

HEALTH SHARE OREGON/MULTNOMAH MENTAL HEALTH



Multnomah County

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Luke-Dorf Peer Self-Directed Services

Self-Directed Services is a peer-run organization that provides eligible people living in Multnomah County the opportunity to begin to recover from mental illness by providing peer support and access to affordable community resources. Other services offered are goal setting/ planning and help with finding affordable housing.

Self-Directed Services offers two programs: the Sustainable Housing Brokerage (a two-year program) and the Multnomah County Wellness Brokerage (a one-year wellness program.)

Self-Directed Services assists people in recovering from mental illness and reaching their wellness goals by offering Person Directed Planning. Person Directed Planning looks at an individual's life experiences, goals and dreams to create an exciting plan of attainable goals. The staff use brokerage funds and other sustainable community resources to support customers' wellness. This method is

completely self-directed and found to be very effective in helping to create a custom made plan for customers to begin to journey towards mental health recovery.

The Self-Directed Services staff assist customers in their journey by sharing a lived experience of recovery from mental illness. Recovery is possible. People from the program have gone back to school, began to live independently, found employment and even started their own business. For more information contact: www.luke-dorf.org/sds.php

Who is Eligible?

Health Share Multnomah County Mental Health Members are eligible for the Peer Wellness Program. There is an application process and a limit of 25 participants per year.

Individuals who are currently living in structured housing or after discharging from the Oregon State Hospital are eligible for the Sustainable Housing Brokerage. This program also services individuals currently enrolled in both the Multnomah County EASA and Lifeworks Transition Age Youth programs. Slots are limited and there is an application process.



A Luke-Dorf peer staff person assists a customer and her support person go through a person directed planning process to help define goals and next steps.

Mental Health information can be found at the new Federal website: Mentalhealth.gov

Multnomah Early Childhood Mental Health Program: Accessed through Childcare Resource and Referral (503) 548-4400 or through Head Start where the child is enrolled

Multnomah School Based Mental Health Program (503) 475-1959

Multnomah Wrap-around Program: Referral and Intake at (503) 988-4161

Multnomah Early Assessment and Support Alliance (EASA): Referral and Intake at (503) 988-3272 (EASA)

All Direct Clinical Services Program information www.web.multco.us/mhas

Help make the system better!



A Family's Experience by Carolyn

Thomas, my precious son, is thirteen and currently lives with a raging storm in his mind. I am writing this article to share our journey of isolation before the storm and hope of peacefulness and calmness after the storm. Thomas has lived with this brewing storm for four years. During this time, he has gone from temper tantrums to currently having a complete psychotic meltdown with homicidal and suicidal tendencies. The most difficult part of working through his rages and trying to understand Thomas's needs is the feeling of helplessness and being isolated from the outside world. When a raging storm is brewing, it feels like you are floating in a raft and going down a river without a life jacket. In April, I had to voluntarily place Thomas in a special foster home for individuals that live with raging storms in their minds. It is one of the toughest

decisions I have ever had to make. His rage is too intense.

I now work with an entire team of "special people" who advocate for our needs and are listening to our goals. I remain hopeful that Thomas will return home to live and find peace and calmness in his mind. Education is the tool to help advocate and navigate the system for families who do not know where to look for a team of "special people". No parent or child should ever have to encounter a raging storm without a life jacket. We must never feel alone...we must be a team that works together to keep the storm calm.

Please contact member services if you need help at (503) 988-5887



How Do You Get Involved?

Your opinions about services is important. You can share your questions, comments and ideas online at <http://web.multco.us/mhas/contact-us>

You are welcome to attend the **Adult Mental Health and Substance Abuse Advisory Council (AMHSAAC)** on the first Wednesday of each month from 10 am to 12 pm in the Willamette/Columbia Conference Room of the Lincoln Building, located at 421 SW Oak St. in Portland.

The Children Mental Health Advisory Council (CMHSAC) meets the third Tuesday of each month from 5:30 to 7:30 pm in Room 350 at the Multnomah Building, located at 501 SE Hawthorne Blvd. in Portland.

The Multnomah County Early Assessment and Support Alliance Advisory Council (MEAC) meets the second Wednesday from 5:30pm-7:00 at the Lincoln Building, located at 421 SW Oak St. in Portland.

<http://multco.us/mhas/get-involved>

URGENT Mental Health Care When You Need It!

Anyone can have a mental health crisis. As a Multnomah County Health Share member you can get urgent care for a mental health crisis at Cascadia's Urgent Walk-in Clinic.

