

eyes & ears

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Mental health in Oregon: State has more work to do

Michelle Cole, The Oregonian, September 13, 2012

Six years ago, the U.S. Department of Justice launched an investigation into Oregon's mental health system. A lot has happened since then but advocates say a person in the throes of a mental health crisis may actually be worse off today.

That was crystal clear Thursday when the federal Justice Department released an investigation into the Portland Police Bureau that concluded the "absence of a comprehensive community mental health infrastructure" means police are shouldering the burden of being the first to respond to people in crisis. That, despite the fact that Oregon has a new, state-of-the-art mental hospital.

The Justice report, released Thursday, quotes one "high level" Portland Police officer who said he used to encounter people suffering mental health issues "a couple of times a month." Now it's "a couple of times a day."

Everyone seems to agree that the Portland Police report focuses on fixing a short-term crisis but the state needs to continue to work toward long-term solutions.

There are a lot of people working to improve mental health care in Oregon, says Bob Joondeph, executive director for Disability Rights Oregon.

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Department of Justice: Portland Police Used Excessive Force Against People with Mental Illness

Report finds civil rights violations and notes concerns of communities of color

By Helen Silvis Of The Skanner News
September 13, 2012

A Department of Justice report has concluded that the Portland Police Department violated the civil rights of people with mental illness by engaging in patterns or practices of using excessive force.

Assistant U.S. Attorney General Thomas E. Perez explained the findings at a press conference Thursday morning at the Justice Center in downtown Portland, flanked by U.S. Attorney Amanda Marshall, Mayor Sam Adams and Portland Police Chief Mike Reese.

"..we have concluded that, while most uses of force were lawful, there is reasonable cause to believe that PPB is engaged in a pattern or practice of using excessive force against people with mental illness, or those perceived to have mental illness," Perez said.

"We found that encounters between PPB officers and persons living with mental illness too frequently result in a use of force, or in a higher level of force than necessary."

Excessive Taser Use

"We further found that, when dealing with people
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Mental health in Oregon: State has more work to do

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"But I would not say that we have a significant change in conditions on the ground," he adds. "That may be even worse because there are fewer resources available now than there were a few years ago."

Still, Joondeph and other advocates say they're hopeful about national health care reforms, which broaden insurance coverage for more people, and about Oregon's new coordinated care organizations, intended to focus on prevention and integrate physical and mental health care.

U.S. Justice Department officials are also waiting to see whether the health reforms will take care of their concerns.

In 2006, federal officials warned Oregon that conditions at the state mental hospital violated patients' civil rights. The state built a \$458.1 million hospital in Salem.

Then, in 2010, the Justice Department widened its inquiry, looking at whether Oregonians with mental illness were able to receive care in their communities rather than in a large hospital far from home.

Just as it appeared that federal officials were running out of patience with Oregon's progress, Gov. John Kitzhaber persuaded them to give the state more time.

The Justice Department agreed.

"We want to be sure we get it right," Thomas Perez, the department's top civil rights lawyer said Thursday.

Dr. Bruce Goldberg, head of the Oregon Health Authority, said Oregon has added about 100 beds -- community residential treatment or supported housing -- in the past two years, Goldberg said.

"It's good, but it's not enough," he acknowledged. "I think we need to do more ... Part of the issue is we've been challenged as a state by our economic issues."

Beckie Child, an advocate who has dealt personally with mental health issues, says she wants to see the state invest in housing and peer support for people in treatment.

"They've been talking at the 90,000-foot-level and not what it is like for folks on the ground," she said.

The state is planning to build a new 174-bed

hospital in Junction City, though patient advocates argue that it would be better to spend the money helping people get care in their communities.

"The Health Authority needs to talk about how it's going to make an investment to keep people out of crisis," said Chris Bouneff, executive director for the National Alliance on Mental Illness in Oregon.

Instead, Bouneff says, state officials are "fixated on a giant institution in Junction City."

Senate President Peter Courtney, D-Salem, says the simple fact that Oregonians are talking more openly about mental health care is a sign of progress.

Several years ago, Courtney was taken into what he calls the "room of lost souls," where thousands of corroding cans containing the ashes of former hospital patients had been stored and forgotten.

For him, that became a symbol of the state's long-neglected mental health system.

"We're moving in the right direction because the only direction we could move was up," he said. "Are we going fast enough? No. Are we anywhere near where we should be? No."

Department of Justice: Portland Police Used Excessive Force Against People with Mental Illness

(Continued from front page)

with mental illness, PPB officers use electronic control weapons, or tasers, in circumstances where the use of tasers was not justified, or deploy them more times than necessary.

"Finally, in situations where PPB officers arrest people with mental illness for low level offenses, we found that there is a pattern or practice of using more force than necessary in these circumstances."

Perez said the violations were partially connected to the broken healthcare safety net, and Oregon's failure to provide community care to people with mental illness. Often police officers had just two choices of where to take a mentally ill person: the emergency room or the jail.

Portland is not unique in its problems Perez said. Police officers have a more difficult job than in the past because of the number of mentally ill people on the street without support or resources.

But he also held the police bureau accountable for poor policies, training and supervision.

Perez praised the mayor, the police chief and the
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Department of Justice: Portland Police Used Excessive Force Against People with Mental Illness

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community for being willing to work to repair the problem without waiting for the results of the report. He noted that some of the recommended changes already are underway. One example is that the police bureau has appointed an inspector to look into all use of force incidents.

Mayor Adams pointed to the lack of community-based services for people with mental illness, and praised police officers for trying to do their best in very tough situations.

"I'm pleased that the report found most uses of force we reviewed were constitutional and that 'many of the systemic and many of the current deficiencies discussed in the letter occurred prior to the current PPB administration.'" And I agree that we have an improvement-minded chief of police that is very well situated along with his management team and this Portland Police Bureau to move forward on solutions."

Racial Profiling and Civil Rights

Perez also noted that since launching the investigation in mid-2011 he has heard from communities of color.

