

EYES & EARS

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Psychiatric Drugs Aren't Always the Fix for Mental Illness

These medications can cause the symptoms that are leading to the sharp increase in mental health diagnosis, according to Robert Whitaker

By: Lisa Stiller , The Lund Report

May 27, 2011 -- Terry Danielson has two daughters who were diagnosed with bipolar disorder. Today, one is finishing her B.A., and another is doing advocacy work for a mental health organization. Both spent many years on psychiatric medications, but it's the therapy that's made the difference, said Danielson. One is completely off her medication; the other is doing well with a much lighter dose.

"With trauma trained therapy, they are healing affectively from the trauma that got them into this, said Danielson, who recently participated in a Portland conference aimed at addressing the problem of over medicating mental health patients.

Robert Whitaker, author of "Anatomy of an Epidemic," who spearheaded the two-day event, claims the public has been led to believe that the second generation of psychiatric drugs (such as Prozac and Paxyl) are the fix for mental illness, while, instead, they've caused an epidemic of mental illness.

Bipolar disorder, he said, was a relatively rarely diagnosed disorder 40 years ago, and today there are nearly six million people with this diagnosis. In

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Federal Probe of Portland Police: What It Means and What Advocates Are Saying

Denis C. Theriault, Jun 8, 2011, Portland Mercury

The U.S. Justice Department announced today that will immediately begin investigating the Portland Police Bureau for civil rights abuses, examining in particular "whether there is a pattern or practice of excessive force used by PPB officers, particularly against people living with mental illness."

The department's attorneys and police experts will first "confer with members of the PPB," including top commanders and rank-and-file officers, according to a letter sent to Mayor Sam Adams' office this morning. Investigators also will consult community groups and others familiar with mental illness treatment and the criminal justice system. The announcement comes a day after the Justice Department said it would not file any federal criminal charges in the January 2010 shooting of Aaron Campbell, a mentally distraught man shot in the back by an officer during a standoff.

"Over the past 18 months, there has been a significant increase in officer-involved shootings. And the majority of persons involved were individuals with mental health issues," Tom Perez, assistant attorney general in charge of the Justice Department's civil rights division said at a news conference this morning that also included statements from U.S. At

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Psychiatric Drugs Aren't Always the Fix for Mental Illness

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1987, 1.25 million adults were on disability due to a mental health diagnosis; in 2007 the number reached 3.87 million. In 1990, the number of children diagnosed with mental illness began to rise sharply as well.

It's the "broken brain" model, he said, that's led to the sharp increase in mental illness diagnosis and psychiatric medication, based on a belief that throwing drugs at symptoms will fix the patient. Instead, those medications often cause the symptoms that are leading to the sharp increase in the diagnosis of bipolar disorder, ADHD, schizophrenia and other diagnoses. At the same time, there's less emphasis on the treatment of the symptoms and holistic methods of healing.

There are several reasons for the sharp increases in medication prescription and diagnosis. The profit motive by pharmaceutical companies definitely comes into play. In 2007, the American public spent \$25 billion on antidepressant and antipsychotic medication.

This country doesn't have the preventive model found elsewhere, according to Dr. Satyanarayana Chandragiri, president of the Oregon Psychiatric Association. "Our own healthcare system is very diagnosis based. The insurance industry, along with the medical system, is based on diagnosis and treatment.

We've created "consumers of drugs," along with psychiatrists who prescribe them as "magic bullets," and are getting paid by the drug companies, Whitaker said.

The mental health system is a problem in itself, said Brian Chambers, a youth advocate for a holistic system. "It's not a user friendly system. What we have is a "fragmented system" Some of what kids are facing is "just the ordinary pressures of being a kid." Rather than prescribing medication, there needs to be more support systems in schools.

"People don't understand their own ability to cope," and expect a quick fix from medication, said Rachel Levy, a social worker who attended the conference.

Not enough is being done to make the environmental and lifestyle changes to reduce the need for medication, said Dr. Maggie Bennington-Davis, the chief psychiatric medical and operating officer at

Cascadia Health. "It's easier to imagine going home to take a pill than going home to exercise."

Chandragiri emphasized the need to look at diet and mindful eating. "The system doesn't support this. It's a top-down approach."

There's also the question of what causes the chemical imbalances that have led to the development of psychiatric medication. Societal pressures, stress, a history of trauma, and depression could be causing these imbalances, said Bennington-Davis. "So it doesn't necessarily follow that medication will fix this."

"It's possible to create a community with alternative treatments that will lead to recovery," said Laura Van Tosh, a policy analyst who uses mental health services.

"It's complicated being a healer," said Bennington-Davis, "and having people asking for medication that they think will heal them – and telling them to try other things." We need to remember "that people are more than a chemistry set."

Rethinking Psychiatry Supporters!

As announced at our Next Steps Session at the end of our May Two-Day Symposium, we have a:

Follow-up Meeting

Wednesday, June 15, from 7:00 - 9:00 PM
First Unitarian Church
in the Buchan Reception Room
1011 SW 12th, Portland, Oregon

This meeting will address Next Step plans using the rich array of ideas that emerged from the Next Steps Conference Session where we brainstormed ideas for how we envision the possibilities for change and for creating that change in this movement. The assortment, depth and breadth of ideas gives a wide range of choices as to how each of us can be involved in this essential work.

Robert Whitaker

Author of "Anatomy of an Epidemic"
Website: robertwhitaker.org
Email: robert.b.whitaker@verizon.net

Commentary on The Lund Report Article

By Meghan Caughey MA,MFA, Cascadia Senior
Director for Peer and Wellness Services
June 7, 2011

When I first read The Lund Report article on “Psychiatric Drugs Aren’t Always the Fix for Mental Illness”, I had a complex reaction — it did not completely match my own experiences, but much also resonated with me.

