

Resources for patients, families and natural supports

Contents

» Support, education and navigation organizations	2
» Organizations that address disabilities.....	4
» Patient and family mental health education resources	5
» Organizations that support adults	6
» Organizations that support youth	7
» Legal and advocacy organizations	8
» Legal information	9
» Suicide prevention hotlines and textlines.....	11
» Specialty services	12
» Culturally-specific treatment and services.....	13
» Substance abuse peer-lead and self-directed recovery.....	14
» Substance abuse treatment and directories	16
» How to choose a therapist.....	17
» Social services (housing, healthcare and food).....	17
» County mental and behavioral health programs	19

Support, education and navigation organizations

The below organizations provide services to persons who live with mental illness and their families. These organizations:

- Provide general education, support and navigation services.
- Have knowledge of treatment and support services in local communities.
- Can often help persons and families to:
 - » Decipher the mental health system, and
 - » Identify pathways to find help.
- Are a good place to start for anyone seeking information and support.

Oregon Family Support Network

The Oregon Family Support Network (OFSN) is a statewide nonprofit organization. It supports families raising school-age children with significant mental health challenges. OFSN offers wraparound services to eligible Oregon Health Plan members. OFSN also offers information, support, and trainings to families seeking help, such as:

- Training in Collaborative Problem Solving, and
- Navigating Individual Education Plans (IEPs).

Summary of services

- Information and support for families, such as answering navigation questions.
- Wraparound family partner program for eligible Oregon Health Plan members.
- Support, education, training and recreational programs in multiple Oregon communities.

Call: 503-363-8068

Web: www.ofsn.org

National Alliance on Mental Illness | Oregon

The National Alliance on Mental Illness Oregon (NAMI Oregon) is a statewide nonprofit organization. NAMI Oregon has 15 chapters across the state. It serves persons living with mental illness, their families and loved ones through:

- Navigation services
- Free education classes
- Support groups, and
- Policy advocacy services.

NAMI Oregon services are for any age.

Summary of services

- Navigation helplines for all people affected by mental illness.
- Free education classes and support groups.
- Free public education presentations and workshops.

Call: 503-230-8009 800-343-6264

Web: www.namior.org

Mental Health & Addiction Association of Oregon

The Mental Health & Addiction Association of Oregon (MHAAO) is an organization led by adults with lived experience in the mental health system. MHAAO provides technical support and education to organizations across Oregon that offer peer services. MHAAO provides:

- Peer services for adults in several Oregon communities, and
- Training for peer support specialist certification.

MHAAO keeps informed about other Oregon organizations led by peers or that provide peer services for adults in various local communities.

Summary of services

- Technical support to peer-led organizations.
- Peer support specialist certification trainings.
- Trainings and workshops for adults living with mental illness.

Call: 503-922-2377

Web: www.mhaoforegon.org

Organizations that address disabilities

The below organizations provide services to persons who live with developmental disabilities and their families. They provide support, education, and navigation services.

FACT Oregon

FACT Oregon (Family and Community Together Oregon) exists for families raising school-age children with disabilities. FACT Oregon is the federally designated parent training and information center. It assists families in navigating and advocating for education services and disability services. FACT Oregon also connects parents with other parents with lived experience in raising school-age children with disabilities.

Summary of services

- Resource and navigation line for families via family resource specialists.
- Workshops and trainings on the developmental disabilities system.
- Trainings and information on special education and Individualized Education Program plans.
- Parent support and networking opportunities.

Call: 503-786-6082, 888-988-3228

Web: factoregon.org

Autism Society of Oregon

The Autism Society of Oregon exists for persons and families living with autism. It is a nonprofit advocacy organization that provides:

- Resources
- Education
- Advocacy
- Support

The website lists chapter contacts in most regions in Oregon.

In addition, for families affected by autism it lists:

- Support groups, and
- Other activities of interest.

