

NAMI Multnomah 2020 Mental Health Resource Guide

SUPPORT  EDUCATION  ADVOCACY



Mental Health Crisis Resources

For help navigating resources, call the NAMI Multnomah HelpLine at 503-228-5692 (Monday-Friday 10 AM - 4 PM). In case of an emergency that requires police assistance, call 911 and ask for Emergency Responders with mental health experience from the "Enhanced Crisis Intervention Team."

Crisis Lines

MULTNOMAH COUNTY CRISIS LINE	503-988-4888
CLACKAMAS COUNTY CRISIS LINE	503-655-8585
WASHINGTON COUNTY CRISIS LINE	503-291-9111
CLARK COUNTY CRISIS LINE	1-800-626-8137

Suicide Prevention Lines

NATIONAL SUICIDE LIFELINE	Call 800-273-8255 Text "273TALK" 839863
CRISIS TEXTLINE	Text 741741
YOUTHLINE	Call 877-968-8491 Text "teen2teen" to 839863
VETERANS CRISIS LINE	Call 888-457-4838 Text "MIL1" to 839863
ALCOHOL & DRUG HELPLINE	Call 800-923-4357 Text RecoveryNow to 839863
SENIOR LONELINESS LINE	Call 503-200-1633
AYUDA EN ESPAÑOL	Call 1-888-628-9454

Urgent Care Walk-In Mental Health Clinics

CASCADIA BEHAVIORAL HEALTH CARE (MULTNOMAH COUNTY)

Hours: Monday-Friday 7:00 AM - 10:30 PM, 2415 SE 43rd Ave. Portland, OR 97206

CLACKAMAS COUNTY URGENT MENTAL HEALTH WALK-IN CENTER (CLACKAMAS COUNTY)

Hours: Monday-Friday 9:00 AM - 8:00 PM, 11211 SE 82nd Ave., Ste. O, Happy Valley, OR 97086

HAWTHORN WALK-IN CENTER (WASHINGTON COUNTY)

Hours: Monday-Friday 9:00 AM - 8:30 PM, 5240 NE Elam Young Pkwy., Hillsboro, OR 97124



National Alliance on Mental Illness

NAMI | Multnomah

2020

Mental Health Resource Guide

*Our mission is to improve the quality of life for people with mental illness
and their families through support, education, and advocacy.*

Produced by:

NAMI Multnomah
524 NE 52nd Ave.
Portland, OR 97213
Phone: 503-228-5692
www.namimultnomah.org

2020 NAMI Multnomah Resource Guide

Edited and updated by NAMI Multnomah staff and volunteers

Special thanks to Taylor Madden, Mario Odighizuwa, Brian Chase, and Jean Duncan

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PREFACE

This Resource Guide is dedicated to those in our community who live with mental illness, their families, friends, and care providers. All NAMI Multnomah members firmly believe that treatment works, and recovery is possible. We hope that this guide to resources in our community will foster discussion and further investigation among individuals, families, and professionals in the journey on the road to recovery.

- For updates and further information, check our website, www.namimultnomah.org.
- Information on major mental illnesses and medications can be accessed at www.nami.org.
- Answers to frequently asked questions can be found online at www.namimultnomah.org.

Please note this guide is purely for information purposes only and is not intended to provide professional advice or recommendations. Persons making use of the information contained in this guide do so at their own risk. NAMI Multnomah hereby disclaims any liability for any damage arising, directly or indirectly, from the use of the information contained herein.

We are grateful to our supporters and to those who cooperated in the guide's preparation by providing and reviewing information.

We hope you find this guide useful.

Your suggestions are welcome. Changes of address and phone, etc., are important. Please call or send alterations or additions to: resourceguide@namimultnomah.org

NAMI Multnomah
524 NE 52nd Avenue
Portland, OR 97213
503-228-5692
info@namimultnomah.org

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ABOUT NAMI:
NATIONAL ALLIANCE ON MENTAL ILLNESS

NAMI - National Alliance on Mental Illness

NAMI

703-524-7600 or 800-950-6264

3803 N Fairfax Drive, Suite 100
Arlington, VA 22203
www.nami.org

NAMI provides a key voice for federal public and private-sector policies that facilitate research, end discrimination, reduce barriers to successful life in the community and promote timely, comprehensive and effective mental health services and supports.

NAMI - Oregon

NAMI Oregon

503-230-8009 or 800-343-6264

4701 SE 24th Avenue, Suite E
Portland, OR 97202
namioregon@nami.org
www.namior.org

NAMI Oregon is the statewide organization, lending support in areas of advocacy and policy making in the state. It is one of 50 state organizations that make up the National Alliance on Mental Illness (NAMI). NAMI Oregon's primary role is to interact with state agencies and the Oregon Legislature to advance NAMI's mission and policy priorities. They also support local affiliates in a variety of ways including providing program materials and training volunteers to lead NAMI signature programs.

NAMI - Multnomah

NAMI Multnomah

503-228-5692

524 NE 52nd Avenue
Portland, OR 97213
info@namimultnomah.org
www.namimultnomah.org

NAMI Multnomah is NAMI's local affiliate, serving the Greater Portland Metro area since 1983. Our mission is to improve the quality of life for individuals and families living with mental illness through support, education, and advocacy. NAMI Multnomah regularly holds educational classes, events, presentations and support groups to help the public better understand how to live with mental illness, and help individuals and families develop caring and informed support networks. Our staff and volunteers teach free classes, lead support groups, and provide support and resource information to family members and individuals coping with mental illness. At NAMI Multnomah, we also provide a key voice to end the stigma around mental illness and develop effective mental health services and supports. Our representatives attend and advocate throughout the county on topics that affect mental health. Our website (www.namimultnomah.org) provides current information about classes, local issues and support groups.

Other Metro-Area NAMI Affiliates

Each NAMI affiliate listed is an independent organization with a separate governing body. Affiliates are held to uniform standards by the national office, but their mission and programming may vary.

NAMI Clackamas County 10202 SE 32 nd Avenue, Suite 501 Milwaukie, OR 97222 www.namicc.org info@namicc.org	503-344-5050
NAMI Southwest Washington, WA 2500 Main St #120 Vancouver, WA 98660 www.namiswwa.org	360-695-2823
NAMI of Washington County 18680 SW Shaw Street Aloha, OR 97007 namiwashco.org/index.html	503-356-6835

Other Local Affiliates throughout Oregon

NAMI of Central Oregon PO Box 7462 Bend, OR 97708 www.namicentraloregon.org namicentraloregon@gmail.com Serving Crook, Jefferson and Deschutes Counties	541-480-1960
NAMI Clatsop County P.O. Box 1066 Astoria, Oregon 97103 namioregon@namior.org	503-468-7797
NAMI Columbia County namioregon@namior.org St. Helens, Oregon 97051	(Contact through NAMI Oregon) 503-230-8009
NAMI Coos County P.O. Box 3519 Coos Bay, OR 97420	541-888-3202
NAMI Douglas County www.namior.org	541-673-6382

NAMI of Eastern Oregon **541-562-5465**
P.O. Box 907
Union, OR 97883
boyd@eoni.com
Serving Union, Umatilla, Malheur, Morrow, Wallowa, and Baker Counties

NAMI of Klamath County **541-591-3514**
P.O. Box JP
Klamath Falls, OR 97602
namiklamath@yahoo.com

NAMI Lane County **541-343-7688**
2411 Martin Luther King Jr Blvd
Eugene, OR 97401
www.namilane.org
resourcecenter@namilane.org

NAMI Marion Polk **(Contact through NAMI Oregon) 503-230-8009**
namioregon@namior.org
Serving Marion and Polk counties,

NAMI Mid-Valley **541-745-2064**
P.O. Box 1172
Corvallis, OR 97339
www.namimidvalley.org
president@namimidvalley.org
Serving Linn and Benton Counties

NAMI of Southern Oregon **541-880-6672**
Jackson County Health, First Floor Room 1300
140 S Holly Street, Medford, OR 97501
www.nami-so.org
andrah@jeffnet.org
Serving Josephine and Jackson Counties

NAMI Yamhill County **503-434-6350**
PO Box 345, McMinnville, OR 97128
schulmanrob@yahoo.com

More about NAMI Multnomah

NAMI Multnomah is Oregon's largest affiliate, primarily serving people who live and work in Multnomah County, and partnering with other organizations located in the greater metropolitan, tri-county region. Our staff of highly dedicated mental health advocates, along with our many volunteers work tirelessly to bring the following services and supports to our community. For details and dates, please visit our website (www.namimultnomah.org) or call our main number at 503-288-5692.

Drop-In Support Groups

NAMI Connection Support Groups - Recovery and support by and for people living with mental illness.

NAMI Family Support Groups - For family members, caregivers and loved ones of adults living with mental illness.

Parent Support Groups – For parents and caregivers of children/adolescents with mental health barriers.

Partners & Spouses Support Group – For partners/spouses of adults with mental health barriers.

Schizophrenia Support Group – A supportive place for individuals experiencing schizophrenia or symptoms connected with psychosis.

Education Programs

NAMI Family-to-Family – (8 weeks) A class for families, partners and friends of individuals living with mental health challenges. The course is designed to facilitate a better understanding of mental health, increase coping skills and empower participants to become advocates for their family members. This course has been described as “life changing.”

NAMI Peer-to-Peer Recovery Education – (8 weeks) An education course open to anyone experiencing a mental health challenge. The course is designed to encourage growth, healing and recovery among participants. NAMI Peer-to-Peer helps you create a personalized relapse prevention plan, learn how to interact with health care providers, and develop confidence for making decisions and reducing stress.

NAMI Basics – (6 weeks) An education program for parents and caregivers of children and teens who are experiencing mental health challenges. Participants learn the facts about mental health conditions and how to support their child at home, at school and when they're getting medical and mental health care.

NAMI Homefront– (6 weeks) A class for families, partners and friends of military service members and veterans experiencing a mental health challenge. The course is designed specifically to help these families understand those challenges and improve the ability of participants to support their service member or veteran.

Evening with The Experts – A community strengthening event that invites one or more experts to present on rotating topics related to mental health, followed by a conversation with participants on the topic.

Peer Support Specialist Training (PSST) – (50 hours) A state-certified education program for peers seeking to become Peer Support Specialists.

Community Outreach & Advocacy

NAMI In Our Own Voice – a community presentation for the general public to promote awareness of mental illness and the possibility of recovery. IOOV presentations aim to change attitudes, assumptions and stereotypes by describing the reality of living with mental illness. People with mental health conditions share their powerful personal stories in this free, 90-minute presentation.

NAMI Ending the Silence – An interactive presentation that includes a young adult living with mental illness who shares their journey of recovery. Teens will have the opportunity to ask questions and gain understanding of an often-misunderstood topic. Through dialogue, we can help grow the movement to end stigma. Teens learn about the warning signs of mental health conditions as well as what steps they should take to find support for themselves or their friends.

First Step: Inpatient Outreach – A volunteer program to reach those currently hospitalized for mental health issues to support their transition back to home.

Advocacy and Leadership – Opportunities arise on a regular basis for people with mental health-related experiences to share knowledge with policy makers at state and local levels. Whether through citizen advisory councils or at the state legislature, it is of great importance for people who have to live with the constraints or benefits of policies and laws to inform the making of them. If you are interested in this type of civic involvement, call our main line to get more information.

Helpline – NAMI Multnomah has a helpline that is open 5 days per week from 10am-4pm, with people available to answer questions, take registrations for classes, and guide callers to resources that may help with a variety of needs.

Child and Family Services

Family Partners - Wraparound – Wraparound is a collaborative process that brings together children, family members, friends, service providers and community members to create an individualized plan for addressing a child's needs. At NAMI Multnomah, our Wraparound Family Partners provide support to parents and caregivers of minor children receiving mental health treatment. A Family Partner walks alongside the parent or caregiver to provide resources and to share lessons learned from their personal experience. They utilize the T.E.A.M.S. model; they teach, empower, advocate, model, and support. All of our families are referred to this peer-based program through Multnomah County. To learn more about this program please Call Multnomah Wraparound at 503-988-4161.

Family Partners - Crisis and Transition Services (CATS) - Offers comprehensive, collaborative care that supports a youth and family in acute crisis. Similar to the Wraparound program, a NAMI Multnomah Family Partner walks alongside a parent or caregiver of a minor child. However, in this circumstance, the family is referred to us when a child receives emergency treatment while in acute crisis. Our support, along with a team of professionals, supports the family's transition into long-term care in the community. All of our families are referred to this program through Multnomah County and Catholic Charities.

Family Leadership – System of Care – Supporting parents to advocate for change in children's mental health services. Are you the parent or caregiver of a child or adolescent who has received high levels of mental health services through Multnomah County or Wraparound in the last two years? Did you experience any barriers or challenges while trying to care for your child? Advocate for and effect change! Join parents, family partners, youth, providers, and administrators to remove barriers in mental health services.

Volunteer Opportunities

Do you have a few hours a week you can share with NAMI Multnomah? Do you have a particular skill you can offer, or do you like a variety and are willing to do almost anything? If you want to teach a class or lead a group, we can connect you with the appropriate training required by NAMI National. Are you interested in promoting NAMI? Give us a call at 503-228-5692 and let us talk with you. And thanks!

Special Events

NAMI Walk – The NAMI Walk is the largest mental health event in Oregon and Southwest Washington. Thousands of walkers turn out annually to raise funds for NAMI's signature programs and raise awareness about mental health. The walk is held at Portland's Vera Katz Esplanade. To learn more, visit www.namiwalks.org

NAMI Membership

Annual membership includes membership with NAMI Multnomah, NAMI Oregon and NAMI. Add your voice to the nation’s voice on mental illness! Join individuals, family members, and friends who are working to improve the lives of those living with mental illness. Members receive information about developments affecting Oregonians living with mental illness and NAMI’s national magazine. Join us today!

Name (s) _____

Organization _____

Address _____

City _____

State _____

Zip _____

Primary Phone _____

Additional Phone/FAX _____

Secondary Phone _____

E-mail _____

(Please note whether day or evening number, home or work, cell phone, FAX etc. Thank you!)

I prefer contact via: (Please Circle) Email Paper

Annual Membership

- \$60.00 Household Membership
* Please list Household members to right.
- \$40.00 Individual Membership
- \$5.00 Living Lightly/Open Door

PLUS

- _____ My Tax-deductible Donation (Thank You!!)

***Household Members**

What Programs & Topics Interest You?

- Veteran-Specific Programming _____
- Arts Programs: Anything specific? _____
- Self-Care: For example? _____
- Social Outings with other Members _____
- Community-Based Resources _____
- Family or Peer Legal Information _____
- Supporting Children (Minor or Adult Child?) _____
- Changing the System & Public Policy _____
- Other _____

Want to Volunteer?

- Mental Health Teachers
- Support Group Facilitator
- Tell Your Story
- HelpLine & Resource Navigation
- Tri-county System Change
- Tabling, Events, Outreach
- Fundraising
- General Office Support
- Other _____

Copy or print this page and return to:

NAMI Multnomah
 524 NE 52nd Avenue
 Portland, OR 97213
 Fax: 503-235-8959

Or submit online at - www.namimultnomah.org/membership

URGENT/EMERGENCY SERVICES

How to use Urgent/Emergency Services

Individuals living with mental illness sometimes need the assistance of urgent/emergency services to prevent immediate harm to themselves or others. The following is offered as a guide to help you decide what services are most appropriate for each situation

Call 911 – Immediate emergency; dangerous or potentially life-threatening situation. Ask for an “Enhanced Crisis Intervention Team (ECIT)” officer to respond.

Crisis Line – If you do not need the police at this time, use a crisis line. 24-hours a day, crisis lines provide assessment, crisis intervention, referrals to local resources and treatment.

Triage Line – If no one is at risk of harm, you may use a triage line. Triage is the process of initial assessment to determine the need for services and the nature and urgency of the care required. Triage lines are also helpful if there is no existing care provider to schedule an appointment with; you can get help finding an appropriate provider.

Emergency Room Visit – 24-hours a day, the emergency room provides immediate care when the situation is deemed to be beyond what can be handled at home with appropriate self-care.

Urgent Walk-In Clinic – If there is not an imminent danger and it is possible to wait until the next weekday for care, but it cannot wait for the next regularly-scheduled appointment. Walk-in clinics have varying hours but are generally unavailable in overnight hours.

Schedule an Appointment – A trustworthy and knowledgeable mental health professional will be a valuable ally. It may take a little time and persistence to locate this ally or assemble a team of allies. To increase the chance of finding someone you feel comfortable working with, follow the steps here: nami.org/find-support/living-with-a-mental-health-condition/finding-a-mental-health-professional.

Portland Police Bureau Resources for Mental Health Crisis Response

Enhanced Crisis Intervention Team (ECIT) - Officers respond to behavioral crisis calls to identify risks, assist in de-escalating the person in crisis and connect the person to community resources.

Behavioral Health Unit (BHU) - The mission of the Behavioral Health Unit is to coordinate the response of law enforcement and the behavioral health system to aid people in behavioral crisis, resulting from known or suspected mental illness or drug and alcohol addiction.

BHU Response Team (BHRT) - BHU Response Teams consist of a police officer and a licensed mental health clinician designated to conduct follow up to connect people having frequent police contact to appropriate community resources

County Mental Health Crisis Lines - Available 24/7

Multnomah County Crisis Line **503-988-4888 or 1-800-716-9769**

*** To have a team come to evaluate for Psychiatric Crisis,
ask for "Project Respond" by name ***

Clackamas County Crisis Line **503-655-8585**

Washington County Crisis Line **503-291-9111**

*** To have a team come to evaluate for Psychiatric Crisis,
ask for "Crisis Team" by name ***

Clark County Crisis Line **360-696-9560 or 1-800-626-8137**

National Suicide Hotline **800-273-8255 or 800-273-TALK**

Triage Lines

Trillium Family Services (Children/SE Portland) **1-888-333-6177**

Hours: Available 24 hours/day

Centralized Access/Admission Line for children aged 5-17 and young adults 18-24.

Clackamas County Referral Line **503-742-5335**

Crisis line provides consultation, evaluation, and assistance from mental health professionals

Providence Health System/Behavioral Health Telephone Triage **503-574-9235**

1-800-716-5325

Clinicians are available 24 hours a day to assess clinical need and facilitate access to behavioral health services

Washington County Referral Line **503-291-9111**

The Crisis Line provides assessment, crisis intervention, referrals to local resources and treatment

VA Hospital **503-220-8262, ext. 56409**

Triage for mental health services for veterans

Suicide Prevention Hotlines

National Suicide Hotline Also called Lines for Life 1-800-273-TALK (8255) or 1-800-SUICIDE	1-800-273-8255
Veterans Crisis Line Or see the website www.veteranscrisisline.net	1-800-273-8255 Press 1 or text 838255
National Spanish Hotline	1-888-628-9454
Youthline 24/7 service with Teens available 4 – 10 pm M-F	1-877-968-8491
Trevor Project Suicide Prevention for LGBTQ Youth Or Text: "START" to 678-678	866-488-7386
Text line: www.crisistextline.org/textline/	Text "RISE" to 741-741
National Suicide Prevention for Deaf and Hard of Hearing	1-800-799-4889

Urgent Care Walk-in Clinics

ADAPT Program (Vancouver, WA) Hours: M-F, 8am – 4pm Memorial Health Center, 3400 Main Street, Vancouver, WA 98663 Use urgent care entrance; take elevator to the 3 rd floor	360-696-5300
Cascadia Behavioral Health Care (Multnomah County) Hours: 7 days, 7am – 10:30pm 2415 SE 43 rd Avenue (SE 43 rd and Division), Portland, Oregon 97206 Walk in only. No calls, please.	
Clackamas County Behavioral Health (Clackamas County) Hours: M-F, 9am – 8pm; Sat & Sun 10am – 7pm 11211 SE 82 nd Ave, Suite O, Happy Valley, OR 97086	503-742-5335
Hawthorn Walk-In Center (Washington County) 5240 NE Elam Young Parkway, Hillsboro, OR 97124	503-846-4555

Warmlines/Talk

David Romprey Warmline Hours daily 9 am to 11 pm. This Warm Line is designed and provided by persons who have or had challenges in mental health and are able to support their peers who are struggling with a variety of mental health issues and may be experiencing huge and painful feelings.	800-698-2392
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Crisis Intervention Lines not related to Mental Health

Child Abuse Hotlines

Multnomah County:	503-731-3100 or 1-800-509-5439
Washington County:	503-681-6917 or 1-800-275-8952
Clackamas County:	971-673-7112

www.oregon.gov/dhs/Pages/index.aspx

Report non-emergency suspicion or evidence of child-abuse to the state Department of Human Services, local law enforcement or state police. For numbers **for other counties** or additional information, visit the DHS website.

Report abuse or neglect of any child or adult 1-855-503-SAFE (7233)

This toll-free number allows you to report abuse or neglect of any child or adult to the Oregon Department of Human Services.

Report abuse, neglect or financial exploitation of an adult with mental illness to your county mental health program. Find the program for your county at

www.oregon.gov/oha/amh/pages/cmh-programs.aspx

Adult Protective Services (Multnomah County) 503-988-4450

Elder Abuse Wellness Checks

(Ask for the Gatekeeper Program to report anonymously)

Multnomah County DHS:	503-988-3646
Clackamas County DHS:	503-650-5622
Washington County:	971-673-5200

Domestic Violence and Sexual Assault

Clackamas County Women’s Services 888-654-2288

Call to Safety (formerly Portland Women’s Crisis Line) 503-235-5333 or 888-235-5333

SARC (Sexual Assault Resource Center) 503-640-5311 or 800-640-5311

Human Trafficking

OATH (Oregonians Against Trafficking Humans) 503-793-9221

519 SW Park, Suite 610, Portland

Emergency Care for Adults

These are the Portland Metro area hospitals that have inpatient psychiatric units on site. If you cannot get to one of the hospitals below, any emergency room at any hospital has the ability to monitor individuals in psychiatric distress until a more suitable psychiatric treatment setting can be found. Need-based financial assistance may also be available.

Cedar Hills Hospital **503-944-5000 or 1-877-703-8880**

10300 SW Eastridge Street, Portland, OR 97225

Outpatient Campus: 1815 SW Marlow Ave. Ste 218 **971-228-8000**

www.cedarhillshospital.com

24 Hour Assessment Center for Drug, Alcohol and Addictions Treatment and co-occurring mental health concerns.

Kaiser Brookside Psychiatric Hospital **503-571-9240**

10180 SE Sunnyside Road, Clackamas, OR 97015

Portland Emergency Psychiatric: **503-331-6425**

SW Washington Emergency Psychiatric: **866-453-3933**

Portland Mental Health Appointments: **503-249-3434**

PeaceHealth

Southwest Washington Medical Center **360-256-2000 or 503-972-3000**

400 NE Mother Joseph Place, Vancouver, WA 98664

Providence Health System

Providence Portland Medical Center: **503-215-1111**

Mental Health Intake and Triage: **503-574-9235**

4805 NE Glisan Street, Portland, OR 97213

Psychiatric Inpatient Services

Providence St. Vincent Medical Center: **503-216-1234**

Mental Health Intake and Triage: **503-574-9235**

9205 S Barnes Road, Portland, OR 97225

Psychiatric Inpatient Services

Willamette Falls Hospital

1500 Division Street, Oregon City, OR 97045

Inpatient Unit: **503-772-3730**

Mental Health Intake and Triage: **503-574-9235**

General: **509-656-1631**

Providence Senior Psychiatric Unit **503-513- 8080**
Mental Health Intake and Triage: **503-574-9235**
 Providence Milwaukie Hospital
 10150 SE 32nd Avenue, Milwaukie, OR 97222

Short term (10-14 days) inpatient psychiatric care for seniors typically age 65 and older with dementia and other neurocognitive disorders with mood and/or behavioral disturbances, danger to self or others due to psychiatric condition, depression and anxiety, Psychosis and Bipolar disorder.

Tuality Center for Geriatric Psychiatry Clinic
 335 SE Eighth Avenue, Hillsboro, OR 97123

Inpatient Intake Coordinator: **503-359-6173**
Outpatient Intake: **503-359-6153**
Nurses Station: **603-359-6966**

www.tuality.org/home/index.php/services/Geriatric_Psychiatry/

The Center for Geriatric Psychiatry provides very specialized mental health care and treatment for patients who suffer from debilitating episodes caused by diseases, serving patients age 60 and older in the greater Oregon area. The program provides comprehensive inpatient mental health treatment in a positive and supportive environment to assist patients in achieving their optimal level of functioning.

Unity Center for Behavioral Health **503-944-8000**
 1225 NE 2nd Avenue, Portland, OR 97232
www.unityhealthcenter.org/mental-health-emergency-services/

Unity offers psychiatric emergency services (PES) operating 24 hours a day, 7 days a week for adults in crisis. As well as inpatient unit for both youth and adults to provide evaluation, stabilization and a plan for after discharge in a nonjudgmental and patient centered manner. Psychiatric emergency services for youth are not offered at Unity, so parents are directed to Randall's Children's Hospital.

Oregon State Hospital

The state's primary state-run psychiatric facility for adults. The state hospital delivers high-quality inpatient psychiatric and medical care to patients through Forensic Psychiatric Services for patients who are judged guilty except for insanity and Psychiatric Recovery Services for civilly committed patients.

Oregon State Hospital – Salem **503-945-2800**
 2600 Center Street NE, Salem, OR 97801

Oregon State Hospital - Junction City **541-465-2554**
 29398 Recovery Way, Junction City, OR 97448

Friends and Family Services **503-947-8109**
 2600 Center Street NE, Salem, Oregon 97301
Email: osh.consumer&familyservices@state.or.us
www.oregon.gov/oha/osh/friends/pages/index.aspx

Family Contact: Deborah Howard **503-945-7132**
 Friends and Family webpage: www.tinyurl.com/oregoncfs

The Peer Bridger Program **503-945-9736**
 Community-to-hospital peer mentoring program.

Emergency Care for Youth

OHSU Doernbecher Hospital Pediatric Emergency**503 494-8811**

700 SW Campus Drive, Portland, OR 97239

www.ohsu.edu/xd/health/services/doernbecher/programs-services/emergency/index.cfm**Providence Willamette Falls Medical Center****503-772-3730****Mental Health Intake and Triage****503-574-9235**

1500 Division Street, Oregon City, OR 97045

www.oregon.providence.org/our-services/p/providence-child-and-adolescent-psychiatry/

Providence Child and Adolescent Psychiatry provides crisis and treatment programs for children and youth ages 8 to 17. Family involvement is encouraged during treatment as well as discharge planning.

Randall Children's Hospital at Legacy Emanuel**503-413-4848**

2801 N Gantenbein, Portland, OR 97227

www.legacyhealth.org/sitecore/content/Home/health-services-and-information/health-services/for-children-a-z/psychiatry.aspx

Crisis and inpatient treatment in a 16-bed secured unit on the campus of Randall Children's Hospital at Legacy Emanuel. This acute psychiatric setting is a safe environment for young people and families during times of crisis. Ages served: 9-17.

Trillium Family Services**888-333-6177**www.trilliumfamily.org

Centralized Access/Admission Line for children aged 5-17 and young adults 18-24.

Available 24 hours

Youthline Suicide Hotline**877-968-8491 or text: teen2teen to 839863**

24/7 service with teen responders

Texting services available 4 – 10 pm M-F

ADULT MENTAL HEALTH RESOURCES

County Mental Health Departments

County Mental Health Departments in the Portland Metro area are an important part of the crisis response system in Oregon and Washington. In addition to having fully staffed crisis lines for mental health, they provide an array of services for individuals in need of mental health care, whether in crisis or not. Non-crisis services are often oriented to low-income, Medicaid-eligible, uninsured and, in Oregon, to those on OHP Healthshare plans. These resources are also a central resource for general information and system overview.

Multnomah County and Washington County have mobile outreach teams staffed with mental health professionals that can come out to assess mental health crisis situations and establish a 72-hour hold on individuals who are at risk of harm to themselves or others, according criteria set out in Oregon Law. Ask for these services by name when calling: In Multnomah County, ask for Project Respond and in Washington County ask for the Crisis Team. See the Legal Services section for more information on involuntary commitment.

Multnomah County Mental Health and Addiction Services **503-988-5464**
421 SW Oak Street, Suite 520, Portland, OR 97204

www.multco.us/mhas

24 Hour Crisis Line

503-988-4888 or 1-800-716-9769

Mobile Outreach: Ask for "Project Respond" by name

Walk-In Clinic: 4212 SE Division #100, Portland OR 97206

Help finding a mental health provider

Health Share Member Services

503-988-5887

Eligibility for uninsured

503-988-4888

Services also include civil commitment investigations, transitional housing for those recently released from hospital inpatient psychiatric care, oversight of residential mental health care homes, direct clinical services through programs for children, youth and families in early education settings and provider listings plus a link to the OregonCare.gov website to learn how to apply for the Oregon Health Plan and Healthy Kids. For a full list of clinics and providers visit website.

Clackamas County Behavioral Health Division **503-655-8401**

www.clackamas.us/behavioralhealth/

24 Hour Crisis Line:

503-655-8585

Mobile Outreach: Only available to or through the Sheriff's Office

Clackamas MHC walk-In clinic: 11211 SE 82nd Avenue, Suite O, Happy Valley, OR 97086

Help finding a mental health provider

503-742-5335

Triage and referral services including eligibility check for OHP.

Services also include intensive case management services, involuntary commitment (pre-commitment) services, corrections services, children's mental health services and adult assessment, job services, groups, and Peer support services for clients. Clackamas County operates its own mental health clinics as well as contracting with area agencies to provide services. Visit their website for details.

Hawthorn Walk- In Center in Washington County
503-846-4528 For Appointment Call: 503-291-9111

The Hawthorn Walk-in Center is Washington County's first mental health urgent care center. The center will be a safe place for anyone who needs rapid care but not necessarily hospitalization. While established primarily for individuals who are not currently connected to services, the center is for any resident of Washington County who is in need of client-centered care and assistance in accessing ongoing treatment for mental health and addictions concerns. Services may include assessment, crisis counseling, and education, connections to ongoing treatment for mental health and addiction issues and other social services.

The center is open 7 days a week from 9 am to 8:30 pm. Located in Hillsboro at 5240 NE Elam Young Parkway, suite 100, the Hawthorn Center is located in the same building as Oregon DHS, Washington County Disability, Aging and Veterans Services, and Washington County Human Services.

In addition to the services of mental health professionals, trained peers with lived experience are part of the staff at Hawthorn. Resource and referral staff will also be available to connect individuals to ongoing treatment in the community.

Services at Hawthorn are offered at no cost. Insurances will be billed when available.

Washington County Mental Health Services

155 N 1st Avenue, Suite 160, Hillsboro, OR 97124

www.co.washington.or.us/HHS/MentalHealth

Crisis Line **503-291-9111**

Mobile Outreach: Ask for "Crisis Team" by name

Triage and referral services: **503-291-9111**

Hawthorn Walk-In Clinic: 5240 NE Elam Young Parkway, Hillsboro, OR 97124

Help finding a mental health service provider

Health Share Member Services **503-291-1155**

Eligibility and Low-Income referrals **503-291-9111**

General Mental Health Line: **503-846-4555**

Administration: **503-846-4402**

Services also include case management, involuntary commitment services, corrections services, school-based services, wrap-around and transition age youth services. For a full list of providers visit website.

Clark County, Washington

3400 Main Street, Vancouver, WA 98663 *(use entrance for Urgent Care, take elevator to 3rd floor)*

Southwest Washington Crisis Line: **800-626-8137**

Behavioral health crisis services are available 24 hours a day, seven days a week

Triage and referral services: **800-626-8137**

Help finding a mental health service provider **800-626-8137**

Walk-In clinic: Adapt Program (day treatment program) at Peace Health Memorial Health Center.

Intensive Outpatient Mental Health Care

These facilities provide intensive services lasting from two weeks to several months, depending upon the patient's needs and insurance coverage. Day treatment is also available to individuals in acute need who have not been admitted to the hospital.

Mental Health Stabilization - Adult

Multnomah County Crisis Assessment and Treatment Center (CATC) **503-232-1099**
55 NE Grand Avenue, Portland, OR 97232

Multnomah County Mental Health Call Center **503-988-4888**
www.multco.us/mhas/multnomah-county-crisis-assessment-and-treatment-center-catc

The Crisis Assessment and Treatment Center treats individuals in our community who are experiencing a mental health crisis but who are not appropriate for inpatient hospitalization. Referrals from police, emergency room staff or another part of the crisis system. They do not take self-referrals. The Mental Health Call Center at 503-988-4888 will determine whether an individual needs the services of the Crisis Assessment and Treatment Center or would benefit from another type of service.

Cascadia Behavioral Health Care Respite Program **503-777-2278**
cascadiabhc.org/urgent-and-emergency-services/

Payment: Some OHP plans are accepted. Crisis Respite is a short-term alternative to psychiatric hospitalization, seeking to prevent the need for higher levels of care by providing a place away from the stressors that may be impacting the individual's sense of security. Patients gain a place to stabilize symptoms to continue working on their goals and while maintaining contact with natural supports and treatment providers in the community. Patients receive three meals a day, interact in the milieu, and receive on-site support from caring and skillful respite staff at all times. Beds for Multnomah, Clackamas and Washington County residents.

Intensive Outpatient - Adult

Cedar Hills Hospital **971-228-8000**
1815 SW Marlow Avenue, Suite 216, Portland, OR 97225
www.cedarhillshospital.com

Payment: Medicare and private insurance accepted. Services include Adult Medication management, group therapy five times a week, partial hospitalization program, pain management and veterans' programs.

Providence Portland Adult Outpatient Mental Health **503-574-9200**
Triage: **503-574-9242**
4805 NE Glisan Street, Portland, OR 97213

Providence St. Vincent Adult Outpatient Mental Health **503-216-1234**
Triage: **503-574-9242**
9450 SW Barnes Rd, suite 200, Portland, OR 97225
Payment: OHP, reduce fee charity assisted care, Medicare, private insurance. Payment: OHP, reduce fee charity assisted care, Medicare, private insurance. Adult partial hospital, intensive outpatient/co-occurring disorders, outpatient rehabilitation, dialectical behavior therapy, urgent care consultation.

Adult Treatment - Low-Cost/OHP

The following resources provide low cost options for mental health treatment. This section is subdivided into those that provide medication management followed by those that provide counseling and various therapies only with no medication management. Some may also accept insurance payments. The few agencies that accept payment by cash or insurance only and offer no low-cost options are listed in the following, separate section.

Adult Treatment - Low-Cost/OHP - With Medication Management

Cascadia Behavioral Healthcare 503-238-0769

847 NE 19th Ave, Suite 100, Portland, OR 97232

www.cascadiabhc.org

Payment: OHP only. Community-based support, assistance, treatment and recovery options for adults seeking recovery from mental illness. Cascadia has locations in NE and SE Portland and in Milwaukie. David’s Harp, for clients enrolled in Cascadia Behavioral Healthcare only, is a day treatment program for adults with serious and persistent mental illness, with social skills-building groups, art and music therapy, community gardening on site, cooking groups, and outings in the community.

Cascadia Access, Information & Referral (CAIR): 503-674-7777

Hours: Monday - Friday, 9am - 5pm

Cascadia Urgent Walk-in Clinic: Walk in only. No phone calls please.

Hours: 7 days, 7am – 10:30pm

4212 SE Division #100, Portland, OR 97206

Clackamas County Behavioral Health Services 503-655-8401

Payment: OHP, Medicaid. Locations: Clinics in Oregon City, Sandy and at Walk in Clinic- Clackamas MHC on SE 82nd Avenue.

24-hour Crisis Line 503-655-8585

24-hour appointments/cancellations 503-742-5335

Mental Health Referral Hotline 503-742-5335

Walk-In Clinic- Clackamas MHC 503-722-6200

Triage, health insurance, Low-income services with locations throughout Clackamas County.

Walk-in Clinic services available here M–F 10 a.m.–8 p.m., Sat & Sun 10 a.m. – 7 p.m.

Ross Center, 11211 SE 82nd Ave., Suite O, Happy Valley, OR 97086

Columbia River Mental Health Services 360-993-3000

6926 NE Fourth Plain Blvd, Vancouver, WA 98661

www.crmhs.org

Payment: Apple Health, Private nonprofit community mental health center serving Clark County area residents since 1942. Variety of services for children and adults. Various locations around Vancouver, Washington.

- Community Services Northwest** **360-397-8484**
 1601 E Fourth Plain Blvd, Building 17, Suite B222, Vancouver, WA 98661
www.csnw.org
 Payment: Apple Health, other insurances. Integrated mental health, addictions, and housing services focusing on individual strengths and recovery.
- Mental Health:** **360-397-8484**
Addictions: **360-397-8488**
Wellness Clinic **360-546-1722**
 Address: 317 East 39th St., Vancouver, WA 98663
 Payment: Free mental health clinic service for non-insured adults in Clark County. Individual counseling, medication consultation and assistance in applying for insurance benefits.
- Good News Community Health Center** **503-489-0567**
 18000 SE Stark Street, Portland, OR 97233
www.goodnewschc.org
 Payment: Low cost options include trading care for community service. Some private insurance accepted: however, you must be a clinic patient to receive mental health care. Faith-based primary care, health education and mental health services at Rockwood Clinic in east Multnomah County. Partners with local dentists for urgent dental care.
- Lifeworks NW/Intake for all locations** **503-645-9010 or 888-645-1666**
 14600 NW Cornell Road, Portland, OR 97229
www.lifeworksnw.org
 Payment: OHP only. Comprehensive community-based mental health and addiction service agency. Prevention and treatment services for children, families and adults offered by experienced staff, ranging from physicians to social services providers. In addition to offices shown below, Lifeworks has offices in Milwaukie, Gladstone, St. John's, and Beaverton. See website for details.
- Gresham** **503-661-5455**
 400 NE 7th Street, Gresham, OR 97030
 Adult alcohol and drug treatment; combined addiction and mental health counseling; services for those with serious mental illness.
- Hillsboro** **503-640-5297**
 971 SW Walnut Street, Hillsboro, OR 97123
 Teen and adult alcohol and drug treatment; services for those with serious mental illness; prevention outreach; child, youth and family mental health counseling.
- Beaverton** **503-641-1475**
 10700 SW Beaverton Hillsdale Hwy, Bldg. 1 Suite 011
 Older adult mental health services, including outreach across Washington County; older adult day services for those with dementia or mental illness; adult alcohol and drug treatment.
- Northeast Portland/King** **503-288-8066**
 3716 NE MLK Jr Blvd, Portland, OR 97212
 Adult mental health services; services for those with serious mental illness, including dual diagnosis treatment.

- Rockwood** **503-761-5272**
 17214 SE Division Street, Portland, OR 97236
 Child, youth, family and adult mental health counseling; youth and adult alcohol and drug treatment; prevention outreach; older adult mental health assessment, consultation and counseling.
- Tigard** **503-684-1424**
 8770 SW Scoffins Street, Tigard, OR 97223
 Child, adult, family and older adult mental health counseling; services for those with serious mental illness; adolescent and child day treatment; teen and adult alcohol and drug treatment; adult gambling treatment; prevention outreach.
- Luke-Dorf** **503-726-3764**
www.luke-dorf.org
 Payment: OHP. Outpatient case management, state-licensed dual diagnosis program, over 100 licensed residential beds with varying levels of structure, 25 semi-independent living units, intensive community services case-management team, cognitive behavioral therapy and creative therapeutic avenues such as art and movement therapy.
- Client Services East** **503-726-3764**
 1952 SE 122nd Avenue, Portland, OR 97233
- Client Services West (Washington Co.)** **503-726-3690 or 503-726-3732**
 8915 SW Center Street, Tigard, OR 97223
- Lutheran Community Services**
- Intake Coordinator:** **503-731-9589**
- Portland:** 605 SE Cesar E Chavez Blvd, Portland, OR 97214 **503-231-7480**
- Beaverton:** 3800 SW Cedar Hills Blvd, Suite 288, Beaverton, OR 97005 **503-924-2448**
- www.lcsnw.org/offices.html
- Payment: OHP, sliding scale for low income clients. Lutheran Community Services Northwest is a non-profit human services agency serving communities throughout Washington, Oregon and Idaho. The programs of Lutheran Community Services Northwest are tailored to address specific needs in each of the communities we serve. The agency's community-based programs fall into five broad lines of service: Behavioral Health Services, Family & Community Support, Child Welfare Programs, Refugee &, Immigrant Services, and Senior & Disability Services
- Multnomah County Health Clinics** **503-823-4000**
- Appointments:** **503-988-5558**
 Payment: OHP, Low-cost and private insurance. Although county health clinics typically focus on general health issues, low-income individuals may be able to access psychiatric services through these clinics. Interested individuals should call ahead for details. Clinics located in N, NE, SE Portland and Gresham.
- Native American Rehabilitation Association of the Northwest** **503-224-1044**
 1776 SW Madison Street, Portland, OR 97205
www.naranorthwest.org
 Payment: OHP, low-cost and private insurance and Medicare. Adult Mental Health Services, open to all; child and family Indian Health Clinic.

