

eyes & EARS

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House Committee Hears Testimony on State Hospital

by Bob Joondeph — May 27, 2010
From Disabilityrightsoregon.org

Oregon State Hospital is still a mess despite five DRO lawsuits since 1992 trying to fix it. With massive budget cuts on the way, advocates tell the legislature what should be done to change things.

On Tuesday, the Oregon House Human Services Committee held a four hour hearing about Oregon State Hospital. Witnesses included administrators, workers, a resident, a former resident, a family member, the state's lawyer and a panel of advocates including Beckie Child from Mental Health America of Oregon, Chris Bouneff from NAMI and me. Our panel recommended three things that the state should do:

- Agree to a court-enforceable agreement to fix OSH.
- Stop all efforts to build a new state hospital in Junction City.
- Reform how people go into the hospital and get out, particularly from the criminal courts.

We pointed out that we cannot afford the money to run a new hospital (about \$220 million per year) and have not been able to fix OSH on our own. We said that Oregon must learn how to use precious state hospital beds more effectively and stop asking

(Continued on next page)

Rest in peace, Keaton Otis

by Jenny Westberg, June 2nd, 2010

Keaton Otis was just 25 years old when he died on May 12, shot by police after a routine traffic stop in Northeast Portland.

He was the third victim of a police shooting in Portland this year. In the latest tragedy, Officer Christopher Burley was wounded. Thankfully, he is expected to return to work next week. Keaton Otis was not so fortunate.

Otis had a mental illness. So did the other two people killed by police in the first half of 2010. So did most of the individuals who have died at the hands of Portland police over the last several years.

Portland Tragedies Mount

Otis's death came only a day after the city agreed to pay \$1.6 million to the family of James Chasse, a Portland man with a diagnosis of schizophrenia who was beaten to death by police in 2006. It came less than a week before a memorial service for Jack Dale Collins, who also lived with mental health challenges and was shot to death by police on March 22. It was just months after Aaron Campbell was shot in the back by police responding to a crisis call. And it followed a series of similar deaths, including those of Deontae Keller, Richard "Dickie" Dow, Jose Meija Poot, Kendra James, and James Jahar Perez.

(Continued on page 3)

Outpatient treatments is by far the best option - P. 4

M/H Survivor releases spoken word CD - Page 4

Words matter when talking about mental illness - P.6

Testimony to the Oregon House - Page 7

Mental Health Awards for Excellence - Page 8

**Concerts & Movies in the park, NAMI & Alternatives
Conferences, Poetry in Madness benefit - Page 18**

FolkTime Board of Directors Recruitment - Page 19

General Contents

Writing & Poem	8,11
Resources	9-17
Coming events	18
Job opportunities	19-21
Resource List	21-23

House Committee Hears Testimony on State Hospital

(Continued from front page)

administrators and staff to be both a hospital and a prison (two incompatible tasks).

I testified that I wanted to be hopeful that Oregon could fix OSH without outside oversight, but experience told us otherwise. I noted that DRO has sued OSH five times since 1992 in order to force improvements, but the problems don't go away.

Committee Chair Carolyn Tomei asked me to send her a written summary of those cases. I did, and now I'm sharing it with you.

Charles B. vs. Concannon: A Class Action filed in 1992 on behalf of forensic patients and patients with developmental disabilities. A Settlement Agreement was reached in 1994 which required that all patients have an individual treatment plan, a baseline assessment, a comprehensive assessment, appropriate referrals, education programs, psychosocial rehabilitation, sex offender treatment, and vocational services. Staff were to receive 80 hours of core curriculum training. Professional staffing levels were to be adequate, movement restriction and seclusion & restraint policies were to be changed, and patients with cognitive disabilities were to be assessed and placed in appropriate alternative settings.

Miranda B. vs. Kulongoski: A Class Action filed in 2000 on behalf of civilly committed patients in Oregon's state hospitals. A Settlement Agreement was reached in 2004 which required DHS to develop 75 new licensed placements and/or supported housing, discharge at least 31 class members, begin discharge planning upon hospital admission, refer any patient who was not placed within 90 of being ready-to-place to an Extended Care Management Unit for assistance in placing, develop a fund to assist with exceptional barriers to placement which would start with \$1,500,000, and develop a process to monitor vacancies in community facilities.

Bartow and Oregon Advocacy Center vs. DHS: A Wrongful Death action filed in 2002 on behalf of a patient who died during a take-down and an unsafe conditions claim on behalf of all OSH patients. The case was settled in 2004 for \$200,000 in damages plus an agreement to place defibrillators on wards and update restraint training to include information on positional asphyxia and de-escalation techniques.

Oregon Advocacy Center vs. Mink: A Class Action filed in 2002 on behalf of defendants who had been found unable to aid and assist in defense of criminal charges who languished in local jails awaiting transfer to OSH. Following trial and appeal, OSH was ordered to admit defendants from jail who are found unable to aid and assist in their defense within seven days of such finding.

Harmon vs. Fickle: 2004 Class Action on behalf of forensic patients at OSH. A Settlement Agreement was reached in 2006 that required OSH to hire 30 new professional staff, DHS to hire 4 new community placement developers, OSH to increase the staff to patient ratio from under 1.10 to 1.82, and DHS to create 71 new community placements (at least 30 being intensive case management slots) in addition to 128 planned placements for forensic patients.

Mental Health Association of Portland Recent Website Postings as of June 8th

www.mentalhealthportland.org

The Mental Health Association of Portland is a great resource for current news on mental health issues. Go to their site and check them out! Also includes a link to their Facebook site.

Poetry And Madness: A Reading To Benefit Portland Hearing Voices July 13 @ Someday Lounge

Save the Date – Robert Whitaker at Powells Aug 19

Meeting the Drug Industry – No Need for Caribbean Trips

Peer-led mental health agency loses suit against county

Oregon Converts Supermax Unit to Treat Prisoners With Mental Illness

PHAME Academy presents – Once Upon A Mattress
Rest in peace, Keaton Otis

What happened to Keaton Otis

Mental Health Survivor Releases Spoken Word CD

Keaton Otis grand jury: no charges, no surprises

Rest in peace, Keaton Otis

(Continued from front page)

Some Portlanders were stunned. “We lost another? So soon?”

Others think it’s only a matter of time before it happens again.

Traffic Stop Turns Deadly

On May 12 around 6:20 p.m., gang-enforcement officers headed out after a break to patrol the streets. Officer Ryan Foote spotted Keaton Otis driving a silver Toyota Corolla on Northeast Martin Luther King Jr. Boulevard. He noticed that Otis was a young African American man, wearing a hoodie and slouched in the driver’s seat.

Otis had not broken any laws at that point, but Foote thought he looked “kind of” like a gangster and decided to check his license plates – even over the objection of his partner, Officer James Defrain, who asked, “Are you seriously going to run that plate?”

From that point things went crashing downhill.

