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**MULTNOMAH COUNTY BOARD OF COMMISSIONERS  
PUBLIC TESTIMONY SIGN-UP**

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Please complete this form and return to the Board Clerk  
\*\*\*This form is a public record\*\*\*

MEETING DATE: 5-16-2012

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): NAMI Multnomah  
Northstar Clubhouse Program offer #25059

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Louise Langky

ADDRESS: 1432 NE 62nd

CITY/STATE/ZIP: Portland, Or 97213-4226

PHONE: DAYS: (503) 253-5828

EVES: (503) 253-5828

EMAIL: \_\_\_\_\_

FAX: \_\_\_\_\_

**IF YOU WISH TO ADDRESS THE BOARD IN PERSON:**

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MEETING DATE: 16 May 2012

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): #25059 NAMI/Northstar

FOR:  AGAINST:  THE ABOVE BUDGET TOPIC

NAME: Bob Fairchild

ADDRESS: 9629 SE Foster Rd

CITY/STATE/ZIP: Portland OR 97266

PHONE: DAYS: 971-544-7485 EVES: 503-475-3803

EMAIL: gentlemanbobIII@aol.com FAX: \_\_\_\_\_

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SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

NAMI Northstar Clubhouse

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Susan Matthias

ADDRESS: 3133 SE Claybourne

CITY/STATE/ZIP: Portland, OR 97202

PHONE: DAYS: 503 788-2555 EVES: same

EMAIL: SAMATTHIES@AOL.COM FAX: \_\_\_\_\_

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MEETING DATE: \_\_\_\_\_

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

NAMI MULTNOMAH'S NORTH STAR CLUBHOUSE

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: PATRICIA KENNEDY

ADDRESS: 715 SE 60th AVE. #1

CITY/STATE/ZIP: PORTLAND OR 97215

PHONE: DAYS: 206.795.8016 EVES: \_\_\_\_\_

EMAIL: pkennedy.nami@gmail.com FAX: \_\_\_\_\_

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*Declined  
since he  
spoke  
last  
week*

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MEETING DATE: 5.16.12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

Program offer 25059

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Larry Mock (Mock)

ADDRESS: 7756 SW Chaucer Ct

CITY/STATE/ZIP: 97224

PHONE: DAYS: 503.473.5253 EVES: Same

EMAIL: Larry@ccc-Pdx.com FAX: \_\_\_\_\_

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MEETING DATE: 5/16/2012

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): North Star

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Melody Gilman

ADDRESS: 2208 NE 8th

CITY/STATE/ZIP: Portland

PHONE: DAYS: 503-9755602 EVES: same

EMAIL: mmm93@aol.com FAX: \_\_\_\_\_

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

NAMI MULTNOMAH NORTHSTAR CLUBHOUSE - PROGRAM OFFER - #25059

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: WILLIAM WATERS

ADDRESS: 1803 E. 5th ST.

CITY/STATE/ZIP: VANCOUVER, WA 98661

PHONE: DAYS: 971-544-7485 EVES: 360 828-7947

EMAIL: billwaters.nami@gmail.com FAX: 503 235-8959

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Anti-poverty services

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: (Hai-men) Jaime Johnson

ADDRESS: 12350 SE Powell BLVD

CITY/STATE/ZIP: Portland, OR. 97236

PHONE: \_\_\_\_\_ DAYS: 503 548 0216 EVES: \_\_\_\_\_

EMAIL: Johnsonchuman@solutions.org FAX: \_\_\_\_\_

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Multnomah County Budget Hearing, 5/16/12

My name is Jaime Johnson and I work at Human Solutions. I help oversee some of the longer term housing programs for homeless families. I also work closely with our Winter Shelter and Daybreak Shelter programs. We have seen many more homeless families come through our shelter programs this year than last year and we expect that this will likely be a similar scenario next year. Any reduction in funding for homeless placement or homeless prevention would significantly and adversely impact our ability to meet the growing need for this type of support. I echo the sentiment of many of the people in this room when I state what is obvious, that what we need is MORE money for these programs not LESS. As you know, it is also not just a matter of housing families. Many families need case management support. They need help navigating complex systems to access employment support programs, educational support programs for children, mental health treatment programs, and other programs that will help them re-gain and maintain their housing stability. The most successful families are those who have the opportunity to engage in case management services.

**Story:**

Nancy, one of the Human Solutions case managers, began working with a Yuliana, a single mother with a 1 year old daughter through one of the long term rent assistance programs. Yuliana had recently gotten out of an abusive relationship that had also caused her homelessness and was trying to manage things on her own. Initially, there were many cultural considerations to understand about Yuliana and relational issues that presented some challenges to helping her connect with and trust the different systems she needed to navigate.

Through the trusting relationship that Nancy was able to establish with Yuliana, they were able to address some of her relational issues and help Yuliana to trust and communicate with others better. Yuliana was connected to the Jobs Plus program and was able to secure an internship placement. Then, with the joint effort and agreement between Yuliana and her internship supervisor, Nancy was able to help coach Yuliana on how to handle this new life change. Yuliana is doing very well in Jobs Plus now and is quickly gaining very important employment skills.

I don't think this success would have been possible without the help of her case manager and the trusting relationship they were able to cultivate over time.

When considering the budget for this coming fiscal year, please keep in mind that by continuing to fund housing, rent assistance and especially case management programs you are giving homeless families a real opportunity to improve their situation.