"While we did not make any formal findings regarding these additional concerns, it is impossible to ignore the tensions that exist between PPB and certain communities of color in Portland," Perez said.

"Last year, Mayor Adams noted that one reason he welcomed our presence was his hope that this would lead to improved relations between PPB and Portland's communities of color. We heard consistent and serious concerns from across the city that members of this community, particularly the African American community, believe that they are subjected to bias stops and force based on their race. Although these tensions predate Chief Reese's tenure, they persist to this day."

The Skanner News asked U.S. Asst. Attorney Thomas Perez why there was no separate investigation into racial bias and civil rights violations.

Perez said the remedies proposed to reduce excessive use of force against people with mental

illness should also help address the concerns raised by communities of color.

Recommended Actions

Adams, Perez and U.S. Attorney Amanda Marshall have all signed off on a Statement of Intent that gives details of a settlement reached between the City and the U.S. Department of Justice.

The City "does not concede that there is a pattern or a practice (of violating civil rights of mentally ill people), however, this is an issue of great concern to the City," the statement reads. "We have agreed to enter into a settlement to resolve the findings and to move forward."

The city has agreed to act in five areas:

Use of Force: The city agrees to revise its policies, create better policy on taser use and guide officers on how to de-escalate "encounters arising from non-criminally related well-being checks and arrests for low-level offenses."

Crisis Intervention: The police bureau will provide crisis intervention training to officers, expand the mobile crisis unit and add mental health responders. It also will create a dedicated mental health desk in the Bureau of Emergency Communications to handle suicide prevention and mental health calls.

"The City also agrees to lead efforts to increase community mental health treatment options, such as through the establishment of a 24-hour secure drop-off and walk-in center..."

Early Intervention System: The city will track individual officers and units and identify candidates for "non-punitive corrective action."

Misconduct Investigation: The city agrees to take steps to speed up investigation of complaints. While the statement is vague about how this will happen, the report is highly critical of practices such as, allowing officers 48 hours before interviewing them after use of force incidents; and allowing officers to avoid writing down what happened immediately after each incident.

The report recommends allowing the DA to question officers immediately after a use of force incident. And it says the drawn out process of investigating officer misconduct undermines disciplinary actions.

Community Engagement and Outreach: A community body will be formed to assess progress on the recommendations, and advise the mayor and

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police chief on how to improve community relations. It will include representatives from people with mental illnesses, mental health providers, communities of color, faith communities, and youth groups.

Adams, Reese and Commissioner Dan Saltzman asked the Department of Justice to review Portland police's policies and procedures after the fatal shooting of Aaron Campbell on Jan. 29, 2010. Campbell, a young African American father, was in the midst of a mental health crisis following the death of his brother that same morning. His death sparked widespread outrage and demonstrations.

Other high profile cases that prompted the investigation include:

The 2006 death of James Chasse, a mentally ill man who died in police custody

The shooting of Jack Dale Collins, a homeless man

The shooting of Thomas Higginbotham, a homeless veteran

Excerpts From The Report

One community activist succinctly stated that, "the problem in not addressing the racial profiling is that it's creating an atmosphere of youths distrusting the cops."

Both African American leaders of the community and average citizens told us that they believed they had been victims of racial profiling during traffic stops. One citizen stated in his community interview that he got his windows tinted, so that officers would no longer know that he was black, in an effort not to be pulled over. And he exclaimed to us: "It works!"

Another community member told us his belief that "they protect the white folk and police the black folk."

Read the Statement of Findings of the DOJ investigation of the Portland Police Bureau and the Statement of Intent between Portland Police Bureau and Department of Justice files at www.mentalhealthportland.org

Oregon's largest CCO ready for launch

Portland Business Journal by Andy Giegerich, Business Journal staff writer, August 31, 2012 www.bizjournals.com

The state's largest Coordinated Care Organization will officially launch its services Saturday.

Health Share of Oregon, formerly known as the Tri-County Medicaid Collaborative, is set to begin providing treatment to Medicaid patients covered by the Oregon Health Plan.

Health Share of Oregon includes Adventist Health, CareOregon, Central City Concern, Kaiser Permanente, Legacy Health, Oregon Health & Science University, Providence Health & Services and Tuality Healthcare under a single umbrella organization for OHP services.

CCOs offer wide-ranging care, on a continuum of treatment plans, to Medicaid patients. The state won a \$1.9 billion grant to demonstrate to federal officials that the program could save billions in future medical costs.

Health Share is one of four groups that'll kick off its CCO services Sept. 1. Among them, Columbia Pacific Coordinated Care Organization LLC will serve several coastal counties while the Eastern Oregon Coordinated Care Organization will provide services on the east side of the Cascades.

Eight CCOs, including Trillium Community Health Plan in Lane County and FamilyCare Inc. in Portland began offering their services on Aug. 1.

The CCOs will eventually be accountable for health outcomes of their patient population. According to a primer issued by Health Share, they will operate from one budget that grows at a fixed rate for mental, physical and ultimately dental care.

The CCO treatments themselves will be offered by provider teams that work "through common interventions, health home development and shared electronic health records."

Dr. George Brown, the CEO of Legacy Health who's leading the Health Share efforts, said providers are raring to go. Medicaid recipients may not notice any immediate changes in terms of billing or back-office systems, he said.

The health plans and providers are determining ways that CCOs can at first address treatments for patients with serious and chronic conditions.

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Oregon's largest CCO ready for launch

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"Those efforts are centered on, how do we keep people healthier, educate them in terms of how they participate in their own health care," Brown said. "The significant different with (CCOs) is that there's a level of accountability, and that's precedent-setting."

Brown acknowledged that his Health Share duties have become a second full-time job.

"These are great organizations working for the greater good," he said. "Sometimes, the goals of the organizations aren't in complete alignment, and this is a grand experiment where there are risks involved. We don't have all the answers, and this is new. But we're doing the right thing, and we'll continue to do so until we're successful."