Escalating Response

Officers saw Otis changing lanes without signaling, and they turned on their lights, sirens and air horns. Otis, however, did not immediately pull over. Police Chief Mike Reese later said this “heightened officers’ concern.”

The situation escalated when Otis twice pulled over, then drove away again. Police called for cover and four police cars boxed in Otis’ vehicle. Officers ordered Otis out of the car, but he became angry, swearing at them. Police suspected – correctly, it turned out – that he had a weapon.

Officers grabbed at Otis, clamped his wrist in a pain-compliance hold, and fired their Tasers and stun guns. Otis, however, managed to remove a gun from his glove compartment, and shot Officer Burley between the legs. Police opened fire. They kept shooting, firing so many rounds that another officer said it “sounded like World War III.” They shot 32 times. Twenty-three of the bullets hit their mark.

Parents Were Desperate

Keaton’s mother and stepfather, Felesia and Joseph Otis, told detectives their son was diagnosed with a mood disorder, but had stopped taking his medication. They tried and failed to get their son

treatment. In desperation, they even turned to extremes, trying to have Keaton committed to the hospital.

Will Hall, a Portland therapist and mental health advocate, understands how parents feel when their child is in trouble. However, he cautions against the assumption that forced treatment is the solution.

“The Otis family is right,” Hall says. “More services and support are needed for families and individuals. The mistake here is to view this as either do nothing or force people into the hospital.

“Reaching for expanded commitment looks like a quick fix, but it isn’t. Rounding people up in mental hospitals is not a magic solution; forced commitment can traumatize people – I know, it traumatized me. It can drive people away from care, lead to a revolving door and create worse problems in the long run.

“We need good holistic and community-controlled voluntary services for families and individuals in distress, to support people before they reach the crisis point. We don’t need a return to the asylum mentality of the 1950s.”

Another Loss

Yesterday at a press conference, Chief Reese defended officers’ actions, including the 32 gunshots. A grand jury found that the police had not exceeded their authority. There was no criminal liability.

But a family lost a son.

In a city where police seem almost casual with their use of deadly force, people with mental illness or in crisis are most at risk.

And to many Portland mental health advocates, it feels like they barely get the chance to bury one of their brothers or sisters before it’s time to close the casket on the next.

A Crisis in Costs, Day 3: Outpatient treatment is by far the best option

Guest opinion by Jason Renaud, published in the Salem Statesman Journal, May 25, 2010

Advocates for persons with mental illness remain unconvinced the state should return to the bad practices of the 19th century by both building and committing a future hundred years of resources to state psychiatric hospitals.

This financial and political commitment, from politicians aligned with public employee unions, from tired and cynical mental health administrators, from local construction and property interests, is impossible for us, unpaid advocates concerned for the welfare and civil rights of persons who have mental illness, to block or even track.

To us — to many of us — it's millions of dollars of precious public money dumped at the wrong end of the continuum.

We know excellent outpatient care costs one-tenth of hospital care — but that's not what gets bought.

We know in-patient treatment needs to be integrated with family, housing, employment, that health and re-entry is the only goal — but that's not what gets done.

We know addiction treatment is done best by peers in a 12 Step community such as AA — but walls and barbed wire defeat indigenous programs of recovery.

Over and over, the new OSH is sold as a jobs program, as a stimulus to local business, as a long-term plan for economic stability for Salem and perhaps Junction City.

But it's really a prison for people with a treatable illness.

Persons with mental illness are the most discriminated against persons in the world — in all places and throughout the ages.

Every horror story in literature is about mental illness. In housing, education, in the law, health care, in employment — they are legally discriminated against. They are intentionally impoverished. They are attacked. They are isolated and abused.

So I am not surprised at this small-minded corruption. This hate and disregard is expected from our legislature and local commissioners. There is no counterbalancing force.

At some point, arguably, they may have said, we have the moral high ground; we are helping people, or we are protecting people.

Neither of those ideals have been true for a long time at OSH, and no one outside of those directly benefiting from the continued existence of the hospital would say those things. No one wants their children at the state hospital.

So, to me, those advocating for the perpetuation of the hospital are hypocrites at best.

Until a counterbalancing force is produced to offset the demands of the construction crews, the hospital will grow and grow, demanding those outpatient dollars with more threats of hatred and fear and dread.

Jason Renaud of the Mental Health Association of Portland thinks the state is making a mistake by moving forward with a \$458 million plan to build two new hospitals to replace the 127-year-old Oregon State Hospital in Salem. Renaud favors dramatic downsizing of the state hospital, and he calls for state leaders to expand community-based outpatient treatment, housing and support services for people with mental illness.

Mental Health Survivor Releases Spoken Word CD

From the Portland Skanner, May 27, 2010

Tyrone Waters, a Gulf War veteran who has battled paranoid schizophrenia — often publicly — since 1995, this week released his first spoken word CD about the events leading up to his shooting by Portland Police during a mental breakdown outside his home in 2001. Recorded in the style of a phone call from the state hospital, the CD is available at Music Millennium and Reflections Coffee and Books. It's titled, "You Would Be Paranoid Too If This Happened to You."

Waters and his mother, retired state Sen. Avel Gordley, were honored with community service awards by the American Jail Association at its Annual Training and Jail Expo, Sunday, May 23, at the Oregon Convention Center. He is currently working as a life coach.

The Skanner News: What is it that prompted you to do this project?

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Mental Health Survivor Releases Spoken Word CD

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Tyrone Waters: It's something that I wanted to do for quite some time, since being incarcerated I made up my mind that it was a project that I was going to take on and do. And it took me some time to do because of my injuries from being shot by the police in my writing hand. But I was able to get it done. I didn't do it in manuscript form because it was just too difficult to do with my injuries so I opted for a second choice which was to do it on an audio CD, which is how I was able to get it finished and completed this year.

TSN: What is your goal with this project? Are you looking at the other issues that we have bubbling over with law enforcement in this kind of situation?

TW: I'm wanting it to be an educational tool not only for people with mental illness but also for law enforcement, also for the employees that work at the state hospital and the jails so that they can start changing their attitude about how they conduct business and how they treat the mentally ill when they're locked up. So it's got several facets; it talks about schizophrenia and the symptoms of schizophrenia and the different medications that are available out there to treat the disease so that people can live successful lives on medications that work for them. So it's also designed to help remove the stigma associated with mental illness because a lot of people don't understand what it is all about. And really it's a chemical imbalance in the brain and it can be treated with medication and people can live lifelong, just like they can with any other disease like hypertension or diabetes or other common ailments.

TSN: You are a really important person in the community and you come from a family that's really important. I wonder if you have any real specific suggestions you would make right now to city leaders who are struggling with this issue.

