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October 2013 A Mental Health Consumer/Survivor Newsletter Volume 9 Issue 8

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## Health Share of Oregon Doesn't Anticipate Provider Shortage

*Council meeting also addressed dental benefits, non-emergency medical transportation*

Christen McCurdy, The Lund Report

September 11, 2013 – Health Share of Oregon has added Kaiser Permanente to its roster of dental providers, CEO Janet Meyer told the coordinated care organization's community advisory council at its monthly meeting last week. [Read more.](#)

## Courtney Wins Mental Health Funding Stream in Special Session

*A cigarette tax increase will create a dedicated funding source for mental health services, totaling about \$30 million a year. The Senate president said it should take care of Oregon's needs for children and adolescents while still falling short for adults with mental illness.*

Christopher David Gray, The Lund Report

Oct. 3, 2013 —Before adjourning yesterday, legislators created a dedicated funding stream for mental health services, bringing in nearly \$150 million over five years through a small increase in the cigarette tax. [Read more.](#) Also read "[Autism Treatment for Oregon Health Plan Faces Hurdles, But Approval for Some Kids Likely](#)"; "[Our House of Portland to Receive \\$350,000 to Expand In-Home Care Model](#)"

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## Oregon's low-income health plan primed for growth under reform law

By Nick Budnick, October 03, 2013 [oregonlive.com](http://oregonlive.com)

He sleeps on a mattress on the living room floor of his father's La Grande duplex and lives on food stamps while pulling a couple of graveyard shifts a week as a \$9-an-hour security guard.

He's also one of more than 200,000 low-income Oregonians who will newly qualify for the Oregon Health Plan starting in January, as its waiting list and lottery to enroll become a thing of the past. [Read more.](#) Also read "[Community Organizations Will Help Oregonians Get Health Insurance Through Cover Oregon](#)"; "[Cover Oregon: some progress, but key fix could take a while](#)"

## Life with schizophrenia: Portland woman works to silence, ignore the voices in her head

Anna Griffin, October 4, 2013 [oregonlive.com](http://oregonlive.com)

Carlson has learned to manage her schizophrenia, at least enough to talk about what psychosis feels like. In her case, finding the right mix of drugs and therapy to turn down the sound of those voices, and the coping skills to tune them out, will mean the difference between living a productive, happy life and one on the margins. [Read more.](#)

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## 60 Minutes Highlights Need for Excellence in Mental Health Act

Linda Rosenberg, President and CEO, National Council for Behavioral Health, September 30, 2013  
[www.thenationalcouncil.org](http://www.thenationalcouncil.org)

Congress is considering legislation, The Excellence in Mental Health Act, which would restore a steady funding stream for community behavioral health centers. The bipartisan bill would also ensure that community behavioral health centers cover a broad range of mental health services, including 24-hour crisis care, increased integration of physical and behavioral health needs, and expanded support for families of people with mental health issues. [Read more](#). Also read “[Mike Wallace Must Be Spinning In his Grave](#)”; “[Mental Health Solutions Need Coverage, Too](#)”; “[Activist Alert from MindFreedom International... Write or call CBS' "60 Minutes" Exec. Producer](#)”

## See Eyes & Ears at our new website

[eyesnearsnewsletter.wordpress.com](http://eyesnearsnewsletter.wordpress.com)

Go to our website to subscribe to the Eyes & Ears online newsletter. The print copy edition is also posted there.

**Cascadia Behavioral Healthcare Plaza Consumer Office.** 2415 SE 43rd Ave. 503-238-0705

Contact the editor at:

[eyes.ears\\_newsletter@yahoo.com](mailto:eyes.ears_newsletter@yahoo.com)

## Pendleton Lawmakers Try To Keep Blue Mountain Hospital Open

*Rep. Bob Jenson of Pendleton told The Lund Report he's hoping to find a way to delay the closure of Eastern Oregon's state mental hospital before its doctors and nurses leave for work elsewhere. Rep. Jennifer Williamson of Portland suggested converting it into a much-needed prison hospital for aging inmates.*

Sept. 18, 2013 — The Oregon Health Authority has laid out the timetable to legislators for the closure of the Blue Mountain Recovery Center, even as Pendleton lawmakers strive to keep Eastern Oregon's mental hospital open.

“The train's already left the station,” Rep. Bob Jenson, R-Pendleton, told The Lund Report. “We got to find the sidetrack somehow.”

Blue Mountain is set to stop taking patients next month and close for good Dec. 31. The hospital has a long track record, opening in 1948. [Read more](#).

## Minorities Face Health Disparities in Mental Health and Addictions

*While African-Americans are overrepresented in behavioral healthcare, they're barely represented in policy positions – and mental health data for Asian-Americans in Oregon isn't even tracked*  
 Christen McCurdy, The Lund Report

September 24, 2013 – In Oregon, planning for diversity is like parsley on the plate, said April Johnson, behavioral health policy analyst for the state office of Addictions and Mental Health, at a gathering of about 40 people, mostly women, for the Oregon Women's Health Network's lecture series. [Read more](#).

## Central City Concern Expands Services in Outer Southeast Portland

By Central City Concern, The Lund Report

September 30, 2013 – On Monday, October 7th, from 3 to 6 p.m., Central City Concern will welcome peer organizations, referral sources, friends and neighbors at its eastside offices that is home to two critical programs for the area. Multnomah County Commissioner Judy Shiprack will join the open house. [Read more](#).