Oregon health reforms proceeding as issues arise, lawmakers told

Nick Budnick, The Oregonian, September 13, 2012

A top state health administrator told lawmakers Thursday that reform of the state's Oregon Health Plan is proceeding quickly but not without issues, while some lawmakers questioned whether it is moving quickly enough.

In laws passed in 2011 and 2012, lawmakers approved new provider organizations called coordinated care groups to rein the growth of state Medicaid spending. Since August, 13 of these groups have started up and three more are awaiting approval, meaning about 75 percent of the health plan's 650,000 members will be enrolled, Bruce Goldberg, director of the Oregon Health Authority, said in a joint meeting of the state Senate and House health care committees.

"I wouldn't say there's been absolutely no problems," Goldberg said. "There always are some issues."

Among the issues, according to Goldberg and lawmakers: ensuring enough primary care providers in rural areas, as well as complaints from dental care groups, chiropractors, naturopathic doctors and other practitioners that say they're being shut out of the new care groups.

The state is setting up rules and a process to mediate such disputes, said Goldberg: "We are working through these issues."

State Rep. Mitch Greenlick, D-Portland, said his impression is the new groups are not much different from the managed care organizations they replaced, that it's "business as usual."

Goldberg disagreed, saying conversations are well under way and providers seem committed to change. But he said it could take time before cost-cutting efforts start bearing fruit.

Another topic was plans to track performance measures to ensure the new care groups improve care starting in November. Sen. Alan Bates, D-Ashland, questioned whether that is too soon for the new system. "Can we get some breathing room here?"

Goldberg said, however, the quality measurements are a priority for federal regulators. The federal government has promised to fund the reforms with \$1.9 billion over the first five years. "I don't think we're going to get any leeway," he said.

Sen. Chip Shields, D-Portland, asked when the new groups' boards would be required to hold public meetings, saying he's heard complaints of secrecy in the Portland area. "This is billions of dollars in state money," he said.

Goldberg replied that while he agrees transparency is important, there is no plan for the groups' boards to meet publicly. "These CCOs are not public bodies."

Rep. Jason Conger, R-Bend, asked about progress in enrolling people into the new care groups who had not been enrolled before. Goldberg responded that the state is negotiating with the care groups over how much the new enrollees will cost, and how much risk the state will bear if costs exceed projections.

EYES & EARS

Welcomes your contributions

Contact the editor at

eyes.ears_newsletter@yahoo.com

Cascadia Behavioral Healthcare

2415 SE 43rd Ave. 503-238-0705 Ext. 204

Margaret Brayden retires as NAMI Multnomah Executive Director

August 31, 2012 www.namimultnomah.org

Margaret Brayden is retiring as Executive Director of NAMI Multnomah on September 14, 2012. We want to thank Margaret for her wonderful work and commitment to NAMI Multnomah. We are pleased that she will continue to support NAMI as a volunteer. Margaret has greatly increased the capacity of the organization to expand education programs, offer more peer support groups, and provide resource assistance. She has actively built new and strong relationships in the community. She launched major programs including NorthStar, a peer community and supportive employment program; NAMI "Parents and Teachers as Allies;" NAMI "Basics," for parents of school-age children; and the "Peer Support Specialist Training" program.

We couldn't have been more fortunate to find Margaret at a time when NAMI Multnomah needed her skills, her vision, her commitment, and her energy. Our gratitude and respect for all she has accomplished is immense. Today NAMI Multnomah is a vibrant and responsive organization meeting the needs and changing the lives of thousands in the community. This is made possible with the support of NAMI's dedicated staff, over 150 extraordinary volunteers and many generous donors and members.

Shannon Pullen has been appointed as Interim Executive Director starting September 10th. Shannon brings extensive NAMI leadership experience to this position. She is a NAMI "Family-to-Family" teacher, serves as a state trainer in this signature program and helped launch the NAMI "Basics" teacher-training program. Shannon is an active mental health advocate and has represented NAMI on numerous committees, panels and workgroups.

Shannon brings more than ten years of experience in new program development, marketing, analyzing community needs, and assisting organizations with visioning and messaging. Prior to that, she was Community Programs Manager at the Oregon Food Bank - Washington County Services. Shannon was the Marketing Manager for a high tech national consulting firm. During a time of famine, she helped launch a food-for-work program in North Korea for Mercy Corp International. She has many strengths and capabilities supporting organizations and serves on numerous boards, including the

Governor's Oregon State Hospital Advisory Board.

Please join us in warmly thanking Margaret and welcoming Shannon to this new role.

With great appreciation for your continued support,

Terri Walker

President

NAMI Multnomah Board of Directors

Who you think you are

by Chaya Grossberg August 16, 2012

Who you think you are
and who I think I am
is similar to wind and trees
we sing songs of sixpence
we table our woes
so we can find them again someday
on the same table, for we never moved them,
still we are surprised to see them in the same spot after all
these years
of sorting pepper shakers and salt shakers,
cayenne and black,
sugar and cinnamon,
we thought we had it all figured out
yet felt so enlivened to know we didn't.
We were so alive once
when we knew nothing
of expert and student
doctor and patient
helper and helpee
even the very simple me and you.

The water streams down the rocks in any case
the wind blows the trees,
and then in an earthquake, perhaps,
the trees impact what we call wind.

Yet what we call wind is simply air and the forces that
move it.

What I call me is a body and a spirit that moves it,
moves me to leap, to collapse,
to celebrate and mourn
all in the name of equality
whether it seems that way or not.

All in the name of mutuality with every single particle of
existence
there ever was and ever will be
and every particle of life that is screaming
for liberation right now--
for example, an ant crawling across a field of grass--
I might call that ant slow, but how will I connect with the
ant?

By watching, suspending my agenda,
and knowing that the spirit of the ant has value
is a gift for its existence alone.