Since Robert Whitaker’s Anatomy of an Epidemic came out there seems to be much energy and enthusiasm for folks not taking psychiatric medication. Whitaker’s book makes an excellent argument for this, and given the worrisome experiences many of us have had on medication, it is natural to want to jump on that band wagon.

However, I am (out of the closet) a person who takes medications for psychiatric issues.

I feel sometimes like I nearly need to hide this reality — it is so out of style.

In my early twenties, I made a point to find one of the few residential mental health programs in the country that did not use medication. For nearly five years I was medication free. I also publicly testified against the use of psychiatric medication more than twenty years ago. However, once I left the cozy confines of the program, I could not maintain a non-medication lifestyle. I tried hard, but it was not to be. I was not weak; I was doing the very best I could.

I definitely believe that medications are used to excess and that they can be more harmful than the conditions they claim to treat. My own experiences support this abundantly. However, I am much more interested in seeing how we can use a holistic approach to life’s experiences, whether psychiatric, spiritual, emotional or whatever — to see each other in a full spectrum of color and texture.

In taking medications, I find myself on the defensive, like I just have not tried hard enough, or am lacking some kind of deep-seated will power. But this is not the case. I know in my heart that I have incredible courage and will - it is how I survived the traumas of the mental health system. Also, even though I have used medication for the past twenty five years of my life, my condition today is not worse - on the contrary, my life is just getting better and better.

I agree that side-effects are more than bad, and

that some prescription drugs should be illegal.

However, I do not want to simplify the medication issue into “all bad” scenario or “all good”. It is complex, just as we humans are complex. I wrote to Whitaker and told him I was confused because my story did not fit that of his book. His reply was in essence that he was writing about the overall picture, not “exceptions”. Still, my message is not that I am an exception, but that we all can recover, whether or not we choose or need medication — it is our connection with our life force that drives us to be well. If medication helps supports that drive, then okay, if it clouds that drive, then it is not okay.

We all have the capacity to heal and to find our own unique path to healing. My way will not look like anyone else’s. Your way will be all your own. So let us connect at the level of what unites and sustains us in wellness, and have respect for that coming in many different shapes, colors, and forms.

It is not medication that defines us. It is not diagnosis that defines us. The reality of who we are is deeper than all of that! May I always remember this as I walk beside you, each of us on our paths.

Mental Health Association of Portland Recent Website Postings as of June 12th

www.mentalhealthportland.org

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

Cheryl Kidd joins defendant patients at Oregon State Hospital

Portland’s Police Problem

U.S. Justice Department launches civil rights review of Portland police

Offenders graduate to new lives

University of Oregon ranks high for student drug, alcohol use

Girl’s death at Trillium’s Corvallis Farm Home ruled a suicide

Kyeron Fair: State Investigation Details Beating, Tasing of Teen in Mental Health Crisis

Josephine County DA finds deputies used justifiable force in fatal shooting of suicidal woman

Federal Probe of Portland Police

(Continued from front page)

torney Dwight Holton, Mayor Sam Adams, and Police Chief Mike Reese.

The probe will be conducted jointly by DOJ's civil rights division and the U.S. Attorney's Office of Oregon. In a statement, the Justice Department said it will "consider all relevant information, particularly the efforts that Portland has taken to ensure compliance with federal law." This inquiry comes, Perez says, at the same time Justice Department investigators are probing the state of Oregon's mental health infrastructure and its failures to provide adequate treatment. The two inquiries will draw from the same pool of investigators.

"There's a very real linkage," Perez told a room that included many in the police accountability community who had also called for the review, from the Albina Ministerial Alliance Coalition for Justice and Police Reform to to Portland Copwatch, to members of Campbell's family, who are suing the city with the help of attorney Tom Steenson. Steenson previously represented the family of James Chasse Jr., winning a \$1.6 million settlement last summer for Chasse's 2006 death at the hands of officers.

Perez said Justice Department investigators will "follow the facts where they lead" and has asked the city for its cooperation in hopes of avoiding "contested litigation." He pointed to other civil rights investigations in Cincinnati, New Orleans, Seattle, and Los Angeles, among others and said "independence and collaboration are not mutually exclusive." Possible outcomes could range from federal monitoring of the police bureau, Perez said, to just providing more training to Portland cops.

Occasionally nodding during the remarks by Holton and Perez, Mayor Adams, when it was his turn to speak, said he would do all he could as police commissioner to work with the Justice Department. The mayor had joined then-Police Commissioner Dan Saltzman in asking for a federal investigation in February 2010, amid the outcry of the Campbell shooting. Saltzman was invited to the press conference but had a scheduling conflict.

"We more than welcome this investigation. We asked for it," Adams said, also mentioning that despite changes made in the bureau since he took over in May, including the rare step of firing the officer who shot Campbell, Ron Frashour, "we're humble in the knowledge that don't have it all figured out yet."

Later, he said: "My hope is there will be recommendations to improve."

In shorter comments, Reese—who has long been calling attention to the mental health system's failings—echoed what his boss said.

"This is a unique opportunity to ensure we are at the very forefront of best practices," he said. "We are accountable and we hold ourselves accountable."

Perez said his office conducted a preliminary review of the police bureau's practices and policies, and spoke with community groups, before deciding to launch a full investigation. He said the "number of shootings was certainly a factor," but that it wasn't the only factor.

Speaking to reporters after the news conference, Steenson, the Campbell and Chasse attorney, speculated on another factor. He said Chasse's family, after settling their lawsuit with the city last summer, began working with a Washington, D.C., attorney and presented at some point this spring, with Steenson's help, a separate, detailed request for a civil rights probe of the bureau's practices.