TW: Yes. First of all I want to say that when I got out of the hospital in 2006 (soon after the death in Portland Police custody of paranoid schizophrenic James Chasse Jr., [a person with a diagnosis of schizophrenia], which was settled out of court last month). I talked directly to Rosie Sizer at the Chief's Forum and let her know they needed to immediately implement training for officers to deal with the mentally ill

in my situation. And that did not happen. Obviously. And so what I'm trying to say is that this type of activity has got to stop and by the grace of God I am still alive and here today. We have to call these officers, these individuals that are controlling our streets and responding to incidents, as well as the employees in the jails and at the state hospital and psychiatric facilities, we have to hold them to a higher standard.

My mom and I were at the American Jail Association Convention Sunday, and spoke out about the shootings that have happened in this town, and sharing my story as well, and my mom also coming forward and saying that she suffers from depression. We asked everyone there to raise their hand if they knew or were related to someone who had a mental illness – there were over 200 people there and every one in the room raised their hand.

TSN: This is such an interesting thing because as we've watched all the police shootings this year, a lot of us here at The Skanner NEWS office, we've thought, you know the police must have a really high rate of stress-related mental health problems that they never talk about – just like soldiers.

TW: They do. They have mental health problems and they're not open about it, it's like a silent taboo in their community, it goes unspoken unless you are someone that's not on the force or in law enforcement that's just out in the community, then it's talked about, then the finger pointing and the blaming goes on. But if you're in law enforcement then it's a hush-hush type of thing. And I think the reason why it's not talked about is because if we actually knew how many officers suffered from some form of mental health problem, what would that say to the community? They would be fearful that they could just lose their job, or that it could ruin their career.

TSN: Like in the military.

TW: Right.

Sticks and stones: Words matter when talking about mental illness

May 22, 2010 · Jenny Westberg - Portland Mental Health Examiner

When speaking of people with mental health conditions, it's usually easy to stay away from the worst of the pejoratives. We know that "crazy," "psycho," "head case," and the rest are no better than "towelhead," "kike," "spic" or "beaner."

But what do we say instead? Is "mentally ill" okay, for instance?

To find out, we asked Portlanders in the mental health community. The responses varied widely:

"Call it what it is. 'Mentally ill' is the best so far."

"I'm not in love with [the term "mentally ill"]... my humble opinion is that those things that are too difficult and unpleasant defy definition."

"I have a mental illness and I'm fine calling it that. "

"The term 'mentally ill' has a long, sordid past that evokes a distorted image... I tend to use the term 'psychological disorder.'"

"I agree that 'mental health disorder' or 'psychological disorder' is more appropriate... Ill/not ill is very restrictive."

"The current medical terminology is best... strength should be derived from ownership."

"Mental health issues."

"Chemical imbalance."

"I prefer 'experiencing [specific symptoms].'"

"I have epilepsy as well – both are brain disorders."

"I wish we didn't have to call them 'illnesses' at all. That's what attracted me to The Icarus Project, since they say 'dangerous gifts,' which acknowledges the positive and negative aspects of these issues without implying that we're 'sick.'"

Where does that leave us? There are three important points to remember when talking about, or talking to, someone with a mental health issue.

1. Use "People First Language" (PFL), as described by the group Disability is Natural. According to the members of that group, PFL is a more respectful and accurate way of communicating. It emphasizes that people are not their diagnoses or disabilities; they are

people, first. It's not about being politically correct. It's about being respectful, accurate, and using good manners and the golden rule. You would never define other individuals by their disease. We say, "People with cancer," not "the cancerous."

Instead of: Mentally ill person OR the mentally ill

Use: A person with a mental illness

Try: My co-worker, who's a computer whiz and married 10 years... he also happens to be diagnosed with bipolar disorder.

2. Use a paragraph, not a sentence. According to Portland therapist Casadi Marino, LCSW, "Descriptive language and context are important and improvements over labels."

Instead of: Bob is a schizophrenic

Use: Bob is a person with schizophrenia

Try: Bob reports hearing voices that are distressing and cause him to feel afraid. He may isolate out of fear that others mean him harm. At times he listens to loud music to try to distract from the voices he hears and his distress...

Instead of: Lisa is a drug addict/junkie/drunk

Use: Lisa has a substance abuse problem

Try: Lisa has used substances in a manner that has led to significant issues.

3. Ask your friend. Get to know the person first – this is not a question for a passing acquaintance. Wait until it comes up naturally. Tell your friend you want to learn more about their experiences, if they're comfortable sharing. When it's appropriate, ask what they think of as "respectful language."

Testimony to the Oregon House of Representatives

by Anthony Aldeguer, from May 25, 2010

Madam Chair and Fellow Committee Members,

I am honored to be granted this privilege to speak before you. I am a patient at Oregon State Hospital. I come before you to speak on behalf of myself, my peers and more importantly to give voice to those peers whose voices are not being heard as many of them are fearful of retaliation and/or unable to advocate for themselves.

The need for quality care, treatment and rehabilitation at Oregon State Hospital will be the focus of my testimony.

For many years Oregon State Hospital has been lobbying for additional funding to improve patient care. There is a proven track record that even after having received additional funding, the overall hospital culture has not changed. Improvements in the quality of patients' care have little to do with money. Instead, it has everything to do with humane treatment of us patients such as compassion, empathy and empowerment so we can become active participants in our recovery.

One contributing factor that affects the quality of patient health care at Oregon State Hospital is related to chronic under-staffing and mandated overtime.

Staff are mandated to work numerous overtimes which has an adverse effect on their mental and physical well-being.

Specifically, it affects staff's morale and their alertness when attending to patients' care and needs. Therefore, an immediate intervention to improve the inadequate staffing situation at the hospital is imperative.

From my own personal experience I can say that the therapeutic treatment milieu differs significantly from one forensic ward to another. The staff on one ward may be dedicated to creating a healthy milieu, while on another ward staff may operate on the premise that patients need to be controlled.

We believe that organizational change needs to happen on all levels. Ward staff need to be held accountable for their actions, otherwise the maladaptive patterns will be repeated over and over again. Furthermore, any newly hired staff will adapt to this dysfunctional culture.

An increase in staffing, new committees and an

electronic record system do not change the culture of the hospital. Staff attitudes cannot be changed through that.

We support the Oregon State Hospital Advisory Board that was created by the Legislature in 2009 to improve the safety, security and care of patients at Oregon State Hospital. Without the Advisory Board's and the United States Department of Justice's ongoing review of the hospital operations, there will be a continuation of dysfunctional leadership.

It takes commitment, leadership and a hospital vision to change a culture. The primary goal of treatment should not be to control the patient's behavior. Instead, the goal of patient treatment needs to move into the direction of assisting us to gain greater control of our lives.

In addition, we think that the current practices of the Psychiatric Security Review Board need to be addressed.

For example, when we ask at our hearing what we need to do to be granted a community placement evaluation; board members respond by saying:

"If you do 'A, B, C', we will grant you the community placement evaluation upon your return to see us." However, when we return, we are told: "We see that you fulfilled what we asked of you nine months ago, yet before we grant you the placement evaluation, we also want you to do 'X, Y, Z'."

