

**Multnomah County  
Behavioral Health Division  
Behavioral Health Advisory Council Meeting  
April 8th, 2026 10AM - Noon**



Community Lived Experience/Family/ Advocate Representatives	Public Service Representatives	Staff	Guests
<input checked="" type="checkbox"/> Barb. Rainish <input checked="" type="checkbox"/> Courtney Shannon <input checked="" type="checkbox"/> Eric Bray <input checked="" type="checkbox"/> Etta Assuman <input type="checkbox"/> Joni Scheib <input checked="" type="checkbox"/> June Howard Johnson <input checked="" type="checkbox"/> Katrina Malachowski <input checked="" type="checkbox"/> Kevin Fitts <input checked="" type="checkbox"/> Laura Bueford <input checked="" type="checkbox"/> Lisa Yu <input checked="" type="checkbox"/> Mamie Gathard <input checked="" type="checkbox"/> Mary Avalon <input type="checkbox"/> Patty Hamit Arvizu <input checked="" type="checkbox"/> Robert Fentress <input checked="" type="checkbox"/> Ruthie Benjamin <input type="checkbox"/> Ryan Hamit <input type="checkbox"/> Vacant <input type="checkbox"/> Vacant	<input type="checkbox"/> <b>CareOregon</b> Cassi Sturtz <input type="checkbox"/> <b>Cascadia Behavioral Healthcare</b> Dave Kohler <input type="checkbox"/> <b>Central City Concern</b> Tuesday Hailey <input type="checkbox"/> <b>Lifeworks NW</b> Mary Fakhoury <input checked="" type="checkbox"/> <b>Multnomah County Sheriff's Office</b> Nora Mains (NWIAS) - Rachelle Ross-Schank <input checked="" type="checkbox"/> <b>NAMI Multnomah</b> Kerri Melda <input type="checkbox"/> <b>NARA NW</b> Albie Lemos <input type="checkbox"/> <b>New Narrative</b> Haven Taylor <input checked="" type="checkbox"/> <b>Quest Center</b> Allison Haws/ <b>Victoria Haberkorn</b> <input checked="" type="checkbox"/> <b>Street Leaves</b> JoAnne Lang <input type="checkbox"/> Vacant	<input type="checkbox"/> Anthony Jordan <input checked="" type="checkbox"/> Deandre Kenyanjui <input type="checkbox"/> Jay Auslander <input type="checkbox"/> Jenny Tsai <input type="checkbox"/> Jessica Jacobsen <input type="checkbox"/> JJ Jessee <input checked="" type="checkbox"/> Mario Cardenas <input checked="" type="checkbox"/> Olivia Kilgore <input checked="" type="checkbox"/> Roger Garth <input type="checkbox"/> Diego Basabe <input type="checkbox"/> Leah Drebin <input type="checkbox"/> Marc Harris <input type="checkbox"/> Sharmila Bose <input type="checkbox"/> Maren Zieba	<input checked="" type="checkbox"/> Daniella Quebrado <input checked="" type="checkbox"/> Manzie Butler <b>New Narrative</b> <input checked="" type="checkbox"/> Kells Perry <b>New Narrative</b>

Topic	Notes:
<b>Welcome and Introductions Group Agreements</b>	Roger led BHAC through a round of introductions. BHAC Co-facilitators Robert Fentress and Katrina Malachowski read through the group agreements.
<b>Recognition Month or Awareness Events (if Applicable)</b>	<p><b>Recognition Month Events (if Applicable)</b>  <b>Proclamation Ceremony is 4/1/26</b></p> <ul style="list-style-type: none"> <li>● Public Health Week (April 6-12)</li> <li>● Crime Victims Rights Week (April 19-25)</li> <li>● Sexual Assault Awareness Month</li> <li>● Therapy Animal Day (April 30)</li> <li>● Transgender Day of Visibility (March 31)</li> <li>● National Library Workers Day (April 21)</li> </ul>
<b>Announcements and Community Updates</b>	<ul style="list-style-type: none"> <li>● <b>Community updates:</b> <ul style="list-style-type: none"> <li>○ Quest integrative health is having a resource fair 4/13 12:30-3:30pm focused on substance use and supportive services. <ul style="list-style-type: none"> <li>■ <a href="https://quest-center.org/events/recovery-resource-fair">https://quest-center.org/events/recovery-resource-fair</a></li> </ul> </li> <li>○ Latino community fair</li> <li>○ Empoderas Familia (sponsored by Portland Public Schools) support</li> </ul> </li> <li>● <b>OCE updates:</b> <ul style="list-style-type: none"> <li>○ OCE staff helped coordinate and table at a resource fair at the BHRC with those in the BHRN network</li> <li>○ Peerpocalypse 2026 updates - 7 in person and 2 virtual scholarships awarded</li> <li>○ OCE is working with the BHD Director's Office and the Regional Arts &amp; Cultural Council (RACC) to identify artists and artwork for the permanent sobering and crisis stabilization center</li> <li>○ May</li> </ul> </li> </ul>