Our clinic has many advantages over a hospital emergency room. The Urgent Walk-in Clinic has a team of mental health counselors, psychiatrists and nurse practitioners to help you. You will not wait as long as in an emergency room. They will also help you find the right kind of follow-up care.

- **Staff who are knowledgeable about mental health care**
- **Medical staff are available to provide further evaluation if appropriate**
- **Experience shorter waiting times than in the emergency room**

- **Get a referral for follow up care close to your home**
- **Visit Cascadia's Urgent Walk In Clinic Open 7 days a week from 7 AM – 10:30 PM**

What if I don't know where to go?

If you are having an emergency and/or need urgent care and do not have a mental health provider; or if you cannot reach your provider agency, call the Multnomah County Call Center Crisis Line at (503) 988-4888. Someone is at this number 24 hours a day, even on weekends and holidays. You have the right to go to any emergency room if necessary.



Cascadia Walk-in Clinic:

Phone: (503) 963-2575

2415 SE 43rd Avenue, Portland Oregon

(entrance is at the corner of SE Division and 42nd Ave.)

BUS LINES:

4 Division bus-line, Get off at SE Division & 43rd or

75 Chavez Blvd, Get off at SE Division and walk two blocks east

Risks of Poor Mental Health

There are factors that can place an individual at risk for poor mental health. It is important to maintain both good psychological well being and physical health because the two are so closely interlinked.

Risks Factors:

- Poor physical health
- Sedentary lifestyle
- Poor socio-economic status
- Poor diet
- Experiencing trauma
- High amounts of stress (stress can lead to cardiac problems)
- Smoking
- Limited or no access to healthcare of mental health treatment
- Avoidance of problems
- Excessive working



Call A Listed Agency on the next 4 pages for A Routine Appointment

MULTNOMAH MENTAL HEALTH-OREGON HEALTH SHARE PROVIDERS

**Department of County Human Services, Mental Health and Addiction Services Division
421 S.W. Oak St, Suite 520, Portland, Oregon 97204, Phone (503) 988-5464, Fax (503) 988-5870**

Agency can self authorize general outpatient services for Adult and Children Enrollee's as indicated by a Yes in the columns below. All other services marked by a* in the far right hand column must be pre-authorized by Verity. Please see your outpatient therapist or call Verity member services at 503-988-5887 if you feel you have a need for these Mental Health Services.

Name of Provider	Address	Intake Phone #	Adult Outpatient Services	Children's Outpatient Services	Culturally Specific Services	Dual Diagnosis Services	Verity Must Authorize These Services At Agency
Albertina Kerr	9830 NE Cascades Parkway, Ste. 200; 97220	503-408-4705		Yes	Spanish		*Sub-acute *Respite *Intensive Community Based Treatment Services
Asian Health and Service Center	3430 SE Powell Blvd; 97202	503-872-8822	Yes; +SMI		Cantonese, Mandarin, Korean, Cambodian, Vietnamese & Taiwanese	Yes	
Cascadia Behavioral Health:							
Garlington Center	3034 NE MLK Blvd; 97212	503-674-7777 Or 503-283-3763	Yes; +SMI			Yes	
43 rd & Division Clinic Plaza Location	2415 SE 43 rd ; 97206	503-674-7777 Or 503-238-0705	Yes; +SMI			Yes	
Woodland Park Clinic	10373 NE Hancock St Ste 200; 97220	503-674-7777 Or 503-253-6754	Yes	Yes		Yes	Children served from 6-18
Central City Concern							
Old Town Medical Clinic	727 W Burnside; 97209	503-228-4533	Yes; +SMI			Yes	*Assertive Community Treatment
Old Town Recovery Center	33 W Broadway; 97209	503-228-7134	Yes; +SMI			Yes	*Community Engagement Program
CODA							
Portland Recovery Center	15 NE 11 th Ave.; 97232	503-239-8400	Yes			Yes	*Community Engagement Program
Gresham Recovery Center	1427 SE 182nd Ave.; 97233	503-760-1003	Yes			Yes	*Assertive Community Treatment
Conexiones	3500 NE MLK Blvd, Suite 200; 97211	(503) 235-8057	Yes	Yes	Spanish		