Northwest Catholic Counseling Center**503-253-0964**

8383 NE Sandy Blvd., Suite 205, Portland, OR 97220

www.nwcounseling.org

Payment: Sliding-scale fee available, third-party payments, private insurance and Medicare. Counseling services for individuals, couples and families, regardless of religious background; state-certified, licensed counselors. Day and evening appointments.

Old Town Recovery Center**503-228-7134**

33 NW Broadway, Portland, OR 97209

<http://www.centralcityconcern.org/services/health-recovery/old-town-recovery-center/index.html>

Intensive outpatient treatment for mental health and co-occurring mental health/addiction disorders for adults in Multnomah County. Referrals from Multnomah County, Old Town Clinic and some self-referrals accepted.

Oregon Health and Science University**503-494-6176**www.OHSU.edu

A wide range of behavioral healthcare opportunities are available. Please contact each clinic for insurance and payment options.

Adult Attention Deficit Disorders Clinic**503-494-8613****Intake:****503-494-6176**

3181 SW Sam Jackson Park Rd., Portland, OR 97239

Payment: Low cost options for uninsured, Medicare and Private Insurance accepted.

Provides initial evaluation for diagnosis of adults with residual Attention Deficit Disorder and follow-up treatment for patients who have already been diagnosed. Services include assessment and evaluation, pharmacotherapy and medication management, education and skills training, and coordination of care with the primary physician.

Avel Gordly Center for Healing**503-494-4745****Appointments:****503-418-5311**

621 SW Alder, Suite 520, Portland, OR 97205

<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/about/index.cfm>

Payment: Check with the appointment line to see if you can be covered. Accepts OHP and has sliding scale for some individuals, Medicare and private insurance. Adult outpatient treatment for problems including depression, anxiety, panic disorder, post-traumatic stress, bipolar and psychotic disorders, adjustment to chronic medical problems, substance abuse/dependence, and gambling. Afro-centric Mental Health services are provided by African American providers. Individual and group therapy, marital and family therapy, psychiatric evaluation, medication management, risk reduction training and education, and coordination of care with the primary care physician. By appointment only

Complex Neuropsychiatry Consultation Clinic**503-494-6176****Intake:****503-494-6176**

Payment: Low cost options for uninsured, Medicare and Private Insurance accepted
Consultation to physicians, on and off the hill, for patients who have complex and difficult psychiatric problems, such as severe tardive dyskinesia, treatment resistant depression, head injury with psychiatric symptoms, etc. A limited number of patients on Clozaril followed in this clinic.

OHSU Adult Psychiatry Clinic**503-494-6176**

Outpatient Clinic Bldg., 6th Floor via Elevator C
3181 SW Sam Jackson Park Road, Portland, OR 97239

Payment: Low cost options for uninsured, Medicare and Private Insurance accepted. Full range of psychiatric services and care is provided by OHSU Faculty.

OHSU Intercultural Psychiatric Program**503-494-4222**

2214 Lloyd Center Portland OR 97232

Payment: Low cost options for some Medicare and Private Insurance accepted. Treatment in 17 languages to adult patients and their families who are non-English speakers. Torture Treatment Center of Oregon provides therapy to torture survivors; Child Traumatic Stress Clinic treats children who have been traumatized by war experiences or severe neglect and abuse. Psychiatric assessment, ongoing treatment and medication management, psycho-social therapy and case management. Group therapy and activities offered off-campus at the Intercultural Service Center in SE Portland. Interpreters are available to answer questions for non-English speakers.

Pacific Psychology Clinic

Portland: 1411 SW Morrison Street, Suite 205, Portland, OR 97205

503-352-2400

Hillsboro: 222 SE 8th Avenue, Suite 212, Hillsboro, OR 97123

503-352-7333

www.pscpacific.org

Payment: Low cost options. Outpatient mental health services and psychotherapy to children, adults, couples and families from the Portland area. Anxiety and worry, anger, depression, trauma/loss/grief, relationship problems, self-esteem problems, and parent-child problems. Patients can seek prescribing services here without an ongoing counseling relationship. Not a walk-in clinic.

Portland Ketamine Clinic**503-207-4992**

www.portlandketamineclinic.com

Payment: Client pay only. Ketamine infusions may help patients with treatment resistant severe depression, bi-polar depression, PTSD, major depressive disorder. It should be noted that ketamine infusion therapy does not guarantee success with your depression. It is possible to undergo ketamine infusion therapy and have no beneficial effect. Ketamine therapy is very rarely covered by insurance.

Quest Center for Integrative Medicine**503-238-5203**

2901 E. Burnside Ave., Portland, OR 97214 and 112 Beaver Creek Rd., Oregon City, OR 97405

www.quest-center.org

Payment: OHP and low-cost options; private insurance and Medicare. Providing tools for dealing with major illness, injury, depression, diabetes, chronic pain, cancer, HIV/AIDS, or other chronic issues.

Sequoia Mental Health Services, Inc.

Aloha Clinic: 4845 SW 185th Avenue, Aloha, OR 97007

503-591-9280

Hillsboro Clinic: 395 W. Main Street, Hillsboro, OR 97123

503-213-1302

www.sequoiamhs.org

Payment: OHP, Medicare, Private insurance and possible payment options. Clinical assistance; affordable housing; supported employment; individual, family and group therapy and more to adults with major mental illness in Washington County, Oregon.

Volunteers of America InAct Clinic**971-227-6092**www.voaor.org/inact

Payment: OHP, Veterans Benefits, private pay. InAct provides addictions treatment, mental health and wellness services to help adults change their lives, InAct offers two programs: Corrections Counseling and Community Counseling. See website for more information.

Western Psychological and Counseling Services**503-253-4600**www.westernpsych.com

Payment: OHP, Medicare, Private insurance accepted. Range of services includes individual, child and family therapy; psychological evaluations; medication evaluation and management; and drug and alcohol treatment. Locations Multnomah County, Washington County and Clark County Washington. See Website for locations in Portland metro area and phone numbers.

Wise Counsel & Comfort**503-282-0182**www.portland-therapist.com

Payment: OHP and Medicare accepted by some therapists, sliding-scale fees as low as \$20 are available to uninsured and/or low-income clients. Private insurances accepted. See website for over 20 office locations and phone numbers.

Adult Treatment - Low-Cost/OHP - No Medication Management

The following resources provide counseling and therapy at low cost and no medication management services.

A Better Way Counseling Center**503- 226-9061**

818 NW 17th Avenue, Suite 3, Portland, Oregon 97209

www.abwcounseling.com

Payment: OHP Family Care and Private Insurance. Individual and group counseling, family therapy and free support groups for Eating disorders, family and general counseling, sexual abuse counseling, career change and more.

Good Samaritan Ministries**503-644-2339**

7929 SW Cirrus Drive, Building 23, Beaverton, OR 97008

www.gsmusa.org

Payment: Free, faith-based counseling services to those in need. Donations accepted. Does not prescribe.

Jewish Family & Child Service (JFCS)**503-226-7079**

1221 SW Yamhill #301, Portland, OR 97205

www.jfcs-portland.org

Payment: Sliding-scale program based on income for uninsured or underinsured clients; Medicare and private insurance accepted. Individual, couples, group and family counseling to people of all ages and backgrounds. JFCS also features the Lifeline Program for individuals and families seeking assistance and care for older adults, Holocaust survivors, disabled, acutely and chronically ill people and their families. Does not prescribe.

Leasia Cleary, LCSW, LICSW, PC**503-231-0743**

4531 SE Belmont Street, Suite 312, Portland OR 97215

Payment: Sliding scale and private insurance. Children and adults; specializing in trauma, grief and loss, anxiety, PTSD and chronic illness. Does not prescribe

Lewis and Clark Community Counseling Center**503-768-6320**

4445 SW Barbur Blvd., Portland, OR 97239

www.graduate.lclark.edu/clinics/community_counseling/

Payment: \$15 flat rate. Counseling and therapy services for individuals of all ages, as well as for couples and families experiencing distress in areas of mental health, addictions, and relationships issues Does not prescribe.

Men's Resource Center**503-235-3433**12 SE 14th Avenue, Portland, OR 97214www.portlandmrc.com

Payment: Sliding-scale fees available. Private insurances accepted. Counseling for men and women, families and couples; individual private practice. Specialties: Anger management, Domestic Violence and Counseling for those who were abused as children. Does not prescribe

Mimi Cogswell, LPC**503-740-5742**309 17th Street, Oregon City, OR 97456

Payment: Sliding scale and private insurance accepted. Counseling specialty adolescents and adult couples. Does not prescribe

Portland DBT Institute**503-231-7854**

5200 SW Macadam Street, Suite 580, Portland, OR 97239

www.pdbti.org

Payment: OHP, Medicare and Private Insurance. Provides intensive therapy and group programs. Does not prescribe. Go online to get on the waitlist.

Portland Processwork Clinic**503-321-5002**

(Formerly River's Way Clinic)

2049 NW Hoyt Street, Portland, OR 97209

www.portlandprocessworkclinic.orgwww.processwork.org

Payment: Sliding-scale from \$25-\$75 per session, depending on monthly income. Does not prescribe

Portland State University-Community Counseling Clinic**503-725-4620**

Graduate School of Education

1900 SW 4th Ave., Portland, OR 97201www.pdx.edu/coun/clinic

Payment: Low Cost by cash or check only. For individuals, couples, families and children. Cost is \$15 fees negotiable in cases of hardship. Does not prescribe

Sundstrom Clinical Services, LLC

503-653-0631

21900 Willamette Dr. #202, Clackamas, OR 97015

www.sundstromclinic.com

Payment: Medicare and Private Insurance. No Medication management for adults as yet, but both therapy and prescribing services for children are available. Services for all ages, children through geriatric.

William Temple House

503-226-3021 x220

2023 NW Hoyt Street, Portland OR 97209

www.williamtemple.org

Payment: Uses sliding-scale only. Emphasis is on high-quality treatment, respect and open access. Programs for individuals and families. Does not prescribe.

Adult Treatment - Private Insurance Only

This section lists agencies that provide mental health treatment for adults but only accept payment by cash or insurance. They are segregated here because they do not accept OHP or have low cost options. Many agencies provide both low cost options and insurance coverage and are included in Adult Outpatient Treatment, Low Cost options section because they are able to provide both insurance and low-cost options.

Adult Treatment - Private Insurance Only - With Medication Management

American Mental Health Alliance-Oregon **503-222-0332 or 1-888-706-9933**

Portland, Oregon 9729

www.amha-or.org

Payment: Medicare and Private Insurance. Mental health practitioners provide the full range of outpatient mental health services from individual, couple and family counseling to medication management. Confidential referral line. Therapist locator guide on website and directories of independent providers.

Crossen Psychological Services **503-481-3414**

1130 SW Morrison Street, Suite 618, Portland, OR 97205

www.crossenpsychologicalservices.com/

Crossen psychological Services is an Oregon Forensic Evaluator certified to provide Competency (Aid & Assist) and Criminal Responsibility (GBI) evaluations for juvenile and adult criminal cases. The team of psychologists and therapists specializes in advanced cognitive behavioral techniques that are proven to improve mental health.

Flanders Clinic **503-226-0558**

2250 NW Flanders Street, Suite 306, Portland, OR 97210

Payment: Private Insurance only. Psychiatrists serving adults and children.

Maureen Conway, MSN, PMHNP **503-305-6581**

415 N State Street, Suite 120, Lake Oswego, OR 97034

Email: conwayhealthcare@gmail.com

Payment: Private Insurance only. Offers medication evaluation and management. Skype sessions available by appointment only.

Michelle Voegels, PMHNP **503-227-4374**

1675 SW Marlow Avenue, Suite 210A, Portland, OR 97225

www.mvoegels.com

Payment: Private insurance only. Diagnostic evaluations, medication management and brief therapy/crisis management. 30 to 60 day waiting period is possible.

Providence Health Plans Doctors **503-574-7500**

www.healthplansprovidence.org

Payment: Providence Insurance. Psychiatrists in private practice who accept Providence insurance.

Wildwood Psychiatric Resource**503-629-2131**

16110 SW Regatta Lane, Beaverton, OR 97006

www.wildwoodpsych.com

Payment: Private Insurance only. Counseling for mood disorders (no schizophrenia or serious bipolar.) Specialties including reproductive psychology, trauma and sports psychology. Medication management available.

Adult Treatment - Private Insurance Only - No Medication Management**Behavioral Healthcare Northwest, PC****503-252-9690**

10000 SE Main Street, Suite 148, Portland, OR 97216

www.bhnamc.com

Payment: Takes most insurance and Medicare. Adult-only therapy services.

Carolyn Occhipinti, PsyD**503-913-4147**

2929 SW Multnomah Blvd, Suite 206, Portland, OR 97219

www.northwesttherapyservices.com

Payment: Private Insurance. Licensed Clinical Psychologist specializing in child and family therapy.

John Neiheisel, LCSW**503-525-1148**

1962 NW Kearney Street, Portland, OR 97209

Payment: Private Insurances and Medicare Family therapy. Treatment for families with a member in crisis.

Melissa Owens, LPC**503-963-9332**

1020 SW Taylor Street, Suite 730, Portland, OR 97205

Payment: Private insurance only. Specializing in trauma, dialectical behavior therapy.

New Leaves Clinic**971-634-0570**

1575 NE Arrington Road, Hillsboro, OR 97124

www.Newleavesclinic.com

Payment: Private Insurance only. Adult services include assessment, diagnosis, therapy, counseling and life coaching to individuals, couples, families and groups. Specialties include mood disorders, child behavior, developmental differences and attachment issues.

Portland Autism Center**503-206-6285**

10300 SW Greenburg Rd, Portland, OR 97223

www.portlandautismcenter.com

Payment: Private Insurance only. Promoting wellness in individuals with autism spectrum disorders. Providing comprehensive treatment services and diagnostic evaluations for children, adolescents, and adults.

Sunnyside Counseling Offices**503-257-7572**

1306 NW Hoyt St. #305, Portland, OR 97209

www.sunnysidecounseling.com

Payment: Medicare and private insurance accepted. Private practice, with more than 10 therapists. Safety and confidentiality, relaxed atmosphere and a faith-friendly environment. Job transition support group and a dialectical behavior therapy skills group.

Adult Treatment - Medicare Options

In order to serve individuals who have Medicare insurance only, this section repeats resources listed earlier under low cost and insurance only sections. Notation is made if medication management is available.

American Mental Health Alliance-Oregon

503-222-0332 or 888-706-9933

Portland, Oregon 9729

www.amha-or.org

Payment: Medicare and Private Insurance. Mental health practitioners provide the full range of outpatient mental health services from individual, couple and family counseling to medication management. Confidential referral line. Therapist locator guide on website and directories of independent providers.

Anxiety and Panic Treatment Center

971-645-0033

5440 SW Westgate Drive, Suite 175, Portland, OR 97221-2436

www.anxiety-treatments.com

Payments: Medicare and private insurance accepted. Private center specializing in using Cognitive Behavioral Therapy for the treatment of Obsessive-Compulsive Disorder, panic disorder, agoraphobia, social phobia, specific phobias, generalized anxiety disorder, health anxiety and hypochondriasis, and general stress management. Does not prescribe.

Behavioral Healthcare Northwest, PC

503-252-9690

10000 SE Main Street, Suite 148, Portland, OR 97216

www.bhnamc.com

Payment: Takes most insurance and Medicare. Adult-only therapy services. Does not prescribe.

Clackamas County Behavioral Health Services

503-655-8401

Payment: OHP, Medicaid. Locations: Clinics in Oregon City, Sandy and on SE 82nd Avenue

John Neiheisel, LCSW

503-525-1148

1962 NW Kearney Street, Portland, OR 97209

Payment: Private Insurances and Medicare Family therapy. Treatment for families with a member in crisis.

Native American Rehabilitation Association of the Northwest

503-224-1044

1776 SW Madison Street, Portland, OR 97205

www.naranorthwest.org

Payment: OHP, low-cost and private insurance and Medicare. Adult Mental Health Services, open to all; child and family Indian Health Clinic.

Northwest Catholic Counseling Center

503-253-0964

8383 NE Sandy Blvd., Suite 205, Portland, OR 97220

www.nwcounseling.org

Payment: Sliding-scale fee available, third-party payments, private insurance and Medicare. Counseling services for individuals, couples and families, regardless of religious background; state-certified, licensed counselors. Day and evening appointments.

- OHSU Adult Attention Deficit Disorders Clinic** **503-494-8613**
Intake: **503-494-6176**
 3181 SW Sam Jackson Park Road, Portland, OR 97239
 Payment: OHP, Low cost options for uninsured, Medicare and Private Insurance accepted.
 Provides initial evaluation for diagnosis of adults with residual Attention Deficit Disorder and follow-up treatment for patients who have already been diagnosed. Services include assessment and evaluation, pharmacotherapy and medication management, education and skills training, and coordination of care with the primary physician.
- OHSU Adult Psychiatry Clinic** **503-494-6176**
 Outpatient Clinic Building, 6th Floor via Elevator C
 3181 SW Sam Jackson Park Road, Portland, OR 97239
 Payment: Low cost options for uninsured, Medicare and Private Insurance accepted. Full range of psychiatric services and care is provided by OHSU Faculty.
- Portland DBT Institute** **503-231-7854**
 5200 SW Macadam Avenue, Suite 580, Portland, Oregon 97239
www.pdbti.org
 Payment: OHP, Sliding Scale, Medicare, Private Insurance. Outpatient services, classes, workshops, training and therapy. Go online to get on the waitlist.
- Quest Center for Integrative Medicine** **503-238-5203**
 2901 E Burnside Avenue, Portland, OR 97214
www.quest-center.org
 Payment: OHP and low-cost options; private insurance and Medicare. Providing tools for dealing with major illness, injury, depression, diabetes, chronic pain, cancer, HIV/AIDS, or other chronic issues.
- Sequoia Mental Health Services, Inc.**
Aloha Clinic: 4845 SW 185th Avenue, Aloha, OR 97007 **503-591-9280**
Hillsboro Clinic: 395 W Main Street, Hillsboro, OR 97123 **503-213-1302**
www.sequoiamhs.org
 Payment: OHP, Medicare, Private insurance and possible payment options. Clinical assistance; affordable housing; supported employment; individual, family and group therapy and more to adults with major mental illness in Washington County, OR. Medication management offered.
- Sunnyside Counseling Offices** **503-257-7572**
 150 SE 80th Avenue, Portland, OR 97215
www.sunnysidecounseling.com
 Payment: Medicare and private insurance accepted. Private practice; more than 10 therapists. Safety and confidentiality, relaxed atmosphere, and faith-friendly environment. Job transition support group and a dialectical behavior therapy skills group. No medication management.
- Western Psychological and Counseling Services** **503-253-4600**
www.westernpsych.com
 Payment: OHP, Medicare, Private insurance accepted. Range of services includes individual, child and family therapy; psychological evaluations; medication evaluation and management; and drug and alcohol treatment. Locations Multnomah County, Washington County and Clark County Washington.

Naturopathic and Alternative Mental Health Treatment

These holistic health care providers are all primary care physicians or licensed acupuncturists who specialize in mental health. Their inclusion in this resource guide is for information purposes only and is not intended to represent an endorsement by NAMI Multnomah. Call ahead for insurance and payment information.

8 Hearts Health and Wellness **503-894-9118**

5331 SW Macadam Avenue, Suite 380, Portland, Oregon 97239

www.8Hearts.org

Offers a wide range of services including Naturopathic Medicine, SIBO Breath Testing, Homeopathy, Acupuncture and Chinese Medicine, Nutritional Counseling, and Neurofeedback

The Amenda Clinic **503-239-8181**

314 NE 19th Avenue, Portland Oregon 97232

www.amendaclinic.com

Payments: OHP and private insurance. Naturopathic mental health treatment.

The Center for Human Holistics **503-601-7004**

15160 SW Laidlaw Road, Suite 240, PDX 97229

www.humanholistics.com

Payment: Sliding Scale and private insurance. An integrative approach to anxiety, attention deficit, learning disorders, OCD, autism and mood disorders for children and adults.

Conventional and alternative treatment, prescribing and acupuncture.

Helga Fuller **503-236-6754**

33rd Avenue and SE Clinton Street, Portland OR

www.clintoncreekhomeopathy.com/

Practitioner of homeopathic medicine.

NUMN (National University of Natural Medicine) **503-552-1515**

NUMN Medicinary **503-552-1999**

On the corner of SW Porter Street and Corbett Avenue

NUMN Health Center – Lair Hill Clinic **503-552-1551**

3025 SW Corbett Avenue, Portland, OR 97201

www.nunmhealthcenters.com/

Payment: OHP, sliding scale and private insurance. Low-cost medical care delivered by naturopathic physicians and Chinese medicine practitioners at sites around the Portland Metropolitan area. Pre-screening required before an appointment will be accepted.

Compassionate care pricing available to those who qualify.

NUMN Community Health Centers **503-552-1515**

For Spanish: **503-552-1502**

3025 SW Corbett Avenue, Portland, OR 97201

www.nunmhealthcenters.com/community-clinics-2/

Payment: \$20 per visit plus price of herbs. Students of the University work under physicians to provide low cost treatment and herbal medicines. Low-cost group acupuncture available. NUNM is also co-located in several community clinics. See their website for over 9 locations in Portland metro area. www.nunmhealthcenters.com/all-health-centers-directions/

Dr. Noel Thomas **503-248-1182**
 1306 NW Hoyt Street, Suite 411, Portland, OR 97209
www.drnoelthomas.com

Naturopathic medicine, brainwave biofeedback (neurofeedback) and nutritional therapy, non-invasive treatment for anxiety, depression, bipolar disorder and OCD.

Krista Tricarico N.D., Open Mind Medicine **503-593-8900**
 1016 SE 12th Avenue, Portland, OR 97214
www.openmindmedicine.com

Holistic treatment of anxiety, depression, OCD, schizophrenia and bipolar disorder.

Portland Neurofeedback **971-940-2601**
 4035 NE Sandy Blvd #200, Portland, OR 97212
portlandneurofeedback.org

Neurofeedback is a complementary treatment for anxiety, depression, autism spectrum disorder, ADHD, TBI (brain injuries), and PTSD.

Rebecca Principe, N.D. **503-701-8766**
 3115 NE Sandy Blvd, Suite 231, Portland, OR 97232
www.drrebeccaprincipe.com

Naturopathic general physician who handles psychiatric health as well.

Sellwood Family Medicine **503-233-8113**
 1567 SE Tacoma Street, Portland, OR 97202
www.sellwoodfamilymedicine.com

Payment: Some OHP Plans, Private insurances. Treatment for autism, Asperger's, ADHD, and other pediatric developmental disorders and depression in adults.

Acupuncture Clinics

NUMN Teaching Clinic **503-552-1515**
For Spanish: **503-552-1502**

3025 SW Corbett Avenue, Portland, OR 97201
www.numhealthcenters.com/

Low-cost group acupuncture available.

Working Class Acupuncture Schedule online or see clinic numbers below

www.workingclassacupuncture.org/

Payment: Sliding scale \$15 to \$35 per visit plus \$10 new patient fee. Three locations metro wide.

Hillsdale: 4410 SW Beaverton-Hillsdale Highway, Portland, OR 97221 **503-244-7525**

Cully: 3526 NE 57th Avenue, Portland, OR 97213 **503-335-9440**

Rockwood: 2240 SE 182nd Ave, Portland, OR 97233 **503-328-6259**

Yoga

Gudmestad Yoga Studio**503-223-8157**

3903 SW Kelly, Suite 210, Portland, OR 97239

www.gudmestadyoga.com**Walks with Life - Erin Moline****503-241-6505**506 SW 6th Avenue, Suite 801, Portland OR 97204www.erinmoline.com/

Yoga and deep therapeutic work

Yoga Union Community Center**503-235-9642**

2305 SE 50th Avenue #100, Portland, OR 97215

www.yogaunioncwc.com

Adult Treatment - Diagnosis Specific

Some agencies specialize in in one area, such as eating disorders or anger management. Resources in this section are a mix of agencies who offer low cost options and those who accept private insurance. Some provide medication management, and some do not. When information was available about payment, we have listed it.

Anger Management

Allies in Change

503-297-7979

Locations in Beaverton, Portland and Oregon City

www.Alliesinchange.org

Payment: OHP, sliding scale and private insurance. Specializes in counseling for anger management, abuse intervention, respectful parenting, individual and couples counseling. Does not prescribe

Northwest Family Services

503-546-6377

6200 SE King Road, Portland, Oregon 97222

www.nwfs.org/

Payments: Offers a sliding scale. An array of services and programs ranging from professional counselling, job readiness and placement, work solutions, positive youth development, youth mentoring, gang prevention, school site management, healthy relationship education, financial literacy, parenting, anger management, and more.

Anxiety

Anxiety and Panic Treatment Center

971-645-0033

5440 SW Westgate Drive, Suite 175, Portland, OR 97221

www.anxiety-treatments.com

Payments: Medicare and private insurance accepted. Private center specializing in using Cognitive Behavioral Therapy for the treatment of Obsessive-Compulsive Disorder, panic disorder, agoraphobia, social phobia, specific phobias, generalized anxiety disorder, health anxiety and hypochondriasis, and general stress management. Does not prescribe.

Portland Anxiety Clinic, LLC

503-894-9630

1130 SW Morrison Street, Suite 619, Portland, OR 97205

www.portlandanxietyclinic.com

Payments: Private insurance accepted. Specializing in a range of anxiety disorders from obsessive compulsive disorder, panic disorders, PTSD, hoarding to generalized anxiety disorder and more. Offers [comprehensive assessment of neurodevelopmental disorders](#), including ADHD and learning disability evaluations. Uses modalities of Cognitive behavior therapy and exposure and prevention therapy. The Portland Anxiety Clinic is one of few practices in Portland who actively practice exposure therapy outside of the office to help individuals overcome specific fears. An intensive outpatient treatment program for OCD is available. Groups are available for specific disorders, such as OCD and hoarding.

ADD

OHSU Adult Attention Deficit Disorders Clinic **503-494-8613**
Intake: **503-494-6176**
 3181 SW Sam Jackson Park Road, Portland, OR 97239
 Payment: OHP, Low cost options for uninsured, Medicare and Private Insurance accepted. Clinic provides initial evaluation for diagnosis of adults with residual Attention Deficit Disorder and follow-up treatment for patients who have already been diagnosed. Services include assessment and evaluation, pharmacotherapy and medication management, education and skills training, and coordination of care with the primary physician.

Autism

Portland Autism Center **503-206-6285**
 1 Lincoln Center
 10300 SW Greenburg Road, Suite 240, Portland, OR 97223
www.portlandautismcenter.com
 Payment: Private Insurance only. Promoting wellness in individuals with autism spectrum disorders. Providing comprehensive treatment services and diagnostic evaluations for children, adolescents, and adults. Does not prescribe

Sellwood Family Medicine
 See complete listing under Naturopathic & Alternative Mental Health Treatment page 39.

Eating Disorders

A Better Way **503-226-9061**
 818 NW 17th Avenue, Suite 3, Portland, OR 97209
www.abwcounseling.com
 See complete listing for provider page 32

Providence Adult Eating Disorders Program **503-216-2025**
 9450 SW Barnes Road, Suite 200, Portland, OR 97225
www.oregon.providence.org/our-services/p/providence-adult-eating-disorders-treatment-program Payment: OHP, financial assistance and Private Insurance.

Grief/Loss

The Dougy Center **503-775-5683 or 866-775-5683**
 3903 SE 52nd Avenue, Portland, OR 97206
 PO Box 86852, Portland, OR 97206
www.dougy.org
 Payment: Free, donations accepted. Services for children, teens, young adults and their families who are grieving a death, through peer support groups, education and training. Young adult groups serve those up to 35 years of age.

Learning disabilities, ADHD, school issues and IEPs**New Leaves Clinic****503-693-9153**

1575 NE Arrington Road, Hillsboro, OR 97124
www.Newleavesclinic.com

See complete listing for provider page 35

Trauma**Melissa Owens, LPC****503-963-9332**

1020 SW Taylor Street, Suite 730, Portland, OR 97205

Payment: Private insurance only. Specializing in trauma, dialectical behavior therapy.

Does not prescribe

Leasia Cleary, LCSW, LICSW, PC**503-231-0743**

4531 SE Belmont Street, Suite 312, Portland OR 97215

(Formerly Mosaic Counseling). Payment: Sliding scale and private insurance. Children and adults; specializing in trauma, grief and loss, anxiety, PTSD and chronic illness.

Does not prescribe.

Carolyn Occhipinti, PsyD**503-913-4147**

2929 SW Multnomah Blvd, Suite 206, Portland, OR 97219

www.northwesttherapyservices.com

See complete listing for provider on page 35.

Residential Care/Group Homes/Personal Care Asst.

Residential treatment facilities for severe and persistent mental illness range from locked facilities to unlocked facilities, from those offering complete support to those offering only minimal support. The individual's needs must be assessed before choosing a residential treatment facility that is suitable.

Multnomah County certifies and licenses all residential facilities and group homes in Multnomah County. They provide a list on their website of all housing that has passed their certification process. In addition, case managers work with individuals to do a complete assessment and determine the needs of an individual and what type of housing would be most suitable.

Most referrals come from mental health case managers and hospital social workers. Those seeking residential treatment must have severe and persistent mental illness and the individual must require supervised mental health housing, which often occurs in a treatment environment, in order to meet basic survival, rehabilitation and habilitation needs. There must be a demonstrated history of inability to live successfully at lower levels of care.

The following agencies offer residential placements for clients who need such assistance.

Multnomah County Mental Health

503-988-5464

Ask for the "Residential Worker of the Day."

421 SW Oak Street, Portland, OR 97204

www.multco.us/mhas

This agency offers assessment and placement assistance to group home facilities for those with mental health difficulties.

Cascadia Behavioral Healthcare

503-674-7777

www.cascadiabhc.org/supportive-housing-and-homeless-services/

Cascadia's Homeless Services provides affordable housing and easily accessible individualized support services to people experiencing homelessness who are disabled by a serious mental health issue. Services offered at Cascadia's various housing sites include case management, 24/7 on-site staffing, medical services, case management, a rich variety of group treatment services, and medication support. Contact Cascadia for specific information on each site.

Columbia Care Services

541-858-8170

www.columbiacare.org

Columbia provides a variety of residential care setting in Oregon and Washington for people in psychiatric crisis. They provide continuity of care between long term hospitalization and completely independent living. They can serve as a less restrictive and more clinically appropriate treatment option for persons who are in psychiatric crisis but who do not need the medical capabilities of an acute care hospital and can also result in significant cost savings.

Lifeworks NW (Intake Line)**503-645-9010**www.lifeworksnw.org

See page 29 for complete listing of locations and numbers.

Lifeworks NW has several residential treatment homes and other specialty service centers in Clackamas, Multnomah and Washington counties.

Luke-Dorf**503-726-8742**www.luke-dorf.org/what-we-do/

Luke-Dorf operates housing programs. The majority are designed specifically for individuals living with serious and persistent mental illness. Once you are enrolled in services with Luke-Dorf, the staff will help you to navigate housing resources, including those operated by the agency and throughout the community, and figure out which is best suited for you. Group homes, supportive housing, transitional Housing and Community Based Housing. See page 29 for complete listing of locations and numbers.

Telecare Corporation**503-666-6575**72nd Avenue Men's Facility

Telecare operates several facilities that care for patients coming out of hospitalization who need further care. Most of those facilities are only accessible by referral from an agency, but the 72nd Avenue Men's Facility on rare occasions has opening for self-referrals.

Personal Care Assistants

To find a certified personal care assistant, contact the following numbers.

For Personal Care Assistants for the elderly, contact Multnomah County

503-988-3646

For Personal Care Assistants for disability, contact State of Oregon

503-945-9708

Culturally Specific Resources

A growing number of agencies specialize in helping individuals from specific cultural backgrounds who are suffering from mental illness. This grouping includes treatment and support services offered for various cultural groups. In addition to the resources listed here, NAMI National has an online Multicultural Action Center (MAC) that has current information and research updates. To access MAC, visit www.nami.org.

Asian Health & Service Center

503-872-8822 x 200

3430 SE Powell Blvd, Portland, OR 97202

www.ahsncpy.org

Culturally and linguistically relevant care to Asians, including outpatient mental health services, disease education and management, cancer prevention and screening, immunization and education, and senior programming.

Portland Office: 3430 SE Powell Blvd, Portland, OR 97202

503-872-8822

Beaverton Office: 12500 SW Allen Blvd, Beaverton, OR 97008

503-641-4113

Avel Gordly Center for Healing

503-494-4745

Appointments:

503-418-5311

621 SW Alder Street, Suite 520, Portland, OR 97205

<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/about/index.cfm>

Payment: Check with the appointment line to see if you can be covered. Accepts OHP and has sliding scale for some individuals, Medicare and private insurance. Afro-centric Mental Health services provided by African American providers. Depression, anxiety, panic disorder, post-traumatic stress, bipolar and psychotic disorders, adjustment to chronic medical problems, substance abuse/dependence, and gambling are treated.

Bienestar de La Familia / La Clínica de Buena Salud

503-988-6079

6736 NE Killingsworth Street, Suite 1, Portland, OR 97218

<https://multco.us/dchs/bienestar-de-la-familia>

Primary care, well child, family planning and immunization services; health services for homeless children; mental health services; outreach services; Oregon Health Plan screening; drug and alcohol assessment services. All staff members are bilingual in English and Spanish. Most services are available by appointment; limited walk-ins. Does Medication management and prescription.

Conexiones

503-327-8205

3500 NE MLK #200, Portland, OR 97212

www.westernpsych.com/services/western-conexiones

Individual, child and family counselors/therapists promote wellness and support through language-specific and culturally responsive counseling. Prescription services for children only.

Jewish Family & Child Service (JFCS) 503-226-7079

1221 SW Yamhill, Suite 301, Portland, OR 97205

www.jfcs-portland.org

Individual, couples, group and family counseling to people of all ages and backgrounds. Sliding-scale fees plus Medicare and private insurance. JFCS also features the Lifeline Program for individuals and families seeking assistance and care for older adults, Holocaust survivors, disabled, acutely and chronically ill people and their families.

Lutheran Community Multicultural Counseling Services**Intake Coordinator: 503-731-9589****Portland: 605 SE Cesar E Chavez Blvd, Portland, OR 97214 503-231-7480****Beaverton: 3800 SW Cedar Hills Blvd, Suite 288, Beaverton, OR 97005 503-924-2448**www.lcsnw.org/mcs/index.html

Payment: OHP, sliding scale for low income clients. Multicultural counseling services for youth and adults. Range of multicultural counseling services, including Oregon Refugee Youth Services, Help with immigration paperwork and Immigration Department Services. Bilingual and bicultural clinicians and intake and reception staff.

Native American Rehabilitation Association (NARA) of the Northwest 503-224-1044

1776 SW Madison Street, Portland, OR 97205

www.naranorthwest.org

Adult mental health services for all; child and family Indian health clinic.

NARA Residential Family Treatment Program 503-621-1069

17645 NW St. Helens Hwy, Portland, OR 97231

NARA Totem Lodge 503-231-2641

Mental health Outpatient services

Totem Lodge offers integrated wraparound services. A welcome, safe place to relax and work on multiple challenges with a single team of staff. NARA offers relationship-based care and Totem Lodge sets a standard for our whole organization.

NARA Wellness Clinic 971-279-4800

12360 E Burnside, Portland, OR 97233

NARA Elders Program 503-224-1044

Oyate Building, 1776 SW Madison St, Portland, OR 97205

NUNM Community Health Center 503-552-1515

3025 SW Corbett Avenue, Portland, OR 97201

www.nunmhealthcenters.com/acupuncture-chinese-medicine/

Low-cost medical care delivered by naturopathic physicians and Chinese medicine practitioners. Services available in Spanish.

Asian Health and Service Center (AHSC) 503-872-8822

9035 SE Foster Rd, Portland, OR 97206

An Hao Clinic 503-224-7224

2348 NW Lovejoy, Portland, OR 97210

www.anhaoclinic.org

A Hao Natural Health Care Clinic provides natural therapies: traditional Chinese medicine, naturopathic medicine, chiropractic, and massage.

OHSU Intercultural Psychiatric Program**503-494-4222**

2214 Lloyd Center Portland OR 97232

www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/ipp.cfm

Treatment in 17 languages to adult patients and their families who are non-English speakers. Torture Treatment Center of Oregon provides therapy to torture survivors; Child Traumatic Stress Clinic treats children who have been traumatized by war experiences or severe neglect and abuse. Psychiatric assessment, ongoing treatment and medication management, psycho-social therapy and case management. Group therapy and activities offered off-campus at the Intercultural Service Center in SE Portland. Interpreters available to answer questions for non-English speakers.

Puentes (Central City Concern)**503-546-9975**231 SE 12th Avenue, Portland, OR 97214www.centralcityconcern.org/services/health-recovery/puentes/

Free and low-cost, culturally specific mental health and drug treatment services for Latino families. Puentes staff are bilingual and bicultural; they understand Latino values, family roles and community structures helping Latino clients gain insight into cultural influences on behavior.

Culturally Specific Support Resources

African American Health Coalition**503-413-1850**

2800 N Vancouver Avenue, Suite 100, Portland, OR 97227

www.aahc-portland.org

Health education, advocacy and research for African Americans in Portland.

Black Mental Health Oregon**971-300-4955**www.blackmentalhealtho.wixsite.com/bmho

This agency provides a liaison between mental health consumers and providers of the same or similar ethnicity in the Portland Metro area.

The Black Parent Initiative**503-284-8000**

2915 NE Martin Luther King Blvd, Portland OR 97212

www.thebpi.org

Empowering and mobilizing parents to help them improve the educational outcomes of their children.

Easter Seals Latino Connection**503-335-6161**

Intake: Mondays 10 am

10011 SE Division Street, suite 305, Portland OR 97266

www.easterseals.com/oregon/our-programs/employment-training/latino-connection.html

Portland, Hillsboro and Gresham locations. Assistance in overcoming obstacles to independence. Employment program specifically for the Latino community. Also serves older adults, people with disabilities, children, military and veterans.

El Programa Hispano Catolicowww.elprograma.org

Providing a wide array of social services to low-income Latinos in the Portland metro area, including case management for youth and families, emergency assistance, housing vouchers, domestic violence services and parent/child development.

Metro locations:

Portland: 138 NE 3rd Street, Suite 140, Gresham, OR 97030 **503-669-8530**

Gresham: 333 SE 223rd #100, Gresham 97030 **503-231-4866**

IRCO Immigrant and Refugee Community Organization**503-234-1541**

10301 NE Glisan Street, Portland, OR 97220

www.irco.org/

IRCO bridges the gap between Portland's newest arrivals and its established communities, fostering enhanced understanding and communication. Helps refugees, immigrants and multi-ethnic communities to develop self-sufficiency and cultural awareness while affirming and preserving each culture.

Africa House**503-802-0082**

631 NE 102nd Avenue, Portland, OR 7216

www.irco.org/who-we-are/our-unique-locations/africa-house-skill-center

A multilingual community-based center providing access to multiple services through a one-stop family-focused service center model and resiliency philosophy for African refugees and immigrants of all ages and their families.

Asian Family Center**503-235-9396**

8040 NE Sandy Blvd, Portland, OR 97213

www.irco.org/who-we-are/asian-family-center.html

Helping Asian families and youth to become self-sufficient and contributing members of American society.

IRCO Senior Center**503-484-6371**

10615 SE Cherry Blossom Drive, Portland, OR 97216

www.irco.org/what-we-do/seniors/

Senior Programs assist immigrant, refugee, and mainstream elders by providing direct services, as well as connecting elders to essential community resources they need to live independent, healthy lives. We work to help ease the transition to life in the U.S. through case management and naturalization classes, and to create a sense of community through weekly congregant meals and our growing network of community gardens.