Jaime Johnson, Director of Social Services, Human Solutions, 12350 SE Powell BLVD.

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Anti-Poverty  
Summes

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Patricia McLean (McLain)

ADDRESS: 124 NE 181<sup>st</sup> Ave

CITY/STATE/ZIP: Gresham 97030

PHONE: \_\_\_\_\_ DAYS: 503 405 7880 EVES: \_\_\_\_\_

EMAIL: pmclean@humansolutions.org FAX: 503 405 7934

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Multnomah Count Budget Hearing, 5/16/2012

I am Patricia McLean, Social Services Manager from Human Solutions. Thank you for this opportunity. I want to tell you about a family we were able to help recently who lost their home due to foreclosure. The father is self-employed and when the economy went bad, his business suffered. He renegotiated his loan with Washington Mutual so that he was able to make the lowered payments and keep his home, but when Chase bought them out, Chase did not honor the new loan contract and the family lost their home. They spent so much of their income on motels that they could not afford move in costs for a rental. They knew that with their current income they could not afford a three bedroom unit, but there were six in their family and they were unable to find a landlord who would allow them to have six people in a two bedroom unit. They made the difficult choice of sending their two oldest children to live with a relative. We were able to assist this family because we had case management funds provided by the County to pay for staff and funds from Home Forward to pay the deposit and to help with a portion of the first three months of rent.

During an office visit, this gentleman explained that he was bidding on a job to paint an apartment complex, but he couldn't afford to hire painters unless he could get paid during the course of the job instead of all at the end. I was able to connect him with our Living Solutions Employment services to partner with them to provide on the job training for people who are trying to increase their skills and obtain living wage jobs. This will benefit our community by helping my client to increase his income stability and at the same time provide skills to help others toward their income stability. If he had only received assistance with a deposit and had not had case management services, this would not have taken place. Now he looks forward to the day when he can have all of his children in under one roof again.

Our family advocates provide an essential service by connecting program participants to resources and opportunities in our communities. Unfortunately, money to provide this service is less and less available.

We are actually in a position right now where we do have funds to help families, and there is a great deal of need out there. We know this. What we don't have is enough funds that can be used to pay for the staff to process applications and provide case management.

As you consider the budget for the coming fiscal year, I ask you to keep in mind how important it is to support families in our community, to continue to provide funding for rent assistance and to provide additional funding for case management services.

Patricia J. McLean  
Gresham Social Services Manager  
124 NE 181<sup>st</sup> Ave

MULTNOMAH COUNTY BOARD OF COMMISSIONERS  
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MEETING DATE: 5-16-12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

Commercial Sexual Exploitation of Children

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Dennis Morrow, Janus Youth Programs

ADDRESS: 707 NE Couch St.

CITY/STATE/ZIP: Portland, OR 97232

PHONE: DAYS: 503-233-6090 EVES: \_\_\_\_\_

EMAIL: dmorrow@janusyouth.org FAX: \_\_\_\_\_

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SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

Commercial Sexual Exploitation of children

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Kevin Donegan, Janus Youth Programs

ADDRESS: 707 NE Couch St.

CITY/STATE/ZIP: Portland, OR 97232

PHONE: DAYS: 503-233-8111 EVES: \_\_\_\_\_

EMAIL: kdonegan@janusyouth.org FAX: \_\_\_\_\_

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SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Services for providing  
Care re: Commercial Sexual Exploitation of Children

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Patti MacRae, Janus Youth Programs

ADDRESS: 1012 SE Malden St. (home)

707 NE  
Couch St.,  
Portland, OR  
97232 -  
(work)

CITY/STATE/ZIP: Portland, OR. 97202

PHONE: DAYS: 503 542-4620 EVES: 503-233-0672

EMAIL: pmacrae@janusyouth.org FAX: \_\_\_\_\_

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\* State Rep.

MEETING DATE: \_\_\_\_\_

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): North Star NAMI

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC  
NAME: Rep. Lew Friedman D-43

ADDRESS: 2208 NE 89

CITY/STATE/ZIP: Portland OR 97212

PHONE: \_\_\_\_\_ DAYS: 503-975-7009 EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Robert Richardson, Phil Johnson Jr, Terrance Lee

ADDRESS: ~~600 E~~ Emanuel Community Services

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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MULTNOMAH COUNTY BOARD OF COMMISSIONERS  
PUBLIC TESTIMONY SIGN-UP

Please complete this form and return to the Board Clerk  
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MEETING DATE: MAY 16, 2012

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): COUNTY

LIBRARY BUDGET SUCCESS - FRIENDS OF THE LIBRARY

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: KURT KRAUSE

ADDRESS: 7325 SE 29TH AV.

CITY/STATE/ZIP: PORTLAND OR 97202

PHONE: DAYS: 503.228.6077 EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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MULTNOMAH COUNTY BOARD OF COMMISSIONERS  
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MEETING DATE: 5/16/2012

SUBJECT: FY2013 BUDGET

AGENDA NUMBER OR TOPIC: PUBLIC HEARING B

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE AGENDA ITEM

NAME: Leland Baxter-Neal

ADDRESS: 1500 SE HAWTHORNE BLVD #1

CITY/STATE/ZIP: PORTLAND, OR 97214

PHONE: \_\_\_\_\_ DAYS: 541.222.9019 EVES: same

EMAIL: Pdx.leland@gmail.com FAX: none

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## Multnomah County Budget testimony

Good evening commissioners and thank you for the opportunity to add my voice to this process.