It is existence right now that
liberates some cells in my heart, some
ineffable parts of me--
etheric, ethereal, and for me the most real,
for the ether is more expansive than the earth and
doctor/patient
helper/helped
expert student
are figments of our collective imagination
as we circle around our very own version of an ant farm,
or so it may look like from above or afar.

I'm whispering all these secrets to you to move closer to
now

to move closer to a we that is not you or me--
yet what troubles me is when I lose this very magic
when trauma takes over and grips me,
telling me there is no now,
telling me safety is in a bottle or a can
or a title or a billfold
or a binder or an embrace.

I cry sometimes because my safety always comes
in the form of an embrace or a feather,
something so far from the future
and indifferent to the past

yet there are things from the past that come back to save
me

there are tears I have yet to cry,
for this love we moves towards,
it takes time.

There's so much to unravel, even when at moments all is
simple

and straight, blissful and heartfelt
there are more knots to untie
as we have all separated so much,

the hierarchy can look so real
my tears get delayed
in the name of "sanity" or "reality" or
the honest word: conformity.

I am a conformist like any other
yet when I cry, I cry for the piece of each of us
that is not.

Connection is this,
this "insanity," this
wildness, madness if you will--
this love that will not stop at anything
and knows the "we" I yearn for when I play any role.
When I sing any song.

Peer Perspectives: The Healing Power of Going Public with Mental Health Struggles

by Pinki Tuscadero (et aliae Rachel Gill)

People who have mental disorders can feel
isolated, worried about others judging, the shame,
humiliation and threat of potentially being taken
against ones will to a locked down mental facility
can make one afraid to seek help, afraid to discuss
struggles with family, friends, co-workers. How do I
know this? I have dealt with these issues firsthand. I
live with Borderline Personality Disorder,
Agoraphobia, and Depression.

The good news is that what I have found is in
deciding to come out about my struggles with mental
health I have become empowered to change and to
affect change in others. How is this so? Well, after
the difficult task of determining to speak out about
my condition, the rest is actually quite effortless. In
short, I start a chain reaction.

It works like this. The less ashamed I act by not
hiding, staying silent, believing that my condition is
my fault, the less ashamed I begin to feel and the less
ashamed I feel the less I want to hide, stay silent, and
believe that my condition is my fault and the more I
want to talk about my condition and the more I talk
about my condition, the more people get to know
what it is really like to live with a mental disorder
and the more they stop believing in stereotypes that
conjure images of strait jackets, wild-eyed,
dangerous, incompetent deviants and one at a time,
slowly but surely, minds begin to change until,
someday, the shame, stigma and negative images
attached to the term mental illness are no more.

So, if you feel helpless, hopeless, lost, isolated,
or lonely as you or a loved one struggle with the
effects of mental health problems, know this, you
have power. Your power is your voice. Join me and
speak out about issues of mental health. It is not a
cure, but certainly, it is healing.

For more about speaking out watch a Bring
Change 2 Mind Video with Glen Close and her sister
who has Bipolar Disorder sharing their story at the
following site: www.bringchange2mind.org. Once at
the site click on the videos link.

by Chaya Grossberg August 16, 2012

Tempting it can be to correct or deliver "peer run services"
 yet peer once meant two individuals with a similar world view
 and now it means nothing
 and perhaps the word "peer" was never anything but an assumption,
 an evaluation,
 an assessment that you are like me
 and perhaps we are exactly alike in one way and completely different in another.
 So peers must be all of us or none of us
 so doctors are peers
 teachers are peers
 police officers are peers
 ants, babies, blades of grass...
 where do we draw the line if a line must be drawn?
 It's always all or nothing
 yet it's never all or nothing
 and reality can contradict itself
 so many times it becomes madness
 and we diagnose objective reality itself as quite insane and schizophrenic
 making the label holders closer to the truth of all things
 that lies within all things
 and is told in so many stories
 felt in as many ways.
 To diagnose one person is to diagnose reality itself.
 To diagnose reality itself is honest and beautiful
 for if reality were not schizophrenic or multiple personality
 or bipolar
 or anxious
 or manic
 there would be no us,
 no dynamic interplay of forces coming together and apart,
 there would be no beauty
 no movement
 no nothing.
 By splitting off and becoming mad, reality has always been moving towards a diagnosis of Love.
 Or Love and Disorder as the DSM may have it.

Free Peer Support Specialist Training

Available only to people in Multnomah County. This is an Oregon AMH-approved training opportunity facilitated by Project ABLE, Inc. Participants must complete 40 classroom hours and pass an exam; they are then eligible for paid and volunteer opportunities as a Peer Support Specialist.

Four PSS trainings planned for 2013. Only 16 seats in each course. Classes fill up fast so register early! Trainings held in January, April, July and October (exact dates and locations TBA) .

Sponsored and organized by Multnomah NAMI.

To sign up for one of the four week-long trainings in 2013, contact NAMI Multnomah at 503-228-5692.

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. Please send writing that is relevant to Portland and mental health issues to eyes.ears_newsletter@yahoo.com

Free Geek

www.freegeek.org (503) 232.9350

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

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

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.

OREGON CONSUMER SURVIVOR COALITION (OCSC)

**Oregon Consumer Survivor Statewide Gathering
Preceding the Alternatives Conference 2012
that's being held at the same location**

**Wednesday, October 10, 2012 1 to 4 pm
Portland Marriott Downtown Waterfront Hotel
Mt. Hood Banquet Room
See more info on page 17**

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

OCSC Mission Statement

To establish a statewide network of people who identify as having a psychiatric diagnosis, and/or who feel labeled by one; to share ideas; provide mutual support; work toward common goals; strengthen peer-run organizations; and advocate for positive change in the mental health system.

We support inclusion and ask you to speak up - tell us what you want to CHANGE ABOUT OREGON'S MENTAL HEALTH SYSTEM! Tell us who you are (or not). What works for you? What doesn't? What is your vision and your story. How do you think OCSC can be a force with the Oregon state legislature?

