



**NAMI**

National Alliance on Mental Illness

**CLACKAMAS COUNTY**  
**SUPPORT + EDUCATION + ADVOCACY**

## NATIONAL ALLIANCE ON MENTAL ILLNESS

### INSIDE THIS ISSUE NAMI-Connection Comes to Oregon Spring, 2009

- Update on supported housing in our county
- SAD=Seasonal Affective Disorder Jan. 17 meeting topic
- OR Psychiatric Assn. Director to address NAMI Feb. 21
- Jan Clay: CCCH's New Behavioral Health Director speaks March 21
- Warm Line expands 1-800-698-2392

**NAMI-Connection** is a consumer support group in which weekly meetings of persons with a mental health diagnosis are held. Participants share feelings, ideas and goals in learning to live successfully with their mental illness. The group is in its 3rd year of formation across the nation. Oregon will join many other states in operating consumer support groups with specially-trained facilitators. NAMI-National's regional director for the program, Beth Gould, recently met with consumers interested in being trained to

facilitate support groups within the Portland-Metro area. She estimates that a training will occur in February or March, 2009. Two to four persons will be trained for



**Support by and for consumers**

each group so that facilitators may rotate the responsibility. About a dozen consumers from Clackamas County have expressed interest in being trained. As multiple groups may be set up, there is still room for more facilitators to sign up for the training. In addition, the program is in need of family members to serve as "champions" who assist with technical details only when the need arises. Please contact the NAMI office 503-723-4989 if you are interested in the spring training or in becoming a NAMI Connection Champion.

### Mental Health Awareness Day January 21 in Salem

Plan now to join fellow advocates for improved mental health care Wednesday, January 21 at the Capitol in Salem.

The annual Mental Health Awareness Day is jointly sponsored by Oregon Health Forum, NAMI Oregon and the Oregon Community Mental Health Coalition.

**Kickoff Breakfast**, 8:30 AM at the Mission Mill Museum's Spinning Room, 1313 Mill St. SE, Salem is generously sponsored by

Astra Zeneca Pharmaceutical. Registration is required. Sponsorship tickets are \$25 each or \$15 for NAMI members. Contact Oregon Health Forum, 503-226-7870 or email [STAFF@HEALTHFORUM.ORG](mailto:STAFF@HEALTHFORUM.ORG) to reserve your seat. Hear about Minnesota's regional model of mental health care that Oregon may want to emulate.

**Noon Rally on the Capitol Steps** will give visibility to advocates. If you would like to have an appointment to speak privately with the legislators

from your own district, NAMI-Oregon will arrange that for you when you register for attendance at the rally. Contact NAMI-Oregon: [namioregon@qwest.net](mailto:namioregon@qwest.net) or 1-800-343-6264. More information and registration forms may be found on NAMI-Oregon's website [www.nami.org/oregon](http://www.nami.org/oregon). Every voice/body makes our case for improved care stronger. Plan now to be present at the Capitol January 21.

#### NAMI-Clackamas County

PO Box 3179

Oregon City, OR 97045

Oregon City Office  
Molalla Ave.

Staffed 9-12 M-Th only 503  
-723-4989

[Namicc@co.clackamas.or.us](mailto:Namicc@co.clackamas.or.us)

## Coming Events

### January

**6-7-8** WarmLine training  
Public Services Bldg.,  
Oregon City

**17** Support Meeting  
Pioneer Center, 9 AM  
**Program: Seasonal  
Affective Disorder**

**10** Family-to-Family  
classes begin New Hope  
Church Clackamas

**15** Board Meeting, 6 PM  
Stewart Center, Ore. City

**20** Family-to-Family  
classes for **Veterans  
only** at VA Hospital

**21** Mental Health Aware-  
ness Day at the Capitol—  
Salem

### February

**21** Support Meeting  
Pioneer Center, 9 AM  
**Program: Tom Hansen,  
OR Psychiatric Assn.  
On Veteran's issues**

**19** Board Meeting, 6 PM  
Stewart Center, Ore. City

Tentative: **NAMI-  
Connection Training**

### March

**21** Support Meeting  
Pioneer Center, 9 AM  
**Program: Jan Clay,  
CCCH Behavioral  
Health Manager**

**19** Board Meeting, 6 PM  
Stewart Center, Ore. City

## Details on NAMI-CC Educational Events for Winter, 2009

### FAMILY TO FAMILY CLASSES begin with breakfast at 9 AM.

Winter F2F classes will be held on Saturday mornings for 12 weeks beginning Jan. 10 at New Hope Community Church in Clackamas. Register at NAMI-CC office 503-723-4989. No charge.