Consequently, we are held in the hospital longer than necessary. This practice of the Psychiatric Security Review Board undermines the morale of patients; it leads to losing hope and ultimately to stagnation in our recovery process.

My peers and I sincerely thank you for allowing me to bring these issues to your attention today.

Thank you very much for your time.

Anthony Aldeguer has been a Oregon State Hospital patient for 2 1/2 years.

Addictions and Mental Health Division recognizes excellence in mental health activism

Eight people who advocate for the mental health needs of Oregonians were honored May 21 in Salem during the Mental Health Awards for Excellence ceremony.

Each year Oregon's Department of Human Services/Oregon Health Authority Addictions and Mental Health Division honors the best and brightest in mental health activism through its awards for excellence. Awards are presented to volunteers, educators, professionals, family members and others. Recipients were nominated by their peers. This year's recipients are from Marylhurst, McMinnville, Molalla, Portland, Springfield and Salem.

"The award winners are all remarkable people in our communities who work hard every day to provide hope and support for those living with mental illness," said Richard Harris, director of Addictions and Mental Health. It is our great pleasure to acknowledge the caring and dedication of these individuals who make recovery possible every day."

Here are this year's award recipients:

Youth Consumer Activist: Martin Rafferty, Marylhurst;

Adult Consumer Activist: Amy Anderson, Portland;

Adult Consumer Activist: Angel Moore, Molalla;

Family Advocate Youth: Lisa Moody, Springfield;

Unsung Contributor: Marion County Sheriff's Deputy Kevin Rau, Salem;

Exceptional Mental Health Director: Chris Johnson, McMinnville;

Exceptional Mental Health Service Provider/Individual Staff: Ajit Jetmalani, M.D., Portland;

Exceptional Mental health Service Provider/Individual Staff: Ryan Melton, Salem.

From Patty Jo Wolf

Less than thirty days my youngest son in Japan is no longer married. His wife told him "I love my best friend more than you, I should have married her instead." To his surprise he just left the military base in Japan and now plans to be at Portland on my birthday to be home! Then celebrate my 60th birthday. Too me I don't feel that old. But now I am not a grandmother and mother in law! So now I know what it's like having my big surprise in 30 days. I am thankful Jehevah God is directing my life! So what a big surprise I'll have for you next month.

This is June's change in my life. One thing I know is change will always happen. That's a sure thing.

It's how we roll with the change that is the question. So I am letting it roll off my back like a duck rolls water off his back and continue swimming on my journey!

Thank you readers. I am taking this change in a positive way. I am here for all my sons, first born and the youngest. I still have a middle son and that's another story.

Patty Jo Wolf

June 2, 2010

King Portland Farmers Market

May 2 - October 31 Sundays, 10:00 am - 2:00 pm
NE 7th & Wygant between NE Alberta & NE Prescott -- in the parking lot adjacent to King Elementary School.

Oregon Trail EBT Card Holders may be eligible to receive \$5 in tokens for use at the King Market.

Buckman Portland Farmers Market

(Formerly known as Eastbank)

SE Salmon and 20th
May 6th - Sept. 30th Thursdays, 3 pm - 7 pm

Oregon Trail EBT users are now eligible to receive up to \$5 in matching funds to shop for farm-fresh food through the Fresh Exchange program at this market.

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

**On the first Thursday of each month we meet
at Cascadia's Garlington Clinic at 10 am**

**On the third Thursday of each month we meet
at Cascadia's SE Plaza at 3 pm**

Cascadia's SE Plaza is at 2415 SE 43rd – go to the 43rd Street entrance, then to the 2nd floor, and we are in conference room 3 on the right (if the door isn't open yet, please sit in the waiting area until the meeting starts). Guests are welcome.

Cascadia's Garlington Clinic is at 3034 NE Martin Luther King, Jr. Blvd. and we meet in room G2

From disabilityrightsoregon.org

Want to help improve interactions between police & people with disabilities in Portland?

Disability Rights Oregon helped establish crisis intervention training here in Portland in 1995, and we have been involved ever since, including presently by participating in the Crisis Intervention Team's (CIT) Advisory Group to ensure that the on-the-ground interactions that the Portland Police Bureau (PPB) has with people with disabilities continues to improve. Please contact CIT Coordinator Liesbeth Gerritsen if you are interested in joining: 503.823.0183.

EYES & EARS

Welcomes your contributions

**Contact Duane
at the Cascadia Plaza Consumer Office
2415 SE 43rd**

503-238-0705 Ext. 204 from 1-3 pm weekdays

Or E-Mail: eyes.ears@cascadiabhc.org

AMHSA Meeting - Adult Mental Health and Substance Abuse Advisory Council

www.co.multnomah.or.us/dchs/mhas/mh_amhsa.html

Multnomah County is interested in getting input from mental health consumers. These meetings include discussions about what is going on within the County and at Provider Agencies.

Important people with the power to make decisions attend these meetings. And you can talk with them - guests are welcome.

Meetings are held on the 1st Wednesday of the month from 10 am to 12 pm at the Lincoln Building 421 SW Oak (2 blocks south of Burnside). After entering the front door, turn right and go to the receptionist desk in the County Mental Health office and ask for directions.

Oregon Consumer/Survivor Council

The Oregon Consumer/Survivor Council meets on the 2nd Wednesday of even numbered months from 1:00 to 4:00 PM in meeting room HSB-352 located on the 3rd floor of the Barbara Roberts Human Services Building (DHS main office), 500 Summer St NE, Salem, OR.

Contact: Michael Hlebechuk; 503.947.5536;
email: michael.hlebechuk@state.or.us

Purpose statement:

- A) To inform the state mental health authority on mental health policy and service delivery from the perspective of people who receive or have received mental health services (consumer/survivors);
- B) To provide a forum for consumer/survivors to communicate special and unmet needs and concerns to the state mental health authority;
- C) To provide a forum for the state mental health authority to inform consumer/survivor leadership of efforts being made to provide a better system of mental health delivery.

OREGON CONSUMER SURVIVOR COALITION (OCSC)

OCSC unites mental health consumers and psychiatric survivor organizations state-wide throughout Oregon! OCSC wants to include you!

OUR VISION STATEMENT:

“A UNITED VOICE FOR CHANGE”

We will DEVELOP RELATIONSHIPS, CREATE DIALOGUE and REACH OUT to all mental health consumers/survivors and those interested in mental health issues in Oregon.

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?

