley, March 18, 2013 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.

[Read more](#). Also read "[The Heart of NAMI: A Mom Explains](#)", a follow up of the blog done by Pete due to a huge number of comments by readers.

We Are the Safety Net coalition fights to maintain city funding through tough budget

Sara Hottman, The Oregonian, April 17, 2013

The coalition formed last fiscal year to preserve city funding for safety net programs. It was revived this year to keep Portland Housing Bureau funding for housing assistance and shelters as City Hall looks to close a \$21.5 million budget gap.

"Part of the uniqueness of the services we're advocating for is that they're all tied to one another," says Israel Bayer, executive director of Old Town-based Street Roots, the street newspaper. "Once you pull the string, the whole ball of yarn starts to unravel. [Read more](#)."

Oregon Action Pushes Congress to Negotiate Medicare Drug Prices

Christen McCurdy, The Lund Report

April 9, 2013 – Oregon could save anywhere from \$325 to \$766 million if Medicare were able to negotiate prescription drug prices similar to governments of other wealthy countries. [Read more](#). Also read "[Big Pharma Pockets \\$711 Billion in Profits by Price-Gouging Taxpayers and Seniors](#)"; "[Report: Oregon Could Save \\$766 Million If Medicare Were Empowered to Bargain With Prescription Drug Makers](#)"

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

KIRK JOHNSON, March 31, 2013 www.nytimes.com

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." [Read more](#).

TOP 5 Benefits of Breaking Your Neck

David's blog for March 24, 2013 www.davidwoaks.com

David W. Oaks here, with a top five list of things I learned after breaking my neck completely on December 2, 2012, in Eugene, Oregon.

1. Crisis preparation.

We all will probably experience disaster, and hopefully, have a nice day. I used 40 years of mad movement wisdom and empowerment for my catastrophe:..... Read more by going to <http://www.davidwoaks.com/>

The limits of lithium, and the hunt for a better alternative

Bethany Halford, Chemical & Engineering News
March 25, 2013 cen.acs.org

In the hope of skirting lithium's limitations, scientists are trying to figure out exactly how the drug works and, in particular, hunt down its targets. The idea is this: Because lithium is an ion, it hits several different cellular targets, which is why it has so many side effects. If scientists can figure out which of those targets are responsible for its mood-stabilizing properties, they might be able to hit them specifically, using a small molecule that doesn't have lithium's downsides. [Read more.](#)

Wars on Drugs

RICHARD A. FRIEDMAN, April 6, 2013
www.nytimes.com

LAST year, more active-duty soldiers committed suicide than died in battle. This fact has been reported so often that it has almost lost its jolting force. Almost.

Worse, according to data not reported on until now, the military evidently responded to stress that afflicts soldiers in Iraq and Afghanistan primarily by drugging soldiers on the front lines. Data that I have obtained directly from.... [Read more.](#)

NY Times Sunday Dialogue: Defining Mental Illness

March, 2013 www.madinamerica.com

Mad In America readers, bloggers and others respond to Ronald Pies' commentary in the New York Times on diagnosis and the DSM-5. [Read more.](#)

Diagnosis: Human

TED GUP, April 2, 2013 www.nytimes.com

THE news that 11 percent of school-age children now receive a diagnosis of attention deficit hyperactivity disorder — some 6.4 million — gave me a chill. My son David was one of those who received that diagnosis.

In his case, he was in the first grade. Indeed, there were psychiatrists who prescribed medication for him even before they met him. One psychiatrist said he would not even see him until he was medicated. For a year I refused to fill the prescription at the pharmacy. Finally, I relented. And so David went on Ritalin, then Adderall, and other drugs that were said to be helpful in combating the condition. [Read more.](#) Also read "[A.D.H.D. Seen in 11% of U.S. Children as Diagnoses Rise](#)" also from the New York Times.

Is it Drugs Not Guns that Cause Violence?