The first F2F class designed for family/friends of **veterans only** will begin Tuesday, January 20 at the VA Hospital in Portland. Register at NAMI-Oregon, 1-800-343-6264.

### Saturday support meetings

### JANUARY SUPPORT

Jan. 17, will feature **Julie Fast, a local author and consumer/advocate** speaking on the topic of SAD, Seasonal Affective Disorder. SAD, which affects many people during the season with less sunlight, can be controlled. Julie was the keynote speaker at the recent NAMI-Oregon conference held in Corvallis

### FEBRUARY SUPPORT

February 21, will be addressed by **Dr. Tom Hansen**, president of the Oregon Psychiatric Association (OPA) speaking about the collaboration between NAMI and his organization and about Veterans' issues.

### MARCH SUPPORT

March 21: an opportunity to meet our new Director of Behavioral Health in Clackamas County. **Mr. Jan Clay** will talk about how mental health services may be affected by coming budget

## Mr. Jan Clay to direct Behavioral Health in Clackamas County

Jan Clay has been hired by Clackamas County Community Health to head up the Behavioral Health Department, which covers services to person with mental illness. His duties include providing operational leadership for the mental health, alcohol, and drug services; provide the necessary tools to staff in an attempt to reach each program targeted outcomes, removing barriers and obstacles to staff achievement of program goals and objectives.

Mr. Clay comes to us from Washington state where he was the Behavioral Services



Director for Columbia Valley Community Health, a Federally Qualified Health Center. His previous experience includes being a CEO of three different Community Mental Health Centers, working as a National Marketing Director for Private Managed Behavioral Health Care

Organization and a Behavioral Health Organizational Consultant, in which he assisted non-profit mental health centers become managed-care ready. Jan admits he is eager to work and live in Clackamas County not only because he has children living in this area, but because of the reputation of our county mental health agency and the challenge of working to maintain good service despite ever-deepening cuts in the operating budget. Jan will be our guest speaker at our March 14 support meeting. Plan to attend to meet him and hear his outlook for possible changes in service to our loved ones through

**Safe Haven Consumer Drop-in Center** Expands Service Hours 503-722-5237  
Now Open Mon—Thurs—Fri from 10AM—2PM 142 Molalla Avenue, OC

**Dual Diagnosis Anonymous** meets weekly at Hilltop Center 998 Library Ct., Oregon City, Wednesdays 3-4 PM, focus on mental illness/substance abuse

## WARM LINE 1-800-698-2392 NOW AVAILABLE M-F 9A-7P

Need someone to just lend a listening ear to you? Then the David Romprey Oregon Warm Line is for you! Several consumers with special training are ready to take your calls Monday through Friday. Clackamas County



Community Health and NAMI-Clackamas County are now sponsoring an additional 10 hours of open line time per week. Local consumers will be trained in January to join existing operators around the state. The line is NOT for EMERGENCIES but just for friendly conversa-

## VOLUNTEER OPPORTUNITIES

### LEADERSHIP TEAM

President: Mike Bowen

VP Support & Education:  
Sue Halloran

VP Advocacy & Outreach: open

Director Support Services:  
Cindy Bowen

Director Education Services:  
Judy Redler Winter

Director Advocacy Services:  
Michelle Veenker

Director Outreach Services:  
David Blackledge

Director Veteran's Services:  
Fred Winter

Treasurer: Lisa Wood

Secretary: Carolyn Knaub

Board Members at Large:  
Naomi Soper, Marj Warne,  
Mary Bingham, Lorayne Dille,  
Mark Anderson, Jacob Bowen,  
Leon Easley

Newsletter Editor:  
Judy Redler Winter

Librarian: Cindy Bowen

NARSAD Cards: Grace Crary

Volunteer Office Staff: Laura  
Borders (Manager), Judy Win-  
ter, Kathy Maher, Susan Hewitt,  
Ann Johnson