Topic	Notes:
	<ul style="list-style-type: none"> <li>○ The May BHAC general council meeting conflicts with Peerpocalypse conference. The meeting has been rescheduled for Wednesday, May 13th.</li> <li>● <b>BHD Directors Office Updates</b> <ul style="list-style-type: none"> <li>○ FAC-1 construction for the new sobering &amp; crisis stabilization permanent facility has started. The BHD Director’s Office will be presenting more updates on this project at the board meeting on March 12th, 2026. <ul style="list-style-type: none"> <li>■ You can submit public testimony at <a href="https://multco.us/info/public-testimony-webform">multco.us/info/public-testimony-webform</a></li> </ul> </li> </ul> </li> </ul>
<b>Minute Approval</b>	March General Council meeting minutes were approved by BHAC members.
<b>DoGood Multnomah at Behavioral Health Resource Center (BHRC)</b>	<ul style="list-style-type: none"> <li>● Roger introduced Dane Achalas, who works with DoGood Multnomah. DoGood operates the 3rd and 4th floors of the BHRC. <ul style="list-style-type: none"> <li>○ <a href="mailto:dachalas@dogoodmultnomah.org">dachalas@dogoodmultnomah.org</a></li> </ul> </li> <li>● Courtney asked if there are couples beds and if they allow pets? <ul style="list-style-type: none"> <li>○ No, dorms are gendered at BHRC. Arbor Lodge does have couples beds and they can refer people.</li> <li>○ Yes, they do allow dogs.</li> </ul> </li> <li>● Kevin Fitts asked how a client pays for these services? <ul style="list-style-type: none"> <li>○ They do not have to pay. There is a contract with DoGood and Multnomah County, so the housing case managers</li> </ul> </li> <li>● Eric asked if they are serving people who are undocumented? Is there pressure to verify citizenship? <ul style="list-style-type: none"> <li>○ Yes, they serve people that are undocumented. BHRC is low barrier, so they don’t require people to give them any information. Staff are very careful about what is documented and there has not been additional pressure to verify citizenship.</li> </ul> </li> </ul>

Topic	Notes:
	<ul style="list-style-type: none"> <li>● Roger asked about what's available for folks seeing recovery? <ul style="list-style-type: none"> <li>○ They run a dual diagnosis group, a DBT group, 12 step groups <ul style="list-style-type: none"> <li>■ A lot of groups are run by peers.</li> </ul> </li> <li>○ Can you share a success story of someone transitioning from your program to housing?</li> </ul> </li> </ul>
<b>Oregon State Hospital Ombuds and Family Services</b>	<ul style="list-style-type: none"> <li>● Olivia introduced Jodie Traslavina, who is one of the ombuds at the Oregon State Hospital. <ul style="list-style-type: none"> <li>○ Thank you for having me if you have any questions please let me know <a href="mailto:jodie.m.traslavina@oha.oregon.gov">jodie.m.traslavina@oha.oregon.gov</a>.</li> </ul> </li> <li>● They deal with family outreach, patient grievances and complaints, legal questions,</li> <li>● Up until this year, they did family and friends day. It would be 4 hours to tour the hospital, have lunch with their loved ones and there were activities. This was started in 2018 and had 40 families show up. Last one they did, they had over 200 families across locations attend.</li> <li>● They are not able to do friends and family day right now, so they are shifting it to a family orientation. They talk about what to expect, everything from admission to discharge.</li> <li>● Katrina asked if they interact with law enforcement at all? <ul style="list-style-type: none"> <li>○ They only interact if they call and need to connect with a patient. It rarely happens. If a patient does call 911 or FBI or other government entity, they will likely</li> <li>○ If there is inappropriate patient contact (like a fight), there is a law enforcement liaison that comes on campus.</li> </ul> </li> <li>● Mary asked about if it is difficult to get into Oregon state hospital? Now you need to have a judge order, someone cannot get dropped off at OSH. <ul style="list-style-type: none"> <li>○ It</li> </ul> </li> <li>● Etta asked about the difference between the state hospital and consumer services?</li> </ul>