Native American Youth and Family Center (NAYA)**503-288-8177**

5135 NE Columbia Blvd, Portland, OR 97218

www.nayapdx.org

Wrap-around community services for Native Americans individuals and families. Domestic violence support program. Referrals to other community services.

Northwest Family Services**503-546-6377**

6200 SE King Road, Portland, OR 97222

services@nwfs.org

Supports individual success, family stability and child well-being. Bilingual services in English and Spanish.

Russian Oregon Social Services (ROSS) – Ecumenical Ministries of Oregon **503-777-3437**

7931 NE Halsey #304 Portland 97213

www.emoregon.org/ross.php

Free social services. Domestic Violence related Individual and family counselling, 24-hour crisis response. Domestic violence and sexual assault support groups; referrals for community support.

Urban League of Portland

503-280-2600

10 N Russell, Portland, OR 97227

www.ulpdx.org/who-we-are/

The Urban League of Portland, founded in 1945, is a non-profit, community-based organization headquartered in North Portland and an affiliate of the National Urban League. The Agency's mission is to empower African Americans and other Oregonians to achieve equality in education, employment, and economic security. Programs for youth, healthy families, senior citizens, advocacy and young professionals.

Drug, Alcohol, and Addictions Treatment and Support Resources

This section contains resources for drug alcohol and addictions treatment for adults. For youth and adolescent treatment, please refer to the Child, Adolescent and Transitional Age Youth section of this guide. Support resources for adults in addictions recovery are listed at the end of this section.

Allied Health Services – (Portland Comprehensive Treatment Center) **855-781-2650**
www.portlandctc.com

Allied Health Services for Drug Recovery/CRC Health provides medically supervised methadone maintenance and suboxone (buprenorphine) detox treatment to individuals who are attempting to overcome an addiction to or dependence upon heroin or other opioids.

Allied Health Services – Tigard

10763 SW Greenburg Rd #100 Tigard 97223

Allied Health Services - Belmont Clinic

2600 SE Belmont Street, Portland, Oregon 97214

Allied Health Services – East Clinic

6601 NE 78th Court, Suite A-3, Portland, Oregon 97218

Bridges to Change **503-465-2749**

Intensive Outpatient Treatment with Housing Program Screening **503-560-7800**

www.Bridgestochange.com

Offices in Multnomah, Clackamas, Washington and Marion Counties. This agency offers the necessary supports for incarcerated individuals who are struggling with addictions and trying to re-enter the Community. Offices in each county offers slightly different programs, including mentoring, housing and treatment.

Cascadia Behavioral Healthcare Dual Diagnosis Treatment Program Intake **503-674-7777**

Services for people who are seeking treatment for both mental health and drug and alcohol issues. Locations across Portland and Clackamas County.

www.cascadiabhc.org

Cascadia Clackamas Health Center

17070 SE McLoughlin Blvd, Portland, OR 97267

Cascadia Garlington Center

3034 NE Dr. Martin Luther King, Jr. Blvd, Portland, OR 97212

Cascadia Plaza

2415 SE 43rd Portland 97206

Cascadia Woodland Park

10373 NE Hancock Street, Suite 200 (just east of 102nd), Portland, OR 97220

Cascadia Behavioral Healthcare Problem Gambling Program **503-239-5952**

www.cascadiabhc.org/services/addiction-recovery-services/gambling-treatment/

Clackamas Gambling Program 15630 SE 90th Avenue, Clackamas, OR 97015

Portland Location 2415 SE 43rd Avenue, Suite 200, Portland OR 97206

All services are free and confidential. Problem Gambling Services include group, individual, couples, and family counseling focused on providing education and support to help individuals address issues related to problem gambling. Languages: English; Interpretation or signing by arrangement. For immediate help after hours and weekends, call the Oregon Problem Gambling Helpline 877-MY-LIMIT

Central City Concern (CCC) Administrative Office **503-294-1681**
 232 NW 6th Avenue, Portland, OR 97209
 See website for locations in Clackamas, Gresham, Hillsboro, Tigard and Portland.
www.centralcityconcern.org

Central City Concern Recovery Center **503-944-4410**
 726 W. Burnside, Portland, OR 97209
 CCC Recovery Center uses a multi-disciplinary approach to provide the appropriate combination of medical care, substance abuse treatment and supportive housing for each individual. The Recovery Center also offers a culturally specific addiction treatment service to African American clients.

Old Town Recovery Center **503-228-7134**
 33 NW Broadway, Portland, OR 97209
 Intensive outpatient treatment for mental health and co-occurring mental health/addiction disorders for adults in Multnomah County. Referrals from Multnomah County, Old Town Clinic and some self-referrals accepted.

Letty Owings Center **503-235-3546**
 A safe place to live for women who are pregnant or have children under 5 years old and need to undergo drug and alcohol treatment. Mothers begin learning essential life skills such as budgeting, meal planning and cooking, communication and most importantly, parenting.

Eastside Concern, Inc. (formerly known as Changepoint, Inc.) **503-253-5954**
 1949 SE 122nd Avenue, Portland, OR 97233
 Agency provides outpatient substance use treatment, domestic violence treatment and a suboxone clinic to the community.

CODA Central Services (Dual Diagnosis) **855-733-2632**
 1027 E Burnside, Portland, OR 97214
www.codainc.org
 Inpatient and outpatient treatment for substance abuse. Limited transitional and long-term housing. See website for locations in Clackamas, Gresham, Hillsboro, Tigard and Portland.

Community Services Northwest **360-397-8488**
Mental Health: **360-397-8484**
Addictions: **360-397-8488**
 1601 E Fourth Plain Blvd, Building 17, Suite B222, Vancouver, WA 98661
www.csnw.org
 Payment: Medicaid and private insurances. Integrated mental health, addictions and housing services, focusing on individual strengths and recovery.

DePaul Treatment Centers, Inc.
www.depaultreatmentcenters.org
 Outpatient and residential treatment, dual diagnosis support groups and counseling. Adult and Youth programs.
Adult Center: 1312 SW Washington Street, Portland, OR 97205 **503-535-1151**
Hillsboro Outpatient Services: 205 SE 3rd, Suite 100, Hillsboro, OR 97123 **503-535-1151**
Youth Center: 4310 NE Killingsworth Street, Portland, OR 97218 **503-535-1151**

Hooper Detox Center**503-238-2067**

1535 N. Williams Ave., Portland, OR 97227

www.centralcityconcern.org

Works with 911 Emergency System to assist and transport persons under the influence of drugs or alcohol.

Lifeline Connections**360-397-8246 or 800-604-0025**

1601 East Fourth Plain Blvd, Building 17, Suite A212, Vancouver, WA 98661

www.lifelineconnections.org

Detox, inpatient and outpatient services. Dual diagnosis services. Offices in Vancouver, Orchards and Camas

Lifeworks NW**503-645-1666 or 1-888-645-1666****Intake for all locations:****503-645-9010****Administrative Office:** 14600 NW Cornell Rd, Portland, OR 97229**503-645-3581**www.lifeworksnw.org

Nonprofit, community-based mental health and addiction service agency. A range of prevention and treatment services for children, families and adults from experienced staff ranging from physicians to social services providers. See page 29 for complete listing and phone numbers of locations.

Luke-Dorf**503-726-3764**www.luke-dorf.org

Outpatient case management, state-licensed dual diagnosis program, over 100 licensed residential beds with varying levels of structure, 25 semi-independent living units, an intensive community services case management team, cognitive behavioral therapy, Peer support services and creative therapeutic avenues such as art and movement therapy. Homeless outreach programs provide assistance with income and housing. See page 29 for complete listing of locations and numbers.

Client Services East**503-726-3764**1952 SE 122nd Avenue, Portland, OR 97233**Client Services West** (Washington County)**503-726-3732 or 503-726-3690**

8935 SW Center Street, Tigard, OR 97223

Native American Rehabilitation Association (NARA) of the Northwest**503-224-1044**www.naranorthwest.org/

The mission of NARA, NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and other vulnerable populations.

Portland Metro Men's Center & Teen Challenge**503-230-1910**

380 NW 6th Ave, Estacada, OR 97023

www.teenchallengenw.com

Minimal fees; no one is turned away. Faith-based year-long program for men only.

New Season (formerly Portland Metro Treatment Center) 503-762-3130

16420 SE Division Street, Portland, OR 97236

www.newseason.com

Provides Medication-Assisted Treatment, an opioid addiction treatment approach that combines behavioral counseling with stabilizing medication. Methadone and sub Oxone treatments plus counseling.

Providence Substance Abuse Treatment – Portland area 503-574-9200

9205 SW Barnes Portland 97225

<http://oregon.providence.org>

St Vincent offers intensive outpatient and outpatient treatment for adults with alcoholism and drug addiction.

Salvation Army Adult Rehab Center 503-235-41926855 NE 82nd Avenue, Portland, OR 97214www.usw.salvationarmy.org

Six-month inpatient treatment program with a work-therapy component

Serenity Lane Treatment Center(s) 503-244-4500

10920 SW Barbur Blvd., Portland, 97219

12662 SE Stark Plaza 125 Bldg. A Portland 97233

www.serenitylane.org

Addictions and dual diagnosis treatment

Sobering Station/ CHIERS 503-238-8132

20 NE MLK Jr. Blvd, Portland, OR 97232

www.centralcityconcern.org/services/health-recovery/sobering-station-chiers/index.html

A safe place to sober up. Available from 1:45 pm to 11:45 pm, seven days a week

Treatment Services Northwest LLC 503-257-0381www.rehabcenter.net/rehab-centers/oregon-rehab-centers/portland/treatment-services-northwest-llc

948 NE 102nd Avenue, Suite 101, Portland, OR 97220

State-certified treatment program for drug and alcohol dependency. Reduced fees available for clients without insurance. Near Max and bus lines, offices also in Tigard, Hillsboro and Gresham.

Volunteers of America InAct program 503-228-9229**Emergency Number (after hours):****503-265-9138**

10564 SE Washington, Portland OR 97216

www.voar.org/preventionandtreatment

InAct provides addictions treatment, mental health, problem gambling, and wellness services to help adults change their lives. See page 31 for complete listing.

Drug, Alcohol, & Addictions Support Resources

Alcohol and Drug 24-Hour Helpline **800-923-4357**

Alcoholics Anonymous

Portland Central Office: 825 NE 20th Avenue, Suite 200, Portland, OR 97232

24-Hour Helpline:

503-223-8569

Email: 1212@pdxaa.com

www.pdxaa.com

Information about alcoholism, AA and AA Resources. Schedule of all Portland Area meetings, including Beaverton, Hillsboro, Gresham, Wilsonville.

Westside Central Office

503-684-0415

10220 SW Park Way Portland 97225

<https://westsidecentraloffice.com>

Information about alcoholism, AA and AA resources. Schedule of all meetings in Multnomah, Washington, Clackamas and Columbia counties.

Alano Club

503-222-5756

909 NW 24th Avenue, Portland, OR 97210

www.portlandalano.org

Recovery support and social activities, sober holiday parties, etc. Weekly scheduled meetings for AA, NA and Al-anon. Free and low-cost workshops such as Yoga Recovery, Writing, Mindfulness classes and Mindfulness-based Relapse Prevention.

Al-Anon and Al-Ateen Information

503-292-1333

1750 SW Skyline Blvd, Suite 133, Portland, OR 97221

www.al-anonportlandoregon.org

Support for the families and loved ones of addicts. Schedule of weekly meetings for Al-Anon and Al-Ateen Meetings in the greater Portland Metro area and Vancouver.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Confidential, free, 24-hour information service, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

Cocaine Anonymous

503-256-1666

<http://caorwa.org>

P.O. Box 13204, Portland, OR 97213

Dual Diagnosis Anonymous of Oregon**503-222-6484**

4141 SE Division Portland 97206w

www.ddaoforegon.com

PO Box 2883, Portland, OR 97208-2883

Email: stephanies@ddaoforegon.com

A fellowship of persons who share experiences, strengths, weaknesses, feelings, fears and hopes with one another to resolve our dual diagnosis and live at peace with unresolved problems. The only requirement for membership in DDA is a desire to develop healthy drug- and alcohol-free lifestyles.

Miracles Club**503-249-8559**

4200 NE MLK Jr Blvd, Portland, OR 97212

www.themiraclesclub.org

Traditional mentorships, clean and sober activities and family-oriented forums and presentations for anyone seeking recovery from alcohol and drug addictions. Culturally competent support for African Americans seeking recovery.

Marijuana Anonymous – District 11**503-567-9892**

PO Box 2012, Portland, OR 97208

www.madistrict11.org**Narcotics Anonymous****503-345-9839**www.portlandna.com or www.washingtoncountyna.orgNational Narcotics Anonymous website: www.na.org

Portland NA: meetings and local resources for Portland Area.

Washington County NA: meetings and resources for Washington County.

Nar-Anonwww.nar-anon.org/find-a-meeting/

The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone near to them. Local meetings can be found online for Beaverton, Vancouver, Gresham and Oregon City.

Needle Exchange Information**503-280-1611**<https://multco.us/hiv-and-std-services/syringe-exchange-and-disposal>

Syringe exchange and disposal program designed to reduce the spread of HIV, hepatitis C and other blood-borne infections.

Oregon Problem Gambling Helpline**877-695-4648****Text:****503-713-6000**www.opgr.org

Free and confidential problem gambling treatment that works.

SMART Recovery

1737 NW 26th Avenue, Portland, OR 97210

<https://www.smartrecoverytest.org/local/>

SMART Recovery's 4-Point Program® helps people recover from all types of addictive behaviors, including: alcoholism, drug abuse, substance abuse, drug addiction, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities. See website for meeting locations and times.

YOUTH MENTAL HEALTH RESOURCES

Youth Oriented Crisis Services

Youth Oriented Crisis Lines

National Suicide Hotline **1-800-273-TALK (8255) or 1-800-SUICIDE**
Also called "Lines for Life"

Youthline **1-877-968-8491**
Text: **teen2teen to 839863**
24/7 service with Teens available 4 – 10 pm M-F

Crisis Textline **Text "START" to 741-741**
www.crisistextline.org/textline/

Trevor Project Lifeline **866-488-7386**
Crisis Intervention and Suicide Prevention for LGBTQ Youth available 24/7.
Trevor Text: **"Trevor" to 1-202-304-1200**
Available Tuesday-Friday 3pm - 9pm EST/12pm - 6pm PT

Trevor Chat
Available 7 days a week between 3pm - 9pm ET/12pm - 6pm PT; Online instant messaging with a TrevorChat counselor. See website for link.
<http://www.thetrevorproject.org/pages/get-help-now>

Trillium Family Services **888-333-6177**
www.trilliumfamily.org
Centralized Access/ Admission Line for children aged 5-17 and young adults 18-24. Available 24 hours

Youthline Suicide Hotline **877-968-8491**
Text: **teen2teen to 839863**
24/7 service with Teens responders available 4 – 10 pm M-F

Other Youth Oriented Crisis Services

Cascadia Behavioral Healthcare Urgent Walk-in Clinic
Walk-in only. No phone calls, please.
4212 SE Division #100 Portland OR 97206
www.cascadiabhc.org/urgent-and-emergency-services/
Payment: OHP, Medicaid and Prescribes The Urgent Walk-in Clinic is open 7 days a week from 7 am to 10:30 pm, serving all individuals residing within Multnomah County regardless of insurance, income, or age. The primary mission of the Urgent Walk-in Clinic is to provide appropriate care for those experiencing a behavioral health crisis. Child and Family Services for ages 7 & up.

Domestic Violence Resource Center - Children and Youth Counseling **503-521-7997**

735 SW 158th Ave, Suite 100, Beaverton 97006

www.dvrc-or.org

Individual counseling services for children (ages 5 to 18) who have witnessed family violence. Twelve-week coping with conflict group for adolescents. Call to schedule intake appointment.

Janus Youth - Harry's Mother 24-Hour Crisis Line **503-233-8111**

738 NE Davis Street, Portland, Oregon 97232

<http://www.janusyouth.org/programs>

Harry's Mother helps over 500 youth (ages 9 to 17) and their families through its Crisis Intervention and Counseling Center and confidential Garfield House Shelter while a 24-hour Youth and Family Help Line provides immediate support and information and referral to 2,500 callers each year.

National Teen Dating Violence Hotline **866-331-9473****Text:****"loveis" to 22522**<http://www.loveisrespect.org>

Peer advocates serve thousands of teens and young adults through the 24/7 phone service. Users will be connected with an advocate who is trained to offer education, support and advocacy to those involved in dating abuse relationships as well as concerned friends, siblings, parents, teachers, law enforcement members and service providers.

Providence Willamette Falls Medical Center **503-772-3730****Triage:****503-574-9235**

1500 Division Street, Oregon City, OR 97045

www.oregon.providence.org

Providence Child and Adolescent Psychiatry provides crisis and treatment programs for children through age 12 and teens through age 17. Family involvement is encouraged during treatment as well as with care planning and discharge planning.

Randall Children's Hospital at Legacy Emanuel **503-413-4848**

2801 N Gantenbein, Portland, OR 97227

www.legacyhealth.org/sitecore/content/Home/health-services-and-information/health-services/for-children-a-z/psychiatry.aspx

Crisis and inpatient treatment in a 16-bed secured unit on the campus of Randall Children's Hospital at Legacy Emanuel. This acute psychiatric setting is a safe environment for young people and families during times of crisis. Ages served: 9-17.

Youth Mental Health Treatment

Youth Intensive Outpatient Mental Health Care - Youth

Breakthrough School**503-736-6565**

11035 NE Sandy Blvd, Portland, OR 97220

www.pps.k12.or.us › [DART School](#)

Breakthrough is a day treatment program for youth. Youth receive individual, family and group counseling to work through addiction and behavior issues. The program is designed to help youth successfully return to their families and/or communities. The program is comprehensive, lasting from six to nine months. Youth live with therapeutic proctor parents who are recruited and trained to work specifically with Breakthrough youth and who function as members of the treatment team.

Lifeworks—Day Treatment Residential in Educational Setting 503-645-9010 or 888-645-1666Email at intake@lifeworksnw.orgwww.lifeworksnw.org

Payment: OHP, Private Insurance, Prescribes and Case Management

Our mission at Lifeworks NW is to promote a healthy community by providing quality and culturally responsive mental health and addiction services across the lifespan. Lifeworks believes that the best services are those that keep children, teens and families together—at home and in the community. Whether problems stem from alcohol or drug use, a troubled family history, or mental health issues, the compassionate and dedicated staff provides treatment that makes the most of each individual's natural strengths.

Morrison Family Services-Hand in Hand School**Emily Puckett, Intake Coordinator:****503-736-6535**Email at Emily.Puckett@morrisonkids.org

11456 NE Knott Street, Portland, OR 97220

<http://www.morrisonkids.org/hand+in+hand+day+treatment.aspx>

Hand In Hand Psychiatric Day Treatment serves up to 22 children between the ages of three and eight who have been severely abused and neglected. Day treatment services are provided year-round, four hours per day for each child. The day treatment milieu is staffed by an interdisciplinary team that provides therapeutic activities integrated with Portland Public School DARTS Program educational services. Other ancillary services such as community-based skill development, speech and language and occupational therapy services may be made available based on each child's particular needs.

Nickerson School**503-282-3296 x 6813**

4941 Northeast 17th Avenue, Portland, OR 97211

www.pps.k12.or.us/schools/dart

Provides culturally focused adolescent day treatment. In addition to support while on-site, youth regularly participate in community outings such as PE, Humane Society, Oregon Food Bank, etc. to practice appropriate social skills.

Youth Early Intervention Treatment

Albertina Kerr Early Childhood Outpatient Services**Access Center****503-408-4705**

www.albertinakerr.org/Programs/Youth&Family/KerrEarlyChildhoodOutpatientServices

Payment: OHP, Private Insurance and Prescribes

Serving children age's three to five with behavioral challenges and learning delays. Teachers and mental health consultants work together with families in home, preschool and community settings to provide comprehensive mental health services that allow children to stay in their traditional preschool or Head Start settings.

Early Intervention/Early Childhood Special Education|**Multnomah County****503-261-5535****Clackamas County Contact****503-675-4097****Washington County Contact (English)****503-675-4097****Washington County Contact (Spanish)****503-675-1263**

Nancy Johnson-Dorn at nancy.johnson-dorn@state.or.us

Contacts for other Oregon Counties

Payment: Free. Early Intervention and Early Childhood Special Education are federally and state funded programs that provide specialized services to children with disabilities and their families. The agency provides services designed to enhance areas of communication, cognitive development, social/emotional, adaptive and physical development for young children with developmental delays and disabilities and their families.

Early Childhood Consultation**Central Intake for Morrison:****503-258-4381**

www.morrisonkids.org/prevention+_education.aspx

Payment: OHP and private insurances. Morrison's programs provide early intervention and prevention services for at-risk children. Morrison works with both children and their family (or families, in foster or proctor homes) addressing fetal alcohol and drug syndrome, abuse and neglect, mental health challenges and related issues.

EASA - Early Assessment and Support Alliance

<http://www.easacommunity.org>

Multnomah County**503-988-3272**

West Gresham Plaza, 2951 NW Division Street, Suite 200, Gresham, OR 97030

Washington County**503-641-1475**

14255 SW Brigadoon Court, Beaverton, OR 97005

Clackamas County**503-496-3201 Ext 1244**

4105 International Way, Suite 501, Milwaukie, OR 97222

Payment: OHP, Sliding scale, private insurance. EASA works with individuals (age 15-25) with emerging symptoms of psychosis in order to prevent the potentially disabling impact of this psychiatric illness.

A two-year outreach and treatment program for young people who have experienced a first episode of psychosis within the last year and whose symptoms are not caused by a medical condition or substance abuse. Locations available in many counties statewide.

Youth Outpatient and Intensive Outpatient Treatment

Albertina Kerr Outpatient Services**Access Center****503-408-4705**

424 NE 22nd Avenue, Portland, OR 97232

www.albertinakerr.org/Programs/Youthamp;Family/OutpatientServices

Payment: OHP, Private Insurance and Prescribes. Outpatient services are for youth whose mental health needs put them at risk for disruption in home or school, provided to children, youth and their families in community settings, homes, schools and other locations. Intensive Community-Based Treatment serves children ages 3 to 17 who are at risk of being unable to stay in their home or in school due to a mental health condition. Home-based individual and family therapy, skills training and a 24-hour helpline.

Child Development Rehab Center (CDRC)**503-346-0640****Autism Clinic****503-418-2200**

Doernbecher Children's Hospital, 700 Campus Drive, Portland, OR 97239

www.ohsu.edu/xd/health/child-development-and-rehabilitation-center

Payment: OHP and Private insurance. Interdisciplinary clinical services for persons with developmental disabilities and other special health care needs, including mental health, psychiatry and autism

Children's Center**360-699-2244**<https://www.thechildrenscenter.org>

13500 SE 7th Street, Vancouver, WA 98683

Payment: Washington Medicaid, Private Insurance. Serving all children, youth and families in need in Clark County, Washington, through comprehensive community-based mental health services. Children's Center provides culturally sensitive, competent and responsive services working toward improved quality of life, meaningful daily activities, recovery and remission from mental illness, active participation in community life, and rewarding social interaction with others.

Crossen Psychological Services**503-481-3414**

1130 SW Morrison Street, Suite 618, Portland, OR 97205

www.crossenpsychologicalservices.com/

Payment: Please contact provider for information on insurances and payments accepted. Oregon Forensic Evaluator Competency (Aid & Assist) and Criminal Responsibility (GBI) evaluations for juvenile and adult criminal cases. Treatment and evaluation for children, youth and families.

Lifeworks NW**503-645-1666 or 1-888-645-1666****Information and Intake:****503-645-9010****Administrative Office:** 14600 NW Cornell Rd, Portland, OR 97229**503-645-3581**www.lifeworksnw.org

Payment: OHP only. Prescribes. Services to children and youth include mental health, addictions, prevention, day treatment, and children's relief nursery. Culturally specific addictions services for African American and Latino youth. Services differ at each location. In order to access services, call the number provided for information and intake.

Mind Matters, PC, Inc. **503-352-0468**
 18650 NW Cornell Road, Suite 315, Hillsboro, OR 97124
www.mindmatterspc.com
 Payment: Private Insurance, Prescribes and Case Management
 Timely Access to Psychiatric services for children, adolescents, families, and organizations.
 School consultation and collaboration services available.

Morrison Child and Family Services (Outpatient Central Intake) **503-258-4381**
www.morrisonkids.org
 Payment: OHP, private insurance and prescribes. Continuum of mental health, substance abuse and prevention services for children from birth through age 21. Programs and services vary in intensity and length of treatment, working with families and communities to make a positive difference in each child's life.

New Leaves Clinic **503-693-9153**
 1575 NE Arrington Road, Hillsboro, OR 97124
www.newleavesclinic.com
 Payment: Private Insurance. Holistic research-based approach, benefitting clients with Add, autism, developmental differences. Use scientific advances as well as ancient traditions of wisdom and philosophical reflection. Multidisciplinary approach considers family, academic, medical, spiritual and scholarly resources, respecting each person's unique perspective.

NUMN Outpatient Clinics – National University of Natural Medicine **503-552-1515**
www.numhealthcenters.com
 Payment: Reduced fees to those with little or no insurance coverage. Offers low-cost naturopathic and Chinese medicine health care to low income and underserved people at several Metro area clinics.

OHSU Child and Adolescent Psychiatry Outpatient Clinic **503-494-6176**
 Doernbecher Children's Hospital, 7th floor, 3181 SW Sam Jackson Park Road, Portland OR 97201
www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/child-and-adolescent-psychiatry/clinical-services/index.cfm
 Payment: OHP, Low cost options for uninsured, Private Insurance accepted. Provides Consultation, Diagnostic evaluation, Parent guidance (in conjunction with child's therapy), Family therapy, Psychopharmacological evaluation and treatment, Specialty treatment for mood disorders, anxiety disorders and ADHD services for children and adolescents.

Options Counseling and Family Services (Locations in eleven counties throughout Oregon)
Multnomah County: 11010 SE Division Street, Suite 202, Portland, OR 97266 **503-335-5975**
Washington County: 8285 SW Nimbus Avenue, Suite 148, Beaverton, OR 97008 **503-352-3260**
Clackamas County: 12901 SE 97th Avenue, Suite 340, Clackamas, OR 97015 **503-655-8045**
www.options.org
 Payment: OHP and Private Insurance. Family preservation, behavioral health services and other family supports. Family centered approach, with treatment focused on increasing the child and/or adult's ability to function more successfully in everyday life at school and/or home.

Portland DBT Institute**503-231-7854**

5200 SW Macadam Street, Suite 580, Portland, OR 97239

www.pdbti.org

Payment: OHP, Medicare and Private Insurance. Does not prescribe. Provides intensive therapy and group programs in Dialectical Behavior Therapy. Also offers friends and family workshops.

Sundstrom Clinical Services, LLC**503-653-0631**

21900 Willamette Dr. #202 West Linn OR 97068

www.sundstromclinic.com

Payment: Private Insurance. Professional therapeutic services for children and families provided by a team of professionals including psychologists, professional counselors, and collaborating psychiatric health providers. Latest offering Teen Mindfulness Groups.

Western Psychological and Counseling Services**Portland:****503-253-4600**

Locations throughout out the Portland Metro Area, Oregon and Washington (See website)

<https://www.westernpsych.com>

Payment: OHP, Private Insurance. Provides outpatient mental Health services tailored to a wide range of needs for individuals, couples, children, and families. Provides psychiatric medication evaluation and management services for child/adolescent/adults. School-based services available.

Youth Inpatient Treatment

Providence Willamette Falls Medical Center**503-772-3730****Triage:****503-574-9235**

1500 Division Street, First Floor, Oregon City, OR 97045

www.oregon.providence.org

Treatment programs for children through age 12 and teens through age 17. Programs are developmentally age-appropriate and flexible to individual need while incorporating collaborative problem-solving approaches. Family involvement is encouraged during treatment as well as with care planning and discharge planning.

Randall Children's Hospital at Legacy Emanuel**24-Hour Line: 503-413-4848**

2801 N Gantenbein, Portland, OR 97227

www.legacyhealth.org/sitecore/content/Home/health-services-and-information/health-services/for-children-a-z/psychiatry.aspx

Randall Children's Hospital offers inpatient treatment in a 16-bed secured unit on the campus of Randall Children's Hospital at Legacy Emanuel. This acute psychiatric setting is a safe environment for young people and families during times of crisis. Ages served: 9-17.

Youth Subacute treatment

Albertina Kerr Crisis Psychiatric Care (Subacute)**Access Center 503-408-4705**

424 NE 22nd Avenue, Portland, OR 97232

[http://www.albertinakerr.org/Programs/Youth&Family/CrisisPsychiatricCare\(Subacute\)](http://www.albertinakerr.org/Programs/Youth&Family/CrisisPsychiatricCare(Subacute))

Payment: OHP, Private Insurance and Prescribes. The Crisis Psychiatric Care (Subacute) program is able to offer children a short-term residential placement and 24-hour access to mental health professionals. Children receive a psychiatric assessment by a psychiatrist, individual and family therapy with a Master level clinician, and a physical health exam.

Youth Residential Treatment Facilities

St. Mary's Home for Boys**503-649-5651**

16535 SW TV Highway, Beaverton, OR 97003

www.stmaryshomeforboys.org/

Residential treatment and services to at-risk boys between the ages of 10 and 17. Providing each client with a structured regimen to ensure successful transition to public school, the community, and appropriate living environment.

Trillium Family Services Psychiatric Residential Treatment**888-333-6177**

Parry Center, 3415 SE Powell Blvd, Portland, OR 97202

www.trilliumfamily.org/programs-and-services/residential-services/psychiatric-residential/

Payment: OHP and Private Insurance

Short-term, on-site psychiatric services for young people requiring 24-hour support for emotional and behavioral challenges, mental and behavioral health stabilization and assessment

White Shield School**503-731-3970**

2640 NW Alexandra, Portland, OR 97210

<https://westernusa.salvationarmy.org/>

The Parenting Program offers a unique residential treatment setting for pregnant and parenting teenage girls, ages 12-18, along with their children, ages 0-3. The program provides a safe, nurturing and supportive learning environment by which each teen mother and mother-to-be can develop valuable life skills and participate in parenting education and activities that prepare her for childbirth, emphasize healthy boundaries, attachment and early childhood development essentials.

School Related Resources

Charter Schools, Day Treatment and Therapeutic Schools

Breakthrough Day Treatment Program and School (Morrison Kids) 503-736-6565

11035 NE Sandy Blvd, Portland, OR 97220

www.morrisonkids.org/programs/day-treatment/breakthrough/

Program for adolescents ages 13-17 who have histories of trauma and drug and/or alcohol abuse. The program combines alcohol and drug abuse treatment, mental health treatment, skill development, education, and mentoring in therapeutic foster homes. Comprehensive day treatment program for youth which provides individual, family and group counseling to work through addiction and behavior issues.

Edwards School 503-963-4920 or 888-333-6177

3415 SE Powell Blvd. Portland OR 97202

www.trilliumfamily.org/programs-and-services/for-prospective-clients/day-program-at-edwards-school/

Payment: OHP, Private Insurance and Prescribes

For children and adolescents, ages 5-17, with mental health difficulties that impact their ability to be successful in school or at home. In addition to services during the day, a 24-hour crisis line is available for issues that may arise in the home setting.

Four Corners School 888-333-6177

14513 SE Stark Street, Portland, Oregon 97233

www.trilliumfamily.org/programs-and-services/community-services/therapeutic-school/

Payment: OHP, Private Insurance and Prescribes

Provides academic, mental health, and behavioral support to children (K-8th grade) who have special learning needs and have often experienced environmental and emotional stress in their lives. The highly structured, therapeutic environment utilizes a holistic blending of mental health and education that provides the individual needs of each student.

Lifeworks—Day Treatment Residential in Educational Setting

Intake: 503-645-9010 or 888-645-1666

www.lifeworksnw.org/who-we-serve/children-teens-families/mental-health/

Payment: OHP, Private Insurance, Prescribes and Case Management. Community mental health treatment programs which provide an alternative to residential care for youth ages 12- 18, children ages 7-11 and young children ages 3-8 experiencing serious psychiatric difficulties. Contact the intake line for further information.

Morrison Family Services-Hand in Hand School 503-736-6554

11456 NE Knott Street, Portland, OR 97220

www.morrisonkids.org/programs

Payment: OHP and private insurance Psychiatric Day Treatment for children between the ages of three and eight who have been severely abused and neglected. Year-round treatment services integrated with Portland Public School DARTS Program educational services.

Nickerson School (Lifeworks NW)**503-916-6457**

4941 NE 17th Avenue, Portland, OR 97211

Provides culturally focused adolescent day treatment. In addition to support while on-site, youth regularly participate in community outings such as PE, Humane Society, Oregon Food Bank, etc. to practice appropriate social skills. Mental health treatment with focus on drug dependency provided by Lifeworks and education provided by Portland Public Schools.

Mt Scott Learning Center**503-771-8880**

6148 SE Holgate Blvd, Portland, OR 97206

www.mtscott.org

An accredited, non-profit education option which provides an educational setting tailored to the special needs of students who struggle to fulfill their potential in the traditional school environment. Students must be drug and violence free and no more than 1-1.5 years behind their graduating class in credits.

Open School**503-488-5200**

16570 SE Oak St. Portland 97217 (7-12 grade)

www.openschoolnw.org/programs/

Open School model features a robust wrap around program to help students who are currently struggling in school to reengage with their academics; in partnership with parents and families, students are encouraged to experience personal and academic success.

Self Enhancement, Inc.**503-249-1721**

3920 N Kerby Avenue, Portland, OR 97227

www.selfenhancement.org

Grades 6-8. An alternative for any student in the Portland Public School District, helping all students realize their full academic and personal potential.

Serendipity Center**503-761-7139**

14815 SE Division Street, Portland, OR 97236

www.serendipitycenter.org/

A private therapeutic school which serves students from metro-area public school districts when it is determined that the school district can no longer meet the student's needs. The Center seeks to provide the best environment for its students to heal and become educated, productive community members. Strengths-based programs built around the RE-Education model developed Dr. Nicholas Hobbs, which teaches that children can be taught to manage their behavior.

Victory Academy**503-570-0147**

12155 SW Tooze Road, Sherwood, OR 97140

Mailing: P.O. Box 428 Tualatin OR 97062

www.victoryacademy.org/

School offers a comprehensive educational and therapeutic program to children (currently age 3/preschool through age 18) affected by Autism. Low student to teacher ratio, year-round schooling and innovative courses focusing on language, math, social studies, and science, applied behavior analysis, adaptive physical education, art, peer mentors, sensory integration, social cognition, and social skills groups. After school classes now available to students who are not enrolled at Victory.

School Based Community Services and Academic Support

Chrysalis Support Groups**503-939-0923**

www.trilliumfamily.org/programs-and-services/prevention/chrysalis-support-group/

Chrysalis is a school based prevention program to support teenage girls who are survivors of trauma. Chrysalis groups are held weekly from October through June at host high school sites. Group members learn healthy coping skills, learn about trauma and its effects, and support each other in telling their survival stories.

El Programa Hispano Catolica - Catholic Charities**Portland Location:** 2740 SE Powell Blvd, Portland, Oregon 97202**503-231-4866****Gresham Location:** 333 SE 223rd Ave #100 Gresham 97030**503-669-8350**

El Programa Hispano provides academic support, advocacy, skill building, mentoring, tutoring and recreation to Latino students; as well as family engagement services to Latino parents in Multnomah County school districts. El Programa Hispano also operates two Schools Uniting Neighborhoods Schools (SUN School) in the Gresham-Barlow School District, and three SUN schools in the David-Douglas School District.

Morrison Community and School Based Program**Referrals:****503-258-4381**

www.morrisonkids.org/programs/clinic-based-outpatient/community-and-school-based-outpatient/

Community & School-based Services are provided in the community: in-home, at school, at Department of Human Services (DHS), at a Morrison outpatient facility or wherever best meets the family's needs.

Self Enhancement, Inc.**503-249-1721**

3920 N Kerby Avenue, Portland, OR 97227

www.selfenhancement.org

SEI coordinators help with school homework and life's lessons. Community and Family Programs are designed to provide families with the resources, supports, and wrap-around services needed to help ensure they are safe, stable, and have their critical social, emotional, and economic needs met.

SUN Community Schools**503-823-3382**

1120 SW Fifth Avenue, Suite 1302, Portland, Oregon 97204

www.portlandoregon.gov/parks/39840

The SUN Community School program is a collaboration between Multnomah County Department of School, Portland Parks & Recreation, and Centennial, Reynolds, Parkrose, David Douglas, Gresham-Barlow, and Portland Public School Districts. Eleven sites are operated by PP&R. Critical components of the program include education, social services, multicultural and cultural arts, recreation and leisure services, health services, and community involvement.

Western Psychological and Counseling Services**503-888-9283**<https://www.westernpsych.com/services/school-based-programs>

Payment: OHP and Private Insurances. Western provides services on location in multiple schools, removing the barriers to care for many students and families. The mission of the program is to provide quality services to students within the school environment. Western collaborates with the school to develop a cohesive and collaborative model of care. The services are provided at no cost to the school, as Western is contracted with the Oregon Health Plan and nearly all commercial health plans.

Academic Support Organizations**Social Support Services for Educational Success (SSSES)****503-721-6752**www.impactnw.org

Impact NW's Social and Support Services for Educational Success program supports struggling adolescents ages 12 to 17 – particularly those who are at risk of dropping out, attending alternative schools, and those who have low rates of school attendance – Counseling and educational supports help youth remain in and/or go back to school. Helps troubled teens improve their self-control, develop better conflict resolution skills, and communicate more effectively with adults and peers.

Youth Contact**503-640-4222**

447 SE Baseline Street, Hillsboro, OR 97123

www.youthcontact.org

Payment: OHP and private insurance. Youth Contact is a private, nonprofit agency dedicated to serving and strengthening children and families in Washington County, Oregon. We provide intervention, prevention and support services that are community-based, family-focused and child-centered.

IEP's and other Educational Tools**FACT Oregon****503-786-6082 or 888-988-3228**

2475 SE Ladd Ave. Suite 430 Portland OR 97214

www.factoregon.org

Family support, advocacy and leadership organization based in Oregon for individuals and their families experiencing disability. Ongoing series of events including classes on how to navigate your child's IEP, assistive technology, and special education. Opportunities for parents and their children to socialize in supportive group settings.

Early Childhood Education and School Readiness**Head Start Programs**www.headstartprogram.us/state/oregon

Ages 3 to 5 years old. Oregon Head Start Prekindergarten is early childhood development program serving families living at or below the federal poverty level. The program offers integrated services to support school readiness. Services include child health/mental health and nutrition, and parent and family support.

Early Head Start**866-763-6481**<https://eclkc.ohs.acf.hhs.gov/>Email at HeadStart@eclkc.info

Ages birth to 3 years old. Early Head Start provides early child development and family support services to low-income infants and toddlers and their families, and pregnant women and their families. Services encompass the full range of a family's needs from pregnancy through a child's third birthday.

Metropolitan Family Services Kindergarten Readiness**503-232-0007 ext. 533**<https://www.metfamily.org/readyssetgo/>

Bringing parent and their preschoolers together to learn side-by-side can make all the difference for a child about to enter school. Kids gain confidence and become independent. And their parents or other family members get to know how to support their future success in the classroom. Proven curriculum encourages light bulb moments every day for children.

Migrant/Seasonal Head Start**503-570-1110 or 503-682-9426**

Oregon Child Development Coalition, 9140 SW Pioneer Court Suite E, Wilsonville, OR 97070

<http://www.ocdc.net/programs/>

Migrant and Seasonal Head Start and Early Head Start Programs are for children of migrant and seasonal farm workers. They provide comprehensive child development services. This program cares for children while parents are working in the fields, and helps preschoolers develop the language, reading and math skills they need to be successful in school. Early Head Start provides services to pregnant woman, infants and toddlers up age 3 and cares for infants and toddlers to make sure that young children grow up to be healthy and happy. These programs also work with parents by providing training, education, and leadership opportunities.

Confederated Tribes of Siletz Indians**Tribal Head Start****503-477-8098****Portland Head Start:** 12727 SE Market Portland, OR 97223<http://www.ctsi.nsn.us/>

The Head Start Program is an early childhood education program for tribal members and non-tribal members who are disabled or low income, and is designed to foster the development of preschool aged children and promote school readiness. Classrooms offer age-appropriate activities to support each child's development for language, literacy, mathematics, social-emotional, physical, cognitive, science, social studies and creative arts. Ensuring that children are up to date on a regular schedule of preventative medical and dental care, classrooms provide cultural enrichment, support parent involvement, and provide families with connections to resources and services they need. Services also available in Salem, Siletz and Lincoln City.