Name of Provider	Address	Intake Phone #	Adult Services	Children's Services	Culturally Specific Services	Dual Diagnosis Services	Verify Must Authorize These Services At Agency
DePaul	Adult Services: 1312 SW Washington; 97208 Adolescent Services: 4310 NE Killingsworth St	503-535-1151 (adults) 503-535-1181 (Adolescents)	Yes	Yes	Spanish	Yes	Youth must be enrolled in DePaul A&D services
VOA/Inact	10564 SE Washington St; 97216	503-228-9229	Yes		Spanish	Yes	
Kinship House	1823 NE 8th Ave; Portland 97212-3907	503-460-2796		Yes			
Lifeworks NW:							
Downtown Clinic	506 SW 6th Ave., Suite 905; 97204	503-645-9010	Yes	Yes		Yes	*Children's Intensive Outpatient Services *Transition Aged Youth *Day Treatment *Children's Crisis Respite
Gresham Clinic	400 NE 7th; 97030	503-645-9010	Yes; +SMI			Yes	
Rockwood Clinic	17214 SE Division; 97236	503-645-9010	Yes	Yes		Yes	
Milwaukie Clinic	17070 SE McLoughlin Blvd; Milwaukie 97267	503-645-9010	Yes	Yes			
King Clinic	3716 NE MLK Blvd; 97212	503-645-9010	Yes; +SMI			Yes	
Luke-Dorf East	1952 SE 122nd Ave.; 97233	503-726-3690	Yes; +SMI			Yes	
Luke-Dorf Self Directed Services	9255 NE Halsey; 97220	503-726-3690	Yes; +SMI				
Lutheran Community Services	605 SE Caesar E. Chavez Blvd.; 97214	503-231-7480	Yes; +SMI	Yes	Russian and Spanish	Yes	
Morrison Child and Family Services:	(Adult Services available only if child or teen is in service)						
Gresham	912 NE Kelly; Ste 200 Gresham; 97030	503-258-4600	Yes	Yes	Spanish		*Intensive Community Based Treatment Services *Day Treatment *Respite
NE Clinic	1500 NE Irving Suite 250; 97232	503-258-4555	Yes	Yes	Spanish		
Hand in Hand	11456 NE Knott, Knott Bldg.; 97220	503-736-6673 or 503-736-6500	Yes	Yes			

Name of Provider	Address	Intake Phone #	Adult Services	Children's Services	Culturally Specific Services	Dual Diagnosis Services	Verify Must Authorize These Services At Agency
<u>NARA NW</u>							
Oyate	1776 SW Madison; 97205	503-307-7775	Yes	Yes	Native American/ Alaska Native		
Totem Lodge	1438 SE Division 97202	503-548-0346	Yes		Nak-Nu-Wit: Children's	Yes	
North Indian Health Clinic	15 N Morris; 97227	503-307-7775	Yes		System of Care (ages 9-22)		
Wellness Center	12360 E. Burnside 97233	971.279.4800	Yes	Yes	Integrated Services	Yes	
Outpatient Treatment Center (must be enrolled in A&D program to receive services at this site.)	1631 SW Columbia; 97201	503-231-2641	Yes			Yes	
<u>OHSU:</u>							
<u>Child & Adult Psychiatry</u>	3181 SW Sam Jackson Park Rd.; 97239	503-494-6176		Yes			
<u>OHSU Intercultural Psychiatric Program</u>	3633 SE 35th Place; 97202	503-494-4222	Yes; +SMI		All language services provided.	Yes	
<u>Options</u>	10011 SE Division Suite # 305; 97266	503-335-5975		Yes			*Intensive Community Based Treatment Services
<u>Outside In Medical Clinic</u>	1132 SW 13th Ave.; 97205	503-535-3890	Yes; +SMI	Self Referral Over age 14	Spanish	Yes	
<u>Quest Center for Integrative Health</u>	2901 E Burnside; 97214	503-238-5203	Yes			Yes	
<u>Trillium Family Services</u>	3415 SE Powell Blvd; 97202	888-333-6177		Yes	Spanish		*Intensive Community Based Treatment Services *Psychiatric Residential Services *Subacute *Day Treatment