My name is Leland Baxter-Neal. I work as a legal assistant at the immigration law firm Immigrant Law Group, and I am a member of the ACT for Justice and Dignity network, formerly known as Safe Communities.

In Multnomah County, like in communities nationwide, we are facing tough choices as a result of funding shortfalls. This budget is going to cut services and programs throughout the county, and we as a community will be worse off for it. In the Multnomah County Sheriff's Office, there are - and I am quoting for them Sheriff's own budget description - "cuts critical to public safety." These cuts, and I quote again, are to "core services for the Sheriff's office and will directly impact public safety in our community."

At the same time, our Sheriff's Office continues to spend county dollars and resources to support the damaging and discredited Secure Communities program, which fractures homes in our community, separates US citizen & resident children and families from their loved ones, and erodes the trust that is so critical to community policing. The Board of Commissioners knows well the damage this program inflicts, as stated in Resolution 2012-027, passed in March. In passing this resolution, Multnomah County joined a chorus of communities and local governments pushing back against Secure Communities nationwide. This was the right thing to do.

The budget you have before you is an expression of the values and priorities of our community. As vital services across the county are being cut, the dollars that we do allocate becomes that much more critical. Many programs included here are only being funded at the expense of others.

I ask you – do we know how much money is being spent to house, feed and care for the immigrant members of our community who are held in MCSO jails on immigration detainers, often after all criminal charges have been dropped? Can we morally justify this, as the sheriff's office itself prepares to cut funding to positions such as the Child Abuse Team Detective?

A budget is a moral document. This is not just about dollars allocated versus dollars reimbursed. This is about the codification of our values, and the strength of our convictions. If this county speaks out against a program that targets and damages some of the most vulnerable families in our community, but yet continues to fund it, what does that say about us as a community? Let's not expend our county's limited resources enforcing an unjust and damaging federal immigration program.

Thank you for your time.

MULTNOMAH COUNTY BOARD OF COMMISSIONERS  
PUBLIC TESTIMONY SIGN-UP

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MEETING DATE: \_\_\_\_\_

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Homeless Youth System

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Sean Soob (soob) & New Avenues staff

ADDRESS: 1220 SW Columbia

CITY/STATE/ZIP: Port OR 97201

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: SSoob@newavenues.org FAX: \_\_\_\_\_

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): 25090A

FOR:  AGAINST:  THE ABOVE BUDGET TOPIC

NAME: Donald Thomas

ADDRESS: 225 NW Couch #449

CITY/STATE/ZIP: PORT. OR 97209

PHONE: DAYS: 503-388-0360 EVES: SAME

EMAIL: thomasdonaldthomas@yahoo.com FAX: \_\_\_\_\_

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): ECS Nurses

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Angela Chase MSW

ADDRESS: 3246 NE 79th Ave

CITY/STATE/ZIP: Portland, OR 97213

PHONE: DAYS: 503-329-7127 EVES: \_\_\_\_\_

EMAIL: drumfirlange@aol.com FAX: \_\_\_\_\_

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MEETING DATE: 5/16/2012

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): 25090A

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Robin Roberson

ADDRESS: 8 NW 8th Ave #102

CITY/STATE/ZIP: Portland OR 97209

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: ~~rob@r~~ FAX: \_\_\_\_\_  
robinroberson@gmail

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SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): 25090 A

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Torrence Williams

ADDRESS: 225 NW Everett

CITY/STATE/ZIP: PDY 97209

PHONE: \_\_\_\_\_ DAYS: 503-847-0525 EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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MEETING DATE: 5-16-2012

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): # 25090 A

FOR: 8 AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: SOE HOLLIMAN

ADDRESS: 225 COUCH ST. # 445

CITY/STATE/ZIP: PORTLAND, OR.

PHONE: \_\_\_\_\_ DAYS: 303-717-9906 EVES: SAME

EMAIL: - FAX: \_\_\_\_\_

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MEETING DATE: \_\_\_\_\_

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

Dept. of Human Services - Programs for Homeless Families

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Jean DeMaster

ADDRESS: 15821 NE Rose Plkway

CITY/STATE/ZIP: Portland, Oregon

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): 25090A

FOR:  AGAINST:  THE ABOVE BUDGET TOPIC

NAME: SEAN M KELLY

ADDRESS: 204 SW 8TH #404

CITY/STATE/ZIP: PORTLAND OR

PHONE: DAYS: 503-459-1230 EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): 250908A

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Robert McIlwain

ADDRESS: 2328 SE Ladd Ave

CITY/STATE/ZIP: Portland, OR 97214

PHONE: DAYS: 503 720 7343 EVES: \_\_\_\_\_

EMAIL: Sevanteenminutes@mac.com FAX: \_\_\_\_\_

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MEETING DATE: 5-16-12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): 25090