Hyla Cass, M.D., February 19, 2013
www.huffingtonpost.com

A 2011 article in TIME magazine notes that "when one particular drug in a class of non-addictive drugs used to treat the same problem stands out, that suggests caution: unless the drug is being used to treat radically different groups of people, that drug may actually be the problem." The article cites 10 drugs from a study by the Institute for Safe Medication Practices which is derived from data from the FDA's Adverse Event Reporting System which identified 31 drugs that are disproportionately linked with reports of violent behavior towards others. [Read more.](#) Also read "[Soaring Numbers of Children on Powerful Adult Psychiatric Drugs](#)"

The Role of Inflammation in the Success and Failure of Antidepressants

Jill Littrell, Ph.D., February 6, 2012
www.madinamerica.com

The perspective of depression as an inflammatory condition is being espoused by Andrew Miller and Chuck Raison at Emory as well as Micheal Maes and his colleagues in Europe. These psychiatrists have amassed considerable data supporting the view that inflammation in the brain manifests as behavioral depression. [Read more.](#)

Life on Hard Mode: Living with a Mental Illness

Joel Boyce, March 9, 2013 www.care2.com

I see some pretty damaged people sometimes in my line of work. Over the course of several years of teaching, I've moved from the public schools to working with Aboriginal students coming directly off Canadian reservations, where suicide rates are the highest in the world, the most frightening and horrific sorts of substance abuse are the norm, and even communities that number in the hundreds have multiple gangs. Then I moved into adult education in the downtown core of my city, and besides being slightly older and more ethnically diverse, my student population didn't change much. Good, well-meaning people, with scary high incidence rates of alcoholism and drug abuse, depression, and dealing with problems that the middle class, by and large, doesn't have to deal with. [Read more.](#)

My Place in the Crisis

Mary Anne, April 2, 2013 www.madinamerica.com

My relationship with the mental health crisis laid out in Robert Whitaker's book, *Anatomy of an Epidemic*, is deeply personal. Not only have I seen its effects on my clients, but I have experienced the effects myself. [Read more.](#)

Mental-Health Breakdown: When Harvard Fails Its Students

Eliza Shapiro, Mar 18, 2013 www.thedailybeast.com

After a schizophrenic student said the school failed to help her, calls for reform have escalated. But can colleges realistically both educate and heal? Eliza Shapiro investigates. [Read more.](#)

Startup to add hundreds of jobs to Portland headquarters

Dan Cassuto, Apr 9, 2013 www.katu.com

Treehouse offers online courses in coding and other skills to develop websites.

"The goal is to take people from no knowledge to job ready," said Carson. "Instead of going to a university for (\$200,000) and four years, we're gonna ideally make you job ready in six months at a cost of \$25 a month."

[Read more.](#)

Think Twice: How the Gut's "Second Brain" Influences Mood and Well-Being

Adam Hadhazy' www.scientificamerican.com

The emerging and surprising view of how the enteric nervous system in our bellies goes far beyond just processing the food we eat

As Olympians go for the gold in Vancouver, even the steeliest are likely to experience that familiar feeling of "butterflies" in the stomach. Underlying this sensation is an often-overlooked network of neurons lining our guts that is so extensive some scientists have nicknamed it our "second brain". [Read more.](#)

How the Health Care Law is Making a Difference for the People of Oregon | HealthCare.gov

www.healthcare.gov

[Learn about the implementation of the Affordable Care Act in Oregon.](#)

Meditation: The Secret to Fighting Stress, Anxiety and Overwhelm

Erica Diamond, August 27, 2012
www.huffingtonpost.com

Here's what you need to know about meditation -- there is no single way to do it, no right or wrong way to do it. Today, I'm giving you the 411 and the 101 of meditating for you to try. These tips are a combination of mine and experts', so please try what feels right for you. [Read more.](#)

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. [Read more.](#)

One Year of Mad In America

Matthew Cohen, April 14, 2013, www.madinamerica.com

In January 2012, Mad In America went live with a handful of bloggers and the mission to become a central community in the effort to rethink and transform the paradigm of psychiatric care.