Support and Mentoring Services for Youth and their Families

Parent/Caregiver Support

Parent/Caregiver Support Services

Albertina Kerr Family Resource Center

503-239-8101

722 NE 162nd Avenue Portland, OR 97230

www.albertinakerr.org/programs/Youthamp;Family/FamilyResourceCenter.aspx

The Family Resource Center is a safe place for families who are raising a child with mental health and behavioral challenges. Peer support, shared experiences and family activities and events. Workshops given by family members and professionals. Extensive resource library including access to internet resources.

Early Childhood Fathering Project (Impact NW)

503-721-6777

<https://impactnw.org/main-navigation/programs/early-childhood/early-childhood-fathering-project/>

Weekly father-child interaction groups, monthly dads' workshops, and monthly dads' outings, the program works to increase fathers' confidence, competence, and to connect them with other dads and their community. All services provided for dads are provided by dads.

FACT Oregon

503-786-6082 or 888-988-3228

2475 SE Ladd Ave. Suite 430 Portland OR 97214

www.factoregon.org

Family support, advocacy and leadership organization based in Oregon for individuals and their families experiencing disability. Ongoing series of events including classes on how to navigate your child's IEP, assistive technology, and special education. Opportunities for parents and their children to socialize in supportive group settings.

Family to Family Health Information Center

855-323-6744

In Spanish:

503-931-8930

<http://oregonfamilytofamily.org/>

Statewide resource for families who are navigating the complex world of special health care needs. Information from financial assistance and health insurance to the transition to adulthood. Staff are family members themselves, who have firsthand experience raising a child or youth with a chronic health condition, developmental delay or disability, or emotional/behavioral challenges.

Impact Northwest

Parent Child Development Services and Healthy Families Program

503-721-6777

www.impactnw.org

Providing families with the tools and resources they need to help their newborns grow up healthy, happy, and ready to succeed in school. Education in healthy growth and development, positive parent-child relationships and enhance family functioning by teaching parents to identify strengths and utilize problem-solving skills to improve the family support system through linkages and referrals to available community services.

Latino Network**503-283-6881**www.latnet.org

Promoting social change by cultivating the power of the Latino community. Classes for youth and young adults in developing self-advocacy and leadership (Speak Up Empower) as well as any array of services to support families.

Metropolitan Family Services Parent Education**503-232-0007 ext. 121****Metropolitan Family Services Latino Parent Leadership****503-232-0007 ext. 533**

www.metfamily.org/ Follow the link under “What We Do” to Children’s Services, then Family Support

Helping parents identify road blocks and build the basic skills: Learning to communicate more effectively, acquiring good parenting skills, and participating in the child’s education. Abriendo Puertas is a comprehensive, evidence based, 10 session parent leadership and advocacy training program developed for low income, primarily Spanish-speaking parents with children 0-5 years. This program draws from the real-life experiences of its participants with content that builds from their cultural strengths.

Morrison Parents Anonymous of Oregon**Parent Support Group and Parent Mentor Program****503-313-8959**

www.morrisonkids.org/programs/prevention-education/parents-anonymous-of-oregon-parent-mentor-program/

National info website: <http://parentsanonymous.org/>

Parents Anonymous offer free, weekly support groups which promote supportive opportunities to learn new parenting strategies and develop leadership and advocacy skills. Open to anyone in a parenting role seeking support and the opportunity to create long lasting positive changes in their families through participation. Groups are co-led by parents and a professional facilitator trained in the evidenced-based, child abuse prevention Parents Anonymous model. Mentor offers resources, one-on-one support and guidance through the stresses of parenting while in recovery.

Multnomah Wraparound**503-988-4161**

The Wraparound Oregon Initiative was developed to provide a more coordinated response to treating children and families in crisis. The Multnomah Wraparound Team coordinate services for children and youth from birth to age 18 who have emotional, behavioral or substance abuse related needs, and who touch at least two systems.

NAMI Basics**503-228-5692**

www.namimultnomah.org

A six-class course for parents and caregivers of children and adolescents with behavioral health conditions. Course discusses the trauma of mental illness for the child and the family, biology of mental illness, getting an accurate diagnosis and the latest research on medical aspect of mental health conditions. Classes are usually held quarterly. Pre-registration is required.

NAMI Family to Family**503-228-5692**

www.namimultnomah.org

A weekly class for families, partners and friends of individuals living with mental health challenges. The 12-week course is designed to facilitate a better understanding of mental health, increase coping skills and empower participants to become advocates for their family members. This course has been described as “life changing.” Pre-registration is required.

NAMI Multnomah Family Partners**503-988-4161**

Family Partners at NAMI Multnomah are peer delivered service providers who themselves have lived experiences raising children with mental health challenges. Family Partners provide support to parents and caregivers who may benefit from a person who understands the system of care and the barriers families face in accessing care for their children. Family Partners are currently available through two programs, Multnomah County Wraparound and the Emergency Department Hospital Diversion Pilot. Eligibility for these programs is determined by community partners.

Oregon Family Support Network**800-323-8521**www.ofsn.org

Parent to parent support and assistance navigating the mental health system; classes and other trainings. See website for offices serving Multnomah, Clackamas and Washington Counties.

Stand Up Parenting – Portland Group**503-228-5087 or 888-727-3689**www.standupparenting.org

Support groups and workshops to assist parents with focusing on children’s strengths, as well as those traits and behaviors that need to be corrected.

Youth Mental Health First Aid**888-244-8980**www.mentalhealthfirstaid.org/cs/

Nationally organized training on how to help people in emotional distress or crisis. Learn the signs of mental health conditions and crisis situations; and learn a 5-step plan to assess a situation and respond appropriately. Ask specifically for the Youth version of the program.

Miscellaneous Support Services for families

Metropolitan Family Services Financial Coaching**503-232-0007**<https://www.metfamily.org>

Free financial coaching services in collaboration with Consumer Financial Protection Bureau. Helps participants identify and discuss financial goals and receive assistance in creating an action plan for success. One-on-one sessions in order to link goals and values to financial dreams, create an action plan and track progress towards the goals mutually set by you and your Financial Coach.

Metropolitan Family Services Financial Literacy**503-232-0007**<https://www.metfamily.org>

Sometimes you don’t know what you don’t know, especially when it comes to managing your money. It only takes a few stumbles to get off course. And it can be really tough to bounce back. MFS offers one-on-one consultations and workshops, helping families develop knowledge around budgeting, saving, debt management and credit information. Coaching on how to set and reach their financial goals.

The Dougy Center**503-775-5683 or 866-775-5683**3903 SE 52nd Avenue, Portland, OR 97206 (Additional locations in Canby and Hillsboro)<https://www.dougy.org/>

The mission of The Dougy Center is to provide support in a safe place where children, teens, young adults and their families grieving a death can share their experiences.

Mentoring for Youth

Big Brother, Big Sister Portland**BBBS Columbia Northwest****503-249-4859**

1827 NE 44th Avenue, Suite 100 Portland 97213

<http://www.bbbsnorthwest.org>To enroll a child www.bbbsportland.org for local volunteer opportunities.

Big Brothers and Sisters, people just like you, bring magic to the lives of children in the Metropolitan area. Positive adults are matched with children in one-to-one friendships that expand the horizons of everyone involved.

Family of Friends Mentoring**503-618-2397**<https://family-of-friends.org/>

Family of Friends matches mentor families, couples and individuals with children ages 6 – 9 for long-term, mentoring relationships.

Friends of the Children**503-281-6633**

Portland Office: 44 NE Morris Street, Portland, Oregon 97212

Rockwood Program Site: 424 NE 172nd Avenue, Portland OR, 97230

www.friendspdx.org/

Mentoring opportunities for vulnerable children. Nurturing professional mentors provide sustained relationships and teach positive values attainable expectations for each child to become a healthy, productive member of the community.

Girls Inc, of NW Oregon**503-230-0054**

4800 SW Macadam Avenue, Suite 309 Portland, OR 97239

www.girlsincpnw.org/

Girls Inc. of the Pacific Northwest inspires girls, ages 6-18, to be strong, smart, and bold. Our gender-specific programs and research-based curricula provide girls with the confidence and self-esteem to access a bright and economically independent future.

Transition-Age Youth Support Services

DBSA Online Support Groupwww.dbsalliance.org

Online support groups offered to Young Adults (Mondays at 8.00 PM), Family and Friends (Wednesdays at 6:00 PM) and Peers (Tuesdays 8.00 PM, Saturdays 1:00 PM and Sunday 9.00 PM)

Foster Care to Success Program**571-203-0270**

23811 Chagrin Blvd. Suite 210. Cleveland OH 44122

www.fc2success.org

Nationwide program providing college funding and support services for foster youth.

Impact Northwestwww.impactnw.org**Independent Living Program:****503-867-2188**

Helping foster care youth ages 14-21 gain the skills they need to successfully transition out of foster care and into adulthood. Mentoring, job readiness classes, and social and skill-building activities and events.

Urban Opportunities Program:**503-721-6760**

The three-month curriculum focuses on job skills such as resume-writing, creating employment opportunities through partnerships with local businesses and college and career exploration.

Janus Youth - Access Center**503-432-3986**

1635 SW Alder Street, Portland 97205

<http://www.janusyouth.org/programs>

The single point of entry for homeless youth ages 14 to 24 seeking services through Portland's Homeless Youth Continuum, the Center screens over 700 youth each year providing engagement, intake, screening and community referrals. Youth seeking services have immediate access to basic needs and safe shelter off the streets. Screenings can be accommodated 365 days of the year between the hours of 9 am and 5 pm.

p:ear**503-228-6677**

338 NW Sixth Ave, Portland

www.pearmentor.org

P:ear offers individualized mentoring Programs through Education Arts and Recreation for homeless youth ages 15 to 24.

STRIDE**503-619-9007**<https://www.oregon.gov/oha/amh/youth-hub/Pages/lifeworks.aspx>

A Lifeworks NW program. A young adult hub serving Multnomah, Clackamas and Washington Counties serving youth who are experiencing homelessness, youth who identify as part of the LGBTQ community, youth transitioning out of foster care or residential treatment and youth who have been screened out of EASA programs. Outreach, engagement, peer support, skills building, case management and connection to mental health services for transition age youth and young adults aged 14-25 years old.

Volunteers of America - Home Free**503-771-5503**

3910 SE Stark Portland 97214

www.voar.org

Home Free helps kids, teens and adults who are experiencing abuse. Teen advocates are on staff during the day and evening to meet with teens one-on-one or connect them to weekly teen support groups.

Youth ERA**971-334-9295****Clackamas Drop****503-314-9307**

Tri-County Wraparound (Washington, Multnomah, Clackamas counties)

<https://www.youthera.org>

Youth ERA is a statewide, youth-led organization devoted to helping young adults ages 14-25 successfully transition into adulthood. YMO is part of a national organization with services in most of Oregon's major cities, providing empowerment, leadership training and youth advocacy.

Community Advocacy

Ben and Jerry's Store in partnership with New Avenues for Youth**503-546-0450**

524 SW Yamhill St, Portland OR 97204

<http://www.benjerry.com/yamhill>

This Ben & Jerry's PartnerShop is owned and operated by local non-profit, New Avenues for Youth. Every purchase you make supports job training for homeless and at-risk youth.

Boys & Girls Aid**503-222-9661 or 877-932-2734**

9320 SW Barbur Blvd #200 Portland 97219

www.boysandgirlsaid.org/

Boys & Girls Aid Society is committed to finding lifelong connections for children in foster care. Focusing on the mental, physical and emotional well-being of children while they are in foster homes to ensure they are placed into a forever family that will continue to help them grow. Services extend to adoption, foster care, and housing and pregnancy options services.

CARES Northwest**503-276-9000**

2800 N Vancouver Avenue, Suite #201, Portland, OR 97227

<http://www.caresnw.org/>

CARES (Child Abuse Response and Evaluation Service) Northwest is a medical program for the assessment, treatment and prevention of child abuse. Cares Northwest provides a safe, child-friendly environment for the assessment of children for whom there are concerns of physical or sexual abuse, neglect and exposure to domestic violence.

CASA -Court Appointed Special Advocates**503-988-5115**

1401 NE 68th Avenue, Portland, OR 97213

www.casahelpskids.org

A CASA advocate represent the best interests and critical needs of the child who has been abused or neglected and is going through the trauma of the foster care system. The courts grant them tremendous authority to do what it takes to see that a child is not ignored in the process and that the presiding judge is able to understand the true facts of a child's condition in an over-burdened child welfare system. Additional office in Washington County. Please see website.

Compassion First**503-207-1320**

1500 NW 167th Pl. Beaverton OR 97006

compassionfirst.org

(Formerly Door to Grace: Overcoming Human Trafficking). Compassion First offers loving services and vital resources to girls between the ages of 14-17 who are survivors of commercial sexual exploitation. The Day Home creates a safe, welcoming, home-like place and works with the student's local high school to develop an individualized plan that includes completion of a high school diploma or GED. Also provides individualized supportive services to each enrolled youth.

Kids' Turn – Youth Contact**503-846-0665**

447 SE Baseline, Hillsboro, OR 97123

www.kidsturnwaco.com

Kids' Turn is a child-oriented educational program for Washington County families in the process of reorganization due to separation, divorce, or changes in custody or visitation. Children and their parents attend a series of workshops taught by qualified professionals with backgrounds in education, mental health, and the justice system meeting once a week for four weeks. All participants who successfully complete the program will receive a Certificate of Completion and Kids' Turn will forward a copy of the certificate to the court.

Oregon Post Adoption Resource Center**503-241-0799****Oregon Foster Care and Adoption Information Line****800-331-0503**

2950 SE Stark Street, Suite 130, Portland, OR 97214

<http://www.orparc.org/>Email at orparc@nwresource.org

To provide ongoing support, education, information, assistance, and referral services to DHS post adoptive families and assisted guardianship families statewide, providing a responsive support network and increasing the professional capacity of the state's mental health providers to serve families with children other than those born to them, especially special needs children placed by public child welfare agencies.

Safe and Together**503-294-7492**impactnw.org/programs/Early-childhood/safe-together

Safely reuniting children ages birth to five in foster care with their birth parents. Provides intensive home visiting and individualized service and support, case management and connection to resources in partnership with birth parent, foster parents, DHS/Child Welfare, and mental health professionals. The program also encourages families to participate in its parent-child playgroups and dad-specific services.

Sexual Assault Resource Center (SARC)**503-626-9100****24-hour Support Line:****503-640-5311**

4900 SW Griffith Drive, Suite 100, Beaverton, Oregon 97005

www.sarcoregon.org/

SARC programs include a 24-hour crisis line, case management, prevention and education and mental health services with a mission of promoting social justice by eliminating sexual violence in our community through education, support and advocacy. SARC works to ensure that survivors get the information they need, that they are listened to, and that they are treated with sensitivity, respect and dignity. SARC is a non-profit organization funded by grants, foundations and private donations.

Culturally Specific Resources for Youth and their Families

Culturally Specific Mental Health Treatment

Asian Health & Service Center

Portland Office: 9035 SE Foster Rd. Portland OR 97266 **503-872-8822**

Beaverton Office: 3800 SW Cedar Hills Blvd. #196 Beaverton 97005 **503-641-4113**

Downtown Office: 1226 SW 12th Ave. Portland OR 97205 **503-802-4401 x13**

www.ahscpdx.org/

Asian Health and Service Center (AHSC) is a non-profit organization whose mission is to be the bridge between Asian and American culture and build a harmonious community, reducing health inequity and improving healthcare quality for all Asians. Mental health care is available.

Avel Gordly Center for Healing

503-418-5311

621 SW Alder, Suite 520, Portland, Oregon 97205

www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/index.cfm

Multicultural, adult outpatient treatment clinic providing the following services: individual therapy, Group therapy, Marital, couples and family therapy, Psychiatric evaluation, Medication management, Risk reduction training and education. Open to all members of diverse communities of Oregon, the center matches clients to multicultural practitioners with whom they will feel comfortable, based on the client's preferences.

La Clinica de Buena Salud

503-988-3991

6736 NE Killingsworth Street, Suite 1, Portland OR 97218

www.multco.us/service-locations/la-clinica-de-buena-salud

Services include: Children's care, Women's health, Birth control, Pregnancy testing, Prenatal care. Mental health and Refugee screening. Pharmacy, dental and WIC services are also available at some locations. Assistance for applying for the Oregon Health Plan. Spanish speaking staff available and interpretation for: Spanish, Russian, Ukrainian, Mandarin, Cantonese, Vietnamese, and over 50 other languages.

Conexiones

503-327-8205

3500 NE MLK #200, Portland, OR 97212

www.westernpsych.com/services/western-conexiones

Individual, child and family counselors/therapists promote wellness and support through language-specific and culturally responsive counseling. Prescription services for children only.

Jewish Family & Child Service (JFCS)

503-226-7079

1221 SW Yamhill, Suite 301, Portland OR 97205

www.jfcs-portland.org/

Jewish Family & Child Service (JFCS) provides social services that improve the lives of adults, families, and children in the Jewish and general communities, the most vulnerable residents, including seniors, people with disabilities, and individuals and families lacking basic necessities. JFCS offers compassionate wraparound services to address the whole person to foster mental, emotional, and financial well-being so they can thrive.

Lutheran Community Services**503-231-7480**

605 SE Cesar E Chavez Blvd, Portland, OR 97214

www.lcsnw.org/

The professional staff provides a broad range of services to adults, teens, children, families, schools, congregations, businesses and communities across Washington, Oregon and Idaho. The programs of Lutheran Community Services Northwest are tailored to address specific needs in each of the communities we serve. The agency's community-based programs fall into five broad lines of service: Behavioral Health Services, Family & Community Support, Child Welfare Programs, Refugee & Immigrant Services, and Senior & Disability Services.

Native American Rehabilitation Association (NARA) of the Northwest**503-224-1044**

1776 SW Madison, Portland OR 97205

www.naranorthwest.org/

The mission of NARA, NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and other vulnerable populations. Culture and Community Services include Indian Health Clinic, Wellness Center, Outpatient, Residential, Adult Mental Health Services, Totem Lodge, Youth Program, and Child and Family Services.

OHSU Intercultural Psychiatric Program**503-494-4222**

3633 SE 35th Place, Portland, OR 97202

<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/ipp.cfm>

The Intercultural Psychiatric Program (IPP) provides culturally and linguistically appropriate mental health services for immigrant, refugee and ethnic communities. Individual therapy, group therapy, medical management, case management, and supportive and socialization services: full range of psychiatric diagnoses. IPP's Torture Treatment Center is a national leader in research and knowledge building in the effects of torture and trauma on adults, children and families, and serves victims of war trauma from Afghanistan, Bosnia, Central and South America, Ethiopia, Iran, Iraq, Somalia, Sudan and other parts of Africa.

Culturally Specific Education Programs

Migrant/Seasonal Head Start**503-570-1110 or 503-682-9426**

Oregon Child Development Coalition, 9140 SW Pioneer Court Suite E, Wilsonville, OR 97070

<http://www.ocdc.net/programs/>

Migrant and Seasonal Head Start and Early Head Start Programs are for children of migrant and seasonal farm workers. They provide comprehensive child development services. This program cares for children while parents are working in the fields, and helps preschoolers develop the language, reading and math skills they need to be successful in school. Early Head Start provides services to pregnant woman, infants and toddlers up age 3 and cares for infants and toddlers to make sure that young children grow up to be healthy and happy. These programs also work with parents by providing training, education, and leadership opportunities.

Tribal Head Start**800-922-1399****Portland Head Start****503-771-8867**

7326 SE Flavel, Portland, OR 97206

www.ctsi.nsn.us/Siletz-Tribal-Services-Umpqua-Clackamas-County-Tillamook/education/headstart

The Head Start Program is an early childhood education program for tribal members and non-tribal members who are disabled or low income and is designed to foster the development of preschool aged children and promote school readiness. Classrooms offer age-appropriate activities to support each child's development for language, literacy, mathematics, social-emotional, physical, cognitive, science, social studies and creative arts. Ensuring that children are up to date on a regular schedule of preventative medical and dental care, classrooms provide cultural enrichment, support parent involvement, and provide families with connections to resources and services they need. Services also available in Salem, Siletz and Lincoln City.

The Black Parent Initiative**503-284-8000**

2915 NE Martin Luther King Blvd, Portland OR 97212

www.thebpi.org/

Email: info@thebpi.org

The Black Parent Initiative (BPI) educates and mobilizes the parents and caregivers of Black and multi-ethnic children to ensure they achieve success. Helping families break generational cycles, achieve financial, educational, health and spiritual success and well-being.

Metropolitan Group Latino Parent Leadership**503-232-0007 ext. 533**

Email: Maria at mariap@metfamily.org

www.metfamily.org/what-we-do/family-support/#latino-parent-leadership

Abriendo Puertas is a comprehensive, evidence based, 10 session parent leadership and advocacy training program developed for low income, primarily Spanish-speaking parents with children 0-5 years. This program draws from the real-life experiences of its participants with content that builds from their cultural strengths.

Culturally Specific Health Services (Other than Mental Health)

African American Health Coalition**503-413-1850**

2800 N Vancouver Avenue, Suite 100, Portland, OR 97227

www.aahc-portland.org

The mission is to promote health and improve wellness among Oregon's African American community through health education, advocacy and research. Health Literacy and insurance enrollment programs.

Asian Health & Service Center**Portland Office:** 3430 SE Powell Blvd, Portland, OR 97202**503-872-8822****Beaverton Office:** 12500 SW Allen Blvd, Beaverton, OR 97005**503-641-4113**

www.ahscpx.org/

Asian Health and Service Center (AHSC) is a non-profit whose mission is to be the bridge between Asian and American culture and build a harmonious community, reduce health inequity and improve healthcare quality for all Asians. Mental health care is available.

Culturally Specific Housing and Financial Stability Resources

Hacienda Community Development Corporation**503-595-2111**www.haciendacdc.org/

Hacienda CDC is a Latino Community Development Corporation that strengthens families by providing affordable housing, homeownership support, economic advancement and educational opportunities.

El Programa Hispanowww.catholiccharitiesoregon.org/services_latino_services.asp

Providing a wide array of social services to low-income Latinos in the Portland metro area, including case management for youth and families, emergency assistance, housing vouchers, domestic violence services and parent/child development.

Metro locations:

Portland: 138 NE 3rd Street, Suite 140, Gresham, OR 97030

503-669-8530

Gresham: 2740 SE Powell Blvd, Portland, OR 97202

503-231-4866**Russian Oregon Social Services (ROSS)****Ecumenical Ministries of Oregon****503-777-3437**

4033 SE Woodstock Blvd, Portland OR 97202

www.emoregon.org/ross.php

Integrating Russian-speaking immigrants and refugees into Oregon and southwest Washington communities by providing services that increase independence, enable economic self-sufficiency, and improve mental and physical well-being. Services available in Multnomah, Clackamas, Washington and Marion Counties in Oregon, and Clark County in southwest Washington.

Northwest Family Services**503-546-6377**

6200 SE King Road, Portland, Oregon 97222

www.nwfs.org

Northwest Family Services' vision and mission focus on core issues that support individual success, family stability, and child well-being, proving an array of services from professional counselling, job readiness and placement, work solutions, positive youth development, youth mentoring, gang prevention, school site management, healthy relationship education, financial literacy, parenting, anger management, and more.

Culturally Specific Support Resources

Native American Youth and Family Center (NAYA)**503-288-8177**

5135 NE Columbia Blvd, Portland, OR 97218

www.nayapdx.org/

Provides culturally specific programs and services to guide Native Americans in the direction of personal success and balance through cultural empowerment. Offering a continuum of lifetime services to create a wraparound, holistic healthy environment that is Youth Centered, Family Driven, and Elder Guided. Our Mission is to enhance the diverse strengths of our youth and families in partnership with the community through cultural identity and education.

Q Center**503-234-7837**

4115 N Mississippi Avenue, Portland, OR 97217

www.pdxqcenter.org/

Q Center provides a safe space to support and celebrate LGBTQ diversity, equity, 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

Urban League of Portland**503-280-2600**

10 N Russell Street, Portland OR 97227

www.ulpdx.org/

The Urban League of Portland's mission is to empower African Americans and others to achieve equality in education, employment, health, economic security and quality of life. Programs include a distinctive blend of direct services, including workforce services, community health services, summer youth programming, senior services, meaningful civic engagement opportunities, and powerful advocacy.

Refugee and Immigration Assistance

Catholic Charities Immigration Legal Services (CCILS)**503-542-2855**

2740 SE Powell Blvd, #2 (Floor 3), Portland, OR 97202

www.catholiccharitiesoregon.org/services_legal_services.asp

Provides immigration legal services to low income immigrants and refugees, and engages in public education, training and community outreach in order to promote justice for all newcomers and conditions for their full participation in American society; focus on family reunification and assistance to immigrants, including domestic violence victims, crime victims, refugees, and certain persons needing deportation and removal defense.

Catholic Charities Refugee Resettlement Program**503-231-4866**www.catholiccharitiesoregon.org/services_refugee_resettlement.asp

The Catholic Charities Refugee Resettlement Program works to ensure that refugees are properly resettled and adjusted to their new home in Portland. Staff members work to meet basic needs, including shelter, furnishings, food, and clothing. Case Managers also facilitate referrals to other service providers and assist in enrolling refugee students in school. A community orientation is provided, including information on personal safety and public rules.

IRCO Immigrant and Refugee Community Organization**503-234-1541**

10301 NE Glisan Street, Portland, OR 97220

www.irco.org

IRCO bridges the gap between Portland's newest arrivals and its established communities, fostering enhanced understanding and communication.

Africa House**503-802-0082**

631 NE 102nd Avenue, Portland, OR 97220

www.irco.org/who-we-are/africa-house.html

A culturally and linguistically specific one stop center targeting the increasingly diverse and rapidly growing number of African immigrants and refugees living in Oregon. Africa House is led by an advisory board of cross-cultural community leaders and staffed by a multicultural, multilingual team.

Asian Family Center**503-235-9396**

8040 NE Sandy Blvd, Portland, OR 97213

www.irco.org/who-we-are/asian-family-center.html

A culturally and linguistically specific one stop community center focused on the diverse needs of Asians and Pacific Islanders. Guided by an advisory board and multilingual, multicultural staff, their mission is to provide and promote culturally relevant services to API families and to contribute rich cultural values and unique experiences that enhance the overall quality of community life.

Resources for Youth with Disabilities

Treatment Programs

Albertina Kerr Intensive Treatment Program

Access Center

503-408-4705

www.albertinakerr.org/Programs/Youthamp;Family/IntensiveTreatmentProgram

Payment: OHP, Sliding scale and Private Insurance. The Intensive Treatment Program (ITP) is a 10-bed secure treatment program for youth with developmental disabilities, many of whom have concurrent mental health challenges. All of the youth have committed a non-Measure 11 crime and pled “guilty but for reason of their disability.” They are placed with Albertina Kerr under the supervision of the juvenile panel of the Psychiatric Security Review Board. The program is the only one of its kind in Oregon. Youth receive education, therapy, skills training and placement services. The goal is for every child to develop the stability and skills to successfully live in the community.

Child Development Rehab Center Autism Clinic

503-418-2200

Doernbecher Children’s Hospital, 700 Campus Drive, Portland, OR 97239

www.ohsu.edu/xd/health/child-development-and-rehabilitation-center

Payment: OHP and Private insurance. Interdisciplinary clinical services for persons with developmental disabilities and other special health care needs, including mental health, psychiatry and autism

Sharper Mind Inc.

866-435-7233

www.sharpermindcenters.com/

Sharper Minds specializes in a lasting treatment or therapy for most processing inabilities such as dyslexia, reading or learning problems, Attention Deficit Disorder (ADD), and Attention Deficit Hyperactivity Disorder (ADHD) for both children and adults.

Residential Care for Youth with Developmental Differences

Albertina Kerr Youth Group Homes

Access Center

503-408-4705

www.albertinakerr.org/Programs/Youthamp;Family/YouthGroupHomes

Payment: OHP, Sliding scale and Private Insurance. Albertina Kerr operates a total of 15 neighborhood group homes for children and teens ages 7 to 18 with developmental disabilities and mental health challenges that require 24-hour specialized care and treatment. Services are focused on life skill development, education, behavior management and appropriate socialization. The staff at each group homework as a team with family members, psychiatrists, therapists and behavior support specialists.

School Programs for Youth with Developmental Differences

Bridges Middle School**503-688-2922**

716 NE Marine Drive, Portland, OR 97211

www.Bridgesms.org

Bridges serves 5th-8th grade students with learning differences. Many students here have multiple learning differences such as ADHD, ADD, and ASD, Executive Functioning difficulties and/or specific learning disabilities and are hampered in their ability to learn in more traditional educational settings. A highly creative and focused school setting with assistance for confidence problems caused by bullying. The goal is to give students with learning differences the academic foundation, social skills and confidence to successfully transition into, and graduate from, traditional high school settings or other specialized academic endeavors.

Inspired Minds Prep**503-283-9603**

1785 NE Sandy Blvd, Suite A, Portland, OR 97232

www.Inspiredmindsprep.com

Prekindergarten-8th grade. Providing high level academics to students with learning differences, autism, high anxiety, difficulties with socializing and varied learning styles. Through teambuilding, students will learn how to be an integral part of a team by contributing ideas, compromising, listening, and rotating through team roles.

Pioneer Special School Program**503-916-6504**www.pps.k12.or.us/schools/pioneer

Pioneer K-6 Elementary at Holladay Center, 2600 SE 71st Avenue, Portland, OR 97206

Pioneer 5-9 Middle at Youngson Elementary School, 2704 SE 71st Avenue, Portland, OR 97206

Pioneer Special High School at the Holladay Annex 7100 SE Division, Portland, OR 97206

Pioneer Special Schools serves Portland's special-education students, kindergarten to 21 years old, with social/emotional needs, fragile mental health, developmental disabilities such as autism spectrum disorder, life skills, or GED preparation needs or who require vocational training and community transition services.

Support for Youth with Developmental Differences

A Hope for Autism**503-244-4083**

2120 SW Jefferson Street, Suite # (B200), Portland, OR 97201

www.ahopeforautism.net/

Payment: OHP and private insurance. Quality educational and behavioral support for children with autism and related disorders and their families with a pool of well-trained home interventionists and school personnel that serve children with Autistic Spectrum Disorder (ASD). Programs: Hope4 Kids Program /Applied Behavior Analysis. Parent training, in home skills training and a social skills activity group.

Albertina Kerr Developmental Disabilities Services**Access Center****503-408-4705**<http://www.albertinakerr.org/Programs/DevelopmentalDisability/Overview>

Albertina Kerr provides a wide range of services designed to support individuals with developmental disabilities, empowering them to lead fuller, self-determined lives. Serving people who face mental and physical disabilities resulting in impairments to daily functioning, including diagnoses such as Down syndrome, autism, cerebral palsy, and epilepsy.

The ARC**Oregon:** 2405 Front Street NE, Suite 120, Salem, OR 97301**503-581-2726**www.thearcoregon.org/**Multnomah-Clackamas County:** 6929 NE Halsey, Portland, OR 97213**503-223-7279**<http://thearcmult.org/programs-services/adult-case-coordination/>

Serving Oregonians with intellectual and developmental disabilities since 1954 as an affiliate of The Arc of the United States. Primary services are assistance with future planning for your child as well as guardianship assistance. The Arc of Oregon administrates a trust for individuals with developmental disabilities, assists individuals with I/DD in pursuing higher education and advocates for public policy in the state of Oregon. The Arc of Multnomah-Clackamas provides are Adult Case Coordination, Behavioral Consultation and The Arc Recreation Club.

Autism Society of Oregon**888-288-4761**

5100 SW Macadam Avenue, Suite 400, Portland, Oregon 97239

www.autismsocietyoregon.org/

Resources, education, advocacy and support for individuals and families living with Autism. ASO's website provides a comprehensive list of services for individuals diagnosed with autism including ABA practitioners, service dog providers and area providers of respite care. Support groups for families and Take a Break, a program that allows caregivers an evening of entertainment and self-care. ASO also provides access to financial services and scholarships to individuals and families.

FACT Oregon**503-786-6082 or 888-988-3228**13455 SE 97th Avenue, Clackamas, OR 97015www.factoregon.org/contact/

Family support, advocacy and leadership organization based in Oregon for individuals and their families experiencing disability. Ongoing series of events including classes on how to navigate your child's IEP, assistive technology, and special education. Opportunities for parents and their children to socialize in supportive group settings.

Help Autism Now**207-505-0307**www.helpautismnow.com

(In Eastern time zone). An international organization founded by a doctor and his wife whose son was diagnosed with autism. Their website provides a number of resources for families and practitioners, as well as access to a supportive national and international community of families affected by autism.

**Oregon Family to Family Health Information Center
Services in Spanish****855-323-6744
503-931-8930**www.oregonfamilytofamily.org/

Provides information to families who are navigating the complex world of special health care needs. The organization is made up of family members who have firsthand experience raising a child or youth with a chronic health condition, developmental delay or disability, or emotional/behavioral challenges. The website links to key special needs services and tip sheets full of practical information written by families and for families. Regional Family Gatherings and Trainings all around the state.

Portland Asperger's Networkwww.pdxaspergers.org/

Online community for parenting support, resource directory, activities and groups for children with Asperger's and their families.

Swindells Resource Center**503-215-2429**830 NE 47th Avenue, Portland, OR 97213www.oregon.providence.org/our-services/s/swindells-resource-center/

Swindells Resource Center of Providence Child Center supports parents and caregivers of children who have special needs, developmental delays or disabilities. Swindells Resource Center provides resources, information and education to communities throughout Oregon and southwest Washington. In Multnomah County, Swindells is located in Providence Hospital. Support groups and training seminars for families affected by developmental disabilities.

Childcare for Youth with Developmental Differences**Inclusive Child Care Program****971-673-2286 or 866-837-0250**

600 NW 14th Avenue, Suite 100, Portland, Oregon 97209

oregoninclusivecc.org/contact/

The Inclusive Child Care Program supports access to childcare and inclusive childcare opportunities for children with diverse abilities and needs. Childcare subsidies for eligible families with higher costs of care when children need exceptionally close supervision, special accommodations or other supports for safe and appropriate care. Individualized planning for families and training in inclusive childcare practices for childcare providers. Inclusive Child Care program also provides inclusion specialists who are available to consult on an array of topics related to quality, inclusive practices.

Transportation for Persons with Developmental Differences**Project Linkage****503-249-0471**www.metfamily.org/what-we-do/older-adult-support/transportationplink@metfamily.org

More than 300 volunteers make it possible for older adults and those with disabilities to stay connected with the world and live comfortably in their homes by serving more than a thousand people each year. Bringing a better quality of life to the people served and providing volunteers with the satisfaction of seeing their time and energy make a real difference in a real way.

College and University Mental Health Resources

Community colleges as well as four-year universities recognize that students may feel overwhelmed by the responsibilities of advanced education, particularly when they are accompanied by the responsibilities of work and personal relationships. Most of these institutions provide some form of student health support, ranging from providing informational literature, to offering nursing assessments and advice, and actual mental health counseling. Other services make sure reasonable accommodations are made for students with disabilities.

The cost of mental health care can vary from free to a nominal student health fee paid along with tuition. Certain institutions require students to purchase group student health insurance. Typically, private colleges and universities provide mental health resources at little or no cost to the student. Public institutions typically offer students more expensive group health insurance.

Clackamas Community College **503-594-6357 or 503-657-6958 ext. 3181**
19600 S Molalla Avenue, Oregon City, OR 97045

Concordia University Counseling Center **503-493-6499**
2811 NE Holman Street, Portland, OR 97211
Counseling available at the Crossroads House to students, faculty and staff.

George Fox University **503-554-6060**
Email: GDCclinic@georgefox.edu
Portland Center for Counseling and Family Therapy, 12570 SW 69th Avenue, Portland, OR 97223
Counseling available to the public with a sliding-scale fee structure.

Lewis & Clark College Counseling Service **503-768-7160**
0615 SW Palatine Hill Road, Portland, OR 97219-7899
Counseling for students; appointments scheduled in the Counseling Center, lower level, Templeton Student Center.

Marylhurst University **503-636-8141 ext. 3344**
17600 Pacific Highway (*Mailing: PO Box 261*), Marylhurst, OR 97036-0261
Accessibility and disability services

Mt. Hood Community College **503-491-6422 ext. 7432**
26000 SE Stark Street, Gresham, OR 97030
Career and Counseling Center offers health supplies and information; direct care such as counseling, however, is not available on campus.

Pacific University—Psychological Service Center **503-352-2400**
1411 SW Morrison Street, Portland, OR 97205
www.pscpacific.org
Outpatient mental health services to children, adults, couples and families. Interventions for treating anxiety and worry, anger, depression, trauma/loss/grief; relationship, self-esteem and parent-child problems.

Portland Community College (PCC)

12000 SW 49th Avenue, Portland, OR 97219

Disability Services Counseling, Sylvania ST 229**971-722-4341****Cascade Campus, SSB 110****971-575-5276****Rockcreek Campus, Bldg. 9****971-722-7558****Southeast Campus, SCOMM 112****971-722-6340****Sylvania Campus, CC 210****971-722-4319****Disability Services Training, Sylvania CC 260****971-722-4319**

Supportive services to help students realize educational success and personal growth.

Promoting student independence and equal access to classroom and college-related activities.

Reed College

3203 SE Woodstock Blvd, Portland, OR 97202-8199

Health Center**503-517-7349****Advice Health Nurse (after hours)****800-607-5501****ProtoCall Mental Health Crisis Line (after hours)****866-432-1224**https://www.reed.edu/health_center/index.html

Counseling available to Reed Students in the Health Center by appointment only. (Limited walk-in hours available.)

University of Portland / University Health Center**503-943-7134**

5000 N Willamette Blvd, Portland, OR 97203

Counseling available to University of Portland students in the University Health Center, Orrico Hall.

Warner Pacific College**866-325-2570**

2219 SE 68th Avenue, Portland, OR 97215

(Appointments). Counseling available to Warner Pacific students in the Health/Wellness Center located in Smith Hall.

Drug, Alcohol, and Addictions Treatment and Support Resources

Youth Drug, Alcohol, and Addictions Treatment

De Paul Treatment Centers**503-535-1151**

PO Box 3007, Portland, OR 97208

www.depaultreatmentcenters.org

De Paul Treatment Centers provides drug and alcohol treatment to men, women, youth, and families. We offer a full continuum of care that includes medical detox, residential, day treatment and outpatient programs, family therapy, and treatment of co-occurring mental health disorders. Programs for Youth and Teens include residential and outpatient treatment, as well as support groups.

First Step Adolescent Center**503- 538-7647**

120 North Everest Road, Suite A, Newberg, Oregon 97132

www.firststepcenter.com

First Step Adolescent Center is a treatment center in Newberg, Oregon that primarily focuses on substance abuse services. This facility accommodates active duty military. Very little information is contained on their website. Recommend calling for more information.

Lifeworks NW**503-645-9010**

Administrative Office, 14600 NW Cornell Road, Portland, OR 97229

www.lifeworksnw.org

LifeWorks NW promotes healthy community by providing quality and culturally responsive mental health and addiction services across the lifespan. They have prevention and treatment services for adolescents and adults. In order to access services, call the number provided for information and intake. Treatment sites in multiple locations in the Portland Metro area.

Morrison Child and Family Services**503-258-4381**

Morrison Administration, 11035 NE Sandy Boulevard, Portland, OR 97220

<https://morrisonkids.org/>

Morrison Child and Family Services provide a comprehensive continuum of mental health, substance abuse and prevention services for children from birth through age 18. Their programs include Breakthrough Day Treatment for youth with alcohol and drug addictions. Treatment sites at multiple locations in the Portland Metro area.

New Directions Northwest**541-523-6581**

3700 Midway Drive, Baker City, OR 97814

www.newdirectionsnw.org

New Directions provides mental health, alcohol, drug and gambling treatment to individuals from Baker County and throughout the state of Oregon. This program provides high quality, innovative and comprehensive education and treatment to those affected by developmental disabilities, substance abuse and mental illness. Elkhorn Residential Treatment Center is a program for ages 14-17 which includes a school for adolescents.