Food Coordinator: Bette Grippen

Hospitality: Marj Warne

Bulk Mailing Specialists:  
Gyneth Owen & Carollynn  
Schiedler

County Quality Control Board,  
Mental Health Council and  
Veterans' Committee Rep: Fred  
Winter

CCCH Behavioral Health Lia-  
son: Cathy Polinsky

**T**ogether  
**E**veryone  
**A**ccomplishes  
**M**ore

NAMI does great things through teamwork. Add your talents, skills and connections to our team

### CATERERS needed for support meeting meals:

Join a team of persons to purchase and prepare Saturday morning breakfasts or Tuesday evening dinners for NAMI support meetings at Pioneer Center. Hopefully, we will get enough volunteers that each team will only serve 2 times per year. *Very important part of our meetings. All expenses reim-*

**Brochure Outreach Coordinator:** Supervise placement of brochures within the community at hospitals, etc. Set up displays of NAMI literature at health fairs. .

### NAMI CONNECTION:

**Facilitators:** Train to lead weekly consumer support group. We need 30 trainees statewide for a free weekend training in February or March. (consumers only)  
**Champions:** Family members needed to provide rides, snacks, coordination of facilitators, etc. for Connection meetings.

**Fundraising Coordinator** (NAMIWALK activities) Attend NAMI-Oregon WALK meetings, bring ideas back to our local affiliate. This is NAMI's only fundraiser during the year.

**VOLUNTEERS are not paid . . . not because they are worthless, but because they are priceless! GOD BLESS OUR VOLUNTEERS! No one at NAMI-CC is paid in money, but in personal gratification. **Join Us!****

Call NAMI office 503-723-4989 or [namicc@co.clackamas.or.us](mailto:namicc@co.clackamas.or.us)

### CLOTHING DONATION:

Oregon City Jail: clothing, coats, hats, or gloves drop them off at the jail, at 2206 Kaen Rd, OC

Oregon State Hospital-Portland: large size clothing, men's and women's—bring to NAMI office (call first to be sure someone is there-503-723-4989)

**FURNITURE DONATION:** Good condition couches, beds, mattresses, dressers, small chairs for clients. Call NAMI office to arrange for pickup

**STORE KEEPER:** For the patient/staff store at Portland Oregon State Hospital (Portland)

Work as little at 3 hours per month—weekday or weekend from 11AM to 2 PM. Leave your name at the NAMI Office.

**BROCHURE DESIGNERS:** Work as part of a team to consolidate ideas for computer design for our new brochure. Needs to be done in January.

## Budget Pinch Threatens Programs for Mental Health

By Cindy Becker, Director of Clackamas County Human Services

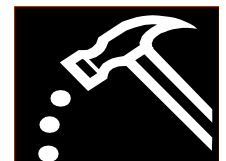
As the economy worsens, so does the amount of money available statewide to run programs. As usual, the area most likely to see the deepest cutbacks in operating funds is Human Services. This program oversees funding and operations for the most vulnerable of our population, including persons with mental health disorders.

Over the past few years, we have experienced heavy staff layoffs and the disappearance

of whole service programs. Even though most people's attention is on the 09-11 bien-nium, we are still not out of the woods for 07-09. Program cuts and delays are already occurring, although a potential cut of 8% to mental health programs is on hold pending the next forecast the state's ending balance. The Governor's budget for 09-11 is devastating for human services, particularly mental health and addictions as it eliminates major programs for non-Medicaid clients. Legislators have already expressed

concern about the budget which makes it even more important for NAMI

members to speak up about the critical nature of our services from both prevention and treatment perspectives. We must all work together to save our current fragile system as well as underscore the business case for expanding community mental health services.



**Human Services under the hammer financially.**

## New Residential Treatment Home to open at VILLEBOIS

By Sherry Mackey, CCCH  
Housing Resource Coordinator

Fieldstone is a five bedroom group home for persons in recovery from a chronic mental illness as the diagnosis is defined in OAR 309-036-0105(6). The first residents from the State Hospital or other treatment facilities will move there in January 2009.

Fieldstone is a beautiful, two story, single family home. There are two wheelchair accessible bedrooms on the main floor and three more bedrooms on the second floor. Each resident will have the privacy of their own full bathroom attached to their bedroom. There are two living room areas; one upstairs and one on the main floor. Laun-

dry rooms are located on both levels. The home has a covered patio and nicely landscaped, fenced yard.