Summary of services

- Parent-to-parent support and mentoring.
- Support groups in multiple Oregon communities with local representative contacts.
- Event calendar with trainings of interest offered by other organizations.

Call: 800-328-8476

Web: autism-society.org

Brain Injury Alliance of Oregon

The Brain Injury Alliance of Oregon (BIAOR) serves persons and families affected by traumatic brain injuries. It is a statewide nonprofit organization. BIAOR provides:

- Resource facilitation
- Education, and
- Support services.

Summary of services

- Serves as a clearinghouse for community resources. BIAOR also provides information and referrals.
- Peer mentoring and support for families and persons living with brain injuries.
- Holds conferences, workshops, and trainings in various Oregon communities.

Call: 503-961-5675, 800-544-5243

Web: www.biaoregon.org

Patient and family mental health education resources

Mental health disorders information and tips

National Alliance on Mental Illness (NAMI)

Web: <https://www.nami.org/Learn-More/Mental-Health-Conditions/Schizophrenia/Overview>

National Institute of Mental Health (NIMH)

Web: <https://www.nimh.nih.gov/health/topics/index.shtml>
<https://www.nimh.nih.gov/health/publications/index.shtml>

Mental Health America (MHA)

Web: <https://www.mentalhealthamerica.net/mental-health-information>

Bipolar disorder patient and family information

Intermountain Healthcare

Web: <https://intermountainhealthcare.org/ext/Dcmnt?ncid=51089336>

Organizations that support adults

David Romprey Oregon Warmline

The David Romprey Oregon Warmline is a toll-free warmline for persons living with mental illness. It provides one-on-one support. The warmline features specially trained responders with lived experience. These responders provide support and connection to callers struggling with mental health conditions. The warmline is open daily and hours can vary. Note: The warmline is not a crisis line. It is designed for persons seeking peer support.

Call: 800-698-2392

Web: <http://communitycounselingsolutions.org/warmline/>

Dual Diagnosis Anonymous of Oregon Inc

Dual Diagnosis Anonymous of Oregon (DDA) is a specialized 12-step group. It is designed to support persons living with both a mental illness and a substance use disorder. DDA groups:

- Add five additional steps around mental health, and
- Are understanding of persons who need for support in an environment that addresses co-occurring conditions.

Support groups area available across Oregon.

Call: 503-222-6484, 877-222-1332

Web: www.ddaoforegon.com

Depression and Bipolar Support Alliance

The Depression and Bipolar Support Alliance (DBSA) is a nationally-recognized support group model. It is specially designed for people living with depression or bipolar disorder. DBSA offers groups in several Oregon communities. DBSA provides a real-time online support group accessible through its website. The DBSA website also includes a free wellness tracker. It can help track symptoms, lifestyle choices and general health.

Call: 800-826-3632

Web: www.dbsalliance.org

Organizations that support youth

Youth ERA

Youth ERA is a support organization designed by and designed to serve youth and young adults living with mental illness and related conditions. Youth ERA operates drop-in centers in several Oregon communities. These include:

- Salem
- Medford
- North Bend
- Milwaukie

Centers feature peer support specialist services, among other offerings. Youth ERA also offers trainings and other programs to help young people become knowledgeable advocates.

Call: 971-334-9295

Web: www.youthera.org

Legal and advocacy organizations

Disability Rights Oregon

Disability Rights Oregon (DRO) is Oregon's federally designated protection and advocacy system organization. DRO is charged with upholding the civil rights of persons living with disabilities, including persons living with serious mental illness. DRO assists with legal problems directly related to disabilities. Key services include:

- Information, tools and referrals that help empower self-advocacy on numerous topics, such as:
 - » Education
 - » Employment
 - » Housing
 - » Guardianships
- General information on legal rights and other resources via appointments with intake advocates.

Call: 503-243-2081, 800-452-1694

Web: droregon.org

Youth Rights & Justice

Youth Rights & Justice is a Portland-based nonprofit law firm that provides court-appointed attorneys who represent:

- Children in foster care
- Parents in the child dependency system, and
- Youth in the juvenile court system.