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Kasey D EDWARDS

ADDRESS: 225 NW Couch St #239

CITY/STATE/ZIP: Portland OR 97209

PHONE: \_\_\_\_\_ DAYS: 971-285-1126 EVES: \_\_\_\_\_

EMAIL: Kasey.edwards@gmail.com FAX: \_\_\_\_\_

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MEETING DATE: 5/16/12

SUBJECT: \_\_\_\_\_

AGENDA NUMBER OR TOPIC: ~~20~~ 25090A

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE AGENDA ITEM

NAME: Michelle Foley

ADDRESS: 225 NW Couch #211

CITY/STATE/ZIP: Portland OR 97204

PHONE: DAYS: 503 706 0557 EVES: Same

EMAIL: Ccookie400@yahoo FAX: \_\_\_\_\_

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MEETING DATE: 5-16-12

SUBJECT: \_\_\_\_\_

AGENDA NUMBER OR TOPIC: 25090A

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE AGENDA ITEM

NAME: Debra Clippard

ADDRESS: 255 N.W. Couch 210

CITY/STATE/ZIP: Portland, Oregon 97209

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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MULTNOMAH COUNTY BOARD OF COMMISSIONERS  
PUBLIC TESTIMONY SIGN-UP

Please complete this form and return to the Board Clerk  
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MEETING DATE: 5-16-12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Recovery Mentor Program 25090A

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Alec Bates

ADDRESS: 10 N Weidler

CITY/STATE/ZIP: Portland OR 97227

PHONE: \_\_\_\_\_ DAYS: 503-348-7461 EVES: SAMC

EMAIL: Alec Bates 898@gmail.com FAX: \_\_\_\_\_

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PUBLIC TESTIMONY SIGN-UP

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MEETING DATE: 5.16.12

SUBJECT: County Nursing Positions

AGENDA NUMBER OR TOPIC: \_\_\_\_\_

\_\_\_\_\_

FOR:  AGAINST: \_\_\_\_\_ THE ABOVE AGENDA ITEM

NAME: Jennifer Harrison, RN

ADDRESS: 6623 N. Kerby Ave

CITY/STATE/ZIP: Portland, OR 97217

PHONE: DAYS: 503.816.4933 EVES: 503.735.3723

EMAIL: bhikk@easystreet.net FAX: \_\_\_\_\_

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MEETING DATE: 5-16-12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM):  
Homeless Youth Funding

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Kathy Oliver

ADDRESS: 132 SW 13<sup>th</sup>

CITY/STATE/ZIP: Portland, OR 97218

PHONE: DAYS: 503 535 3801 EVES: \_\_\_\_\_

EMAIL: Koliver@outsiden.org FAX: \_\_\_\_\_

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Homeless Youth System Alcohol + Drug Services

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Jenn Wallis

ADDRESS: 914 SW Oak

CITY/STATE/ZIP: Portland, OR 97205

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: jwallis@newavenues.org FAX: \_\_\_\_\_

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MEETING DATE: \_\_\_\_\_

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_  
Homeless Youth - ATD Funding

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Drew Gadbary

ADDRESS: 1132 SW 13<sup>th</sup> Ave.

CITY/STATE/ZIP: Portland, OR 97205

PHONE: DAYS: 503-535-3815 EVES: \_\_\_\_\_

EMAIL: drewg@atsidein.org FAX: \_\_\_\_\_

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MEETING DATE: 5.16.12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): \_\_\_\_\_

Homeless Youth System

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Ruth Waxman

ADDRESS: 1220 Columbia Ave

CITY/STATE/ZIP: Portland, OR 97205

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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MEETING DATE: 5/17/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Community Nurse Budget

FOR:  AGAINST:  THE ABOVE BUDGET TOPIC

NAME: Cristina Palacios PALACIOS

ADDRESS: 2710 NE 14th Ave

CITY/STATE/ZIP: Portland OR 97212

PHONE: DAYS: 503-460-7702x3 EVES: \_\_\_\_\_

EMAIL: Cristina@oregoncat.org FAX: \_\_\_\_\_

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5/16/2012

Attention: Chair and County Commissioners

My name is Cristina Palacios; I am the Safe Housing Coordinator with the Community Alliance of Tenants, (CAT). CAT is Oregon's only grassroots, tenant- membership organization working for justice in housing practices. We have a membership of over 2000 people. As the Safe Housing Coordinator, I organize tenants in apartment complexes that are in severe substandard conditions to hold their landlord accountable for healthy homes. In my four years as a community organizer, I organized nearly 25 apartment complexes in Multnomah County. In the last two year, I had the opportunity to work very close with the health department's community nurses. I know that the work of the community nurses is essential to our community's health and safety. They are angels changing family lives.

I would like to share with you my experiences with the community nurses and their work with families in the community. I see how they work with clients in their own environment, educating, advocating and coordinating services and interventions. While I was organizing on places where they were working, I was able to break language and race barriers; we successfully were able to help about 85 families to get much need it repairs that otherwise they would not be getting. Because their sensibility of caring for everyone and many times going the extra mile to take care others, their intervention has probably saved many trips to urgent care, regular doctors' visits and maybe long time lung damage in many cases; the nurses have the passion and desire to help the most vulnerable.

Through their work they can identify how kids and adults are getting sick from mold, cockroach and mice infestation; that can potentially causing them asthma, allergies, and migraines' just to name some. They are the core of public health. If you were to ask the community nurses about where there is substandard housing and how kids get sick in Portland; they can probably name you places and situations almost right away.

Safe housing is essential for our communities to succeed. Community nurses have been vital in identifying health hazards in the home and prevent serious health problems and medical emergencies.

On behalf of all the families that I know who need someone like the community nurses to help them to navigate the health system and take care of their home environment, please give funds to their program and do not cut this vital resource.