Over the past year, traffic to Mad In America has more than doubled. We now serve pages to over 2,000 unique visitors a day, 30-40k unique visitors per month. Over the life of the site we've seen 400,000 unique visitors, over 120,000 of whom have read our most popular article at least once. [Read more.](#)

Does DSM-5 Have a Captive Audience?

Allen Frances, April 14, 2013 www.huffingtonpost.com

The American Psychiatric Association has assumed that it has a fully captive audience of people who will feel compelled to buy DSM-5 for coding and reimbursement purposes -- even if they don't like its contents or cost.

To reinforce this rather cynical selling point, APA recently posted a misleading statement implying that DSM-5 has some sort of official status. The message is that clinicians and institutions must buy DSM-5 if they hope to be reimbursed by insurance.

This is simply not the case.... [Read more.](#)

Open Path Psychotherapy Collective

<http://openpathcollective.org/>

Find a therapist or become an Open Path Clinician.

Open Path is the first nationwide movement of mental health care clinicians actively addressing economic disparity in the mental health field. Search for therapists in your area and receive in-office mental health care for \$30 to \$50 a session. Clinicians, market your practice and receive valuable benefits while helping those in need.

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

Robert Whitaker

Author of "Anatomy of an Epidemic"

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

Robert Whitaker website: robertwhitaker.org

Whitaker's Mad in America blog:

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

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, 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.](#)

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.](#)

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

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

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

[Rethinking Psychiatry Facebook page](#)

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. [Click here for more details.](#)

Portland Events Calendar

www.travelportland.com/calendar/calendar

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*

[Click here for more details](#) 971-271-7273

20th Annual Career Connections Job Fair

Join The Urban League of Portland for the
Monday, April 22nd, 2013
10:00 AM - 4:30 PM
Double Tree Hotel by Hilton
1000 NE Multnomah St., PORTLAND, Or. 97232

[Click here for Flyer and Information](#)

[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

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

[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.

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

OCSC has a public free e-mail **DISCUSSION** list to talk with others about OCSC. Find out more at their website or email them.

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

Email contact: oregon.united@gmail.com Ask about becoming a group sponsor!

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

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

Contact: Ryan Hamit 971-340-8774 or at
garlingtontrust@gmail.com

Oregon Consumer Advisory Council

The Oregon Consumer Advisory Council meets on the 2nd Wednesday of even numbered months from 1:00 to 4:00 PM at the Barbara Roberts Human Services Building, 500 Summer St. NE, Salem, OR.

The Oregon Consumer Advisory Council is the official body, established by the Oregon Legislature, which has responsibility for providing ongoing advisory input and consultation on mental health services and mental health services provision statewide to the State Addictions and Mental Health Division.

For more info [click here](#).

The M.O.M.S. MOVEMENT

www.mentalhealthrightsyes.org

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

MindFreedom International

mindfreedom.org

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

[MindFreedom Oregon Facebook page](#)

[NEW! MindFreedom Online Newsletter](#)

MindFreedom Live Free Web Radio

<http://www.blogtalkradio.com/davidwoaks>

[Check out MFI's Creative Maladjustment Week here](#)

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.

EYES & EARS

Find current or past editions of Eyes & Ears at
www.mentalhealthportland.org

Contact the editor or subscribe to Eyes&Ears at
eyes.ears_newsletter@yahoo.com

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

[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

Website: www.mhaoforegon.org

[Click here to go to the MHAO Facebook](#)

Peerlink National Technical Assistance Center

We offer technical assistance to individuals, peer-run programs, and community partners with the goal of improving overall services for people with lived experience of mental health challenges.

www.peerlinktac.org Same contact info as above.