OCSC Blog: <http://ocscblog.wordpress.com/>

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

ocsc-talk@lists.mindfreedom.org

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

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

INDIVIDUAL MEMBERSHIP FOR \$1 OR MORE

CASCADIA CONSUMER ADVISORY COUNCIL

Meets in Nov., and Jan. on the 3rd Tuesday at 12 noon at the Garlington Clinic

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

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

Call or email first to confirm meeting is taking place

Meets in Oct., and Dec. on the 3rd Tuesday at 12 noon at the SE Plaza clinic

Contact: Amy Anderson 971-340-8942 or amyadvocate4u@gmail.com

Call or email first to confirm meeting is taking place

Cascadia's SE Plaza is at 2415 SE 43rd – go to the 43rd Street entrance, then to the 2nd floor, and we are in room 1 on the right.

Oregon Consumer Advisory Council

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

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

You can find out more info on this group by going to oregon.gov/OHA/amh and clicking on public meetings.

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.

Occupy Portland

<http://occupyportland.org>

Multnomah County

AMHSA Meeting - Adult Mental Health and Substance Abuse Advisory Council

This Consumer-run committee includes discussions about what is going on within the County and at Provider Agencies, and makes recommendations to Multnomah County.

Meetings - 1st Wednesdays, 10 am to 12 pm at the Lincoln Building at 421 SW Oak (2 blocks south of Burnside). Enter the front door, turn right, go to the receptionist desk in the County Mental Health office, and ask for directions.

<http://web.multco.us/mhas/mental-health-services>

Quality Management Committee

The Committee advises the Quality Management Unit of the Mental Health & Addictions Services Division, which helps to protect County residents who receive public mental health services, and to continuously improve the quality of those services.

Website - <http://web.multco.us/mhas/quality-management>.

The Foundation for Excellence in Mental Health Care

the new mainstream

www.mentalhealthexcellence.org

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

Rethinking Psychiatry

www.rethinkingpsychiatry.org/

Rethinking Psychiatry meets on the third Wednesday of each month at The First Unitarian Church, 1011 SW 12th Ave., Portland, Oregon

Contact info:

Marcia Meyers 503-665-3957
Email RethinkingPsychiatry@gmail.com

Mental Health America of Oregon

Mental Health America of Oregon (MHAO) is an inclusive grassroots organization dedicated to empowering consumer / survivor voices to drive services and policies that foster wellness and full participation in the community.

10150 SE Ankeny St. Suite 201-A, Port., OR 97216

503-922-2377(voice) 1-800-820-0138 (toll free)

TTY: use 711 relay mhaoforegon@gmail.com

www.mhaoforegon.org

Peerlink National Technical Assistance Center

Peerlink National Technical Assistance Center is a program of MHAO, a non-profit organization with more than 30 years of advocacy experience. We offer technical assistance to individuals, peer-run programs, and community partners with the goal of improving overall services for people with lived experience of mental health challenges.

www.peerlinktac.org Same contact info as above.

Robert Whitaker

Author of "Anatomy of an Epidemic"

"I have redesigned [madinamerica.com](http://www.madinamerica.com) into a webzine. It now features news updates, a number of bloggers, etc., and my hope is it will grow into a web site community engaged in "rethinking" psychiatric care in this country." Robert Whitaker

<http://www.madinamerica.com/>

Website: robertwhitaker.org

Email: robert.b.whitaker@verizon.net

Whitaker's Mad in America blog

www.psychologytoday.com/blog/mad-in-america

Anatomy of an Epidemic is now available in paperback

MindFreedom International

mindfreedom.org

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

MindFreedom Live Free Web Radio

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

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers
People just want to be heard.

Warm line hours
1-800-698-2392

Monday 10 am - 10 pm

Tuesday 10 am -10 pm

Wednesday 9 am - 8 pm

Thursday 8 am - 8 pm

Friday, Saturday & Sunday 10 am - 10 pm

This Warmline is NOT a resource line. Call to have a confidential conversation with a Peer who will listen without judgment or criticism.

Together we can learn and grow. For more info:
www.communitycounselingsolutions.org

Write Around Portland

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

917 SW Oak St. #406 503-796-9224

Hours: 9 am-5 pm Monday-Friday

www.writearound.org

Street Roots

<http://streetroots.org/>

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

Street Roots is a nonprofit newspaper assisting people experiencing homelessness and poverty by creating flexible income opportunities. Through education, advocacy and personal expression, we are a catalyst for individual and social change.

Multnomah County's Mental Health Call Center

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

Multnomah County Mental Health and Addictions Services Call Center is Portland's mental health information and referral hub for persons in crisis. The call center is staffed by mental health professionals 24 hours a day, 7 days a week and can be reached at 503-988-4888 or 1-800-716-9769.

Madness Radio

voices and visions from outside mental health

Madness Radio focuses on personal experiences of 'madness' and extreme states of consciousness from beyond conventional perspectives and mainstream treatments. The show also features authors, advocates, scientists, healthcare practitioners, and artists. Hosted by Will Hall.

Madness Radio wants your involvement! Got an idea for a topic or guest? Want to leave feedback on a particular show? How about asking local stations to broadcast Madness Radio? And we can always use donations. Visit our website at:

wwwmadnessradio.net

Multnomah County Aging and Disability Services Helpline

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

The Helpline simplifies access to services and provides important follow-up and advocacy to ensure needs are met. It is staffed at all hours for situations requiring immediate resolution

MindFreedom's I Got Better campaign

www.igotbetter.org

MindFreedom International's I Got Better campaign aims to challenge the dominant narrative of hopelessness in mental health care by making stories of hope and mental wellness widely available through a variety of media. We're collecting: I Got Better videos, written stories AND data on hope and hopelessness in mental health care. With this collection of stories and evidence we can spark a new dialogue in our society about mental and emotional distress, moving from hopelessness and chronic illness to themes of resiliency, recovery, wellness, and HOPE!