Youth Contact**503-640-4222**

447 SE Baseline Street, Hillsboro, OR 97123

www.youthcontact.org

Payment: OHP and private insurance. Youth Contact offers chemical dependency treatment for children and youth under the age of 18 with substance abuse issues. Our services include prevention, intervention, and treatment ranging from school-based support and activities to outpatient counseling, intensive outpatient counseling and follow-up and aftercare.

Drug, Alcohol, and Addictions Support Resources for Youth

Alateenwww.al-anonportlandoregon.org

Alateen meetings are for teen affected by another person's drinking. Group participants can be between 12 -19. Meetings are held Mondays, Tuesdays and Wednesdays in the Greater Portland Metro Area. For a more detailed and accurate schedule, please visit their website.

Al-Anon**Information in English:****503-292-1333****Information in Spanish:****503-916-9913**

1750 SW Skyline Blvd, #133, Portland, OR 97221

www.al-anonportlandoregon.org/

Al-Anon meetings occur every day of the week in the Greater Portland Area. While not specifically for teens, teens are welcome at all Al-Anon meetings.

Eating Disorder Treatment Programs

A Better Way Counseling Center**503- 226-9061**

818 NW 17th Avenue, Suite 3, Portland, Oregon 97209

www.abwcounseling.com

Payment: OHP Family Care and Private Insurance. Eating disorders such as bulimia, binge eating disorder, anorexia nervosa or compulsive overeating in addition to individual and group counseling, family therapy and free support groups.

Alliance Counseling Center**503-221-4531**

22018 S Central Point Road, Canby, OR 97013

<https://thecenterattheronhill/thealliance-counseling-center>

Alliance Counseling Center offers a number of different programs including an eating disorder recovery program for teens located at the Center for Heron Hill. Alliance also offers Equine Therapy in conjunction with counseling and group therapy.

Columbia River Eating Disorder Networkwww.credn.org/

The Columbia River Eating Disorder Network (CREDN) is an association of and for treatment professionals in the Columbia River area. Online directory of professionals provides referral information for treatment by local professionals. Community awareness and education dedicated to the prevention and treatment of eating disorders, weight and body-image concerns.

Kartini Clinic**971-319-6800**

3530 N Vancouver, Suite 400, Portland, OR 97227

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

Pediatric eating disorder treatment program (ages 6-18). Evidence-based, medical approach to the treatment of eating disorders such as anorexia nervosa, bulimia nervosa, or food phobia, as well as to how disordered eating contributes to unwanted weight gain.

Eating Disorder Center of Portland (Monte Nido philosophy) 310-457-9958 or 888-228-1253www.montenido.com/mn_locations/portland-or/

Payment options: Some OHP plans and many private insurances are accepted. Partial hospitalization and Intensive outpatient care for eating disorders and exercise addiction with Residential and Day Treatment Centers in Eugene, Medford. Partial hospitalization program is 7 days a week/ 6 hours a day and an intensive outpatient program offered 3-5 days a week/ 3 – 4 hours a day. Using the same philosophy and protocols as all the Monte Nido & Affiliates, EDCP is available for male and female adolescents and adults who are transitioning from residential care and in need of a higher level of treatment than outpatient, or for those who need a little more structure, as well as group support, than weekly outpatient therapeutic sessions provide.

Providence Adolescent Eating Disorder Program**503-216-2025**

9450 SW Barnes Road, Suite 200, Portland, OR 97225

<https://oregon.providence.org>

Payment: OHP, financial assistance and Private Insurance. Providence Adolescent Eating Disorders Treatment Program is designed to include parental involvement and to shorten the partial hospital treatment day.

MENTAL HEALTH SUPPORT

NAMI Multnomah Free Drop-In Support Groups

NAMI Signature support groups are facilitated by trained NAMI Multnomah volunteers with lived experience. Please note that you must identify with the community that the group supports in order to attend, although no diagnosis is required. Group dates and times can periodically change. For the most current information about NAMI Multnomah programs call 503-228-5692. For programs in other counties visit namimultnomah.org/metro-area-programs.

For Families and Loved Ones

Family Support Groups

For families of adults with mental health challenges.

Mondays at 6:00 PM - 7:30 PM
 TaborSpace, Muir Hall
 5441 SE Belmont St., Portland, OR 87215

Tuesdays at 7:00 PM - 8:30 PM
 Unity Center for Behavioral Health
 1st Floor Conference Room near the Café
 1225 NE 2nd Ave., Portland, OR 97232

Parent Support Groups

For parents and caregivers of children/adolescents with mental health challenges.

3rd Tuesday of every month at 6:00 PM - 7:30 PM
 NAMI Multnomah Office
 522 NE 52nd Ave., Portland, OR 97213

3rd Thursday of every month at 11:00 AM - 12:30 PM
 NAMI Multnomah Office
 522 NE 52nd Ave., Portland, OR 97213

Partners & Spouses Support Group

For partners and spouses of adults with mental health challenges.

Last Wednesday of every month at 6:30 PM - 7:30 PM
 NAMI Multnomah Office
 524 NE 52nd Ave., Portland, OR 97213

For Individuals Living with Mental Health Challenges

Connection Recovery Support Groups

Recovery and support by and for people living with mental health challenges.

Wednesdays at 3:00 PM - 4:30 PM
 Multnomah County East
 Senior Center - Primrose Room
 600 NE 8th St., Gresham, OR 97030

Thursdays at 4:30 PM - 6:00 PM
 Portland State University
 Smith Memorial Student Union, Room 323
 1825 SW Broadway, Portland, OR 97201

NAMI Clackamas Free Drop-In Support Groups

NAMI Signature support groups are facilitated by trained NAMI Clackamas volunteers with lived experience. Please note that you must identify with the community that the group supports in order to attend, although no diagnosis is required. Group dates and times can periodically change. For the most current information about NAMI Clackamas programs call 503-344-5050. For programs in other counties visit namimultnomah.org/metro-area-programs.

For Families and Loved Ones

Family and Peer Support Groups

Oregon City Family/Peer Group
 Dinner, program, support sessions
 Oregon City Evangelical Church, 1024 Linn Ave., Oregon City, OR 97045
 2nd Tuesday of every month at 6:00 PM - 9:00 PM

Molalla Family/Peer Group
 Molalla Christian Church, 223 E 3rd St., Molalla, OR 97038
 First Monday of every month at 6:30 PM - 8:00 PM

Sandy Family/Peer Group
 Church of Nazarene, 34717 SE Jarl Rd., Boring, OR 97009
 Third Saturday of every month at 9:00 AM - 10:30 AM

For Individuals Living with Mental Health Challenges

Connection Recovery Support Groups

Recovery and support by and for people living with mental health challenges.

Kaiser Brookside Center
 10180 SE Sunnyside Rd., Clackamas, OR 97015
 Wednesdays at 2:00 PM - 3:15 PM
 Sundays at 6:00 PM - 7:30 PM

Other Groups

Suicide Bereavement Group
 NAMI Clackamas Office, 10202 SE 32nd Ave. Ste. 501, Milwaukie, OR 97222
 2nd and 4th Sunday of every month at 2:00 PM - 4:00 PM

Open Minds Art Studio
Art group for anyone impacted by mental illness.
 NAMI Clackamas Office, 10202 SE 32nd Ave. Ste. 501, Milwaukie, OR 97222
 Thursdays at 1:30 PM - 4:00 PM

Other Community Support Groups

Group dates and times can periodically change. For the most current information please contact the organization directly.

Community Support Groups by Diagnosis

ADD and ADHD

CHADD - Adults with ADD/Hyperactivity Disorder

3rd Tuesday of every month at 6:30 PM - 8:00 PM

Good Samaritan Wilcox Building, Conference Room A

2211 NW Marshall St., Portland, OR 97210

More information: 1-800-233-4050 or bgericksen@comcast.net

Brain Injury

BIRRDsong Brain Injury Support Group

1st Saturday of every month at 9:30 AM - 11:00 AM

Good Samaritan Wilcox Building, Room 102

1015 NW 22nd Ave., Portland, OR 97210

More information: www.biaoregon.org

Depression and Bipolar

Depression and Bipolar Support Alliance (DBSA) Eastside

Thursdays at 7:00 PM - 8:30 PM

Providence Portland Cancer Center, Room C-D

4805 NE Glisan St., Portland, OR 97213

More information: <https://www.meetup.com/Portland-Depression-Bipolar-Support-Alliance-Meetup-Group/>

DBSA Portland LGBTQ

Mondays at 7:00 PM - 8:30 PM

Q Center

4115 N Mississippi Ave., Portland, OR 97217

Contact: Brian at 503-679-2999

DBSA Portland West

Tuesdays at 6:30 PM - 8:00 PM

Good Samaritan Wilcox Building, Room A

1015 NW 22nd Ave., Portland, OR 97210

Contact: David at 503-312-7865

Dual Diagnosis

DDA: Dual Diagnosis Anonymous

Visit ddaoforegon.com for meetings statewide.

Grief Support Groups

Providence Portland Grief Support Groups

Call 503-215-4622 or visit <http://oregon.providence.org/our-services/g/grief-support-groups/>.

Suicide Bereavement Support Groups

Call 503-200-0382 or visit SBSNW.org.

Suicide Bereavement Support Group

2nd and 4th Sundays every month at 2:00 PM - 4:00 PM

NAMI Clackamas Office

10202 SE 32nd Ave., Ste 501, Milwaukie, OR, 97222

More information: Andrea at 503-774-4612

Dougy Center Grief Support Groups

Call 503-775-5683 or visit www.dougy.org/grief-resources/support-groups to learn about these programs.

Obsessive Compulsive Disorder (OCD)

Portland OCD and Related Disorders Support Group

1st and 3rd Thursdays every month at 7:00 PM - 8:30 PM

OHSU Auditorium Bldg., Room 217

3181 SW Sam Jackson Park Rd., Portland, OR 97239

Contact: James at 503-494-6173 or hanceyj@ohsu.edu

More information: iocdf.org

Schizophrenia

Schizophrenia Support Group

Wednesdays at 1:00 PM - 2:00 PM

NAMI Multnomah

524 NE 52nd Ave., Portland, OR 97213

Hearing Voices Northeast Portland

Wednesdays at 12:45 P M- 1:45 PM

Folk Time

4837 NE Couch St., Portland, OR 97213

For other groups and more information: portlandhearingvoices.net

Groups for Parents

Call-in Parent Support Group

For parents with mental illness.

Wednesdays at 3:00 PM - 4:00 PM Pacific Time

Call toll-free: 1-888-601-3515

More information: childfamilyconnections.org

Dougy Center Grief Support Groups

Call 503-775-5683 or visit www.dougy.org/grief-resources/support-groups to learn about these programs.

The Incredible Years by Morrison Child and Family Services

Weekly parenting groups for parents with children who are ages 3 to 12.

Contact 503-258-4381 or centralintake@morrisonkids.org to learn about these programs.

Impact NW's Community Dads' Group

Part of Early Childhood Fathering Program, but open to the public.

Contact: Shanne Sowards at 503-421-0933

More information: impactnw.org/programs/early-childhood/

Oregon Family Support Network Family Nights

Socialization and support for families with children affected by mental health or developmental differences.

4th Friday of every month (except November and December) at 6:30 PM - 9:30 PM

909 NE 30th Ave, Portland

More information: www.ofsn.org/

Contact: 503-602-0725 or shawnap@ofsn.net

Parents Anonymous of Oregon Parent Support Group

For parental role who needs support. Please call for meeting times, days, and locations.

Contact: 503-313-8959

Crisis or Urgent Need: Parents Anonymous of Oregon Helpline 503-258-4568

More information: www.morrisonkids.org/programs/prevention-education/parents-anonymous-of-oregon-parent-mentor-program/

For support between groups: National Parent Helpline 855-4AParent (855-427-2736)

National organization website: parentsanonymous.org

Stand Up Parenting

Thursdays at 7:00 PM

3435 SE 112th Avenue, Portland, Oregon 97266

Contact: 503-228-5087 or 888-PARENT-9 x 718 (888-727-3689)

More information: <http://www.standupparenting.org/programs-for-parents/register/>

Stumptown CHADD

Parent support group for families with children affected by ADHD and ADD.

2nd Thursday of every month at 6:30 PM - 8:30 PM

St. Vincent Medical Center Room 6

9205 SW Barnes, Portland 97225

"Talk It Over" Support Groups

2nd and 4th Sundays at 4:00 PM - 6:00 PM

Providence Child Center

830 NE 47th Portland, OR 97213

Contact: Margaret at 503-737-9971

Child and Youth Support Groups

Dougy Center

Donation only grief support groups for children, youth, and their parents. This program is not a drop in. Please call for information regarding joining the program.

Contact: 503-775-5683

More information: www.dougy.org/grief-resources/support-groups

Oregon Family Support Network Family Nights

Socialization and support for families with children affected by mental health or developmental differences.

4th Friday of every month (except November and December) at 6:30 PM - 9:30 PM

909 NE 30th Ave, Portland

More information: www.ofsn.org/

Contact: 503-602-0725 or shawnap@ofsn.net

Sibshops, Sponsored by Swindells Resource Center

For siblings of children with disabilities. Registration required. No drop-ins please.

3rd Saturdays of the month October-April at 9:30 AM - 12:00 PM

Providence Child Center, Multipurpose Room

830 NE 47th Avenue, Portland, OR 97213

Contact: 503-215-2429

More information: www.siblingsupport.org/sibshops/swindells-resource-center

Sibshops, Sponsored by United Cerebral Palsy

For siblings of children with disabilities. Registration required. No drop-ins please.

Uplands Elementary School

2055 Wembley Park Rd.

Contact: Tiffany Jones at 503-467-0356

More information: www.siblingsupport.org/sibshops/ucp-sibshops

Youth Move

Groups for ages 14-25. Must be registered with the program to attend.

The Clackamas Drop

11097 SE 21st Avenue, Milwaukie, OR 97222

Contact: 503-314-9307

Mental Health Support via Telephone

David Romprey Warmline

800-698-2392

Hours daily 9 am to 11 pm. This Warm Line is designed and provided by persons who have or had challenges in mental health and are able to support their peers who are struggling with a variety of mental health issues and may be experiencing huge and painful feelings. The David Romprey Oregon Warmline is grounded in the principles of personal responsibility, mutuality, reciprocity, respecting others' thoughts and beliefs as valid and important, growth beyond stigma, shame, and limits placed upon those living with mental illness. Hours daily 9 am to 11 pm.

Call in Parent Support Group

888-601-3515

www.childfamilyconnections.org

A support group for parents living with mental health challenges on Wednesdays at 3:00 - 4:00 PM Pacific time.

Consumer Voices are Born (CVAB) Warm Line

360-903-2853

www.cvabonline.org/warmline

Hours daily 5:00 P M- 10:00 PM.

National Suicide Hotline

1-800-273-8255

Also called **Lines for Life**

1-800-273-TALK (8255) or 1-800-SUICIDE

Veterans Crisis Line

1-800-273-8255 Press 1 or text 838255

www.veteranscrisisline.net

National Spanish Hotline

1-888-628-9454

Trevor Project Lifeline

866-488-7386

Crisis Intervention and Suicide Prevention for LGBTQ Youth available 24/7.

Trevor Text:

"Trevor" to 1-202-304-1200

Available Tuesday-Friday 3pm - 9pm EST/12pm - 6pm PT

Trevor Chat

Available 7 days a week between 3pm - 9pm ET/12pm - 6pm PT; Online instant messaging with a TrevorChat counselor. See website for link.

<http://www.thetrevorproject.org/pages/get-help-now>

Youthline

1-877-968-8491

Text:

teen2teen to 839863

www.crisistextline.org/textline/

24/7 service with Teens available 4 – 10 pm M-F

Mental Health Support Organizations

DBSA: Depression and Bipolar Support Alliance

Portland Eastside and Westside Chapters

www.dbsalliance.org/

Support groups, hospital visitation, and online resources for consumers seeking information on how to improve their lives through recovery. See the Support Group listing in this book for detailed information on group times and locations.

Dual Diagnosis Anonymous of Oregon Inc.

503-222-6484 or 877-222-1332

521 SW 11th Avenue, (2nd floor) Portland, OR 97205

<http://www.ddaoforegon.com>

Dual Diagnosis Anonymous (DDA) is a peer support group based on an authorized version of the 12 Steps of Alcoholics Anonymous plus an additional 5 Steps that focus on Dual Diagnosis (mental illness and substance abuse). DDA's 12 Steps Plus 5 Program offers hope for achieving the promise of recovery.

Portland Hearing Voices

www.portlandhearingvoices.net/

Portland Hearing Voices is a grassroots community group promoting mental diversity, creating public education, discussion groups, training, and community support related to hearing voices, seeing visions, and having unusual beliefs and sensory experiences. Aims: To reduce fear and misunderstanding, question stereotypes, promote holistic health options, overcome isolation, and create a more inclusive community.

Recovery International

503-231-1334

www.recoveryinternational.org

Cognitive-behavioral, peer-to-peer self-help training system to help individuals gain skills to lead more peaceful and productive lives. A volunteer will return all calls in 24 to 48 hours.

Addictions and Mental Health Services

503-945-5763

Residential Services and Program Manager:

503-945-9722

Mental Health Personal Care Aid Program:

503-945-9708

500 Summer Street NE, Salem OR 97301

www.oregon.gov/OHA/amh/pages/index.aspx

The Arc of Multnomah-Clackamas

503-223-7279 ext. 228

6929 NE Halsey, Portland, OR 97213

www.thearcmult.org/programs-services/adult-case-coordination/

Financial entitlement programs, housing referral and assistance, vocational and budgeting assistance, health and mental health services for adults with intellectual and developmental disabilities. Recreational club with monthly outings.

Lupine Case Management

503-284-1039

PO Box 33523, Portland, OR 97292-3523

www.lupinecasemanagement.com

Resources, problem solving and advocacy. Experience with Social Security, HMOs, Medicaid, Medicare, attorneys, veterans' associations, SSI/disabilities, physicians, trusts, Oregon Health Plan, guardians and conservators.

FolkTime**NE Portland:** 4837 NE Couch St, Portland, OR 97213**503-238-6428****Oregon City:** 710 6th Street, Oregon City, OR 97045**971-888-1784**www.portlandhearingvoices.net

Weekly activities, including craft projects, guest speakers, games, lunch and discussions on current topics of interest. Schedule of activities is decided by members at a monthly community meeting.

Intervoice – International Hearing Voices Project**Email:** info@intervoiceonline.orgwww.intervoiceonline.org/

Working across the world to spread positive and hopeful messages about the experience of hearing voices. Good site for information if you hear voices, know someone who does or want to find out more about this experience.

Mental Health and Addiction Association of Oregon**503-922-2377**

10373 NE Hancock Street, Suite 132, Portland, OR 97220

www.mhaoforegon.org/

Mental Health Association of Oregon (MHAO) is a peer-run organization that empowers consumer/survivor voices through training, advocacy, information-sharing and peer support services. MHAO offers training and technical assistance nationally through the Peerlink National Technical Assistance Center and locally through the Oregon Peer Training & Innovations Center. In addition to providing training for Peer Support Specialist certification and continuing education, MHAO offers community-based peer support and recovery services through EVOLVE Peer Support Services.

NorthStar Clubhouse (Luke-Dorf)**971-271-7273**

5600 NE Glisan, Portland, OR 97213

www.northstarclubhouse.org

Member based, evidence-tested recovery program for adults living the Portland Metro area who have a mental illness. Activities include nutrition and meal planning, employment supports and learning business/communications skills. Call to find out how to become a member.

OAASIS (Oregon Abuse Advocates and Survivors in Services)**503-765-1128**www.oaasisoregon.org/

Agency whose mission is to build a movement to end child sex abuse through advocacy, prevention, and survivor support; breaking the silence and shame around child sexual abuse by offering presentations by OAASIS Survivors Speakers Bureau. The website has extensive listings of local organizations that support survivors of abuse and therapists who specialize in abuse recovery.

Oregon State Hospital Friends and Family Services**503-947-8109****Email:** osh.consumer&familyservices@state.or.uswww.oregon.gov/oha/osh/friends/pages/index.aspx

2600 Center Street NE, Salem, Oregon 97301

Family Contact: Deborah Howard**503-945-7132**Friends and Family webpage: www.tinyurl.com/oregoncfs**The Peer Bridger Program****503-945-9736**

Community-to-hospital peer mentoring program.

Peer Support Providers

Depression and Bipolar Support Alliance (DBSA) Online Support Group

www.dbsalliance.org

Online peer-led support groups offered (all times PST): Young Adults Mondays at 4:00 pm; Family and Friends Wednesdays at 4:00 pm; Peers (people living with a mental health challenge) Saturdays 9:00 am, Sundays 5:00 pm and Tuesdays 4:00 pm.

FolkTime

NE Portland: 4837 NE Couch St, Portland, OR 97213

503-238-6428

Oregon City: 710 6th Street, Oregon City, OR 97045

971-888-1784

www.folktime.org

Weekly activities, including craft projects, guest speakers, games, lunch and discussions on current topics of interest. Schedule of activities is decided by members at a monthly meeting.

Luke-Dorf

503-726-3690

www.luke-dorf.org

Payment: OHP. Outpatient case management, state-licensed dual diagnosis program, over 100 licensed residential beds with varying levels of structure, 25 semi-independent living units, intensive community services case-management team, cognitive behavioral therapy and creative therapeutic avenues such as art and movement therapy.

Mental Health and Addiction Association of Oregon

503-922-2377

10373 NE Hancock Street, Suite 132, Portland, OR 97220

www.mhaoforegon.org/

Payment: No Cost Peer Support Services. Mental Health Association of Oregon (MHAO) is a peer-run organization that empowers peers through training, advocacy, information-sharing and support services. MHAO offers training and technical assistance nationally through the Peerlink National Technical Assistance Center and locally through the Oregon Peer Training & Innovations Center. In addition to providing training for Peer Support Specialist certification and continuing education, MHAO offers community-based peer support and recovery services through EVOLVE Peer Support Services.

OK2Talk

www.ok2talk.org

NAMI online blog for teens and youth to share their feelings about mental illness.

Project ABLE

503-363-3260

1599 State Street, Salem, OR 97301

<https://projectable.org/>

Payment: No cost for Peer Support Services. Project ABLE provides a range of innovative peer-to-peer programs designed to empower individuals recovering from mental health and co-occurring issues.

Volunteers of America Home Free (call or text)

503-473-7396

3910 SE Stark Street, Portland 97214

<http://www.voaoor.org>

Home Free helps kids, teens, and adults who are experiencing abuse. Teen advocates are on staff during the day and evening to meet with teens 1:1 or connect them to teen support groups.

Drop-In Centers and Social Opportunities

The Arc **503-223-7279**

6929 NE Halsey, Portland OR 97213

<http://thearcmult.org/programs-services/adult-case-coordination/>

Financial entitlement programs, housing referral and assistance, vocational and budgeting assistance, health and mental health services for adults with intellectual and developmental disabilities. Recreational club with monthly outings.

Comfort Zone Drop-In Center **503-941-9688**

510 S. 1st Ave, OR 97123

www.ldcomfortzone.org

Drop-in center in Washington County for those experiencing homelessness, mental illness, and addiction, which is open Monday through Friday 11 am-3pm. Daily meal provided from 12-12:45pm, as well as daily groups (Art for Everyone, Card Game Group, Bingo, etc.) and weekly outings. Comfort Zone is a peer-run safe space available for anyone to experience community and personal growth, no referral required.

Consumer Voices Are Born (CVAB) Center for Community Health **360-397-8050**

1601 E 4th Plain Blvd., Vancouver, WA 98661

www.cvabonline.com

Nonprofit mental health recovery agency operated by individuals with mental illness, promoting respect, responsible citizenry and journey toward personal recovery. Services include groups, classes, employment support, activities and volunteer opportunities.

FolkTime

NE Portland: 4837 NE Couch St, Portland, OR 97213

503-238-6428

Oregon City: 710 6th Street, Oregon City, OR 97045

971-888-1784

www.folktime.org

Weekly activities, including craft projects, guest speakers, games, lunch and discussions on current topics of interest. Schedule of activities is decided by members at a monthly community meeting.

The Living Room

503-901-5971

710 6th Street, Oregon City, OR 97045

www.TheLivingRoomYouth.org

Wednesday 4-8 pm - youth only please! A safe haven for GLBTQQ youth in Clackamas County.

New Avenues for Youth

Access and Reception Center

503-432-3986

314 SW 9th, Portland 97205

<http://newavenues.org/dropin>

Drop-In Day Services Center for youth ages 16 to 24 experiencing homelessness. Can receive three meals a day, six days a week, as well as access to showers, laundry, clothing, drug and alcohol recovery and mental-health supports, computers and internet, free legal counsel, monthly veterinary clinics for those with pets, and engagement activities focused on skill-building, music and art, health and wellness, recreation, and self-empowerment.

NorthStar Clubhouse (Luke-Dorf)**971-271-7273**

5600 NE Glisan, Portland, OR 97213

www.northstarclubhouse.org

NorthStar is an evidence-based recovery program for adults living the Portland Metro area that have a mental illness and wish to obtain meaningful structure, social and vocational skills, and employment and educational services. Call to find out about membership.

Q-Center**503-234-7837**

4115 N Mississippi Avenue, Portland, OR 97217

www.pdxqcenter.org/

Q Center provides a safe space to support and celebrate LGBTQ diversity, equity, visibility and community building. Q Center has Youth and Young Adult AA meetings at their facility.

SMYRC (Sexual and Gender Minority Youth Resource Center)**503-872-9664**

1220 SW Columbia, Portland OR 97201

www.smyrc.org

SMYRC (Sexual and Gender Minority Youth Resource Center) honors, empowers, and supports LGBTQ youth to be their best selves and to change the world. See website for hours of operation.

The Clackamas Drop (Youth M.O.V.E.)**503-974-9025**

11097 SE 21st Avenue, Milwaukie, OR 97222

www.youthera.org

Drop-in center for youth ages 14-25 providing one-to-one peer support, peer support groups, youth-led workshops and training, access to community resources.

RESOURCES FOR SPECIFIC POPULATIONS

Resources for Senior Citizens

Mental Health Resources for Senior Citizens

Lines for life Senior Loneliness Line

503-200-1633 or 800-282-7035

5100 SW Macadam Ave #400, Portland, OR 97239

seniorloneliness.org

Confidential free call service to provide ongoing support and connect with resources. For adults 55 and over who live in Clackamas County. Especially helpful for seniors experiencing loneliness, isolation, depression or anxiety.

Lutheran Community Services

Intake Coordinator:

503-731-9589

Portland: 605 SE Cesar E Chavez Blvd, Portland, OR 97214

503-231-7480

Beaverton: 3800 SW Cedar Hills Blvd., Suite 288, Beaverton, OR 97005

503-924-2448

www.lcsnw.org/offices.html

Payment: OHP, sliding scale for low income clients. The professional staff provides a broad range of services to seniors and the disabled, tailoring services to the specific needs of the community served. Behavioral Health Services and Senior & Disability Services available.

Providence Senior Psychiatric Unit

503-513- 8080

Mental Health Intake and Triage

503-574-9235

Providence Milwaukie Hospital

10150 SE 32nd Avenue, Milwaukie, OR 97222

Short term (10-14 days) inpatient psychiatric care for seniors typically age 65 and older with dementia and other neurocognitive disorders with mood and/or behavioral disturbances, danger to self or others due to psychiatric condition, depression and anxiety, Psychosis and Bipolar disorder

Tuality Center for Geriatric Psychiatry Clinic

Inpatient Intake Coordinator:

503-359-6173

Nurses Station:

603-359-6966

335 SE Eighth Avenue, Hillsboro, OR 971232

www.tuality.org/home/index.php/services/Geriatric_Psychiatry/

The Center for Geriatric Psychiatry provides very specialized mental health care and treatment for patients who suffer from debilitating episodes caused by disease. This established acute psychiatric facility serves patients age 60 and older in the greater Oregon area. The program provides comprehensive inpatient mental health treatment in a positive and supportive environment to assist patients in achieving their optimal level of functioning.

Volunteers Involved for the Emotional Well-being of Seniors (VIEWS)

503-261-6181

Cascadia Behavioral Healthcare Older Adults Outpatient Services

www.cascadiabhc.org/views/views-services/

Peer counseling and social engagement for seniors. Confidential Peer Groups are available. Join or volunteer to help others by calling the phone number above.

Activities for Senior Citizens

Salvation Army Rose Center for Seniors **503-239-1221**

211 NE 18th Avenue, Portland, OR 97232

www.rosecenter.salvationarmy.org/

Nutritious lunches M-F, activities, computer classes and educational presentations, exercise classes and drop in recreational activities. Hours 8:30 am to 3 pm M-F.

Elsie Stuhr Senior Center **503-629-6342**

5550 SW Hall Blvd, Beaverton OR 97005

www.thprd/facilities/stuhr/home.cfm

Classes, trips and tours, special events, lunch, fitness center, socialization.

Impact Northwest Seniors & Adults with Disabilities Services **503-721-6760**

<https://impactnw.org/main-navigation/programs/seniors-adults-with-disabilities>

Programs to help elderly and disabled adults achieve and maintain self-sufficiency; prevent and alleviate effect of poverty, including Senior Guardianship Services, activities and Health Promotion, housing services and transportation services

Urban League of Portland Senior Services

Information and assistance coordinator:

503-280-2600 ext. 632

www.ulpdx.org/programs/seniors-program/

African American culturally specific senior service program providing activities, health issues assistance, minor home repairs, housing, senior law and medical equipment.

Insurance for Senior Citizens

Oregon Senior Health Insurance Benefits Assistance (SHIBA) **503-947-7979 or 800-722-4134**

PO Box 14480, 350 Winter Street NE, Suite 330, Salem, OR 97301

www.oregon.gov/DCBS/SHIBA

Answers to Medicare questions; help with finding Medicare plans; help with Medicare complaints

Legal Services for Senior Citizens

Note: More legal services are listed under “Legal Services” later in this guide. These resources specifically are targeted toward senior citizens.

The Elder Law Firm **503-452-5050**

1890 US Bankcorp Tower, Suite 1890, 111 SW 5th Avenue, Portland, OR 97204

www.theelderlawfirm.com

Addresses the specialized needs of elders, people with disabilities and their families, Guardianships, conservatorships, wills, trusts, special needs trusts, power of attorney, advanced directives, probate, trust administration, long-term care planning and Medicare.

Impact NW

<https://impactnw.org/main-navigation/programs/seniors-adults-with-disabilities/activities-services/>

SE Multicultural Services Center**503-721-6760**

4610 SE Belmont Street, Portland, OR 97215

Programs to help elderly and disabled achieve and maintain self-sufficiency: prevent and alleviate effects of poverty, including senior guardianship.

Senior Guardianship Assistance**503-294-7445**

2037 Douglas Street, Forest Grove, OR 97116

Provides protection from financial abuse, neglect and eviction.

Senior Citizens Council of Clackamas County**503-657-1366**

www.seniorcitizenscouncil.com

This non-profit agency makes its Guardianship and Conservator services available to anyone in Clackamas County regardless of ability to pay. Agency espouses early and low-cost interventions, including a Guardianship Diversion program, whose short-term services are available to assist individuals in locating and accessing community resources.

Senior Law Project (Legal Aid Services of Oregon)**Portland Regional Office****503-224-4086 or 800-228-6958**

520 SW 6th, Suite 700, Portland, OR 97204

www.lasoregon.org

Nonprofit organization that provides representation on civil cases to low-income clients throughout Oregon. The Senior Law Project, which gives free legal information to seniors and can take cases on an ongoing basis for an income-based fee.

Medical Care for Senior Citizens

Alzheimer's Association**503-416-0201 or 800-272-3900**

1650 NW Naito Parkway, Suite 10, Portland, OR 97209

www.alz.org/Oregon

Education, advocacy and research on Alzheimer's disease.

Lupine Case Management**503-284-1039**

9945 SE Oak, Portland, OR 97216

www.lupinecasemanagement.com

Resources, problem-solving and advocacy.

Geriatric Dental Group**503-772-3677**

6319 SE Powell Blvd, Portland, OR 97206

www.GeriatricDental.org

Geriatric Dental Group is a non-profit dental services organization that provides comprehensive dental care to patients 55 years of age and older as well as patients of any age confined to a wheelchair with fees averaging between 20% and 50% lower than other providers. Certain insurances may be billed.

Salvation Army **503-239-1264**
 1712 NE Sandy Blvd, Portland, OR 97233
 Senior Prescription discount program for ages 60 and up with income limits. Stop by and bring your prescription bottles and proof of income.

Volunteers of America – Senior Services
Marie Smith Health and Social Center **503-335-9980**
Lambert House Health and Social Center **503-760-2075**
<https://www.voaor.org/senior-programs>
 Therapeutic Adult Day Center by appointment. Professional nursing care, case management and care plans for seniors.

Social Services for Senior Citizens

County Aging and Disability Services
 This is the agency that oversees food stamp assistance and other services for individuals over age 60 and for people with disabilities
Multnomah County: **503-988-3646 X 25115**
Washington County: **1-855-673-2372**
Clackamas County: **503-655-8640**

Impact Northwest Seniors & Adults with Disabilities Services **503-721-6760**
<https://impactnw.org/main-navigation/programs/seniors-adults-with-disabilities>
 Programs to help elderly and disabled adults achieve and maintain self-sufficiency; prevent and alleviate effect of poverty, including Senior Guardianship Services, activities and Health Promotion, housing services and transportation services.

Safety Resources for Senior Citizens

County Gatekeeper Programs
Clackamas County Aging and Disability Services: **503-450-5622**
Multnomah County Aging and Disability Services: **503-988-3646**
Washington County Elder Safe Program: **971-673-5200**
 Provides 24-hour information and assistance to seniors, people with disabilities, and caregivers by assessing their needs, identifying services to meet those needs and linking them with providers. Wellness Checks for seniors; Anonymous and confidential reporting.

Clackamas County Aging and Disability Resource Connection **503-450-5622**
www.adrcoforegon.org/consite
 Easily accessible information online or over the phone for services for seniors in Clackamas County.

Washington County Elder Safe Program
Report: **971-673-5200**
Information: **503-846-6048**
 215 SW Adams, MS 32, Hillsboro, OR 97123

Impact Northwest Seniors & Adults with Disabilities Services 503-721-6760

<https://impactnw.org/main-navigation/programs/seniors-adults-with-disabilities>

Programs to help elderly and disabled adults achieve and maintain self-sufficiency; prevent and alleviate effect of poverty, including Senior Guardianship Services, activities and Health Promotion, housing services and transportation services.

Impact NW Senior Guardianship Assistance 503-294-7445

2037 Douglas Street, Forest Grove, OR 97116

www.impactnw.org

Private pay, often through referral from Adult Protective Services, guardian and conservatorship programs for adults over 60 years old in Multnomah and Washington Counties. Provides protection from financial abuse, neglect and eviction.

Multnomah County Adult Protective Services/ADS 503-988-4450

4610 SE Belmont Street, Suite 206, Portland, OR 97215

Senior Citizens Council of Clackamas County 503-657-1366

www.seniorcitizenscouncil.com

This non-profit agency makes its Guardianship and Conservator services available to anyone in Clackamas County regardless of ability to pay. Agency espouses early and low-cost interventions, including a Guardianship Diversion program, whose short-term services are available to assist individuals in locating and accessing community resources.

Housing and Self-Sufficiency Resources for Senior Citizens**Elders in Action** 503-235-5474

1411 SW Morrison Street, Suite 290, Portland, OR 97205

www.eldersinaction.org

Helps seniors stay in their homes and advocates for their financial wellbeing.

Friendly House 503-228-4335

1737 NW 26th Avenue, Portland OR 97201

www.friendlyhouseinc.org

Neighborhood center and social service agency for children, seniors and the homeless. Provides case management services for older adults plus advocacy, activities and housing resources for LGBT older adults.

Impact Northwest Seniors & Adults with Disabilities Services 503-721-6760

<https://impactnw.org/main-navigation/programs/seniors-adults-with-disabilities>

Programs to help elderly and disabled adults achieve and maintain self-sufficiency; prevent and alleviate effect of poverty, including Senior Guardianship Services, activities and Health Promotion, housing services and transportation services. Call for the location of the services you need.

Lupine Case Management 503-284-1039

9945 SE Oak, Portland, OR 97216

www.lupinecasemanagement.com

Resources, problem-solving and advocacy, Experience with Social Security, HMOs, Medicaid, Medicare, attorneys, veterans associations, SSI/disabilities, physicians, trusts, Oregon Health Plan, guardians and conservators.

Metropolitan Family Services**503-232-0007**www.metfamily.org

Volunteers work with older adults and those with disabilities to make it possible to live comfortably in their homes. Senior visitation, minor home repairs, and transportation to appointments.

Northwest Pilot Project**503-227-5605**

1430 SW Broadway, Suite 200 Portland, OR 97201

www.nwpilotproject.org

Northwest Pilot Project offers opportunities for a life of dignity and hope to very low-income seniors in Multnomah County by solving housing and transportation needs.

Urban League of Portland – Senior Services**Information and assistance coordinator****503-280-2600 x 632**www.ulpdx.org/programs/seniors-program/

African American culturally specific senior service program providing activities, health issues assistance, minor home repairs, housing, senior law and medical equipment.

In-Home Care for Senior Citizens**Multnomah County In-Home Services****503-988-3771 ext. 25115**

4610 SE Belmont Street, Portland, OR 97215

Low-income individuals may qualify for in-home care services through the county Department of Aging and Disability Services.

Multnomah County Adult Care Options**503-988-3000**

421 SW Oak Street, Portland, OR 97204

<https://www3.multco.us/AdultCareOptions>

Maintains directory of adult foster care homes in Multnomah County and does licensing of homes.

Multnomah County Family Caregiver Support Program**503-988-3646**

421 SW Oak Street, Suite 510, Portland, OR 97204

24-hour helpline.

Food/Meal Resources for Senior Citizens**Loaves & Fishes Sponsors Meals on Wheels****503-736-6325**www.mealsonwheelspeople.org

Hot, nutritious lunches delivered M-F 11 am – 1 pm to homebound seniors age 60 and older.

Store to Door**503-200-3333**

7730 SW 31st Avenue, Portland, OR 97219

storetodooroforegon.org

Supports independent living for Portland area seniors and people with disabilities by providing an affordable, personal, volunteer-based grocery shopping and delivery service on a weekly basis. Volunteers and staff strive to reduce clients' isolation by building relationships through weekly phone calls and visits.

Transportation Resources for Senior Citizens

Impact Northwest Seniors & Adults with Disabilities Services 503-721-6760

<https://impactnw.org/main-navigation/programs/seniors-adults-with-disabilities/transporting/>

Programs to help elderly and disabled adults achieve and maintain self-sufficiency; prevent and alleviate effect of poverty, including Senior Guardianship Services, activities and Health Promotion, housing services and transportation services.

Project Linkage 503-249-0471

Email: plink@metfamily.org

www.metfamily.org/what-we-do/older-adult-support/transportation/

A program of Metropolitan Family Services. More than 300 volunteers provide transportation and other in-home support services to older adults and people with disabilities: access healthy food, get to medical appointments and stay connected with their communities.

Ride Connection 503-226-0700

Information: 503-528-1720

Email: ride@rideconnection.org

9955 NE Glisan, Portland, OR 97220

Nonprofit, community service organization that links accessible, responsive transportation with community needs. Collaborative effort between TriMet and Ride Connection to assist older adults and people living with disabilities to travel independently and safely: Travel training services, travel options counseling and one-on-one assistance are provided to older adults and people with disabilities in Multnomah, Clackamas and Washington counties at no cost. See website for details. To schedule a ride, call at least four days in advance. Suggested \$1.50 donation each way.

Resources for Individuals with Disabilities

The Arc

Multnomah-Clackamas

503-223-7279

6929 NE Halsey, Portland, OR 97213

<http://thearcmult.org/programs-services/adult-case-coordination/>

Financial entitlement programs, housing referral and assistance, vocational and budgeting assistance, health and mental health services for adults with intellectual and developmental disabilities. Recreational club with monthly outings.

Community Vision

503-292-4964 ext. 107

1750 SW Skyline Blvd., Suite 102, Portland OR 97221

www.cvision.org

Web-based resource for people with disabilities, their families and supporters. Online and distance-learning, and online seminars on such topics as everyday life skills, e-learning and college math preparation.

DHS Disability, Aging and Veterans Services

Multnomah County Disability, Aging and Veterans Services 24-Hour HelpLine 503-988-3646

<https://multco.us/ads>

Serving older adults (people age 60 and older), people with disabilities age 18 and older, and veterans. We're here to help individuals identify resources to enable and promote independence, dignity and choice. Case management including Food Stamp and Medicaid enrollment.