The Oregon Peer Employment Network (OPEN)

provides ongoing training and technical assistance to mental health peers in the field of peer-delivered employment services and supports. <http://www.peeremployment.jimdo.com/>

Mental Health Association of Portland

www.mentalhealthportland.org

twitter.com/MHAPortland

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

Free Geek www.freegeek.org

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

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

Mental Health in the Headlines

offers summaries of the latest news and views in the mental health field. Published by [Mental Health America](#)

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

OHA website: www.oregon.gov/OHA/

DrugWatch.com

[DrugWatch.com](#) is a comprehensive resource featuring information on various medications, including prescription and over-the-counter drugs.

By providing extensive information about side effects, drug interactions, FDA recalls and drug alerts, DrugWatch.com helps patients and consumers make educated decisions about their medications and treatment options.

Oregon Health Connect

<http://211info.org/health-connect>

One place for free info about health insurance

We're here to assist Oregonians who may not know which health program or service best fits their needs. You can also find information about health care reform and how health insurance in Oregon works.

Oregon Health Connect is a coordinated effort among 211info, the Department of Consumer and Business Services and the Oregon Health Authority.

[RxISK.org](#)

RxISK.org has been designed to help patients, doctors, and pharmacists research prescription drugs and their side effects. It also provides a means to easily report these side effects to assist in individual patient care and to help other patients by identifying problems and possible solutions earlier than is currently happening.

RxISK.org is the first free website (not sponsored by big pharma or advertising) to provide this kind of support to patients, doctors, and pharmacists.

Sign the Peer Medication Statement

Frustrated by the one-size-fits all medication approach of traditional care? Concerned that too many people are often harmed by psychiatric drugs, and want to see more non-medication options? Join the effort for a new approach to medications in mental health! Please read and sign the Peer Medication Statement at www.portlandhearingvoices.net

Watch Advocate for Wellness

on blip.tv at: <http://blip.tv/advocate-for-wellness>

with host Ann Kasper

Advocate for Wellness is a show about health issues in the state of Oregon.

Disability Rights Oregon

www.disabilityrightsoregon.org [Facebook](#)

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

Disability Rights Oregon (DRO) provides legal advocacy to individuals with disabilities who have an issue related to their disability.

DRO's website is designed to be a hub for Oregon's Disability Community, gathering a wide variety of current information in one place.

Oregon Health Reform Peer Network

<https://www.facebook.com/OHRPN>

Oregon Health Reform Peer Network is forming as a collaborative of peer-run organizations (e.g. operated by persons in recovery from mental health, trauma, addictions and/or substance abuse) promoting positive healthcare reform and access to benefits.

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers

People just want to be heard.

Warm line hours 1-800-698-2392

Monday 10 am - 10 pm

Tuesday 10 am - 10 pm

Wednesday 9 am - 8 pm

Thursday 8 am - 8 pm

Friday, Saturday & Sunday 10 am - 10 pm

This Warmline is NOT a resource line

Call to have a confidential conversation with a Peer who will listen without judgment or criticism.

Together we can learn and grow.

www.communitycounselingsolutions.org/warmline.html

Multnomah County's Mental Health Call Center

Do you or does someone you know need help with a mental health or addiction problem?

Multnomah County Mental Health and Addictions Services Call Center is Portland's mental health information and referral hub for persons in crisis.

The call center is staffed by mental health professionals 24 hours a day, 7 days a week and can be reached at 503-988-4888 or 1-800-716-9769.

Multnomah County Aging and Disability Services Helpline

<http://web.multco.us/ads/services-resources>

The Helpline (503) 988-3646 provides 24-hour information and assistance to seniors, people with disabilities, and caregivers in: assessing their needs identifying services to meet those needs, and linking them with providers of those services.

NAMI

Multnomah NAMI: (503) 228-5692 [Website](#)

Clackamas NAMI: 503-344-5050 [Website](#)

Washington NAMI: 503-356-6835 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

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. For a comprehensive listing of resources check out their Rose City Resources page.

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

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

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.