He says the bureau's practice, until very recently, of failing to discipline officers who used inappropriate force, fatal or not, contributed to a culture "where officers believe they can act with impunity" and that "patterns of unreasonable use of force" sometimes led to "the death of innocent citizens."

He criticized the bureau for not taking steps, despite receiving advice from consultants that effect in recent years, to limit how and when officers are able to use force, or to account for the mental state of someone when officers are deciding what level of force is appropriate.

"Hopefully the city of Portland, its police bureau, and its police union will open up and be receptive to change... and actually face to its problems and work with the Department of Justice," Steenson said.

During the press conference, meanwhile, Perez defended the Justice Department's decision not to prosecute Frashour, saying that proving Frashour willfully defied the Constitution involved "a very high standard. We concluded the circumstances of that case did not constitute a prosecutable violation."

But Perez also faced criticism from some advocates that the civil rights probe is focusing mostly on mentally ill victims of police use of force—and that it isn't investigating claims that the Portland Police Bureau systematically mistreats African-Americans.

Portland Copwatch's Dan Handelman says that although blacks in Portland make up only 6 percent

of the city's population, they've made up nearly a fourth of all people shot at, fatally or not, by police officers since January 2000. He said he was among the community advocates contacted before the Justice Department made its decision.

"The fact that they didn't even mention it, I found insulting," Handelman said afterward.

When Jo Ann Bowman of the AMA asked Perez "how do we make sure race isn't lost" in this discussion, he replied that federal investigators "will listen to all corners of the community."

Marva Davis, Campbell's mother, who also has accused the city of harassing her and her family after her son's death, spoke briefly to reporters outside the federal courthouse downtown where the news conference was held.

"There's some very good police officers out there and some very bad ones," she said, close to choking up. "Things need to change. Obviously there's a problem."

WHAT CAN YOU DO?

Perez and Holton said they want to hear from anyone in the community who has a story to share about the police bureau's policies and practices, not just from people in power or advocates who regularly dive into accountability issues.

Send an email to this address: community.portland@usdoj.gov

Or pick up the phone and call this number: 877-218-5228.

Psychiatric Security Review Board Reform Moves Forward

Nevertheless, concerns about more aggressive changes to the Board persist

By: Amanda Waldroupe, The Lund Report

June 1, 2011—A bill that fundamentally changes the way people are evaluated who are found "guilty except for insanity" is winding its way through the legislature, and represents the most significant changes to the Psychiatric Security Review Board (PSRB) since its inception.

House Bill 3100 passed out of the Ways and Means Subcommittee on Public Safety yesterday, and now moves to the full Ways and Means Committee, the final step before proceeding to the House and Senate for a vote.

The bill makes four fundamental changes – among them -- certified psychiatrists or psychologists must evaluate a person who pleads "guilty except for insanity."

"The goal is to bring some consistency and confidence to the system," said Mary Claire Buckley, the Board's executive director.

Those committing misdemeanor-level crimes would be removed from the PSRB's jurisdiction, which has authority over Oregon State Hospital's patients found "guilty except for insanity," meaning that they committed a crime under the influence of their mental illness.

Anyone who commits a Class C felony must undergo an evaluation to determine if they can be placed in a community treatment setting and do not need hospital-level care. And those unable to assist their lawyer in their own defense trial could seek treatment in a community setting.

Currently, both of these populations are sent to the Oregon State Hospital if they need the level of care the Hospital provides.

"This bill would advance the efforts to place individuals with criminal issues and mental health issues in the most appropriate place for treatment, supervision and restorative services," said Richard Harris, the director of the state's Addictions and Mental Health Division.

Senate Bill 420, which advocates say would make more aggressive changes to the PSRB, failed to move out of committee

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Psychiatric Security Review Board Reform Moves Forward

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Under that bill, the Oregon Health Authority would have jurisdiction of patients at the state hospital, rather than the PSRB. The PSRB would continue to have jurisdiction of those released to community settings, as well as patients at the state hospital who committed Measure 11 offenses, aggravated murder, and Arson I.

By giving such jurisdiction to the Oregon Health Authority, advocates say, clinicians and doctors working with hospital patients would have more say in determining whether someone could leave the hospital.

“The hospital [would have] some control over who comes in and leaves,” said Chris Bouneff, the executive director of Oregon's chapter of the National Alliance on Mental Illness (NAMI). “Right now, they have no control.”

The bill came under opposition from the Oregon District Attorneys Association and the Oregon Psychiatric Association, which were not privy to a work group that drafted the legislation.

“We have, as an organization, participated in every mental health bill for the last 30 years, and we were not part of this work group,” said Dr. Joseph Blum, a psychiatrist at Oregon Health & Science University, who testified on behalf of the psychiatric association. “I don't believe that there was one clinician [involved] with this bill.”

He criticized the bill because it didn't clearly specify the hearing procedure that the Oregon Health Authority and the hospital's physicians would need to follow before releasing a patient. “It should not leave everything up to administrative rule [making],” he said.

Elizabeth Cushwa, the executive director of the district attorney's association, objected because people could be released who posed a risk into the community.

“These are our most dangerous people,” she said.

However, Bob Joondeph, the executive director of Disability Rights Oregon, felt the legislation should move forward.

“Why do you want to change something that has been successful for 33 years and has a two percent recidivism rate?” Sen. Joanne Verger asked him.

“We think [the Board] has been overly restrictive, and this has been a detriment in terms of the amount of time people have to spend in the hospital,” he responded. “We are wasting resources when we do not have resources to waste.”

Since no action was taken, the bill did not move forward. It is not dead, and the Ways and Means subcommittee can still move it out of committee.