Clackamas County Aging and Disability Resource Connection Information and Referral Specialist

503-655-8640

503-650-5622

ADRC online database: www.clackamas.us/socialservices/crc.html

The Clackamas ADRC is designed to streamline access to information and resources about long-term supports and services in the community. ADRC has information about in-home care, long-term care planning, how to arrange for home delivered meals, how to apply for Medicaid, and much more. Case management including Food Stamp and Medicaid enrollment.

Washington County Disability, Aging and Veterans Services 855-673-2372 or 503-846-3060

www.co.washington.or.us/HHS/DAVS

Providing programs and services to maintain and enhance the quality of life to assure that basic needs are met for Washington County seniors, veterans and people with disabilities. Most of our programs serve those aged 60 and over while our veterans' program and benefits enrollment center serve all ages. Case management including Food Stamp and Medicaid enrollment.

Disability Rights Oregon

503-243-2081 or 1-800-452-1694

TDD:

1-800-556-5351

610 SW Broadway, Suite 200, Portland, OR 97205

<https://droregon.org/need-help/>

Advocates for the rights of those with mental illnesses and investigates reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. Facilities under the jurisdiction of DRO may be public or private, and include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails and prisons.

Friendly House**503-228-4391**1737 NW 26th Avenue, Portland OR 97201www.friendlyhouseinc.org

Friendly House is a Neighborhood center and social service agency providing quality educational, recreational and other life-sustaining services. Reduced cost membership to the Recreation and Education program for people with disabilities. Friendly House offers free showers on Friday community nights.

Independent Living Resources (ILR)**503-232-7411**

1839 NE Couch Street, Portland, Oregon 97232

www.ilr.org

Training and resources for people with disabilities, including housing supports, classes, healthy lifestyles, in-home care, pre-vocational information and disability applications.

Lutheran Community Services**Intake Coordinator:****503-731-9589****Portland:** 605 SE Cesar E Chavez Blvd, Portland, OR 97214**503-231-7480****Beaverton:** 3800 SW Cedar Hills Blvd., Suite 288, Beaverton, OR 97005**503-924-2448**www.lcsnw.org/offices.html

Payment: OHP, sliding scale for low income clients. The professional staff provides a broad range of services to adults, teens, children and families across Washington, Oregon and Idaho. The programs of Lutheran Community Services Northwest are tailored to address specific needs in each of the communities we serve. The agency's community-based programs fall into five broad lines of service: Behavioral Health Services, Family & Community Support, Child Welfare Programs, Refugee &, Immigrant Services, and Senior & Disability Services.

Maybelle Center for the Community**503-222-5720**

121 NW Sixth Avenue, Portland OR 97209

www.maybellecenter.org

Outreach, visitation and support services for people living in isolation in down Portland.

Maybelle Community Room

A place to watch TV, have a cup of coffee or PB&J, play cards, or just visit with friends, volunteers, and staff.

Macdonald Residence**503-241-7374**

605 NW Couch Avenue, Portland, OR 97206

Assisted Living Facility from Maybelle Center. Eligibility is based on income and medically necessary care needs. Apply through Multnomah County Aging and Disability Services.

Multnomah County Public Guardian Program**503-988-4567**

Lincoln Building: 421 SW Oak Street, Suite 510, Portland, OR 97204

<https://multco.us/public-guardian>

The Public Guardian/Conservator's Program obtains and implements court-appointed guardianship and/or conservatorship for people who are profoundly mentally incapacitated, unable to care for themselves, and currently at high risk due to abuse, exploitation or extreme self-neglect. Due to budget constraints, space and availability are extremely limited, so the program must limit its clientele to only the most vulnerable citizens.

Oregon Deaf and Hard of Hearing (ODHHS)**503-947-5183**www.oregon.gov/DHS/BUSINESS-SERVICES/ODHHS/pages/index.aspx

This agency provides interpreters for clients that are members of the deaf, deaf-blind or hard-of-hearing communities.

Oregon Public Guardian**844-656-6774**

3855 Wolverine Street NE, Suite 6, Salem OR 97305

<http://www.oregon.gov/LTCO/Pages/Oregon-Public-Guardian-Contact-Us.aspx>

The Oregon Public Guardian program is a statewide program that, when its initial development is complete, will serve as a court-appointed guardian and/or conservator for adults with limited decision making ability. The program's services will be limited to individuals who are at significant risk of abuse, neglect, or self-neglect, and who have no responsible family member or friend to serve as their guardian or conservator, nor have the resources to pay for a private guardian or conservatory.

Project Linkage**503-249-0471**Email: plink@metfamily.orgwww.metfamily.org/what-we-do/older-adult-support/transportation/

A program of Metropolitan Family Services. More than 300 volunteers provide transportation and other in-home support services to older adults and people with disabilities: access healthy food, get to medical appointments and stay connected with their communities.

Senior Companion Program (Clackamas County)**503-655-8640**

2051 Kaen Road #135 Oregon City, OR 97045

<https://www.clackamas.us/socialservices/companions.html>

Provides support to homebound seniors, 55 and older, and adults with disabilities in Clackamas County, helping them to maintain independent living. Services include help getting to critical appointments, assistance with household needs and encouraging and participating in social activities.

What can you do? The campaign for Disability EmploymentEmail: info@whatcanyoudocampaign.orgwww.Whatcanyoudocampaign.org

A collaboration of online resources people with disabilities, including accommodations information, job training information, disability disclosure and flexible work arrangements. Also lists resources for Veterans.

Life Care Planning Services for Individuals with Disabilities

Law Offices of Nay & Friedenber**503-245-0894**

6500 SW Macadam Avenue, Suite 300, Portland, OR 97239

www.naylaw.com

Offering legal-financial planning for families of dependents who are living with developmental and other disabilities.

MassMutual Financial Group – Special Care Planning **503-221-1211**
Connor Kavanaugh Direct Line: **503-542-9412**
Email: ckavanaugh@financialguide.com
 5885 Meadows Road, Suite 850, Lake Oswego, OR 97035
<https://oregon.massmutual.com/individuals-and-families/specialcaresm>
 Financial planning for families of dependents who are living with developmental and other disabilities.

Social Security Assistance for Individuals with Disabilities

Below are some resources for low cost help with getting disability benefits. These are non-attorney providers who are especially trained to help. For attorneys specializing in social security benefits, see the section below.

BEST (Benefits & Entitlements Special Team) **971-271-6252**
 33 NW Broadway, Portland, OR 97209
www.centralcityconcern.org/services/health-recovery/old-town-recovery-center/index/html
 A Central City Concern Program. Assistance with SSI/SSDI applications for homeless or very low-income individuals.

Independent Living Resources (ILR) **503-232-7411**
 1839 NE Couch Street, Portland, OR 97232
www.ilr.org
 In addition to other services at ILR, the Disability specialist assists with applications for social security disability. ILR charges a 20% fee of the first benefit check.

Lupine Case Management **503-284-1039**
Email: lupinecase@comcast.net
 PO Box 33523, Portland, OR 97292-3523
www.lupinecasemanagement.com
 Resources, problem solving and advocacy. Experience with Social Security, HMOs, Medicaid, Medicare, attorneys, veterans' associations, SSI/disabilities, physicians, trusts, Oregon Health Plan, guardians/conservators.

Multnomah County Aging and Disability Services Helpline **503-988-3646**
<https://multco.us/ads> and <https://adrcoforegon.org/consite/index.php>
 Call center and online resource providing resources and services for seniors and adults with disabilities.

Program Assist **503-888-2690**
 4412 SW Barbur Blvd, Suite 200, Portland OR 97239
www.programassist.org/
 Trained non-attorney advocates are proactive in resolving cases on a short timeline. Fee structure is no to low cost.

Social Security Administration	1-800-772-1213
TTD:	1-800-325-0778
Office of Public Inquiries 2555 Windsor Park Bldg., 6401 Security Blvd., Baltimore, MD 21235 www.ssa.gov	
Portland	800-772-1213
1538 SW Yamhill Street, Portland, OR 97205	
NE Portland	800-772-1213
221 NE Schuyler Street, Portland, Or 97212	
SE Portland	800-772-1213
2625 SE 98 Avenue, Portland, OR 97266	
Beaverton	800-772-1213
11975 SW 2nd Street, Suite 100, Beaverton, OR 97005	
Oregon City	800-772-1213
194 Beverly Drive, Oregon City, OR 97045	
Vancouver Washington	800-722-1213
805 Broadway Street, Suite 500, Vancouver, WA 98660	

Social Security **800-772-1213**
www.ssa.gov/payee/
 Social Security's Representative Payment Program provides financial management for the Social Security and SSI payments of our beneficiaries who are incapable of managing their Social Security or SSI payments.

Social Security Assistance for Individuals with Disabilities from Private Attorneys

Cascadia Disability Law	503-891-8376 or 800-891-0867
Lloyd Corporate Plaza Building 847 NE 19 th Ave, Suite 260, Portland, OR 97232 www.cascadiadisabilitylaw.com	
Jeff Mapes	503-543-2900
33465 SW Maple Street, Scappoose, OR 97056	
JP Law Offices	503-245-6309
5200 SW Meadows Road, Suite 150, Lake Oswego, OR 97035 www.jplawpc.com	
Martin Cohen	503-635-5805
4040 SW Douglas Way, Lake Oswego, OR 97035 www.pdxdisabilitylaw.com	
Thomas, Coon, Newton & Frost	503-228-5222
820 SW Second Avenue, Suite 200, Portland, OR 97204 www.tcnf.legal Specializes in Social Security disability benefits and worker's compensation.	

Resources for Veterans

Crisis Services for Veterans

Veterans Suicide Crisis Line 1-800-273-8255 Press 1
Text: 838255

www.veteranscrisisline.net

VA Portland Mental Health Access and Referral Line 503-220-8262 ext. 56409
Triage for mental health services for veterans.

Benefits for Veterans

Clackamas County Veterans Service Office 503-650-5631

Public Service Building, 2nd Floor

2051 Kaen Road, Oregon City, OR 97045

www.clackamas.us/socialservices/veterans.html

Help with navigating the complex benefits application process, VA Health Care Enrollment, assistance of for surviving spouses and dependent children.

Cascadia Disability Law 503-891-8376 or 800-891-0867

Lloyd Corporate Plaza Building

847 NE 19th Ave, Suite 260, Portland, OR 97232

www.cascadiadisabilitylaw.com

Disability Services for Wounded Soldiers 800-949-1004

www.socialsecurity.gov/woundedwarriors

Information and how to apply for benefits. This phone number reaches the Portland VA.

Military.com

www.Military.com

Online resources benefits available for veterans, survivors and active duty military.

Paralyzed Veterans of America 800-424-8200

Benefits Hotline 866-734-0857

www.pva.org

Assistance to those who are having trouble with getting benefits.

VA Portland Health Care System – Mental and Physical Health Care for Veterans

VA Portland Health Care System **503-220-8262**

3710 SW U.S. Veterans Hospital Road, Portland, OR 97239

PO Box 1034, Portland, OR 97207

<https://www.mentalhealth.va.gov/index.asp>

<https://www.portland.va.gov/services/mentalhealth.asp>

The mental health service at Portland VA provides consultation, evaluation, and treatment for a variety of issues that can impact emotional well-being. Inpatient care, emergency and non-emergency consultation, substance abuse treatment and outpatient clinic with psychiatric community care and day treatment programs.

VA Community Based Outpatient Clinics (CBOC)

Community Resource and Referral Center (CRRC) **503-808-1256 or 800-949-1004**

308 SW 1st Avenue, Portland, OR 97204

www.portland.va.gov/locations/

Services for Veterans and their families who are homeless or at risk of being homeless

Fairview CBOC

Primary Care, Patient Services Unit **503-660-0600**

Mental Health **503-660-0700**

1800 NE Market Drive, Fairview OR 97204

www.portland.va.gov/locations/

Hillsboro CBOC **503-906-5000**

1925 Amber Glen Parkway Suite #300, Hillsboro, OR 97006

www.portland.va.gov/locations/

Vancouver Campus of VA Portland Health Care System **360-696-4061**

1601 E 4th Plain Blvd, Vancouver, WA 98661

www.portland.va.gov/locations/

West Linn CBOC **503-210-4900**

1750 SW Blankenship Rd Suite 300, West Linn, OR 97068

www.portland.va.gov/locations/

VA Programs

VA Portland Mental Health Clinics (PRRC) **503-220-8262**

www.washingtondc.va.gov/departments/psychology-prrc.asp

Psychosocial Rehabilitation and Recovery Center program offering classes and groups to veterans who are struggling to overcome barriers associated with mental health issues.

This intensive outpatient program can be accessed through the Veteran’s mental health provider at the Portland VA. Length of participation in the program depends on recovery goals but can last for up to a year.

VA Portland Health Care System Caregiver Support Program **503-273-5210**

Caregiver Support Line **855-260-3274**

www.caregiver.va.gov/

VA values Caregiver’s commitment as a partner in the VA’s pledge to care for those who have "borne the battle". The VA has multiple support and service options designed with Caregivers of Veterans in mind, including in person, telephone & online supports. The programs are available both in and out of your home to help you care for the Veteran you love and for yourself.

Mental Health Programs for Veterans (Not through the VA)

Do Good Multnomah-Clackamas County Veterans Village**503-680-4832**

16575 SE 115th Ave., Clackamas OR

<https://dogoodmultnomah.org>

Transitional tiny home village located in Clackamas County for Veterans. In partnership with Clackamas County, primary medical care, dental care, mental health counseling and other assistance are available to residents.

Portland Veterans Acupuncture Project**503-538-4524**

2828 SE Stephens, Portland, Oregon 972214

A walk-in acupuncture clinic for veterans on Thursday evenings from 5 to 8 pm. For your first visit, be prepared to fill out some paperwork. The clinic addresses pain management, anxiety, PTSD, anger and other concerns for veterans and family members (no children please).

Volunteer providers are acupuncturists and students from NUMN. No appointment is needed. The clinic operates on donations (\$5 suggested).

PTSD Foundation of America - Oregon Contact**503-750-7745****PTSD Veteran Line:****877-717-PTSD (7873)**banghi.Traweek@ptsdUSA.orgwww.ptsdUSA.org

Providing support 24/7 for Active Duty, Reserves, National Guard, Veterans and their families battling the unseen wounds of war. Groups in Hillsboro and Happy Valley.

Returning Veterans Project 503-954-2259

833 SE Main Street, MB 122, Portland, OR 97214

www.returningveterans.org

Free, confidential services for Post 9-11 warzone veterans and their families. Volunteer providers are mental health professionals, acupuncturists, naturopaths, chiropractors, massage therapists and other complementary health care practitioners. The organization operates on the belief that it is our collective responsibility to offer support and healing for the short and long-term repercussions of war zone service on veterans and their families. Website has a provider search to help you find an appropriate mental health provider.

Addiction Services for Veterans

Cedar Hills Hospital Military Program**503-944-5000 or 877-703-8880**

10300 SW Eastridge Street, Portland, OR 97225

www.cedarhillshospital.com/military/

The Military Program at Cedar Hills Hospital is specifically designed for Veterans, Active Duty, National Guard and Active Reserve service members, and their families. Programs are designed for those who are experiencing substance use, abuse or dependence, depression, military sexual trauma, combat induced PTSD/trauma, military related chronic pain or co-occurring mental health and substance abuse issues. The program can require a stay of seven to 45 days and may be covered by military insurance. Insurance coverage can be checked by calling 503-944-5000 and asking for the business office.

Employment and Training Resources for Veterans

Clackamas County Veterans Workforce Program**Tim Bietschek****503-502-3411**

Employment and training programs. One-on-one help for veterans seeking employment. Help with major barriers, i.e., trauma, PTSD, in seeking employment. Resources.

Easter Seals Homeless Veterans Reintegration Program**503-280-6037**

30 N Webster Street, Portland, OR 97217

www.easterseals.com/oregon/our-programs/military-veteran-services/homeless-veterans.html

The goal of this program is to provide services that assist homeless veterans to reintegrate into the community and into meaningful employment within the labor force. We offer a structured, individually designed case management plan to assist the veteran to become employable and self-sufficient.

Military.com

www.Military.com

Online resources for GI Bill information, job search, translating your military skills, employers hiring veterans

Monster Veteran Employment Center

Part of Military.com. Sign up for job search with Monster.com and use the veterans' resources, including resume builder

Paralyzed Veterans of America - Operation Pave**800-232-1782**

www.pva.org

Veterans Employment Center

www.ebenefits.va.gov/ebenefits/jobs

National online job search.

Housing and Shelter Resources for Veterans

National Call Center for Homeless Veterans**877-424-3838**

www.va.gov/homeless

National hotline; Veterans who are homeless can get help finding mental health care at a Veterans drop-in center by contacting the Call Center or visiting the website.

Community Resource and Referral Center (CRRC)**503-808-1256 or 800-949-1004**

308 SW 1st Avenue, Portland, OR 97204

www.portland.va.gov/locations/

Services for Veterans and their families who are homeless or at risk of being homeless.

Do Good Multnomah - Wy'East Shelter**For Referrals:****503-490-0285**

1415 SE 122nd Ave. Portland, OR 97233

<https://dogoodmultnomah.org>

24/7 facility with 110 beds. Veterans given priority but non-Veterans also served if shelter has availability. Access to washer and dryer, showers, dinner, resources and housing assistance.

Do Good Multnomah - Sandy Studios

3800 NE Sandy Blvd.

<https://dogoodmultnomah.org>

50 units of permanent supportive housing for Veterans.

Easter Seals of Oregon Homeless Veterans Reintegration Program**503-280-6067**

30 N Webster Street, Portland, OR 97217

<http://www.easterseals.com/oregon/our-programs/military-veteran-services/homeless-veterans.html>

The goal of this program is to provide services that assist homeless veterans to reintegration in the community and into meaningful employment within the labor force. The program offers a structured, individually designed case management plan to assist the veteran to become employable and self-sufficient.

Housing Solutions Center (Clark County WA) Intake hotline**360-695-9677**

Clearinghouse for homeless shelters in Clark County Washington sponsored by the Council for the Homeless.

Fort Kennedy**503-765-2661**

7600 SE Johnson Creek Blvd, Portland, Oregon 97206

www.fortkennedy.org

Help for veterans moving forward in their lives after military service. Fort Kennedy provides assistance with transitional housing and shelter for homeless service men and women, and provide support through employment, family counseling, and help with benefits. Coordinate with other veterans' agencies.

Transition Projects Inc.**855-425-5544 or 503-280-4700**

665 NW Hoyt Street, Portland, Oregon 97209

www.tprojects.org/veteran-services/

Veterans Services assists veterans and their families from homelessness to housing. Serving four counties, the program offers emergency beds, housing assistance, supportive services, and assistance maintaining housing.

Veterans and Family Center (Salvation Army)**503-239-1259**

14825 SW Farmington Road, Beaverton, OR 97007

Transitional housing center for 50 veterans and their families daily. Through intensive case management and collaboration with the Veterans Administration, clients are provided with the tools necessary to become self-sufficient. The shelter offers a 9-month housing and support program.

Other Resources for Veterans

Clackamas County Veterans Services**503-650-5631**

2051 Kaen Rd., Suite 281, Oregon City, OR 97045

<http://www.clackamas.us/socialservices/veterans.html>

See website for all the services provided by Clackamas County, including housing and benefits assistance.

Lupine Case Management**503-284-1039**

PO Box 33523, Portland, OR 97292-3523

www.lupinecasemanagement.com

Resources, problem-solving and advocacy. Experience with Social Security, HMOs, Medicaid, Medicare, attorneys, veterans' associations, SSI/disabilities, physicians, trusts, Oregon Health Plan, guardians and conservators. Case managers have experience with mental health issues as well as physical health issues.

Joining Forces: Taking Action to Serve America's Military Familieswww.whitehouse.gov/joiningforces

White House advocacy program for greater opportunities for returning veterans.

Oregon Veterans Foundation**503-320-5501**

PO Box 1247, Wilsonville, OR 97070

www.oregonveteransfoundation.org**Defense Centers of Excellence****24-hour helpline:****866-966-1020****Caregiver Support Line:****855-260-3274**<http://www.dcoe.mil/PsychologicalHealth/Resources.aspx>

Information and direct support for veterans experiencing trauma. Medical information for those who treat veterans with PTSD and brain injury.

VA Portland Health Care System Caregiver Support Program**503-273-5210****Caregiver Support Line:****855-260-3274**www.caregiver.va.gov/

VA values Caregiver's commitment as a partner in the VA's pledge to care for those who have "borne the battle". The VA has multiple support and service options designed with Caregivers of Veterans in mind, including in person, telephone & online supports. The programs are available both in and out of your home to help you care for the Veteran you love and for yourself.

LGBTQ+ Resources

Brave Space, LLC

503-486-8936

3620 SE Powell Blvd #102, Portland, OR 97202

bravespacellc.com

Creates community and facilitates access to expert and knowledgeable counseling, groups and a wide array of resources for transgender and non-binary children, youth, adults, and their families.

The Living Room

503-901-5971

710 6th Street, Oregon City, OR 97045

www.Thelivingroomyouth.org

Wednesday 4-8 pm - youth only please! A safe haven for GLBTQQ youth in Clackamas County.

Sexual and Gender Minority Youth Resource Center (SMYRC)

503-872-9664

Downtown: 1220 SW Columbia, Portland OR 97201

Eastside: 16570 SE Oak Street, Open School Room 107, Portland, OR 97230

www.smyrc.org

SMYRC (Sexual and Gender Minority Youth Resource Center) honors, empowers, and supports LGBTQ youth to be their best selves and to change the world. Please see website for hours of operation.

Q Center

503-234-7837

4115 N Mississippi Avenue, Portland, OR 97217

www.pdxqcenter.org/

Q Center provides a safe space to support and celebrate LGBTQ diversity, equity, visibility and community building. Q Center has Youth and Young Adult AA meetings at their facility.

Quest Center for Integrative Medicine

503-238-5203

2901 E Burnside Avenue, Portland, OR 97214

www.quest-center.org

Payment: OHP and low cost options; private insurance and Medicare. Providing tools for dealing with major illness, injury, depression, diabetes, chronic pain, cancer, HIV/AIDS, or other chronic issues. Featuring support group for transgender individuals.

TransActive

503-252-3000

Call for location

www.transactiveonline.org/

Provides a holistic range of services and expertise to empower transgender and gender nonconforming children, youth and their families in living healthy lives, free of discrimination. Free Drop-In Groups, counseling, support groups, voice coaching, and research and community education.

Trevor Project Lifeline

866-488-7386

Crisis Intervention and Suicide Prevention for LGBTQ Youth available 24/7.

Trevor Text:

"Trevor" to 1-202-304-1200

Available Tuesday-Friday 3pm - 9pm EST/12pm - 6pm PT

Trevor Chat

Available 7 days a week between 3pm - 9pm ET/12pm - 6pm PT; Online instant messaging with a TrevorChat counselor. See website for link.

<http://www.thetrevorproject.org/pages/get-help-now>

LIFE SKILLS AND OTHER COMMUNITY RESOURCES

Education and Research Resources

NAMI strongly supports research into severe mental illnesses, including research involving human subjects, because it is the basis for all future advances in treatment. However, research involving human subjects must be in accord with the highest scientific, medical and ethical standards and must protect and honor the individuals and families who make this contribution to scientific progress. More information about protection of research volunteers can be found on the web at www.nami.org.

Center for Improvement of Child and Family Services

503-725-5023

Portland State University, School of Social Work
1600 SW 4th Avenue, Suite 400, Portland, OR 97201

www.pdx.edu/ccf/

Depression and Bipolar Support Alliance

www.dbsalliance.org

National Institute of Mental Health

www.nimh.nih.gov

Oregon Center for Clinical Investigations

503-276-6224

2232 NW Pettygrove Street, Portland OR 97201

www.occi.org

Oregon Health Authority - Applied Suicide Intervention Skills Training (ASIST)

<https://www.oregon.gov/oha>

<https://www.gettrainedtohelp.com>

ASIST is a two-day interactive workshop that teaches you how to recognize someone who may be at risk for suicide, how to intervene and promote safety and how to identify appropriate supports to help keep the person safe. Participants will receive an informational workbook and wallet card that summarizes the training as well as a list of community resources. Local trainings can be found on website.

Oregon Health & Science University – Psychiatry Research

3181 SW Sam Jackson Park Road, Portland, OR 97239-3098 Gaines Hall, Room 249

<http://www.ohsu.edu/xd/research/index.cfm>

Regional Research Institute for Human Services

503-725-4040

Portland State University

1600 SW 4th Avenue, Suite 900, Portland, OR 97210

www.rri.pdx.edu

Summit Research Network

503-279-8252 or 503-228-2273

2701 NW Vaughn Street, Suite 350, Portland, OR 97210

www.summitnetwork.com

Employment and Vocational Resources

Career One-Stop Centers

wfn.pcc.edu/Partners/OneStop/OneStopCenters.asp

One-Stop Centers provide communities with access to information and resources to assist people in their career planning and job search activities. Self-directed resource rooms at each center provide access to computer workstations, job orders and listings, resume software, and a wealth of planning and job search assistance information. Several locations throughout Portland Metro. Check online for the location of a center near you.

Central City Concern – Employment Access Center

503-226-7387

2 NW 2nd Portland, Oregon

www.centralcityconcern.org/services/employment/employment-access-center

Employment resource center and matching service, with access to computers, Internet, tutorials, personal voicemail, copier, telephone, fax. The supported employment program provides more intensive job development and on-the-job coaching for individuals with significant barriers to employment such as extended periods of homelessness and substance abuse.

Community Vision

503-292-4964 ext. 107

1750 SW Skyline Blvd, Suite 102, Portland OR 97221

www.cvision.org

Community Vision staff works with developmentally disabled job seekers to assess their skills, preferences and goals and determine their ideal work environment. We also work closely with business partners to create jobs that fulfill specific needs while considering the skills of the employee. All placement and job training services are provided cost-free to our business partners.

Constructing Hope

503-281-1234

405 NE Church St. Portland, Oregon 97211

<https://www.constructinghope.org/>

Constructing Hope Pre-Apprenticeship Training Program helps participants develop an understanding of apprenticeship opportunities available in the construction trades. Each participant will gain entry-level skills, familiarity with trade tools, terminology, and basic principles, and knowledge of various career opportunities within the trades.

Consumer Voices are Born (CVAB) Val Ogden Center

360-253-4036

1601 E 4th Plain Blvd., Vancouver, WA 98661

www.cvabonline.com

Employment Resources from nonprofit mental health recovery agency run by peers. Through participation at VOC, you will be able to develop positive work habits, adjust to a regular work schedule, build interpersonal skills, and gain the flexibility needed to adapt to changing situations. Services such as resume and cover letter writing lab and mock interviews.

DePaul Staffing Services**503-281-1289 or 800-518-6637**

4950 NE MLK Jr. Blvd, Portland, OR 97211

www.depaulindustries.com

Helping people with disabilities overcome barriers to employment. Contact the DePaul Industries location nearest you today to make an appointment for orientation and join our employee pool.

Galt Foundation**503-595-2801**

1827 NE 44th Avenue, Portland, OR 97213

www.galtfoundation.org

Through professional staffing services we provide, promote, and expand employment opportunities for individuals with disabilities and other vocational barriers.

Goodwill Industries of the Columbia-Willamette**877-676-5872**

Various locations in Portland Metro

www.meetgoodwill.org/job-connection

Job search services, computer resources and job referrals.

Human Solutions Employment Program**Portland Office:** 12350 SE Powell Blvd, Portland, OR 97236**503-907-2828****Rockwood Office:** 124 NE 181st Avenue, Gresham, OR 97230**503-405-7875**www.humansolutions.org

The employment program of Human Solutions offers several individualized programs to meet the needs of people with various barriers to employment.

Independent Living Resources**503-232-7411**

1839 NE Couch, Portland, OR 97232

www.ilr.org

Promoting independent living by creating opportunities, encouraging choices, advancing equal access and furthering independence for people with disabilities.

Julia West House**503-916-4009**

522 SW 13th Avenue, Portland, OR 97205

www.juliawest.org

Training and support for low-income and homeless residents of downtown Portland: literacy classes, GED preparation, art, women's group, cooking classes and prayer group. Also, public speaking, job skills, money management, conflict resolution, resume writing, music, computer literacy, creative writing, book club and bicycle repair. Men's business clothes, morning hospitality.

NorthStar Clubhouse (Luke-Dorf)**971-271-7273**

5600 NE Glisan, Portland, OR 97213

www.northstarclubhouse.org

NorthStar Clubhouse operates on a recovery model offering support in gaining employment, with the possibility of transitional and supportive employment. Members have access to a job board, computers for use and referrals to job preparation courses in the community. Call for information about becoming a member.

Northwest Family Services**503-546-6377**

6200 SE King Road, Portland, Oregon 97222

www.nwfs.org

Northwest Family Services' vision and mission focus on core issues that support individual success and family stability, providing an array employment services from professional counselling, job readiness and placement, work solutions and job development.

Oregon Employment Department – Worksource Oregon**Unemployment Insurance Information:****503-292-2057 or 877-345-3484**www.worksourceoregon.org

Locations throughout the Portland Metro Area in Beaverton, Gresham, Oregon City, Portland SE, Portland Central and Tualatin. Please check online for phone numbers and addresses for the locations nearest you. Services include Occupation Profiles, Job Finder search, Career Explorer services, iMatch Skills to match the person to the job, use of computers for job search and classes to improve basic skills. These offices do not handle unemployment.

Outside In**503-535-3800**

1132 SW 13th Avenue, Portland, OR 97205

Outside In Employment Resource Center**503-445-0975**1195 SW 11th Avenue, Portland, OR 97205www.outsidein.org

Works with youth 18-24 to increase work readiness, obtain and retain employment, and build a positive work history.

Project Erase**503-535-3902**

1030 SW 13th Avenue, Portland, OR 97205

Assists with tattoo removal.

PIVOT Job Corps**800-733-JOBS or 800 733-5627**

2701 NW Vaughn St Ste 151, Portland 97210

www.pivot.jobcorps.gov

The program helps eligible young people ages 16 through 24 complete their high school education, trains them for meaningful careers, and assists them with obtaining employment.

Portland Habilitation Center NW**503-261-1266 or 800-874-7917**

5312 NE 148th Avenue, Portland, Oregon 97230-3438

www.phcnw.com

In addition to employment training for adults with disabilities in janitorial, landscape maintenance and clerical services, PCH has Affordable housing, HUD Housing and HUD 811 housing for people with disabilities. Eligible adults are at least 18 years old, have documentation of a disability, and are able to do physical labor with minimal supervision, and can pass a drug screen and background check. Past criminal violations do not automatically disqualify applicants.

Rise Portland**503-994-6355**

5331 SW Macadam Avenue, Portland OR 97239

www.riseservicesinc.org

RISE provides customized employment services at several locations in the state of Oregon, helping individuals with disabilities find and sustain meaningful employment, customized to the client's specific skills, abilities and employment preferences, coordinated with a variety of community partners.

Street Roots**503-228-5657**

211 NW Davis Street, Portland, OR 97209

www.streetroots.org

Nonprofit, grassroots newspaper that assists people experiencing homelessness and poverty by creating flexible income opportunities.

Transition Projects, Inc.**503-280-4700**

650 NW Irving Street, Portland, OR 97209

www.tprojects.org

Community partners at Transition Projects provide case management, housing assistance, addiction and mental health support, and a learning center for job and housing searches.

TVW (formerly Tualatin Valley Workshop)**503-649-8571**

6615 SE Alexander St. Hillsboro, OR 97123

www.tv-workshop.com

Assembly, production, packaging, fulfillment and janitorial opportunities. Access to alternative employment for those who have retired or are unable to work. The Vanguard Program is a day program centering on personal interests, as well as a school training program for high school graduates. Employs individuals with mental health disabilities in various jobs.

Urban League of Portland**503-280-2600**

Workforce Program

10 N Russell, Portland, OR 97227

www.ulpdx.org/programs/workforceprogram/employment-services/

Workforce Program and Urban Teach Jobs Program Participants receive personal coaching, support services and training to prepare for living-wage jobs. Participants may receive personal support while they are in training based on individual need and availability of funding. Also assists with services to help overcome barriers to employment, whether criminal background, homelessness or chronic unemployment. Resource Room provides assistance to job seekers including, job listing and other career development materials

Vocational Rehabilitation Department

www.oregon.gov/dhs/employment/VR/Pages/Index.aspx

VR assists individuals with disabilities to get and keep a job that matches their skills, interests and abilities. VR staff work in partnership with the community and businesses to develop employment opportunities.

Locations Metro wide:

3945 SE Powell Blvd, Portland, OR 97202	971-673-2555
305 NE 102nd Avenue, Suite 200, Portland, OR 97220	971-673-5858
4744 N Interstate Avenue, Portland, OR 97217	971-673-3055
8880 SW Nimbus Avenue, Suite D, Beaverton, OR 97008	503-277-2500
4382 SE International Way, Suite B, Milwaukie, OR 97222	971-673-6130

What can you do? The campaign for Disability Employment

Email: info@whatcanyoudocampaign.org

www.Whatcanyoudocampaign.org

A collaboration of online resources for people with disabilities, including accommodations information, job training information, disability disclosure and flexible work arrangements. Also lists veterans' resources.

Transportation Resources

TriMet Public Transportation **503-238-RIDE (7433)**
TTD **503-238-5811**

Administrative Offices
 4012 SE 17th Avenue, Portland, OR 97202
www.trimet.org

LIFT Paratransit: **503-962-8000**
Eligibility: **503-962-8200**
Honored Citizens: **503-962-2455**
One-on-one assistance: **503-226-0700**
Medical Transportation Services: **503-962-8700**

Medical transportation program offered at no cost to individuals covered by the Oregon Health Plan Plus and Medicaid insurance policies.

Programs listed below are based in Multnomah County, but may provide service to the entire Portland Metro area. Services provided regardless of insurance coverage. Other programs in Clackamas and Washington counties are also available. For more information, call Clackamas County at 503-655-8208, or Washington County at 503-291-1155.

CHIERS **503-238-8132**

Works with the 911 system to assist and transport persons under the influence of alcohol or drugs. Available 1:45pm – 11:45pm. Other times call non-emergency police line at 503-823-3333.

Impact NW Transportation Services **503-988-6300**

10055 E Burnside Street, Portland, OR 97216
www.impactnw.org

Helping people to achieve and maintain self-sufficiency, and prevent and alleviate the effects of poverty. Transportation services for senior and disabled citizens. TriMet tickets: Call for availability of funds.

Northwest Regional Secure Transport

Dispatch: **503-348-4907**
PO Box 4774, Portland, OR 97208: **503-285-2356**
PO Box 945, Philomath, OR 97370: **541-438-4104**

www.northwestregionalsecuretransport.com/ _Call the office number in Portland or Philomath for more information and payment options. 24/7 private provider specializing in securely transporting individuals who exhibit behaviors that may be harmful to themselves or others. Clients are treated in a compassionate and respectful manner at all times. Transportation provided to/from medical appointments, placement relocation and evaluations.

Project Linkage**503-249-0471**

A program of Metropolitan Family Services

plink@metfamily.org

www.metfamily.org/what-we-do/older-adult-support/transportation/

More than 300 volunteers provide transportation and other in-home support services to older adults and people with disabilities: access healthy food, get to medical appointments and stay connected with their communities.

Ride Connection**503-226-0700 or 503-528-1720**

Email: ride@rideconnection.org

9955 NE Glisan, Portland, OR 97220

www.rideconnection.org

Nonprofit, community service organization that links accessible, responsive transportation with community needs. Collaborative effort between TriMet and Ride Connection to assist older adults and people living with disabilities to travel independently and safely: Travel training services, travel options counseling and one-on-one assistance are provided to older adults and people with disabilities in Multnomah, Clackamas and Washington counties at no cost. See website for details. To schedule a ride, call at least four days in advance. Suggested \$1.50 donation each way.

St. Andre Bessette**503-228-0746**

601 W Burnside, Portland, OR 97209

TriMet tickets to jobs and medical appointments. Other transportation also available.

Transition Projects**503-823-4700**

TriMet tickets to jobs and medical appointments. Must have proof of appointment. Bus tickets to jobs available for first week of job.

Legal Resources

The following section is divided by the categories most often associated with mental health needs. Offices that provide general legal resources are marked as such.

These resources are provided for information purposes only. Inclusion in this resource guide is not intended to represent an endorsement by NAMI Multnomah.

Civil Rights

American Civil Liberties Union (ACLU) 503-227-3186

Physical Address: 620 SW 5th Ave, Portland, OR 97240

Mailing Address: PO Box 40585, Portland OR 97240

www.aclu-or.org

The ACLU will only provide direct legal services for cases that will establish precedent on important civil rights issues.

Criminal Defense

Levi Merrithew Horst 971-229-1241

610 SW Alder, Portland, OR 97205

www.lmhlegal.com/firm-overview.php

Criminal Defense, civil rights, juvenile and delinquency law, civil commitments, restraining orders, post-conviction relief, and domestic relations

Metropolitan Public Defender

A private, not-for-profit law firm providing criminal defense for low-income clients.

www.mpdlaw.com

Hillsboro Office 503-726-7900

400 E. Main, Suite 210, Hillsboro, OR 97123

Portland Office 503-225-9100

630 SW Fifth Avenue, Suite 500, Portland, OR 97204

Youth Rights & Justice 503-232-2540

1785 NE Sandy Blvd, Suite 300, Portland, OR 97232

www.youthrightsjustice.org

Legal services to children and families who lack the means to retain counsel. Includes individual representation in juvenile proceedings and class-wide advocacy in courts and legislature.

Disability Related Legal Resources

A.S.S.I.S.T Program (Assertive SSI Service Team) 503-888-2690

4412 SW Barbur Blvd., Suite 200, Portland 97209

www.programassist.org

Limited to residents of Washington County.

Cascadia Disability Law**503-891-8376 or 800-891-0867**

Lloyd Corporate Plaza Building
847 NE 19th Avenue, Suite 260, Portland, OR 97232
www.cascadiadisabilitylaw.com

Offers no-cost in office evaluations of Social Security Disability Cases. Clients work directly with a disability benefits attorney.

Disability Rights of Oregon**503-243-2081 or 1-800-452-1694****TDD****1-800-556-5351**

610 SW Broadway, Suite 200, Portland, OR 97205
www.droregon.org

Advocates for the rights of those with mental illnesses and investigates reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. Facilities under the jurisdiction of DRO may be public or private, and include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails and prisons.

Martin Cohen**503-635-5805**

4040 SW Douglas Way, Lake Oswego, OR 97035
www.pdxdisabilitylaw.com

NAMI Clackamas County**503-344-5050**

10202 SE 32nd Ave., Suite 501, Milwaukie 97222
<https://www.namicc.org>

Peer Resource Specialist on staff can help with Social Security and Disability benefits. Call to schedule an in-person appointment.

Nay & Friedenber**503-245-0894**

6500 SW Macadam Avenue, Suite 300, Portland, OR 97239-3565
www.naylaw.com

Social Security Disability (SSD) benefits, Supplemental Security Income (SSI) benefits and Workman's Compensation benefits, as well as estate planning, special needs planning, guardianships, conservatorships and living trusts.

Thomas, Coon, Newton & Frost**503-228-5222**

820 SW Second Avenue, Suite 200, Portland, OR 97204
www.tcnf.legal

Specializes in Social Security disability benefits and workers comp.

General Legal Support for Low Income Individuals

Legal Aid Services of Oregon (LASO)**Portland Regional Office****503-224-4086 or 1-800-228-6958**

520 SW 6th, Suite 700, Portland, OR 97204
www.lasoregon.org

Nonprofit organization that provides representation on civil cases to low-income clients throughout Oregon. Also sponsors the Senior Law Project, which gives free legal information to seniors and can take cases on an ongoing basis for an income-based fee.

Native American Program (NAPOLS)**503-223-9483**

4531 SE Belmont Street, Suite 201, Portland, OR 97215

<http://oregonlawhelp.org/organization/native-american-program-legal-aid-services-of?ref=JfdvW>

Native American Program, Legal Aid Services of Oregon is a nonprofit law office nationally recognized for specializing in the protection of Indian rights. Since 1979, NAPOLS has provided the highest quality legal advice and representation in nearly every issue and field of Indian Law. Today, NAPOLS continues to provide high-quality legal services to Indian Tribes, groups and individuals with limited income in the state of Oregon.