AMH Wellness Initiative

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

DHS provides a Wellness Initiative web site at www.oregon.gov/OHA/amh/wellness/main.shtml

Oregon Health Authority

Keep up to date on the Oregon health care transformation news.

OHA website - www.oregon.gov/OHA

OHA Facebook:

www.facebook.com/OregonHealthAuthority

Oregon Health Connect

www.oregonhealthconnect.org

We link you to information about health care and health insurance in Oregon. Use the Resource Directory to find public health programs like Oregon Health Plan. Locate affordable medical services at health clinics and county health departments. Learn how private health insurance works, including your appeal and complaint rights. Track health care reform. Find programs for healthy living. Uninsured? Approaching Medicare? Have a pre-existing condition? Make this your one stop for information on Oregon health coverage options.

Disability Rights Oregon

www.disabilityrightsoregon.org

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

Take the Disability Rights Oregon Disability Community Survey!

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

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

DrugWatch.com

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

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

RxISK.org

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

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

Watch Advocate for Wellness episodes

on blip.tv at: <http://blip.tv/advocate-for-wellness>
with host Ann Kasper

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

Sign the Peer Medication Statement

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

Download for free the new second edition of Coming Off Medications Guide. It has expanded Resources, scores of new collaborators and Advisors, new topics, more detail on the reducing and coming off process, and additional ideas for harm reduction and staying on medications.

This Guide can be downloaded for free on this page: <http://willhall.net/comingoffmeds>

NAMI Multnomah Support Groups

NAMI Connection Peer Support Groups

NAMI Connection is a free weekly peer support group for people living with mental illness in which people learn from each others' experiences, share coping strategies, and offer each other encouragement and understanding. Call 503-228-5692 for more info.

Tuesdays 11:00 am-12:30 pm

Luke-Dorf, 9255 NE Halsey St, Portland 97220

Tuesdays 3:30-5 pm

Macdonald Center, 605 NW Couch, Portland 97209

Wednesdays 4:00-5:30 pm

Mult. County East, 600 NE 8th Ave., Gresham 97030

Thursdays 2:00-3:30 pm

NAMI Multnomah, 524 NE 52nd Ave, Portland 97213

Thursdays 5:30-7 pm

LifeworksNW, 3716 NE MLK Jr Blvd, Portland 97212

Saturdays 3:30-5:00 pm

5228 NE Hoyt Street, Bldg. B., Portland 97213

"Anxiety Society" Support Group

Tuesdays, 5:00 pm

Contact: Terri Walker, 503-890-4805

A safe place for ages 18-36 with anxiety to develop communication skills in a relaxing, fun environment

DBSA (Bipolar & Depression) Peer Support Group

Contact: Jean Duncan, 503-231-7513

Schizophrenia Support Group

Wednesdays, 1:00 pm

NAMI, 524 NE 52nd Ave, Portland 97213

Mission: a safe place for people with schizophrenia to relax, socialize, and develop skills.

Wireman Project

wiremanproject.wordpress.com

Wireman Project is on Facebook too.

Wireman Project is a newly-forming organization in Oregon with the mission of "Healing Through the Arts," and will incorporate numerous other alternatives to the existing mental health system to promote mental health and trauma history recovery and healing.

A huge thank you to all who attended the "For the Love of Art" fundraising event. We made enough money to get going on classes in September, and we collected two experienced, great minds for our Board of Directors. Hearts are flowing with gratitude. ♥

See page 17 for info on The Wireman Project Waffle Brunch on Sunday October, 7th.

Empowerment Initiatives

NA meeting – 12- 1pm Every Tuesday
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

EI groups at Centerstone in Clackamas Co. (See p. 14) through September

Women's Strength from within - Wed. at 1:00

Men's support group - Sat. at 1:00

www.chooseempowerment.com

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

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

NAMI contact numbers

Multnomah NAMI: (503) 228-5692

Clackamas NAMI: 503-344-5050

Washington NAMI: 503-356-6835

NorthStar is moving!

NorthStar is moving to a bigger and better space! More information will be shared in the coming weeks. NorthStar will be located at 5600 NE Glisan, only 4 blocks from the NAMI Multnomah office where it is currently.

NorthStar is a mental health recovery program for adults living in the Portland metro area who have a mental illness. Spearheaded by NAMI Multnomah, NorthStar is based on the International Center for Clubhouse Development (ICCD) model of psychosocial rehabilitation and standards. ICCD certification is our goal. Please call us to arrange a new member orientation.

Tuesday - 9:30 AM to 5:00 PM

Wed. - 9:30 AM - 7 PM **Thursday** - 9:30 AM - 5 PM

Friday - 9:30 AM - 6 PM **Saturday** - 9:30 AM - 3 PM

522 N.E. 52nd Ave. 971-544-7485

Email: info@northstarportland.org

Website: www.northstarportland.org

NorthStar is now on Facebook

Support and Education Groups Offered by Portland Hearing Voices

Open to all. Inclusive, non-judgmental, pro-choice and pro-diversity. Donation requested, no one turned away for lack of funds. People who hear voices, have unusual beliefs, altered states of consciousness or mental health diagnosis are especially invited.

Extreme States And Hearing Voices Support Group led by a team of facilitators. Open to people who have these experiences.

Meetings are held at Empowerment Initiatives at 3941 SE Hawthorne

Tuesdays and Thursdays from 6:00 to 7:30 pm

See other coming events, including a medication workshop by Will Hall in October at the PHV website listed below.

Women Survivors of Sexual Trauma - Support Group open to all women (including transgender persons who identify as women), who have been through traumatic sexual experiences..... Every Wednesday from 7 pm to 8:30 pm Call or email for more details. 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

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

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.

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 176.

Cascadia Behavioral Healthcare Plaza
2415 SE 43rd

Cascadia Garlington Center Recovery Services

Cascadia Garlington Center is an outpatient clinic, that provides multi-disciplinary, culturally relevant treatment services to persons with a mental illness and/or co-occurring disorder with specialized culturally specific services available for African Americans. We are located at 3034 NE MLK Blvd. Portland, OR 97212. Phone: 503-283-3763.

