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District of Oregon
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Portland, Oregon 97204

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RESOURCE GUIDE

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BASIC SERVICES

Animal and Veterinary Care Services

Animal Aid

5335 SW 42nd Avenue
Portland, Oregon 97221
(503) 292-6628

Animal Aid provides a collection of resources for low-cost and emergency veterinary services in Portland, Oregon and national financial assistance programs. It is not a comprehensive list of all services available, but a guide to some of the options available. Contact each organization directly for the most up to date information.

https://www.animalaidpdx.org/wp-content/uploads/2019/09/Veterinary-Financial-Services_last-updated-7-2019.pdf

Fido

14186 Fir Street
Oregon City, Oregon 97045
(503) 655-3663
www.fidoanimeals.org

Food Bank: Fido is a monthly dog and cat food bank. In 2023, Fido provide 833,408 meals by providing 12,614 pet companions overall with 131,986 pounds of dry food and 29,319 cans. Anyone in need of pet food assistance or currently on a state-assisted program is welcome to the food bank. The following is a partial list of acceptable award documentations:

- Back Pack Buddies Food Stamps Program
- Head Start
- Medicaid
- Social Security
- Social Security Disability
- Or other Public Assistance Program
- Unemployment Letter stating available benefits
- Letter of sponsorship from a church

Fido is open on Wednesday from 9 a.m.–noon and the third Saturday of each month from 9 a.m.–2 p.m.

AniMeals: In addition to Fido's food bank program, they have also partnered up with Meals-on-Wheels to deliver pet food once a month to the Senior Center for recipients who often are at risk of sacrificing their own nutrition to feed their pet companions. This also reduces the necessity of relinquishing their pet(s), which is akin to losing a family member and is especially depressing to our senior population.

Good Neighbor Vet

1-(888) 234-1350
www.goodneighborvet.com

Good Neighbor Vet is a mobile veterinary clinic that travels to different grocery stores and retailers throughout the Portland-metro area. Good Neighbor Vet can provide routine care such as vaccinations, deworming, flea treatment, and micro-chipping at a very minimal cost, and with no exam fee. Good neighbor Vet does not provide treatment or examinations for ill or injured pets. For a list of participating locations, please visit *https://good-neighbor-vet-2.webflow.io/locator?radius=30&locate=97204*.

Portland Animal Welfare (PAW) Team

1718 NE 82nd Avenue
Portland, Oregon 97220
(503) 206-6033
https://www.pawteam.org/

The PAW Team provides veterinary care to the pets of people with income at or below the federal poverty line, or with no income at all. Additionally, all pets they serve must be spayed or neutered; PAW will spay and neuter pets for free. Services provided are vaccinations, flea and worm medications, prescriptions, food, pet licensing fees, microchipping, medical grooming, and major surgeries. Weekday clinic appointments are available by calling, and there are drop-in weekend clinics several times per year. PAW asks for a $5 co-pay but will not turn anyone away for inability to pay.

There are two ways to qualify or re-qualify as a PAW Team client:

(1) In person - come into the PAW Team office Tuesday through Thursday between 10 a.m. and 2:45 p.m. Clients must bring a photo ID and proof of any income, including public assistance such as Social Security or TANF. If a client has no income, but a recent bank statement, bring that. If no income and no bank statement, bring only a photo ID. The PAW team will ask the client additional questions about their financial situation.

(2) Referral – Due to PAW's current capacity and resources, they do not have a formal referral system for social service organizations. If you have questions or are seeking

assistance on a client's behalf, please email them directly at *info@pawteam.org*. In your email, be sure to include the organization you are working for, your client's name, and information about the service(s) your client is seeking.

Tuesday through Thursday 10 a.m.–3 p.m. - Open for qualification interviews & pet supplies p.m.

Veterinary visits are offered by appointment only. To schedule call *(503) 206-6033*. Email address: *info@pawteam.org*.

Pixie Project

510 N.E. MLK Blvd.
Portland, Oregon 97232
(503) 542-3432
info@pixieproject.org
www.pixieproject.org

The Pixie Project is a non-profit urban animal adoption center and low cost spay, neuter and surgery clinic. The Scott Wainner Pixie Care Clinic can provide a variety of veterinary services for low income and homeless pet owners and requires that all animals seen get spayed and neutered if they are not already. The clinic operates 1–2 times each week and is by appointment only. Much of The Pixie Care Clinic screening is done through a partnership with PAW Team. For more information email *info@pixieproject.org* or call (503) 542-3432.

Pongo Fund

3632 SE 20th Ave.
Portland, Oregon 97202
(503) 939-7555
info@thepongofund.org
www.thepongofund.org

The Pongo Fund is Oregon's only full-time charity focused on fighting animal hunger. They work to reduce shelter populations and keep families together by providing emergency pet food assistance to anyone in honest need. An appointment is required for first visits. Please call 7 days in advance of scheduled pet food bank to complete paperwork and schedule your arrival time.

In addition to Pongo's pet food bank, they offer the following services:

- Emergency Kibble Response Team

- Veterinary Car
- SNaP Spay and Neuter
- Animeals for Meals on Wheel

The Pongo Fund offers a two-week supply of dog or cat food per owner, as available. Financial restrictions apply.

Service and Assistance Animals in Oregon

Disability Rights Oregon
511 SW 10th Avenue, Suite 200
Portland, Oregon 97205
(503) 243-2081
1-(800) 452-1694
https://www.droregon.org/disability-rights-oregon-resources/service-and-assistance-animals-in-oregon

Under Oregon's disability discrimination law and the federal Americans with Disabilities Act (ADA), people with disabilities may bring assistance animals to all "public accommodations," including businesses, motels, restaurants, stores, theaters, schools, government buildings, and more. Under Oregon law, a service animal is an animal that has been individually trained to perform tasks or do work for the benefit of a person with a disability. Examples of service animals including hearing dogs, guide dogs, psychiatric service animals, seizure alert animals, and allergen alert animals. Under the ADA and Oregon law, a public accommodation may not ask questions about the individual's disability or demand to see certification, identification, or other proof of the animal's training or status. If it is not apparent what the service animal does, the establishment may ask only whether it is a service animal, and what tasks it performs.

The ADA and Oregon law prohibit public accommodations from charging a special admission fee or other extra costs for a service animal. The federal Fair Housing Act prohibits discrimination in rental housing accommodations against those who use service animals. There is no formal certification process or paperwork recognized by the state or federal government. However, air carriers, employers, and housing providers may require specific documentation. Vests, tags, and other "working animal" accessories are not legally required or recognized but may make it easier for other people to identify a service animal.

Some counties allow individuals to register animals as a "service animal" rather than a pet and waive or reduce animal licensure fees. Contact local county animal control for more information.

Clothing and Hygiene Services

Access Community Care

https://www.accesscommunitycare.com/client-resources/clothing-food/
(see "Various Multiple Services" section for details)

All Saints Episcopal Church

4022 SE Woodstock
Portland, Oregon 97202
(503) 777-3829
https://www.allsaintspdx.org/outreach/

The Woodstock Clothing Closet offers Free clothing for anyone who has a need.

Available upon request, Monday–Friday, when someone is in the office. Ring the front doorbell to see if someone is available.

Available from Cultivate Initiatives or Woodstock Pantry every Saturday, noon–2 p.m.

Woodstock Pantry: From SE Woodstock Ave., turn onto SE 40th Street and enter the All Saints' parking lot on SE Knight Street. Cars - line up and stay in your car. Walkups - line up on the sidewalk.

Blanchet House

340 NW Glisan Street
Portland, Oregon 97209
https://blanchethouse.org/donate-clothing/

Blanchet House gives out clothing and sleeping essentials during meal services on an as-needed basis. (see Blanchet House listing under "Food Boxes, Pantries, and Meals" for schedule)

CityTeam Ministries

https://www.cityteam.org/programs
(see "Various Multiple Services" section for details)

Clackamas Service Center

8800 SE 80th Avenue
Portland, Oregon 97206
(503) 771-7914
https://www.cscoregon.org/clothing-showers

Showers and clothing available Tuesday, Wednesday, and Thursday, 10 a.m.–1 p.m. It is recommended that you arrive before noon in order to secure a spot. Everyone who showers at CSC is provided with a clean towel, washcloth, shampoo, conditioner, and body wash. Razors, combs, and a change of clothes, including new socks and underwear, are also available to anyone who wants them.

Ecumenical Ministries of Oregon

https://emo-nefp.org/
(see "Various Multiple Services" section for details)

Find Help Multiple Services

https://www.findhelp.org/goods/clothing--portland-or
(see "Various Multiple Services" section for details)

Francis Center

6535 SE 82nd Ave.
Portland, Oregon 97266
(503) 775-6784
franciscenterpdx@gmail.com
https://www.franciscenterpdx.org/

The Francis Center is a non-profit food and clothing pantry. **Food boxes** are available Monday through Thursday from 10 a.m.–2 p.m. and are limited to once per month or once per week if you are homeless. **Clothing** is available Monday through Thursday from 10 a.m.–1:30 p.m.

Hygiene4All Hub

824 SE Martin Luther King Jr. Blvd.
Portland, Oregon 97214
(971) 236-2524
https://www.h4apdx.org/
Hours: Sunday 3–9 p.m., Tuesday, 3–9 p.m., Thursday, 3–9 p.m., Friday 3–7 p.m.

H4A's team of sheltered and unsheltered staff has designed a place of community safety that offers an effective, healing response to the public health and sanitation crises brought by growing housing, wealth, and infrastructure gaps." Hygiene for all offers 20-minute hot showers, hygiene supplies, medical supplies and first aid, clothing and bedding exchange, device charging, waste management, and "space for loving community." The program hires unsheltered people to provide peers with hot showers and clean bathrooms, first aid supplies, and personal care products.

Mainspring (formerly FISH)

https://mainspringpdx.org/
(see "Various Multiple Services" section for details)

Multnomah Education Service Division

https://www.multnomahesd.org/free-clothing.html

The Multnomah Education Service Division's website provides a list of free clothing closets that serve the Portland (up to 181st) and Gresham (East of 181st) areas.

Shower and Laundry Services

City Team
526 SE Grand Avenue
Portland, Oregon 97214
Showers for women
Monday, Wednesday, and Friday 1–3 p.m.

Cultivate Initiatives
Multiple locations
Showers
Location schedule, see https://www.cultivateinitiatives.org/community-health#page-section-627040570817da1117a5921c
Daily 11 a.m.–2 p.m.

Friendly House
2617 NW Savier Street
Portland, Oregon 97210
Showers
Friday 5:30–7 p.m.

Harbor of Hope's Shower Truck
(503) 477-9742
Showers
Call for locations and times

Hygiene 4 All
Under the Morrison Bridge
Showers, Clothing, Toiletries
Sunday, Tuesday, and Thursday 3–9 p.m.; Friday 3–7 p.m.

JOIN Day Center
1435 NE 81st Avenue
Portland, Oregon
(503) 232-2031
Laundry, Showers, and Clothing
Monday, Wednesday, and Friday noon–2 p.m. (closed 2nd Friday of the month)

Parkrose UCC Church
12505 NE Halsey Street
Portland, Oregon 97230
Showers: Wednesdays 11 a.m.–3 p.m.

Portland Rescue Mission
111 W. Burnside
Portland, Oregon 97209
Showers for men (in shelter)
2–4 p.m. daily

Sunnyside Shower Project
3520 SE Yamhill
Portland, Oregon 97214
(917) 538-1623
Showers
Thursday 1–5 p.m. and Saturday 2–6 p.m.

Transition Project Resource Center
650 NW Irving Street
Portland, Oregon 97209
(503) 280-4700
Showers and Laundry
Monday–Friday 8 a.m.–4 p.m.

Union Gospel Mission
15 NW 3rd Avenue
Portland, Oregon 97209
Showers
Friday 9 a.m.–1 p.m.

Straightway Services

https://straightwayservices.org/our-programs
(see "Various Multiple Services" section for details)

Sunshine Division

www.sunshinedivision.org
(see "Various Multiple Services" section for details)

Union Gospel Mission

3 NW 3rd Avenue
Portland, Oregon 97209
(503) 274-4483
https://ugmportland.org/services

Union Gospel Mission offers clothing and work boots on Tuesday through Friday at 4 p.m. until supplies last.

William Temple House

http://www.williamtemple.org/social_services/
(see "Various Multiple Services" section for details)

Food Boxes, Pantries, and Meals

Access Community Care

https://www.accesscommunitycare.com/client-resources/clothing-food/
(see "Various Multiple Services" section for details)

All Saints Episcopal Church

4022 SE Woodstock
Portland, Oregon 97202
(503) 777-3829
https://www.allsaintspdx.org/outreach/

All Saints Episcopal Church provided hot meals every Saturday, between 11 a.m.–12:30 p.m. Indoor dining in the Parish Hall - 11 a.m.–12:30 p.m. Takeout meals - noon–12:30 p.m. All are welcome.

Groceries provided weekly on Fridays and Saturdays, between noon–2 p.m. to anyone who needs them. Drive-through or walk-up pantry.

From SE Woodstock Ave., turn onto SE 40th Street and enter the All Saints' parking lot on SE Knight Street. Cars - line up and stay in your car. Walkups - line up on the sidewalk.

Blanchet House

340 NW Glisan Street
Portland, Oregon 97209
(503) 226-3911
https://blanchethouse.org/free-food-meal-services/

Meals are served indoors by volunteer servers at 310 NW Glisan, Monday to Saturday. Closed Sunday. Guests are welcome to multiple servings. Dogs are welcomed if they are well-behaved and on a leash. On-street pay to park.

Breakfast: 6–7:25 a.m.
Lunch served: 11:30 a.m.–12:25 p.m.
Dinner served: 5–5:55 p.m.

Guests usually line up a few minutes prior to doors opening but do not need to. Come toward the end of the hour if you prefer not to wait in line. Everyone will receive a meal. They never run out of food.

C3 Food Pantry

6120 NE 57th
Portland, OR 97218
https://c3foodpantry.com/

C3 Food Pantry provides food boxes with a variety of food items. Each box provides food for approximately three to four days per household. C3Food Pantry distributes food boxes weekly on Tuesdays from 11:00 a.m. to 12:00 p.m. at 6120 NE 57th (corner of 57th/Lombard).

CityTeam Ministries

https://www.cityteam.org/programs
(see "Various Multiple Services" section for details)

Clackamas Service Center

8800 SE 80th Avenue
Portland, Oregon 97206
(503) 771-7914
https://www.cscoregon.org/

CSC offers well rounded meals four days a week. For an updated current services schedule, go to *https://www.cscoregon.org/services-calendar*.

Tuesday, Wednesday, and Thursday 1–2:30 p.m.
Sunday 3–4 p.m.

During their lunch service Tuesday–Thursday from 1–2:30 p.m., they offer a variety of grocery items that are catered to folks who live outside, however, this service is open to anyone. Usually, grocery items available during lunch include pre-made salads and sandwiches, breads, shelf stable milk, canned soups, fruit, granola bars, and other portable, prepared, or easy-to-cook items. You can pick up a bag of groceries each of the three days (Tuesday, Wednesday, Thursday) in which they are offered.

Crossroads Cupboard

2505 NE 102nd Avenue
Portland, Oregon 97220
(503) 257-9194
https://www.crossroadsportland.com/local

Food bank is open Thursday and Friday 9 a.m.–noon and Saturday 10 a.m.–noon.

Ecumenical Ministries of Oregon

https://emo-nefp.org/
(see "Various Multiple Services" section for details)

Find Help Multiple Services

https://www.findhelp.org/goods/clothing--portland-or
(see "Various Multiple Services" section for details)

First Baptist Church

909 SW 11th Avenue
Portland, Oregon 97205
(503) 228-7465

Hot meals, food boxes, clothing and hygiene products are available on Monday & Thursday from 2–4 p.m.

Food Not Bombs

320 SE 16th Avenue
Portland, Oregon 97214
Buckman Elementary School (South Playground)
https://fnbpdx.neocities.org/

Free vegan grocery items available Wednesday and Saturday from 4:30–6:30 p.m. at 320 SE 16th Ave, Portland, Oregon 97214.

Free produce every Tuesday at 1 p.m. and Friday at 11 a.m. at 1616 SE 32nd Place, just south of Hawthorne.

Schedules may change. Please check website for updates.

Free Summer Lunches for Kids

text "food" to 877877

Impact NW Housing and Safety Net Programs

https://impactnw.org/
(see "Various Multiple Services" section for details)

Impact NW Housing and Safety Net Programs offers SNAP application assistance.

Lift Urban Portland Preston's Pantry

First Immanuel Lutheran Church
1838 SW Jefferson Street
Portland, Oregon 97201
(503) 221-1224, ext. 105
https://www.lifturbanportland.org/prestons-pantry-and-free-food-market

Preston's Pantry provides services to those living in NW Portland (zip codes 97201, 97204, 97205, 97209, 97210, 97239) and who meet eligible income guidelines. This is a shopping-style pantry that offers once a month service. Proof of residency is required (rent receipt, utility bill, ID card, mail, etc.). Visitors leave with about three grocery bags of food. Located on Trimet bus lines #6, 24, 58, and 68, and the Red and Blue MAX lines.