Oregon Law Center, Portland**800-672-4919****Public benefits hotline:****800-520-5292****Child Support Helpline:****800-383-1222**522 SW 5th Avenue, #812, Portland, OR 97205www.oregonlawhelp.org

Free civil legal services to low-income individuals to assure fairness on matters related to critical needs like food, shelter, medical care, income and physical safety. (Does not provide representation in court).

St. Andrew Legal Clinic**503-281-1500**www.salcgroup.org

With offices in NE Portland (503-281-1500), Hillsboro (503-648-1600) and Oregon City (503-557-9800) offers sliding scale reduced fee legal services to the public on family law matters. Offers services in English and Spanish.

Senior Law Project**Legal Aid Services of Oregon - Portland Regional****503-224-4086 or 800-228-6958**520 SW 6th, Suite 700, Portland, OR 97204www.lasoregon.org

Nonprofit organization that provides representation on civil cases to low-income clients throughout Oregon. The Senior Law Project, which gives free legal information to seniors and can take cases on an ongoing basis for an income-based fee.

Guardian and Conservatorships

Bouneff and Chally Guardianships**503-238-9720**2722 NE 33rd Avenue, Portland, OR 97212www.adoptionnorthwest.com/Guardianship_and_Conservatorship.html**The Elder Law Firm****503-452-5050**US Bankcorp Tower, Suite 1890, 111 SW 5th Avenue, Portland, OR 97204www.theelderlawfirm.com

Addresses the specialized needs of elders, people with disabilities and their families. Covers guardianships, conservatorships, wills, powers of attorney, advance directives, probate, trust administration, long-term care and Medicare. Excellent website for information on guardianships, who needs them and how to go about setting up a guardianship for someone who is mentally incapacitated.

Guardian/Conservator Association of Oregon (GCA)

PO Box 2587, Oregon City, OR 97045

www.gcaoregon.org

Promotes the improvement and standardization of professional guardianship and conservatorship services. Excellent website for information on guardianships, who needs them and how to go about setting up a guardianship for someone who is mentally incapacitated, including a list of association members who provide professional guardianship and conservator services.

Impact NW Senior Guardianship Assistance**503-294-7445**

2037 Douglas Street, Forest Grove, OR 97116

www.impactnw.org

Private pay, often through referral from Adult Protective Services, guardian and conservatorship programs for adults over 60 years old in Multnomah and Washington Counties. Provides protection from financial abuse, neglect and eviction.

Kristianne Cox**503-252-0246**

Guardianship and elder law

Multnomah County Public Guardian**HelpLine:****503-988-3646****Aging & Disability Services:****503-988-4567**

421 SW Oak Street, Suite 510, Portland, OR 97204

www.multco.us/ads/public-guardian-program

A publicly funded resource for elders who are low-income or at risk of being abused or financially exploited. Excellent website for information on guardianships, who needs them and how to go about setting up a guardianship for a mentally incapacitated individual.

Multnomah County Probate Guardianship**503-988-3022**

Multnomah County Courthouse

1021 SW 4th Avenue, Portland, OR 97204**Nancy Doty****503-284-8240**

4030 NE 42nd Avenue, Portland, OR 97213

www.njdoty.com

Guardianship, conservatorship and case management/care coordination services for persons unable to make appropriate decisions and where family members are absent or not involved.

Nay & Friedenber**503-245-0894**

6500 SW Macadam Avenue, Suite 300, Portland, OR 97239-3565

www.naylaw.com

Estate planning, special needs planning, guardianships, conservatorships and living trusts. Excellent website for information on guardianships, who needs them and how to go about setting up a guardianship for someone who is mentally incapacitated.

Senior Citizens Council of Clackamas County **503-657-1366**
www.seniorcitizenscouncil.com

This non-profit agency makes its Guardianship and Conservator services available to anyone in Clackamas County regardless of ability to pay. Agency espouses early and low-cost interventions, including a Guardianship Diversion program, whose short-term services are available to assist individuals in locating and accessing community resource.

Law Enforcement Agencies

Most county Mental Health Departments have a central crisis line linked to a mobile crisis team or local law enforcement such as police or sheriff. Always request that the responding officer have training and experience in crisis intervention.

Beaverton Police Department **503-526-2260**
Non-emergency line: **503-629-0111**
Administration: **503-526-2264**
Public Information Officer: **503-526-2275**
 Beaverton City Hall
 4755 SW Griffith Drive, Beaverton, OR 97005
www.beavertonpolice.org

Clackamas County Sheriff **503-785-5000**
Non-emergency line: **503-655-8211**
 9101 SE Sunnybrook Blvd, Clackamas, OR 97015
 Mailing Address: 2223 Kaen Road, Oregon City, OR 97045
www.clackamas.us/sheriff

Clark County (Washington) Sheriff **360-397-2211**
 707 West 13th Street, Vancouver, WA 98660
www.co.clark.wa.us/sheriff

Gresham Police Department **503-661-3000**
Chief's Office: **503-618-2313**
Report a problem: **503-823-3333**
 1333 NW Eastman Parkway, Gresham, OR 97030
www.greshamoregon.gov

Hillsboro Police Department **503-681-6190**
 250 SE 10th Avenue, Hillsboro, OR 97123
www.ci.hillsboro.or.us

Multnomah County Sheriff **503-988-4300**
 501 SE Hawthorne, Suite 350, Portland, OR 97214
www.mcso.us/public

Multnomah County District Attorney **503-988-3162**
 1021 SW 4th Avenue, Room 600, Portland, OR 97204

Oregon City Police Department 320 Warner Milne Road, Oregon City, OR 97045 www.orcity.org	503-657-4964
Portland Police Bureau Non-Emergency: Central Precinct: East Precinct: North Precinct: 1111 SW 2 nd Avenue, Portland, OR 97204 www.portlandonline.com/police	503-823-0000 503-823-3333 503-823-0097 503-823-4800 503-823-5700
Tigard Police Department 13125 SW Hall Blvd, Tigard, OR 97223 www.tigard-or.gov	503-639-6168
Vancouver, WA Police Department 605 E Evergreen, Vancouver, WA 98661 www.cityofvancouver.us/police.asp	360-487-7400
Washington County Sheriff Non-emergency line: 215 SW Adams Avenue, MS-32, Hillsboro, OR 97123 www.co.washington.or.us/cgj/sheriff.lec.pl	503-846-5757 503-629-0111

Post-Incarceration Resources

Bridges to Change **503-465-2749**
Program screening **503-560-7800**

www.Bridgestochange.com

Locations in Multnomah, Clackamas, Washington and Marion Counties. This agency offers the necessary supports for incarcerated individuals who are struggling with addictions and trying to re-enter the Community. Each county offers slightly different programs, including mentoring, housing and treatment options.

Change Center (Multnomah County) **503-988-3466**

421 SW 5th Avenue, Portland

<https://Multco.us/change-center>

Skill building and educational services for justice involved individuals. Several CBT classes are available on emotion regulation / problem solving skills, substance use, anger management etc. In the area of employment services, they offer a National Career Readiness Certificate program, an employment readiness group (resume, answering background questions in an interview) and a jobs lab practicing skills needed for job searching.

Iron Tribe Network **503-344-6710**

17763 SE 82nd Drive, Suite D, Gladstone, OR 97027

www.irontribenetwork.org

A community organization of ex-cons. The community aims to promote recovery for people affected by criminality, addictions and/or mental health in a safe environment. They focus on building community through programs and services for wellness and recovery including peer support, transitional housing, and family reunification.

Mercy Corps Reentry Transition Center **503-896-5070**

1818 NE ML King Blvd, Portland, OR 97212

www.mercycorpsnw.org/recovery/transition-center

Available to those currently on Probation, Parole, Bench Probation, Post-Prison Supervision, or Close Street Supervision in Multnomah County. Assisting with immediate needs and long-term goals, the Center provides help in transitioning back to the community after incarceration. Clothing, meals, housing referrals, employment and vocational assistance, family reconciliation, counseling, healthcare and dental treatment, assistance with navigating self-employment and disability services. New participant orientation is held at 10:00am every Friday at the center. No registration is required.

Prison Fellowship Ministries **800-206-9764**

44180 Riverside Parkway, Lansdowne, VA 20176

www.prisonfellowship.org

Outreach to prisoners, ex-prisoners and their families.

The Pathfinder Network**503- 892-5396**

2501 SW 1st Ave #300, Portland, OR 97201

thepathfindernetwork.org

Comprehensive assistance to those in within and released from the justice system. Services include from CBT and drug and alcohol treatment programs for those still within corrections to programs. Many services for justice system impacted individuals in the community that include reentry support, peer mentoring, youth mentoring, parenting classes, early childhood home visits and much more.

TPI Transition Projects**503-280-4700**

605 NW Irving, Portland, OR 97209

Prisoner re-entry support.

Volunteers of America Reentry programs / In-Act Clinic**Appointments****503-228-9229**

10564 SE Washington Street, Portland, OR 97216

www.voaor.org

This program was designed to close gaps in services provided to those transitioning from prison to the community. Institutional in-reach, case management, alcohol and drug treatment services and employment support services. Most services operate by referral from a parole or probation officer.

NUMN In-Act Clinic: Naturopathic care and services via a comprehensive outpatient program for first-time offenders with drug and/or alcohol addictions.

HEALTH CARE RESOURCES

Finding Mental Health Care

Finding an appropriate mental health provider can be a long process, but don't give up. It is worth the time and effort to find the provider that is right for you and that you feel comfortable with. Having someone you trust to advise you is an invaluable resource.

If you use medication as part of your treatment plan, finding a psychiatrist can be difficult. Most of the larger clinics have psychiatrists on staff, but many smaller ones do not. If you are taking medication, medication management is essential to your good mental health. Sources like HelpPro and Psychology Today provide professional listings that are very helpful in finding psychiatrists, psychologists, and counselors. They also can be used to find professionals who specialize in a condition, such as bipolar disorder or schizophrenia.

If you do not have a psychiatrist or psychiatric provider and you feel you are near crisis because your medications need adjustment, you can go to the Cascadia walk-in clinic for help. They are located at 2415 SE 43rd Street, Portland, OR 97206.

If you do not have insurance, low cost, sliding scale and OHP covered counseling and psychiatric services are available. This Guide highlights low cost options in the Adult Outpatient Treatment Section and in the Child, Adolescent and Transition Age Youth Sections. For guidance in researching all these resources, you can also call the NAMI Multnomah HelpLine at 503-228-5692.

Breathe Network

<http://www.thebreathenetwork.org>

The Breathe Network is a resource and referral network that connects abuse survivors to practitioners who offer trauma-informed, mind-body-spirit oriented treatments in order to support integrated, sustainable healing and educates survivors of sexual violence and the broader community about the unique benefits of holistic approaches to healing.

Health Connections and Washington County Crisis Line

503-291-9111

This hotline answers questions on where to get mental health services, regardless of ability to pay.

Helppro.com

www.helppro.com

Online look up of mental health providers including specialties.

Mental Health America of Oregon

503-922-2377

www.mhaoforegon.org

Offers free Peer Support Specialist Services

Oregon Family to Family Health Information Center

1-855-323-6744

www.oregonfamilytofamily.org

Resources for children with any disability, including how to find financial support, insurance and specialized care.

Psychology Todaywww.Therapists.psychologytoday.com

Search by type of issues, zip code, treatment orientation or insurances accepted. You will find local psychiatrists, psychologists, therapists and counselors on these lists.

Returning Veterans Project**503-954-2259**www.returningveterans.org

In addition to resources for veterans, RVP publishes a list of providers on their website to help vets find an appropriate mental health provider.

VA Portland Health Care System**503-220-8262 ext. 56409**

Triage for mental health services

Finding Mental Health Care through County Mental Health Departments

County Mental Health Departments are an extremely important resource for finding mental health care at low cost. Oriented to low-income, Medicaid-eligible, uninsured and, in Oregon, to those on OHP Healthshare plans, the county mental health programs are a rich source of information and resources for crisis and ongoing care. Most departments have information to help you find a provider. The listings here focus on finding a mental health care provider and are brief. Please see the full listing for each metro county and all the services they provide in the adult outpatient treatment section.

Multnomah County Mental Health and Addiction Services**Health Share Member Services****503-988-5887****Eligibility for uninsured****503-988-4888**

421 SW Oak Street, Suite 520, Portland, OR 97204

www.multco.us/mhas

Help finding a mental health service provider. For a list of providers and clinics visit their website.

Clackamas County Behavioral Health Division**Triage and referral services****503-742-5335**www.clackamas.us/behavioralhealth/

Help finding a mental health care provider. Includes eligibility check for OHP. Clackamas County operates its own mental health clinics as well as contracting with area agencies to provide services. Visit their website for more details.

Washington County Mental Health Services**General Mental Health Line****503-846-4555****Health Share Member Services****503-291-1155****Eligibility and Low-Income referrals****503-291-9111**155 N 1st Avenue, Suite 160, Hillsboro, OR 97124www.co.washington.or.us/HHS/MentalHealth

Help finding a mental health care provider. For a list of providers and clinics see their website.

Health Care Coverage

Oregon Health Plan (OHP) Client Advocacy

OHP Processing Center

1-800-699-9075

Oregon Health Plan Client Services

1-800-273-0557

Customer Service

1-800-699-9075 or 711 (TTY)

OregonHealthCare.gov

The Medicaid program for Oregon. Apply online for OHP and Health Kids at OregonHealthCare.gov. Trained community partners across the state can help you fill out an application. Visit their website for details. You can also apply for OHP and Health Kids with a paper application. Request a paper application by calling OHP Customer Service.

Care Oregon

Care Oregon & Health Share

503-416-4100

Care Oregon Advantage Medicare

503-416-4279

Care Oregon Dental

503-416-1444

315 SW 5th Avenue, Suite 900, Portland OR 97204

www.Careoregon.org

Nonprofit health plan serving Medicare/Medicaid recipients in Oregon.

FamilyCare Health

503-222-2880 or 1-800-458-9518

825 NE Multnomah Street, Suite 1400, Portland, OR 97232

www.familycareinc.org

FamilyCare is a Medicare Advantage organization with a Medicare contract and a contract with the OHP to provide expanded services to OHP and Medicare recipients in Multnomah, Clackamas, Washington and other Oregon Counties.

HealthShare of Oregon

503-416-8090

www.healthshareoregon.org

Integrated healthcare delivery system for the Tri-County area.

Affordable Care Act

Affordable Care Act Health Insurance Marketplace

800-980-5213

www.healthcare.gov

Health Care Insurance Plans and Resources—Private

Listed here are the major private health insurance providers based in Oregon. The Oregon Insurance Division's Consumer Advocate Liaison may be able to answer specific questions about private health insurance issues.

Family Care Inc.

503-222-2880

825 NE Multnomah, Suite 1400, Portland, OR 97232

www.familycareinc.org

Health Net Health Plan of Oregon, Inc. 1-888-802-7001 or TTY 1-888-802-7122
13221 SW 68th Parkway, Suite 200, Tigard, OR 97223
www.healthnet.com

Kaiser Foundation Health Plan of the Northwest 1-800-237-0283
500 NE Multnomah Street, Suite 100, Portland, OR 97232 -2099
<https://healthy.kaiserpermanente.org/>

MODA Health Plans 503-243-3962 or 1-877-605-3229
TTY: 503-243-3958 or 1-800-433-6313
601 SW 2nd Ave, Portland, OR 97204
www.odscompanies.com

PacificSource Medicare 541-385-5315
2965 NE Conners Avenue, Bend, OR 97701
PacificSource Health Plans 541-686-1242 or 1-800-624-6052
110 International Way, Springfield, OR 97477
www.pacificsource.com

Providence Health & Services 503-574-7500
Providence Health Plan 503-574-7440
Mental/Behavioral Health Triage Line 503-574-9235
3601 Murray Blvd. Beaverton, OR 97005
www.providence.org

Regence BlueCross BlueShield of Oregon 503-225-5221 or 1-800-452-7278
100 SW Market, Portland OR 97201
www.regence.com/or

United Healthcare, Inc. 1-800-842-8000
www.unitedhealthcare.com

Low-Cost Health and Dental Care

Low-Cost Health Care Clinics

Children’s Community Clinic **503-284-5239**

27 NE Killingsworth Street, Portland, OR 97211

Payment: \$125 for uninsured visit. Health care for children and young adults ages 0-21 years, with or without insurance. Clinic has an asthma and allergy clinic.

Coalition of Community Clinics **503-546-4991**

619 SW 11th Avenue, Suite 225, Portland 97205

www.coalitionclinics.org

No direct services. Listing of local health care and behavioral health care clinics that offer low cost care in the Portland Metro Area.

Mercy & Wisdom Community Health Clinic **503-227-1222**

7411 SE Powell Blvd, Portland OR 97206

Payment: Sliding scale. Primary care, women’s health, lab tests and transgender care to low-income patients. Naturopathic/herbal medicine, acupuncture, massage. Clinic open on Mondays and Thursdays.

Multnomah County Health Clinics **503-988-5888**

Focus on general health issues, but low-income individuals may be able to access psychiatric services through these clinics. Call ahead for details.

East County Health Center **503-988-5155**

600 NE 8th, 3rd Floor, Gresham, OR 97030

La Clinica de Buena Salud **503-988-3991**

6736 NE Killingsworth Street, Portland, OR 97218

Mid-County Health Center **503-988-3601**

12710 SE Division Street, Portland, OR 97236

New Patient Screening and Information Center **503-988-5558**

426 SW Stark Street, Portland, OR 97204

North Portland Health Center **503-988-5304**

9000 N Lombard Street, Portland, OR 97203

Northeast Health Center **503-988-5183**

5329 NE Martin Luther King, Jr. Blvd, Portland, OR 97211

Rockwood Community Health Center **503-988-5400**

2020 SE 182nd Avenue, Gresham, OR 97233

Southeast Health Center **503-988-5140**

Dental **503-988-4410**

3653 SE 34th Avenue, Portland, OR 97202

NARA Indian Health Clinics

Indian Health Clinic: 15 N Morris Street, Portland, OR 97227 **503-230-9875**

Wellness Center: 12360 E Burnside, Portland, OR 97233 **971-279-4800**

Payment: Sliding scale fees, no charge for Native Americans. Priority: Native Americans, homeless and uninsured persons. Walk-ins accepted before noon.

National University of Natural Medicine (NUNM)**Main clinic:** 3025 SW Corbett Avenue, Portland, OR 97201**503-552-1551****Beaverton:** 11975 SW 2nd Street, Suite 110, Beaverton, OR**503-552-1552**www.nunmhealthcenters.com

Payment: Reduced fees to those with little or no insurance coverage. Primary health care to low-income patients, with or without insurance. Naturopathic, herbal medicine and acupuncture.

North by Northeast Community Health Center**503-287-4932**

3030 NE Martin Luther King Jr. Blvd, Portland, OR 97212

www.nxneclinic.org

Volunteer medical clinic offering basic health services (no mental health) at no cost to low-income uninsured residents of inner North and Northeast Portland. Serving the following zip codes: 97211, 97212, 97217, 97227, and 97203.

OHSU Family Medicine at Richmond**503-418-3900**

3930 SE Division Street, Portland, OR 97202

<http://www.ohsu.edu/xd/health/services/family-medicine/clinic/richmond/index.cfm>

Payment: Sliding scale fees, Medicaid, Medicare, CHIP. Welcomes and treats all SE Portland residents, regardless of their ability to pay, insurance, income, language, or background. Provides acute and chronic care for SE Portland residents. Call for eligibility requirements.

OHSU Family Medicine Clinic, South Waterfront**503 494-8573**

3303 SW Bond Ave, 9th floor Portland 97239

<https://www.ohsu.edu/family-medicine/ohsu-family-medicine-clinic-south-waterfront>

Offers behavioral health services in addition to medical care.

Old Town Clinic (CCC)**503-228-4533**

727 W Burnside, Portland, OR 97209

<http://www.centralcityconcern.org/services/health-recovery/old-town-clinic>

Old Town Clinic provides compassionate health care to people who might not otherwise get care, treating them with dignity and respect no matter how complex their care. Old Town Clinic offers quality health care to everyone on a sliding fee scale, including primary and naturopathic care.

Oregon College of Oriental Medicine (OCOM)**75 NW Couch Street, 4th Floor, Portland, OR 97209****503-445-0951****2029 NE Cesar E Chavez Blvd, Portland, OR 97212****503-281-1917**<http://www.ocom.edu/>

Payment: \$5-\$35 per visit. Acupuncture, therapeutic massage, Chinese herbal medicine, preventative medicine and chronic pain and disease management. Same day and walk-in services available.

Portland Adventist Community Services**503-252-4589**

11020 NE Halsey Street, Portland, OR 97220

By appointment only.

Outside In Medical Clinic**503-535-3800**

1132 SW 13th Avenue, Portland, OR 97205

Email: info@outsidein.org www.outsidein.org

Accepts homeless/disadvantaged patients under the age of 25. Clinic is walk-in only. Free needle exchange program for adults over the age of 18. Participants receive counseling, safe sex information and supplies, and free and confidential HIV and hepatitis testing. Sliding-scale fees, donations accepted.

Planned Parenthood of Columbia Willamette**503-788-7273 or 1-888-576-7526**www.plannedparenthood.org/planned-parenthood-columbia-willamette

Clinic locations in Beaverton, Salem, NE and SE Portland, and Vancouver.

Quest Center for Integrative Health**503-238-5203**

2901 E Burnside, Portland, OR 97214

www.quest-center.org

Providing tools for dealing with major illness, injury, mental health, diabetes, chronic pain, cancer, HIV/AIDS or other health issues.

Providence Medical Group Northeast**503-215-6600**

5050 NE Hoyt, Suite 540, Portland, OR 97213

Uninsured patients at the first of the month according to zip code. Three-year Teaching Clinic Residency program and long-term medical care. Internal medicine only, no urgent care or walk-ins. financial assistance available.

Rosewood Family Health Center**503-772-4335**

8935 SE Powell Blvd, Portland, OR 97266

Payment: FamilyCare or Open Card OHP only. Family medicine, pediatrics and obstetrics services. School and sports physicals, immunizations, prenatal care and delivery, comprehensive family medicine. By appointment.

Wallace Medical Concern**503-489-1760**

Rockwood Building, 124 NE 181st, Suite 103, Portland OR, 97230

www.wallacemedical.org

Medical appointments, OHP, sliding-scale payment.

Prescription Benefits

Oregon Prescription Drug Program**1-800-913-4146 or 503-945-7834**601 SW 2nd Avenue, Portland, OR 97204www.opdp.org

Prescription medication assistance program for Oregon residents. No cost to join and receive discounts on prescriptions.

Low-Cost Dental Clinics

Mt. Hood Community College Dental Hygiene Clinic**503-491-7176**

Gresham Campus, 26000 SE Stark Street, Gresham, OR 97030

www.mhcc.edu/DentalHygieneClinic/

Low-cost dental care for Gresham community. Call for hours.

Geriatric Dental Group**Portland:****503-772-3677****Vancouver:****360-326-3829**

6319 SE Powell Blvd, Portland, OR 97206

www.GeriatricDental.org

Geriatric Dental Group is a non-profit dental services organization. Geriatric Dental Group provides comprehensive dental care to patients 55 years of age and older as well as patients of any age confined to a wheelchair with fees averaging between 20% and 50% lower than other providers. Certain insurances may be billed. Other locations in Vancouver and Federal Way, Washington.

Medical Teams International Mobile Dental Program**Oregon:****503-624-1026****Washington:****425-284-1952**

14160 SW Milton Court, Tigard, OR 97224

www.medicalteams.org

Free or low-cost preventive and urgent dental care services to low-income patients who lack dental insurance or any way to pay for dental treatment.

Multnomah County Dental Clinics**503-988-6942**

Routine and urgent dental care at six clinics throughout Multnomah County for OHP clients.

Low-cost urgent or emergency dental care services for uninsured clients.

NARA Dental Clinic**971-347-3009**

12750 SE Stark St Bldg. Portland, Oregon

<https://www.narathwest.org>

Basic and preventative dental care for the whole family. Call for referral and intake process.

A New Dimension in Denture Service**503-252-9699**206 NE 80th Avenue, Portland, OR 97213www.anewdimensiondenture.com

Denture services at negotiable, reduced fees for low-income clients. Services include realignment, repairs, partials and full denture replacement. Call for appointment.

OHSU Russell Street Dental**503-494-6822**

214 N Russell St, Portland 97227

<https://www.ohsu.edu/dental-clinics>

Low-cost dental program for insured/uninsured people. Sliding fee scale for enrolled patients.

OHSU School of Dentistry**503-494-8880**

Collaborative Life Sciences Building, 2730 SW Moody Avenue, Portland, OR 97201

Clinics for pediatric orthodontics, periodontics, endodontics and oral surgery.

Portland Community College Dental Clinic**971-722-4909**Sylvania Campus, 12000 SW 49th Avenue, Portland, OR 97219

Comprehensive oral exam, \$5; low-cost teeth cleaning, dental X-rays, fillings and sealants. By appointment only.

Grievance Process/Unethical Care

Most health care agencies and clinics have processes for resolving grievances. New clients are given the information about how to file a grievance during the intake process. If you indicate that you would like to file a grievance about your care or treatment, you will be given that information again to help you with the process.

Keep in mind that anyone's temper can flare from time to time, patients and staff members as well. It's not necessarily anyone's fault. When you ask to file a grievance, it gives you and the other party a chance to step back and think about the situation and gives you a chance to decide what you really need from the situation.

When you follow through, an impartial third party often comes into the discussion and cooler heads often prevail. If you are not satisfied with the outcome of the grievance process at your clinic, contact one of the resources listed here for help.

Behavioral Health Ombudsman (State of Washington)

866-666-5070

The Mental Health Ombudsman (MHO) provides consumers a complaint and grievance process that ensures confidentiality, restricts retaliation, and provides access to an Administrative Fair Hearing. Acting as an advocate for the consumer, the MHO will listen to the complainant(s), investigate the allegations, and make recommendations for resolution. The primary goal of advocacy is to resolve the complaint at the lowest level possible.

Oregon Health Authority (State of Oregon)

Behavioral Health Services:

<http://www.oregon.gov/oha/amh/Pages/AMH-Complaint-Page.aspx>

Healthcare Regulation and Quality Improvement:

<http://public.health.oregon.gov/ProviderPartnerResources/HealthcareProvidersFacilities/HealthcareHealthCareRegulationQualityImprovement/Pages/index.aspx>

The Oregon Health Authority is responsible for Oregon's behavioral health system of care and is responsible for investigating complaints involving the behavioral health system of care. If you have gone through the complaint process at your provider's agency and are still unhappy, you can file a complaint about the resolution here.

Governor's Advocacy Office (GAO)

503-945-6904 or 1-800-442-5238

Oregon Department of Human Services Ombudsman, the Children's Ombudsman, the Foster Care Ombudsman, and the DHS Client Complaint or Report of Discrimination Process.

The Office of the Long-Term Care Ombudsman

800-522-2602

3855 Wolverine Street NE Suite 6, Salem OR 97305

www.oregon.gov/LTCO/pages/about_us.aspx

This agency handles complaints about long-term care providers. Complaints are investigated and resolved by staff and a cadre of trained and certified volunteer ombudsmen assigned to facilities throughout the state. The program also provides hundreds of free consultations each year to individuals struggling with the complexities of the long-term care system.

Oregon Law Center 503-295-2760 or 800-672-4919
Public Benefits Hotline: 800-520-5292
Legal intake line: 800-672-4919
 Free services to low income individuals to assure fairness on matters related to critical issues such as medical care, food, shelter, income and physical safety.

Complaints about Providers

Filing a complaint about a provider triggers an investigation by the Board of Medical examiners. The websites below will inform you about the process, including information about what can and what cannot be investigated and how to contact someone who will answer questions about the process

Oregon Board of Medical Examiners (Doctors, Psychiatrists) 971-673-2700 or 1-877-254-6263

Email: omb.info@state.or.us

<http://www.oregon.gov/OMB/Investigations/Pages/How-to-File-a-Complaint.aspx>

Information on a board licensee, including license number, date first licensed in Oregon, expiration date, license status (active, inactive, etc.), a licensee's disciplinary standing, mailing address, business address, business phone number, year of birth, specialty and location of patient records.

Oregon Board of Licensed Social Workers 503-378-5735

Email: Oregon.blsw@state.or.us

<http://www.oregon.gov/BLSW/Pages/consumer.aspx>

Oregon Board of Licensed Professional Counselors and Therapists 503-378-5499

Email: lpct.board@state.or.us

www.oregon.gov/OBLPCT

Complaints about Insurance Carriers

Department of Consumer and Business Services 503-947-7984 or 888-877-4894

Email: Cp.ins@oregon.gov

Consumer Advocate Liaison
 PO Box 14480, Salem, OR 97309-0405

<http://dfr.oregon.gov/gethelp/Pages/file-a-complaint.aspx>

As an arm of the Consumer Protection Agency in Oregon, when Department of Financial Regulation sees pattern of denials starting to develop among insurance carriers, they work with the insurance company to resolve the issues. You can talk to an Advocate who will and refer the information to the Market Surveillance Department to dig into issues. While this agency does not regulate the insurance industry, they do enforce consumer protections against misleading claims about the nature of products or services offered to Oregon consumers.

SHIBA Senior Health Insurance Benefits Assistance

Volunteer helpline:

503-947-7979 or 800-722-4134

Part of SHIBA, advocates can help with Medicare complaints

Service Animals

Acquiring and working with a service dog

For anyone considering how a service dog might improve his or her life, there are a few things to consider up front. There is an excess of information online, some of it not truthful. Although we don't claim to be experts in the field, we offer some practical advice in approaching the topic.

The cost: Training a service dog takes many hours and the costs can run upwards of \$10,000. As far as our research has found, there is no government agency that will approve and pay for the cost of services dogs, except for Seeing Eye Dogs. Organizations that provide service dog training often make arrangements for some type of fund raising to assist you in paying for the costs of your dog and will work alongside you. Check with the provider to see what your options will be.

Choosing a dog and a trainer or training organization: Guidelines for which breeds perform best for which needs and which organizations are best suited for your situation can be found on various websites. Service Dog Central and Assistance Dogs International are both sites that address the wide range of issues you will need to consider. Their information is listed below.

Laws regarding service dog: The existing laws and guidelines for using a service dog are spelled out on various websites, including the Americans with Disabilities Act (ADA) https://www.ada.gov/service_animals_2010.htm. Oregon Law may be found at www.oregonlaws.org/ors/659A.143.

Certification: Some organizations sell what they call "certificates" for \$25. They have no standing with the law. To understand what certifications are required for which dogs, one must look at the definitions of the different types of service animals.

Service Dogs: A service animal is a dog that is individually trained to do work or perform tasks for a person with a disability. The training can take 6 months to a year. In Oregon, the terminology is Assistance Animal. The training can be done by the individual handler or by a trainer. Examples are dogs for the blind, dogs that detect diabetic emergencies, and similarly, dogs that detect symptoms of impending psychiatric emergencies.

Therapy Dogs: Therapy dogs are always part of a Handler-Dog pairing. The Handler and Dog are trained together to provide therapy and they must be certified. Most often, these dogs are used to provide therapy to others. Certification is a process of testing the dog and handler for obedience and safety in situations involving other people and other animals. An individual can also acquire and train a therapy dog for their own use. When used as a part of psychiatric therapy for other individuals, the Handler must not only be certified but must also carry liability insurance. Find out more about certification programs at the American Kennel Club Website: www.akc.org/dog-owners/training/canine-good-citizen/

Emotional Support Dogs: These animals are not licensed or certified. They do not have the same rights as Service Dogs or Therapy Dogs. To have an Emotional Support Dog Accepted in Public places, you must have a letter from a doctor or counselor stating that you have a need for the dog. See the following link <http://ct.counseling.org/2015/04/confirming-the-benefits-of-emotional-support-animals/>

The following is a short list of agencies that can provide information or help in acquiring and training a dog. These resources, among many more you can find online, are offered as a start to your search.

Laws Concerning Service Dogs

www.assistedogsinternational.org/wp-content/uploads/2012/01/ADI20062ndprint.pdf

Information on Services Dogs

Anything Pawsable

www.anythingpawsable.com

Training information, tutorials, definitions and laws pertaining to service dogs.

Assistance Dogs International

www.assistedogsinternational.org

Guidelines for finding, training and using a service dog

International Association of Assistance Dog Partners

www.iaadp.org

A non-profit, cross-disability organization representing people partnered with guide, hearing and service dogs. IAADP's overall mission is to foster the assistance dog movement in the USA and other countries.

Psychiatric Service Dogs Partners

<https://www.psychdogpartners.org/>

Educational information and resources for those thinking about the possibility of a service dog.

Psychiatric Service Dog Society

www.Psychdog.org

This website, although listed as a resource on many other websites, appears to be shut down. The website has not been functional since at least late 2014 that we know of.

Please Don't Pet Me

www.pleasedontpetme.com/

This website promotes widespread understanding of services dog teams; definitions, laws, best practices.

Service Dog Central

www.servicedogcentral.org

Guidelines for finding, training and using a service dog. Very thorough information on how a service dog must be trained.

Sunstone Service Dogs (St Helens, OR)

Email: heather@sunstoneservicedogs.org

PO Box 1547, St. Helens, OR 970541

www.sunstoneservicedogs.org

Oregon based groups with Dog Training, Dogs available and information on the process of getting a service dog. This agency does train dogs for psychiatric service as well as other disabilities. Accepts clients within 2 hours of St. Helens location.

Physical and Mental Health Interventions with Service Animals

Healing Allies Project (Puget Sound)

www.healingalliesproject.org/

Working with teens and adults with Tourette syndrome

Pet Partners**425-679-5500.**

875 124th Avenue NE, #101, Bellevue, WA 98005

www.petpartners.org

This agency demonstrates the impact of animal-assisted interventions on human health and well-being by providing therapy dog visits to nursing homes, hospitals, veterans' gathering places and anywhere therapy dogs can bring comfort to people.

Dog Training and Acquisition

Avery Brown, Certified Professional Dog Trainer

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

Certified professional dog trainer with specialty in service animals. Request contact on website.

City Dog Country Dog - Caroline Spark

City, Portland, Oregon

503-740-4886

Country, Yachats, Oregon

541- 547-3793

www.citydogcountrydogtraining.com

Professional dog training and behavioral change solutions. Private coaching, information, and emotional support at all stages of the training process, for owner-trained service dogs, skilled companions, emotional support dogs, and dogs who engage in animal-assisted activities and therapy work.

Healing Allies (Puget Sound)

www.mentalhealthdogs.org

Healing Allies is currently offering service dog training, coaching, and evaluation and consulting services for owner-trainers and service dog handlers on a case by case basis in the Puget Sound area. As of March 2015, Healing Allies is not placing service dogs, emotional support dogs or skilled companion dogs; therefore, it is not currently accepting new client applications.

Little Angels Service Dogs (Based in California)**800-528-9550**

www.littleangelsservicedogs.org

This agency has knowledge of how to train dogs for mental health or psychiatric service, as well as for physical disabilities.

Sunstone Service Dogs (St Helens, OR)

Email: heather@sunstoneservicedogs.org

P.O. Box 1547, St. Helens, OR 970541

www.sunstoneservicedogs.org

Oregon based groups with Dog Training, Dogs available and information on the process of getting a service dog. This agency does train dogs for psychiatric service as well as other disabilities. Accepts clients within 2 hours of St. Helens location.

HOUSING, SHELTER, AND FOOD RESOURCES

Domestic Violence Resources and Shelter

Domestic Violence Information

Note: All of the organizations listed in the *NAMI Domestic Violence Tip Sheet* provide advocacy services, as well as housing assistance.

What is Domestic Violence?

If you are in an intimate partner relationship that feels unsafe or is hurtful towards you, you may be in a domestic violence situation. Domestic Violence can be physical, emotional, financial, sexual or psychological. It is a pattern of abuse that is used to manipulate and gain power over another person.

Who can I call to talk to about my situation?

1-888-235-5333

Call to Safety (formerly Portland Women's Crisis Line) is the central phone line for shelter access throughout Multnomah County. Domestic violence and sexual assault advocates are available to listen to you and direct you to community resources 24 hours a day, 7 days a week.

How do I get into a DV shelter in Multnomah County?

You will need to fill out a **Safety and Stabilization Assessment (SSA)** in person at Call to Safety or a DV advocacy center. Contact **Call to Safety at 1-888-235-5333 or 503-235-5333 to find out where to fill out an SSA.** Or email support@calltosafety.org for information.

What is an SSA and why is it important?

As of March 2015, you can no longer be admitted to a DV shelter or get on to a DV shelter waitlist without completing an SSA. **The SSA allows survivors equal access to housing resources. The SSA is part of the Coordinated Access Program, a federally mandated program that requires individuals in need of housing equal access to all housing dollars.** Filling out an SSA also gives the county a way to track the amount of housing resources necessary for DV survivors. The SSA will also allow survivors to have in person conversation with advocates. This will help advocates determine the best housing resource for the survivor.

In order to fill out an SSA and qualify for DV housing, you must meet the following criteria:

1. The caller is a survivor of DV
2. The caller is actively trying to flee a DV situation
3. The caller needs housing/shelter as the result of a DV situation
4. The caller can go in person to fill out an SSA (In extreme cases, SSA's can be filled out via phone)

How long will it take to fill out an SSA? 60-90 minutes

Filling out an SSA over the phone

Call to Safety: ONLY for survivors that can't go in-person now or in the future without jeopardizing their physical safety. Monday - Friday, by appointment with a Direct Service Advocate. Call: [1-888-235-5333](tel:1-888-235-5333)

Call to Safety**503-235-5333 or 1-888-235-5333**

PO Box 42610, Portland, OR 97242

www.calltosafety.org

Formerly Portland Women's Crisis Line. Primary number for Metro area shelter services in cases of domestic violence. 24/7 Crisis Line and sexual assault advocacy, providing needs assessments, peer support, safety planning, crisis intervention and referrals to community services. Call to Safety provides specialized services to survivors of sexual assault through direct service advocates.

Catholic Charities El Programa Hispano**Crisis Line:****503-232-4448****Portland Location:** 2740 SE Powell Blvd, Portland, Oregon 97202**503-231-4866****Gresham Location:** 138 NE 3rd Street, Suite 140 Gresham OR 97030**503-669-8350**www.catholiccharitiesoregon.org**Domestic Violence Coordination Office (DVCO)****503-988-4112**

421 SW Oak Street Suite 660, Portland, OR 97204

<https://multco.us/dv>

Information and website listing to help find DV shelter and services. The Multnomah County Domestic Violence Coordination Office (DVCO) acts as a community resource for the prevention of, and intervention in, domestic violence by providing information, consultation, and technical assistance to community groups who wants to address this important issue.

Domestic Violence Resource Center**503-640-5352****Crisis Line****503-469-8620**

Downtown Hillsboro office: 180 E Main Street, Suite 201, Hillsboro, OR 97123

<http://www.dvrc-or.org/>

DVRC is a non-profit agency providing free services to adult and child survivors of domestic violence within Washington County, Oregon and surrounding areas. They offer protective order advocacy, professional counseling, confidential shelter, 24-hr crisis line response, safety planning, resource referrals, and community trainings. The Community Advocacy office is open Monday - Friday. The counseling office is open Monday - Thursday.

Gateway Center for Domestic Violence Services**503-988-6400**

10305 East Burnside Street, Portland, OR 97216

<http://www.portlandoregon.gov/gatewaycenter/>

Mission to prevent and reduce the impact of intimate partner violence and its subsequent trauma by providing comprehensive, survivor-centered advocacy and services within a welcoming and culturally sensitive environment. Navigators (Advocates) who will help you learn about the services and resources available to you because of your intimate partner violence situation: information, resources, and support in Legal Aid Services, Public Assistance, Restraining Orders, Victim's Assistance and Support Counseling for Survivors.

Native American Youth and Family Center (NAYA Family Center)**Intimate Partner Violence and Pregnancy Program****503-288-8177 x 248**

5135 NE Columbia Blvd, Portland, OR 97218

www.nayapdx.org

Domestic violence support program. Referrals to other community services.

Raphael House of Portland**503-222-6507****Crisis Line:****503-222-6222**

4110 SE Hawthorne Blvd, Suite 503, Portland, OR 97214

www.raphaelhouse.com

Dedicated to ending intimate partner violence. Confidential emergency center and non-residential advocacy and programming for individuals and families of all backgrounds, cultures, ages and sexual orientation.