Also, I would like to thank you very for your support on short term rent assistance and budget allocation.

Sincerely,

Cristina Palacios  
Safe Housing Coordinator  
Community Alliance of Tenants  
Office: 503.460.9702 ext 3

MULTNOMAH COUNTY BOARD OF COMMISSIONERS  
PUBLIC TESTIMONY SIGN-UP

Please complete this form and return to the Board Clerk  
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MEETING DATE: 5/16/2012

SUBJECT: CUTS TO EARLY CHILDHOOD SERVICES

AGENDA NUMBER OR TOPIC: \_\_\_\_\_

FOR: \_\_\_\_\_ AGAINST: X THE ABOVE AGENDA ITEM

NAME: JAMES COX

ADDRESS: 705 E. EXETER ST

CITY/STATE/ZIP: CLADSTONE AL 97027

PHONE: DAYS: 503-956-5178 EVES: SAME

EMAIL: COXJIM1956@gmail.com FAX: \_\_\_\_\_

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MEETING DATE: 5-16-12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM):  
Animal Services

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: JOX GRAMSTAD

ADDRESS: 1306 NE 153

CITY/STATE/ZIP: PORTLAND, OR

PHONE: \_\_\_\_\_ DAYS: 503.421.2270 EVES: 11

EMAIL: J.gramstad@comcast.net FAX: \_\_\_\_\_

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MEETING DATE: 5-16-12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM):  
Homeless Youth Continuum

FOR: X AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: MOLLY JONSSON

ADDRESS: 314 SW 9th Ave

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ DAYS: 317-39159 EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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MEETING DATE: 5/16/12

SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM):  
Early Childhood Nurse Program

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Stephanie McAnnon

ADDRESS: 1740 SW Highland Rd.

CITY/STATE/ZIP: Portland, OR 97221

PHONE: \_\_\_\_\_ DAYS: \_\_\_\_\_ EVES: \_\_\_\_\_

EMAIL: \_\_\_\_\_ FAX: \_\_\_\_\_

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SUBJECT: Multnomah County Fiscal Year 2013 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): ECS

FOR: \_\_\_\_\_ AGAINST: \_\_\_\_\_ THE ABOVE BUDGET TOPIC

NAME: Erin Shawn

ADDRESS: 4307 SE Pine St

CITY/STATE/ZIP: Portland OR

PHONE: \_\_\_\_\_ DAYS: 503-309-6488 EVES: \_\_\_\_\_

EMAIL: Shawnern@hotmail.com FAX: \_\_\_\_\_

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NAMI Multnomah  
Location  
522 NE 52nd Ave  
Portland, Oregon—97213

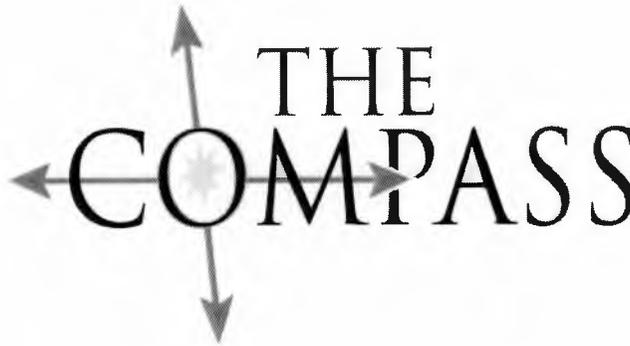
Issue 7  
Spring 2012

*Our New Hours:*  
Monday-Thursday  
9:30 AM—3:30 PM

*NorthStar provides a safe and welcoming environment where members participate in a peer-supported community promoting independence, confidence, wellbeing, and recovery.*

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Mental Health and Power	1
Member Spotlight	2
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Event Reviews	5
New Program Coordinator	5
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NAMI NorthStar

971.544.7485

info@northstarportland.org

## Unhealthy Mental Health: When Health Produces Harm

by Jason T. Ingram

Many of us who seek help for our mental-health issues find it frustrating—even traumatizing—when we receive bad care. It may be a government agency that laughs at our diagnosis, or a clergyman who tells us not to seek mental-health care. I have had these experiences, and they can make me want to give up on seeking support. I have been in a few support groups where I felt singled-out by a leader and criticized for something that should have been dealt with in private. I also had a psychiatrist tell me that all I needed to do was get a job. There was another doctor who thought I was threatening when I asserted myself about the way this professional was treating me, and consequently he made me leave. The worst experiences were when I was suffering from anxiety and depression and was trying to get religious organizations to help. The organizations told me that I was suffering simply because of my sexual orientation, and that my mental health would be fine if I went straight. Some of us have been “profiled,” which is when providers act on prejudice and suspicion and when we end up feeling falsely accused for something because of the way we look or behave.

*Continued on page 4*

## Mental Health and Power by Cliff Gerry

Most people don't relate to the experience of being in a mental health facility, and probably haven't given it much thought. One difference between a day in a facility and a day outside a facility is power. Power is an important issue for everyone in society. People need power to have good mental health (\* Mccubbin, M. (2001). *Pathways to health, illness and well-being: from the perspective of power and control. Journal Of Community & Applied Social Psychology, 11(2), 75-81.*). It follows that being disempowered is very bad for a person's mental health. We have all experienced people who try to exert unwanted influence plainly for the sake of their own ego. It's possible that they believe that if they take power from others it will increase their own strength. If that were true, some of the people who practice such behavior would begin to thrive and then outgrow the need to try and 'one up' others. Instead, disempowering others becomes a crutch used to get by. Such behavior harms both the person being wronged, and the one doing the wrong. People who like to have and exercise power over others for their own ego should not work in a mental health facility where the residents benefit from healthy interactions.