ColumbiaCare Services, Inc. will be the residential and mental health out-patient treatment provider for this new site. ColumbiaCare will have staff available on-site 24 hours per day to offer care, support, training, and treatment. To learn more about ColumbiaCare, please visit their website at [www.columbiacare.org](http://www.columbiacare.org).

Fieldstone was developed by Northwest Housing Alternatives, a long time, Private Non-Profit agency that has developed special needs housing in Clackamas County for many years. Please visit [www.nwhouse.org](http://www.nwhouse.org) to learn

more about the community level work this unique agency provides.

Funding for the Fieldstone project came from a variety of sources including, but not limited to, the Community Mental Health Housing Fund established from the 1999 State Legislation of a trust fund from the proceeds of the sale of land at the old Dammasch State Hospital. Many NAMI members were, and are graciously still, strong advocates for the development of housing resources for persons in recovery from mental illness.

Many thanks to all who have and who continue to have a role in the support of these priceless housing initiatives.

*For more information regarding access to housing resources, please contact your Clackamas County Community Health Case Manager (Care Coordinator) for a referral or call:*

*Sherry Mackey  
503-722-6628*

*or Cathy Polinsky  
503-722-6515*



## Other New Housing Units under Development in Our County

Building continues on the 22 sites set aside for mental health housing in Villebois in Wilsonville, as part of the 1999 legislation entitled "The Dammasch Bill." Joining existing Hearthstone group home for 5 and Renaissance Court 20 apartment units are three new facilities to open in 2009.

**SUPPORTED APARTMENT HOUSING:** independent living with weekly supervision

**The Charleston** – 15 units, Wilsonville, to open June 2009

**The Rain Garden** – 29 units, Wilsonville, to open Aug., 2009

**GROUP HOMES:** 24/7 onsite supervision, meals, meds

**Fieldstone** – 5 Bedroom, Wilsonville, to open January 2009

**Secure Residential Treatment Home** 8 Bedroom, Johnson Creek, Projected opening for Fall 2009

## Existing Apartments and Group Homes

### GROUP HOMES

(24 hour onsite support services)

Leland 10 Oregon City

Pearl 12 Oregon City

Molalla Ave. 2 Oregon City

Mossy Meadows 1 OR City

Mosaic 5 Oregon City

Roethe 12 Milwaukie

Harmony 6 Milwaukie

King Road 6 Milwaukie

Hearthstone 5 Wilsonville

Portland Avenue 4 Gladstone

Total 63 beds

**FOSTER HOMES** (onsite day and evening support)

Woodlawn 5 Oregon City

Beginning Well 5 Clackamas

Tara House 5 Lake Oswego

D&D 5 Lake Oswego

Serenity 4 Milwaukie

Ash Court 5 Milwaukie

Total 29 beds

### INDEPENDENT

**Apartments** (weekly treatment and support)

Chez Ami 40 Happy Valley

Clackamas Apts. 20 Clack.

Fisher Ridge 18 OR City

Meadowlark 14 OR City

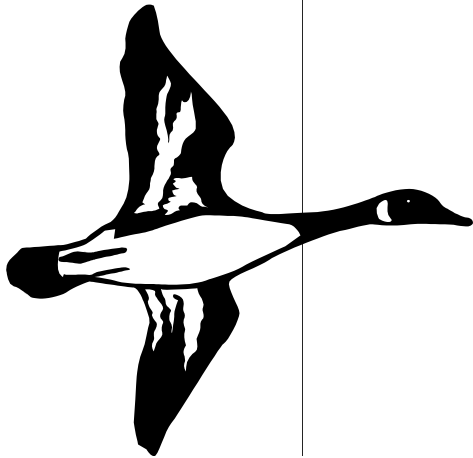
Renaissance Court 20

Villebois in Wilsonville

Otter Lane 8 Oregon City

Shelter + Care - Individual Landlords/Apartments 40

## LESSONS WE CAN LEARN FROM GEESE



As each bird flaps its wings, it creates an updraft for the bird following. In a V formation, the whole flock adds at least 71% more flying range than if each bird

(2) flew alone. Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation. Like geese, people who share a common direction and sense of community can get where they are going quicker and easier than those who try to go

(3) it alone. When the lead goose gets tired, it rotates back into the formation and another goose flies at the point position. If people had a much sense as geese, they would realize that ultimately their success depends upon working as a team. Taking turns doing the hard tasks, and sharing leadership.