Current OCSC Accomplishments:

We met with the Governor; spoke out in the legislature about bills of interest, held a training; submitting our 501(3) application to the IRS; and completed OCSC bylaws and our articles of incorporation

OCSC has a public free e-mail **NEWS** list for all interested to get OCSC updates:

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

OCSC has a public free e-mail **DISCUSSION** list to talk with others about OCSC:

<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 - PLEASE GIVE AS GENEROUSLY AS YOU CAN

Oregon Health Plan's OHP Standard Reservation List is Open

OHP Standard provides free or low-cost health coverage to Oregon residents who:

- Do not have health care insurance
- Are ages 19 through 64
- Are not pregnant
- Have limited income

You or someone you know can place your name on the reservation list in one of three ways:

- **Fill out a request online** at www.oregon.gov/DHS/open.
- **Mail a request.** Forms are available at all DHS/AAA offices, county health departments and most hospitals and clinics **including the Cascadia Plaza clinic at SE 43rd & Division.**
- **Sign up by phone.** Call 1-800-699-9075 or 503-378-7800 (TTY) Monday through Friday, 7:00 am to 6:00 pm

Do you want to help improve Mental Health Services?

Verity Integrated Behavioral Healthcare Systems is looking for consumer representatives to serve on the Quality Management Committee. This committee meets monthly on the third Thursday (with the exception of August). The committee reviews Quality Improvement measures for Verity mental health services, which includes hospital, outpatient, and crisis services data.

To qualify as a consumer representative you must be currently enrolled in the Oregon Health Plan and be a Verity member.

Interested persons who qualify should apply to: Charmaine Kinney 503-988-5464, Ext. 24424

Multnomah County pays consumer representatives a stipend of \$25 for each Verity Quality Management meeting they attend.

Explore mental health at About.com

<http://mentalhealth.about.com/>

Write Around Portland

Nonprofit organization for writers. Provides facilitated workshops in safe, accessible and respectful environments for people to write and share. Holds community readings to promote the exchange of stories. Publishes anthologies to connect writers and readers.

917 SW Oak St. #406 503-796-9224
Hours: 9 am-5 pm Monday-Friday
www.writearound.org

The Mental Health Association of Portland is seeking consumer perspectives on mental health and addictions issues

mentalhealthportland.org

The Mental Health Association of Portland is seeking writers and editors from the mental health community to present a consumer perspective on mental health and addictions issues.

For more info send email to:

info@mentalhealthportland.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 at www.madnessradio.net

You can also access the shows from Mental Health Association's website at: www.portlandmentalhealth.org

Street Roots

www.streetroots.org

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.

By Buddy Bee

There's little I find, in this world, to call mine.
Mission marked incomplete, memo's in triplicate
Crank it up, flip the switch, put er there.
Lost footnotes in dead files.
Skip traced to green miles.
Word on the street
stinks like yesterday's meat.
Chalk it up to meteor flares.
Jot it down
while it's hot.
stamp the tag,
mark the spot
throw the flag,
bait the bear
doesn't anybody care?

TriMet bus pass discount after the 15th

If you need a bus pass and it's after the 15th, you can purchase one for half price from TriMet.

TriMet Ticket Office
701 SW 6th Ave.
At the Pioneer Court-
house Square
503-238-7433

Mental Health America

Mental Health America keeps you informed on the latest that is happening in Congress on crucial legislation that affects access to care, federal funding and services. Their website makes it very easy to send emails to congressional leaders with your personal input on legislative issues.

Go to www.mentalhealthamerica.net and click Take Action Now under the Action menu

The Department of Human Services Wellness Initiative

Get empowered by finding out ways to improve your mental and physical well being

DHS provides a Wellness Initiative web site at oregon.gov. Click on Human Services and then Mental Health.

The site has links to helpful articles, resources and web links, as well as reports, research, presentations and newsletters.

Disability Rights Oregon

(formerly Oregon Advocacy Center)
www.disabilityrightsoregon.org

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.

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 25 hours a day, 7 days a week and can be reached at 503-988-4888 or 1-800-716-9769.

PERSONAL CARE SERVICES

Personal Care Services (PCS) are services that support consumer/survivors in Oregon to help them live independently and participate in community activities. The state pays for the PCS services.

Consumer/Survivors who qualify for PCS can get up to 20 hours a month of assistance for:

- Nutrition
- Medication management
- Housekeeping tasks
- Personal hygiene
- Arrangement of medical appointments
- Emotional support
- And other tasks that are difficult because of your disability.

You may qualify if you have an Oregon Health Plan card. (Eligible for Medicaid), and you are not receiving services from a licensed residential program such as a foster home or group home, and you feel that because of your mental health issues, you would benefit from this assistance.

If you are interested in receiving Personal Care Services, contact your case manager.

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 - 8 pm
Tuesday Noon -10 pm
Wednesday 9 am - 2 pm
Thursday 8 am - 6 pm
Friday Noon - 5 pm
Saturday 5 pm -10 pm
Sunday 5 pm -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.

At Cascadia

"Healthy Living with Schizophrenia"

Monday 9-10 am, Wednesday 2-3 pm,
Thursday 1-2 pm

We work together on:

Healthy living habits.....

Setting small, realistic, achievable goals for our
daily lives.....

Medication and symptom management....

Stress reduction tips.....

Healthy food choices.....

Ask your nurse, case manager or provider for de-
tails about the group.

Living with Mental Illness 1 pm on Mondays

Room 2 upstairs at the Plaza at
SE 43rd and Division

Cascadia Garlington Center C3: Community Connections

Contact Michael Denny for more info at
503-889-2510.

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!

Come to an orientation

And learn all about our program!

Mondays at 1 pm

Cascadia Behavioral Healthcare
2415 SE 43rd, Second floor, Room #1

NAMI Multnomah Community Support Groups

www.nami.org/multnomah

Depression and Bipolar Support Alliance

Contact: Jason Reynolds (503) 227-2423 or Marcus
Marchand (503) 839-5889

Anxiety/Agoraphobia/Panic Attack

When: 2nd Saturday; 2:30-4:30 pm

Location: Mt. Hood Medical Center, 24800 SE
Stark, Gresham, OR

Contact: Legacy Community Health Info Center
(503) 413-7348

Portland Asperger's Network, Online chat and
quarterly meetings. (503) 284-4507

Brain Injury Support Groups, (503) 740-3155

CHADD (Children and Adults with ADD/ADHD)
Portland Metro. Various meeting times.

Location: Legacy Good Samaritan Hospital

Contact: (503) 294-9504

Dual Diagnosis Anonymous of Oregon

Contact: (503) 737-4126

Emotions Anonymous, Thursdays; 7:30 pm

Location: Kenton Presbyterian Church, 2115 N.
Lombard, Portland, OR 97217

Contact: Marilyn (503) 750-1237

Friends of Forensics

Do you have a family member or loved one at the
Oregon State Hospital? Support and information is
available.

Location: Oregon State Hospital, Brooks Confer-
ence Room, Building 29, 2nd Floor

Contact: Dale Rector (503) 492-2658

Grief Support Groups - Providence Hospital

Phone: (503) 215-4815

Healing from Depression Support Groups

When: Tuesdays, 4-6:30 pm, 4226 NE 23rd Ave.