Tuesday, Thursday & Friday 3–6 p.m.*

*Tuesdays are by appointment only for people experiencing mobility challenges or health conditions that require assistance while standing, waiting, or shopping. Appointments are available from 3–5:30 p.m.

Loaves and Fishes Central Office

7710 SW 31st Ave.
Portland, Oregon 97280
(503) 736-6325
https://midcountymemo.com/sept05_loaves.html

Loaves and Fishes serves only seniors 60 and over. All locations offer group meals and Meals on Wheels. Please visit their website for current location and meal information.

Mainspring (formerly FISH)

https://mainspringpdx.org/
(see "Various Multiple Services" section for details)

Meals On Us PDX

2818 NE Halsey Blvd.
Portland, Oregon 97232
(503) 209-4769
mealsonuspdx.org

Meal On Us PDX's mission is to provide Chef-curated nutritious meals at no cost to those experiencing hunger and food insecurity within the community. Their current programs include Trans Meal Train, creating meals for individuals recovering from gender-affirming surgery and Community Distro Day, a monthly supply distribution day in the park across the street from their commissary kitchen.

Neighborhood House

3445 SW Moss Street
Portland, Oregon 97219
(503) 246-1663, ext. 5118 (emergency food box coordinator)
https://nhpdx.org/food-security/
http://www.nhpdx.org/WhatWeDo/food.html

Neighborhood House provides emergency food boxes. Food boxes are available twice monthly and can supply a family with food for 3 to 5 days. There are income and zip code eligibility requirements posted on their website. Limited deliveries in the nearby SW area are also offered. To order a food box to be delivered please use the online order form or email *TheMarket@nhpdx.org*.

Oregon Department of Human Services (DHS)

500 Summer Street NE E-15
Salem, Oregon 97301
Phone: (503) 945-5600
Fax: (503) 373-7032
www.oregon.gov/DHS/pages/index.aspx

Check the website at *www.oregon.gov/DHS/pages/index.aspx* to find the closest office.

Temporary Assistance for Needy Families (TANF) The TANF program provides cash assistance to low-income families with children while they strive to become self-sufficient. Cash assistance is intended to meet a family's basic needs such as food, clothing, shelter, and utilities. Most cash benefits in Oregon are issued via an Electronic Benefit Transfer (EBT) card. This is also known as an Oregon Trail Card.

Oregon Trail Card Individuals or families who qualify for food or cash benefits obtain an Oregon Trail. Benefits are deposited into accounts monthly. The Oregon Trail Card, along with a private Personal Identification Number (PIN), is used to access benefits.

The Supplemental Nutrition Assistance Program (SNAP) SNAP offers food benefits to eligible low-income individuals and families.

Oregon Food Bank

7900 NE 33rd Drive
Portland, Oregon 97211
(503) 282-0555
https://www.oregonfoodbank.org/

Oregon Food Bank collects food from farmers, manufacturers, wholesalers, retailers, individuals, and government sources. They distribute food through a Statewide Network of 21 Regional Food Banks and approximately 1,200 food assistance sites, serving all of Oregon and Clark County, Washington. In 2019, they expect to distribute 15 million pounds of produce each year. In the Portland Metro area, Oregon Food Bank partners with over 200 organizations to provide food and services to nearly 350 hunger relief programs. Their Partner Agencies support food access in their communities through a variety of programs, including food pantries, hot meals, and after-school snacks. Partner Agencies also offer provide clothing, gardens, education, and skill-building programs, assistance with SNAP and WIC, and more. Partner agencies can be found on the Oregon Food Bank website at *https://foodfinder.oregonfoodbank.org/*.

Our Streets' Feed the Streets Program

https://ourstreets.org/programs/feed-the-streets/

Our Streets' Feed the Streets program seeks to uplift Portland residents experiencing housing insecurity through daily meal distribution. They prepare and deliver 1,000 meals every day of the week to shelters and other community partners in the Portland metro area. Our Streets has also started a Community Garden at Ockley Green Middle School in North Portland.

PDX Free Fridge

https://sites.google.com/view/pdx-free-fridge/home

PDX Free Fridge is a community-based mutual aid effort to increase access to free food and vital supplies by creating a network of independent fridges and pantries in Portland, Oregon. Their mission is to redistribute existing resources by providing access to free food and supplies through community fridges and pantries. An interactive and printable map of the locations of fridges and pantries is provided on their website.

Portland Adventist Community Services Food Pantry

11020 NE Halsey
Portland, Oregon 97220
(503) 252-8500
http://www.pacsonline.org/pacs-food-pantry-2/

Portland Adventist Community Services provides food boxes once every 30 days. Picture ID and proof of address is needed. Walk-ins welcome Monday through Friday from 9–11 a.m.

Portland Rescue Mission

111 W. Burnside Street
Portland, Oregon 97209
(503) 906-7690
https://portlandrescuemission.org/

The Burnside Shelter provides FREE, 24/7, drop-in emergency services for any individuals experiencing homelessness, supporting them towards growth away from the street environment.

- Hot Meals – Breakfast (7 a.m.) & Dinner (6 p.m.) Daily
- Shelter & programs for men
- Restrooms & basic hygiene products 24/7
- Mail service
- Chapel services
- Guest care staff available 24/7

Rahab's Sisters at Montavilla United Methodist Church

232 SE 80th Avenue
Portland, Oregon 97215
(971) 208-3176
https://rahabs-sisters.org/

Rahab's Sisters serves those marginalized by poverty, houselessness, sex work, violence, and substance in the Montavilla area with food and supply deliveries. In addition to distributing critical survival items, outreach teams share information, connect campers to additional resources and watch for urgent needs, including physical and mental health crises.

When you arrive, ring the doorbell and call the phone number listed on the sign on the door. If you do not see a phone number listed there, call (971) 208-3176.

Monthly calendar of events can be found at *https://rahabs-sisters.org/calendar*.

Saint Andre Bessette Church

601 W. Burnside Street
Portland, Oregon 97209
(503) 228-0746

Saint Andre Bessette serves their neighborhood only and proof of address is required. One request per month is allowed.

Food boxes available on Tuesday, Wednesday, and Thursday. You must arrive in the morning (suggested time is 9:30 a.m.) to pick up a form. Completed forms must be turned in by 11 a.m. on the day of food box pickup. Once the form is turned in, food boxes will be handed out between 1:30 p.m. and 2 p.m.

Sack lunch and coffee are also available on Tuesday, Wednesday, and Thursday 9:30–10:30 a.m.

Salvation Army – Portland Tabernacle Family Services

8495 SE Monterey Avenue
Happy Valley, Oregon 97086
(503) 239-1264
https://portlandtabernacle.salvationarmy.org/portland_tabernacle/family-services/

The Salvation Army provides emergency food boxes on the first and third Friday of the month from noon to 1 p.m., or when boxes are gone (excludes federal holiday). Participants are asked to call in advance and provide their zip code.

Sisters of the Road

618 NW Davis Street
Portland, Oregon 97209
(503) 222-5694
https://www.sistersoftheroad.org/

Sisters of the Road is a social justice organization that uplifts the dignity and autonomy of people experiencing poverty through low/no-cost meals, education and training, a barter work program, advocacy, and a welcoming community space for all.

Sisters of the Road's Café is currently closed while they prepare their new facility. The café has historically worked as a barter restaurant where you can trade some time volunteering in the cafe for a fresh, healthy meal via our Barter Credit system. You could also pay $1.25 for a meal with cash or E.B.T. Sisters of the Road advocated for and got a law passed to allow E.B.T. benefits to be used for hot meals in our cafe back in 1987.

Please check the website for reopening information once it is available.

Snowcap at Rockwood

17805 SE Stark Street
Portland, Oregon 97233
(503) 674-8785
https://sainttimothypdx.org/snowcap/

Snowcap at Rockwood offers emergency food, mobile food pantry, clothing for the entire family, back to school items, community baskets, and has a community garden.

They are located behind the Rockwood Center (formerly the Rockwood Methodist Church). They serve people who live east of 82nd Ave. and within Multnomah County. Visitors must bring proof of address (utility bill, mail, etc.) that is dated within the last 30 days, and their own bags or boxes.

The food pantry is open Monday–Thursday from 10 a.m.–1 p.m.

St. Francis Dining Hall

330 SE 11th Ave.
Portland, Oregon 97214
(503) 234-2028
https://stfrancispdx.org/dining-hall

St. Francis Dining Hall serves meals served Monday–Friday, noon–2 p.m.

St. Vincent de Paul Social Services Dept.

8108 SE Cornwell Street
Portland, Oregon 97206
(503) 235-8431
https://www.svdppdx.org/get-help

Food is available for those who have identification and proof of a current mailing address. Visit the SVdP find a pantry website for locations and times at *https://www.svdppdx.org/pantries-list*.

Sunshine Division

www.sunshinedivision.org
(see "Various Multiple Services" section for details)

Union Gospel Mission

3 NW 3rd Avenue
Portland, Oregon 97209
(503) 274-4483
https://ugmportland.org/services

Union Gospel Mission offers meals at the following times:

Hot breakfast: Wednesday at 6:30 a.m.
Sack Lunch: Monday, Tuesday, and Thursday at 7 a.m.
Light Lunch: Tuesday through Saturday at 2 p.m.
Hot dinner: Tuesday through Friday at 8 p.m.
Meals on Thanksgiving and Christmas

William Temple House

http://www.williamtemple.org/social_services/
(see "Various Multiple Services" section for details)

Household Items

Community Warehouse

https://www.communitywarehouse.org/get-furniture/

Portland
3961 Martin Luther King, Jr., Boulevard
Portland, Oregon 97212
(503) 235-8786

Tualatin
8380 SW Nyberg St.
Tualatin, Oregon 97062
(503) 347-2147

Gresham
819 SE 202nd Avenue
Gresham, Oregon 97233
(971) 378-5762

Community Warehouse connects donated household goods and furnishings to community members in need, creating stronger home foundations and brighter futures. They offer furniture to Multnomah County residents on referral from a case manager.

Find Help Multiple Services

https://www.findhelp.org/goods/clothing--portland-or
(see "Various Multiple Services" section for details)

Freecycle (Portland)

https://trashnothing.com/beta/portland-or-freecycle

Freecyle Portland is a website designed to allow individuals to offer or receive items to the community. They have 7,760 members and counting and have other groups in other areas of Oregon. Please visit their website for listings and other groups.

William Temple House

http://www.williamtemple.org/social_services/
(see "Various Multiple Services" section for details)

Technology

Comcast Xfinity

1-(855) 846-8376
https://www.xfinity.com/learn/internet-service/internet-essentials/low-cost-computer

With Comcast Xfinity eligible households can purchase a refurbished desktop or laptop computer for $149.99 + tax.

For eligibility qualification, you must meet the following requirement:

- Live in an area where Xfinity Internet service is available
- Qualify for programs like the National School Lunch Program, housing assistance, Medicaid, SNAP, and others, or are enrolled in the Affordable Connectivity Program (ACP) with Xfinity
- Qualify for programs like the National School Lunch Program, housing assistance, Medicaid, SNAP, and others, or are enrolled in the Affordable Connectivity Program (ACP) with Xfinity
- Have no outstanding debt to Comcast that is less than one year old

To apply, please visit *https://www.xfinity.com/learn/internet-service/internet-essentials/apply*

Free Geek

1731 SE 10th Avenue
Portland, Oregon 97214
(503) 232-9350
info@freegeek.org
https://www.freegeek.org/

Free Geek's mission is to sustainably reuse technology, enable digital access, and provide education to create a community that empowers people to realize their potential. Many individuals lack the resources necessary to purchase a computer or get the training required to use digital technology. At the same time, the rapid pace of technology consumption and turnover means that over two million tons of hazardous e-waste is created each year in the United States. Free Geek's goal is to divert technology that would otherwise be recycled or thrown away, refurbish it, and give it back to the community at no or low cost.

Free Geek aims to provide the following community programs to those living in the Portland metro area:

- Free computers in exchange for community service
- Computers for K-12 students
- Community classes on digital skills like graphic design, online safety, hardware, and computer troubleshooting
- Hardware grants to nonprofits and community change organizations
- Low-cost computers and accessories offered through their store
- Internships providing valuable hands-on experience

Community members who have volunteered at least 24 hours at Free Geek can receive a free desktop computer. No computer experience is required to volunteer. Free Geek's facility is mostly ADA-accessible, and they can work with people with different abilities. Volunteers under 16 years of age must be accompanied by an adult who can work alongside them. Individuals who are not legally able to be around children cannot volunteer at Free Geek. Court-ordered community service not related to theft or violent crime can be done in Free Geek's recycling center. Bring all relevant paperwork and court documents with for the 30-minute volunteer orientation tour, offered at 11 a.m. and 4 p.m. on Tuesday through Saturday.

Lifeline Assistance Program

https://www.fcc.gov/general/lifeline-program-low-income-consumers
https://www.assurancewireless.com/lifeline-services/what-lifeline, online application

Assurance Wireless offers free cell phones through the federal Lifeline Assistance program. Eligibility requirements for an Assurance phone and minutes vary slightly from state to state, but individuals may qualify for a phone from the company if they participate in any of the following government aid programs:

- Supplemental Nutrition Assistance Program (Food Stamps or SNAP)
- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Veterans Pension and Survivor's Benefit.
- Bureau of Indian Affairs General Assistance (BIA)
- Tribally Administered Temporary Assistance for Needy Families (Tribal TANF)
- Tribal Head Start (only those households meeting its income qualifying standard)
- Food Distribution Program on Indian Reservations (FDPIR)

If not on a government assistance program that is Lifeline-approved, individuals may still qualify if their household income meets government guidelines, under 135% of the federal poverty level for Oregon. Applications can be submitted online or via mail, or the applicant can call the Assurance Wireless phone number to see if they qualify.

Assurance Wireless phones are modern mobile phones with a wide range of standard features such as voicemail, call waiting and caller ID. The basic plan is a free phone and 250 free minutes plus unlimited domestic text messages each month (unused minutes do not rollover into the next month), but there are specials, differences in some states, and additional plans that can be purchased.

Assurance Wireless
P.O. Box 686
Parsippany, NJ 07054
Assurance Wireless Customer Service
1-888-898-4888
https://www.facebook.com/AssuranceWireless
Email: *ourteam@assurancewireless.com or awsocialcare@sprint.com*
www.AssuranceWireless.com
https://www.assurancewireless.com/lifeline-services/what-lifeline, online application

Free cell phones are also available in Oregon as part of the Lifeline Assistance Program through *www.entouchwireless.com*.

Multnomah County Libraries

Multiple locations
(503) 988-5123
https://multcolib.org/

All Multnomah County Library locations allow all visitors the use of library computers for four hours per day. Each location has the following equipment:

- Public computers with headphones
- Microsoft Office 19 (Word, Excel, PowerPoint, and Publisher)
- Accessibility software (JAWS and ZoomText)
- Some locations offer Chromebooks to check out and use while in the library

Other services available are:

- **Wi-fi** - All library locations offer wi-fi access 24/7. Read more about our wifi service.
- **Print** - Free printing is available at all libraries. Send documents for printing from your device and pick up at a library using our mobile printing service. No library card required. Printing is only in black and white, up to 100 pages per document.
- **Copy** - Free copying is available at all libraries.
- **Scan** - Free scanning is available at all libraries. You can print your scans, email them, or save them to a USB device.
- **Fax** - Send faxes for free at all libraries

For location information, please visit *https://multcolib.org/hours-and-locations*.

PCs for People

https://oregonpubliclibrary.com/pcs-for-people/#:~:text=PCs%20for%20People%20distributes%20low,cords%20at%20no%20additional%20cost

PCs for People distributes low-cost refurbished computers and internet to income-eligible individuals through an easy-to-apply online application system. Every desktop includes a mouse, keyboard, power cords and monitor cords at no additional cost.

The Oregon Public Library District has partnered with Pcs for People to be a distribution site. All requests and program eligibility are run through PCs for People.

For eligibility requirement, please visit *https://www.pcsforpeople.org/eligibility/*.

To register to be connect with PCs and receive further information, please visit *https://oregonlibrary.pcsrefurbished.com/event/registration*.

Transportation

Bikes for Humanity PDX

3366 SE Powell Boulevard
Portland, Oregon 97202
(503) 496-6941
info@b4hpdx.orgv
https://www.b4hpdx.org/adopt-a-bike
Shop Hours: Thursday, Friday & Saturday 1–5 p.m. Currently operating by appointment only.

Bikes for Humanity PDX is a non-profit bike shop and school. Their mission is to increase public access to affordable and safe bicycles while empowering self-sufficiency in bicycle maintenance and commute. They work towards this mission with several programs:

Bike Shop & School - joins donors, volunteers, and adopters, to transition under-utilized bicycles back into service.