“There's been a lot of work on this bill,” said Sen. Jackie Winters (R-Salem). “Many of us have looked forward to the day in Oregon when we actually deal with the mentally ill in a more humane way. This is just one piece of the discussion.”

Transition Projects is moving

Friday, June 3 - the last day for men's and women's showers at this location

Friday, June 10 - the last day for regular services at this location

Mon-Fri, June 13-17 - this location will be closed
You do not need to check in on the waitlist during this week. The mailroom will be open Mon & Tue, June 13 & 14, 5-7 PM. TB screening will be at 665 NW Hoyt (Tues & Fri, 1:15 - 3:15 PM).

Monday, June 20 - the grand opening of our new day center at 650 NW Irving. (unofficial opening June 18)

WHAT ARE BORDERLINE PERSONALITY DISORDER AND DIALECTICAL BEHAVIORAL THERAPY?

By Rachel Gill – Consumer/Advocate/Linfield College
Social and Behavioral Sciences Undergraduate

DISCLAIMER: The following information does not mean to diagnose or treat individuals.

"What we have does not make us who we are." –R. G.

"When I let go of what I am, I become what I might be." -Lao Tzu

Dialectical Behavioral Therapy (DBT) is an evidence-based treatment designed specifically for Borderline Personality Disorder (BPD). The diagnostic statistical manual of mental disorders describes nine criteria for BPD. A person exhibiting at least five of the following DSM factors meets diagnostic criteria for BPD.

1. Frantic efforts to avoid real or imagined abandonment
2. A pattern of unstable and intense interpersonal relationships characterized by alternating between extremes of idealization and devaluation [e.g., extreme and rapidly shifting feelings of Love and hate toward important relationships]
3. Identity disturbance: markedly and persistently unstable self-image or sense of self
4. Impulsivity in at least two areas that are potentially self-damaging (e.g., spending, sex, substance abuse, reckless driving, binge eating)
5. Recurrent suicidal behavior, gestures, or threats, or self-mutilating behavior
6. Affective instability due to a marked reactivity of mood (e.g., intense episodic dysphoria, irritability, or anxiety usually lasting a few hours and only rarely more than a few days)
7. Chronic feelings of emptiness
8. Inappropriate, intense anger or difficulty controlling anger (e.g., frequent displays of temper, constant anger, recurrent physical fights)
9. Transient, stress-related paranoid ideation or severe dissociative symptoms

What sets DBT apart from traditional "Talk ther-

apy" is that you do not go in to a session, lie on a couch, pour out your heart to a therapist who writes secret notes, probes for childhood trauma, asks more questions than is necessary about your sex life, gives you drugs, and sends you on your way. While persons certainly talk about their woes in DBT, the idea is to overcome suffering not to relive it.

Furthermore, Marsha Linehan, DBT's founder, suggests that talk therapy (which refers to traditional Freudian psychotherapy) may even increase emotional vulnerability in people with Borderline Personality Disorder, which explains why, before DBT, I would always leave a therapist's office miserable and/or in tears. On the other hand, I have been in DBT for over a year now and have never left a session in tears. In fact, most of the time, I leave in a better state of mind than I come in with.

So, how does DBT work? Well, I go to an individual therapist once a week to work on reducing target behaviors with the intent of eventually extinguishing them. In DBT, safety and immediate danger dictate the specific order for assessing and addressing target behaviors. There are four main categories in the order of:

1. Suicidal Behaviors
2. Therapy-interfering Behaviors
3. Quality-of-life Interfering Behaviors
4. Increasing Behavioral Skills

At the beginning of each session, my therapist and I review a diary card that I fill out for each day of the week in between sessions to identify treatment targets and set an agenda for the session. Then by observing and describing, we attempt to come up with a solution for the issues of concern. Before the end of the session, we review the solution and if we both find it agreeable, I apply the solution during the week. This is homework (without the grades.)

Additionally, I also attend a group skills session once a week with other people in the program to build DBT skills. The main skill areas are mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness, and problem solving. The standard time for completing the standard DBT program is 6-12 months, after which, clients graduate and either leave the program, or move on to phase 2, which is where I am at now in Portland DBT's program.

In phase two, individual therapy is much the same. In-group skills training, the idea is to help each other solve specific, individual problems by applying

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WHAT ARE BORDERLINE PERSONALITY DISORDER AND DIALECTICAL BEHAVIORAL THERAPY?

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the skills obtained in phase 1. In phase 3, (which I know the least about) clients join an exposure group where clients confront past traumas, current fears, etc. in a safe, compassionate, carefully measured environment.

If you think DBT might be for you and you live in the Portland area, I highly recommend contacting Portland DBT (see below) I am currently in their program. However, if you are on OHP, getting authorization can be tricky. I am currently in litigation to try to change this, but that is another story. If you have any general questions, about DBT you can e-mail me, Rachel Gill, at mentalhealthnow@live.com. Stay well, my friends.

Portland DBT Program, PC 5200 SW Macadam Avenue, Suite 580 Portland, Oregon 97239 Phone: 503-231-7854 Referral Line: 503-290-3291 Fax: 503-231-8153 E-mail: referral@PortlandDBT.com

References

American Psychiatric Association. Diagnostic and statistical manual of mental disorders: DSM-IV-TR (fourth edition, text revision). Washington DC: American Psychiatric Association, 2000.

Linehan, M. (1993). Cognitive behavioral treatment of borderline personality disorder. New York: The Guilford Press.

DrugWatch.com

DrugWatch.com is a comprehensive resource featuring information on various medications, including prescription and over-the-counter drugs, and those currently available or previously distributed worldwide. DrugWatch.com is not affiliated with any pharmaceutical companies or drug manufacturers.

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.