Russian Oregon Social Services (ROSS)**Ecumenical Ministries of Oregon:****503-777-3437**

4033 SE Woodstock Blvd, Portland, OR 97202

www.emoregon.org/ross.php

Free social services for Russian-speaking refugees and immigrants. Domestic Violence Related Individual and family counselling, 24-hour crisis response, domestic violence and sexual assault support groups; referrals for community support.

YWCA**503-294-7400**

1111 SW 10th Avenue, Portland, OR 97205

<http://www.ywcapdx.org/>

The YWCA's Domestic Violence program supports survivors of domestic violence to achieve personal safety, self-sufficiency, and a renewed sense of hope through our services at The Gateway Center, Home Forward, and the Yolanda Project. The YWCA has a Navigator and Emergency Advocate co-located at the Gateway Center. The YWCA also has two Emergency Advocates co-located at Home Forward to support survivors of domestic violence to retain their housing, or secure alternative emergency housing during times of crisis. The YWCA's Yolanda Project works with survivors of domestic violence at risk of becoming homeless obtain safe, stable housing for themselves and their families rather than staying in a shelter.

Support Organizations for Abuse Survivors

Breathe Network**503-232-1528**www.thebreathenetwork.org

The Breathe Network is a resource and referral network that connects survivors to practitioners who offer trauma-informed, mind-body-spirit oriented treatments in order to support integrated, sustainable healing and educates survivors of sexual violence and the broader community about the unique benefits of holistic approaches to healing.

Compassionate Gathering**503-866-6163**www.compassionategathering.blogspot.comwww.facebook.com/Compassionate-Gathering-359700572676/

Support for those wounded by child abuse, sex abuse, rape, domestic violence, clergy abuse, and emotional abuse. When those wounded are listened to as long and as often as needed, they begin to heal, and then are able to support others on the journey to healing.

Voices Set Freewww.voicesetfree.org/

Voices Set Free seeks to create an ongoing dialogue to address violence against women, children, and underrepresented populations. We provide support groups, mentoring, mental health services, and grassroots advocacy by initiating collaboration in our communities.

The Children's Center**503-655-7225**www.childrenscenter.cc/

The Children's Center is a partner in Clackamas County's response to child abuse and the answer to a child's pain. A private, non-profit medical assessment center, the Children's Center supports children and families in cases of suspected physical abuse, sexual abuse, neglect, drug endangerment and witness to violence.

OAASIS**503-274-1179**www.oaasisoregon.org

Oregon Abuse Advocates and Survivors in Service (OAASIS) is a coalition of individuals and organizations dedicated to increasing public awareness of the realities of childhood sexual abuse, to supporting and empowering survivors of such abuse, and to advocating for strong public policies and laws aimed at preventing it. Providing counseling assistance to child abuse survivors who cannot otherwise find or afford such help, either by referrals or by financial assistance.

Sexual Assault Resource Center (SARC) Oregon**Crisis Line****503-640-5311**

4900 SW Griffith Drive, Suite 100, Beaverton, OR 97005 Office: 503-626-9100

www.sarcoregon.org

Part of a National organization, SARC is a non-profit which provides a 24 hour crisis line and resources for individuals who are survivors of sexual assault.

Domestic Violence Treatment

The following resources are for individuals seeking change from the attitudes and behaviors that lead to domestic violence.

Allies in Change**503-297-7979**

1007 NE Broadway, Suite 221, Portland, OR 97232

<http://www.alliesinchange.org/>

The mission of Allies in Change is to raise awareness of, educate about, and encourage the practice of healthy, loving and respectful relationships with oneself, one's partner and family, and the community. As the name reflects, Allies in Change intends to promote working with others as allies. They acknowledge that some cultural values such as traditional definitions of gender roles and power may undermine a person's ability to be fully loving in relationships. They seek to address and change these values on individual, familial and societal levels. Allies in Change has individual, couples and group counseling as well as respectful parenting, anger management classes and women's recovery support groups.

Eastside Concern, Inc.**503-253-5954**1949 SE 122nd Avenue, Portland, OR 97233www.centralcityconcern.org/services/health-recovery/eastside-concern/

Part of Central City Concern. Yearlong program of outpatient domestic violence treatment for men who have been convicted of a domestic violence charge.

Shelters and Transitional Housing

Shelters

Bud Clark Commons

503-280-4700

650 NW Irving St, Portland, OR 97209

A 90-bed shelter for men and 90-bed shelter for women. Day resource center includes lockers, laundry and showers, and a large, safe courtyard for socializing. Community partners provide case management, housing assistance, addiction and mental health support; and learning center for job and housing searches. Also, 130 units of permanent supportive housing for chronically homeless people.

City Team Ministries

503-231-9334

526 SE Grand Ave, Portland, OR 97214

www.cityteam.org/

Meals, day services, housing and transitional housing, recovery programs primarily for men. Women are welcomed for limited hours from 1-4 pm only.

Clackamas Coordinated Housing

503-655-8575

Public Services Building, 2051 Kaen Road, Oregon City, OR 97045

www.clackamas.us/communitydevelopment/cccha.html

Clackamas County Coordinated Housing Access will be the central point for households experiencing homelessness or a housing crisis to seek assistance. Contact by phone and you will receive a call back within 3 business days for a basic eligibility screening. You will be given resource information and if you are eligible, you will be added to the area waitlist for all housing programs you qualify for.

Do Good Multnomah Wy-East Shelter

Referrals:

503 490-0285

<https://dogoodmultnomah.org>

24/7 facility with 110 beds. Priority given to Veterans but also serve non-Veterans in need if beds are available. Participants have access to washer and dryer, showers, dinner and are able to come back to the same bed every night.

Housing Solutions Center (Clark County WA)

Intake hotline

360-695-9677

Clearinghouse for homeless shelters in Clark County Washington sponsored by the Council for the Homeless.

Human Solutions

Portland:

503-548-0200

Gresham:

503-405-7875

<https://humansolutions.org/services/homeless-services/>

Shelter for anyone who identifies as a woman. Works with all women including those who have experienced domestic violence. It is not a secure DV shelter but is DV informed. This shelter has no walk-up access; instead they partner with 211, The Gateway Center, and A Call to Safety to screen for eligibility and coordinated intake. Call 211 or log on to 211info.org.

Multnomah County Mental Health**503-988-5464**

Provides housing for persons recently released from hospital care.

My Father's House**503-492-3046**

P.O. Box 1147, Gresham, OR 97030

www.familyshelter.org/

The mission of My Father's House is to equip homeless families with the life skills necessary to become contributing members of their community. My Father's House provides essential needs to homeless families, enabling them to stay together while learning new skills to become stable and secure before they move into permanent housing of their own. Funded solely through private donations, the shelter stands as evidence of a realized vision and community-wide commitment to helping homeless families overcome obstacles to re-establish their independence.

Portland Homeless Family Solutions**503-915-8306**

1221 SW Yamhill Street, Suite 210, Portland OR 97205

www.pdxhfs.org/

Access for services is through the 211 information line. PHFS uses evidence-based practices, such as trauma informed care and the Full Frame Initiative to help people break the cycle of homelessness and overcome systemic barriers to their success. Multiple shelters in the downtown SW Portland area.

Portland Rescue Mission**503-647-7466****Burnside Shelter:** 111 W. Burnside, Portland, OR 97209**503-906-7690**www.portlandrescuemission.org

Temporary shelter, meals, day services, including mail and clothing, recovery programs and a chapel. Referring guests to treatment programs, medical providers, employment programs and transitional housing facilities to help get their needs met.

Right to Dream 2 Homeless Camp4th and Burnside, Portland, Oregonwww.right2dreamtoo.blogspot.com/

Offering clean tents for the night. Open at 6pm to sign up for the night.

Rose Haven for Women**503-248-6364**

627 NW 18th Avenue, Portland, OR 97209

Day shelter and community center for women and children affected by homelessness, abuse or other life changes. Group activities, housing advocacy and clothing.

SAFES (Salvation Army)**503-227-0810****Salvation Army Main Line:****503-227-8681**

30 SW 2nd Avenue, Portland, OR 97204

www.safeshelterpdx.org

Emergency shelter for women featuring showers, day services and advocacy. Their mission is Empowering women to move from homelessness to housing.

Safety Off the Streets Shelter**503-280-4700**

435 NW Glisan Street, Portland, OR 97209

Mats for up to 70 women. Shelter open from 5 pm to 8 am. Downtown location

Shelter List<https://www.shelterlist.com>

Can search Oregon by county or zip code for all shelters.

Transition Projects (TPI)**503 488-7750**

Willamette Center, 5120 SE Milwaukie Avenue Portland 97202

<https://www.tprojects.org/shelters>

Emergency shelter with 120 beds and service center for couples and women experiencing homelessness. Program is an intentional, strategic component of A Home for Everyone.

Union Gospel Mission**503-274-4483**

3 NW Third Avenue, Portland, OR 97209 |

www.ugmportland.org

LifeChange addiction recovery community and programs. Meals, food boxes and clothing. LifeChange is a Christ-centered addiction recovery community. When you join the LifeChange community you live and work with people committed to transforming their lives and breaking free of destructive life patterns.

Veterans and Family Center (Salvation Army)**503-239-1259**

14825 SW Farmington Road, Beaverton, OR 97007

Transitional housing center for 50 veterans and their families daily. Through intensive case management and collaboration with the Veterans Administration, clients are provided with the tools necessary to become self-sufficient. The shelter offers a 9-month housing and support program.

West Women's & Children's Shelter (Salvation Army)**503-224-7718**

Referral only program for women with children in domestic violence situations: Transportation, food, shelter, and clothing; job placement and housing assistance; preschool and day care for children.

Women's Shelters--A Nationwide Directory of Shelters for Women<https://www.womenshelters.org>

Can search Oregon by county or zip code for women's shelters.

YWCA Greater Portland Oregon**503-294-7400**

1111 SW 10th Avenue, Portland, OR 97205

www.ywca-pdx.org

Temporary shelter for homeless families; programs for domestic violence and transitional housing; camp programs for children; services for senior citizens.

Homeless Youth Shelters

Janus Youth Programs**503-432-3986**

707 NE Couch Street, Portland, OR 97232

www.janusyouth.org

24-hour access screening. The single point of entry for homeless youth ages 14 to 24 seeking services through Portland's Homeless Youth Continuum, the Center screens over 700 youth each year providing engagement, intake, screening and community referrals. Services are provided at Harry's Mother (runaway youth ages 9-17) and the Street Light and Porch Light Shelters.

Bridge House**503-238-1702**

4015 SE Madison, Portland, OR 97214

Bridge House is part of Janus Youth Shelters and empowers youth ages 16 to 20 to support themselves and work toward fulfilling their educational or employment needs. Safe, supportive, supervised home environment for youth ages 16 to 20 who meet homeless criteria. Also serves pregnant or parenting youth with children under 2.

Changes**503-380-0725**

4015 SE Madison, Portland, OR 97214

Part of Janus Youth Programs, Changes is an independent living program for youth ages 16 to 20 that meet homeless criteria, Changes provides basic financial assistance with initial move-in costs such as a security deposit, application fee or cleaning fee for an apartment, and case management support to youth ready to live on their own.

The Inn**503-496-1160 ext. 10**

Housing services for at-risk youth and youth transitioning out of foster care. Services families of young adults and boys 13 years and older.

Outside In**503-535-3800**

1132 SW 13th Avenue, Portland, OR 97205

www.outsidein.org

Providing housing, education, employment, counseling, medical care, healthy meals, recreation, art and safety off the streets. Clinic is walk-in only. Medical care includes counseling, safe sex information and supplies, and free and confidential HIV and hepatitis testing. Free needle exchange program for adults over the age of 18. Sliding-scale fees, donations accepted.

Transitional Housing Services

The agencies listed below own rental housing and are committed to housing and working toward self-sufficiency for homeless people.

Blanchet House**503-241-4340**

310 NW Glisan Street, Portland, OR 97209

www.blanchethouse.org

Transitional housing for men struggling with addiction, unemployment or home and family issues. Serving breakfast, lunch and dinner six days a week.

Cascadia Behavioral Health Care**503-238-0769**

PO Box 9275, 847 NE 19th Avenue, Suite 100, Portland, OR 97207

www.cascadiabhc.org

Housing for those with special needs as a result of struggles with mental illness and/or addictions. "Housing first" approach helps people secure housing and then links them with services to maximize their success. Most housing is permanent and affordable to people with extremely low incomes. Services vary from sites where tenants are largely independent, to fully licensed 24-hour staffed facilities.

Catholic Charities (Caritas)**971-222-1880**

2740 SE Powell Boulevard, #6, Portland, Oregon 97202

www.catholiccharitiesoregon.org

Rental housing program for very-low-income individuals and families as well as special need populations in western Oregon and housing transition program for homeless women. Caritas Housing partners with social service partners, such as Catholic Charities Housing Transitions Program, to offer social services to facilitate self-sufficiency and positive changes in the lives of residents.

Central City Concern (CCC)**Housing and Resident Services****503-525-8483**

523 NW Everett, Portland, OR 97209

www.centralcityconcern.org

Low-income rental housing for singles and families to provide pathways to self-sufficiency.

Clackamas Coordinated Housing**503-655-8575**

Public Services Building, 2051 Kaen Road, Oregon City, OR 97045

www.clackamas.us/communitydevelopment/cccha.html

Clackamas County Coordinated Housing Access will be the central point for households experiencing homelessness or a housing crisis to seek assistance. Contact by phone and you will receive a call back within 3 business days for a basic eligibility screening. You will be given resource information and if you are eligible, you will be added to the area waitlist for all housing programs you qualify for.

Community Services Northwest**360-397-8488**

1601 E Fourth Plain Blvd, Building 17, Suite B222, Vancouver, WA 98661

www.communityservicesnw.org

Integrated mental health, addictions and housing services, focusing on individual strengths and recovery.

Home Base**503-654-1007 ext. 108**

Rent assistance, and re-housing support in Clackamas County for homeless families and families facing eviction.

Luke-Dorf**503-726-3690**www.luke-dorf.org

Luke-Dorf offers housing placement and support for clients. Luke-Dorf's Bridegview program offers a 2-year housing program.

Human Solutions **503-907-2828**
Portland Office: 12350 SE Powell Blvd, Portland, OR 97236 **503-548-0200**
Rockwood Office: 124 NE 181st Avenue, Gresham, OR 97230 **503-405-7875**
www.humansolutions.org

Shelter, transitional and permanent housing for homeless families. Both offices offer energy assistance, anti-poverty education and rent assistance. Human Solutions operates the Daybreak Shelter and the Winter Family Shelter and operates an employment program.

Impact Northwest Bridges to Housing Program **503-721-1740**
Housing and energy assistance for mentally ill, low income and other vulnerable individuals. Also offers assistance with hotel stays for newly homeless people.

Innovative Housing Inc. **503-226-4368**
219 NW 2nd Avenue, Portland, OR 97209
www.innovativehousinginc.com

Innovative Housing provides safe, affordable homes to individuals and families. Our portfolio includes workforce housing in downtown Portland, large family apartments, studios for people with physical and mental disabilities, and housing for individuals and families transitioning out of homelessness.

Macdonald Center **503-222-5720**
121 NW 6th Avenue, Portland, OR 97209
www.macdcenter.org

Transitional and long term housing for Mentally Ill and homeless who are vulnerable. Payee and SROs for homeless and mentally ill.

Oxford Housing **503-247-0777**
<http://or.oxfordhouse.us/>

Houses are democratically operated by residents. A recovering individual can live in an Oxford House for as long as he or she does not drink alcohol or use drugs and pays an equal share of the house expenses. Any recovering alcoholic or drug addict can apply at the house of their choice and be interviewed by current residents. Rent is usually lower than current market value, making Oxford Houses more affordable for low-income individuals.

Patton Home **503-281-1844**
4619 N Michigan Avenue, Portland, OR 97217
www.emoregon.org/Patton_home.php

Affordable drug- and alcohol-free housing in a neighborhood, single-room occupancy facility. Some subsidized rentals through Home Forward. Dining Room for affordable meals on weekdays.

The Veterans' and Family Center (Salvation Army) **503-239-1259**
14825 SW Farmington Road, Beaverton, OR 97007
9-month transitional housing program for qualified veterans and their families; other services. Open 24 hours per day. Drug- and alcohol-free environment.

Low-Income and Affordable Housing

The following housing agencies (including HUD housing agencies) rent a percentage of their apartments to low income individuals at affordable or subsidized rate in accord with US Government programs. They do not necessarily offer transitional programs.

Cascade Management **503-682-7788**

13221 SW 68th Parkway, Suite 310 Portland, Oregon 97223
www.cascade-management.com

Clackamas County Housing Authority **503-655-8267**

PO Box 1510, 13930 S Gain St, Oregon City, OR 97045-0510
www.co.clackamas.or.us/hacc

Affordable, safe, and clean housing opportunities for low-income people in Clackamas County.

Community Partners for Affordable Housing **503-293-4038**

PO Box 23206, Tigard, OR 97281
www.cpahinc.org

Promoting a healthy community through the development of permanent affordable housing, sustainable economic growth and community-based partnerships. Serves Tigard, Tualatin and SW Portland.

Hacienda Community Development Corporation **503-595-2111**

Email: sgeary@haciendacdc.org
 5136 NE 42nd Avenue, Portland, OR 97218
www.haciendacdc.org

Affordable housing for low-income Latinos and other families throughout Oregon.

Home Forward **503-802-8300**

135 SW Ash Street, Portland, OR 97204
www.hapdx.org

Formerly Housing Authority of Portland HAP. Help for those seeking public housing, Section 8 housing and other affordable housing options in the Portland Metro area.

HUD Housing Online Search Tool

www.Hud.gov/apps/section8

Innovative Housing, Inc. (IHI) **503-226-4368**

219 NW 2nd Avenue, Portland, OR 97209
www.innovativehousinginc.com

Develops and preserves affordable housing by creating innovative solutions to unmet housing needs, including for individuals who struggle with mental illness.

Income Property Management **503-854-3411**

MacWest Apartments **503-295-1071**

127 NW 6th Avenue, Portland, OR 97206
www.macdcenter.org

Affordable housing for people with income at or below 60% of the median area income. All residents of MacWest can receive information about how to access community resources and participate in the Center's activities.

Manor Property Management**503-231-4922**www.theunionmanors.org

Low-income subsidized apartments for seniors.

Northwest Housing Alternatives, Inc. (NHA)**503-654-1007**

2316 SE Willard Street, Milwaukie, OR 97222-7740

www.nwhousing.org

Builds and rehabilitates housing for low-income Oregon seniors, families and people with special needs.

Oregon Opportunity Network**503-223-4041**

847 NE 19th Avenue, Suite 150, Portland, OR 97232

Promotes affordable housing, homeownership, neighborhood improvement and job creation; provides opportunities for economic self-sufficiency for residents and communities of Portland and Multnomah County.

Patton Home**503-281-1844**

4619 N Michigan Avenue, Portland, OR 97217

www.emoregon.org/Patton_home.php

Affordable drug- and alcohol-free housing in a neighborhood, single-room occupancy facility. Some subsidized rentals through Home Forward. Dining Room for affordable meals on weekdays.

Portland Community Reinvestment Initiatives (PCRI) NE**503-288-2923**

6329 NE MLK Jr. Blvd, Portland, OR 97211

Preserves, expands and manages affordable housing; provides access to, and advocacy for, services for residents.

Portland Habilitation Center NW**503-261-1266 or 800-874-7917**

5312 NE 148th Avenue, Portland, Oregon 97230

www.phcnw.comIn addition to employment training for adults with disabilities in janitorial, landscape maintenance and clerical services, PCH has Affordable housing, HUD Housing and HUD 811 housing for people with disabilities. *The "Beyond Limitations"* theme speaks to not only assisting individuals to overcome societally imposed limitations, but also continuously improving work performance and delivering value to employers. Eligible adults are at least 18 years old.**REACH CDI****503-231-0682**

4150 Moody Avenue, Portland 97239

www.reachcdc.org

Special needs housing and residential services program to help individuals maintain their housing placement.

Rose Community Development SE**503-788-8052**

5215 SE Duke Street, Portland, OR 97206

www.rosecdc.org

Serving outer SE Portland communities by developing affording housing and creating educational and economic opportunities. Call to see if any waitlists are open (They do not have an on-line waitlist).

Washington County Housing Services

503-846-4794

111 NE Lincoln Street, Suite 200-L,, Hillsboro, OR 97124-3072

www.co.washington.or.us/housing

Provides public housing, Section 8 and rural development housing.

Help Finding Housing

The following services *do not directly provide housing* but may be of help in locating and acquiring low income housing. In this section you will be able to find assistance in completing a housing search, landlord relations help, some rent assistance programs, and other emergency support services related to finding housing.

Catholic Charities Affordable & Subsidized Housing Map App Explorer

www.Housingforall.info

Searchable map of local low cost and subsidized housing. Can be filtered by housing type preferred and by area preferred.

Community Alliance of Tenants (CAT)

503-460-9702

Renters' Rights Hotline:

503-288-0130

2710 NE 14th Avenue, Portland, OR 97212

www.oregoncat.org

Grassroots, tenant-controlled, tenant-membership organization to educate and empower tenants and promote affordable, stable and safe rental homes.

Fair Housing Council of Oregon

800-424-3247 x 2

www.fhco.org

Non-profit, non-governmental agency that advocates against illegal housing discrimination. Hotline staff able to answer any questions you may have.

Friendly House

503-228-4391

1737 NW 26th Avenue, Portland, OR 97210

www.friendlyhouseinc.org

Friendly House creates a thriving community by connecting people of all ages and backgrounds through quality educational, recreational and other life-sustaining services. Senior Program includes case management and information and assistance for older adults. Reduced cost membership to the Recreation and Education program for people with disabilities. Friendly House offers free showers on Friday community nights.

HousingConnections.org

www.housingconnections.org

Online service to help renters find housing in the Portland Metro area. Users can search for subsidized housing (Section 8) as well as private market housing.

HUD Housing Online Search Tool

www.Hud.gov/apps/section8

Impact Northwest

503-721-6760

10055 E Burnside Street, Portland OR 97216

www.impactnw.org

Housing, employment, energy assistance, motel vouchers, and community basket hunger program. Impact Northwest provides comprehensive stabilizing and sustaining services to help families and individuals achieve and maintain long-lasting self-sufficiency, housing support for the disabled and elderly. Some financial assistance is available to help those in danger of being homeless.

Integrity Plus**503-230-2361**

6320 NE Halsey Street, Portland, OR 97213

Money management program for low income individuals

JOIN**503-232-203 or 503-232-7052**1435 NE 81st Avenue, Portland, OR 97213www.joinpdx.com

For adults and families who are homeless and living outdoors. Also offers day services to other homeless people.

Macdonald Center**503-222-5720**121 NW 6th Avenue, Portland OR 97209www.macdcenter.org

Macdonald Center nurtures the body, mind and spirit of the forgotten poor in Old Town-downtown Portland by building connections and community. Outreach programs for the vulnerable and marginally housed in downtown Portland between I-405 and the Willamette River. Macdonald Center helps community members navigate social services and provides social connection in its social center, The Community Room, for community members. The Center hosts a NAMI Connections Support group Tuesdays at 2 pm.

Multnomah County Adult Home Care Program**503-988-3000**<https://www3.multco.usAdultCareOptions>

The website has a good directory of current resources for foster care.

National Coalition for the Homeless, Inc.**202-462-4822**

2201 P St NW, Washington, DC 20037

www.nationalhomeless.org

Information and resources for and about homeless individuals across the nation.

Neighborhood House**503-246-1663**

7780 SW Capitol Highway., Portland, Oregon 97219

www.nhpdx.org

Neighborhood House's Community Services Program helps low-income and homeless families meet their immediate needs related to food, housing and employment, and supports them to work toward long-term self-sufficiency. Services include emergency food box program, rental assistance, utility assistance, Turning Point (a transitional housing for homeless families), and information and referral to other needed services.

Northwest Pilot Project**503-227-5605**

1430 SW Broadway #200, Portland, OR 97201

www.nwpilotproject.org/

Northwest Pilot Project assists very low-income senior citizens to find and secure safe, affordable housing.

Open Door Counseling Center**503-640-6689**

34420 SW TV Highway, Hillsboro, OR 97123

www.opendoorcc.net/eng

A HUD approved housing counseling agency providing certified and comprehensive homeless services to meet basic needs to conquer barriers to self-sufficiency.

Operation Nightwatch**503-220-0438**

1432 SW 13th, Portland, OR 97201

www.operationnightwatch.org

Ecumenical street ministry responding to physical, social, emotional and spiritual life of persons living in downtown Portland. Emergency food and clothing, health care. Open in the evenings.

Rose Haven for Women**503-248-6364**

627 NW 18th Avenue, Portland, OR 97209

Day shelter and community center for women and children affected by homelessness, abuse or other life changes. Group activities, housing advocacy and clothing.

Washington County Community Action**Hillsboro Center:** 1001 SW Baseline Street, Hillsboro, OR 97123**503-648-6646****Beaverton Center:** 5050 SW Griffith Drive, Suite 100, Beaverton, OR 97005**503-640-3263**www.caowash.org

Housing and Homeless services, energy conservation, energy assistance, emergency rent assistance, childcare resource and referral, Headstart and Early Headstart programs, and Healthy Family – prenatal and parenting support.

Washington County Community Connect**503-640-3263**www.co.washington.or.us/Housing/EndHomelessness/community-connect.cfm

A single-point-of-entry phone intake service, Community Connect is composed of more than 20 agencies covering a broad range of service needs for homeless youth, veterans and families and people at imminent risk of becoming homeless. After connecting to an operator, the caller is interviewed and scheduled to meet with a community resource advocate so their specific needs can be identified and addressed.

William Temple House**503-226-3021**

2023 NW Hoyt Street, Portland, OR 97209

Thrift Store, 2220 NW Glisan, Portland, OR

www.williamtemple.org

Emergency social services, including dental care, hygiene, clothing, referrals, at Hoyt location.

Food Services

Note: Please call ahead to confirm dates and times

Meals for the Houseless

All Saints Episcopal Thrift Store (The Mustard Seed) **503-777-3829**
4933 SE Woodstock Blvd, Portland, OR 97202

www.allsaintspdx.org

Hot lunch Sa 11:30am, parish hall.

Anawim Christian Community **503-888-4453**

19626 NE Glisan, Gresham, OR 97030

www.anawimcc.org

Homeless services on Wednesdays, Fridays and Saturdays. See Website for times and locations on each day.

Blanchet House **503-241-4340**

310 NW Glisan Street, Portland, OR 97209

www.blanchethouse.org

Breakfast, lunch and dinner six days a week.

Brigid's Table **503-254-8168**

247 SE 82nd Ave, Portland, Oregon 97216

A ministry of hospitality and home-cooked meals for the Portland homeless. Saturday Morning breakfast.

CityTeam Ministries **503-231-9334**

526 SE Grand Avenue, Portland, OR 97214

www.cityteam.org/portland

Monday to Saturday, Dinner at 5:45 pm. Hot meals, safe shelter, showers and clean clothing, recovery programs and other essential care for Portland's homeless population. Women are welcome weekdays from 2:00 – 4:30 pm for basic necessities as well as food, clothing and diapers for children; compassionate care for pregnant women. Dinners for all, shelter/transitional housing for men only.

Clackamas Service Center **503-771-7914**

8800 SE 80th Avenue, Portland, OR 97206

Lunch: Monday- Thursday 11am to 12 noon.

Dinner: Monday- Friday, 5pm-6pm, Saturday 7pm-9pm

First Baptist Church **503-228-7465**

909 SW 11th Avenue, Portland, OR 97205

Monday and Thursday late lunch at 2 pm

Food Not Bombs

Burnside Bridge (NW Park and Couch Streets)

Dinner on Thursday and Fridays only.

Grace Memorial Church **503-287-0418**
 1535 NE 17th Avenue, Portland, Oregon 97232
 Sack lunches Tuesday through Thursdays 11am - 1 pm; Friday dinner at 6 pm

Living Hope International Breakfast Buffet
 SW 9th Avenue at Washington, O'Bryant Square, Downtown Portland
 Sundays 8am – 10am

Loaves and Fishes Central Office **503-736-6325**
 7710 SW 31st Avenue, Portland, OR 97280
<http://feedseniors.org/programs/>
 Meals for Seniors 60 and over only at all locations. See website for all locations. Meals on
 Wheels offered at well.

Metro Church of Christ **503-667-0773**
 1525 NW Division Street, Gresham, OR 97030
 Community breakfast Saturdays 10am – noon. Daily Pantry for families.

Operation Nightwatch **503-220-0438**
 Downtown: 1432 SW 13th, Portland, OR 97201, Hours Thurs, Fri, Sat 7pm-11pm
 Southeast: 8800 SE 80th, Portland, OR 97206, Hours Saturday 5:30 pm to 9:30 pm
www.operationnightwatch.org
 Ecumenical street ministry responding to physical, social, emotional and spiritual life of persons
 living in downtown and Southeast Portland. Drop-In centers open to everyone. Southeast
 location has a full hot meal on Saturday night and the downtown location has sandwiches and
 pastries. Emergency clothing, health care. Evenings only.

Portland Rescue Mission **503-647-7466 (503-Mission)**
 111 W Burnside Street, Portland, OR 97209
 Breakfast 7am and dinner 6pm each day and lunch Saturday and Sunday at 12:30pm.

Potluck in the Park **503-255-7611**
 P.O. Box 12443, Portland, OR 97212
 Serving hot meals to anyone in need every Sunday at 3pm, O'Bryant Square, downtown Portland.

Rahab's Sisters at Saints Peter and Paul Church **503-756-6539**
 247 SE 82nd Avenue, Portland, OR 97215
www.rahabs-sisters.org
 Offering radical hospitality to vulnerable and exploited women in the Portland metro area,
 especially those who are impacted by the sex industry, substance abuse, poverty, domestic
 violence, and homelessness. Friday dinner 7 to 10pm.

St. Andre Bessette Catholic Church**503-228-0746**

601 W Burnside, Portland, OR 97209

<http://saintandrechurch.org>

Limited to persons living within parish boundaries: Morning hospitality: food, coffee, basic services Monday-Thursday 9:30am – 11:30am; Saturday, breakfast and mass, 9am-11am. Evening hospitality: warm food, fellowship Fridays 7pm-8:30pm. Foot care: soaking, massage, clean pair of socks, and basic care from a volunteer nurse, Wednesday 9:30am - 11:30am. Art program: Mon., Tues., Thurs., and Fri. 9:30am - 11:30am. Food pantry: monthly bag of groceries to households within parish boundaries Tuesday -Friday 1pm – 2:30pm.

St. Francis Dining Hall**503-234-2028**

St. Francis Church, Lower Level, 1131 SE Oak, Portland, OR 97214

www.stfranpdx.catholicweb.com

Meals and Day Services. Open Monday-Friday 10am – 7pm, Lunch at 12:30, Dinner 5:00 pm, Open Sunday 12:30-5:00, Meal at 3:30 pm. Medical caseworkers and clothing.

St. Michael's**503-228-8629**1701 SW 4th Avenue, Portland 97201<https://www.stmichaelportland.org/homeless-ministry>

Mondays and Fridays parishioners from St. Michael's prepare and serve a hot lunch in partnership with Clay Street Table.

Sisters Of The Road Café**503-222-5694**

133 NW Sixth Avenue, Portland, OR 97209

www.sistersoftheroad.org

Tuesday through Saturday 10am to 2pm. Creating a safe, hospitable space and offering delicious, nourishing meals are our priorities in the Cafe. Sisters of The Road believes that everyone has a right to safe and healthy food, and to dine with dignity. Meals are \$1.50. Food stamps accepted. Bartering work for food is available.

Trinity Episcopal Church**503-222-9811**

147 NW 19th Avenue, Portland, OR 97209

www.trinity-episcopal.org

Trinity Food Pantry operates Tuesday - Saturday 10 am to 2 pm. Wednesday community hot meal.

Union Gospel Mission**503-274-4483**

3 NW Third Ave Portland, OR 97209

www.ugmportland.org

LifeChange addiction recovery community and programs. Meals: Monday-Friday dinner at 8 pm, Wednesday and Friday breakfast at 6:30 am

Union Gospel Mission's Thrift Store**503-639-6488**

11611 SW Pacific Highway, Tigard, OR 97223

Food Banks and Pantries

Anawim Christian Community **503-888-4453**

19626 NE Glisan, Gresham, OR 97030

www.anawimcc.org

Homeless services on Wednesdays, Fridays and Saturdays. See Website for times and locations for food boxes.

Crossroads Cupboard **503-257-9345**

2407 NE 102nd Avenue, Portland, OR -97220

www.crossroadsportland.com

Food pantry Thursday and Friday mornings. Call for hours.

First Baptist Church **503-228-7465**

909 SW 11th Avenue, Portland, OR 97205

www.fbc-portland.org

Food boxes Monday and Thursday 2pm. Need referral and photo ID, birth certificate or health card.

FoodPantries.Org

www.foodpantries.org/ci/or-portland

Online listing for towns throughout Oregon and across United States.

Heartwork Ministries/Richmond Community Church **503-460-7335**

3941 SE Division, Portland, OR 97202

Canned food, personal hygiene items, Bibles, clothing. Shopping once per week per family on Tuesdays.

Impact Northwest **503-721-6760**

10055 E Burnside Street, Portland OR 97216

www.impactnw.org

Community basket hunger program. Impact Northwest provides comprehensive stabilizing and sustaining services to help families and individuals achieve and maintain long-lasting self-sufficiency, housing support for the disabled and elderly. Some financial assistance is available to help those in danger of being homeless.

Lift Urban Portland Preston's Pantry **503-221-1224**

First Immanuel Lutheran Church, 1808 NW Irving Street, Portland, OR 97209

www.lifturbanportland.org/

Lift Urban Portland runs a food pantry affiliated with the Oregon Food Bank network of providers for neighbors in northwest and parts of downtown Portland. Lift Urban Portland also runs food programs for children of low-income families and food box delivery programs for homebound individuals. See website for details.

Mainspring Portland **503-233-5533**

1335 SE Hawthorne, Portland, OR 97214

<http://www.mainspringpdx.org/>

Formerly Fish Emergency Services. Emergency food boxes, clothing, personal care products and referrals to people in need. M-Th 9:30am – 2pm. Pantry open W 4pm – 7pm.

Metro Church of Christ**503-667-0773**

1525 NW Division Street, Gresham, OR 97030
Daily Pantry for families.

NE Emergency Food Program**503-284-5470**

Luther Memorial Lutheran Church, 4800 NE 72nd Avenue, Portland, OR 97218

<http://www.emoregon.org/>

3- to 5-day supply of groceries, clothing for the whole family, weekend food backpacks for homeless children in neighborhood schools.

Neighborhood House**503-246-1663**

7780 SW Capitol Highway, Portland, OR 97219-2477

www.nhpdx.org

Food boxes and Head Start program for homeless families and children. Programs help low-income, families facing hunger and homelessness, vulnerable seniors, recent-immigrant and other vulnerable people overcome challenges so they can achieve success, stability and independence.

New Avenues for Youth Drop-In Day Services**Access and Reception Center:****503-432-3986**

314 SW 9th Portland 97205

<http://newavenues.org>

New Avenues Drop-In Day Services Center is a safe space where youth (ages 16 to 24) experiencing homelessness can receive three meals a day, six days a week, as well as access to showers, laundry, clothing, drug and alcohol recovery and mental-health supports, computers and internet, free legal counsel, monthly veterinary clinics for those with pets, and engagement activities focused on skill-building, music and art, health and wellness, recreation, and self-empowerment. Youth who wish to access Day Services must first be screened into the Homeless Youth Continuum. For information about screening criteria, contact the Access and Reception Center.

Oregon Food Bank

www.oregonfoodbank.org

No direct food distribution to the public. Comprehensive listing of Portland Metro pantries and other sources of food for low income individuals, Oregon Food Bank partners with many local organizations to distribute food to hungry Oregonians.

Oregon Helps

www.oregonhelps.org

Oregon Helps provides a website to assist families throughout Oregon determine whether they are eligible for a variety of benefits including Food Stamps, the Oregon Health plan, and temporary Assistance for Needy families (TANF).

Outside In**503-535-3800**

1132 SW 13th Ave, Portland 97205

Outside In's drop-in day program connects teens to resources and provides services like three healthy meals each day and showers. community.

- Salvation Army** **971-340-4010**
 5325 N Williams Avenue, Portland, OR 97217
www.salvationarmymoorestreet.com
 Monday, Wednesday and Friday 10am-12pm & 1pm – 4pm
- Salvation Army** **503-239-1264**
 Call for service location by zip code. No food distribution at main Salvation Army site.
- St. Andre Bessette Catholic Church** **503-228-0746**
 601 W Burnside, Portland, OR 97209
<http://saintandrechurch.org>
 Morning hospitality: food, coffee, basic services Monday through Thursday and Saturday morning. Evening hospitality: warm food, fellowship Fridays Foot care: soaking, massage, clean pair of socks, and basic care from a volunteer nurse, Wednesday mornings. Art program, food pantry monthly bag of groceries to households within parish boundaries.
- St. Andrew's Episcopal Pantry / Hereford House** **503-247-3511**
 7704 N. Hereford Avenue, Portland, OR 97203
 Fri.-Sun. noon – 3pm or until 20 clients have been served.
- St. Michael's** **503-228-8629**
 1701 SW 4th Avenue, Portland 97201
<https://www.stmichaelportland.org/homeless-ministry>
 Mondays and Fridays parishioners from St. Michael's prepare and serve a hot lunch in partnership with Clay Street Table.
- St Phillip the Deacon Episcopal Church** **503-281-5802**
 120 NE Knott Portland 97212
<http://www.stphilipthedeacon.org>
 Saturday Lunch served from 11 am to 1 pm
- St. Vincent de Paul** **503-235-8431**
 2740 SE Powell, Portland, OR 97202
 Food recovery, mobile kitchen, emergency resources.
- SnowCap Emergency Food Pantry** **503-674-8785**
 17805 SE Stark, Portland, OR 97233
www.snowcap.org
 Located behind Rockwood United Methodist Church. Monday-Friday 10am-2 pm and Wednesday night 6-8pm. Services are for families living east of 82nd Avenue and within Multnomah County. Bring proof of address.
- SE Community Food Pantry and Clothes Closet** **503-895-6102**
 5535 SE Rhone, Portland, OR 97206
 Monday and Thursday 10am-2pm. Wednesdays 2-6 pm.

Sunshine Division Food and Clothing Assistance**Food and clothing assistance Message Line:****503-823-2102**

687 N Thompson, Portland, OR 97227

www.sunshinedivision.org

Monday-Friday 9:30 – 11am and 12:30-3:30pm, Saturday 9am-1pm. Food assistance for elderly, disabled, veterans and individuals with dependent children in the City of Portland.

Trinity Episcopal Food Pantry**503-222-9811**147 NW 19th Avenue, Portland, OR 97209

Trinity Food Pantry operates Tuesday - Saturday 10 am to 2 pm. Wednesday community hot meal.

Union Gospel Mission**503-274-4483**

15 NW Third Avenue, Portland, OR 97209

www.ugmportland.org

Meals, food boxes and clothing.

Union Gospel Mission's Thrift Store**503-639-6488**

11611 SW Pacific Highway, Tigard, OR 97223

Services for Pets

Note: Please call ahead to confirm dates and times.

Animal Aid **503-292-6628**

5335 SW 42nd Avenue Portland 97221

<https://animalaidpdx.org>

Animal food bank.

Multnomah County Animal Services **503-988-7387**

1700 W Historic Columbia River Hwy, Troutdale, OR 97060

<https://multcopets.org>

Comprehensive listing of organizations providing food for homeless pets in Multnomah County.

Portland Animal Welfare Team **503-206-6033**

1718 NE 82nd Portland 97220

pawteam.org

The Portland Animal Welfare (PAW) Team saves lives, alleviates suffering, and keeps pets and people together by providing free veterinary care to the pets of people who are experiencing homelessness or extreme poverty.

Velvet Assistance Fund **503-228-7281**

1945 NW Pettygrove Portland 97209

www.dovelewis.org

Food and supplies for homeless pets.

This resource guide was prepared and made available to you by NAMI Multnomah in collaboration with NAMI Clackamas.



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We are local affiliates for the National Alliance on Mental Illness, the nation's largest grassroots mental health organization.

Our mission is to improve the quality of life for people with mental illness and their families through support, education, and advocacy.

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