## Cover Oregon addresses Affordable Care Act myths

Saerom Yoo, Oct. 7, 2013, Statesman Journal

As if the world of health insurance wasn't complicated already, President Obama's Affordable Care Act has transformed that scene, causing anxiety and concerns for many consumers.

Regardless of whether you are happy about the changes, let's get some facts straight.

Michael Cox, spokesman for Cover Oregon, the state's health insurance exchange, has responded to some common misconceptions of the Affordable Care Act.

[Read more](#).

## Portland Community College wins grant to provide childcare for low-income students

Melissa Binder | The Oregonian, September 25, 2013

Beginning this academic year the funds from the Department of Education will support childcare for low-income students at Sylvania, Rock Creek, Southeast Center and Cascade campuses, said spokeswoman Kate Chester. [Read more](#).

## California's New Mental Health System Helps People Live Independently

Oregon State University, The Lund Report,

October 2, 2013 – A new analysis by Oregon State University researchers of California's mental health system finds that comprehensive, community-based mental health programs are helping people with serious mental illness transition to independent living.

Published in the October issue of the American Journal of Public Health, this study has important implications for the way that states finance and deliver mental health programs, and speaks to the effectiveness of well-funded, comprehensive community programs.

[Read more.](#)

## Federal Prison Sat By While Mentally Ill Inmate Ate His Own Feces

Nicole Flatow, October 3, 2013 thinkprogress.org

As several news reports have recently highlighted, prisons are increasingly serving as de facto asylums for the mentally ill. The country's three biggest jails are now its largest mental health facilities. A Wall Street Journal survey found that Oregon estimates half of its prisoners suffer from mental illness. In New York City, about 34 percent are mentally ill. "Our jails and prisons are our main place now where you find mentally ill people," psychiatrist E. Fuller Tory told 60 Minutes. [Read more.](#)

## Getting Mental-Health Care at the Doctor's Office

*Providers Take Integrated Approach, With Patient Numbers Set to Jump Under New Law and Psychiatrists in Short Supply*

Melinda Beck, Sept. 24, 2013 online.wsj.com

Seattle psychiatrist Anna Ratzliff oversees mental-health care for nearly 500 patients—most of whom she will never meet.

Dr. Ratzliff's practice is part of a burgeoning effort to integrate psychiatric care into primary-care practices, in a bid to make more efficient use of a limited number of mental-health professionals. Providers are bracing for a surge of new patients seeking mental-health care under the federal health law, and some are using new ways to deliver more care to more patients at less cost. [Read more.](#)

## The Withdrawal-Aware Doctor

Baylissa Frederick, September 29, 2013

www.madinamerica.com

So yes, an underworld of suffering exists due to benzodiazepine and antidepressant withdrawal – a group of vulnerable, often unsupported people who are under the radar. But we must remain expectant. Gradually, doctors are becoming aware and many are seeking out the knowledge in order to be able to provide best care. I have spoken to GPs who admit withdrawal is too complex an issue and I know some feel helpless and often as overwhelmed as the patient. Others are prepared to intervene and acquire the expertise necessary to minimize the patient's suffering as the recovery process takes place. [Read more.](#) Also read "[Playing the Odds: Antidepressant 'Withdrawal' and the Problem of Informed Consent](#)"

## Lacking Rules, Insurers Balk at Paying for Intensive Psychiatric Care

REED ABELSON, September 27, 2013

www.nytimes.com

As enrollment in coverage under the Affordable Care Act becomes available on Tuesday, the rules underlying mental health coverage in general — for both private insurers and the new health care exchanges — are still unclear, mental-health patient advocates say, leaving patients and families to grind through the process as best they can. [Read more.](#)

## Trauma Informed Care Meets Pharma Informed Care

Wayne Munchel, September 11, 2013

www.madinamerica.com

The National Council on Trauma Informed Care asserts that "knowledge about the prevalence and impact of trauma has grown to the point that it is now universally understood that almost all of those seeking services in public mental health have trauma histories." A central tenet of trauma informed care is flipping the paradigm, from asking "what's wrong with you?" to asking "what's happened to you?" [Read more.](#)

## Meet Kate Hill, the new director of Portland Hearing Voices

By Jenny Westberg, Portland Mental Health Examiner, Oct. 10, 2013

With groups on hiatus and events on hold, you may wonder whether Portland Hearing Voices disappeared – but nothing could be further from the truth. Behind the scenes there's all sorts of activity, the pre-work of being able to have groups again in the future.

There has also been a major change in leadership. Founder and longtime director Will Hall, who is only living in Portland part-time now, stepped down from the director's post, naming Kate Hill as the new director. [Read more.](#)

## If I'd Known Then What I Know Now

Robert Nikkel, MSW, July 10, 2013  
www.madinamerica.com

Recently at a neighborhood Fourth of July celebration, I talked with several people who live in nearby residential "treatment" homes. They almost all had tardive dyskinesia and most looked as if their emotions were so dampened down that they sat staring at the street in front of them, only incidentally aware of the sparklers and firecrackers. And all but one looked like they were well on their way to a prolonged case of "chronic mental illness".