Financial Aid Process - allows bicyclists of any economic status to gain access to refurbished bicycles.

Volunteer Mechanics Classes - train volunteers via professional instruction, curriculum, tools, and workspace to refurbish donated bicycles. Volunteers teach and

learn bicycle repair procedures while refurbishing donated bikes for sale or giveaway. Bikes for Humanity PDX offers use of shop tools, resources, and other incentives for dedicated volunteers. Volunteer orientation is the third Thursday of each month. In their free series of Volunteer Mechanics Workshops, they focus on demonstrating a skill and then performing it with volunteers, while fixing donated bikes in the process, every Thursday from 5–7 p.m.

Find Help Multiple Services

https://www.findhelp.org/goods/clothing--portland-or
(see "Various Multiple Services" section for details)

Mainspring (formerly FISH)

https://mainspringpdx.org/
(see "Various Multiple Services" section for details)

Metropolitan Family Services – Project Linkage

2200 NE 24th Avenue
Portland, Oregon 97212
(503) 249-0471
plink@mfs.email
https://www.metfamily.org/what-we-do/older-adult-support/project-linkage/

Project Linkage provides transportation for individuals with disabilities, or those over 60 years old, to doctor appointments or for their pets to visit the vet. Income is not a program consideration. Project Linkage also runs 22 shopping shuttles, some of which have wheelchair accessible lifts. In 2017 Project Linkage provided 34,000 community rides. Individuals must request the ride four days in advance. No last-minute rides are available. The program also offers minor home repair services to low-income seniors living in their own homes.

Ride to Care

(503) 416-3955

Ride to Care is a service for Health Share of Oregon, run by a local company, GridWorks. Ride to Care transports people to any appointment or service that is covered by Health Share such as doctor, dentist, clinic, and hospital visits. Members also get a trip back home and can stop at a pharmacy on the way if needed. Ride to Care can also provide assistance with bus or Max tickets, rides in taxis and wheelchair accessible vans, and help paying gas if a family member or friend can drive to an

appointment. Ride to Care's support team is available 24 hours a day, 7 days a week. They ask that rides be scheduled at least 48 hours in advance if possible.

Transition Projects – Day Center

650 NW Irving Street
Portland, Oregon
(503) 280-4700
https://www.tprojects.org/
Hours: Monday–Friday 8 a.m.–4 p.m.

Transition Projects provides up to 10 TRIMET bus tickets every 90 days to be used for medical appointments or first week of full-time employment ONLY. You must provide the phone number of your employer to verify employment.

TriMet Honored Citizen Program

(503) 962-2455
accessible@trimet.org

"Honored Citizens" receive reduced fares and priority seating on buses and trains. Seniors 65 and older, medicare beneficiaries, and persons with a mental or physical disability, are eligible for Honored Citizen fares. Honored citizens living in Downtown Portland may also be eligible for the Downtown Portland Pass valid for travel on buses, MAX and Portland Streetcar in Downtown Portland. The pass is valid up to two years and costs just $10.

TriMet LIFT Program

(503) 962-8000 ext.2

TriMet's LIFT paratransit service is a shared-ride public transportation service for people who are unable to use regular buses or trains due to a disability or disabling health condition. Individuals must be a registered customer to use LIFT service. Persons may be eligible for LIFT service if they have a disability or disabling health condition and their disability or health condition prevents them from independently using TriMet buses and/or trains some or all of the time (without assistance, other than from a bus driver). LIFT does not serve locations outside the TriMet District. LIFT service operates during the same hours as bus and MAX services, generally 4:30–2:30 a.m., seven days a week.

TriMet Reduced Fare Program

https://trimet.org/lowincome/

TriMet offers reduced fare Honored Citizen Hop cards to individuals that participate in an assistance program or whose household income is less than double the federal poverty level ($1.40 for 2½ hours or $28/month).

To apply, they require proof of eligibility and a valid photo ID. You can upload a scan, photo or PDF of your qualifying document and your photo ID on their website or apply in person at one of our enrollment locations, and they'll issue you a personalized photo ID Hop card. (Enrollment locations are listed on their website.)

Note: You must also be between 18 and 64 years old, an Oregon resident, and not already using Honored Citizen fares to qualify. If you're 65 or older or have a disability, learn about our other reduced-fare options.

Utilities

211 Info

https://www.211info.org/utility-assistance/#multnomah
listing of utility assistance resources
(see "Various Multiple Services" section for details)

City of Portland, Bureau of Environmental Services, and the Water Bureau

(503) 823-4000
311@portlandoregon.gov

The City of Portland offers sewer, stormwater, and water bill discount program for all eligible households receiving water and/or sanitary sewer service as a direct customer of the Portland Water Bureau or Bureau of Environmental Services. Their services include:

- Bill discount: You may be able to get a discount on every sewer, stormwater, and water bill.
- Crisis voucher: If you've had a personal crisis and are enrolled in the bill discount program, you may be able to receive a voucher (a credit) of up to $500.
- Water Leak Repair Assistance: Do you have a leaky toilet, faucet, or pipe? If you own your home and are enrolled in our bill discount program, we may be able to fix the leak for free.

Eligibility Requirements are as follows:

- Property must be a single-family home that receives sewer or water services from the City of Portland.
- Applicant must live at the property and be directly responsible for the payment of the sewer/stormwater/water bill.
- Applicants that have an ADU (Accessory Dwelling Unit) on their property with one water meter that serves both the primary home and the ADU, are not eligible to participate in the discount program.
- Applicant must meet the established income guidelines by submitting proof of total gross income for all adult members of the household. Gross monthly household income for those 18 and older determines eligibility. Gross income means the amount of money before taxes or deductions.
- If approved for the bill discount, you will receive the discount for up to 2 years and will begin with your next sewer, stormwater, and water bill. This discount does not automatically renew. To continue, you will need to reapply after 2 years. It is your responsibility to notify us immediately if your income changes and you no longer qualify.

To apply, complete the application online at *https://portlandwaterbureau.seamlessdocs.com/f/LINCWebform_2023_2024*.
(To complete the application, you'll need to provide income documentation for your gross household income (all sources of income, before deductions, for all household members) for the last 30 days. Remember to click Submit & Sign after filling out the required fields.)

Comcast

1-855-846-8376
https://www.xfinity.com/learn/internet-service/internet-essentials/get-help#:~:text=The%20fastest%20way%20to%20apply,)%2C%20seven%20days%20a%20week

Comcast Internet Essentials is an affordable, high-speed internet option made available by Comcast at $9.95/month + tax. Program highlights:

- No credit check
- No installation fee
- No equipment rental fee
- No term contract
- 50Mbps/5Mbps download/upload speeds
- In-home WiFi included
- 40, 1-hour sessions of free access to Xfinity WiFi hotspots every 30 days

- Eligible households can purchase a refurbished desktop or laptop computer for $149.99 + tax *(see Technology Section of this guide for additional details)*

There are two ways you can apply for Internet Essentials.

- Submit your application online at *https://apply.internetessentials.com/UploadOnReturn* . It takes about ten minutes if you do not have to submit documents.
- Call their call center at 1-855-8-INTERNET (1-855-846-8376) during business hours and one of their agents will walk you through the easy application process. The whole process takes about 10 minutes if you do not have to submit documents.

Impact NW Energy Assistance

Dancing Tree Family Center
10055 E. Burnside Street, Portland, Oregon 97216
Energy assistance Intake (971) 308-7356
Main: (503) 294-7444
https://impactnw.org/programs/housing-and-safety-net/energy-assistance/

Impact NW's Energy Assistance program provides nearly 6,000 households a year with help for electric, gas, oil, water, and sewer utility bills.

For customers of Pacific Power and Northwest Natural Gas, or oil and propane, walk–in energy assistance is available at their Dancing Tree Family Center Monday–Thursday, 9 a.m.–noon and 1–5 p.m. (or until appointments are filled).

Appointments are scheduled for the day on a first come, first served basis (walk-ins or call (971) 308-7356). To obtain assistance clients must bring: ID's for everyone in the household 18 years and older; Social Security cards for everyone that has one; Household income verification for the last 30 days (2018 Award Letter needed for proof of Social Security Benefits); Current Pacific Power/NW Natural bill/OIL&PROPANE receipt if available (not required).

NW Natural

1-800-422-4012
csst@nwnatural.com
Hours: Monday–Friday 7 a.m.–6 p.m.
NW Natural offers and income-qualified bill discount program. The program can save you money every month on your gas bill. Depending on whether you live in Oregon or

Washington and your income level, you may be eligible for bill discounts of 15% to 80%.

There is one application to fill out. No proof of income is required to apply and the application takes only minutes to complete online at *https://www.nwnatural.com/account/bill-discount-program*, by email to *csst@nwnatural.com*, or over the phone.

Oregon Energy Fund

1020 SW Taylor Street, Suite 620
Portland, OR 97205
(971) 386-2124
https://www.oregonenergyfund.org/

The Oregon Energy Fund (OEF) is a nonprofit organization that provides energy bill assistance to low-income Oregonians in support of household stability. OEF partners with a statewide network of community agencies and local utility companies to distribute funds to Oregonians in need in all 36 counties.

Oregon LID Program

1-(888) 221-7070
1-(888) 225-2611, Para ayuda en español
https://www.pacificpower.net/my-account/payments/bill-payment-assistance/oregon-discount.html

Save on your monthly Pacific Power bills with their Low-Income Discount (LID) program. Enrollment is available to income-qualified residential customers in Oregon. Eligibility and discount level are based on your annual household income (gross income) at or below 60% of Oregon state median income adjusted for household size (see chart on their website). If you qualify, you'll join more than 43,000 customers who are enrolled and getting help with their bills.

Guidelines to Apply for LID:

- To qualify, the Pacific Power bill must be in your name.
- You must meet the current income guidelines, adjusted for household size. Qualifying income refers to total gross income from all sources, both taxable and nontaxable. Household size reflects all permanent residents in the home, including adults and children. *Oregon LID*
- Discount applies only to bills associated with the Customer's permanent primary residence.

- If you enroll, you will see discount savings on future electric bills.
- Don't include income documents with your completed application.
- Re-enrollment will be required every two years. Customers receiving LIHEAP or OEAP within 12 months of recertification will automatically be re-enrolled for two years.

You can apply online at *https://csapps.pacificpower.net/public/or-low-income* or by calling the number listed above.

Portland General Electric (PGE)

(503) 228-6322
https://portlandgeneral.com/income-qualified-bill-discount

PGE's Income-Qualified Bill Discount program provides ongoing, monthly help with your PGE bill that's in addition to any other assistance you may be getting from them or other agencies. Depending on your annual household income and household size, your monthly discount could be between 15 and 60%. They won't require any financial documents from you to apply. They only need to know your household size and average gross annual household income. To apply visit *https://portlandgeneral.com/income-qualified-bill-discount-form*.

Rockwood Water PUD

(503) 665-4179
https://rwpud.org/payment-assistance/

Rockwood Water's financial assistance program for qualifying customers is a one-time crisis assistance payment of $132 or a bi-monthly discount of $22 on water bills for one year (six bills). To find out if you meet our Customer Assistance Program income guidelines, contact **Human Solutions, Inc.** at **(503) 548-0217**. Their offices are located at:

Rockwood Office:
124 NE 181st Avenue
Portland, Oregon 97230

Portland Office:
12350 SE Powell Blvd.
Portland, Oregon 97236

Self Enhancement, Inc. (SEI)

2205 NE Columbia Blvd.
Portland, Oregon 97211
(503) 240-0828 Energy Resource Line
(503) 713-5590 Energy Appointment Line
(503) 249-1721 to schedule appointment
energy@selfenhancement.org
https://www.selfenhancement.org/energy

Self Enhancement, Inc. offers energy assistance. You must schedule an appointment to apply for benefits. You can book an appointment on their web portal at *https://sei-portal.communityappointments.com/* or by calling their hotline at (503) 713-5590.

Income verification is required, and you must provide a social security card for all household members, picture identification for all household members aged 18 and over, your current utility bill, and gross income verification for all household members aged 18 and over for the past 30 days from the date of your appointment (bank statements will not be accepted.)

Various Combined Services

211 Info

https://www.211info.org/

211 Info is a private, community-based nonprofit organization funded by state and municipal contracts, foundations, donations, and community partners in Oregon and Southwest Washington. 211 Info serves Clark, Cowlitz, Skamania, and Wahkiakum counties in Washington and the entire of State of Oregon. 211 Info empowers Oregon and Southwest Washington communities by helping people identify, navigate, and connect with local resources.

Access Community Care
(Clothing/Food)

https://www.accesscommunitycare.com/client-resources/clothing-food/

Please visit the Access Community Care website for a list of clothing and food resources in Oregon and SW Washington.

Bridges to Change – Mobile Treatment
(Basic Needs and Application Help)

https://bridgestochange.com/immediate-care/

Peer Mentors, Counseling, Basic Needs

BTC also offers an Acute Care Team offering mobile treatment for substance abuse, mental health, and co-occurring disorders in in Multnomah, Washington, and Clackamas counties. The Acute Care Team helps to get people off the street and offers peer mentors, counseling, and basic needs. Mentors help clients to obtain household items, get on food stamps, get ID's and obtain birth certificates.

To receive care from the Acute Care Team, a client must have a documented mental health history and have Oregon Health Plan. To get started, fill out the ACT referral team form on their website.

CityTeam Ministries
(Clothing/Showers/Food/Hygiene)

526 E. Grand Avenue
Portland, Oregon 97214
(503) 231-9334
https://www.cityteam.org/programs

Monday, Wednesday, and Friday, 1–3 p.m. (Women's Services: clothing and showers)

Thursdays 6:30 p.m. (Men's Clothing Closet)

4th Saturday of the Month noon–2 p.m. (Love Your Neighbor Event: food, clothing, shoes, hygiene kits, etc.)

Dinner is served at CityTeam Ministries from Monday through Saturday at 5:45 p.m.

Free clothing, see website for information on neighborhood pop-up closets.

Club Hope
(Shower/Laundry/Basic Needs)

100 SE Cleveland Street
Gresham, Oregon 97030

Club Hope is operated by Bridges to Change. It is open Monday–Friday from 10 a.m.–5 p.m., with showers and laundry available until 3 p.m. Basic needs, peer mentors and

support groups are available at the club. To access the Club Hope calendar: *https://bridgestochange.com/immediate-care/#calendar-527*.

There is a shelter there, it is a day center, regulars at Club Hope have priority to get into this program – must have substance abuse issue and average 30–60, self-referral or community partner.

Ecumenical Ministries of Oregon Northeast Emergency Food Program

(Food, Clothing, and Job Skills Training)

https://emo-nefp.org/

Ecumenical Ministries of Oregon (EMO)'s Northeast Emergency Food Program (NEFP) meets the urgent food and clothing needs of the Portland metro area, primarily people living in east Portland, many of whom live east of 82nd Ave., as well as those who are experiencing houselessness and those who are undocumented. They are open on Saturdays and can serve families who work during the week.

Through their Service Learners Initiative, EMO also provides job training, skill building, and exposure to nonprofit services to 15 to 20 people every year. They work with everyone from graduate school interns to developmentally disabled adults. Graduates of the program have gone on to find employment in food services, social work, and retail management.

Emergency and urgent care provided through NEFP includes: Three-to five-day (or more) supply of nutritious groceries (up to three times in a six-month period); an overflowing shopping cart full of groceries, frequently valued at $200 or more; Fresh fruits and vegetables, dairy, bread and meat; Gently used clothing for the whole family; Weekly distribution of food—primarily fresh produce, grains and proteins—to the Sacajawea Head Start with our mobile pantry.

NEFP location: Luther Memorial Lutheran Church, 4800 NE 72nd Avenue, Portland, Oregon 97218 (503) 284-5470. They are open every Tuesday, Thursday and Saturday from 1–4 p.m. To use their services, participants need to bring something with their name on it, such as an ID or a piece of mail.

Find Help Multiple Services

(Food/Housing/Goods/Transit/Health/Money/Care/Education/Work/Legal Services)

https://www.findhelp.org/goods/clothing--portland-or

The FindHelp website provides a list of programs that assist with food, housing, goods, transit, health, money, care, education, work, and legal services.

Impact NW Housing and Safety Net Programs
(Benefit Application Assistance)

1785 NE Sandy Boulevard
Portland, Oregon 97232
(503) 721-1740
https://impactnw.org/

Impact NW's Housing and Safety Net programs connect families with resources that empower them to achieve self-sufficiency. Their staff assesses each family's needs and helps them apply for benefit programs such as "SNAP" (Supplemental Nutrition Assistance Program), "TANF" (Temporary Assistance for Needy Families), and "LIHEAP" (Low Income Home Energy Assistance Program).