Cost: Nominal Fee

Contact: Douglas Bloch, M.A., (503) 284-2848

John McManus Monthly Support Groups

1st Tue = Bipolar; 2nd Tue = ADD; 3rd Tue = Bi-
polar Caregivers; 4th Tue = ADD Partners

15100 SW Boones Ferry Rd., 7:00 pm - 8:30 pm

Contact: John McManus, PhD, (503) 636-0111

NAMI Multnomah Community Support Groups

Latina Sexual Assault Support, (503) 232-4448

Obsessive Compulsive Disorder Group

NOTE: Not for individuals with psychotic symptoms. Group Leader: James Hancey, MD
Phone: OHSU Referral Line (503) 494-6167

Recovery International

A self-help group for people with depression, anxiety, phobias, fears, anger and low self-esteem.
Contact: (503) 231-1334

Suicide Bereavement Support, 3rd Monday; 7 pm

Location: Peace House, 2116 NE 18th
Contact: Claire Meyer (503) 236-8444

Talk it Over

When: 2nd and 4th Sundays of the month; 4:00-5:30 pm

Where: Providence Medical Center
830 NE 47th Ave, Portland

Free snacks provided. Parking garage in back.
Contact Margaret Puckette at 503-317-1130

Teen/Child Grief Support Groups

Location: The Dougy Center, 3909 SE 52nd, Portland, OR 97206

Parents of children should call to schedule screening appointment.

Phone: (503) 775-5683

Tourette's Syndrome Support

When: Last Sunday; 3-5 pm (quarterly)

Location: Bethal Congregational Church, Beaverton. Contact: (503) 413-7348

VA Bipolar Group, VA Mental Health Clinic

Registered Veterans Only

Contact: (503) 220-8262 x55187

Wounded Soldier and Family Hotline

1-800-984-8523

Updated June 2, 2010

NAMI Programs and Classes

NAMI Multnomah provides free classes to family members of children and adults with mental illness. To learn more about our program offerings,, call (503) 228-5692.

Family-to-Family is a twelve week course which educates families with an adult family member (spouse, parent, adult child, etc) suffering from mental illness. The class focuses on major brain disorders, family coping mechanisms, as well as advocacy and communication techniques.

Visions for Tomorrow course consists of a series of workshops for caregivers of children with brain disorders. It covers educational material and provides the basics for day-to-day caregiving skills.

In Our Own Voice (IOOV) is a consumer based presentation program that creates awareness about the possibility for recovery from mental illness. IOOV presentations are held for other consumers, family members, health care providers, law enforcement officials, faith community or any other community or civic organization.

Peer To Peer is a nine week course on the topic of recovery for any person with a serious mental illness who is interested in establishing and maintaining wellness. This course is taught by trained "Mentors" who have personal experience with living with a mental illness.

Improved Oregon Helps website!

Oregon Helps is pleased to announce its award winning website at www.OregonHelps.org ! To date, over 28,000 Oregonians have used the site to quickly and easily learn about their eligibility for services from a computer in the privacy of their home, local library, friend's house or a non-profit agency. Now the site has been completely upgraded and is even more user friendly and accurate!

Oregon Helps is a free and easy to use web-based self screening tool that asks visitors a few questions about their income and expenses. The site then estimates their potential eligibility for 33 federal, state and local services—such as food stamps (now known as SNAP), Oregon Health Plan, Medicare and emergency food assistance.

Join over 1,800 Fans of Mental Health Association of Portland on Facebook

The Mental Health Association of Portland invites you to join us on Facebook.

Our fans include dozens of persons with mental illness, their friends, supporters and family members, doctors, lawyers, politicians, philanthropists, clinicians, business owners, artists, musicians, accountants, and academics.

What do you get for joining? We'll be able to easily send you updates, which often are shown first on our site, about events and news. There's areas to discuss issues, share pictures and video, and meet others who share your common interest.

But here's the best part. Deleting yourself from Facebook is notoriously difficult, and we've figured out how to do it. If you try it - and don't like it - send us a note to info@mentalhealthportland.org and we'll give you instructions to remove yourself as a fan from our page or from their database.

Go to www.mentalhealthportland.org to link up with Facebook to join us.

See the online edition of Eyes&Ears on the Mental Health Association of Portland Website at

mentalhealthportland.org

The online edition now includes links to articles and resources.

<http://health.groups.yahoo.com/group/voice-hearers>

Voice-Hearers

A Yahoo group discussion forum for voice hearers with links to forums for people who support people who hear voices

This group is for people who hear, or who have heard voices. We can share support, strategies for living with voices, and other ideas.

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.

Voices And Extreme States Support Group

led by Will Hall. Open to people who have these experiences.

6-730 pm Tuesdays at
Downtown Chapel 601 W Burnside St

Next meetings are:

June 1 & 15, July 6 & 20

See the Coming Events page to find out about two Portland Hearing Voices events coming up. Or go to their website at www.portlandhearingvoices.net

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

For more information contact
portlandhearingvoices@gmail.com
www.portlandhearingvoices.net
413.210.2803

FolkTime

FolkTime's mission is to provide opportunities for individuals facing the challenge of mental illness, to regain their sense of community, by providing a supportive environment which promotes peer support and self determination

The schedule of activities at FolkTime is determined by members at a monthly community meeting. Hot lunches are served at 12:30 Mondays and Wednesdays, and are prepared on site and shared together. Members are asked to donate \$1 towards lunch. Sack lunch now being served on Thursdays.

Every week, except Tuesdays, members gather to participate in a variety of activities, including art and craft projects, writing group, guest speakers, games, yoga, bingo, karaoke, and discussions on current topics of interest. Each week we venture out to a bowling alley, local parks, museums, and gardens, or participate in community events.

New groups and programs are being planned for the future.

Folk Time now has a full schedule on Thursdays, starting with an art class at 10:45 led by an art therapist, followed by a sack lunch at 12:15, and ending with Creative Writing at 1:30.

Open to all persons, 18 and over, with a mental health diagnosis and connected with a mental health provider or social worker.

-Couch Street site: 4837 NE Couch St., 503-238-6428
Mondays & Wednesdays 11:30 am to 2:30 pm. and
Thursdays from 10:45 am to 3 pm.

-Safe Haven site - 142 Molalla, Oregon City 503 -722-5237 Mon, Thurs & Fri 10 am to 2 pm

To view the schedules go to www.folktime.org

Bus directions to the Couch Street site: Take the # 20 **East Burnside bus**. Downtown you board it on West Burnside. Get off at East 47th & Burnside and walk north one block on 47th past the Community Policing Center and turn right on Couch until you come to a church on the left hand side of the street. Or take the #19 **East Glisan bus** and get off at NE 47th & Glisan and walk south down the hill to Couch and turn left.

Rose Haven

627 NW 18th Ave

503-248-6364 rosehaven.moonfruit.com

All new informative website now up and running

9 a.m.- 12 p.m., Mon, Tues and Wed.

