

# Stanford Self-Management Program County Contacts

updated July 2016



County	Program	Name	Organization	Contact Information
<b>Baker</b>	CDSMP	Rochelle Hamilton	Community Connection of Northeast Oregon	2810 Cedar Street Baker City, OR 97814 541-523-3186 <a href="mailto:Rochelle@ccno.org">Rochelle@ccno.org</a>
<b>Benton</b>	CDSMP	Mitchell Heath	Samaritan Health Services	815 NW 9 <sup>th</sup> Street, Suite 136 Corvallis, OR 97330 541-451-6466 <a href="mailto:miheath@samhealth.org">miheath@samhealth.org</a>
	Tomando Control	Aimee Esquer	Benton County Health Department	PO Box 579 Corvallis, OR 97339 541-766-2132 <a href="mailto:aimee.esquer@co.benton.or.us">aimee.esquer@co.benton.or.us</a>
<b>Clackamas</b>	CDSMP	Jennifer Jungenberg	Clackamas County Social Services	2051 Kaen Rd Oregon City, OR 97045 503-650-5724 <a href="mailto:jjungenberg@co.clackamas.or.us">jjungenberg@co.clackamas.or.us</a>
	Tomando Control	Delfina Hernandez	Los Promotores de Salud de la Iglesia	9205 S.W. Barnes Road, WP-2002 Portland, OR 97225 503-216-7192 (English y Español) <a href="mailto:Delfina.hernandez@providence.org">Delfina.hernandez@providence.org</a>

CDSMP: Stanford Chronic Disease Self-Management Program (Living Well). Tomando Control: Spanish Language Stanford Chronic Disease Self-Management Program. CPSMP: Chronic Pain SMP. DSMP: Diabetes SMP. PSMP: Positive SMP (HIV/AIDS) Updated May 2015. [www.healthoregon.org/livingwell](http://www.healthoregon.org/livingwell) or call toll-free 1-888-576-7414

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<b>Clatsop</b>	CDSMP	Alissa Dorman	Columbia Memorial Hospital	2111 Exchange Street Astoria, OR 97103 503-325-4321 x3546 <a href="mailto:alissa_dorman@columbiamemorial.org">alissa_dorman@columbiamemorial.org</a>
<b>Columbia</b>	CDSMP	Erika Owen-McCann	The Public Health Foundation of Columbia County	2370 Gable Road St. Helens, OR 97051 310-913-0774 <a href="mailto:eowen@tphfcc.org">eowen@tphfcc.org</a>
<b>Curry</b>	CDSMP	Karin Larson	Curry Community Health	<a href="mailto:LarsenK@currych.org">LarsenK@currych.org</a>
<b>Crook</b>	CDSMP	Sarah Worthington	Deschutes County Health Department	2577 NE Courtney Dr Bend, OR 97701 (541) 322-7446 <a href="mailto:sarah.worthington@deschutes.org">sarah.worthington@deschutes.org</a> <a href="http://www.livingwellco.org">www.livingwellco.org</a>
<b>Crook</b>	Tomando Control	Yara Santos	Mosaic Medical Clinics	541-408-9466 <a href="mailto:yara.santos@mosaicmedical.org">yara.santos@mosaicmedical.org</a>

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<b>Deschutes</b>	CDSMP DSMP	Sarah Worthington	Deschutes County Health Department	2577 NE Courtney Dr Bend, OR 97701  (541) 322-7446 <a href="mailto:sarah.worthington@deschutes.org">sarah.worthington@deschutes.org</a> <a href="http://www.livingwellco.org">www.livingwellco.org</a>
<b>Douglas</b>	CDSMP	Cindy Noroña	Umpqua Community Health Center	150 Kenneth Ford Dr. Roseburg, OR 97470  541-672-9596 x430 <a href="mailto:cnorona@umpquachc.org">cnorona@umpquachc.org</a>
<b>Gilliam</b>	CDSMP	Marvin Pohl	Mid-Columbia Council of Governments	1113 Kelly Ave. The Dalles, OR 97058  541-298-4101 <a href="mailto:marvin.pohl@mccog.com">marvin.pohl@mccog.com</a>
<b>Grant</b>	CDSMP	Rochelle Hamilton	Community Connection of Northeast Oregon	541-523-3186 <a href="mailto:rochelle@ccno.org">rochelle@ccno.org</a>
<b>Harney</b>	CDSMP	Amy Dobson	Harney District Hospital	557 W. Washington Burns, OR 97720  541-573-8318 <a href="mailto:adobson@harneydh.com">adobson@harneydh.com</a>