Youth Rights & Justice provides services in the Portland metropolitan area. However, it also offers helpful information on its website for both youth and parents.

Call: 503-232-2540

Web: www.youthrightsjustice.org

Legal information

Oregon Long-Term Care Ombudsman program

The Oregon Long-Term Care Ombudsman program provides advocacy for persons living in licensed care settings such as:

- Nursing facilities
- Assisted living facilities
- Residential care facilities
- Adult foster homes
- Endorsed memory care.

Web: <https://www.oltco.org/lcco/about-us>

Email: lcco.info@oregon.gov

Call: 800-522-2602 or 503-378-6533

Oregon Residential Facilities Ombudsman program

The Oregon Residential Facilities Ombudsman program provides advocacy for persons living in homes licensed or certified for:

- Intellectual disabilities
- Developmental disabilities
- Mental health conditions

Web: <https://www.oltco.org/rfo/about-us>

Email: rfo.info@oregon.gov

Call: 844-674-4567, 503-378-6852

Specialty courts for the justice-involved (those having interactions with the criminal justice system as a defendant)

Oregon Association of Drug Court Professionals

This site maintains a list of specialty courts in Oregon, such as:

- Drug courts
- Mental health courts
- Family drug courts
- Veteran's treatment courts

Web: <http://oadcp.org/courts/>

Substance Abuse and Mental Health Services Administration

Maintains a database of mental health treatment courts throughout the United States.

Web: <https://www.samhsa.gov/gains-center/mental-health-treatment-court-locator/adults>

Suicide prevention hotlines and textlines

Lines for Life

Lines for Life is an Oregon-based nonprofit. It operates 24-hour crisis lines that offer help and hope to persons and their loved ones when in crisis. Likewise, when they need confidential help for:

- Drug addiction
- Alcohol abuse
- Thoughts of suicide, and
- Other mental health issues.

Lines for Life staff and volunteer crisis intervention specialists are highly trained. They help thousands of persons each year. The organization has specialty crisis lines for veterans and for teenagers.

Web: www.linesforlife.org

Suicide lifeline

Call: 800-273-8255 (24 hours)

Text: 273TALK to 839863 (8 a.m.-11 p.m. Pacific Time daily)

Alcohol and drug helpline

Call: 800-923-4357 (24 hours)

Text: RecoveryNow to 839863 (8 a.m.-11 p.m. Pacific Time daily)

Military helpline

Call: 888-457-4838 (24 hours)

Text: MIL1 to 839863 (8 a.m.-11 p.m. Pacific Time daily)

Senior Loneliness Line

Call: 503-200-1633, 800-282-7035

Web: SeniorLonelinessLine.org

Youthline

Teen-to-teen crisis and help line. Teens available from 4-10 p.m. Pacific Time daily. Off-hour calls are answered by Lines for Life.

Call: 877-968-8491

Text: teen2teen to 839863

Chat: www.oregonyouthline.org

Email: YouthL@LinesforLife.org

Spanish (Ayuda en Español)

Call: 888-628-9454

Specialty services

Early Assessment & Support Alliance

The Early Assessment & Support Alliance (EASA) is a care model that can intervene on first episode of psychosis for youth and young adults. EASA programs are available in most Oregon counties. However, access and eligibility may vary in each county. Early intervention with wraparound services to young people who experience psychosis and their families or support networks is an evidence-based approach. It is highly successful in keeping young people on a normal life path.

Web: www.easacommunity.org

Go to <http://www.easacommunity.org/easa-programs.php> to search for contact information by county.

Assertive Community Treatment (ACT)

Assertive Community Treatment (ACT) is an evidence-based practice. ACT provides comprehensive treatment and support services to persons who have a serious mental illness diagnosis. A multidisciplinary team provides ACT services. Most services take place where persons live or work to maximize independence and community integration.

The Oregon Center for Excellence for Assertive Community Treatment programs are available in many Oregon counties.