Topic	Notes:
	<ul style="list-style-type: none"> <li>○ Their department started off as consumer and family services. They turned into ombuds - which is more representative of what they actually do. They do patient grievances - they typically get 3,000-5,000 grievance reports per year.</li> <li>○ Staff is usually the #1 grievance. Typically it's followed by food and policy.</li> <li>● Barb. asked how peers stack up next to staff in terms of complaints? <ul style="list-style-type: none"> <li>○ Staff almost always</li> </ul> </li> <li>● Add Jodie to the Community Workgroup!</li> </ul>
<p><b>Check in: What went well at this meeting? What can be improved for future meetings?</b></p>	<ul style="list-style-type: none"> <li>● Nora shared that the speakers today were fantastic! Loved hearing about the BHRC and was so helpful / clarifying. Hearing the perspective from Jodie about how things have changed at the Ombuds family services was very helpful. It's such a shift that OSH has gone through over the last 10 years!</li> </ul>
<p><b>Next Meeting</b></p>	<p>Next BHAC General Council meeting is Wednesday, May 13th</p> <p>**Reminder: May's BHAC General Council meeting will now be on 5/13.</p>



**BHAC General  
Council Meeting  
03/04/2026**

**BEHAVIORAL  
HEALTH  
ADVISORY  
COUNCIL**

## BHAC Meeting Reminders and Group Agreements

### Making space for all voices

- Hold space, make space
- Remember WAIT (Why Am I Talking?) & principles before personalities
- Stay engaged to the best of your ability
- Share your experience & hear the experience of others - Use “I statements”
- Acknowledge intent and center impact (pure intention does not eliminate harmful impact)
- Name and account for power dynamics in the the work
- We are here to work collaboratively, and share responsibility for the success of our work together
- Limit comments to two minutes
- Limit acronyms and jargon
- Interrupt conversations that cause harm



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## BHAC Meeting Reminders and Group Agreements



### Self-care

We support one another by taking care of ourselves

Pause before speaking when feeling stressed -  
respond rather than react

Expect and accept non-closure

Experience discomfort - (creating a safer space for challenging  
conversations can be uncomfortable at times)

Take the conversation off-line with staff

### Virtual meeting reminders

Try not to talk over each other - raise hand; use chat; accommodate  
people on the phone and tech issues

Silence microphones when not speaking

Go off camera when necessary

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# BHAC Meeting Reminders and Group Agreements

**Disruptive behavior during the meeting will result in:**

1. Facilitator calls attention to harmful behavior
2. If behavior continues, participant will be reminded of impact and warned of potential meeting separation via private chat or via verbal warning if on phone
3. Separation from meeting with continued disruption



# Monthly Awareness and Recognition

Join Proclamation Ceremony 3/4/26 at Noon: <https://www.youtube.com/MultCoBoard>



**Lunar New Year**



**Women's History Month & Women in Sustainability**



**Developmental Disabilities Awareness Month**



**Brain Injury Awareness Month**



**Transgender Day of Visibility (March 31)**



**Self Injury and Harm Awareness Day (March 1)**

# Monthly Awareness and Recognition

Join Proclamation Ceremony 1/14/26 at Noon: <https://www.youtube.com/MultCoBoard>



**Gender Equality Month**



**World Sleep Day (March 13)**

# Announcements

## OCE Updates

- OCE staff helped coordinate and table at a resource fair at the BHRC with those in the BHRN network
- Peerpocalypse 2026 updates - 7 in person and 2 virtual scholarships awarded
- OCE is working with the BHD Director's Office and the Regional Arts & Cultural Council (RACC) to identify artists and artwork for the permanent sobering and crisis stabilization center
- The May BHAC general council meeting conflicts with Peerpocalypse conference. The meeting has been rescheduled for Wednesday, May 13th.