We offer a variety of classes for:: Depression, Anxiety, Stress management, Healthy relationships, Bipolar, Skills training for various topics. Culturally specific classes are also available for African American Women.

Centerstone urgent walk-in clinic

11211 S.E. 82nd Ave., Suite O, Clackamas, OR
503-722-6200 Tri-met Lines: 72
Walk-in: Mon.-Fri., 10 a.m.-8 p.m., Sat.-Sun. 10 a.m.-7 p.m. 24-hour crisis line: 503-655-8585

In addition to offering traditional crisis supports, persons can access Peer Delivered Services, which include: problem solving and crisis support, in home or community based person directed planning, WRAP® plans, in home respite support, Hearing Voices groups, transportation planning, RentWell© education, medication empowerment education, resource support, facilitating community integration and work activities.

Rose Haven

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

Women support groups, classes and activities
Referral & advocacy

See page 18 for info on Rose Havens Career
Assistance Program

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

Independent Living Resources

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

1839 NE Couch St. 503-232-7411 www.ilr.org

Recovery International

www.lowselfhelpsystems.org 503-231-1334

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

IRON TRIBE

The Recovery Network

www.irontribenetwork.org

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

NAMI Multnomah

Peer Support Specialist Volunteers

Guidance, help, and advice from others who've "been
there" Do you want a Peer Support Specialist to help
with Recovery and Stability? For more info call
503.228.5692.

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. Also open on Thursdays. And Fridays offer
special events.

Every week, except Tuesdays, members gather to
participate in a variety of activities, including art and
craft projects, writing group, guest speakers, games,
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.

FolkTime now has trained Peer Employment
Specialists and can now 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.

-Couch Street site: 4837 NE Couch St., 503-238-
6428 Mondays & Wednesdays 10:30 am to 2:30 pm.
Thur. from 10:30 am to 3 pm. Fridays at noon.

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

-Sandy - Sandy Community Center, 38348 Pioneer
Blvd, Sandy, OR, (503) 238-6428

To see FolkTime's webpage and also to see the
schedules of each site go to

www.folktime.org

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

mentalhealthportland.org

Has links to articles and resources.

Online mental health and recovery support sites

Forums at Psych Central - An abundance of forums to choose from.

<http://forums.psychcentral.com/>

What a Difference a Friend Makes

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

Voice-Hearers - This group is for people who hear, or who have heard voices.

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

Online Recovery Support - An online resource for the recovery community.

<http://onlinerecoverysupport.ning.com>

Rose City Recovery Connections - An online site for the Portland recovery community.

www.rc-rc.info/index.html

About.com:mental health Explore mental health

<http://mentalhealth.about.com>

No Kidding, Me Too! - Fights stigma through education and breaking down societal barriers. An amazing number of actors and other entertainment professionals are involved. <http://nkm2.org>

Dialectal Behavior Therapy - Info about DBT. This site was written primarily by PEOPLE WHO HAVE BEEN THROUGH DBT, not DBT professionals. We cannot give advice, but we can talk about our experiences on our DBT journey.

www.dbtselfhelp.com

Dialectical Behavior Therapy Connections - This is a place for people interested in dialectical behavioral therapy to exchange information, encouragement, and resource links. www.facebook.com/dbtconnections

OAASIS - support for sexual abuse survivors.

<http://oaasisoregon.org>

PSRB Fair Shake This facebook page exists to help anyone currently under the PSRB. We are a peer-run group of Oregonians currently living under the Psychiatric Security Review Board (PSRB).

Website: <http://psrbfairshake.org/wordpress>

Beyond Meds - Alternatives to psychiatry
beyondmeds.com

Spotlight on Recovery - Website and email newsletter. www.spotlightonrecovery.org

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

SMART Recovery

Self-management and Recovery Training

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

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

There are several meetings held in and around Portland.

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 info.

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

COMING EVENTS

Alternatives Conference 2012

www.alternatives2012.info

Also join us on Facebook: Alternatives 2012

Peerlink National Technical Assistance Center announces the 26th annual Alternatives Conference, the oldest national mental health conference organized by and for mental health consumers/survivors.

October 10-14, 2012

**Portland Marriott Downtown Waterfront
1401 Southwest Naito Parkway
Portland, Oregon 97201**

The theme of Alternatives 2012 is "Honoring Our History, Building Our Future." The theme reflects honoring the efforts and achievements of the past while embracing and supporting the growth of new programs and services.

FolkTime: Unmasking Mental Health

Art Exhibition — Open to the public for viewing Monday – Saturday, 10 a.m. – 5 p.m. and during events, from September 6th thru September 30th, 2012.

Antoinette Hatfield Hall lobby at 1111 SW Broadway at Main Street.

The Portland Center for the Performing Arts has tapped the talents of FolkTime Members for their latest exhibition at the PCPA Gallery.

The diverse sampling from 42 of FolkTime member/artists will enliven the walls of PCPA's lobby with inspiring original works, many created through Art Therapy though September 30, 2012.

New documentary film: Bill W.

A new documentary film about the life of the founder of Alcoholics Anonymous will be shown in Portland October 7 – 11 at the Cinema 21 Theater.
616 NW 21st Avenue 503.223.4515 cinema21.com

Meetups in Portland www.meetup.com

Our events are based on the activity and having people with diverse interests meet each other. Usually the only requirement is the activity sounds like fun. Anyone Can Join!

Oregon Consumer Survivor Statewide Gathering

Preceding the Alternatives Conference 2012 that's being held at the same location

Wednesday, October 10, 2012 1 to 4 pm
Portland Marriott Downtown Waterfront Hotel
Mt. Hood Banquet Room

Facilitated by OCSC (Oregon Consumer Survivor Coalition) We are "uniting the voice for change" in the Oregon mental health system through individuals in all regions of Oregon.