NorthStar News

New hours: Mon-Thurs 10:30 am - 3 pm

Call for artists

Are you an artist, or do you know a peer who is an artist? There are opportunities to show original art at NorthStar.

Our plan in the near future is to have a group show when we have enough contributing artists. Also, aspiring artists may have opportunities to participate in special workshops to do art together at NorthStar. We will try to keep you updated in the Events section of The Compass if we plan to schedule creative classes.

For more information, please contact Jason Ingram at: creativealaskan@yahoo.com.

Subscribe to The Compass newsletter

The Compass is NorthStar's newsletter. Keep up with what's going on at NorthStar by subscribing. Call 971-544-7485 or email info@northstarportland.org. Or see it online at www.northstarportland.org. Just click on Programs and Activities on top of the website.

Career Mapping Workshops

Career Mapping Workshops are a fun and interactive opportunity for members to explore their natural gifts and career interests. This workshop will help lay a strong foundation for determining the next steps for pursuing employment and training goals. Call 971-544-7485 or email info@northstarportland.org to become a member and attend the workshops.

NAMI Multnomah NorthStar positions open

NAMI Multnomah is hiring a Job Developer and Generalist Staff for NorthStar. NorthStar is a clubhouse to be modeled on the standards set by the International Center for Clubhouse Design (ICCD).

Go to www.nami.org/multnomah and click NorthStar for job descriptions and for instructions to apply for these positions.

For more information about NAMI Multnomah's NorthStar, email nami.multnomah@gmail.com.

Join us at NorthStar

What is NorthStar?

A place to go. A place to return to.
A place to find meaningful relationships.
A place to find fulfilling work.

NorthStar is a mental health recovery program for adults living in the Portland metro area who have a mental illness. NorthStar provides a safe and welcoming environment where members can participate in a peer-supported community, promoting independence, confidence, wellbeing, and recovery.

The NorthStar community provides acceptance and encouragement for individual goals and achievements while supporting members in employment, education, reaching-out, skill-building, social activities, and recreation.

Now in the foundational stage as a program of NAMI Multnomah, NorthStar will ultimately seek certification through the International Center for Clubhouse Development (ICCD). For more information about the ICCD Clubhouse model go to www.iccd.org. The Clubhouse model has been very successful with helping people with mental illness to stay out of hospitals while achieving social, financial, educational and vocational goals.

An ICCD Clubhouse is fully run by members with the assistance of a few paid staff personnel. Because members operate NorthStar, they share ownership and responsibility for it's success.

The ICCD model offers members a "work ordered day.." Members and staff meet together, decide objectives and assign tasks for the day. Staff and members work together as equals in decision making and daily operations. The skills, ideas and abilities of each member are recognized and encouraged. Members also organize and lead classes and activities. NorthStar has opportunities for members to contribute in several units: Clerical/Outreach, Health and Wellness, and Creative Design.

Contact us for more information!

522 N.E. 52nd Ave., Portland, OR, (971)544-7485

Northstarportland.org

info@northstarportland.org

OREGON CONSUMER SURVIVOR COALITION (OCSC)

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

OCSC Mission Statement

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

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

Get Free E-mail News Updates about OCSC:

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

Visit Our OCSC Blog:

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

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

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

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

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

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

2011 – 2012 DRO Goals & Priorities Survey

Each year we ask for community assistance in setting our goals & priorities by conducting a survey. Our goals are the changes we think are needed to create opportunity, access & choice for people with disabilities. Our priorities are ways we can advocate to help us reach the goals.

Go to disabilityrightsoregon.org to fill out the online survey.

CASCADIA CONSUMER/SURVIVOR ADVISORY COUNCIL

**Meets on the third Thursday of each month at
Cascadia's SE Plaza at 3 - 4:30 pm**

Take part in our Consumer Advocacy Project which will allow us to be participants in multiple forms of health reform advocacy at the local and state levels, including Cascadia.

Contact: Amy Anderson at 971-340-8942 or by email at advocate55@q.com

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

Garlington Client Council

**Meets on the first Thursday of each month
at Cascadia's Garlington Clinic at 10-11:30am**

Cascadia's Garlington Clinic is at 3034 NE Martin Luther King, Jr. Blvd. and we meet in room G4

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

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

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

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 in meeting room HSB 166 at the Barbara Roberts Human Services Building (DHS main office), 500 Summer St NE, Salem, OR.

Send email to the Council at:
oregon-cac@googlegroups.com

Purpose statement:

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

Oregon DHS Mental Health Planning and Management Advisory Council

This Council advises the Addictions and Mental Health Division (AMH) in areas vitally important to the Consumers of Oregon

Meetings - 1st Thursday of odd numbered months, 9 - 11:45 am, Room 137C+D, Human Resources Bldg., 500 Summer St. NE, in Salem.

Website - <http://www.oregon.gov/DHS/mentalhealth/tools-policymakers/main.shtml#mh>.

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.

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.

Meetings - 2nd Thursday of every month, from 3pm to 5pm, in Conference Room 112 of the Multnomah Building, at 501 SE Hawthorne Blvd, in Portland.

Website - <http://web.multco.us/mhas/quality-management>. They include Minutes of their Committee, Publications (including analysis of Multnomah County surveys), and detailed Contact Info for their Staff.

Wash. Co. Behavioral Health Council

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

Clackamas County

Mental Health and Addictions Council

Meetings - 4th Tuesdays most months. To confirm meeting time/location, call Karen Erwin at 503-742-5310.

Website - www.clackamas.us/community_health/behavioral/councils.html

Mental Health America of Oregon

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.

