



Oregon—State Resource Guide

State Behavioral Health Agency

For more information about admission, care, treatment, release, and patient follow-up in public or private mental health and substance abuse treatment facilities, contact your State agency:

Addictions and Mental Health Division
Department of Human Services
500 Summer Street NE
Salem, OR 97301-1079
Phone: 503-945-5763
TDD: 800-375-2863
Fax: 503-378-8467

E-mail: Amh.web@state.or.us

Internet: <http://www.oregon.gov/OHA/addiction/>

Spanish language assistance available

State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding from the Federal Substance Abuse and Mental Health Services Administration (SAMHSA). Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Disability Rights Oregon
620 Southwest Fifth Avenue, Fifth Floor
Portland, OR 97204-1428
Phone: 503-243-2081

Toll-free: 800-452-1694

TDD: 503-323-9161 or 800-556-5351

Fax: 503-243-1738

E-mail: welcome@disabilityrightsoregon.org

Internet: <http://www.disabilityrightsoregon.org>

Spanish language assistance available

Family Support

The Center for Mental Health Services awards grants to statewide, family-run networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For more information, contact:

Oregon Family Support Network

11097 SE 21st Avenue

Milwaukie, OR 97222-7690

Phone: 503-908-1604

Toll-free: 800-323-8521 (Family-to-Family Line)

Fax: 503-303-4298

E-mail: ofsn@ofsn.org

Internet: <http://www.ofsn.org>

Centers for Medicare and Medicaid Services (CMS)

The Centers for Medicare and Medicaid Services, which are part of the U.S. Department of Health and Human Services, investigate some complaints about treatment facilities that receive Medicare and Medicaid funding. For further information at the national level, contact:

Centers for Medicare and Medicaid Services

7500 Security Boulevard

Baltimore, MD 21244-1850

Phone: 410-786-3000

Toll-free: 877-267-2323

TDD: 866-226-1819

E-mail: question@cms.gov

Internet: <http://www.CMS.gov>

You may also share your concerns with staff at the Centers for Medicare and Medicaid Services office in your area, which is Region 10. The regional office address and telephone numbers are:

Seattle Regional Office
Centers for Medicare and Medicaid Services
2201 Sixth Avenue, Suite 801
Seattle, WA 98121
Phone: 206-615-2306
Fax: 206-615-2027
Internet:
<http://www.cms.gov/RegionalOffices/Downloads/SeattleRegionalOffice.pdf>

Advocacy Organizations

Local chapters of Mental Health America (formerly the National Mental Health Association) have information about community services and engage in national and State level advocacy. For more information about the association, write or call:

Mental Health America of Oregon
10150 SE Ankeny Street, Suite 201-A
Portland, OR 97216
Phone: 503-922-2377
Toll-free: 888-820-0138
TDD: 711 (Oregon relay)
Internet: <http://www.mhaoforegon.com>

The National Alliance on Mental Illness maintains a helpline for information on mental illnesses and referrals to local groups. The local self-help groups have support and advocacy components and offer education and information about community services for families and individuals. For information about the Alliance's affiliates and activities in your State, contact:

NAMI Oregon
4701 SE 24th Avenue, Suite E
Portland, OR 97202-4783
Phone: 503-230-8009
Toll-free: 800-343-6264
Fax: 503-230-2751
E-mail: namioregon@namior.org
Internet: <http://www.nami.org/sites/NAMIOregon>

Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information for mental health and other support services at the State level and are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

Peerlink Oregon
c/o Mental Health America of Oregon
10150 SE Ankeny Street, Suite 201-A
Portland, OR 97216
Phone: 503-922-2377
Toll-free: 888-820-0138
TDD: 711 (Oregon relay)
Peerlink Oregon listserv: send join request to
PEERLINC-REQUEST@LISTSERV.ICORS.ORG
Internet: <http://www.mhaoforegon.com>

The National Mental Health Consumers' Self-Help Clearinghouse, funded partly by SAMHSA, promotes and helps to develop consumer-run self-help groups across the country. Technical assistance and materials are available on such topics as organizing groups, fundraising, leadership development, incorporating, public relations, advocacy, and networking. For more information, contact:

The National Mental Health Consumers' Self-Help Clearinghouse
1211 Chestnut Street, Suite 1207
Philadelphia, PA 19107
Phone: 215-751-1810
Toll-free: 800-553-4KEY (539)
Fax: 215-636-6312
E-mail: info@mhsselfhelp.org
Internet: <http://www.mhsselfhelp.org>

The National Empowerment Center is a Technical Assistance Center run by mental health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and training activities.

For information on consumer/survivor activities in your area, contact:

The National Empowerment Center
599 Canal Street
Lawrence, MA 01840
Phone: 978-685-1494
Toll-free: 800-769-3728
Fax: 978-681-6426
Internet: <http://www.power2u.org>

Other Sources of Information

There are many sources of information that you can tap. Your area mental health authority, which is generally a part of the local government, may be useful. Other branches of your city or county government also may be able to help. For example, the education office might have information about help for children, and the agency for the aging might know about services for senior citizens. In addition, your family physician or area hospital may be able to make referrals. For legal advice, contact your local bar association or go to <http://www.findlegalhelp.org>. Also, your local library and telephone yellow pages may have resource lists for sources of help in your community.

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