## Director's Office Updates

- FAC-1 Construction has started at the permanent sobering and crisis stabilization center! More updates will be presented at March 12th Board meeting

# FAC-1 Construction - Permanent Facility

Next Meeting on  
this topic is on  
March 12, 2026

Submit testimony by completing the  
public testimony webform:

[multco.us/info/public-testimony-webform](https://multco.us/info/public-testimony-webform)

If interpretation is needed, please email  
[boardclerk@multco.us](mailto:boardclerk@multco.us) 48 hours in  
advance of the meeting

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**Get details:**

- > Scan the QR code below
- > Visit: [multco.us/info/about-board-meetings](https://multco.us/info/about-board-meetings)

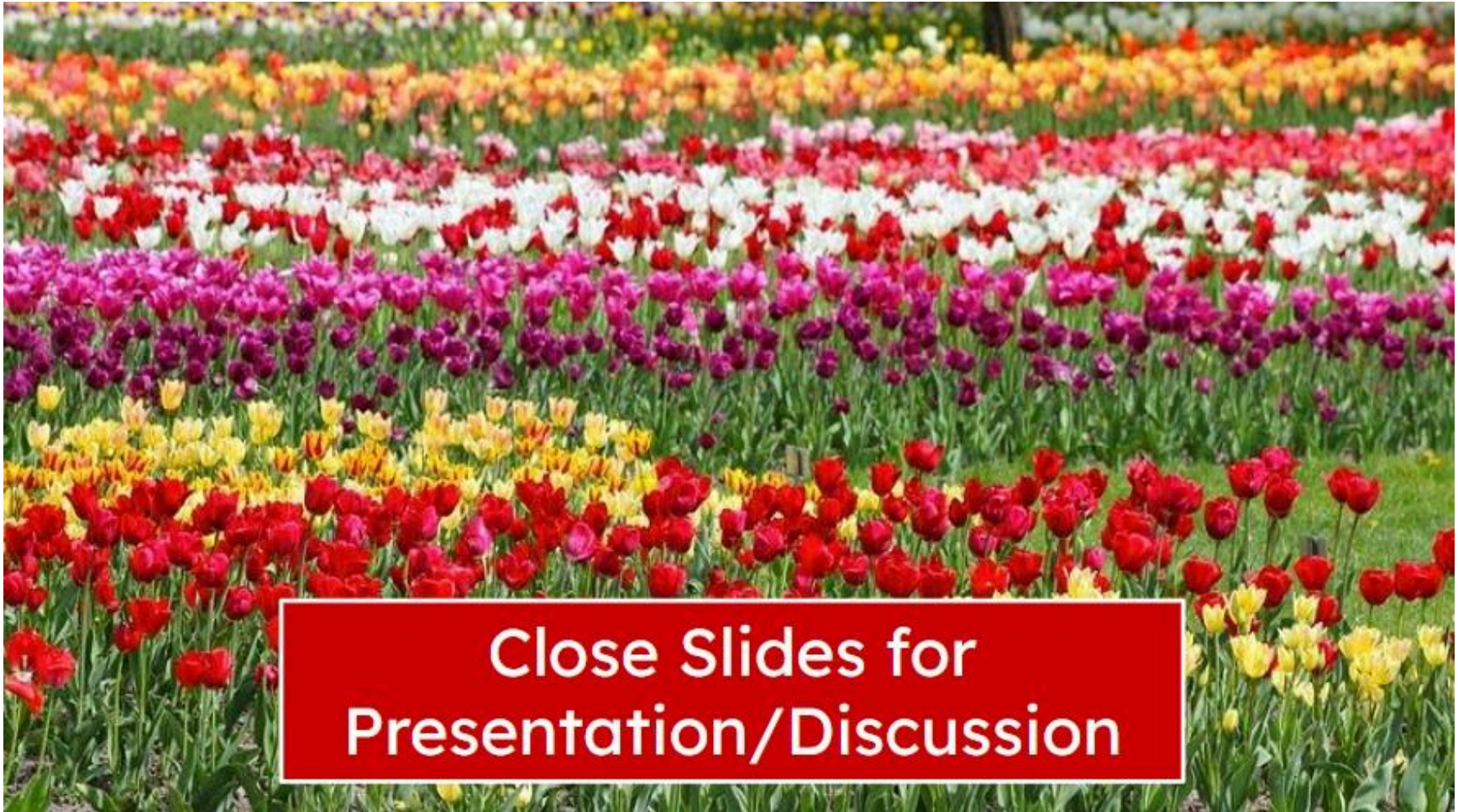
More information at [multco.us/info/about-board-meetings](https://multco.us/info/about-board-meetings)



## Sobering & Crisis Stabilization Project

A photograph of a large field of tulips in various shades of red and pink. The flowers are in full bloom, and their green stems and leaves are visible. A red banner with a white border is overlaid on the top portion of the image, containing the text "Community Updates" in white, sans-serif font.

# Community Updates



Close Slides for  
Presentation/Discussion