Authority can be defined as power delegated from a social structure (government, etc.), for some purpose(s). People who work in mental facilities have a lot of authority over the people who reside in the facilities. One purpose of this au-

*Continued on page 4*

**Member Spotlight: Michele Moss** by Carol Wilson

Michelle Moss, a member of Northstar since March of 2011, was born in eastern Canada, in the town of Brantford, Ontario. Her family moved to Portland when she was three-years-old, and has lived here ever since. Michele received her Bachelor's in history at Portland State University and went on to study law at the Willamette University Law School in Salem. She worked in the legal field as a paralegal, and also as a renovator and manager of real estate. Her interests include mountaineering, reading memoirs and novels, playing card games with friends, and treasure-hunting in thrift shops and at estate sales.

At NorthStar, Michele is the Chair of the Activities Committee, which meets every Thursday at 11:30 in the morning. She helps members plan and organize Clubhouse Evening/Weekend/Holiday (EWH) events such as trips to the Zoo and the Portland Art Museum, in addition to hikes to local areas of interest such as the Arboretum, Forest Park, and Council Crest. She also coordinates Activities Nights at Northstar, where members play board games and do arts-and-crafts. Michele also helps organize holiday parties and potlucks. She attended the Literary Magazine Poetry Class, and hopes to publish her poetry in the NorthStar literary magazine to be published later this year. The Northstar hikes inspired Michele to start training for mountain climbing—she plans to climb Mt. Hood!

Active at NAMI Multnomah, Michele completed her Peer Support Specialist Training in June of 2011. She has also been trained in Peer-to-Peer mentoring; has taught several Peer-to-Peer classes; and is involved in NAMI's First Step program, which involves going to local psychiatric wards to share her history of recovery, as well as informing patients about NAMI and NorthStar.

Congratulations for all you've accomplished, Michele!

**Art Exhibit** by Jason T. Ingram

This collection of twenty-two paintings, prints, and photographs—entitled “Altered States of America: Creative Journeys”—was created over the course of a decade while living in Alaska, Kentucky, Ohio, and Oregon. In these works I explore humor, grief, joy, and peace. I also show simplicity as well as conflict. As a peer in mental health, I have learned not to fight with my ups-and-downs, instead celebrating my sensitivities to things that others might not notice.

When setting up the exhibit, I happened to bump into the little judicial committee that was selecting pieces to be auctioned off at our even in March, “Music and Art for the Mind.” There was also a juror from the Portland Art Museum who was impressed by the quality of some of my work—I was so encouraged!

This is the fourth temporary exhibit since NorthStar opened in September 2010. Since then we have had a few productive meetings with staff and volunteers about visual art, and we also have special arts-and-crafts activity nights. We are currently in need of filling openings for group and individual art shows throughout 2012. Art must be ready to hang, and artists need to be members of NorthStar. If you know someone who is interested, please e-mail three samples to: [creativealaskan@yahoo.com](mailto:creativealaskan@yahoo.com), or call me at 503-484-3999 to set up a meeting at NorthStar in order to view your work.



## Schizophrenia by Michael Wells

Schizophrenia is by no means an easy thing to live with. It is traumatizing to go through life believing everyone is watching me and that I am deserving of ridicule at any given point in time. These are the day-to-day experiences that keep me pinned down in a wretched state of lowliness—a classic case of low self-esteem.

However, that is not the whole story. I am an active member of my community. I push myself, striving for the benefit of one day being treated like an equal, even after full disclosure of my illness. To this end, I am seeking employment and am going to school part-time.

School has been a great opportunity for me. It is a place where I can excel, and the prospect of the future is made brighter. Right now, I am a sophomore in college with a GPA of 3.63. I am pursuing an undergraduate degree in mathematics and I hope to one day earn a Ph.D.

When I began this academic quest, it seemed silly—even childish—to think that I could ever achieve anything so wonderful. Yet here I am, a product of my self-determination and relative stability, ready to take on the world of academics and employment.

In the early course of my illness, I turned to drugs and alcohol to protect myself. They were my insular shield against the outside world. Inevitably, they made my world more difficult to navigate, and several times I was committed to the psych ward. The second (and hopefully last) time I found myself in the state hospital, something inside me changed. This was not a good change. It was me yielding to the forces of the outside world. I was placed in a group home after that, and struggled to form even simple sentences in conversation. My brain was disorganized. Despite all this negativity, it was a turning point in my life. I chose to take better care of myself. My stay at the group home turned out to be sort of a “coming of age” for me. After a few botched attempts [?], I returned to school and—seeing as how I was taking medications to keep me stable, and avoiding drugs and alcohol—I was successful.

I continue to be successful not only by my own effort, but by the gracious support I receive from friends and family. They have been my rock when times get tough.

I want to be clear about something: my life is not a fairy tale and I am not living “happily ever after.” I continue to struggle with schizophrenia daily. I am tormented by memories of drug or alcohol-induced chaos. I sometimes think of suicide, although I never get beyond making a plan. Sometimes I drink to excess. But one thing is clear: my goal of being treated like an equal—which is a product of [being an equal]—is being realized. I hope my story inspires others in similar situations.