Calls taken Monday-Friday 8:00 am - 4:00 pm

A community and intervention center for women and children. Assistance with referral for health care, nutrition, hygiene and clothing, advocacy services for housing and legal aid. Mailing address and voice mail.

Independent Living Resources

Offering Advocacy, Information & Referral, Peer Counseling, and Skills Training for people with disabilities

Classes, support groups, recreation and volunteer opportunities

June 7th re-opening at a new location at

1839 NE Couch St, Portland

www.ilr.org

Empowerment Initiatives

Serving people with mental health diagnosis. Help in finding and securing resources most effective for their mental health and well being.

www.chooseempowerment.com

825 NE 20th Ave. Ste. 130 (503) 249-1413

NAMI Connection Recovery Support Groups

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. The groups are free to attend.

Call NAMI at (503) 228-5692 for more info.

What a Difference a Friend Makes

<http://www.whatadifference.samhsa.gov/>

Welcome! This site is here for people living with mental illness—and their friends. You'll find tools to help in the recovery process, and you can also learn about the different kinds of mental illnesses, read real-life stories about support and recovery, and interact with the video to see how friends can make all the difference. The site also has a chat line.

Mental Health Social Network

Mental Health Social Network is an online community that helps you connect with others who have similar mental health issues, as well as those who work in the mental health field, and anyone in the community that may have an interest in mental health including families and friends of those with mental illness.

Several Forums are available to participate in. It's free and anyone can join and you can be anonymous.

www.mentalhealthsocial.com

Rose City Recovery Connections

An online site for the Portland recovery community

www.rc-rc.info/index.html

Online Recovery Support

An online resource for the recovery community

<http://onlinerecoverysupport.ning.com>

NAMI Major Depression Support Group

Would you like support and a welcoming environment to connect with other folks who deal with depression? Don't let depression get you down!

Come hang out with us on Thursdays!
2 pm - 3 pm NAMI Multnomah Office
524 NE 52nd Ave., Portland, OR
Questions? Call 503-228-5692

SMART Recovery

Self-management and Recovery Training

The scientific alternative for people seeking independence from addictive behaviors including alcohol, other drugs and gambling

- Discover your personal power and strengths, and regain your confidence.
- Use supportive groups to brainstorm solutions to real personal problems.
- Clarify your values and find life, purpose, and hope.
- Learn tools and techniques for self-directed change.
- Be motivated to recover and live a satisfying life.

There are several meetings held in and around Portland.

For more information call Hank Robb at 503-635-2489 or email him at robhb@pacificu.edu.

Visit SMART's website at smartrecovery.org for a list of current meetings.

Dual Diagnosis Anonymous of Oregon

Mental Illness and Substance Abuse

www.ddaoregon.com

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

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

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

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

COMING EVENTS

Portland Parks and Recreation's 2010 Summer Free For All

June 25-Sept 10

Concerts in the Parks
Movies in the Parks
Washington Park Summer Festival

See the schedules online at
www.portlandonline.com/parks/

Portland Parks & Recreation
1120 SW Fifth Ave #1302
Portland, Oregon 97204
503-823-PLAY (7529)

Alternatives 2010 Annual Conference

"Promoting Wellness Through Social Justice"
"Promoviendo Bienestar por medio de Justicia Social"

The national mental health conference organized by and for mental health consumers and survivors will be held Wednesday, September 29 - Sunday, October 3, 2010 at the Hyatt Anaheim, California.

Each Alternatives conference offers in-depth technical assistance on peer-delivered services and self-help/recovery methods. Beyond the exchange of knowledge and networking, Alternatives offers a rich social, artistic, and healing environment. Said one attendee: "The conference transformed me so I can transform the system."

Go to <http://www.power2u.org/alternatives2010/> for more information.

Scholarship application: A limited number of scholarships are available. Applications must be completed and sent by U.S. mail no later than June 14, 2010. Also additional information on seeking funds to attend Alternatives.

Portland Hearing Voices Events

Poetry And Madness: A Reading To Benefit Portland Hearing Voices

Tuesday, July 13th 7 pm

Featuring Emily Kendal Frey, Zachary Schomburg, James Gendron, and other prominent poets reading

Someday Lounge 125 NW 5th Avenue (at Burnside) Portland

Join Portland Hearing Voices for an evening of poetry featuring prominent poets, in a benefit reading to support support groups, education, and community building for mental diversity in Portland.

Robert Whitaker

Pulitzer Finalist

Author of Anatomy of An Epidemic

A Special Benefit Lecture Sponsored by Portland
Hearing Voices

Thursday, August 19, 7:30 pm
Powells City of Books Downtown
1005 W Burnside, Portland, OR

Portland Saturday Market

Open through Dec 24

SATURDAYS 10 - 5 pm

SUNDAYS 11 - 4:30 pm

SW Ankeny St and Naito Parkway

FolkTime Board of Directors Recruitment

FolkTime, Inc is expanding Board member positions and soliciting applications from interested parties. FolkTime operates two peer-support programs for adults with chronic mental illness, one in NE Portland, and one in Oregon City.

The agency currently has an 11 member Board, four part-time staff, and 10-12 regular volunteers.

There are over 150 visits by members (participants) to the two sites per week.

The Board meets once per month. Mental health consumers and family members of mental health consumers are strongly encouraged to apply.

Current priorities are:

- Fiscal oversight, as the agency is seeking a treasurer.
- Ability and or experience in influencing/changing mental health systems toward more consumer involvement and advocating for peer-support program reimbursement as an element of the mental health service continuum.
- Developing strong community ties, strengthening and promoting fund-raising events and exploring other revenue generating activities.
- Program development to incorporate best and promising practices into the existing offerings, and to explore the expansion of services into new communities and rural settings by employing (and seeking funding for) part-time consumer site managers.

Interested parties should contact Tom Brady, Executive Director at: tbrady@folktime.org or 503 238-6428. Please leave a message if we are not in the office.

Visit FolkTime's website at www.folktime.org

PORTLAND ZOO

\$ 2.00

On the second Tuesday of each month

May. 15 - Sept. 15 - 8 a.m. to 6 p.m.

Employment & Educational Opportunities

OPPORTUNITY FOR CONSUMERS/ SURVIVORS INTERESTED IN WORKING IN MENTAL HEALTH SERVICES

The Supported Services Program at Cascadia Garlington Center offers a 28 week class to train clients with disabilities to work in the Social Services field. The training is available to any Cascadia consumers and others outside of Cascadia who are interested. The training is free and is meant to prepare attendees for future employment or volunteer work in the social services field.

Participants will learn specialized skills needed for social services positions through engaging exercises and classroom discussions. Consumers also gain a clear picture of the mental health system and ideas for possible employment opportunities in the field.

To find out when the next class begins call Caroline or Elliot at 503-889-2512.