It made me think about how my efforts as a state mental health commissioner for 6 years had promoted these kinds of lives. [Read more.](#)

## Deep Concern

Luc Ciompi, Courtenay M. Harding and Klaus Lehtinen  
May 17, 2010 schizophraniabulletin.oxfordjournals.org

We are 3 senior clinicians and investigators in the field of schizophrenia research from different parts of the world. We want to emphasize our common deep concern for the often-devastating consequences of neglecting, particularly in legal issues, the fact that favorable long-term outcomes occur in schizophrenia in a considerable number of cases.

Convergent findings from the 11 world studies of 20–30+ years from first admission have consistently shown that persons labeled with prolonged and episodic forms of schizophrenia have a strong possibility of favorable long-term outcomes if given half a chance. [Read more.](#)

## Losing Our Way in Mental Health: Lessons From the Navy Yard Shooting

Dr. Gail Gross, Human Behavior and Education Expert, Speaker, Author. Ph.D. Ed.D., September 18, 2013  
www.huffingtonpost.com

Aaron Alexis, the 34-year-old civilian navy contractor, who allegedly killed 13 people on Monday, September 16, did not live in a vacuum. Alexis had a past history and a record: [Read more.](#) Also read "[Study: Impact of unaddressed mental health issues on students is severe](#)"

## Behavior Therapy Aids Obsessive-Compulsive Disorder

NICHOLAS BAKALAR, September 16, 2013  
well.blogs.nytimes.com

Using well-validated scales and questionnaires, the researchers found that 80 percent of the C.B.T. patients responded with reduced symptoms and improved functioning and quality of life. About 23 percent got better on risperidone, and 15 percent on the placebo. [Read more.](#)

## Taking "Anti-Psychotics" When You Are Not Psychotic

Sandra Steingard, M.D., September 9, 2013  
www.madinamerica.com

The Wunderink study has been discussed here in other blogs (here, here, and here). In brief, using a randomized control design, Wunderink found that in adults diagnosed with a psychotic disorder continuous use of neuroleptics was associated with worse functional outcomes than intermittent use. Higher doses were associated with worse outcomes than lower ones. [Read more.](#)

## Psychotherapy's Image Problem

BRANDON A. GAUDIANO, September 29, 2013  
www.nytimes.com

For the sake of patients and the health care system itself, psychotherapy needs to overhaul its image, more aggressively embracing, formalizing and promoting its empirically supported methods.

My colleague Ivan W. Miller and I recently surveyed the empirical literature on psychotherapy in a series of papers we edited for the November edition of the journal *Clinical Psychology Review*. It is clear that a variety of therapies have strong evidentiary support, including cognitive.... [Read more.](#)

## **We've got the official word that these programs for low-income Oregonians are unaffected by the government shutdown**

Matt Kinshella , October 2, 2013 211info.org

There have been a ton of news reports on the affects of the government shut down (including a couple filmed in our office). But we wanted to pass on the official word about the major programs you care about, because we're getting calls from people who still want to know what's up. [Read more.](#)

## **The Violence in Our Heads**

T. M. LUHRMANN, September 19, 2013  
www.nytimes.com

STANFORD, Calif. — THE specter of violence caused by mental illness keeps raising its head. The Newtown, Conn., school killer may have suffered from the tormenting voices characteristic of schizophrenia; it's possible that he killed his mother after she was spooked by his strange behavior and tried to institutionalize him. We now know that Aaron Alexis, who killed 12 people at the Washington Navy Yard on Monday, heard voices; many observers assume that he, too, struggled with schizophrenia. [Read more.](#)

## **Psychiatry and Hearing Voices: A Dialogue With Eleanor Longden**

September 28, 2013 www.madinamerica.com

Allen Frances, in what he calls "one of my most important blogs", attempts to "find common ground between psychiatry and the Hearing Voices Movement." The blog arose from a dialogue between Frances and Eleanor Longden that began after her TED Talk. [Read more.](#)

## **Amazing Victory for Mental Health Activists: NIMH Director Accepts Ideas Once Seen as Radical**

Bruce Levine, Ph.D., September 22, 2013  
www.madinamerica.com

It is an amazing victory for mental health treatment reform activists and Robert Whitaker. On August 28, 2013, National Institute of Mental Health (NIMH) director, Thomas Insel, announced that psychiatry's standard treatment for people diagnosed with schizophrenia and other psychoses needs to change. [Read more.](#)

## **2014 Low-Income Home Energy Assistance Program**

LIHEAP is a federally funded program that helps eligible families and individuals pay their energy bills in winter. The program opens to the general public in December, but special outreach is provided in October and November to seniors, the disabled and households with children under the age of six. For info, go to [PGE - Help paying your bills](#)

## **Medicare Rights Center Launches New Website**

*With Improved Navigation, Updates on Medicare Changes*

By: Medicare Rights Center, The Lund Report

September 12, 2013 —Today the Medicare Rights Center announced the release of the newmedicarerights.org, an overhaul of the organization's website that will make it easier for beneficiaries, professionals, journalists and others to find answers to Medicare questions. [Read more.](#)