3534 SE Main St., Portland OR 97214
503-922-2377(voice) 888-820-0138 (toll free)
TTY: use 711 relay mhaoforegon@gmail.com
www.mhaoforegon.com

Disability Rights Oregon

www.disabilityrightsoregon.org

A great place to keep up to date on Oregon's 2011 Legislative news.

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

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.

Write Around Portland

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

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

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

mentalhealthportland.org

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

For more info send email to:

info@mentalhealthportland.org

EYES & EARS

Welcomes your contributions

Contact Duane most afternoons
at the Cascadia Plaza Consumer Office
2415 SE 43rd
or call 503-238-0705 Ext. 204
or E-Mail: eyes.ears@cascadiabhc.org

Street Roots

www.streetroots.org

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

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

You can also access the shows from The Mental Health Association of Portland's website at:

www.portlandmentalhealth.org

TriMet Bus Pass Discount After the 15th

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

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

Oregon Health Plan's OHP Standard Reservation List is Open

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

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

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

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

Mental Health America

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

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

The Department of Human Services Wellness Initiative

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

DHS provides a Wellness Initiative web site at oregon.gov/DHS/mentalhealth/wellness/main.shtml

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

Disability Rights Oregon

(formerly Oregon Advocacy Center)
www.disabilityrightsoregon.org

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

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

Multnomah County's Mental Health Call Center

Do you or 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.

PERSONAL CARE SERVICES

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

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

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

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

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

Need to Talk?

Call the David Romprey Oregon Warm Line

Staffed by trained Peers

People just want to be heard.

Warm line hours
1-800-698-2392

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

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

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

At Cascadia

Want to Go Back to School?

Whether you want to:

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

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

**Come to an orientation
And learn all about our program!**

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

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.

If you are interested in attending a class, please contact your case manager.

Music Therapy

Come sing, play instruments, and listen to music. Music therapy helps you reduce anxiety, improve your mood, think more clearly, develop connections with peers, express yourself and have fun.

No music experience or knowledge is necessary. This is not a drop in group; ask your case manager for a referral.

Tuesdays 2:30-3:30 and 3:30-4:30
Cascadia Plaza Clinic in the Hope Center, main floor, 2415 SE 43rd Ave. 503-238-0705

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 Will Hall. Open to people who have these experiences.

Meetings are held at

Empowerment Initiatives - 3941 SE Hawthorne
on the first and third Tuesdays from 6 to 7:30 pm

June 7, 14, July 5, 19, August 2, 16

See other coming events at the Portland Hearing
Voices website at

www.portlandhearingvoices.net

What is it like to live with voices, visions, and extreme states of consciousness? What do these experiences mean to you? How can we learn to accept and live with who we are? What are ways to cope with fear, trauma, isolation, and overwhelming responses? Are there positive, creative, and spiritual sides to what we go through? What is mental diversity all about?

Will Hall was diagnosed with schizophrenia and is an internationally recognized mental diversity educator, advocate, and counselor. www.willhall.org

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

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

mentalhealthportland.org

Has links to articles and resources.

NAMI Programs and Classes

NAMI provides free classes to family members of children and adults with mental illness. To learn more about our program offerings, contact:

Multnomah NAMI: (503) 228-5692
nami.multnomah@gmail.com
<http://www.nami.org/multnomah>

Clackamas NAMI: 503-344-5050
nami.clackamas@gmail.com

Washington NAMI: 503-356-6835
FamilySupport@NamiWash.org
<http://www.namiwash.org/>

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

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

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

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

Join over 2,700 Fans of Mental Health Association of Portland on Facebook

The Mental Health Association of Portland invites you to join their Facebook at:

www.mentalhealthportland.org

Empowerment Initiatives

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

www.chooseempowerment.com
3941 SE Hawthorne (503) 249-1413

NAMI Connection Recovery Support Groups

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

Multnomah NAMI - 503-228-5692 for more info

Tuesdays, 11:00 am Luke Dorf, 9255 NE Halsey Street, Portland Oregon 97220.

Saturdays 3:30 pm 5228 NE Hoyt Street, Bldg. B., Portland, Oregon 97213

Clackamas NAMI - 503-344-5050 for more info or Email: nami.clackamas@gmail.com

Wednesdays 3 pm at Clackamas Community College, in the Community Center, Rm CC112

Wednesdays: 12 - 1:30 pm, Hilltop- 998 Library Ct, Oregon City

Saturdays: 1 - 2:30 pm. Call Steve Levine for more info at: 503-697-1854 or email at: levine@comcast.net

2011 NAMI Convention

Chicago July 6-9 nami.org

Some scholarships available

Schizophrenia Support Group

Every Wednesday; 1:00 pm to 2:00 pm
NAMI Multnomah office, 524 NE 52nd Ave, Port.

Contact: Arlene Stine, (503) 228-5692

Mission Statement - A safe place for people with schizophrenia to relax, socialize, and develop skills.

NAMI Major Depression Support Group

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

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

Rose Haven

627 NW 18th Ave
503-248-6364

New website address: rosehaven.org

Women support groups, classes and activities
Referral & advocacy

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

Independent Living Resources

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

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

FolkTime

New things are happening at 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.

New - Erin Vaughn, Program Manager of the new Sandy site (See below) and Gloria Giddens, Manager of the NE site have been trained as 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 Mon, Tue, Thurs 10 am to 2 pm. Fri. at 11. Wednesday bowling at 1.

New Site Opened

-Sandy - Sandy Community Center, 38348 Pioneer Blvd, Sandy, OR, (503) 238-6428 (Main Office). Mon., Tue., Thur. and Fri. 9:30 am to 2:30 pm. Closed Wed.

To view the schedules of each site go to

www.folktime.org

Online mental health and recovery support sites

This is a listing of some online sites that offer various types of support for persons with mental illness, their friends, family and those that work in mental health.