(4) Geese in the rear of the formation honk to encourage those up front to up their speed. It's important that our "honking from behind" be encouraging, otherwise, it's just - well - honking.

(5) When a goose gets sick or wounded, two other geese drop out of formation and follow it down to help and provide protection. They stay with the unhealthy member of the flock until it is either able to fly again or dies. Then

(6) they launch out again with another passing flock or try to catch up with their own.

May we NAMI members take a cue from our feathered friends.

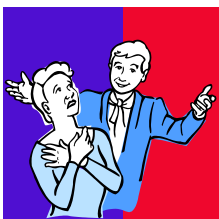
In a Different Light Theater Group presents . . .

### YOU CAN'T TAKE IT WITH YOU

Theater by talented persons with mental health issues. Hilarious classic comedy set in the 1930s.

OPENING first two weekends in June, 2009

LaSalle High School  
Milwaukie



### Free Lecture on Post Traumatic Stress Disorder (PTSD) and NAMI Veteran Education

**Collaborative Medicine Lecture: PTSD**  
Approximately 5.2 million Americans suffer from Post Traumatic Stress Disorder (PTSD) and treatment can be complex. Join us to listen to a panel of health care experts from the allopathic field, Mind/Body Medicine, naturopathy, chiropractic and Traditional Chinese Medicine discuss their evidence-based approach to providing care for PTSD.  
Topic: Post Traumatic Stress Disorder  
Date: **Wednesday, January 14, 2009**

Time: 12:00 pm to 1:05 pm  
Location: Oregon Health & Science University - Richard Jones Hall 4340 (previously called Basic Science Building),  
Cost: None  
Complimentary healthy snacks are provided. This lecture is open to the public and there is no need to RSVP.  
For more info, directions & parking visit our Web site [www.occim.org/Events/lecture\\_series.html](http://www.occim.org/Events/lecture_series.html)  
PTSD is a growing concern for many families, especially for veterans returning from combat. NAMI Family-to-Family has added a component on PTSD to

be used when appropriate in any F2F class.

In addition, a F2F course will be offered at the Veteran's Administration Hospital which will focus on PTSD and other concerns specific to veterans and their families. Fulfilling a recent understanding between NAMI and the VA, the course will be taught by veterans or their family members annually across the nation at a VA hospital in every state. **Oregon's first Vet's F2F will begin January 20.** Call NAMI-Oregon to register: 1-800-343-6264

# THANK

To all those who contributed their time, talents, goods and cash to the NAMI cause:

**Teaching:** Family-to-Family: Patty Stafford, Corinne Allen, Lisa Wood; From Discovery to Recovery: Mike Bowen, Laurie Gilmer, Dr. William Wilson, Judy Winter, David Blackledge, Corinne Allen, Cathy Polinsky (CCCH) , Mikko Azul (Working for Independence).

**In Our Own Voice** presenters: Matthew Goss and Peter Klarquist (CIT), Naomi Soper and Mary Bingham (F2F), Carol Touchet and Kathy Fredrickson (D2R)

**Newly-trained leaders:** Support group facilitators: Laura Borders, Susan Hewitt

**Retiring Volunteers:** Many thanks to Carolyn Schiedler, office volunteer and librarian; Susanna Kuo, bulk mailing specialist; Diana Easley, Debra Stevens and Diane Rush-camp office volunteers.