Web: <http://oceact.org/assertive-community-treatment/>

Go to <http://oceact.org/programs/> to search for programs and contact information.

Culturally-specific treatment and services

Asian Health & Service Center

Serves the Portland metro area. Maintains a state-certified outpatient mental health clinic.

Web: <https://www.ahscpdx.org/>

Central City Concern

Serves the Portland metro area. Maintains multiple health and recovery centers, some with culturally specific focuses.

Web: <https://www.centralcityconcern.org/>

Oregon Health & Science University (OHSU) Intercultural Psychiatry Clinic, Portland

Offers treatment services in a culturally sensitive manner in over 10 different languages.

Web: <https://www.ohsu.edu/brain-institute/ohsu-intercultural-psychiatric-clinic-portland>

Lutheran Community Services Northwest

Provides cross-cultural mental health counseling in Portland and Beaverton.

Web: <https://lcsnw.org/our-impact/behavioral-health/>

Avel Gordly Center for Healing at OHSU, Portland

Provides culturally sensitive treatment services to the African and African American community.

Web: <https://www.ohsu.edu/school-of-medicine/psychiatry/healthcare-and-clinics>

PRISM Health, Portland

Provides LGBTQ+ affirming mental health treatment. They do not accept private insurance for mental health services. However, they do accept the Oregon Health Plan (OHP) open card. PRISM offers a sliding fee scale for those who have income under 200 percent of the poverty line. They can bill insurance for primary care.

Web: <https://prismhealth.org/services/mental-health/>

Substance abuse peer-lead and self-directed recovery

Peer-lead support groups:

Alcoholics Anonymous of Oregon

“A.A.” is a free 12-step recovery program with many meetings throughout Oregon. The only requirement for membership is to stop drinking. Anyone can attend open meetings. AA is a non-denominational, spiritually-focused recovery program.

Web: <https://www.aa-oregon.org/>

Al-Anon and Alateen of Oregon

Both Al-Anon and Alateen are support groups for those affected by someone else’s drinking (family, friends, co-workers, employers, etc). Teens can attend both Al-Anon and Alateen. All meetings are anonymous. There are no membership dues or fees.

Web: <http://www.oregonal-anon.org/>

Call: 888-4AL-ANON (888-425-2666)

Narcotics Anonymous of Oregon

“N.A.” is a free 12-step recovery program with many meetings throughout Oregon. The only requirement for membership is to stop using narcotics. Anyone can attend open meetings. NA is a non-denominational, spiritually-focused recovery program.

Web: <https://www.narcotics.com/>

Call: 800-407-7195

Nar-Anon Family Groups

These groups maintain the 12-step format of Narcotics Anonymous. However, they are for support of family and friends of those addicted to narcotics. These groups are free and available in Oregon.

Web: <https://www.nar-anon.org/>

Call: 310-534-8188, 800-477-6291

Dual Diagnosis Anonymous of Oregon Inc.

From the Dual Diagnosis Anonymous website: “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 unique 12 Steps Plus 5 Program offers *hope for achieving the promise of recovery.”

Web: www.ddaoforegon.com

Call: 503-222-6484, 877-222-1332

Self-Directed Recovery

SMART Recovery (Self-Management and Recovery Training)

SMART Recovery is an evidence-based, free support group with in-person meetings in Oregon as well as online. This program also offers a fee-based 12-week online program for as little as 33 cents per day. These support groups are for anyone in any stage of recovery, this includes relapse. If a person needs proof of treatment for court, there are verification options.

From the SMART Recovery website: “SMART Recovery is an abstinence-oriented, not-for-profit organization for individuals with addictive problems. Our self-empowering, free mutual support meetings focus on ideas and techniques to help you change your life from one that is self-destructive and unhappy to one that is constructive and satisfying. SMART Recovery does not use labels like “addict” or “alcoholic.” We teach scientifically validated methods designed to empower you to change and to develop a more positive lifestyle.”