What we will do:

Offer free membership through October 2012. Sign up to join the OCSC — Individual introductions: What concerns do you have and what is developing in your region? — Speakers — Group introductions: What are the different Peer Run Organizations doing throughout Oregon? — Legislative action: What items do we need to work on for Oregon's next legislative session January 2013? **Space is limited so reserve your place by emailing in your name by Thurs, October 4th to: oregon.united@gmail.com**

Contact for more information:

OCSC Blog: <http://ocscblog.wordpress.com/>

<http://www.peerlinktac.org>

Or email: mrkfish92@gmail.com

2012 Portland Out of the Darkness Community Walk!

Join the American Foundation for Suicide Prevention (AFSP) on October 6 for the 2012 Portland Out of the Darkness Community Walk! Starts at 10 am October 6th at the World Trade Center at 121 Salmon Street, Portland, Or. Contact: Jo McNeal Phone: 425-482-0965 E-mail Address: jmcneal@afsp.org

The Wireman Project Waffle Brunch

(please note new location)

When: Sunday October, 7th 10am - 1pm

Where: Tupelo Alley Ecolounge (ADA accessible)
3850 N Mississippi Ave., Portland, Oregon.

Come join us for a free waffle breakfast, and find out more about the Wireman Project mission, and get to know peers in recovery!

Please R.S.V.P. to hlebechuk@gmail.com

This is a Wireman Project monthly event

Resources

Multnomah Mental Health
Crisis Number: 503-988-4888
Or 1-800-716-9716

Mental Health Organizations

-Cascadia Behavioral Healthcare - Central Intake - 503-674-7777. Urgent Care Walk In Clinic 7 am-10:30 pm 7 days a week - 2415 SE 43rd 503-238-0705 Integrated Treatment Services (drug/alcohol) 503-230-9654

-Central City Concern - 232 NW 6th Ave, Portland, OR - 503 294-1681 www.centralcityconcern.org

-El Programa Hispano - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 www.catholiccharitiesoregon.org

-Life Works Northwest -503-645-9010 www.lifeworksnw.org. E-mail intake@lifeworksnw.org.

-Portland Veterans Center - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; www.va.gov

Community Warehouse
communitywarehouse.org

Community Warehouse is a volunteer-based 501 (c)(3) nonprofit agency that collects and redistributes donated furniture and household goods to low-income people in Oregon and southwest Washington. Working in partnership with more than 100 social services agencies, the Warehouse fulfills over 40 requests each week. 503 235 8786

Resources

Mental Health Drop - In Centers

-Folk-Time Socialization & Support - 4837 NE Couch St., 503-238-6428 Mondays & Wednesdays 11:30 - 2:30 www.folktime.org

-Safe Haven (Folk Time program) - 142 Molalla, Oregon City 503 -722-5237 Mon, Thurs & Fri 10 am to 2 pm

National Mental Health Organizations

-Mind Freedom - Campaigns for human rights in mental health; also contact if have been abused by the psychiatric system. 1-877-MAD-PRIDE; www.mindfreedom.org

-National Alliance on Mental Illness - Education, support, advocacy, info/referral; **NAMI Multnomah** - 503-228-5692 www.namimultnomah.org; **NAMI Oregon** - 503-230-8009, www.nami.org/oregon

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

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

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

Mental Health Support Groups or Information

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

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

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

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

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

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

-Family to Family Support Group - NAMI - free

Resources

group for loved ones of individuals with mental illness. Educational group. 503-228-5692

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

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

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

-Recovery, Inc. International - Self-help for people with depression, anxiety, phobias, fears, anger, & low self-esteem. www.recovery-inc.org/
georjw@comcast.net.

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

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

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

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

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

Easter Seals Latino Connection Program 4134 N.

Vancouver Ave. Suite 300C 503-335-6161 Vocational rehabilitation services, including employment for Latinos with disabilities, ESL and computer classes in Spanish, job development and job placement; translation and interpretation, resume and interview workshops; ESL support and referral. www.or.easterseals.com

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

Employment Marketplace: "Bringing employers & job seekers together". Every Friday through Workforce <http://wfn.pcc.edu/EmployerMarketPlace/EMP.asp>

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

Free online education: OpenCourseWare educational programs are offered at various colleges. www.ocwconsortium.org, **About U.** also offers free online classes at <http://u.about.com/>

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

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

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

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

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

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

Senior Community Service Employment Program - A Title V training program free for senior citizens 55 and older. Promotes older workers as a solution for businesses seeking a trained, qualified, and reliable workforce. Facilitates economic self-sufficiency for

Resources

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. www2.worksourceportlandmetro.org

Alcohol and Drug Recovery

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

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

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

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

-Crystal Meth Anonymous meetings
www.crystalmeth.org

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

-Marijuana Anonymous - 503-221-7007;
www.marijuana-anonymous.org

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

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

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

Benefits

-Aging and Disability Services - Helpline: 503-988-

3646. Closed noon-1 pm; www.co.multnomah.or.us
-Coalition of Community Health Clinics Website
Provides info about free health care for uninsured people. www.coalitionclinics.org.

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

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

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

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

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

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

-Oregon Health Action Campaign - 800-789-1599; Help with the Oregon Health Plan

-Oregon Helps - One stop place to learn about your eligibility for various human services. www.oregonhelps.org.

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

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

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

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

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

Resources

Dental, Hearing & Eye Care

- Free Eye Care for Seniors**- eyecareamerica.org.
- 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)
- Lions Club** - Eye care and hearing aids 1-866-623-9053

Legal

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

Health Resources

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

Other Resources

- BoltBus offers rides to Seattle for \$7**
portlandafot.org/w/BoltBus www.boltbus.com

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

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

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

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

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

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

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

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

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

-**William Temple House** offers low-cost mental health counseling, emergency social services including food and children's clothing, pastoral care. 2023 NW Hoyt St., 503-226-3021. www.williamtemple.org

-**Write Around Portland** - creative writing 10-week sessions; publish work; 503-796-9224;

Eyes & Ears

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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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