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<b>Hood River</b>	CDSMP	Marvin Pohl	Mid-Columbia Council of Governments	1113 Kelly Ave. The Dalles, OR 97058 541-298-4101 <a href="mailto:marvin.pohl@mccog.com">marvin.pohl@mccog.com</a>
<b>Jackson</b>	CDSMP	Lauren Champagne	Rogue Valley Council of Governments	155 N 1 <sup>st</sup> Street Central Point, OR 97502 541-864-9611 <a href="mailto:livingwell@rvcog.org">livingwell@rvcog.org</a> <a href="http://www.sohealthyoregon.org">www.sohealthyoregon.org</a>
<b>Jefferson</b>	CDSMP	Sarah Worthington	Deschutes County Health Department	2577 NE Courtney Dr Bend, OR 97701 (541) 322-7446 <a href="mailto:sarah.worthington@deschutes.org">sarah.worthington@deschutes.org</a> <a href="http://www.livingwellco.org">www.livingwellco.org</a>
	Tomando Control	Yara Santos	Mosaic Medical Clinics	541-408-9466 <a href="mailto:yara.santos@mosaicmedical.org">yara.santos@mosaicmedical.org</a>
<b>Josephine</b>	CDSMP	Lauren Champagne	Rogue Valley Council of Governments	155 N 1 <sup>st</sup> Street Central Point, OR 97502 541-864-9611 <a href="mailto:livingwell@rvcog.org">livingwell@rvcog.org</a>

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Lane	CDSMP & Tomando Control	Leslie Gilbert	Lane Council of Governments	1015 Willamette Street Eugene, OR 97401 541-682-2484 <a href="mailto:livingwell@lcoq.org">livingwell@lcoq.org</a>
Klamath	CDSMP & DSMP	Gertie Dias	Klamath Falls Senior Center	541-883-7171 <a href="mailto:gertie.dias@kbscc.org">gertie.dias@kbscc.org</a>
Lake	CDSMP & DSMP	Gertie Dias	Klamath Falls Senior Center	541-883-7171 <a href="mailto:gertie.dias@kbscc.org">gertie.dias@kbscc.org</a>

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<b>Lincoln</b>	CDSMP	Kaity Lundgren	Oregon Cascades West Council of Governments	203 N Main St. Toledo, OR 97391 541-574-3752 <a href="mailto:klundge@ocwcog.org">klundge@ocwcog.org</a>
<b>Linn</b>	CDSMP	Mitch Heath	Samaritan Health Services	325 Industrial Way Lebanon, OR 97355 541-768-6070 <a href="mailto:miheath@samhealth.org">miheath@samhealth.org</a>
	Tomando Control	Aimee Esquer	Benton County Health Department	PO Box 579 Corvallis, OR 97339 541-766-2132 <a href="mailto:aimee.esquer@co.benton.or.us">aimee.esquer@co.benton.or.us</a>
<b>Malheur</b>	CDSMP	April Mackenzie	Malheur Council on Aging	842 SE First Ave. Ontario, OR 97914 541-889-7651 <a href="mailto:april@mcoainfo.org">april@mcoainfo.org</a>
<b>Marion</b>	CDSMP	Jeanine Stice	Willamette Valley Providers (WVP) Health Authority	2995 Ryan Dr. SE Salem, OR 97301 503-587-5133 or 503-587-5129 <a href="mailto:livinghealthy@mvipa.org">livinghealthy@mvipa.org</a>
	Tomando Control	Sandra Echavarria	Salud Medical Center	1175 Mt. Hood Ave. Woodburn, OR 97071 503-982-2000 x6424 <a href="mailto:sandraec@yfwc.org">sandraec@yfwc.org</a>