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

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 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](#) or call 503-228-5692

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

Website: www.northstarportland.org/

[NorthStar Facebook](#)

[Check out NorthStar's Calendar here](#)

Early Assessment and Support Alliance

[The Early Assessment and Support Alliance \(EASA\)](#) is an outreach and treatment program for young people from age 15 to 25 experiencing the first symptoms of psychosis. The goal of the program is to prevent more significant problems by intervening early in the illness.

[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 [Facebook](#)

3941 SE Hawthorne Blvd Portland, OR 97214
 (503) 249-1413

Empowerment Initiatives, Inc. is a non-profit organization founded by and for former and present consumers of the mental health system. It is the mission of Empowerment Initiatives Inc. to be a catalyst providing individuals who experience mental health issues opportunities for choice and development of personal goals, using the four principles of self-determination: freedom, authority, responsibility, and support.

Independent Living Resources

Offering Advocacy, Information & Referral, Peer Counseling, and Skills Training for people with disabilities. Classes, support groups, recreation and volunteer opportunities www.ilr.org

1839 NE Couch St, Portland 503-232-7411

Recovery International

www.lowselfhelpsystems.org

The mission of Abraham Low Self-Help Systems is to use the cognitive-behavioral, peer-to-peer, self-help training system developed by Abraham Low, MD, to help individuals gain skills to lead more peaceful and productive lives. For more info and to find support groups near you, go to their website.

IRON TRIBE

The Recovery Network www.irontribenetwork.org

IRON TRIBE is a Community Organization of Ex-Cons in Recovery. We are men and women who have been incarcerated and are now engaged in a program of living that is based upon recovery, peer support and building community.

FolkTime

FolkTime 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

Rose Haven

627 NW 18th Ave 503-248-6364 rosehaven.org

Women support group, classes and activities
 Referral & advocacy

Services for housing, legal aid, medical & mental health care; Counseling; Compassionate listening; Assistance navigating the social services maze; Clothing & Hygiene items; Mailing address; Voice mail; Support Groups.

Online mental health and recovery support sites

About.com:mental health Explore mental health
<http://mentalhealth.about.com>

Benzo Beware - Awareness Group about the use of Benzodiazepines - [Facebook](#)

Beyond Meds - Alternatives to psychiatry
beyondmeds.com

Dialectal Behavior Therapy - Website for people who are seeking information about DBT (Dialectal Behavior Therapy). This site was written primarily by PEOPLE WHO HAVE BEEN THROUGH DBT, not DBT professionals. We cannot give advice, but we can talk about our experiences on our DBT journey.
www.dbtselfhelp.com

Forums at Psych Central - An abundance of forums to choose from.
<http://forums.psychcentral.com/>

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

No Kidding, Me Too! - Fights stigma though 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).

Rose City Recovery Connections - An online site for the Portland recovery community.
www.rc-rc.info/index.html

Voice-Hearers - This group is for people who hear, or who have heard voices.
<http://health.groups.yahoo.com/group/voice-hearers/>

SMART Recovery

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

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

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

Meetings are subject to change without notice. Please contact DDA at 503-737-4126 for more information. Go to the website listed above for a listing of meetings taking place in the Portland metro area and elsewhere.

Rose City Recovery Connections

Recovery-Related Resources - Portland Metro Area

<http://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

Community Warehouse
communitywarehouse.org

Community Warehouse collects and redistributes donated furniture and household goods to low-income people in Oregon and southwest Washington.

[NAMI Oregon Community Resources](#)

Many community resources are available for people with mental illness. We list here ones we think will be of interest to people with severe and persistent mental illness, their friends and families in Oregon.