Impact NW takes a comprehensive view of poverty. Unless a family has their basic needs met, securing employment and permanent housing can be daunting. Impact NW works with each family to develop individualized action plans for obtaining financial independence and to provide the tools needed to implement this. Impact NW connects families and individuals they serve to a wide range of resources and services throughout the state.

Mainspring (formerly FISH)
(Food/Clothing/Hygiene/Transit/Senior programs/Referrals)

3500 NE 82nd Avenue
Portland, Oregon 97220
(503) 233-5533
https://mainspringpdx.org/

Food Program Mainspring operates a food pantry for qualifying children, families, and seniors. The grocery store model pantry is open to anyone with a stated need Mondays through Wednesdays between 10 a.m. and 1 p.m. No referral is necessary. Participants can access the food program one time per month. The first Thursday of the month is senior food day for pre-registered seniors 7 a.m.–10 p.m. Case Managers or seniors can contact Kyle at (503) 233-5533 ext. 101 for more information about their Senior Commodities Supplemental Food (CSFP) federal food program and for applications. Special arrangements by appointment (503) 233-5533.

Senior Program Mainspring provides USDA senior food boxes and 2lbs of cheese through the federal Commodity Supplemental Food Program (CSFP) one time per month. To qualify for this program participants must be at least 60 years of age or older and have a total monthly income at or below 130% of the federal poverty level.

Currently Mainspring delivers 800 senior food boxes per month. There is an active waiting list. To sign up for this program call (503) 233-5533 ext. 100 or ext. 101.

Clothing Program Mainspring operates a clothing pantry for children, families, and seniors in need. The clothing pantry is open Mondays through Wednesdays between 10 a.m. and 1 p.m. No referral is necessary. Participants can access the clothing pantry one time per month. Clothing and shoes are donated, and available sizes and types vary in availability.

Transit Assistance Program Some programs at Mainspring are based on available funding. Currently, Mainspring offers transit assistance through TriMet bus tickets and monthly bus passes for individuals currently employed or actively seeking employment. Funding is limited and not all in need will be able to access this program. Referrals can be provided to other programs or agencies.

Metropolitan Family Services – Benefits Outreach Center

(Benefit Application Assistance)

2200 NE 24th Ave.
Portland, Oregon 97212
(503) 688-1788

The Benefits Outreach Center is a new service. The program screens older adults (60+) and people 18 and older with disabilities for services and benefits and then provides assistance with the application process. Volunteers help low-income Multnomah County residents sign up for food stamps, the Oregon Health Plan, SSI, Medicare, the Medical Savings Plan, and the Supplemental Nutrition Assistance Program (SNAP). People can walk in for services. Volunteers are available to transport seniors and disabled individuals to the office or sign them up for services at their homes.

Oregon Department of Human Services (DHS) – Self-Sufficiency Offices

(Benefit Application Assistance)

http://www.oregon.gov/DHS/offices/pages/self-sufficiency.aspx

Oregon Department of Human Services **(**DHS) Self-Sufficiency Offices offer help with food benefits (SNAP), cash for families (TANF), childcare assistance, refugee services. These benefits can be applied for at any self-sufficiency office in the state. Most offices also have someone on staff to assist clients in applying for the Oregon Health Plan (OHP). Applying with the help of one of these employees makes the process of getting OHP much easier than applying individually online. SNAP benefits are granted immediately, and applicants are given a card to use like a debit card. To find a self-

sufficiency office, visit the website above and enter a city or county. People who receive social security disability (SSD) benefits will need to go to their Aging and Disability case manager to obtain their SNAP and OHP benefits rather than a self-sufficiency office.

Our House of Portland
(Food/Hygiene/HIV Healthcare)

http://www.ourhouseofportland.org/programs/

Programs include:

Esther's Pantry Provides food and personal care items to low-income people living with HIV. The pantry allows clients to select the food they want, from well-stocked shelves, rather than being handed a pre-packed box of food.
Location: 10202 SE 32nd Avenue, Suite 601
Milwaukie, Oregon 97222
(503) 349-4699

Hours of operation:
Monday 1–4 p.m.
Tuesday 2–5 p.m.
Thursday 2–5 p.m.

Tod's Corner is a free thrift store that is available to low-income individuals living with HIV. Clients must get a referral from their case manager to gain access. Each client may visit once a month.

Location: 10202 SE 32nd Avenue, Suite 502
Milwaukie, Oregon 97222
(503) 349-4699

Hours of operation:
Monday 1–4 p.m.
Tuesday 2–5 p.m.
Thursday 2–5 p.m.

Portland Rescue Mission Shelter
(Food/Shelter/Blankets/Showers/Referrals)

111 W Burnside Street
Portland, Oregon 97209
(503) 906-7690

The Mission serves hot, nutritious meals — up to 900 a day, 365 days a year. Breakfast is served daily at 7 a.m. Dinner is served daily at 6 p.m. Lunch is served Saturday and Sunday at 12:30 p.m.

- Overnight shelter is available to men through a nightly lottery held at 6 p.m. TB card required.
- Extended shelter (1–6 weeks) available for men and women in transition toward housing.
- Winter Shelter is available November through March with comfortable sleeping mats in our chapel area (lottery held at 8 p.m. — TB card required). Daily blanket exchange provides clean blankets to people who must sleep outside.
- Safe 24-hour restrooms for available for men, women, and children restore dignity and allow us to reach people we may not otherwise meet.
- Showers and clothing are available to shelter guests. Additional shower times available through their Guest Care Center's daily schedule.
- They connect people in need to area resources and provide fun activities through our Guest Care Center. They are open daily.

Rose Haven

(Food/Clothing/Showers/Laundry/Bus Tickets/Baby Supplies/Computer Lab and Device Charging)

627 NW 18th Avenue
Portland, Oregon
(503) 248-6364
https://rosehaven.org/

Rose Haven is the only day shelter and community center specifically serving women, children, and gender-diverse people in Portland. As night shelters are at capacity, our low-barrier drop-in model bridges the gaps in services. For many women and children, we are the first step in asking for help and starting to heal.

Rose Haven provides the following services:

- Nutritious Meals
- Showers & Restrooms
- Clothing & Outdoor Gear
- Secure Mailboxes
- Bus Tickets
- Laundry
- Computer Lab & Device Charging
- Baby & Kids Supplies

Guest Service Hours:
Mondays and Fridays: 9 a.m.–noon
Tuesdays and Thursdays: 9 a.m.–noon; 1–4 p.m.
Wednesdays: 9 a.m.–noon; 1–4 p.m. Family Afternoons (For guests with registered minor children only)
See their guest calendar for all services, activities, and events, *https://rosehaven.org/guest-calendar/*

Straightway Services
(Food/Clothing)

8900 NE Vancouver Way
Portland, Oregon 97211
https://straightwayservices.org/our-programs

Straightway Services helps families in need with programs such as:

Clothing Closet and Work Boot Program
Straightway Services helps provide clothing for the houseless, youth, and Dress for Success work programs. They also provide work boots to potential workers in the industry of construction.

Food Pantry
In partnership with Birches Community Services, Straightway Services offers a weekly opportunity to the North-Northeast area by providing food boxes and groceries every Wednesday 1–3:30 p.m. For more information on food resources call (503) 260-8370.

Toys
Straightway's Christmas program works with Fox 12 and Les Swab toy drives to provide toys and games to needy families. They also have a birthday program that you can apply to for birthday gifts for your children.

Sunshine Division
(Food/Clothing)

www.sunshinedivision.org. As of January 2024, clothing rooms are closed at both locations. Please check the website for reopening information.

North Portland Food Pantry – *temporarily closed, check website for reopening information*
687 N. Thompson Street
Portland, Oregon 97227
(503) 823-2102

SE Portland Food Pantry
12436 SE Stark Street
Portland, Oregon 97233

Tuesday to Friday 9:30–11 a.m. and 12:30–1 p.m.
Saturday 9 a.m.–1 p.m.
*Please bring shopping or grocery bags with you to transport your food

Depending on the client's situation, they can receive services six times within the period of one year.

Free clothing assistance, including Izzy's Kids "Shop with a Cop," which pairs nearly 500 low-income children with an officer to provide a unique one-on-one shopping experience at local department stores to outfit them with new school clothes.

William Temple House
(Food/Clothing/Household Items/Resource Assistance)
http://www.williamtemple.org/social_services/

Food Pantry
2023 NW Hoyt
Portland, Oregon 97209
(503) 226-3021
Tuesday, Wednesday, and Thursday, 11 a.m.–2 p.m. (drop-in)

William Temple House provides a self-service food pantry so that individuals and families can choose their own food. This allows people to take ownership of their meals and nutrition while also respecting cultural diversity in diet.

Thrift Store
2230 NW Glisan Street
Portland, Oregon 97210
(503) 222-3328
Monday through Saturday, 10 a.m.–6 p.m., Sunday 11 a.m.–6 p.m.

The William Temple House Thrift Store features a great selection of clothing, furniture, housewares, and more.

Resource Navigation
(503) 715-0222
esunderman@williamtemple.org

The William temple House navigator on staff is available to help you connect with resources within and beyond William Temple House. They currently partner with Impact NW to offer utility assistance by appointment to eligible Multnomah County residents, as funding is available. They also assist individuals and families with signing up for SNAP and other government programs. Income eligibility requirements apply.

MEDICAL SERVICES

Dental

Medical Teams International Mobile Dental Clinics

https://www.medicalteams.org/how-we-heal/mobile-dental-program/emergency-dental-clinics/

Medical Teams International's Mobile Dental Program provides free or low-cost urgent dental care services. Their Oregon clinics accept urgent dental procedures for patients who do not have private dental insurance, those who are low income, and those in vulnerable populations. They will not turn away a patient with emergency needs who has no alternative options for care. Urgent dental procedures include extractions and fillings for patients who have pain, bleeding, and/or swelling.

Their mobile dental clinic schedule can be accessed on their website, including a list of the locations, dates, and contact phone numbers.

Multnomah County Health Department Dental Health Clinics

https://www.multco.us/primary-care-and-dental/dental-clinic-locations-hours

The Multnomah County Health Department provides routine and urgent dental care at seven clinics in Multnomah County. All clinics are currently open for teledentistry (by phone) and in-person appointments. They are currently accepting new Medicaid (OHP) patients with CareOregon Dental. They also see uninsured patients for urgent care. Not all dental services are available at their clinics.

New patients and uninsured: Call (503) 988-6942 between 8 a.m.-4:45 p.m. Monday–Friday.

Established patients with insurance who have been seen before at a Multnomah County dental clinic, should call their clinic directly.

If covered by the Oregon Health Plan, there's no charge for dental services which are part of routine benefits. If not insured, clients will be asked to pay an out-of-pocket fee based on their family size and income when they check in. If not eligible for the Oregon Health Plan, clients meet with their eligibility staff to see if they qualify for a discount.

Many clinics have staff members that speak languages other than English. Let them know if an interpreter is needed for the visit.

Locations:

Billi Odegaard Dental Clinic
33 NW Broadway, Suite 380
Portland, OR 97209
(503) 988-5770
Hours: Monday–Friday, 7:30 a.m.–6:30 p.m.

East County Dental Clinic600 NE 8th St
Gresham, OR 97030
(503) 988-4900
Hours: Monday–Friday, 7:30 a.m.–6:30 p.m.

Mid County Dental Clinic
12710 SE Division St
Portland, OR 97236
(503) 988-3410
Hours: Monday–Saturday, 7:30 a.m.–6:30 p.m.

North Portland Dental Clinic
9000 N Lombard St
Portland, Oregon 97203
(503) 988-5990
Hours: Monday, Tuesday, Thursday, Friday, 7:30 a.m.–6:30 p.m.
Closed Wednesday

Northeast Dental Clinic
5329 NE MLK Jr Blvd
Portland, OR 97211
(503) 988-3664
Hours: Monday–Friday, 7:30 a.m.–6:30 p.m.

Rockwood Dental Clinic
2020 SE 182nd Ave
Portland, OR 97233
(503) 988-4988
Hours: Monday–Friday, 7:30 a.m.–6:30 p.m.

Southeast Dental Clinic
3653 SE 34th Ave
Portland, OR 97202
(503) 988-4410
Hours: Monday–Friday, 7:30 a.m.–6:30 p.m.

Native American Rehabilitation Association (NARA) Dental Clinic

12750 SE Stark Street Building E
Portland, Oregon 97233
(971) 347-3009
https://www.naranorthwest.org/projects/dental-clinic/

NARA Dental Clinic offers dental services for the whole family as the only Native American dental clinic in the Portland metro area. NARA Dental Clinic services include Family and Child friendly dentists, Dental Education Programs, and Preventative and Restorative care. The NARA dental clinic is open to everyone. They assist individuals in applying for the Oregon Health Plan. For service inquires and referral information calls are welcome Monday–Friday 7:30 a.m.–6:00 p.m.

Oregon Health & Science University (OHSU) Dental Clinics

OHSU South Waterfront Dental Clinic
2730 S. Moody Avenue
Portland, OR 97201
Main line: (503) 494-8867
After hours emergency line: (503) 494-8311
Hours: Monday–Friday 8 a.m.–4:45 p.m.
https://www.ohsu.edu/dental-clinics

The General Dentistry Teaching Clinic at OHSU provides comprehensive professional-quality care for adult patients and educates the next generation of dentists. Student doctors are trained in the latest technologies, research, and practices by experienced board-licensed faculty in their state-of-the-art clinics. Services include: Exams and X-rays, Fillings/Restorations, Crowns, Implants, Dentures, and Urgent Care Services.

Appointments are typically longer due to the instructional process. As a result, the fees for care are substantially lower than private practice. In their Comprehensive Teaching and Specialty Clinics, prices are 30 to 40 percent lower than area private practices. OHSU Dental Clinics accept most dental insurance plans.

The **OHSU Comprehensive Care Clinic** is located in the Skourtes Tower, part of the Robertson Life Sciences Building next to the Tilikum Crossing Bridge. The patient

entrance is on the bottom floor at the corner of S.W. Moody Avenue and S.W. Meade Street. Take the MAX Orange Line, Portland Streetcar, TriMet Bus, or enjoy free patient parking under the tower.

Reduced fee Dental Services provided by student doctors are also available at the OHSU Russell Street Dental Clinic in Northeast Portland. The **Russell Street Dental Clinic** is located in North Portland at the corner of N. Russell St. and North Flint Ave. To schedule an appointment at Russell Street, call: (503) 494-6822. *Hours: Monday–Friday, 7:30 a.m.–4 p.m.*

Harm Reduction

Multnomah County Harm Reduction Clinic

12425 NE Glisan Street (in Menlo Park Plaza)
Portland, Oregon 97230
(503) 988-0577
Syringe exchange schedule: (503) 280-1611
STD Clinic: (503) 988-3700
Monday and Thursday 11 a.m.–7 p.m.
https://www.multco.us/hiv-and-std-services/syringe-exchange-and-disposal

The Multnomah County Harm Reduction Clinic provides services for syringe exchange, sexual health services, and overdose rescue kits (naloxone and fentanyl test strips). It is not a primary care clinic.

Multnomah County Harm Reduction Clinic partners with the following nonprofits:

Outside In
1219 SW Main Street, Portland
Monday–Friday, noon–5 p.m.

Outside In at Clackamas Service Center
8800 SE 80th Avenue, Portland
Tuesday and Thursday, 1 p.m.–4 p.m.

Rahab's Sisters
(limited to women and gender-diverse people in need of support and survival supplies)
232 SE 80th Ave, Portland
Clark County Syringe Exchange
Friday, 5 p.m.–8 p.m.

Portland People Outreach Project (PPOP)

(503) 765-PPOP (7767)
ppop@phra.org
https://www.portlandpeoplesoutreach.org/#/

The Portland People Outreach Project (PPOP) is an all-volunteer peer-run organization in Portland that provides harm reduction supplies to people who use drugs. They distribute clean syringes, pipes, overdose-reversing naloxone (Narcan), and a variety of other harm reduction, wound care, and safer sex supplies. Unlike many needle exchanges, PPOP is need-based, not 1-for-1, meaning their users do not have to dispose of used syringes in order to receive new ones.

PPOP distributes supplies by means of a bicycle outreach on Friday evenings, at a fixed site in St. Johns on Saturday afternoons, and at several locations by car on Sundays. See their online schedule for more details: *https://www.portlandpeoplesoutreach.org/#/*

Project Red Initiative

contact: Ellen Wirshup
Program Manager, Project Red
Alano Club of Portland
ellen@projectredinititive.org
https://projectredinitiative.org/

Project Red is an initiative from the Alano Club of Portland to raise awareness around overdose prevention and to increase the availability and accessibility of overdose prevention supplies and trainings, with a focus on bars, restaurants, strip clubs, entertainment venues, and community based organizations.

Project Red's website provides links to find pharmacies and community organizations distributing Narcan (naloxone) and conducting trainings by state.
https://harmreduction.org/resource-center/harm-reduction-near-you/

Project Red's website also provides a link to an online harm reduction service designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs. *https://nextdistro.org/*

If harm reduction supplies (such as naloxone) are needed and cannot be accessed locally, this website provides information about how to qualify to receive them by mail.