Check them out and find the support you need.

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>

Voices Across the World: Living with Mental Illness. This Facebook page was created to give those of us diagnosed with mental illness a collective voice in a safe "no stigma zone". www.facebook.com/VoicesFightingTheStigma?ref=mf

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

SMART Recovery

Self-management and Recovery Training

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

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

There are several meetings held in and around Portland.

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

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

Dual Diagnosis Anonymous of Oregon

Mental Illness and Substance Abuse

www.ddaoregon.com

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

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

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

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

COMING EVENTS

Art Lovers:

Visit NAMI's Open Minds Art Studio

National Alliance on Mental Illness of Clackamas County invites you to engage in our Open Minds Art Studio. NAMI volunteers recognizing the natural therapeutic value art has had in their own lives created Open Minds Art Studio. The studio is open to Peers living with a mental illness, friends or family who care for someone with a mental illness and any supportive persons who love arts and crafts.

Use NAMI's donated supplies and/or bring your own! Art Studio is open Tuesdays 1:30 pm to 3:00pm & Thursdays 6:30 pm to 8:00 pm. Drop-in, but we'd love a call or e-mail that you're coming!

- (503) 344-5050
- nami.clackamas@gmail.com

Art Studio at NAMI of Clackamas County office
10202 SE 32nd Ave, Suite 501, Milwaukie 97222
(middle of green buildings on Providence Hospital campus).

ART SUPPLY DONATIONS:

As visiting artists use supplies, they need to be replenished. If interested in donating, please call or e-mail. We can share wants and you can share what you might have for us. We are a 501(c)(3) nonprofit. Thank you for your support!

Alternatives 2011 to Be Held in Orlando, FL

Alternatives 2011, the annual national conference organized by and for individuals with psychiatric histories, will be held from Wednesday, Oct. 26, 2011, through Sunday, Oct. 30, 2011, at the Caribe Royale Orlando in Orlando, Fla.

Go to www.alternatives2011.org for application and other information about the conference.

Chinese Medicine Views on Mental Health and Wellness

Led by Michael Berletich MACOM, Lac.

Sponsored by the NASW of Oregon Mental Health Network in collaboration with Empowerment Initiatives

No charge. Two free CEUs. No preregistration.

Held at the Hoyt Arboretum June 22, 2011

5:30 pm-7:30 pm

Meet outside the World Forestry Center. (Take the Max to Washington Park or the 63 shuttle.)

Join us for a lovely walk and learn about theoretical concepts and practices in Chinese medicine you can apply to healing and wellness. There will be a focus on the seasonal aspects of well-being in honor of the solstice.

Mental Diversity Meetups

Informal public social gatherings open to all

Last Sunday of Every Month

4 pm-6:30 pm

Backspace Cafe 115 Northwest 5th Avenue at Couch

Next meetup Sunday June 26

Everyone is invited to join Portland Hearing Voices for an informal gathering with drink, eats, and socializing. Meet new people, learn from each other, and build community. An antidote to loneliness!

Upcoming meetups are:

Sunday July 31, Aug. 28, Sept. 2

Downtown Compassion: Free health clinic

July 9th, 2011 from 9-3 pm at the
Memorial Coliseum, Portland, Oregon

Downtown Compassion is focused on offering free health care and other service resources to the uninsured, underinsured, and homeless community of Portland.

Services that will be offered are:

Medical Dental
Vision Chiropractic / Physical Therapy
Social Services Fair Bicycle Repair
Haircuts Clothing Bank
Children's Activities Prayer

We have volunteer opportunities for the Downtown Compassion Clinic.

downtowncompassion@gmail.com

www.downtowncompassion.org

Oregon Certified Ombudsmen Volunteers

Certified Ombudsmen Volunteers are advocates who visit the residents of long-term care facilities, identifying complaints and concerns. They investigate these complaints and work with the staff of the facilities to resolve problems, advocating from the resident's point of view.

Certified Ombudsmen Volunteers set their own schedule, attend monthly support group meetings, and volunteer about five hours a week.

Training for this volunteer job consists of five classroom sessions and one facility visit. The next trainings in the Portland area are in May, August and November.

Before attending training, volunteers complete an application, interview and pass a background check. To apply, call 1-800-522-2602 or email LTCO.volunteer@state.or.us.

Go to www.oregon.gov/LTCO/ to learn more.

Employment & Educational Opportunities

(See more next page and in the Resources pages)

WorkSource Portland Metro

www2.worksourceportlandmetro.org

Your local WorkSource partners have the resources you need to sharpen your skills, find the perfect job, and advance your career. Our centers are open to all job seekers and career advancers age 18 and older.

At the WorkSource Centers you can access:

- iMatchSkills and other internet-based job search tools
- Job postings - web-based and employer posted
- Telephones, fax, and copy machine to help with your job search
- Resume writing tools
- Information on local industries and jobs – and their pay rates
- Workshops to help focus your job search
- Information about community resources

We help you compete in today's job market:

- Identify your skills, interests, and strengths
- Find out which skills businesses value most
- Learn how to interview and network
- Target your job search toward high growth industries
- Staff assistance with career advancement planning

Our staff will connect you with training options, such as:

- Occupational skill training
- Apprenticeship programs
- Continuing education in your field
- Adult Education, including GED, English as a Second Language (ESL), and Financial Literacy classes

Worksource Portland Metro Southeast

7916 SE Foster Road, Suite 104

Portland, OR 97206 (503)772-2300

For other locations go to the website listed above.

Employment & Educational Opportunities

Job Corps

PIVOT

2701 N. W. Vaughn Street, Suite 151, Portland
(503) 274-7343

<http://pivot.jobcorps.gov>

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.