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<b>Morrow</b>	CDSMP	Juli Gregory	Good Shepherd Medical Center	610 NW 11 <sup>th</sup> Avenue Hermiston, OR. 97838 541-667-3506 <a href="mailto:jgregory@gshealth.org">jgregory@gshealth.org</a>
<b>Multnomah</b>	CDSMP	Bethany Chamberlin	Multnomah County Aging, Disability & Veteran Services	421 SW Oak St., Ste 510 Portland, OR 97204 503-988-8116 <a href="mailto:bethany.chamberlin@multco.us">bethany.chamberlin@multco.us</a>
		Susan Palmer	Multnomah County Health Department	10317 E Burnside Portland, OR 503-988-6250 x 22975 <a href="mailto:susan.l.palmer@multco.us">susan.l.palmer@multco.us</a>
	PSMP	Shyle Ruder	Cascade Aids Project	208 SW Fifth Ave, Suite 800 Portland, OR 97201 503-278-3820 <a href="mailto:sruder@cascadeaids.org">sruder@cascadeaids.org</a>
	Tomando Control	Delfina Hernandez	Los Promotores de Salud de la Iglesia	9205 S.W. Barnes Road, WP-2002 Portland, OR 97225 503-216-7192 (English y Español) <a href="mailto:Delfina.hernandez@providence.org">Delfina.hernandez@providence.org</a>
<b>Polk</b>	CDSMP	Jeanine Stice	Willamette Valley Providers (WVP) Health Authority	2995 Ryan Dr. SE Salem, OR 97301 503-587-5133 or 503-587-5129 <a href="mailto:livinghealthy@mvipa.org">livinghealthy@mvipa.org</a>

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<b>Sherman</b>	CDSMP	Marvin Pohl	Mid-Columbia Council of Governments	1113 Kelly Ave. The Dalles, OR 97058 541-298-4101 <a href="mailto:marvin.pohl@mccog.com">marvin.pohl@mccog.com</a>
<b>Tillamook</b>	CDSMP	Stacey Zuercher	NW Senior and Disability Services	5010 E Third Street Tillamook, OR 97141 503.815.2062 <a href="mailto:stacey.zuercher@nwsds.org">stacey.zuercher@nwsds.org</a>
<b>Umatilla</b>	CDSMP	Rochelle Hamilton	Good Shepherd Medical Center	610 NW 11 <sup>th</sup> Avenue Hermiston, OR. 97838 541-963-3186 <a href="mailto:rochelle@gshealth.org">rochelle@gshealth.org</a>
<b>Union</b>	CDSMP	Rochelle Hamilton	Community Connection of Northeast Oregon	2802 Adams Ave. La Grande, OR 97850 541-963-3186 <a href="mailto:rochelle@ccno.org">rochelle@ccno.org</a>
<b>Wallowa</b>	CDSMP	Rochelle Hamilton	Community Connection of Northwest Oregon	541-9633186 <a href="mailto:rochelle@ccno.org">rochelle@ccno.org</a>



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<b>Wasco</b>	CDSMP	Marvin Pohl	Mid-Columbia Council of Governments	1113 Kelly Ave. The Dalles, OR 97058 541-298-4101 <a href="mailto:marvin.pohl@mccog.com">marvin.pohl@mccog.com</a>
<b>Washington</b>	CDSMP / Tomando Control	Sandy Madsen	Tuality Healthcare	334 SE 8 <sup>th</sup> Ave Hillsboro, OR 97123 503-681-1364 <a href="mailto:Sandy.madsen@tuality.org">Sandy.madsen@tuality.org</a>
	Tomando Control	Delfina Hernandez	Los Promotores de Salud de la Iglesia	9205 S.W. Barnes Road, WP-2002 Portland, OR 97225 503-216-7192 (English y Español) <a href="mailto:Delfina.hernandez@providence.org">Delfina.hernandez@providence.org</a>
<b>Wheeler</b>	CDSMP	Marvin Pohl	Mid-Columbia Council of Governments	1113 Kelly Ave. The Dalles, OR 97058 541-298-4101 <a href="mailto:marvin.pohl@mccog.com">marvin.pohl@mccog.com</a>
<b>Yamhill</b>	CDSMP	Emily Piper	Yamhill County Public Health – Abacus	412 NE Ford Street McMinnville, OR 503-434-4724 <a href="mailto:pipere@co.yamhill.or.us">pipere@co.yamhill.or.us</a>