Medical

Borland Free Clinic

3550 SW Borland Road
Tualatin, Oregon 97062
(503) 974-8887
Tuesday and Thursday, 3–7 p.m.
info@borlandclini.org
https://borlandclinic.org/

Borland Free Clinic offers comprehensive medical care, including primary and urgent care, diabetes education, physical therapy, gynecology, other specialty care services and referrals, prescriptions, lab work, and other services like once-a-year comprehensive eye exams through Casey Eye mobile van. Urgent care/walk-ins accepted when there is availability. Borland Free Clinic is located in the lower level of Rolling Hills Community Church's main building in Tualatin, Oregon. They offer free medical care to vulnerable people in their community.

Brain Injury Connections Northwest

1411 SW Morrison Street, Suite 220
Portland, Oregon 97205
(971) 258-0561
https://braininjuryconnectionsnw.org/

Brain Injury Connections Northwest (BIC-NW) is an umbrella non-profit organization that supports several programs and services that serve the brain injury community in the Portland metropolitan area. Their *mission is to connect those touched by brain injury to the people, resources, and services that best serve their needs.* BIC-NW sponsors BIRRDsong Peer Support Group, BIRRDsong Family & Friend Support Group, Brainstormers II, and Puertas de Esperanza. BIC-NW maintains an online calendar of all local brain support group and community events. *http://braininjuryconnectionsnw.org/calendar/*

CareOregon

315 SW Fifth Ave.
Portland, OR 97204
(503) 416-4100
(800) 224-4840
https://www.careoregon.org/home

CareOregon provides physical, dental and mental health care and substance use treatment through the Oregon Health Plan (OHP) as part of Health Share of Oregon, one of two coordinated care organizations (CCOs) serving the tri-county area. CareOregon can assist individuals in determining whether they are eligible for OHP based on their income or other factors. CareOregon can also help clients get signed up for OHP, find a physical health and/or mental health care provider, medications/pharmacies, and other CareOregon services and benefits.

Cascade AIDS Project (CAP)

520 NW Davis St., Suite 215
Portland, Oregon 97209
(503) 223-5907
https://www.capnw.org/

Cascade AIDS Project (CAP) provides a number of services and resources for people living with HIV. These include: free HIV testing, employment assistance, and PrEP prescribing (PrEP is a medication taken to prevent the spread of HIV). CAP's primary care health center, Prism Health, serves the broader LGBTQ+ community and improve access to healthcare.

Prism Health
2236 SE Belmont
Portland, Oregon 97214
(503) 445-7699
info@prismhealth.org
https://www.prismhealth.org/

Prism Health offers a safe, affirming, and non-judgmental space where all members of the lesbian, gay, bisexual, transgender, and queer community can obtain compassionate and culturally effective health care. Prism Health prioritizes inclusivity to ensure that all members of the LGBTQ+ community can access affirming and high quality health care. In addition to comprehensive primary care, Prism Health offers specialized services for the LGBTQ+ community, and HIV and sexually-transmitted disease testing. They also provide mental health care and an integrated pharmacy. Prism Health serves the full spectrum of Portland's LGBTQ+ community, from patients with employer-sponsored health insurance to Medicaid and Medicare clients. Patients do not have to be lesbian, gay, bisexual or transgender to receive care, but services focus on addressing the sensitive issues of sexual minorities and their families and friends. Services include Primary Care, PrEP, HIV & STI Testing. Se Habla Español.

Cascadia Health – Health Centers

https://cascadiahealth.org/health-centers/

Cascadia offers primary care services to all of its clients to help achieve the best healthcare results possible. Their team of primary care providers offers checkups and basic health treatment to help individuals maintain an overall healthy lifestyle. Clients access a medical team that works alongside their behavioral health team to support all of their healthcare needs. By addressing primary medical care — such as hypertension, asthma, diabetes — Cascadia seeks to improve the "whole health" of their clients, and the well-being of the community.

Cascadia has four health centers in the Portland metro area. Each health center offers mental health, primary care, and substance use disorder (SUD) services; Cascadia also has a Mental Health Urgent Walk-In Clinic, open 365 days a year, located in the same building as their Plaza Health Center:

Garlington Health Center
3036 NE Martin Luther King Jr. Blvd.
Portland, OR 97212
(503) 283-3763
Primary Care: Monday, Wednesday, Thursday 8:30 a.m.–5 p.m., Tuesday 10:30 a.m.–7 p.m.

Woodland Park Health Center
10373 NE Hancock Street (east of 102nd Ave.), Suite 200, Suite 125
Portland, OR 97220
(503) 253-6754
Primary Care: Monday, Wednesday, Thursday, Friday, 8:30 a.m.–5 p.m.,
Tuesday, 10:30 a.m.–7 p.m.

Plaza Health Center
4212 SE Division St.
Portland, OR 97206
(503) 238-0705
Primary Care: Tuesday 8:30 a.m.–5 p.m.

Talbert Health Center
12360 SE Sunnyside Rd.
Clackamas, OR 97015
(503) 303-4000
Primary Care: Thursday, 8:40 a.m.–4:40 p.m.

Mental Health Urgent Walk-In Clinic
4212 SE Division St., Suite 100
Portland, OR 97206
(503) 963-2575
Hours: Open to all, 365 days a year
Monday–Friday 7 a.m.–9 p.m., Saturday–Sunday, 9 am.–9 p.m.

To make an appointment or referral **call the Cascadia Access, Information, and Referral line at (503) 674-7777, Monday–Friday, 9 a.m.–5 p.m.**

Central City Concern (CCC) Clinics

Old Town Clinic
727 W Burnside Street
Portland, Oregon 97209
(503) 228-4533
Hours: Monday, Tuesday, Thursday, Friday, 8 a.m.–5 p.m., Wednesday, 9 a.m.–5 p.m.
https://centralcityconcern.org/health-care-location/old-town-clinic-health-care/

Old Town Clinic offers judgement-free health care on a sliding fee scale. Old Town Clinic can meet most patients' health care needs in a single location. Patients can often get all of their medical cares met in this single location. Their providers offer physical health care, mental health and addiction treatment, and many other services. Old Town Clinic has an on-site pharmacy.

Blackburn Center Health Care
12121 E Burnside St.
Portland, Oregon 97216
(971) 361-7700
Primary care hours: Monday, Tuesday, Thursday, Friday, 8 a.m. –5 p.m., Wednesday 9 a.m.–5 p.m.
Walk-in hours: Monday–Friday 9 a.m.–1 p.m. (sign up starts at 8 a.m.) and 1 p.m.–4 p.m. (sign up starts at 12:40 p.m.)
https://centralcityconcern.org/health-care-location/health-care-at-blackburn-center/

Blackburn Center Health Care offers compassionate physical and mental health care, all under one roof, providing judgement-free treatment and support. Blackburn Center provides: primary care and routine health screenings, management of chronic health conditions, minor medical procedures, mental health counseling, medication, individual and group therapy, referrals to specialists, substance use treatment including medication support (Suboxone), Hep C treatment, acupuncture, and a consumer drug take-back program among other services. Blackburn Center has an on-site pharmacy.

They offer respite care for people who have nowhere to go after being discharged from the hospital. Recuperative care is available by referral only.

Hansen Clinic at the Banfield Motel Shelter
(Shelter-Based Clinic)
1525 NE 37th Ave., Room 38
Portland, Oregon
(503) 329-6460
https://centralcityconcern.org/health-care-location/shelter-based-clinics/

Old Town Recovery Center
33 NW Broadway
Portland, Oregon 97209
(503) 228-7134
Phone hours: Monday–Friday, 8 a.m.–5 p.m.
Walk-in hours: Monday–Friday, 9 a.m.–5 p.m.
https://centralcityconcern.org/recovery-location/old-town-recovery-center/

In addition to comprehensive mental health services and outpatient treatment for substance use disorders, Old Town Recovery Center provides medication management and an on-site pharmacy.

Children's Community Clinic

2252 Lloyd Center
Portland, Oregon 97232
(Inside Lloyd Center Mall, 3rd floor)
(503) 284-5239
Monday–Friday, 9 a.m.–5 p.m.
www.ccc4kids.org

Children's Community Clinic began in 2005 and has continuously served children, paying particular attention to those who may be socially disadvantaged. Children's Community Clinic adopts a holistic community approach to healthcare. Their mission is to provide quality and compassionate healthcare to children, from birth to 21 years, of families who are underserved (uninsured and underinsured), regardless of ethnicity, geographic residency or ability to pay. They work with each family to achieve its health goal.

Children's Community Clinic provides Allopathic (Traditional Western Medicine), Pediatric Primary Care, Asthma/Allergy Specialty Care, and a Young Adult Health Clinic. They provide acute and chronic care, health screenings, vaccines, laboratory

tests, oral/dental screenings, wound care, immunizations, reproductive care, newborn care, physical exams, sports exams, asthma and ADHD care. Wait time to be seen is usually one week or less for new/existing patients. Interpretation is available. All resident locations accepted. Age restrictions: up to age 21.

Clackamas Free Clinic

19600 Molalla Ave.
(Inside Clairmont Hall, Clackamas Community College, OC Campus)
Oregon City, Oregon 97045
(503) 722-4400
Clinic hours: Monday–Wednesday, 10 a.m.–5 p.m., Thursday, 11 a.m. –7 p.m.
info@clackamasvim.org

The mission of Clackamas Volunteers in Medicine (CVIM) is to serve the health needs of uninsured, low-income people in Clackamas County by providing free and inclusive medical care through dedicated medical and community volunteers. Medical services CVIM offers at the Clackamas Free Clinic include:

Primary Care. Appointment-based primary medical services for county residents without access to healthcare. Personalized medical care for routine preventative and non-emergency care. Management of chronic medical conditions such as hypertension, diabetes, asthma, routine women's health care, and heart disease.

Optometry Free complete vision and eye health exams — appointments are limited, call to schedule. Exams include evaluation of dry eyes, eye allergies, cataracts, as well as a dilated retina exam. This is especially important for all patients suffering from diabetes, high blood pressure, or other systemic conditions that can affect the eyes. Patients can receive access to low-cost glasses at starting at $35 per pair. Donate

Diabetes Management and Education One-on-one medical attention and support for diabetes self-management. Self- testing tools and glucose monitoring are included.

Asthma and C.O.P.D. Continuous care and free access to medication and equipment are supplied.

Lab Services A wide range of lab services are provided at the clinic through partnership with Legacy Laboratory Services.

Specialty Referrals In cooperation with community partners, the clinic provides free access to more specialized services.

Screenings and Education CVIM is a health education resource and provides educational materials, screenings, and services for local health fairs, nutrition classes, and screenings for chronic conditions for Clackamas County residents.

Coalition of Community Health Clinics

https://coalitionclinics.org/

The Coalition of Community Health Clinics (CCHC) is a non-profit organization that serves a network of seventeen non-profit community health clinics that provide a range of health and preventive services for low-income, uninsured, and under-served community members in Multnomah, Clackamas, and Washington Counties.

CCHC's mission is to improve healthcare for vulnerable populations residing in Tri-County area by strengthening community clinics, promoting health equity, and fostering collaboration through shared learning and advocacy efforts with our members.

CCHC's programs include:

OHP Enrollment To schedule an appointment for OHP Enrollment help or to get information updated call CCHC Health Navigator & Enrollment Specialist at *(503) 546-4991* or write to their community health worker team at *chw@coalition-clinics.org*.

CCHC partners with CareOregon. Connect to Care's OHP Enrollment assistant at CareOregon Customer Service at 503-416-4100.

CCHC is involved in a partnership with *JOIN's* six community agencies who are working together to support community members transitioning from homelessness to stable housing. The **Mobile Permanent Supportive Housing (MPSH)** retention team provides wrap around services including case management, mental health, health advocacy and peer support services to individuals and families new to housing. Contact Denisha Brown, CCHC Supportive Housing Community Health Worker (503) 546-4994 or at *denisha.brown@coalition-clinics.org*.

CCHC's **Healthy Equity Program**'s goals include building a sustainable health equity network, implementing health equity strategies in clinics, and supporting communities in achieving health, equity, and social justice, through our Community Health Worker programming.

Familias en Acción (Familias)

https://www.familiasenaccion.org/about-us/

Familias en Acción (Familias) was founded in response to the need for a culturally specific organization to promote health for Latino/x/e communities. The mission of Familias is to strengthen the health and well-being of Latino families and communities in Oregon.

Their services include:

- Promotores de Salud/Community Health Workers: provide COVID-19 support services, food access and health navigation services for Latino/x/e individuals diagnosed with chronic diseases including cancer, diabetes, end stage renal disease, HIV/STI and cardiovascular disease
- Community health education, chronic disease self-management classes, and Diabetes Prevention Program (DPP).
- HIV/STIs, Sexual Health: engage Latino/x/e communities in Oregon to help identify and implement community- driven solutions that address the impact of HIV in our families and communities.
- Nutrition & Food Equity: Abuela, Mamá y Yo, our Food Equity and Nutrition curriculum, builds knowledge about nutrition, epigenetic research, and advocacy skills around the link between food justice, social determinants of health and health equity for families.

Mercy & Wisdom Community Health Clinic

7411 SE Powell Boulevard
Portland, Oregon 97206
(503) 227-1222
https://mercyandwisdom.org/

Mercy & Wisdom Community Health Clinic is non-profit community clinic in Oregon, formed to provide primary health care services, especially to medically under-served populations. The goal at the Mercy & Wisdom Community Health Clinic is to provide health care to those who couldn't otherwise afford it. Their services include naturopathic medicine and Oriental medicine. Billing is on a sliding scale. Payments are through insurance or in cash. Appointments can be scheduled online on their Appointment Calendar. They are in office every other Thursday morning. The best way to contact them is by email: *contact@mercyandwisdom.org*.

Multnomah County Healthy Birth Initiative

5329 NE Martin Luther King Jr. Blvd.
Portland, Oregon 97211
(503) 988-3387
Info at (503) 3017-4134
healthy.birth@multco.us

Multnomah County's Healthy Birth Initiative addresses the needs of pregnant Black and African American women by opening up access to health care and providing ongoing support to pregnant Black and African American women and their families before and after birth. Blacks and African Americans experience rates of infant mortality and low birth weight at levels that unjustly and disproportionately affect their communities. Healthy Birth Initiatives works to achieve healthy birth outcomes by improving the well-being of mothers, fathers and their children before, during and between pregnancies. To receive services, participants must be Black or African American, pregnant, and a resident of Multnomah County.

Multnomah County Primary Care Clinics

(503) 988-5558
Hours: MondayFriday 7:30 a.m.–5:30 p.m.
https://www.multco.us/health/primary-care-clinics

Multnomah County provides low-cost family health care at seven locations throughout Portland. They provide care to all Multnomah County residents, including those who are low-income and uninsured.

Services include:

- Adult healthcare
- Children's care
- Women's health
- Birth control
- Pregnancy testing
- Prenatal care
- Mental health
- Refugee screening
- Gender-affirming care

Pharmacy, dental, and WIC services are also available at some locations. Affordable, sliding scale fees. No one turned away if they cannot pay. They accept many insurances. They can also help patients without insurance apply for coverage through the Oregon

Health Plan and they can see if there are other medical assistance programs patients may qualify for. Many clinics have staff who speak Spanish and other languages. Interpretation is available in over 50 languages.

Primary Care Clinic locations:

East County Health Center
600 NE 8th St, 3rd Floor
Gresham, OR 97030
(503) 988-5558
Hours: Monday–Thursday, 8 a.m.–7 p.m., Friday, 8 a.m.–5 p.m.

La Clínica de Buena Salud
6736 NE Killingsworth St
Portland, OR 97218-3317
503-988-5558
Hours: Monday–Friday, 7:30 a.m.–5 p.m.

Mid County Health Center
12710 SE Division St
Portland, OR 97236-3134
(503) 988-5558
Hours: Monday–Thursday, 8 a.m.–7 p.m., Friday, 8 a.m.–5 p.m.

North Portland Health Center
9000 N Lombard St
Portland, OR 97203-3006
(503) 988-5558
Hours: Monday–Friday, 8 a.m.–6 p.m.

Northeast Health Center
5329 NE MLK Jr Blvd
Portland, OR 97211-3237
(503) 988-5558
Hours: Monday–Friday, 8 a.m.–6 p.m.

Rockwood Community Health Center
2020 SE 182nd Ave
Portland, OR 97233
(503) 988-5558
Hours: Monday–Friday, 8 a.m.–5 p.m.

Southeast Health Center
3653 SE 34th Ave
Portland, OR 97202-3034
(503) 988-5558
Hours: Monday–Friday, 8 a.m.–5 p.m.