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

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

Mental Health Drop - In Centers:

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

National Mental Health Organizations:

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

Mental Health Support Groups or Information:

- Northwest Autism Foundation** - info on autism and contact info on treatment. www.autismnwaf.org. 503-557-2111
- Portland Aspergers Network** 503-284-4507, 503-682-

Resources

1609. Email: contact@aspergersnet.org. Web: www.aspergersnet.org

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

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

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

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

-Family to Family Support Group - NAMI - free group for loved ones of individuals with mental illness. Educational group. 503-228-5692

-MyAutismTeam - social network for parents of children with autism with. <http://www.myautismteam.com/>

-National Suicide Prevention Lifeline (Suicide Support) 1-800-273-8255.

-Obsessive Compulsive Disorder support group - 503-494-6176; OHSU - 503-494-8311

-PSU Community Counseling Clinic 503-725-4620 Portland State University. Individual, couple and family counseling. \$15 per session, reduced fees negotiated. 10 week commitment.

-Recovery, Inc. International - Self-help for people with depression, anxiety, phobias, fears, anger, & low self-esteem. (503) 892-3893; www.recovery-inc.org.

-Women's Crisis Line - 503-235-5333 or toll free at 888-235-5333. www.pwcl.org

-YWCA Counseling Center 503-294-7440; 333 N Russell St. (at MLK) - Individual, couple, group counseling, and assessments. Sliding scale starts at \$13. Mon-Sat, 8 am-8 pm. Appointments only.

Alcohol and Drug Services

-Al-Anon and Alateen (for friends and family) 503-292-1333; www.al-anonportlandoregon.org

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

-Alcoholics Anonymous - 503-223-8569; www.pdxaa.com

-Cocaine Anonymous - 503-256-1666; Help line and call center for people struggling with cocaine addiction.

-Crystal Meth Anonymous meetings www.crystalmeth.org

-Dual Diagnosis Anonymous - 503-222-6484 www.ddaoforegon.org

-Marijuana Anonymous - 503-221-7007;

www.marijuana-anonymous.org

-Narcotics Anonymous - 503-727-3733; www.portlandna.com

-Nicotine Anonymous - www.nicotine-anonymous.org; Toll free at 877-879-6422

-SMART Recovery - Hank Robb 503-635-2849 www.smartrecovery.org

Benefits:

-Aging and Disability Services - Helpline: 503-988-3646. Closed noon-1 pm; www.co.multnomah.or.us

-Free Bus Pass - TriMet's Medical Transportation Program provides free rides to covered medical appointments for Oregon Health Plan (OHP) Plus members. 503-962-8700

-Low Income Energy Assistance Program (LIEAP)- 503-988-6295

-Oregon Telephone Assistance Program - May qualify if on food stamps or TANF or SSI or certain medical and Medicaid programs such as OHP. Reduces phone bill by \$12.75. ; 1-800-848-4442 or (503) 373-7171. More info & apply online at www.puc.state.or.us/PUC/

-Social Security Admin. - 1-800-772-1213 www.ssa.gov

Employment Resources:

Better People - 4310 N.E. Martin Luther King Blvd., Portland, (503) 281-2663 Helps people with legal histories find and retain jobs. Recently released and current parole participants have access to classes on interviewing skills and job application preparation. <http://www.betterpeople.org/>

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

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

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

Employment Marketplace: "Bringing employers & job

Resources

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

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

Free online education: OpenCourseWare at
www.ocwconsortium.org, **Coursera** at www.coursera.org

About U. also offers free online classes at <http://u.about.com/>

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

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

Individual Development Account Program helps people
 save up money to start a business by matching \$3 for every
 \$1 saved. www.mercycorpsnw.org

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

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

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

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

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

Trillium Artisans Program - 503-775-7993; Marketing

support for artists interested in home-based business or
 contract work; www.trilliumartisans.org

Vocational Rehabilitation Division - 3945 SE Powell
 Blvd., Portland, 971-673-2555; East Portland, 305 NE
 102nd Ave., 971-673-5858; North Portland, 4744 N.
 Interstate Ave., 971-673-3055. Mon-Fri 8am-5pm
<http://www.oregon.gov/dhs/vr>