Name of Provider	Address	Intake Phone #	Adult Services	Children's Services	Culturally Specific Services	Dual Diagnosis Services	Verity Must Authorize These Services At Agency
Western Psychological:							
Portland Clinic	12636 SE Stark St. Building J; 97233	503-253-4600	Yes		Spanish		
Gresham Clinic	1700 NW Civic Drive, Suite 310 Gresham OR 97030	503-666-8832	Yes				
Beaverton Clinic	9700 SW Beaverton-Hillsdale Hwy; Beaverton; 97005	503-626-9494	Yes			Yes	
Tigard Clinic	7455 SW Beveland St., Tigard; 97223	503-624-2600	Yes		Spanish		
Gladstone Clinic	880 82nd Dr., Gladstone; 97027	503-659-5515	Yes			Yes	
Agency referrals must be made by Verity for these agencies or services, they are not able to provide self authorized general outpatient services. Call Verity member services at 503-988-5887 for more information for referral if you feel you need these services.							
Name of Provider	Address	Intake Phone #	Adult Services	Children's Services	Culturally Specific Services	Dual Diagnosis Services	Verity Must Authorize These Services At Agency
Youth Villages	2507 Christie Dr, Lake Oswego, OR 97036	503-675-2246 1-888-982-2237		Yes			*Psychiatric Residential Services *Cedar Bough: PRTS for Native American youth *Intensive Community Based Treatment Services
Portland DBT Program	5200 SW Macadam Avenue, Suite 580; 97239	503-231-7854	Yes				*Children and Adult DBT Services
Serendipity Center	14815 SE Division; 97236 Mail to: P.O. Box 33350 97292-3350	503-761-7139		Yes			*Therapeutic School
Catholic Community Services	1904 SE Division Street 97202	503-517-8663		Yes	Spanish and Romanian		*Intensive Community Based Treatment Services



Fraud and Abuse of Funds

Anyone suspecting Medicaid fraud, waste, or abuse is encouraged to report it.

You can report two ways. First we encourage that you report specific information to Health Share of Oregon/Multnomah Mental Health Compliance Officer be contacted at 503-988-5887.

The information that is important to report:

- Name of client
- Medicaid ID number
- Name of provider
- Date of service
- Description of suspected fraud

Or report to the Good Government Hotline about concerns about suspected fraud, abuse of position, and waste or misuse of County resources.

Make a Report

To make a report call EthicsPoint at 888-289-6839 toll free in the US and Canada)

Or online at <https://secure.ethicspoint.com/domain/media/en/gui/19245/index.html>

Notice of Privacy Practices

This notice describes how medical information about you may be used and disclosed and how to get access to this information. Please review this carefully.

This notice describes the privacy practices of Health Share of Oregon/Multnomah Mental Health. We are required by law to maintain the privacy of your protected health information ("Information") and to give you this notice of our legal duties and privacy practices. We are required to follow the terms of the notice currently in effect. This notice is effective on July 1, 2013. We reserve the right to change this notice. Any changes will apply to Information that we already have about you. We will post a current copy of this notice online at: www.multco.us/hipaa.

YOUR RIGHTS

Inspect and Copy: You have the right to inspect or copy your Information held in a "designated record set". A "designated record set" is a group of records that is used to make decisions about you. We may limit the Information that you can inspect or copy in limited circumstances. If we limit your right to inspect or copy, you can ask in writing for a review of that decision. Copies of records may be provided to you or a third party that you identify in an electronic or paper format depending on your request and the technology in which the records are maintained. Your request must be in writing. We can help you make a written request. We may charge you a fee for copies.

Amendment: You have the right to ask us to change some of the Information in your designated record set that you believe is incorrect or incomplete. Your request must be in writing and provide a reason. We can help you make a written request. We will tell you in writing if we deny your request and you have the right to respond to our denial. You also have the right to have your request, the denial and a statement of disagreement, if any, included in future releases of your record.

Accounting: You have the right to ask for a list of certain disclosures of your Information in your designated record set. The list will not include disclosures made for treatment, payment, or health care operations, disclosures made to you or individuals involved in your care or payment for care. It also will not include disclosures made prior to 6 years before the date of the request, pursuant to an authorization, to a correctional facility, incidental disclosures, disclosures made for national security or intelligence, or disclosures made prior to April 14, 2003. Your request must be in writing. We can help you make a written request. We may charge you a fee if you ask for a list more than once every 12 months.

Restrictions: You have the right to ask us to limit how your Information is used or disclosed. We are not required to accept your request and we may be unable to do so. Your request must be in writing. We can help you make a written request.

Notice of Privacy Practices Continued

Confidential Communications: You have the right to ask us to communicate with you at a certain place in a certain way. You must specify how or where you wish to be contacted. For example, you can ask that we only contact you at work. We will accommodate any reasonable request.

Notice: You have the right to receive a paper copy of this notice upon request. This notice can be made available in other languages and alternative formats.

Breach Notice: You have the right to be notified in the event that we discover a breach of unsecured Information.