Multnomah County Sexually Transmitted Infections (STI) Clinic

STI Clinic
619 NW 6th Avenue, 2nd Floor
Portland, OR 97209
(503) 988-3700 to schedule appointment
(503) 988-5727 for test results
Hours: Monday–Friday, 9 a.m.–4:30 p.m.
https://www.multco.us/health/std-services

Multnomah County Sexually Transmitted Infections (STI) Clinic evaluates and treats sexually transmitted infections. This can include a confidential HIV test. Services are nonjudgmental and confidential, and no one is turned away if they cannot pay. Multnomah's STI Clinic accepts most insurance, including Care Oregon, OHP, Medicare and private insurance (except Kaiser).

Conditions they check for:

- Gonorrhea
- Syphilis
- Chlamydia
- HIV - Offered confidentially as part of an STI exam.

Other services:

- PrEP (medication to prevent HIV)
- Free condoms and other safe sex materials
- Partner notification services
- If you have HIV, we offer testing to your partners and can help connect you with services

Native American Rehabilitation Association (NARA) Integrated Health Clinics

https://www.naranorthwest.org/projects/indian-health-clinic/

Native American Rehabilitation Association of the Northwest, Inc. (NARA) is an Indian-owned, Indian-operated, non-profit. NARA provides health care services at both of their Integrated Health Clinics that are accessible through all of their programs. Health services are available from family medicine to women's exams, diabetes testing to tobacco cessation. They serve their community from infants to elders.

NARA's Integrated Health Clinics have on-site Medical Doctors, Family Nurse Practitioners, Registered Nurses, Clinical Pharmacists, Licensed Clinical Social Workers, and Medical Assistants. Their Integrated Health Clinics are Federally Qualified Health Clinics. Both locations have onsite pharmacies, wellness services, and can offer Oregon Health Plan Insurance assistance. Call to schedule a new patient appointment.

NARA NW Indian Health Clinic
703 NE Hancock Street
Portland, OR 97212
Phone: (503) 230-9875
Fax: (503) 230-9877

Indian Health Clinic Pharmacy
Refill line: (971) 386-2062
Fax: (503) 331-2677

NARA NW Wellness Center
12360 E. Burnside, 2nd floor
Portland, OR 97233
Phone: (971) 279-4800
Fax: (971) 279-2051

Wellness Center Pharmacy
Refill Line: (971) 386-2360
Fax: (971) 279-2763

North by Northeast Community Health Center

714 NE Alberta St.
Portland, Oregon 97211
(503) 287-4932
Monday-Friday 9:00 a.m.- 5:00 p.m.
nxne@nxneclini.org
www.nxneclinic.org

North by Northeast Community Health Center is a non-profit organization providing health care to adults who are eligible for or enrolled in the Oregon Health Plan (OHP). Their focus is on serving as a primary care home for the African American community in Portland. North by Northeast Community Health Center provides basic primary care services to help their patients manage their health issues. Emergency room and hospital care is provided through an agreement with Legacy Emanuel Hospital.

North by Northeast Community Health Center provides assistance for uninsured adults to enroll in health insurance. There is no charge for the services they provide. North by Northeast Community Health Center does not provide care for people under age 18, medical emergencies, surgery, treatment of chronic pain, pregnancy care, HIV care, dental care, drug and alcohol treatment, disability exams, third party claims or worker compensation exams.

To schedule a COVID vaccine or for questions call (971) 270-2319.

Oregon Health & Science University (OHSU) Immediate Care Clinics

https://www.ohsu.edu/healthcare-now/immediate-care-clinics

OHSU's Immediate Care clinics are open daily for in-person appointments for minor illnesses and injuries and everyday health needs. They do not provide emergency care. OHSU Immediate Care Clinics treat patients ages 3 months and up. They are open for in-person care **by appointment only** from 8 a.m. to 8 p.m., seven days a week. Appointments can be booked online or by calling (503) 494-1700.

OHSU Immediate Care clinic locations:

OHSU Immediate Care Clinic, Richmond
4212 SE Division St., #150
Portland, OR 97206

OHSU Immediate Care Clinic, South Waterfront
Center for Health and Healing
Building 1, ninth floor
3303 S Bond Ave.
Portland, OR 97239

OHSU Immediate Care Clinic, Beaverton
15700 SW Greystone Ct.
Beaverton, OR 97006

OHSU Immediate Care Clinic, Scappoose
51377 Old Portland Rd.
Scappoose, OR 97056

Parking is free with validation in patient parking areas.

Oregon Health Insurance Marketplace

https://healthcare.oregon.gov/marketplace/Pages/index.aspx
https://healthcare.oregon.gov/Pages/index.aspx

The Oregon Health Insurance Marketplace connects Oregonians to health care insurance and help paying for it.

Contact information:

Oregon Health Plan (OHP)
Application questions: (800) 699 9075 (toll free)
Coverage questions: (800) 273 0557 (toll free)

Oregon Health Insurance Marketplace
(855) 268 3767 (toll free)
info.marketplace@odhsoha.oregon.gov

Our House

2727 SE Alder St.
Portland, Oregon 97214
(503) 234-0175
info@ourhouseofportland.org
https://www.ourhouseofportland.org/

Our House provides integrated health and housing services to people with HIV/AIDS. They provide 24-hours specialized care, supportive services, an independent housing with support services.

Our House Residential Care, their residential care facility, engages a team of expert clinicians who work with people with HIV who are having difficulty managing independent living. They tailor therapeutic everyday activities, nursing, and social work services for their clients and residents.

Their **Neighborhood Housing and Care Program** provides social work services and nursing for people in their own homes, providing support so that their clients can live independently as long as possible.

Our House also runs **Esther's Pantry**, an LGBTQ+ affirming shopping style food pantry, providing food and personal care items for individuals and families impacted by HIV, and Tod's Corner, providing free clothing and household good for clients living with HIV. Location: *10202 SE 32nd Avenue, Suites 601 & 502, Milwaukie, Oregon 97222; (503) 349-4699*.

In 2022, Our House officially merged with Cascade AIDS Project (CAP) to further expand its service offerings and provide greater wraparound care for their clients.

Outside In Clinic

Downtown Location:
1132 SW 13th Avenue
Portland, Oregon 97205
(503) 535-3860

East Burnside Location:
16144 E Burnside St.
Portland, Oregon 97233
info@outsidein.org
https://outsidein.org/health-services/medical-services/

Outside In Clinic is a Federally Qualified Health Center. They provide comprehensive, integrated health care services for youth beginning at age 13 and adult of all ages, including seniors. Their medical providers can see patients in-person, or via phone or video appointments. Medical services include primary care, disease management, HUV/STI testing, reproductive health care, mental health treatment, and transgender care. They provide diagnoses, treatment, and referral. Their health care providers work together with their behavioral health counselors, nurses, and medical assistants to provide relationship-based care.

For those who are unable to come to their clinic, they have Mobile Medical Vans at various locations in Portland. *https://outsidein.org/health-services/mobile/*. For more information about mobile medical outreach call (503) 438-6445.

Outside In Clinic accepts most insurance plans. No one is turned away for inability to pay. Clients can walk-in or call to schedule an appointment at (503) 535-3860. Same day appointments fill up quickly, and 8:30 am check-in is recommended. For clinic hours visit the Outside In Clinic website.

Outside In has a pharmacy at their downtown location for patients of the Outside In clinic with a valid prescription for an Outside In Provider.

For Syringe Exchange & Naloxone Training**:** call (503) 535-3826

Planned Parenthood Columbia Willamette

(888) 875-7820
multiple locations in Oregon
plannedparenthood.org

Planned Parenthood provides affordable health care as the nation's largest provider of sex education. They treat individuals regardless of insurance coverage. Services include abortion, birth control, emergency contraception, gender-affirming care, HIV services, pregnancy testing and planning, STD testing and treatment, sexual and reproductive concerns, and wellness and preventive care.

Planned Parenthood locations in the Portland area:

NE Portland Health Center
3727 NE Martin Luther King Jr. Blvd.
Portland, OR 97212
(888) 875-7820

Hillman East Portland Center
14601 SE Division St.
Portland, Oregon 97236
(888) 875-7820

Milwaukie-Oak Grove Health Center
14411 SE McLoughlin Blvd.
Milwaukie, Oregon 97267
(888) 875-7820

Beaverton Health Center
12220 SW Fast, Suite 100
Beaverton, Oregon 97005
(888) 875-7820

Oregon Virtual Health Center
virtual visits only
https://www.plannedparenthood.org/health-center?location=Portland%2C+OR&service=&channel=any

Portland Street Medicine

mailing address:
2717 NE Broadway
Portland, Oregon 97232
(503) 501-1231
info@portlandstreetmedicine.org
https://www.portlandstreetmedicine.org/

Portland Street Medicine provides street-based medical care to Portlanders who are facing unstable housing or are sleeping on the streets. Portland Street Medicine is a coalition of volunteer medical providers, social workers, care coordinators, and concerned neighbors dedicated to reaching Portland's unhoused community members. Their clinic is the streets. They meet people where they live, in tents, in camps, in forests, under bridges, wherever humanity seeks shelter. Portland Street Medicine collaborates with community health care partners to improve access to primary care, and behavioral and addiction services that are appropriate and culturally sensitive. Portland Street Medicine seeks collaboration with any community organization or health system eager to clinically extend and enhance their street outreach efforts.

Project Access NOW

650 NE Holladay St., Suite 1700
Portland, Oregon 97232
(503) 345-6553
https://www.projectaccessnow.org/

Project Access NOW seeks to improve the health and well-being of the community by creating access to care, services, and resources for those most in need. Project Access NOW works to fill these gaps by partnering with care providers, hospitals, clinics, and other community-based organizations to address the health care system's limitations. The majority of their clients are immigrants, people of color, and/or speak English as a second language.

Project Access NOW seeks to:

- Connect low-income, uninsured clients to the donated primary and specialty care they need.
- Pay health insurance premiums for people who qualify for coverage under the Affordable Care Act but can't afford the expenses necessary to access their care.

- Connect low-income people being discharged from the hospital to resources such as transportation, car seats, and temporary housing to help them get home safely and more easily access follow-up care.

Project Access NOW programs include their **Donated Care Program** for residents of Multnomah, Clackamas, or Washington County (contact their Donated Care team at (503) 200-1245), **Insurance Enrollment and Payment Support Team**, and **Community Assistance Program (CAP)** to connect individuals in need to resources that help them successfully transition from a hospital back into the community following major medical interventions. Project Access NOW also employs **Community Health Workers** to assist clients with navigating complex medical systems.

Quest Center for Integrative Health

3231 SE 50th Ave.
Portland, Oregon 97206
(503) 238-5203
info@quest-center.org
https://quest-center.org/

Quest Center for Integrative Health *provides integrative healthcare services, community, and education to all people seeking a wellness-focused approach to living and dying.* Quest Center is committed to providing integrated behavioral and physical health services.

Medical Care at Quest offers integrated treatment services including Naturopathic Medicine, Chinese Medicine and Acupuncture. Their WISH (Wellness, Integrity and Sustainable Health) is an integrated medical and behavioral health program designed to treat chronic pain through the use of non-opioid interventions. Their pain management recovery programs involve relieving pain with various holistic health treatments that are chosen for a client's specific needs.

More than 70% of their clients are low income and/or medically un-insured or under-insured. The Oregon Health Plan as well as other commercial insurance plans are welcomed at Quest Center.

Virginia Garcia Memorial Health Centers

https://virginiagarcia.org/

Virginia Garcia Memorial Health Centers offer health care at 18 locations across Washington and Yamhill counties, including at their five School-Based Health Centers located on high school campuses. Virginia Garcia offers medical, dental, vision, pharmacy, mental & behavioral health and wellness programs at their clinics. Virginia

Garcia believes in whole health care and in being part of the communities they serve. They engage in advocacy, reaching out to those living around them to offer services, classes and health-related activities. Virginia Garcia engages in advocacy, outreach, and wellness through their innovation and patient-centered care. Virginia Garcia can help patients sign up for the Oregon Health Plan. Locate the nearest clinic and arrange for health care through their website: *https://virginiagarcia.org/locations/*

Wallace Medical Concern

(503) 489-1760
https://mywallace.org/

Wallace offers low-cost primary care to everyone regardless of insurance. In addition to primary care, they also provide pediatric care, women's health, chronic disease management, vision and dental care, and limited behavioral health care.

Rockwood Dental & Medical Clinic
18633 SE Stark St., Suite 401
Portland, Oregon 97233
(503) 489-1760
https://mywallace.org/health-and-care-centers/rockwood-medical-clinic/
https://mywallace.org/health-and-care-centers/rockwood-dental-clinic/

Rosewood Dental Clinic
18139 NE Couch St.
Portland, Oregon 97230
(503) 489-1760
https://mywallace.org/health-and-care-centers/rosewood-dental-clinic/

Mobile Student Health Clinic
Various Locations
Greater Portland Area
(503) 489-1760
https://mywallace.org/health-and-care-centers/mobile-medical-clinic/

Medical Transport

Ride to Care

Ride to Care
(503) 416-3955 or (855) 321-4899
www.ridetocare.com

Ride to Care provides free non-emergent (not for an emergency) medical transportation, or NEMT, a Medicaid benefit for Oregon Health Plan (OHP) recipients that provides transportation services to covered medical services, such as a medical appointment. Transportation services include vehicle-provided shared rides, public transportation passes, and mileage reimbursement.

The Ride to Care program consists of five different partner organizations all working together to assist members with their NEMT transportation needs: CareOregon, Ecolane, ComTrans, Transdev and Ride Connection. Ride to Care works with approximately 60 contracted transportation providers, providing on average more than 1,500 completed trips per day or 46,000 per month, and with local public transit agencies to purchase passes for members to utilize bus and light-rail systems, providing on average more than 500 trips per day or 17,000 per month. Ride to Care also empowers those with their own access to their own vehicles or family or friends and, offers reimbursement for local appointments and for out of CCO (Coordinated Care Organization) service area.

Ride to Care's Customer Service team is available during regular business hours, 8 a.m.–5 p.m. Monday through Friday. Whenever possible, call two business days ahead of time to request a trip or ride. Transportation requests can be made as far ahead as 90 days. Call toll-free at (855) 321-4899 or (503) 416-3955, select option 3 when prompted.

TriMet LIFT Program

1800 SW 1st Avenue, Suite 300
Portland, OR 97201
(503) 962-8000
toll free 1-800-621-5438
liftcustomerservice@trimet.org
https://trimet.org/lift/

TriMet provides a shared-ride, public transportation service for people who cannot independently use TriMet buses or MAX trains because of a disability or disabling health condition. LIFT service covers all locations that are within three-quarters of a mile of TriMet's bus, MAX Light Rail, and also within the TriMet service area.

Eligibility is not based on age, income, inability to drive, or the lack of availability or inconvenience of fixed-route services. Service is generally available from 3:30 a.m.–2:30 a.m., seven days a week. Rides must be reserved no later than 5pm the day before a trip. Participants may also place a reservation for recurring trips. The fee for LIFT is $2.80 for each ride.

Willamette Valley Transport

10320 SE Highway 212
Clackamas, Oregon 97015
(503) 939-4050
wvtransport.com

Willamette Valley Transport specializes in transporting clients within the physically and developmentally disabled community. WVT offers transportation services for almost every mobility type to and from medical appointments, hospital discharges, relocations, and hospices. They offer wheelchair accessible transportation for almost every wheelchair type and their vehicles are equipped with wheelchair lifts and ramps. They offer stretcher accessible transportation and will provide the stretcher. They provide ambulatory service as well for clients who use canes and walkers. Their drivers will assist the client in and out of the vehicle and ensure they get where they need to be.

Vision and Hearing

New Eyes

https://new-eyes.org/

New Eyes provides children and adults facing financial hardship across the United States with eyeglasses. Applicants must have an eyeglasses prescription within 24 months of application. It must provide their pupillary distance. Applications are submitted online, preferably through a social service agency/health advocate. Individuals who do not have access to an agency may apply directly but must provide proof of eligibility (indigency). Applicants will be provided with a basic pair of glasses with a single or lined bifocal line. Applicants must order their glasses through New Eyes' online eyeglasses dispenser at *https://www.neweyesglasses.org/*.

For more information or questions, email: *info@neweyes.org*.

Oregon Lions Sight and Hearing Foundation

1010 NW 22nd Ave., #144
Portland, Oregon 97210
(503) 413-7399
info@olshf.org
https://olshf.org/

Oregon Lions' Eyeglass Assistance Program (LEAP) provides high quality low coast eyewear for adults and children in need throughout Oregon. Residents of Oregon in

need of eyeglasses may qualify to be sponsored by their local Lions Club for a free eye exam and eyeglasses if they are without insurance that covers vision and their total income is at or below 200% of the Federal Poverty Guideline. *https://olshf.org/leap*.

Oregon Lions provides aid with hearing assistance through their **ROAR! Hearing Assistance Program**. Participants may qualify to be sponsored by their local Lions Club for a hearing exam and new hearing aids if their gross household income is at or below 200% of the poverty level and they have not accessed help from this program for at least two years. *https://olshf.org/roar*.