## **The 5 Gifts of Failure**

Jennifer Kromberg, PsyD, September 25, 2013  
www.psychologytoday.com

Most of us think it's a good thing to avoid failure. It's as if defeat is some sort of emotional plague that forever brands you a loser or mediocre. But in her book, "The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are," Brene Brown addresses the other side of failure, namely the fears, misery and exhaustion associated with a life lived trying for perfection. She writes about her own journey of cultivating wholehearted love and vulnerability in the face of being painfully imperfect. [Read more.](#)

## **Experiencing the Possibility of Change in the Digital Age**

by Kate Field, MindFreedom Blogger, October 12, 2013  
www.madinamerica.com

If you are reading this, you are probably involved in the mental health system. You might consider yourself a patient. You might consider yourself a professional or perhaps a caregiver. Maybe you consider yourself a survivor of the system. If you are reading this, you are probably interested in change. The interest of change, and the exploration of its possibilities, unites the readers of this site. [Read more.](#)

## **Mental Health America Produces Comprehensive, Objective Resource Describing Principal Complementary and Alternative Treatments for Mental Health Conditions**

www.mentalhealthamerica.net

The Complementary & Alternative Medicine for Mental Health Conditions program compiles evaluations of the CAM treatments most studied, recommended and used for mental health conditions, based on the ten principal sources. CAM encompasses a broad range of non-medical substances used for treatment or prevention, from yoga to SAM-e to fish oil. [Read more.](#)

## **ROAR! Hearing Aid Assistance Program**

Providing Free Exams and Hearing Aids to All Low Income People in Need

[www.olshf.org/hearing-aid-help](http://www.olshf.org/hearing-aid-help)

The ROAR! Hearing Aid Assistance Program is the Oregon Lions Sight & Hearing Foundation's newest program. OLSHF was chosen to be All American Hearing's exclusive charitable partner. Qualified applicants will receive free exams, hearing aids, fittings and warranties through All American Hearing.

Oregon Lions Sight & Hearing Foundation  
1010 NW 22nd Avenue, #144, Portland, Oregon 97210  
(503) 413-7399

## **Eyes and Ears Newsletter welcomes your submissions**

Eyes and Ears Newsletter welcomes submissions from mental health consumers/survivors/ex-patients. Previously published works are welcome and accepted. Personal stories, articles, editorials and poetry are all welcome. Anonymous work will be considered. As a general rule contributions should be a page or less for the print edition. Please send writing that is relevant to Portland and mental health issues to [eyes.ears\\_newsletter@yahoo.com](mailto:eyes.ears_newsletter@yahoo.com)

## **Robert Whitaker**

Author of "Anatomy of an Epidemic"

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

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

Whitaker's Mad in America blog:

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

Anatomy of an Epidemic is available in paperback

## **The Foundation for Excellence in Mental Health Care**

the new mainstream

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

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

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.

[Click here for news, blogs, press releases and upcoming events.](#)

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

Will Hall, [www.madinamerica.com](http://www.madinamerica.com), July 27, 2012

The new second edition has expanded Resources, scores of new collaborators and Advisors, new topics, more detail on the reducing and coming off process, and additional ideas for harm reduction and staying on medications. [Read more.](#)

## **Dr. Peter Breggin Hour**

Psychiatrist Dr. Breggin has many of the most innovative and exciting guests in the world who are working on better, empathic, supportive approaches to emotional crises that foster wellbeing and recovery. Airs Mondays at 2pm Pacific. [Click here for his archived shows.](#)

## **[Mental Health in the Headlines](#)**

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

## COMING EVENTS

### Rethinking Psychiatry

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

Rethinking Psychiatry's Monthly Meeting

**November 20, 2013**

#### Featuring Dr. Steve Goldsmith The Green Psychiatrist

Dr Goldsmith will present on his new book "The Healing Paradox" especially addressing "The Healing Paradox in Psychiatry." He will include a reading from his book followed by audience discussion and questions.

For more information go to [www.greenpsychiatrist.com](http://www.greenpsychiatrist.com)

For more info contact: Call Marcia Meyers at 503-665-3957 or email [rethinkingpsychiatry@gmail.com](mailto:rethinkingpsychiatry@gmail.com)

[Rethinking Psychiatry Facebook page](#)

### Light of Madness

#### A Hearing Voices support group.

Light of Madness support groups meet  
Wednesdays 5:30 -7:00pm - Free!

Just off the main PSU campus, 4th floor of the Market Street Building, 1600 SW 4th Portland, Oregon

We maintain a broad view on human experience. Distress and extreme states are seen as expressions of sensitivity, difference, or vulnerability. They are real, meaningful, and connected to life experiences. The more extreme the experience, the more extreme the response may be. An extreme state can be a way of trying to process and make sense of experiences.

The group is expressly for individuals who have had mental illness/madness/extreme state experiences. Support people are welcome as needed by the individuals.

Send questions and/or join the mailing list:

[LightofMadness@outlook.com](mailto:LightofMadness@outlook.com)

### Meetups in Portland

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

### Portland Events Calendar

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

### Alternatives 2013

<http://www.power2u.org/alternatives2013>

The National Empowerment Center is proud to announce Alternatives 2013. The national mental health conference organized by and for those in the mental health consumer/survivor/peer recovery movement will be held at the Hyatt regency in Austin, Texas, from Wednesday, December 4, to Saturday, December 7, 2013.