Julia West House

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

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

Transit: Fareless Max Blue, Green, Yellow.

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

Portland Habilitation Center Northwest

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

<http://www.phcnw.com>

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

Transit: 87, from Parkrose Transit Center.

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

State of Oregon Employment Offices

30 N Webster, Suite E., Portland OR

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

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

Call for hours.. Transit: 4, 44

Oregon labor market information system and job search database.

Vocational Rehabilitation Division

3945 SE Powell Blvd., Portland, OR

971-673-2555

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

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

Transit: 9, 75.

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

Goodwill Industries of the Columbia-Willamette

www.meetgoodwill.org

1943 SE 6th Ave. Portland

503-239-1734; 1-877-676-5872

Jobs available at stores or donation centers, and free employment service in the community.

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

Resources

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

Mental Health Organizations -

- Cascadia Behavioral Healthcare** - Central Intake - 503-674-7777. Urgent Care Walk In Clinic 7 am-10:30 pm 7 days a week - 2415 SE 43rd 503-238-0705 Integrated Treatment Services (drug/alcohol) 503-230-9654
- Central City Concern 12th Avenue Recovery Center** - 503 - 294-1681 www.centralcityconcern.org
- El Programa Hispano** - work, housing and more; downtown Portland: 503-236-9670, Gresham: 503-669-8350 www.catholiccharitiesoregon.org
- Life Works Northwest** -503-645-9010 www.lifeworksnw.org. E-mail intake@lifeworksnw.org.
- Portland Veterans Center** - 503-273-5370 PTSD and sexual trauma counseling (individual & group), employment services, and more; www.va.gov

Mental Health Drop - In Centers:

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

National Mental Health Organizations:

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

Mental Health Support Groups or Information:

- Northwest Autism Foundation** - info on autism and contact info on treatment. autismnwaf.org. 503-557-2111
- Portland Aspergers Network** 503-284-4507, 503-682-1609 contact@aspergersnet.org. Web: aspergersnet.org
- Bereavement Support Group (coping with loss)** - offered by Adventist Medical Center. To register, call 503-251-6192 ext. 5670. **Healing Grief** - Call 503 251-6105 for more info and to register. Both groups are free.

- Brain Injury Support Groups** - Brain Injury Association of Oregon, 1.800.544.5243, biaoregon.org
- Children & Adults with Attention Deficit** - 503-294-9504. Free. www.chaddpdx.org
- Depression and Bipolar Support Alliance** - 800-826-3632; Portland support groups: west side: Jason-503-227-2423 east side Jean 503-231-7513 www.dbsalliance.org
- Family to Family Support Group** - NAMI - free group for loved ones of individuals with mental illness. Educational group. 503-228-5692
- National Suicide Prevention Lifeline** (Suicide Support) 1-800-273-8255.
- Obsessive Compulsive Disorder support group** - 503-494-6176; OHSU - 503-494-8311
- PSU Community Counseling Clinic** 503-725-4620 Portland State University. Individual, couple and family counseling. \$15 per session, reduced fees negotiated. 10 week commitment.
- Recovery, Inc. International** - Self-help for people with depression, anxiety, phobias, fears, anger, & low self-esteem. 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 re-

Resources

lated disabilities. www.depaulindustries.com

Easter Seals Latino Connection Program 4134 N. Vancouver Ave. Suite 300C 503-335-6161 Vocational rehabilitation services, including employment for Latinos with disabilities, ESL and computer classes in Spanish, job development and job placement; translation and interpretation, resume and interview workshops; ESL support and referral. www.or.easterseals.com

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

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

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

Free online education: OpenCourseWare educational programs are offered at various colleges. www.ocwconsortium.org,

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

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

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

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

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

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

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

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

[gov/seniors](http://www.oregon.gov/seniors)

State of Oregon Employment Offices - North Portland: 503-280-6046 Gresham: 503-669-7112 Beaverton: 503-644-1229 employment.oregon.gov

Trillium Artisans Program - 503-775-7993; Marketing support for artists interested in home-based business or contract work; www.trilliumartisans.org

Vocational Rehabilitation Division- Employment services for people with disabilities; Ticket to Work and Self-Sufficiency Program. Central 3945 SE Powell Blvd. 971-673-2555; East 305 NE 102nd Avenue Suite 200 971-673-5858 North 4744 N. Interstate Ave. 971-673-3055 www.oregon.gov/dhs/vr

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:

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

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

-Free 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 - If on food stamps, OHP, SSI or TANF; 1-800-848-4442 or (503) 373-7171 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-6:30pm M-F. 503-223-2213. www.wschiro.edu.

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

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

E-Mail: welcome@oradvocacy.org

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

-Public Assistance and Disability Rights (Legal Aid) -

503-241-4111

-Legal Aid Services of Oregon - 503-224-4094

www.lawhelp.org

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

Information and Referral:

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

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

-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:

-Community Cycling Center Complete five hours of safe commuting and bike maintenance training and get a free bike. Must be referred by a social service organization. Can not own an operating vehicle (503)288-8864. www.communitycyclingcenter.org

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

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

-Free 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; 503.284.6827

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

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

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

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

Eyes & Ears

Editor: Duane Haataja

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

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Eyes & Ears - listen to all songs. Listen and download all songs by Eyes & Ears. Free collection of music, songs and tracks from Eyes & Ears - find and listen as much as you want. Experienced Eyes and Ears Perhaps nobody's eyes and ears know more about this city and its criminal element than the police department's Detective Sergeant Bob Burnie, Criminal Investigations Division, a Cornwall native who worked his way up from beat constable over his 25-year career. MIZAN. Using emotionally charged images that were shown first to the right hemisphere via the left eye and ear and then to the left hemisphere via the right eye and ear. jw2019.