For further information on how to apply for assistance through Oregon Lions' LEAP and Roar! programs go to: *https://olshf.org/get-help*.

For those with a current eyeglass prescription and the ability to pay a nominal fee for eyeglasses, visit their Eye Promise Optical shop online and schedule an appointment. *https://www.eyepromiseoptical.org/*.

VSP Global Eyes of Hope

https://vspglobal.com/cms/vspglobal-outreach/home.html

Eyes of Hope supports local communities through an initiative that provides free access to eye care and eyewear. Together with VSP network doctors, VSP Global has provided access to no-cost eye care and eyewear for more than 3.8 million people in need. No-cost eye care and eyewear is provided through their gift certificate program, operating through a network of community providers.

Who's eligible:

- Individuals of any age
- Family income up to 200% of *Federal Poverty Level guidelines*
- No coverage through a private insurer or government program for the eye exam or prescription eyewear to be covered by the certificate
- Haven't received care through a VSP program during the last 12 months

Gift certificates provide coverage for a comprehensive eye exam and a complete pair of prescription glasses with single vision or lined multifocal lenses. Once a VSP Eyes of Hope gift certificate is received, participants can find a local VSP network doctor to make an appointment here: *https://www.vsp.com/choice?frameBrand=M,LR*.

Gift certificates are distributed through their national network of community partners.

Students through 19 years of age: Contact a school nurse.

School nurses and administrators can request a VSP Eyes of Hope gift certificate (formerly Sight for Students) through one of our education partners, including the National Association of School Nurses.

Adults and children of any age: Contact one of their community partners.

Reach out to Prevent Blindness, *https://preventblindness.org/contact-us/*, member locations of the National Association of Community Health Centers, or UnidosUS and let them know of the need for vision care.

HOUSING

Behavioral Health Resource Center

Behavioral Health Resource Center
333 SW Park Ave (at SW Oak St)
Portland, Oregon
503-988-4100
Hours: 8 a.m.–8 p.m. daily
Closed the fourth Friday of every month from 12-3 p.m.
bhrc-info@multco.us
https://www.multco.us/behavioral-health-resource-center
https://www.dogoodmultnomah.org/behavioral-health

The Behavioral Health Resource Center, operated in collaboration with Multnomah County Health, the Joint Office of Homeless Services, and the Mental Health & Addiction Association of Oregon (MHAAO), is a five-floor building in downtown Portland. The first two floors serve as a day center and support services hub, and are operated by MHAAO. These floors serve as a safe and welcoming space for anyone who is houseless and experiencing addiction or mental health challenges, and offers a place to take a break from living on the street. An individual can warm up or cool off, find support, relax, use the restroom, and take a shower. They allow pets.

Day Center services include:

- Peer support
- Restrooms
- Showers
- Laundry
- Lockers
- Computers and charging stations
- Basic first aid and medical referrals
- A cool and safe space to relax
- Support groups and activities
- Warm drinks, water, light snacks
- Clothing

Individuals can also get help and connected to more services if wanted, from people who have experienced the same challenges. Individuals don't have to participate in any activities if they don't want.

The Behavioral Health Resource Center doesn't offer:

- Detox
- Safe-use space

Getting into the Day Center: **Tickets Required for Entry.** Individuals must have a ticket to enter the day center for EVERY time block. Get tickets at their outreach van at NW 5th Ave and Glisan St (Greyhound Station parking lot). Come get coffee, information and an entry ticket.

There are four, 3-hour time blocks scheduled during the day—25 people can enter during each time block. Individuals must enter within 15 minutes of the start of their time block and leave when their time is over.

- Time Block 1 | 8-10:45am
- Time Block 2 | 11am-1:45pm
- Time Block 3 | 2-4:45pm
- Time Block 4 | 5-7:45pm

Once an individual enters the Behavioral Health Resource Center, staff will take their photo and ask for their name so they can know who is in the center during each time block. Names and photos will not be shared with others.

Center Rules:

- No firearms or explosives
- Other weapons (or self-defense tools) must be checked in a locker
- No drug or alcohol use onsite or within a two block radius of the building

Shelter & Bridge Housing Do Good Multnomah runs the shelter and bridge housing to help people continue along their path to permanent housing.

- The shelter program has 33 beds and 24-hour support services.
- The bridge housing program has 19 beds in shared rooms for those who've already had some success on their journey towards permanent housing.

All referrals come through the Day Center. Ask at the front desk for more information.

Bienstar

PO Box 665
Hillsboro, OR 97123
https://bienestar-or.org/

Bienstar in a nonprofit organization that was founded in 1981 with a mission to provide quality housing to farmworkers and their families due to substandard living conditions in migrant camps. Bienestar builds housing, hope, and community for the wellbeing of Latinxs, immigrants, and all families in need. Bienstar builds the hard to find two-, three-, and four-bedroom affordable apartments that are crucial for a family with children. Bienstar currently owns and operates 12 affordable multifamily properties for more than 2,000 residents. Over 95% of their residents are Latinx, and many are immigrants and/or farmworkers. With the help of their trained community leaders, Promotores, their properties are more than just a place for families to live. They become thriving communities, where families feel safe, seen, supported and heard. Bienstar also offers a homeownership program, supportive housing services, and a youth program.

Blanchet House

310 NW Glisan Street
Portland, Oregon 97209
(503) 241-4340

Blanchet House is a nonprofit social services organization located in downtown Portland. Blanchet House is best known for being the largest feeder of the poor in Oregon. They offer breakfast, lunch, and dinner six days a week in their *Founders Cafe* served by *volunteers*. Thanks to donations, Blanchet House is able to provide free meals to thousands of people every week. Blanchet House is not affiliated with any religious organizations though their beginnings are rooted in the Catholic community.

Blanchet House operates two *transitional shelter programs* for men struggling with addictions, unemployment, mental health and/or family issues. In exchange for room, board, and case management, the men do volunteer work to aid the mission.

Blanchet House
310 NW Glisan Street
Portland, Oregon 97209
(971) 337-8747
Kristi Katzke Case Manager/Intake Coordinator

Guests living in the *Blanchet House* program work in the Founders Cafe preparing and serving food for the public. The program's duration is seven months. Residents are given breathalizers each time they enter the building. They have a zero tolerance policy for alcohol and drugs. Residents live in two person rooms. The capacity of the program is 54 men. Residents regularly attend NA or AA meetings. Some are given staff positions and earn stipends. After working in the program for seven months, they can remain at Blanchet House rent-free and work an outside job for nine months as long as

they work one day in the program. They can stay in the program for a maximum of two years.

Blanchet Farm
1170 NE Finn Hill Loop
Carlton, Oregon 97111
(503) 852-6626
Admissions: (971) 337-8745

Blanchet Farm, a 62-acre farm in Yamhill County, offers men suffering with alcohol and drug addictions a safe and supportive environment to work on their recovery. The men living in the *Blanchet Farm* program maintain the farm and learn woodworking. They make Adirondack chairs and other wooden furniture. The farm has been very successful in changing lives and providing a last chance for many men.

The Blanchet Farm program is a 12-step program lasting eight months. Participants receive free room and board, case management, peer support, shoes, clothing, and hygiene items. Twenty-two men live in shared rooms in a clean and sober environment. Blanchet Farm is fully supported by donors so there is no charge to the residents. The waiting list is typically short.

All residents are required to work six days a week in one of the following areas: woodworking/carpentry, gardening, animal care, facilities maintenance, kitchen or cleaning.

Guests are encouraged to share their personal struggles with each other and listen. AA and NA meetings are held most nights at Blanchet Farm. On Friday and Sunday nights the men are encouraged to attend outside meetings in Newberg or McMinnville.

Requirements for entry:

- Desire to lead a life free of drugs and alcohol
- Willingness to follow direction
- A valid Oregon ID
- Physical & mental ability to work
- Phone interview with case manager
- In-person interview with case manager and farm manager
- Background check

Bradley Angle House

5432 N. Albina Avenue
Portland, Oregon 97217
(503) 232-1528
24-hour Crisis Line (503) 235-5333

Bradley Angle House provides emergency housing for survivors of domestic violence at two locations:

The **Bonnie Tinker House** provides residents with a safe place to live for up to eight weeks. Bonnie Tinker House can accommodate a maximum of 23 people, including adults and children. To learn more about The Bonnie Tinker House call their Shelter Access Line at (503) 281-2442.

The **Tami Best Emergency Shelter Program** provides residents with safe and confidential shelter through four, single-family properties for up to eight weeks. To learn more about the Tami Best Emergency Shelter Program call their Shelter Access Line at (503) 281-2442.

Services provided for shelter residents include comprehensive safety planning, clothing, food, and toiletries, Help with housing, financial, and legal issues, job assistance, financial education, transportation assistance, health and wellness assistance (including drug, alcohol and mental health counseling), and workshops and support groups (including activities for children and youth).

Bradley Angle's **Housing Assistance Program** provides housing and support for survivors of domestic violence. Their services include:

- Help finding and keeping safe and stable housing options
- Short- and medium-term rental assistance
- Emotional support to help survivors build strong and healthy relationships
- Ongoing advocacy and support to help survivors realize their longer-term goals—such as education or career aspirations

Bradley Angle works with a local network of domestic violence providers to ensure survivors get equitable access to housing resources. This coordinated approach is part of a nation-wide effort to tackle housing and homelessness known as Coordinated Access. In Multnomah County, this process begins with a Safety and Stabilization Assessment (SSA). To reach a housing advocate: call *(503) 595-9591 or email housing@bradleyangle.org*

Bridges to Change

7916 SE Foster, Suite 201
Portland, Oregon 97216
(971) 386-3385
Monta Knudson, Executive Director

Bridges to Change began in 2004 as a peer mentor program with some housing. It now offers transitional and permanent housing to over 400 individuals throughout Multnomah, Clackamas, Washington, Wasco, and Marion counties along with outpatient drug and mental health treatment, mentoring, and dual diagnosis treatment, and a recovery drop-in center.

Individuals enter treatment by undergoing mental health and drug and alcohol assessments, by referral from the Department of Community Justice or Hooper Detox Center. Bridges to Change has 440 beds in five counties. Some are mental health beds. Federal probation has a two-three month housing contract. People entering from the Multnomah County prison release program or diversion are provided 90 days of free housing. After that they can transition into one of the self-pay houses. They have 140 beds that are available to anyone.

In August 2018, Bridges to Change will open a 38 bed facility specifically for African American women in Gresham. This program is funded by Multnomah County. Multnomah County currently funds 10 men's beds, 10 women's beds, 8 beds for pregnant women on meds (this medically assisted program is funded by Multnomah County Disabilities Services and participants must be connected to Central City Concern), and 8 beds for men on medication.

Bridges to Change accepts Medicaid and Oregon Health Plan. It has some funding for those without coverage.

Club Hope, located at SE 214th and Stark is a recovery drop-in center funded by Multnomah County in partnership with SE Works. It is open 6 days a week. The Center connects individuals with mentors, offers employment assistance, and group activities.

The Homeless to Work Program in Washington County offers beds, mentoring, and employment services. It is funded by the Washington County Department of Housing.

Bud Clark Commons

Nicole Patty Property Manager for Home Forward
655 NW Hoyt
Portland Oregon 97209
(503) 280-4002

The Bud Clark Commons opened in 2011. It has 130 units of permanent, supportive housing. Vulnerability assessments of residents are done by Transition Projects or CCC and referrals are made to the program. Residents must be disabled, elderly or chronically homeless. The units are 325 square feet SROs with full kitchens and bathrooms. They have 24 hour staffing. Residents must check in and out. There are three case managers through Central City Concern, a residence manager, and a program supervisor. There is no requirement that residents be clean and sober.

Cascade AIDS Project (CAP)

520 NW Davis St
Portland, OR 97209
(503) 223-5907
https://www.capnw.org/housing

CAP offers supportive housing, housing readiness program, housing case management, emergency rental assistance, and shelter referrals to people with HIV/AIDS who engage in their services.

Catholic Charities

2740 SE Powell Boulevard
Portland, Oregon 97202
(503) 231-4866

Catholic Charities, in cooperation with its member agency, Caritas Housing, offers a number of housing and shelter solutions for those most in need, ranging from transitional housing initiatives in urban Portland to affordable permanent housing in Sandy. Catholic Charities of Portland offers the following programs related to housing:

Transitional Housing for Homeless Women Program: helps homeless women, without children, locate permanent housing. Participants can drop by the Catholic Charities office between 10: a.m. and 1:00 p.m. to use laundry facilities and take showers.

Family Support Program: offers low-cost counseling to individuals and couples. The counseling is covered by Share Oregon or is on a sliding scale. They have case

managers, offer referrals to other agencies, and have resources for pregnant women and those with children under age 5.

Family Success Program: offers free financial workshops, coaching, and Rent Well classes.

Immigration Legal Services: provides immigration attorneys at a reduced rate.

Kenton Women's Village: a collaborative one-year pilot project made up of 14 sleeping pods (not larger than 8 by 12 feet), designed and built in late 2016 as part of the POD (Partners on Dwelling) Initiative, bringing together a citywide coalition of architects, housing advocates, and houseless individuals. A fully operational kitchen and shower facilities, installed in customized shipping containers, have been added to the site, with water delivery and garbage service being provided. A community garden allows residents and neighbors to collaborate and interact as the women make the village their home.

Refugee Resettlement Program: assists refugees in obtaining benefits and provides them with 8 months of housing.

Catholic Charities of Portland partners with the following agencies:

Caritas Housing
2740 SE Powell Boulevard,
Portland, Oregon 97202
Phone (503) 688-2650
Income-qualified applicants apply for low-income housing through Cascade Management (503) 682-7788

Catholic Community Services of Lane County
1025 G Street,
Springfield, Oregon 97477
Phone (541) 345-3628
Fax (541) 744-2272

CYO/Camp Howard
825 NE 20th, Suite 120
Portland, Oregon 97232
Phone (503) 231-9484
Fax (503) 231-9531

El Programa Hispano Católico
333 SE 223rd Avenue
Gresham, Oregon 97030
Phone (503) 669-8350
Fax (503) 666-7487

Central City Concern (CCC)

523 NW Everett Street
Portland, Oregon 97209
(503) 525-8483
www.centralcityconcer.org/services/housing

CCC operates a number of housing programs in Portland, including sober living. All transitional housing must be accessed through a specific CCC program or a partner agency. CCC clients in need of transitional housing should check with their case manager. They can also stop in or call at the following address:

Central City Concern (CCC) Housing Office
523 NW Everett Street
Portland, Oregon 97209
Office hours: Monday through Friday, 8 a.m.–5 p.m.
Phone: (503) 525-8483 Fax: (503) 228-1696

The Housing Office manages permanent housing, both subsidized and fair market. Virtually all units are single room occupancy (SRO) – one person may live in the unit. SRO units may have communal bathrooms/showers and/or kitchen facilities. Fair market housing receives no subsidies and is for individuals who have sufficient income to pay their own rent. Subsidized Section 8 housing is offered on a waitlist basis. CCC does not operate emergency housing available on an urgent basis. For fair market housing, CCC maintains an "interested parties" list.

Many CCC housing units are Alcohol & Drug-Free Community Housing (ADFC) that requires a commitment to a clean and sober lifestyle.

Supportive Housing combines accessible, affordable housing AND the supportive services needed to meet the diverse nature and complex needs of those who are homeless. People in need of a supportive housing arrangement may choose Alcohol and Drug Free Community housing (ADFC) or housing without such designation.

CCC's transitional housing units are designed for people who are newly engaged in treatment and recovery, recently released from incarceration, or who have very recently

become homeless. This short-term housing, combined with intensive case management, provides stability and support. Individuals may only access transitional housing via an active CCC program or through a referral from a community partner. Clients are typically in transitional housing for 4-9 months. During this time, CCC assists them in finding permanent housing through housing placement services, rent support, and other services. They may choose to transition into other CCC housing.

CCC also provides transitional housing and employment development serves to Veterans through the Veterans Grant & Per Diem program. The program serves up to 50 men and 22 women at any one time. Contact the Veterans' Office at 503-688-5098

CCC maintains 148 Family Housing units where family mentors teach adults how to resume their roles as effective parents, how to maintain a strong program of recovery, and how to access the various ongoing supports they will need to become fully self-sufficient.

In a typical year, more than 1,300 people begin their recovery from homelessness in CCC's secure and stable transitional housing. CCC partners with these treatment agencies to bring effective solutions to families in need:

- Comprehensive Options for Drug Abusers (CODA)
- DePaul Treatment Centers, Inc.
- Lifeworks NW – Project Network
- Multnomah County Department of Community Justice
- NARA of the Northwest, Inc.
- Impact Northwest – Richmond Place
- Salvation Army – West Women's and Children's Shelter
- Volunteers of America

CityTeam Ministries

526 SE Grand Avenue
Portland, Oregon 97214
(503) 231-9334
portland@cityteam.org

CityTeam is a nondenominational Christian nonprofit that serves the poor and homeless in a number of cities including Portland. CityTeam Portland's shelter provides a safe place for homeless men to sleep, and receive a nourishing meal, clean clothing, and a hot shower. Sign-up from 5:45 p.m.-6:30 p.m. each night. CityTeam's dining hall serves meals to men, women, the elderly, and families Mondays-Saturdays. Breakfast at 7:00 a.m. Dinner at 5:45 p.m.