Web: <https://www.smartrecovery.org/checkup-and-choices/>

Substance abuse treatment and directories

Substance Abuse and Mental Health Services Administration (SAMHSA)

Provides multiple treatment locator databases and resources for patients, families and providers.

Web: <https://www.samhsa.gov/find-treatment>

National Institute on Drug Abuse

Includes many resources for patients and families.

Web: <https://www.drugabuse.gov/>

Oregon Substance Use Disorders Services Directory

This directory provides information on residential and outpatient treatment programs throughout Oregon. Listings are organized by county.

Web: <https://www.oregon.gov/oha/HSD/AMH/Publications/provider-directory.pdf>

National Institute on Alcohol Abuse and Alcoholism

Includes a nationwide database of addiction treatment programs, addiction counselors and certified addiction medicine doctors. This database includes providers who treat addictions other than alcohol.

Web: <https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/how-to-search-what-to-ask>

American Association of Addiction Medicine

Includes a nationwide database of treatment providers who are members of the organization. Members can include M.D.'s, psychologists, social workers, counselors and other providers.

Web: https://asam.ps.membersuite.com/directory/SearchDirectory_Criteria.aspx

How to choose a therapist

Mental Health America

Provides tips about how to choose a therapist:

- Types of mental health providers, types of treatment, what to expect:
Web: <https://www.mhanational.org/finding-right-care>
- Questions to ask a mental health provider:
Web: <https://www.mhanational.org/questions-ask-provider>

Social services (housing, healthcare and food)

Oregon Affordable Housing Inventory

This inventory is updated every six months and:

- Provides a statewide list of affordable properties.
- Integrates all available affordable housing information into one list.

Many of the properties have a waiting list, which means it could take several months for a unit to become available. Anyone looking for housing is encouraged to get on several waiting lists.

Web: <https://www.oregon.gov/OHA/HSD/AMH/Pages/Affordable-Housing.aspx>

Homeless Shelter Directory

Provides a complete list of shelters in Oregon.

Web: <https://www.homelessshelterdirectory.org/oregon.html>

Oxford House, Inc.

Oxford House offers sober-living housing options for those in recovery from substance abuse. Many Oxford House residents have co-occurring mental health disorders. Each Oxford House has at least six residents. The house is governed by the residents. Each resident must remain sober and help with their share of rent and utilities to remain at the house. The Oxford House website hosts a frequently updated list of vacancies and online applications. There are many Oxford Houses in Oregon.

Web: <http://www.oxfordhouse.org/userfiles/file/index.php>

Helps people connect with local resources.

Safety Net Clinics

“Health care safety net” clinics provide health care around the state for those with barriers to quality health services. These barriers include:

- Lack of coverage
- Geographic isolation
- Language and culture
- Mental illness
- Homelessness

More than 300 sites in Oregon are part of the National Health Service Corps (NHSC). These sites provide health care to all, regardless of ability to pay.

Primary care services include:

- Urgent care
- Acute and chronic disease treatment
- Services based on local community need (mental health, dental, and vision)
- Preventive care
- Well child care
- Enabling services (translation and interpretation, case management, transportation and outreach)
- Helping to leverage federal resources to support clinics having the workforce they need.

Web: <https://www.oregon.gov/oha/HPA/HP-PCO/Pages/Safety-Net-Clinics.aspx>

Oregon Department of Human Services: Assistance Services

Includes links to:

- Medicaid – Oregon Health Plan (OHP)
- Cash assistance
- Child care assistance
- Domestic violence services
- Family support and connections
- Food benefits
- Refugee services
- Help finding your local DHS office

Web: <https://www.oregon.gov/DHS/assistance/pages/index.aspx>

County mental and behavioral health programs

(Local treatment and services at no or low cost)

Crisis line lists

The Oregon Health Authority maintains a list of county mental health programs via its crisis services page. You do not have to be in crisis to access these services.

Web: <https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/crisislines.aspx#grant>



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