Complaints: You have the right to file a complaint if you believe we have violated your privacy rights. You may file a complaint with our Privacy Officer or with the Secretary of the United States Department of Health and Human Services. We will not retaliate against you for filing a complaint.

HOW WE MAY USE AND DISCLOSE YOUR INFORMATION WITHOUT YOUR AUTHORIZATION

Treatment: We may use or disclose your Information as necessary to health care provider(s) to assist with your treatment. For example, we may disclose your Information to providers or hospitals that provide treatment to you.

Payment: We may use or disclose your Information to pay for the services you receive. For example,

to determine the plan's responsibility for providing benefits under the plan or for coordination of benefits.

Health Care Operations: We may use or disclose your Information for business operations. For example, to review plan performance, fraud or abuse detection, or for underwriting purposes.

Organized Health Care Arrangements: We participate in organized health care arrangements and may use or disclose your Information to members of those arrangements as allowed by the Health Insurance Portability and Accountability Act (HIPAA).

Individuals Involved in Your Care or Payment for Your Care: We may disclose Information to your family, personal representative or others involved in your care or payment for care if you give verbal permission or otherwise do not object.

Public Health Activities: We may use or disclose Information about you for public health activities. For example, disclosures made for the purpose of preventing or controlling disease, injury, disability, abuse or neglect. These activities include activities performed by organ or tissue donation and transplantation services, activities performed by coroners, medical directors, and funeral directors, and activities necessary to avoid a serious threat to the imminent health and safety of you or others.

Health Oversight Activities: We may disclose Information to a health oversight agency. Activities include audits and inspections for the government to monitor the health care system.

A copy of this notice is online at:
www.multco.us/hipaa



To report a privacy violation call to request the Privacy Officer at 503-988-5887

We participate in organized health care arrangements and may use or disclose your Information to members of those arrangements as allowed by the Health Insurance Portability and Accountability Act (HIPAA).



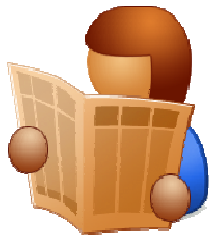
Member Services

(503) 988-5887
1-800-716-9769
(503) 988-5866 TTY

Multnomah County Privacy Officer

421 SW Oak Street
Suite 520, Portland,
OR 97204

(503) 988-5887



Uses and disclosures other than those permitted will only be made with your written authorization. If you authorize us to use or disclose your Information, you may revoke that authorization, in writing, at any time.

Notice of Privacy Practices Continued

Legal Proceedings: We may disclose Information about you in response to a court order, subpoena, discovery request, activities related to workers' compensation benefits, or other lawful purpose.

Law Enforcement: We may disclose Information about you to the police or other people who enforce the law when this disclosure is permitted or required by law. We may disclose Information to report a crime on our premises.

Research: Under certain circumstances, we may use and disclose your Information for research approved by an Institutional Review or Privacy Board or through an authorization signed by you.

Inmates: If you are an inmate of a jail or prison or under the custody of law enforcement, we may disclose Information as required or permitted by law.

Business Associates: In certain situations, we may need to disclose your Information with a business associate, such as a translator or quality assurance reviewer, so it can perform a service on our behalf. We will have a written agreement with the business associate requiring it to protect the privacy of your Information under the same privacy protections that we provide.

Military and National Security: We may disclose your Information as required by armed forces personnel or to federal officials authorized for national security and intelligence activities.

Disaster Relief Efforts: Unless you object, we may disclose your Information to other health care providers or to an entity assisting in a disaster relief effort to coordinate care. We may disclose your Information as necessary to identify, locate and notify family members, guardians or others responsible for your care, location, condition or death.

Limited Data Set: We may disclose limited Information to third parties for purposes of research, public health or health care operations. This disclosure will not include any Information which can be used to directly identify you.

Incidental Disclosures: Incidental disclosures of your Information may occur as a byproduct of permissible uses and disclosures.

Required or Permitted by Law: We may use or disclose your Information when permitted or required by federal, state or local law.

Marketing: We may communicate with you face-to-face about products or services that may interest you or give you a promotional gift of nominal value. Otherwise, we do not use or disclose your Information for marketing without your authorization.

DISCLOSURES REQUIRING YOUR WRITTEN AUTHORIZATION

Other Laws Protecting Health Information: Other laws may require your written authorization to disclose your Information about certain mental health, alcohol and

Notice of Privacy Practices Continued

drug abuse treatment, HIV/AIDS testing or treatment, and genetic testing. We must obtain authorization for the use and disclosure of psychotherapy notes and the sale of your Information.