## Informational Interview with Amy Myers

by Sally Burda



During an informational interview, discussed Amy’s interests and the ins and outs of her new position at NAMI Multnomah as Education Program Coordinator.

Sally: What are the various jobs in this field?

**Amy: As Education Program Coordinator I do project management of events planning, such as finding locations and renting spaces for classes, groups, and get-together activities. I announce the events by flyers and outreach calls to participants. I also do marking reports that I send to NAMI Oregon and NAMI National.**

S: What skills are most important to do this job?

**A: I am a good writer and editor and have previously done project management for a software and technology company for seven years. I am also skilled in using the computer applications Word, Excel, and PowerPoint, and have taken classes in Photo Shop.**

S: What kind of formal training do you have?

**A: I hold a bachelor’s of art in business management, with an emphasis in public relations, from the University of Oregon.**

S: What is your favorite activity at your job?

**A: I like to lay out documents—publishing them and making flyers. I also like problem-solving and improving systems that are broken.**

S: How long have you been in this position?

**A: I have been in this position for about six months.**

*Unhealthy Mental Health,  
continued from page 1*

Most stories I hear about unhealthy help come from residential programs. Staying in a mental-care facility of some kind can be the best thing to do sometimes and can even save someone's life. However, there are many sad stories of patients being mistreated at places like this, and I have had a few situations of my own. One time, I was extremely agitated and they were convinced that it was only depression and I asked several times to try something that would sedate me, rather than the anti-depressant they were giving me. They threatened to put me in restraints, even though all I was doing was being quite bold, assertive, and talkative. Although my overall experience there was negative, I was glad I went: it was the very thing that started my process of obtaining disability; that said, I wish I'd been more prepared.

I have learned that I can heal from bad "healing," and can recover from harmful "recovery." Don't be afraid to get a second opinion. There are times when I have gone to another provider and explained some of the mistreatment I have suffered. Sometimes it's too tough to deal with and I need someone else to help advocate for me. I have found peace of mind while making my Mental Health Care Advance Directive, so that if there's a crisis, there are some things I have control of. It is also nice to have a strong support team of at least a few people in your life who understand some things about the mental-health industry. Above all, don't give up on getting help. Your mental-health care is important, and you deserve the best care you can get, even if you have to settle for second-best at times. Remember that you are in control of your recovery, and that you don't ever have to feel that you are stuck in an abusive or harmful situation. I have also learned that even though I can talk to religious leaders about my mental illness, they are not experts in that area; but I still like the religious aspect of my life.

Other things that have helped me are places like the NorthStar Clubhouse. Even if a group like this does not provide mental health care, that kind of environment can be so cathartic in our recovery. It's important to have a sense of belonging, especially when you feel like you are contributing. It is quite empowering, encouraging, and uplifting, and I am glad for places like NAMI Northstar to connect. It is one positive aspect to living in healthy mental-health recovery.

*Mental Health and Power,  
continued from page 1*

thority is to help the people who are residents there. That the people working there have so much authority (delegated power) is potentially bad for those who reside in the facility. If those employed take pleasure in making them feeling disempowered, it is worse. This is very much contrary to the purpose of their job's mission, to help the people who live there. Wanting power over others is harmful enough, but many such people want to exercise more power than has been delegated to them.

It's important to know that the position of authority, not in the person in that position, is where the power resides. This means the power that staff exercise is not in themselves, but in their position. They don't personally have the power to tell clients to do anything; such influence resides in their position. This view of authority decreases power distance. For the sake of the health of those who receive services in a facility, the limits of the authority of the staff's positions should be clearly defined for residents. There should be open and respectful dialogue between staff and clients on this matter, and it should be done in a way that is not dis-empowering to the residents. There should be a culture among staff that expects them to treat the residents with respect, and that abuse will be reported. There should be transparency and accountability, including to interested people in the community.

The potential for credentials and professional capacities to disempower residents—and develop a hierarchy that puts residents below them—should be addressed. Also, power disparity can result from therapeutic boundaries, where clients receive help from therapists, but not vice-versa. This can cause a dynamic of therapists have power with the original purpose being to help, and clients don't have power in the relationship, which is harmful.

If staff working in a mental health facility cannot work within the sphere of their delegated authority and empower residents, their work is counterproductive to the mission of the facility. If someone were working in most other businesses, and it were found that he or she was working against the business's mission, that individual would have to change, or be let go. If some of the practices of a business were found to be counterproductive, one would hope appropriate changes would be made. If you or someone you know has a mental health diagnosis, and would enjoy working with peers who share that trait, check out NorthStar. NorthStar is an ICCD-model clubhouse where peers work together and support each in recovery. Finding work, going to school, or obtaining a volunteer position can be explored there. Come check us out.

## Event Reviews by Elizabeth Fuller

### On the Computer Class

Our sons and daughters are going up now to the buzz of a computer—the catchiest contraption of entertainment media since the television set. But some of us are always fated to fall a bit behind the times. Maybe we remember the old days of black-and-white TV's, or of wall telephones with separate cords for the cord and for the mouth. So we have a new hero to add to our rescuer-list. The rescuer came in on Thursday mornings at 10:00 to give lessons on computer basics for half an hour, then progressing to advanced ones for the second half-hour, till 11:00. He got us started on the spot, comprehending a few logical methods to turn the things on—and off—and to make them do some of their computer tricks. Where? At NorthStar.