The theme of Alternatives 2013 is Building Inclusive Communities: Valuing Every Voice. Go to the following Facebook page for a discussion of the Alternatives Conference at: <https://www.facebook.com/groups/AlternativesConference/>

### PeerBlast

[www.peerblast.com](http://www.peerblast.com) [www.facebook.com/PeerBlast](http://www.facebook.com/PeerBlast)

PeerBlast! is an "aggregated" events calendar, pulling together peer-support related events from multiple organizations and calendars for viewers.

## **OREGON CONSUMER SURVIVOR COALITION (OCSC)**

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

### **OCSC Mission Statement**

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

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

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

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

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

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

## **Oregon Consumer Advisory Council**

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

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

For more info [click here](#).

## **The M.O.M.S. MOVEMENT**

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

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

## **Citizens Commission on Human Rights (CCHR)**

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

CCHR is a non-profit, non-political, non-religious mental health watchdog, responsible for helping to enact more than 150 laws protecting individuals from abusive or coercive practices.

## **MindFreedom International**

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

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

[MindFreedom Oregon Facebook page](#)

**MindFreedom Live Free Web Radio**

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

**MindFreedom's I Got Better campaign**

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

[Why join MFI?](#)

[MindFreedom International TRIUMPHS in 2012-2013!](#)

## **Rethinking Psychiatry**

Dedicated to Creating a New Paradigm in Mental Health Care

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

[Rethinking Psychiatry Facebook page](#)

Rethinking Psychiatry is a project of the Economic Justice Action Group of the First Unitarian Church. We are part of a larger movement working to improve mental health care and our mental health system. We receive no funding from, and do not promote any particular organization, government entity, corporation, or drug company.

[Read our mission statement](#)

**Multnomah County****AMHSAAC Meeting - Adult Mental Health and Substance Abuse Advisory Council**

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

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

<http://web.multco.us/mhas/adult-mental-health-and-substance-abuse-advisory-council>

**Quality Management Committee**

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

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

**Clackamas County****Mental Health and Addictions Council**

<http://www.clackamas.us/behavioralhealth/council.html>

**Washington County Behavioral Health Council**

**Website** - <http://www.co.washington.or.us/HHS/Addiction/behavioral-health-council.cfm>

**Health Share of Oregon  
Community Advisory Council**

The Community Advisory Council (CAC) is chartered by the Health Share of Oregon Board of Directors to advise and make recommendations to it on the strategic direction of the organization. The Council will help Health Share remain responsive to consumer and community health needs. The Council is intended to enable consumers, which will comprise a majority of the Council, to take an active role in improving their own health and that of their family and community members.

**Community Alliance of Tenants (CAT)**

Formed in 1996, the Community Alliance of Tenants (CAT) is Oregon's only statewide, grassroots, tenant-controlled, tenant-rights organization. CAT educates, organizes and develops the leadership of low-income tenants to directly challenge unjust housing policies and practices.

**Mental Health America of Oregon/Peer Link**

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

10150 SE Ankeny St. Suite 201-A, Port., OR 97216  
503-922-2377 [mhaoforegon@gmail.com](mailto:mhaoforegon@gmail.com)

**Website:** [www.mhaoforegon.org](http://www.mhaoforegon.org)

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

**Peerlink National Technical Assistance Center**

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

[www.peerlinktac.org](http://www.peerlinktac.org) Same contact info as above.

**The Oregon Peer Employment Network (OPEN)**

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

**Mental Health Association of Portland**

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

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

**Disability Rights Oregon**

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

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

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

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

## Welcome to Cover Oregon

With a variety of plans available, Cover Oregon makes it easy for you to find health insurance and get financial help. If you need help paying premiums or out-of-pocket costs, you can find it here. You cannot be refused coverage for a pre-existing condition. Go to [www.coveroregon.com](http://www.coveroregon.com) to learn more!

To apply for the Oregon Health Plan or Healthy Kids go to [www.coveroregon.com/coverage/medicaid](http://www.coveroregon.com/coverage/medicaid)  
<http://www.coveroregon.com/coverage/medical>

## Oregon Addiction and Mental Health Division (AMH)

[AMH Addiction and Mental Illness Recovery site](#) Peer -Delivered Services, Presentations, Recovery Stories, Web Site Resources and more.

[Wellness](#) Get empowered by finding out ways to improve your mental and physical well being

[Addictions Services](#) [Public Meetings](#) [Resources](#)

[Addictions and Mental Health Services](#)

[Oregon AMH Peer Delivered Services Newsletter](#)

[Adult Mental Health Services](#)

## Watch Advocate for Wellness

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

with host Ann Kasper

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

## [NeedyMeds.org](#)

NeedyMeds is pleased to announce a new partnership with Consumer Reports Best Buy Drugs™ to provide visitors to NeedyMeds.org with the latest recommendations on the safest, most effective and least expensive prescription and over-the-counter medications as rated by Consumer Reports.

## [Open Minds Open Doors](#)

Open Minds Open Doors is a community campaign driven by residents of Clackamas County. It is designed to reduce the stigma around mental illness and addictions issues so that people are more willing to seek and find help at the onset of their problems.