**Cash Donations:** Merriman Holtz, Jr., Jerry & Katie Kahut, Berta Richards, Marilyn Bowman, Martin & Maret Frye, Bradley Arms, Phillip & Lynda Atkin, Portland General Electric, Franklin & Frances Young, Clackamas County, San Diego State Research Foundation

## Directions to Oregon City Pioneer Community Center 615 5th Street

FROM I-205:

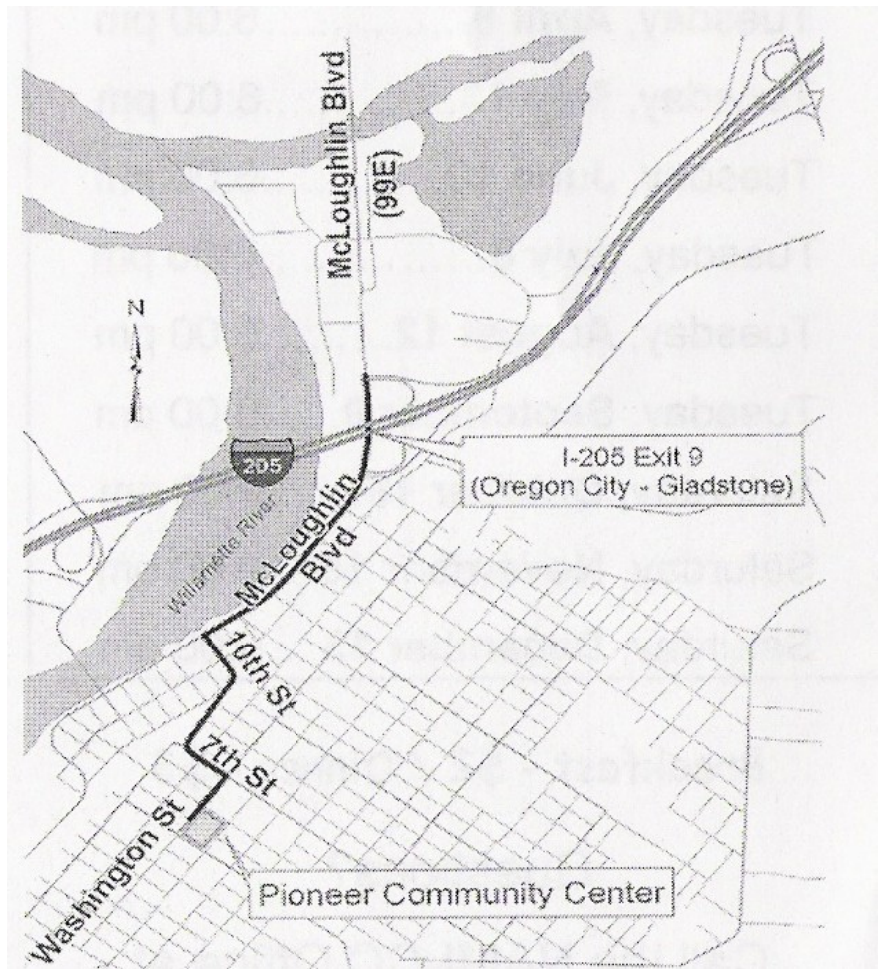
Take exit 9 (Oregon City-Gladstone) Turn Left onto McLoughlin Blvd. (99E) and go 0.5 miles to stoplight at 10th St.

Turn left onto 10th Street and go 0.3 miles up the hill. At the McLoughlin Historic District sign, the road curves left and becomes 7th Street

Turn right onto Washington Street and go 2 blocks to 5th Street. The Pioneer Community Center is on your left. The front entrance is at 615 5th Street.

Parking is available in the Community Center lot on Washington Street or in the lot across from the Community Center on John Adams Street.

## Map to Oregon City Pioneer Center—Monthly Support Meetings



## NAMI-Clackamas County Membership Application

Includes membership in local, state and national NAMI groups—and newsletters from all three!

### What is nami-CC?

NAMI-CC is a nonprofit, grassroots, self-help, education, support and advocacy organization of consumers of MH services, families, professionals and friends of persons with serious and persistent neurobiological disorders. Also known as brain disorders, they include: bipolar disorder, depression, obsessive compulsive disorder, anxiety disorders, schizophrenia and schizoaffective disorder, borderline personality disorder (BPD) and post traumatic stress disorder (PTSD).

