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

Please complete this form and return to the Board Clerk

This form is a public record

MEETING DATE: 5/8/13

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): NORTH STAR -
IN SUPPORT FOR FUNDING THIS PROGRAM

FOR: ✓ AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME: BILL WATERS

ADDRESS: 1803 E. 5th ST.

CITY/STATE/ZIP: VANCOUVER, WA 98661

PHONE: _____ DAYS: 971-271-7273 EVES: 360 828-7947

EMAIL: billwaters.nami@gmail.com FAX: _____

IF YOU WISH TO ADDRESS THE BOARD IN PERSON:

1. Please complete this form and submit to the Board Clerk.
2. Submittal of this form at the beginning of the meeting is appreciated.
3. Individuals making public comment will be called up in the order these forms are received. The Chair may call on Invited Guests or Elected Officials to speak first.
4. When your name is called, come forward & be seated at the Presenter's table.
5. When it is your turn, start by stating your name for the record. Make sure to speak clearly into the microphones. All meetings are recorded.
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1. Please complete this form along with your written testimony and return to the Board Clerk at the meeting, or submit by e-mail at: lynda.grow@multco.us
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SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): NORTHSTAR

FOR: X AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME: MICHELE MOSS

ADDRESS: 2806 NE 22nd Avenue

CITY/STATE/ZIP: Portland, OR 97212

PHONE: _____ DAYS: 503 281-5612 EVES: same

EMAIL: moss-michele@yahoo.com FAX: _____

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**MULTNOMAH COUNTY BOARD OF COMMISSIONERS
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MEETING DATE: May 8th, 2013

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): NorthStar

FOR: ☒ AGAINST: ☐ THE ABOVE BUDGET TOPIC

NAME: Jeni McIl

ADDRESS: 7416 SE 68th Ave.

CITY/STATE/ZIP: Portland, Or. 97206

PHONE: DAYS: 503-265-8386 EVES: Same

EMAIL: LadyAutumnMoon@Ad.com FAX:

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MEETING DATE: 5/8/13

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): NORTH STAR

FOR: _____ AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME: DOUG CARSON

ADDRESS: 5650 SE KING RD

CITY/STATE/ZIP: MILWAUKIE OR 97222

PHONE: _____ DAYS: 971-302-9623 EVES: _____

EMAIL: CARSON.DOUG77@YAHOO.COM FAX: _____

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MEETING DATE: 2013 May 8

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): NorthStar
Clubhouse

FOR: ☒ AGAINST: ☐ THE ABOVE BUDGET TOPIC

NAME: FRED MATTHIES

ADDRESS: 3133 SE Claybourne

CITY/STATE/ZIP: PORTLAND OR 97202

PHONE: DAYS: 503.788.2555 EVES: —

EMAIL: matthies f@uchicago.edu FAX:

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MEETING DATE: 5/6/13

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): _____

North Star

FOR: _____ AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME: TOM CLUTE (Member)

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ DAYS: _____ EVES: _____

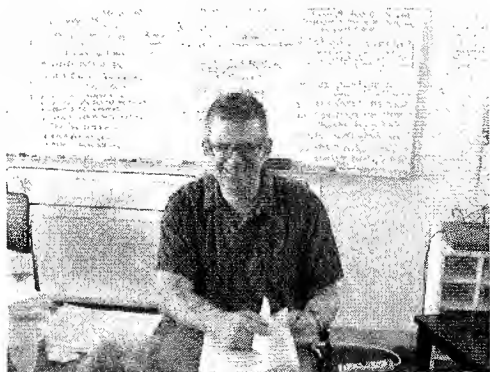
EMAIL: _____ FAX: _____

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Si beaming over the collective effort of members, resulting in another issue of *The Compass*.

Si's Story

The biggest thing NorthStar has done for me is give me the opportunity use my abilities as a writer to help NorthStar with different writing endeavors.