## Oregon Health Authority Facebook

Keep up to date on the Oregon health care reform news by going to the Oregon Health Authority's Facebook

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

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

## [DrugWatch.com](#)

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.

## Oregon Health Reform Peer Network

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

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

## Oregon Health Connect

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

One place for free info about health insurance

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

## [Mentalhealth.com](#)

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information.

## Need to Talk?

### Call the David Romprey Oregon Warm Line

Staffed by trained Peers  
People just want to be heard.

**Warm line hours 1-800-698-2392**

Monday 10 am - 10 pm  
Tuesday 10 am - 10 pm  
Wednesday 9 am - 8 pm  
Thursday 8 am - 8 pm  
Friday, Saturday & Sunday 10 am - 10 pm

This Warmline is NOT a resource line

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

Together we can learn and grow.

[www.communitycounselingsolutions.org/warmline.html](http://www.communitycounselingsolutions.org/warmline.html)

## Multnomah County's Mental Health Call Center

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

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

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

## Multnomah County Aging and Disability Services Helpline

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

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

## NAMI

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

## Madness Radio

### voices and visions from outside mental health

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

Madness Radio wants your involvement! Got an idea for a topic or guest? Want to leave feedback on a particular show? How about asking local stations to broadcast Madness Radio? And we can always use donations. Visit our website: [www.madnessradio.net](http://www.madnessradio.net)

## Write Around Portland

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

**New Address** - 133 SW 2nd Ave, Ste. 304  
Portland, OR 97204 503-796-9224  
[www.writearound.org](http://www.writearound.org)

## Street Roots

<http://streetroots.org/>

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

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

## Sisters Of The Road

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

Since 1979, Sisters Of The Road has been an essential part of the Old Town/Chinatown neighborhood. Sisters offers a space to build community, empower ourselves, learn from one another, dine with dignity and organize for justice and human rights for all.

133 NW Sixth Avenue Portland, Oregon 97209  
503 . 222 . 5694

### Portland Hearing Voices

[www.portlandhearingvoices.net](http://www.portlandhearingvoices.net)

413.210.2803

[portlandhearingvoices@gmail.com](mailto:portlandhearingvoices@gmail.com)

After 4 years on a volunteer basis we are moving to a more sustainable format. We're seeking a new home and ongoing resources! All groups are currently ON HOLD until the transition. You can help! Please download our Appeal Letter and spread the word:

<http://www.portlandhearingvoices.net/files/PortlandHearingVoices-SupportGroupsAppeal2013.pdf>

### Cascadia Peer Wellness Program

Cascadia's Peer Wellness Program serves those who are interested in becoming Peer Wellness Specialists (PWS) and those in need of support from a PWS. If you are interested in becoming a PWS, or have any questions about the program, contact Meghan Caughey at (503) 963.7771. [Click here for more info.](#)

### Want to Go Back to School?

Whether you want to:

**Enroll in a college, Complete your GED or, Improve your Reading, Writing or Math Skills**

**The Supported Education Program at Cascadia can help!**

Make an appointment with Erin, the Supported Education Specialist, and learn all about the program! How? Just let your case manager know you would like a referral to the Supported Education Program. Or, call Erin direct at 503-238-0705 x 1176.

Cascadia Behavioral Healthcare Plaza, 2415 SE 43rd

### Early Assessment and Support Alliance

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

### Cascadia

#### Garlington Center Recovery Services

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

### Centerstone urgent walk-in clinic

11211 S.E. 82nd Ave., Suite O, Clackamas, OR  
503-722-6200 Tri-met Lines: 72

<http://www.clackamas.us/behavioralhealth/centerstone.html>

Walk-in: Mon.-Fri., 10 a.m.-8 p.m., Sat.-Sun. 10 a.m.-7 p.m. 24-hour crisis line: 503-655-8585

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

The David Romprey Oregon Warm Line also operates out of Centerstone. The Warm Line # is 1-800-698-2392.

### Luke-Dorf Peer Self-Directed Services

Self Directed Services is Luke-Dorf's new Peer Brokerage Program in Multnomah County. Self-Directed Services is a free-standing, peer-run program designed to assist individuals in their Wellness and Recovery. This service is intended to supplement traditional mental health services, and continued enrollment with a primary mental health provider of the customer's choice is one of the requirements for consideration for SDS services.

Our goal is to assist our customers to achieve a sustainable lifestyle through peer support, navigating community resources, and using brokerage funds toward services and purchases directly related to wellness.

Two forms of brokerage are available: Wellness and Sustainable Housing.

