

Benton County Wellness Accomplishments for Web Page

During the 2006 Legislative session, The Mental Health Caucus composed of State Legislators, Mental Health Professionals, Organizational, and Individual Advocates, and Supported by a Whole Variety of People in Communities in Various Capacities, With Particular Help From Some Engaged Legislators, were instrumental in gaining passage of a \$20 million increase in funding for behavioral health/addictions services statewide.

In 2007, a steering (and work) committee of Benton County citizens were instrumental in gaining support for passage of the Benton Health & Safety Levy (Measure 02-64). In its previous attempt in 2006, a similar measure went down nearly 60-40. We spent hundreds of hours canvassing, writing read editorials, attending meetings, speaking at forums, phoning for funds, and doing mailings. Enough community support was galvanized that the measure passed. Although the situation in the previous election was somewhat different, the Nov. 07 levy passed by only 143 votes out of 28,000+, just over the margin (0.5%) for a mandatory recount..

The Benton Co. Health & Safety Levy includes ~12% of subsequent property tax intake for “Mental Health & Children’s Health” Services in Benton County. A similar amount was allocated for Juvenile Services. 12% of the property tax levied will amount to around \$700,000 per year for each of the two mentioned allocations as the tax is collected.

B.E.A.R.S., our local Benton Co./Corvallis mental health education and advocacy group in which I have participated extensively, as well as 4-5 other people in recent years, has sponsored 10 public educational events with speakers ranging from innovative spiritual and transformational views to specific HEALTHY BIOCHEMICAL INPUTS (foods AND nutritional supplements necessary to address these common body/brain challenges) to developing wellness resource plans to MH brokerages and peer-to-peer counseling. Attendance averages around 20, although it has increased to around 30 at some recent events.

B.E.A.R.S. built the idea, connections, and funding for development of the Peer Specialist Training, which Meghan Caughey, Wellness Coordinator at Benton Co. Health Center, is now actively carrying forward. B.E.A.R.S. (Band of Empowered Advocates Reclaiming Self-Determination), meets weekly or bi-monthly on Wednesdays (2-4pm). Contact Marie Parcell (541) 753-4665 or Terri Faler at selfdeterminationBEARS@yahoo.com for more information.

I have written 2 columns on the natural, orthomolecular complementary approach to correcting body/brain illnesses for Kairos Times, a consumer/peer-written newsletter in Benton Co. It provides an informative, creative, and unique forum for people who have experienced neuro-chemical challenges. The Kairos Times, including back issues, can be viewed online at www.kairostimes.org. It contains articles on community activities, Benton County Health dept. personnel, local peers, book & movie reviews, transformative experiences, nature, humor, poetry, recipes, and more. A great forum for developing writing/editing skills and building our knowledge base.

Individually, I helped a good friend to get a whole lot better and she has helped me do the same. Recovery occurs one person or couple or community of friends at a time. WE have helped many of our friends at different times, and they have returned the favor, although help, not just returning favors, is what's important. I share my growing knowledge and insight about the INCREDIBLE BIG HOPE NUTRITION OFFERS TO AMELIORATING COMMON BODY/BRAIN DISORDERS AND IMPROVING PEOPLES' CONDITIONS, BOTH PHYSICALLY, EMOTIONALLY, MENTALLY, AND SPIRITUALLY. Virtually everyone is interested. This may be the critical missing element in the Mental Health field, although it cannot exist apart from other supports: social, financial, logistic, residential, medical, intellectual, community, and spiritual/natural. There is no standard measure of results other than supported or improved lives.

We are helping each other daily, although our efforts often seem futile, since they are dispersed among both disparate and connected folks, yet it may be helping overall to provide an antidote to alienation and the long-term toxic approach now monopolizing the biochemical

aspect of ‘mental health care’ here. Positive progress in supplying nutrients is definitely helping people I know. It builds or tracks their progress. Improved internal metabolic health powers recovery—from the inside out. Maybe the biggest accomplishment for us is that we are taking charge of our own condition and helping others to maintain, repair, or advance their own. Keep positive waves flowing. I give vitamins or good food to people in need whenever I can, such as donating essential vitamins to the men in Corvallis’ Winter homeless shelter periodically.

Also Attached.

NOTE: I told Marie Parcell of B.E.A.R.S. and Monica Drost of Kairos Consumer Council about this list of statewide accomplishments but had already written this and will submit it since they may or may not be able to do it.

These are the accomplishments I came up with. Sorry it's taken so long. If you want to edit these down to size, go ahead. I have to retire here. Also, I would like to attend the Dan Fisher workshop on April 24-25 if possible. Could you put me on the Waiting List? Thanks.

Yours truly,
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