Cascadia Garlington Center
3034 NE Martin Luther King Blvd. Portland, OR

JOB SEEKING WEBSITES

www.oregonlive.com
www.jobdango.com
www.jobs.employmentguide.com
www.opportunityknocks.org
www.careeronestop.org
www.careerbuilder.com
www.monster.com
www.emp.state.or.us/jobs/
www.dice.com
www.job-hunt.org

Employment & Educational Opportunities

Job Corps

1130 SW Morrison, Suite 407 , Portland , OR
503-326-6800

<http://www.region4wib.org/JobCorp.htm>

Call for hours

Transit: Fareless Max Blue, green, Red.

Job Corps 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 the Center.

Julia West House

522 SW 13th Ave. , Portland , OR
503-222-6564

<http://www.juliawest.org>

Reading classes 9- 10:30 a.m.; GED classes 10:40 am.-noon, Monday and Thursday. Day access center 6:30 a.m.-3:30 pm, Monday-Wednesday and Friday; 6:30 a.m.-1 p.m.

Transit: Fareless Max Blue, Green, Yellow.

Free reading classes and GED preparation classes. Sign up in advance at Daywatch or Nightwatch programs. Day Access center.

Portland Habilitation Center Northwest

5312 NE 148th Ave. ,Portland, OR
503-261-1266

<http://www.phcnw.com>

hours: 8 a.m.-5 p.m, Monday-Friday.

Transit: 87, from Parkrose Transit Center.

Training and employment in janitorial, landscape and clerical work. Opportunities for disabled people. An equal opportunity employer. Low-cost/no-cost/Section 8 apartments available.

Seniors Make Sense

2101 NE Flanders St., Portland, OR
503-232-7684

<http://www.doleta.gov/seniors>

8:30 a.m.-4:30 p.m, Monday-Friday.

Transit: 12 to NE Flanders.

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.

Vocational Rehabilitation Division

3945 SE Powell Blvd., Portland, OR
971-673-2555

<http://www.oregon.gov/dhs/vr>

8 a.m.-5 p.m, Monday-Friday.

Transit: 9, 75.

Ticket to Work and Self-Sufficiency Program is an employment program for people with disabilities who are interested in going to work. General orientation for new clients held 1:30 p.m. every Tuesday.

State of Oregon Employment Offices

30 N Webster, Suite E., Portland OR

Gresham office (SE Stark) 503-669-7112; Portland office (N Webster) 503-280-6046; Tualaton Office (SW Mohawk) 503-612-4200; Beaverton/Hillsboro Office (SE Edgeway Dr.) 503-526-2700.

<http://www.employment.oregon.gov>

Call for hours.. Transit: 4, 44

Oregon labor market information system and job search database.

The above info came from the Rose City Resource produced by Street Roots. For a listing of more resources go to www.rosecityresource.org. Hardcopy guides are available at the Street Roots office at 211 NW Davis St in Old Town Portland, or from your friendly neighborhood Street Roots vendor.

CAREER TESTING

CareerOneStop - www.careeronestop.org
 Livecareer.com - 100 question test
 TestQ.com

More Employment Resources

Benefits Planning Assistance - Disability Rights Oregon (formerly known as Oregon Advocacy Center) has PIP benefits planners to help you figure out how going to work will effect your benefits. 503-243-2081

Better People - 2 NW 2nd Ave. 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. Downstairs through the Workforce One-Stop office. www.centralcityconcern.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 through Workforce www.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.mercycorpnw.org

Job Corps - 1130 SW Morrison, Suite 407 503-326-6800 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. www.region4wib.org/JobCorp.htm

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.

Seniors Make Sense - 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 Offices - North Portland: 503-280-6046 Gresham: 503-669-7112 Beaverton: 503-644-1229 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- Employment services for people with disabilities; Ticket to Work and Self-Sufficiency Program. Central 3945 SE Powell Blvd. 971-673-2555; East 305 NE 102nd Avenue Suite 200 971-673-5858 North 4744 N. Interstate Ave. 971-673-3055 www.oregon.gov/dhs/vr

Workforce Network, One-Stop Career Centers provide 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. www.wfn.pcc.edu

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 12th Avenue Recovery Center - 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

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 for the Mentally Ill - Education, support, advocacy, info/referral; www.nami.org/Multnomah; 503-228-5692

-National Mental Health Consumers' Self-Help Clearinghouse; 800-553-4539; www.mhselfhelp.org

-Mental Health America - Education, support; 1-800-969-NMHA (6642); www.mentalhealthamerica.net

-SAMHSA's National Mental Health Information Center - Mental health information; 1-800-789-2647; www.mentalhealth.samhsa.gov

Mental Health Support Groups or Information:

-Northwest Autism Foundation - info on autism and contact info on treatment. autismnwaf.org. 503-557-2111

-Portland Aspergers Network 503-284-4507, 503-682-1609 contact@aspergersnet.org. Web: aspergersnet.org

-Bereavement Support Group (coping with loss) - offered by Adventist Medical Center. To register, call 503-251-6192 ext. 5670. **Healing Grief** - Call 503 251-6105

for more info and to register. Both groups are free.

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

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

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

-Family to Family Support Group - NAMI - free 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. (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, 9 am-8 pm. Appointments only.

Employment Resources:

-See listings in the Employment & Educational Opportunities section on the previous page.

Alcohol and Drug:

-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.

-Dual Diagnosis Anonymous - 503-222-6484 www.ddaforegon

-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

Resources

www.smartrecovery.org

Benefits:

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

-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

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

Dental Care

-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)

Legal:

-Disability Rights Oregon (formally called Oregon Advocacy Center) - 1-800-452-1694; 503-243-2081; Legal representation & disability advice;

TTY: 800-556-5351; www.disabilityrightsoregon.org

E-Mail: welcome@oradvocacy.org

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

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

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

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

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

-Network of Care - www.networkofcare.org

-The Rose City Resource - www.streetroots.org

Additional Resources:

-Coalition of Community Health Clinics Website

Provides info about free health care for uninsured people. www.coalitionclinics.org.

-Community Cycling Center Complete five hours of safe commuting and bike maintenance training and get a free bike. Must be referred by a social service organiza-

tion. Can not own an operating vehicle (503)288-8864.

www.communitycyclingcenter.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

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

-Free Bus Pass - If bus at least three times/week for medical or mental health center 503-802-8700; Need to be on Oregon Health Plan

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

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

-Housing: www.housingconnections.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; 503.284.6827

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

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

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

-Oregon Telephone Assistance Program - If on food stamps, OHP, SSI or TANF; 1-800-848-4442 or (503) 373-7171 www.puc.state.or.us/PUC/

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

-Resource web sites - www.thebeehive.org

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

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

If you have noted any changes or have any new resources that you would like to be added to this list, contact the editor.

Eyes & Ears

Editor: Duane Haataja

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 within the Tri-County Portland Metropolitan Area
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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All unattributed viewpoints & opinions expressed in articles are the viewpoints & opinions of the author of the article

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