### Nami-cc provides:

- A place for validation
- Place for friendship and networking
- Self-help and family support for persons with mental illness and their families
- Education classes (Family-to-Family, From Discovery to Recovery)
- Information to communities regarding mental illnesses, available services and services needed (D2R seminar and In Our Own Voice speaker program)
- Advocacy for, encouragement and acceptance of persons with mental illness living in the community (Housing, emergency needs, theater group, In Our Own Voice speaker program)
- Format for educating public officials and legislators about the needs of families affected by mental illness.
- Newsletters (local affiliate, NAMI-Oregon and NAMI national quarterly magazine)

NAME \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

**I have enclosed dues of \$30** covering the entire family \$ \_\_\_\_\_  
 this includes national, state and local newsletters

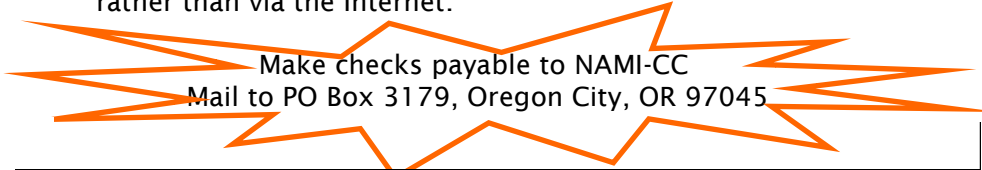
**OR** Open Door membership of \$3 for those of limited means \$ \_\_\_\_\_

I have enclosed an additional donation \$ \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

\_\_\_\_\_ Please contact me about Volunteer opportunities

\_\_\_\_\_ I wish to receive the NAMI-CC newsletter in hardcopy in the mail rather than via the Internet.



**RENEWAL** of annual dues: Your due date for NAMI-CC dues is printed on your newsletter address label. If you are receiving this electronically, you will be sent an e-mail prior to the month you need to renew.  
 Meeting REMINDERS will be sent via e-mail or telephone—if you are on our list.  
 Call the office if you do not get reminders: 503-723-4989

## IN OUR OWN VOICE EDUCATES PUBLIC ABOUT MI

In Our Own Voice (IOOV) is a unique public education program developed by NAMI, in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery. The program was started with a grant from Eli Lilly and Company.

The goals of IOOV are to meet the need for consumer-run initiatives, to set a standard for quality education about mental illness from those who have been there, to offer genuine work opportunities, to encourage self-confidence and self-esteem in presenters, and to focus on recovery and the message of hope. Recovery is the point in someone's illness in which the illness is no longer the first and foremost part of their life.

IOOV is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation. IOOV presentations are given to consumer groups, students, law enforcement officials, educators, providers, faith community members, politicians, professionals, inmates, and interested civic groups. *All presentations are offered free of charge.* Groups or organizations interested in seeing a presentation may request that one be given in their area through their state or local affiliate. Call the NAMI-CC office to schedule an IOOV presentation for your group.

NAMI-Clackamas County  
January/March, 2009  
P. O. Box 3179  
Oregon City, OR 97045



**OREGON'S AWARD-  
WINNING AFFILIATE  
NON-PROFIT ORGANIZATION  
US POSTAGE PAID  
PERMIT # 29  
OREGON CITY, OR  
97045**

***We're on the  
WEB  
www.nami.org***

**Register Now for NAMI National Convention**  
San Francisco Hilton Hotel, July 6—9, 2009  
View details & register online at [www.convention@nami.org](http://www.convention@nami.org)  
Or call NAMI-CC for a registration form 503-723-4989  
\$195 before March 1, 2009, rates increase after this date  
*NAMI-CC is planning to rent a bus or vans to drive down as a group. Call the NAMI office (503-723-4989) to let us know you are interested in joining the safari!*

## Highlights of this issue . . . . Winter, 2009

**MENTAL HEALTH DAY AT THE CAPITOL** - Join NAMI and other advocates in Salem JANUARY 21 register online at [www.nami.org](http://www.nami.org).

**WARM LINE**—a friendly ear for clients expands hours of operation **1-800-698-2392**

**NAMI CONNECTION**—new support groups for and by consumers now forming

**FAMILY-TO-FAMILY** classes beginning in January, new F2F just for Veterans' families

Meet the **NEW BEHAVIORAL HEALTH DIRECTOR**, Mr. Jan Clay, at the March support meeting

Update of increased units of **SUPPORTED HOUSING** now available in Clackamas County

Support meetings, 3rd Saturdays, 9:00—breakfast \$3.00  
Oregon City Pioneer Center, 615 Washington, St., Oregon City

**Help and Hope  
for those with  
mental illness and  
their families**