First, I am a contributor and editor-at-large of NorthStar's newsletter, *The Compass*. As an editor, I help members write articles about various things. This includes sharing their experiences in dealing with mental illness, relating activities that NorthStar organized (for instance, a trip to the Portland Art Museum), and profiling new NorthStar members in our "Member Spotlight" feature. And I have written pieces of my own for *The Compass*: a review of the memoir *The Quiet Room*, a feature called "Music and Recovery," among others.

Second, I teach a poetry class in which members can learn the craft of writing poems. It's exciting to watch students compose poems about things ranging from hikes they went on, to objects of art they've seen at a museum.

Third, I use my ability as a writer to help NorthStar members and staff with their own clubhouse-related writing projects, such as revising term papers for members or working with staff on official NorthStar documents.

It feels wonderful to use my love of language for a cause as noble as NorthStar.



Be part of NorthStar's Team

If you would like to become a member of NorthStar please come and participate in one of our orientations, which occur on Fridays at 1 PM at NorthStar.

Application materials are distributed during the orientation process to all people that wish to become a member. Please call to reserve a place.

If you have an interest in serving on the NorthStar Advisory Committee, please call Bill Waters at (971) 271-7273 for information on how to become involved.

If you would like to receive an electronic copy of a periodic publication by NorthStar members, *The Compass*, please request by calling or emailing NorthStar (see below).

NorthStar Clubhouse, a program of NAMI Multnomah

5600 NE Glisan St., Portland, OR 97213, (971) 271-7273

Hours:

Tuesday: 9:30 AM to 5:00 PM

Wednesday: 9:30 AM to 5:00 PM

Thursday: 10:00 AM to 5:00 PM

Friday: 9:30 AM to 6:00 PM

Saturday: 9:30 AM to 4:00 PM

www.northstarportland.org

info@northstarportland.org



NorthStar: A Place to Pursue Mental Health Recovery

It's about resilience...

It's about confidence...

It's about community...

What is NorthStar?

NorthStar provides adults living with mental health issues an evidence-based approach to support them in their recovery. Our mission is to empower people in mental health recovery to thrive personally, in the community, and in the workplace.

What is NAMI Multnomah?

NAMI Multnomah founded NorthStar in 2010. NAMI Multnomah is the local affiliate of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization. NAMI's mission is to improve the quality of life for adults living with mental health issues through support, education and advocacy.



Members and volunteers working on fundraising project.



NorthStar members at NAMI/NorthStar Picnic

Member Programs and Services

Clubhouse Work

Daily life at NorthStar offers structure that helps members prepare for a workday environment. While participating in day-to-day work, members are recognized and valued for their contributions to the clubhouse.

Social Activities

Social programs and special events are offered on evenings, weekends and holidays.

Employment

The clubhouse offers three types of employment programs, with various levels of staff support, tailored to the unique interests of members.

Education

Members and staff help members establish educational goals and complete registration and financial aid forms. Also offered is in-house training that addresses specific educational needs.

Advocacy

Staff and members assist other members in gaining resources outside of the clubhouse.

Outreach

Clubhouse members and staff keep in touch with members through phone calls, emails, and - if the member desires - home visits and visits to the hospital. Even members who are not present are an important part of the team!



Doug's smiling face and warm voice is the first contact many people have when they call or stop in at NorthStar

Doug's Story

I came up from California because I was in crisis; my sister was concerned for my safety. She made it possible for me to get into Providences Intensive Outpatient Program, where I was diagnosed with severe Depression, Post-Traumatic Stress Disorder and High Anxiety. After completing the program, I felt alone and my safety net was gone except for a few friends I made in the program. I felt as though I would not be able to cope with my illness and would have to go back to California and live in an abusive and unhealthy relationship. As soon as I went to NorthStar, I felt needed and had a purpose with structure. I was able to see that I do have strength and can still make a difference. I received support from the friends I made and saw that I could help others too. I am no longer in crisis. I no longer call the crises lines and no longer feel the need to do any self-harm. I no longer see myself having to go to the hospital for my protection. I now see that there is hope and perhaps I won't have to be on Social Security Disability. I see myself as sometime soon being able to go out and work and give back to the community. My strong desire is to help others who are experiencing a mental illness with the same help that I was given. It is great being around friends "who get it" and that is what I get at NorthStar.