Applicants are not required to be Luke-Dorf clients. On-line applications will be available soon, including details on how to qualify. For more information, please contact George Johnson, SDS Program Manager at 503-726-3738. Also go to: [www.luke-dorf.org/sds.php](http://www.luke-dorf.org/sds.php)

### Q Center

Portland's LGBTQ Community Center  
4115 N. Mississippi Ave. (503) 234-7837

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

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

## **NAMI Multnomah Support Groups**

### **NAMI Connection Peer Support Groups**

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

**Tuesdays** 11:00 am-12:30 pm

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

**Tuesdays** 2:00-3:30

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 - on temporary hiatus

NAMI Multnomah, 524 NE 52nd Ave, Portland 97213

**Thursdays** 5:30-7 pm

LifeworksNW, 3716 NE MLK Jr Blvd, Portland 97212

**Saturdays** 3:30-5:00 pm Providence

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

### **"Anxiety Society" Support Group**

Tuesdays, 5:00 pm Contact: Terri Walker, 503-890-4805

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

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

Providence Hospital, Cancer Center, Room A-B, 4805 NE Glisan, Portland, OR 97213 Contact: Jean, 503.866.9135

**Schizophrenia Support Group** Wednesdays, 1:00 pm

NAMI, 524 NE 52nd Ave, Portland 97213

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

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

Contact Arlene at 971.409.8519

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

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

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

**Mondays, 6:00 pm** NAMI, 524 NE 52nd Ave, Portland 97213. Contact NAMI Office, 503-228-5692

**2nd and 4th Thursdays, 6:30-8 pm** Legacy Mt Hood Medical Center, Cascade Room, 24800 SE Stark Street, Gresham. Contact Nancy, 503.665.5481

### **Other NAMI groups and programs**

NAMI Family-to-Family

NAMI Basics

NAMI Peer-to-Peer Recovery Education Course

Peer Support Specialist Training

In Our Own Voice

First Step: community outreach program, regular visits to inpatient psychiatric units at area hospitals

**More info at Multnomah NAMI,s [Website](#) or call 503-228-5692**

## **NorthStar**

NorthStar has moved to a bigger and better space! NorthStar is now located at 5600 NE Glisan St., only 4 blocks from the NAMI Multnomah office where it was originally.

NorthStar is a mental health recovery program for adults living in the Portland metro area who have a mental illness. Spearheaded by NAMI Multnomah, NorthStar is based on the International Center for Clubhouse Development (ICCD) model of psychosocial rehabilitation and standards. ICCD certification is our goal. NorthStar provides people living with the effects of mental illness an evidence-based approach for respect, hope, stability and resiliency.

Please call us to arrange a new member orientation.

Sunday and Monday - Closed

Tuesday - 9:30 AM to 5:00 PM

Wednesday - 10:00 AM to 5:00 PM

Thursday - 9:30 AM to 5:00 PM

Friday - 9:30 AM to 6:00 PM

Saturday - 9:30 AM to 4:00 PM

5600 NE Glisan St. 971-544-7485

**Job Opportunity at NorthStar Clubhouse  
Applications Accepted until position is filled  
Check the NorthStar website for more info**

Email: [info@northstarportland.org](mailto:info@northstarportland.org)

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

[NorthStar Facebook](#)

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

## **Rose Haven**

627 NW 18th Ave 503-248-6364 [rosehaven.org](http://rosehaven.org)

Women support group, classes and activities  
Referral & advocacy

Services for housing, legal aid, medical & mental health care; Counseling; Compassionate listening; Assistance navigating the social services maze; Clothing & Hygiene items; Mailing address; Voice mail; Support Groups. [Click here for the Rose Haven newsletter.](#)

## **Independent Living Resources**

Offering Advocacy, Information & Referral, Peer Counseling, and Skills Training for people with disabilities. Classes, support groups, recreation and volunteer opportunities [www.ilr.org](http://www.ilr.org)

**1839 NE Couch St, Portland 503-232-7411**

## Empowerment Initiatives

[www.chooseempowerment.com](http://www.chooseempowerment.com) [Facebook](#)

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

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

## Recovery International

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

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

## IRON TRIBE

The Recovery Network [www.irontribenetwork.org](http://www.irontribenetwork.org)

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

## [Avel Gordly Center for Healing](#)

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

## [Helpguide.org](http://Helpguide.org)

Helpguide Helps You Help Yourself and Others – Take charge of your life and make healthy choices with over 250 expert, ad-free articles and resources.

The website covers subjects related to mental and emotional health with comprehensive articles and related resources to help you help yourself and others.

## FolkTime

FolkTime is a program that promotes the lives of individuals who are committed to mental health recovery by providing meaningful opportunities that enrich their lives.

Currently, our services are offered at three locations in the Portland metro area. The Couch Street program is our main location operating through the generosity of the Community of Christ Church. Oregon City and Sandy, OR, also offer programs four days per week. All of the sites are operated by members who are in recovery and have stabilized their condition to the point of accepting a leadership role within FolkTime.

The schedule of activities is determined by members at a monthly community meeting. Our hot lunches are prepared on site and shared together. Generally, on Mondays, Wednesdays, Thursdays and Fridays, FolkTime members gather to participate in a variety of activities, including craft projects, guest speakers, games, and discussions on current topics of interest. Once per week the members venture out to local parks, museums, and gardens, or participate in community events.

Peer Employment Specialists are available to work with individuals in recovery who are interested in exploring career interests and options.

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

FolkTime locations:

Couch Street site: 4837 NE Couch St Portland: 503-238-6428

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

Sandy site: Sandy Community Center, 38348 Pioneer Blvd, Sandy, OR 503 757-8224

To view the schedules of each site go to

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

## 4th Dimension Sober Club

[www.4thdimensionsoberclub.org](http://www.4thdimensionsoberclub.org)

2410 N Mississippi Ave, Portland, OR 97222  
(Yellow Line Max Stop at Albina/Mississippi)  
(503) 936-5549 [Visit our Facebook Page](#)

People in recovery are in need of a place to “hangout.” A place where they can gather with friends, enjoy a movie, play cards, pool or ping pong. 4DSC is sort of a night club atmosphere without the alcohol.