Uses and disclosures other than those permitted will only be made with your written authorization. If you authorize us to use or disclose your Information, you may revoke that authorization, in writing, at any time. If you revoke your authorization, we will no longer use or disclose your Information for the purposes given in the written revoca-

tion. The revocation will not affect disclosures previously made in reliance on your authorization.

FOR MORE INFORMATION

If you have any questions about this notice or need more information, please contact Multnomah County Privacy Officer, 421 SW Oak Street Suite 520, Portland, OR 97204 or call **503-988-5887**.

Not Happy About Your Services? Complaint Process

You, or your representative with your approval, as a mental health consumer, have a right to make a complaint. A mental health consumer complaint means a member has said they are not happy with a service, mental health provider, or administrative staff. A complaint may include general or administrative concerns. If you have a complaint about your mental health provider, any services, or Multnomah County-Health Share Oregon, you may do the following:

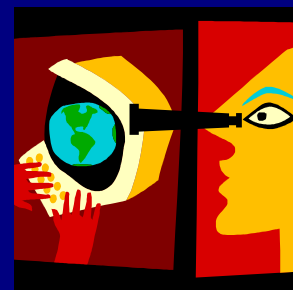
Talk to your mental health provider about your complaint. If you don't feel good about talking to your provider, then you may call the Complaint Coordinator at Multnomah County. The coordinator will talk with you about your

complaint. You have the right to ask for help in filing a grievance, appeal, or administrative hearing.

You can call us day or night at (503) 988-5887, or toll free at 1-888-620-4555. Ask to speak with the Complaint Coordinator or send a Member Complaint Form to:

Multnomah County Health Share
Complaint Coordinator
421 SW Oak, Suite 520
Portland, OR 97204

You can get the complaint form in the lobby of any of the agencies listed on the agency insert or go online to the MHASD Consumer Page at <http://web.multco.us/mhas/get-informed>



You have the right to ask us to limit how your Information is used or disclosed.



**Call Multnomah Mental
Health Complaint
Coordinator at
503-988-5887**

Department of County Human Services-MHASD
421 SW Oak St. Suite 520
Portland, Oregon 97204

Member of Oregon Health Share-MMH

Address

City Oregon Zip

Phone: (503) 988-5887

We're on the Web—check out the MHASD home page at
<http://web.multco.us/mhas>

Multnomah County MHASD



Free Weekly Peer-Led Support Groups and Information Lines

Bipolar Recovery Support Group, 5:30pm, Sundays, Portland Adventist Hospital, 4th Floor, 10123 SE Market Street, Portland, OR, 97216, www.meetup.com/Bipolar-Recovery

Depression Bipolar Support Alliance (DBSA), weekly peer-led group support meetings
7pm-8:30pm, Tuesdays, Good Samaritan Hospital, 1015 NW 22nd Ave. Portland, OR 97210
7pm-8:30pm, Thursdays, Providence Portland, 4805 NE Glisan St. Portland, OR 97213
www.meetup.com/Portland-Depression-Bipolar-Support-Alliance-Meetup-Group

Dual Diagnosis Anonymous of Oregon, www.ddaoforegon.com, (503) 222-6484, various group meetings to support people with mental health and substance abuse issues

Light of Madness Support Group 5:30pm-7pm, Wednesdays, 4th Floor, 1600 SW 4th, Portland, OR 97201
lightofmadness@outlook.com, [503-490-5856](tel:5034905856)

NAMI National Alliance on Mental Illness Support Groups and Classes, NAMI Multnomah, www.namimultnomah.org, (503) 228-5692, various groups on different days including peer and family classes, Anxiety Society Group, Connection Peer Support Groups, Schizophrenia Support Group, Drop-In Family Support Group, NorthStar Clubhouse, Certified Peer Support Specialist Training, NAMI NW Walk, www.namimultnomah.org. **Oregon Resource Helpline** (503)230-8009

Free Telephone Peer Support: David Romprey Memorial Warmline
1-800-698-2392

Make a crisis plan with your mental health provider if you have one. Talk with them about what you want done in a crisis. Make a written plan. Make sure your provider has a copy of your plan. One format is at
www.oregon.gov/oha/amh/forms/declaration.pdf

Call the mental health crisis hotline at **503-988-4888**, TTY: **503-988-5866** or **1-800-716-9769**

Use the urgent walk-in clinic if your crisis is not life threatening.

Recovery Is
Possible