WorkSource Portland Metro provides communities with
 access to information and resources to assist people in
 their career planning and job search activities. Self-
 directed resource rooms at each center provide access to
 computer workstations, job orders and listings, resume
 software, and a wealth of planning and job search
 assistance information. (503)772-2300

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Health Resources:

-Coalition of Community Health Clinics Website
 Provides info about free health care for uninsured people.
www.coalitionclinics.org

-Free custom made shoes and inserts for people with
 diabetes - Priority Footwear and Pedorthic Services
 provides a full line of Diabetic Shoes and Inserts for Men
 and Women. Medicare and Medicaid accepted. 503-524-
 9656 www.priorityfootwear.com

-Free Eye Care for Seniors- eyecareamerica.org.

-Free prescription drug discount card - Save up to 30%
 or more on most prescriptions that are not covered or not
 fully covered by insurance. Does not cover co-pays. Go to
familywise.org

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

-Lions Club - Eye care & hearing aids. 1-866-623-9053

-Medical Teams international Dental Van offers free
 dental van services at various locations in Portland. Must
 call specific locations for referral and scheduling.

St. Francis Dining Hall (503-234-2028)

William Temple House (503-226-3021)

Christ Community Food Ministries (503-239-1226)

All Saints Episcopal Church (503-777-3829)

-Needy Meds - Find help with the cost of medication -
www.needymeds.org

-Multnomah County Dental Clinics - CareOregon
 Dental and Capitol Dental members: 503-988-6942. Un-
 insured urgent or emergency care: Call the Dental Access
 Program at 503-988-6942. web.multco.us/health/dental-clinics

-OHP Client Advocate Services Unit - 800-273-0557;
 For questions about coverage and billing in the Oregon
 Health Plan

-The PACS Program - Prescription and Community

Resources

Services. A resource and support program for adults living with mental illness in Mult. Co. Peer run. Call 503-228-5692 for an intake and to schedule an appt.

-Partnership for Prescription Coverage - 1-888-477-2669. www.pparx.org. Coalition of different groups that can help with prescription coverage.

-West Burnside Chiropractic Clinic - Low & no cost services to those who cannot afford to pay for care. 221 W. Burnside St. Portland - 7:30am-6pm M-F. 503-223-2213. www.coalitionclinics.org/wbcc.html

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Information and Referral:

-211 Information & Referral - DIAL 2-1-1 or dial 503-222-5555 or go to www.211.org

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

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

-Housing: www.housingconnections.org

-Network of Care - www.networkofcare.org

-Oregon Helps - This site asks a few questions about your income and expenses. The site then estimates your potential eligibility for 33 federal, state and local services. www.oregonhelps.org

-Resource web sites - www.thebeehive.org

-The Rose City Resource - www.streetroots.org

Legal services and Rights:

-Community Alliance of Tenants - Oregon's only statewide, grassroots, tenant-controlled, tenant-rights organization. www.oregoncat.org 503-460-9702

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

www.disabilityrightsoregon.org

-Fair Housing Council - 503-223-8295 / Hotline 800-424-3247; www.fhco.org

-Lawyer Referral Service - 800-452-7636, 503-684-3763 www.osbar.org

-Legal Aid Services of Oregon - 503-224-4094 www.lawhelp.org

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

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

-Senior Law Project - 503-224-4086 Free counseling in legal matters to any Multnomah County resident 60 and older. www.oregonlawhelp.org

Other Resources:

-BoltBus offers rides to Seattle for \$7.

<https://www.boltbus.com/>

-Community Cycling Center Complete five hours of safe commuting and bike maintenance training and get a free bike. Must be a low-income adult enrolled in a comprehensive employment program (503)288-8864.

www.communitycyclingcenter.org

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

communitywarehouse.org

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

-Free Geek - Free computers and training in exchange for volunteer work. 503-232-9350 www.freegeek.org

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

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

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

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

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

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

Eyes & Ears

Editor: Duane Haataja
Assistant Editor David Green

Our Principles ~

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

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