## Online mental health and recovery support sites

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

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

**Being Bipolar**, a online resource embracing, defining and sharing what it means to live with bipolar disorder. We offer personal insight, informative podcasts, and a thriving Facebook community!

**Beyond Meds** - Alternatives to psychiatry  
[beyondmeds.com](http://beyondmeds.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](http://www.facebook.com/dbtconnections)

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

**Intervoice** - The International Community for Hearing Voices. [www.intervoiceline.org](http://www.intervoiceline.org)

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

**OAASIS** - support for sexual abuse survivors.  
<http://oaasisoregon.org>

**Online Recovery Support** - An online resource for the recovery community.  
<http://onlinerecoverysupport.ning.com>

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

## SMART Recovery

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

### Self-management and Recovery Training

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

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

There are several meetings held in and around Portland. For a list of current meetings in Oregon and Portland [click here](#).

## Dual Diagnosis Anonymous of Oregon

### Mental Illness and Substance Abuse

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

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

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

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

## OREGON

### Suicide & Crisis Hotlines

[www.suicidehotlines.com/oregon.html](http://www.suicidehotlines.com/oregon.html)

## A Daily Reprieve Center

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

Recovery information

## Rose City Recovery Connections

Recovery-Related Resources - Portland Metro Area

<http://www.rc-rc.info/index.html>

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

## Resources

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

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

**[NAMI Oregon Community Resources](#)**

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

Street Root Rose City Resources

**Employment and training**

Find [employment and training resources listings](#) at Street Root's Rose City Resources.

**Rethinking Psychiatry Resource List**  
<http://www.rethinkingpsychiatry.org/resources/>

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

The official benefits website of the U.S. government  
 Informs citizens of benefits they may be eligible for  
 Provides information on how to apply for assistance  
 Learn about FREE MONEY and GRANTS  
 Looking for Benefits? Answer questions to find out which government benefits you may be eligible to receive

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

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

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

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

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

## Resources

**Multnomah Mental Health**  
**Crisis Number: 503-988-4888**  
**Or 1-800-716-9769**

### Mental Health Organizations -

- Cascadia Behavioral Healthcare** - Central Intake - 503-674-7777. Urgent Care Walk In Clinic 7 am-10:30 pm 7 days a week - 2415 SE 43rd 503-238-0705 Integrated Treatment Services (drug/alcohol) 503-230-9654
- Central City Concern** - 232 NW 6th Ave, Portland, OR - 503 294-1681 [www.centralcityconcern.org](http://www.centralcityconcern.org)
- El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 [www.catholiccharitiesoregon.org](http://www.catholiccharitiesoregon.org)
- LifeWorks Northwest** -503-645-9010 [www.lifeworksnw.org](http://www.lifeworksnw.org). E-mail [intake@lifeworksnw.org](mailto:intake@lifeworksnw.org).
- Portland Veterans Center** - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; [www.va.gov](http://www.va.gov)

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### Mental Health Drop - In Centers:

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

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### National Mental Health Organizations:

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

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### Mental Health Support Groups or Information:

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



## Resources

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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### Health Resources:

**-Coalition of Community Health Clinics Website**  
 Provides info about free health care for uninsured people.  
[www.coalitionclinics.org](http://www.coalitionclinics.org)

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

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

**-Free prescription drug discount card** - Save up to 30%  
 or more on most prescriptions that are not covered or not  
 fully covered by insurance. Does not cover co-pays. Go to  
[familywize.org](http://familywize.org)

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

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

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

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

William Temple House (503-226-3021)

Christ Community Food Ministries (503-239-1226)

All Saints Episcopal Church (503-777-3829)

**-Needy Meds** - Find help with the cost of medication -  
[www.needymeds.org](http://www.needymeds.org)

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

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

**-The PACS Program** - Prescription and Community

# Resources

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

**-Partnership for Prescription Coverage** - 1-888-477-2669. [www.pparx.org](http://www.pparx.org). Coalition of different groups that can help with prescription coverage.

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**Information and Referral:**

**-211 Information & Referral** - DIAL 2-1-1 or dial 503-222-5555 or go to [www.211.org](http://www.211.org)

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

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

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

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

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

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

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

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**Legal services and Rights:**

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

**-Disability Rights Oregon** provides legal advocacy to individuals with disabilities who have an issue related to their disability. - 503-243-2081; [www.disabilityrightsoregon.org](http://www.disabilityrightsoregon.org)

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

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

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

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

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

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

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**Other Resources:**

**-BoltBus** offers rides to Seattle for \$7. <https://www.boltbus.com/>

**-Community Cycling Center** Complete five hours of safe

commuting and bike maintenance training and get a free bike. Must be a low-income adult enrolled in a comprehensive employment program (503)288-8864.

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

**-Community Warehouse** - nonprofit agency that collects and redistributes donated furniture and household goods to low-income people. 503 235 8786 [communitywarehouse.org](http://communitywarehouse.org)

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

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

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

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

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

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

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

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

# *Eyes & Ears*

**Editor:** Duane Haataja

## *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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