### Health Focus

For anyone who missed the NAMI Annual Meeting on February 21<sup>st</sup>, here's an update. We have accumulated about 9,000 hours of volunteer work in 2011, and we are reminded that April will be Volunteer Awareness Month. We were also introduced to our new NorthStar Program Coordinator, Bill Waters, who's from Washington State. Bill says that he's very optimistic about the efficacy of the clubhouse model. He thinks that it's a giant step ahead of day-treatment centers, and that it also directly addresses the lack of structure and opportunity for survivors of mental illness. The upcoming move to expand NorthStar along this line is looking for a facility within close proximity to the already existing one located next door to Providence Medical Center on 52<sup>nd</sup> Avenue and Glisan. Possibilities will be welcomed.

A fundraiser is coming up: the NAMI Walk event on May 20<sup>th</sup>. Try to be there!

Next, we were informed of the upcoming House Bill for Health #3650. The bill concentrates on coordinated care and the global budge: a global budget figure in global overhead costs. Five major health agencies will be consolidated for optimum health maintenance. The current plan is to work toward integrated preventive measures for the possibility of future savings on healthcare costs. For more information go to [www.oregon.gov.healthauthority](http://www.oregon.gov.healthauthority).

### New Program Coordinator Bill Waters by Silas Matthies

Bill Waters was born in Long Beach, California, and grew up in the Southern California city of Lakewood. He holds a B.A. in applied psychology from Eastern Washington University. He explains why he chose that degree, saying, "I was interested in becoming a P.E. teacher, then got interested in the mental health field, and decided to pursue it. In California, they have [the job of] 'psychiatric technician,' that is like an entry-level certificate to work in the mental-health field."

He was introduced to the Clubhouse model at Fountain House, in the Hell's Kitchen area of New York City, in the early 1980s. He says, "Fountain itself was the original—it started the Clubhouse movement. (He adds that, in those days, after nightfall, one had to walk in a "very determined" manner while on the streets of Hell's Kitchen.)

Bill was trained at Fountain House, then went to Spokane, Washington, and started a Clubhouse there, the Evergreen Club. "It's still there, and is one of the biggest Clubhouses in Washington, if not the biggest." He worked there for the next five years.

Since then, he has become more involved with the International Center for Clubhouse Development (ICCD). "When I was involved with them, I would do consultation with other Clubhouses in the U.S. and Canada, and has been involved with that primarily since then."

When asked what he feels makes Clubhouses successful, he says, "One thing that we always found was that Clubhouses that work have a strong work-ordered day with lots of different activities members can be a part of." He adds, "Clubhouse culture is characterized by a safe environment, an accepting environment, and an encouraging environment."

In regard to the hurdles Northstar faces, Bill says, "We're gonna need a more work-ordered day, a more meaningful days, and to do that we need a bigger space for more members."

"It's my sense," he says, "that Clubhouses are the most successful programs that support people in achieving recovery goals and becoming meaningfully connected with the community."

# The Compass

## A Newsletter of

### NAMI Multnomah

# NorthStar

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### The Compass

#### Contributors

Issue 7, Spring 2012

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### *Upcoming Events at NorthStar!*

- ⇒ **New Member Orientations:** Please call for an appointment or come by Tuesday or Thursday, 3:00pm for an introduction to our program.
- ⇒ **Join NorthStar NAMI Walk Team on May 20, 2012:** Contact Patti Jay.

### *Weekly NorthStar Committee Meetings*

- ⇒ Monday 2:00pm-3:00pm — Culinary Unit Meeting
- ⇒ Wednesday 12:30pm-1:30pm—Speakers Committee
- ⇒ Wednesday 1:30pm-2:30pm — Newsletter Meeting
- ⇒ Thursday 11:30am-12:30pm — Activity Planning Meeting
- ⇒ Thursday 1:00pm-2:00pm — Policy & Clubhouse Philosophy Meeting

### *Workshops and Classes*

- ⇒ **Goal Setting & Planning Workshops:** Identify and achieve milestones in your life. Drop in : Mondays 11:00am.
- ⇒ **Poetry Writing Class:** Learn and explore poetry writing. 10-week course—next one starts in May. Call or come in to sign up. Text books provided, reading and writing homework will be assigned.

### *Activities*

- ⇒ **Book Club:** Discuss a current or classic work. Meets 3:00pm-5:00pm on the last Wednesday of each month. Call ahead or come by to learn the title of each month's selection.
- ⇒ **Activity Night:** Play Board and Card games and/or do an Art & Craft project. 5:00pm-8:00pm on the first and third Mondays of each month.
- ⇒ **Wellness Hikes:** Meet at Northstar at 10:00am second and fourth Fridays of each month. Trips to local natural areas such as Forest Park, Tryon Creek State Park, the Arboretum, etc.
- ⇒ **Bowling Outings:** First Friday of each month. Go as a team for a reduced rate. Call for details.

**971.544.7485**

**Hours: 9:30am-3:30pm Monday-Thursday**

The views expressed in The Compass belong to the individual authors and do not necessarily reflect the views of NorthStar or NAMI Multnomah.

[www.northstarportland.org](http://www.northstarportland.org)

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