NorthStar
"Together we thrive."

Stephanie's Story



Stephanie can often be found entering data and updating records for the NorthStar membership and activities database.

When struggling with mental illness it is not often you find a place that understands and is as caring as NorthStar. When my mom brought up the NorthStar I was skeptical. I have never been very good in groups of people. It took all my strength to come to my orientation but once I did I felt a sense of peace. NorthStar is wonderful at getting a shy person to open up and make new friends. I felt like I belonged and that I had a purpose once again. Also now when somebody asks me "what did you do today?" I do not have to say "nothing". I can talk about my awesome experience at NorthStar! I think of NorthStar like a savior, my hospital visits have decreased and my overall mental health is in a much better space. I like to think this is because of my connections I have made at NorthStar.

Clubhouses:

Creating Opportunities For People with Mental Illness

• Resilience, Confidence and Community

Sometimes you just need someone to believe in you. NorthStar Clubhouse is a community built upon the belief that every member can recover from the effects of mental illness and lead a satisfying and fulfilling life.

A "clubhouse" is a community that fosters hope, acceptance and belonging. The term clubhouse was taken from the work and vision of the first clubhouse, Fountain House, in New York City in 1948.

Following the model of Fountain House, NorthStar is a membership organization. Membership is open to individuals living with the effects of mental health issues. Clubhouses focus on abilities, not on disabilities. Members of NorthStar work together each day to reach their goals, step by step. One need not be alone in pursuing recovery from a mental health condition.

• Clubhouse Program Benefits

- Improved Wellness
- Reduced Cost of Services
- Focused on Lifelong Support

Clubhouses have a proven track record of assisting people who live with mental health issues in achieving recovery goals. Visit www.clubhouse-intl.org to view research studies on Clubhouse programs.

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MEETING DATE: 5/8/13

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM):

Early Works - David Douglas

FOR: X AGAINST: _____ THE ABOVE BUDGET TOPIC SCHOOL DISTRICT

NAME: Dan Grotting SUPERINTENDENT

ADDRESS: 12127 SE Lexington

CITY/STATE/ZIP: Portland OR

PHONE: _____ DAYS: _____ EVES: _____

EMAIL: _____ FAX: _____

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SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): _____

Early Works Capital - David Douglas

FOR: _____ AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME: Maria Elena Carrazes

ADDRESS: _____

EARL BOYLES
UNITED
PARENT GROUP

CITY/STATE/ZIP: _____

PHONE: _____ DAYS: _____

EVES: _____

EMAIL: _____

FAX: _____

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SWA TEE AH DAR KAR

MEETING DATE: 5-8-13

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM):

Early Works Optal Center

FOR: X AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME:

Swati Adarkar / Children's Institute

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

DAYS: _____

EVES: _____

EMAIL: _____

FAX: _____

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SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): _____

Early works - David Douglas

FOR: X AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME: Krista Dennis

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____ DAYS: _____ EVES: _____

EMAIL: _____ FAX: _____

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MEETING DATE: May 8, 2013

SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): Human Services

FOR: X AGAINST: _____ THE ABOVE BUDGET TOPIC

NAME: Marc Jolin

ADDRESS: 1435 NE 81st, Suite 100

CITY/STATE/ZIP: Portland, OR 97213

PHONE: _____ DAYS: 503 789 1953 EVES: Same

EMAIL: Mejolin@joindpx.com FAX: _____

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SUBJECT: Multnomah County Fiscal Year 2014 Budget

SPECIFIC BUDGET TOPIC (DEPARTMENT OR PROGRAM): General Budget

FOR: ☒ AGAINST: ☐ THE ABOVE BUDGET TOPIC

NAME: Lakeitha Elliott

ADDRESS: 5811 NE Simpson St

CITY/STATE/ZIP: Portland OR

PHONE: DAYS: (503) 280-2600 x 611 EVES: (503) 280-2600

EMAIL: lakeithae@yahoo.com FAX: _____

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