ColumbiaCare Services

(541) 858-8170
https://www.columbiacare.org/

ColumbiaCare is a non-profit behavioral health and Veterans service agency offering a full spectrum of programming to support people in their recovery. ColumbiaCare currently serves Oregon and Washington. Most referrals are by way of State, Coordinated Care Organization, Community Mental Health agencies, or the Veterans Administration. They can also process private requests for services.

ColumbiaCare Services include:

- Residential Treatment Programs
- Supportive and Integrated Housing
- Crisis Services & Programs
- Veterans Housing & Reintegration Services
- Outpatient Services
- Intensive Case Management
- Rental Assistance Programming
- Supported Education & Employment
- Peer Services Program

Supportive Housing programs are unlicensed residential settings that provide supported, independent living. Housing is made available to persons with mental illness on both a transitional or permanent basis. Supportive Housing programs are typically step-down resources from higher levels of care. ColumbiaCare provides both transitional and permanent supportive housing in the Portland area.

Integrated Housing programs offer permanent or transitional housing units that enable individuals to attain and maintain affordable housing within the community. Support services can be offered to tenants living in Integrated Housing and are available as needed or desired, but are not a requirement of tenancy. ColumbiaCare provides integrated housing options in the Portland area.
https://www.columbiacare.org/integratedservices.html

Community of Hope – Hope House

8911 N. Leonard St.
Portland, Oregon 97203
(971) 269-4093
Program Director Marty Mertz marty@communityofhopepdx.org
https://communityofhopepdx.org/

Community of Hope provides shelter for families with children seeking refuge.

Rooted in their Christian faith and a commitment to building stronger community connections, Community of Hope believes that with support and the right environment, families will find the hope, healing, and stability they need to build a brighter future. Their program is 100% 211 referrals. For intake call 211 and ask to be put on the family shelter list.

Hope House, currently the only facility of Community of Hope, has capacity for up to eight families at a time. Each family is provided their own bedroom while the kitchen, living rooms, and bathrooms are more communal. Residents are encouraged to take the time necessary to begin making critical changes for themselves and their families, but generally stay for 3-5 months.

Residents are able to participate in a variety of classes while living at Hope House-including trauma-informed parenting classes, RentWell certification courses, and job skills training. Many residents work to overcome employment barriers like obtaining an ID, creating a resume, or finding reliable childcare. Others focus on repairing relationships or maintaining sobriety. Residents are connected to housing agencies, job placement companies, counseling services and a variety of other community social service providers.

Do Good Multnomah

(503) 436-5757
info@dogoodmultnomah.org
https://www.dogoodmultnomah.org/

Do Good Multnomah was established with a commitment to providing camaraderie and dignity for Veterans as well as supportive services and paths towards permanent housing. Originally Do Good was exclusively focused on providing shelter, community-building, and housing navigation for Veterans. Today, Do Good remains Veteran-prioritized and Veteran-preference, but they also recognize that the need in Portland is too great and they use the tactics and expertise they gained from serving Veterans to make an impact on both Veteran and civilians alike. Support and housing services are provided in partnership with the Joint Office of Homeless Services.

Do Good maintains and runs multiple housing options that include:

Shelters:
Wy'east is Portland's first 24/7 Veteran-priority shelter. It houses 90 male-identifying participants, the majority of whom are Veterans. Participants have access to laundry,

showers, secure storage for belongings, and a consistent bed each night. Daily homemade meals foster meaningful connections between participants and staff, who stand as guides throughout the housing process, building relationships and promoting a strong sense of community within the shelter.

Downtown Shelter Located in the heart of Old Town, the Downtown Shelter is geographically close to numerous peer agencies, resource providers, and transit lines for job access. The space is unique among shelters in Multnomah County in that it welcomes couples, pets, and all gender identities. With nightly scratch-made dinners and showers available 24/7, the Downtown Shelter meets participants where they are in their journey, serving as a transformative stepping stone to regaining self-worth and embarking on sustainable pathways out of homelessness.

Motel Shelters Born out of a need for safe space for participants experiencing high vulnerability to COVID-19, Do Good's Motel Shelters have since evolved to become a successful and effective model of care. Participants have their own rooms with a locked door, weekly professional housekeeping, and daily meals. This creates a strong sense of belonging and nurtures a fertile environment for life building skills.

Roseway is the largest motel shelter in Multnomah County, with 110 individualized rooms, a 24/7 food pantry that counteracts food scarcity, and two large, fenced-in areas for pets to roam free. A large, covered outdoor community space allows participants to bond with each other and build rapport.

Barbur, their shelter program in SW Portland, offers 40 rooms of stability on a quiet, peaceful lot full of trees and grass. Participants love the stocked clothing closet, fenced dog run, collective gardens and flower beds, and particularly excellent community BBQs.

The **Stark Street Motel**, located on the border of East Portland and Gresham, offers 40 rooms community gardens, and a large outdoor kitchen setup. The location is right on several transit lines, and has a very high walkability score.

NE 82nd Ave Voluntary Isolation Motel Do Good's Voluntary Isolation Motel (VIMo) is the only shelter in Multnomah County offering medically-isolated rooms for up to two weeks for contagious illness, as well as respite care for those coming out of medical trauma. Breakfast and dinner are served daily. Couples are welcome, as well as one pet per person. To refer medically vulnerable individuals to VIMo, please call *971-500-9163*.

Alternative Shelters
Do Good's alternative shelters are outdoor villages built with individual shelter pods and shared community spaces like showers and kitchens. With the increased stability and safety of a private pod, as well as support services, housing navigation, and case management, these villages help participants overcome their barriers to permanent housing by building responsible independence in their own spaces while maintaining connection to community.

The **Veterans Village** is operated in partnership with Clackamas County. Since opening in 2018, they have served 99 individual Veterans, 43 of whom have been moved into permanent housing. Currently, the program can support 24 Veterans in individual, gender-inclusive pods. The village has a shared community space, stocked kitchen, bathroom/showers, and individual case managers to address needs and help participants work towards permanent housing. The greater Veteran-supporting community keep the food pantry stocked. They've also donated a gazebo for outdoor meeting space, installed a putting green, and supplied a chicken/duck coop, energizing the village and keeping the space feeling alive and accessible. To be referred to Vets Village, visit the *Clackamas County Coordinated Housing Access*.

St Johns Village offers 19 individual pods with shared community space, showers, laundry, security features, and a well-outfitted community kitchen. It sits on land leased from neighboring St. Johns Church, and the outdoor space boasts bike storage, a rain garden, and a community garden built in collaboration with the Veterans of VetRest.

Permanent Affordable Housing

Do Good supports four permanent affordable housing programs:

Findley Commons is a 35-unit Veteran apartment complex in SE Portland, developed out of the parking lot of St. Mark's Lutheran Church. It offers 20 one-bedroom units and 15 Single Room Occupancy units, all of which are fully furnished. The one-bedroom units are subsidized and reserved for Veterans referred by *HUD-VASH*. The SRO units are subsidized by the *Regional Long-term Rent Assistance program* and reserved for Veterans referred by the *Veteran Coordinated Access System*. In addition to on-site property management and Do Good–provided supportive services, residents at Findley have access to an on-site food pantry, community room, shared garden space, an outdoor patio, and laundry.

Clayton Mohr Commons is a 24-unit Veteran apartment complex located in Oregon City. It offers a mix of studios and 1-2 bedroom units, and was developed to support

Veteran households with and without children. All units are subsidized by and reserved for Veterans referred by HUD-VASH. In addition to on-site property management and Do Good-provided supportive services, residents at Clayton Mohr Commons have access to an on-site food pantry, community room and garden, fire pit, and laundry.

The **Paul Knauls Building** offers 25x one-bedroom units subsidized by and reserved for Veterans referred by HUD-VASH, as well as 6x units subsidized by Oregon Housing and Community Services's PSH program and reserved for Veterans referred by the *Veteran Coordinated Access System*. It offers laundry services, indoor bicycle storage, energy & water efficient appliances, and a community room for programs and events.

Portsmouth Commons is a pilot project from the community of Portsmouth Union Church (PUC) that innovated a new model for faith-based organizations to convert underutilized property into quality affordable housing for underserved populations. Portsmouth Commons offers 20x one- and two-bedroom units, primarily dedicated to serving Veterans from underserved communities. Do Good provides on-site resident services to Portsmouth residents 3 days a week, offering community building opportunities, connection to community resources, and assistance with housing retention. In addition to part-time on-site property management and Do Good's resident services, residents will have access to a community room, elevator, secure bike storage, and laundry.

Do Good's **Rapid Rehousing & Rent Assistance** includes:

- identifying housing that meets individual needs so that their housing remains sustainable
- relational and financial support during the move-in process and up to 24 months
- case management, peer support, and mental health support after moving that creates stability in housing. Rent assistance is provided through the *Metro Supportive Housing Services* bond.

Do Good's **Mobile Supportive Services (MSS) Team** supports their participants as they transition from houselessness and further into independence. The process is squarely aimed at achieving stability in housing, income, health, and well-being, while also encouraging autonomy and self-determination. In this model of wrap-around support, collaborative specialist teams physically travel to newly re-housed individuals, eliminating the barriers of access and transportation. Once on site, they work collaboratively with our participants, empowering them as they accomplish their goals.

A social worker offers mental health support and individualized counseling throughout the process.

Behavioral Health Resource Center, *333 SW Park Ave, Downtown Portland*. Do Good Multnomah's role is to operate a total of 52 beds across the 3rd and 4th floors to serve people experiencing homelessness and continue along their path to permanent housing. The 3rd floor holds a congregate shelter featuring 33 beds and 24-hour support services. The 4th floor is a Bridge Housing program with 19 beds in shared rooms for those who've had already some success moving towards permanent housing. All referrals for 3rd and 4th floor come through the Behavioral Health Resource Center's day center.

Ecumenical Ministries of Oregon Metro HomeShare

http://emoregon.org/mhs/
http://emoregon.org/second-home/

Ecumenical Ministries of Oregon (EMO) **Metro HomeShare** helps Home Providers stabilize and retain their housing, while offering access to affordable rent or services to Home Seekers. EMO works with Home Providers to identify their needs, which may include financial burdens, loneliness, or inability to live alone and complete everyday tasks. They also work with Home Seekers who may be unable to qualify for traditional affordable housing options, facing homelessness, and cannot afford market-rate rents. They then facilitate the matching process until a homeshare agreement has been made. Additionally, they offer case management services to support both parties for up to two years once a match has been made. Contact: Pauline Burkey, Metro HomeShare Program Manager, *(971) 271-5195, 10011 SE Division Street, Suite 314, Portland, Oregon 97266*.

Second Home provides housing for unaccompanied homeless youth while they attend high school. Second Home works together with the homeless liaisons of the Beaverton School District, the Beaverton Dispute Resolution Center of the Mayor's Office, and volunteer home-providers to find stable housing for young people who want to finish their high school education. EMO has recently expanded this program to serve students in Lincoln County and Gresham-Barlow School Districts, as well. Jenny Pratt, Second Home Director (*503) 221-1054, ext. 277*.

Fair Housing Council of Oregon (FHCO)

1221 SW Yamhill Street #305
Portland, Oregon, 97205
(503) 223-8197
http://fhco.org/

FHCO is a nonprofit civil rights organization whose goal is to eliminate illegal housing discrimination through enforcement and education across Oregon. They promote equal access to housing by providing education, outreach, technical assistance, and enforcement opportunities specifically related to federal, state, and local fair housing laws. These laws protect against illegal housing discrimination based on "protected class status" in any housing transaction and, in fact, any housing situation.

FHCO maintains a **Fair Housing Hotline** for Tenants/Housing Consumers:

Hours: Monday, 9 m.–noon, Tuesday / Thursday, 1–4 p.m.
(503) 223-8197 ext. 2 (Portland metro area)
(800) 424-3247 ext. 2
Office hours: Monday–Friday 8:30 a.m.–5:00 p.m.

Free On The Outside Housing Program

https://www.freeontheoutside.org/

Free On The Outside works with prison fellowship as a bridge church providing housing, mentoring, and support services. Free On The Outside operates more than 20 clean and sober homes throughout Oregon. They have over 200 beds with houses for men, women, couples, and families. There are over 30 children in their family homes. This year they partnered with Xpose Hope to open a house for trafficked women and women coming out of the sex industry.

Free On The Outside offers housing to those graduating treatment programs ready for that next step in their recovery, those escaping domestic violence, parents working to get their children back, and even some who show up at their door right off the street who were told they could find help there. Free On The Outside recognizes the need for housing for those coming out of prison and that without housing, success is almost impossible.

Free On The Outside also runs a weekly Christ-centered 12-step Celebrate Recovery Program on Thursday nights.

Habitat For Humanity

1478 NE Killingsworth Street
Portland, Oregon 97211
(503) 287-8529

Habitat for Humanity Portland/Metro East develops decent, affordable homes in partnership with qualified homebuyers who help build and then purchase their homes

with an affordable mortgage. Future homeowners need to meet the following criteria in order to qualify for the Habitat for Humanity program:

- Must be a United States citizen or permanent legal resident
- Must have not owned a house in the past three years
- Must be willing to contribute 300 hours of "sweat equity."
- Must have proof of steady income and have satisfactory credit history
- Must be within 35-60% of the median Portland area household income
- Applicants must have a combined minimum annual gross income of at least $30,000

Acquisition Rehabs
In collaboration with community partners, home sponsors and the U.S. Department of Housing and Urban Development (HUD), Habitat for Humanity acquires foreclosed, abandoned, and current low-cost housing stock as part of our investment in revitalizing entire neighborhoods. Habitat is able to rehabilitate empty houses into simple, decent homes for qualified low-income families.

Home Repairs
We are currently able to do a variety of exterior repairs, including roof repair/replacement, window and door installation, painting, yard cleanups, junk removal, siding repair, deck repair, gutters, and more. Projects can be big or small. We are not able to do interior repairs or additions. Call *(503) 287-9529* with questions.

Harry's Mother

738 NE Davis Street
Portland, Oregon 97232
24-Hour Line: (503) 542-4640

Harry's Mother provides 24-hour crisis intervention, emergency shelter, and individual and family counseling to youth ages 9 to 17 and their families. Harry's Mother helps over 500 youth and their families through its Crisis Intervention and Counseling Center and confidential Garfield House Shelter while a 24-hour Youth and Family Help Line provides immediate support and information and referral to 2,500 callers each year.

A Juvenile Detention Alternatives Initiative, **Harry's Mother Reception Center**, provides 24-hour immediate intervention services for youth ages 11 to 17 picked up by the Portland Police for truancy, curfew violations, running away, trespassing, and other low level misdemeanors and status offenses.

As part of a collaboration with the Portland Police Department, Multnomah County Department of Human Services and the Juvenile Services Division of the Department of Community Justice, the Reception Center, co-located at Harry's Mother, provides a safe, non-secure setting for youth waiting to be reunited with their parents or guardians. While at the Reception Center youth have access to crisis counseling or other services they or their family may need to decrease further involvement in the juvenile justice system, including referral to the **Harry's Mother Garfield Shelter**.

Harry's Mother Reception Center East
510 NE Roberts
Gresham, Oregon 97030
Hours: By appointment. Monday–Friday 8 a.m.–5 p.m.
(503) 912-3423

Helping Hands Reentry Outreach Centers

PO Box 413
Seaside, Oregon 97138
contact_us@helpinghandsreentry.org
https://helpinghandsreentry.org/shelter-services

Helping Hands Reentry Outreach Centers provides **Emergency Shelter** in multiple locations in Oregon. Clients begin in emergency shelter, with up to 30 days to catch up on sleep, have hot meals and showers, and get to know Helping Hands staff and programs. All emergency shelter guests who are a good fit will be offered the opportunity to enroll in the Reentry Program.

The Reentry Program Helping Hands' case managers, crisis managers, and other staff help Reentry Program participants to identify key barriers. Individual Reentry Plans are customized to meet each participant's unique needs with measurable goals, and are updated often to check progress. Helping Hands provides support and accountability to help ensure follow-through with gaining access to necessary resources such as food stamps, housing assistance, official documents, and employment services. Over 70% of Helping Hands staff have lived experience.

Reentry Program Key Components include:

- Frequent drug & alcohol screenings
- Mandatory community service hours
- Job applications until employed
- Weekly process groups & recovery support
- On-site classes to build basic life skills

- Exclusionary Criteria

Helping Hands serves children and Domestic Violence survivors, and is not able to serve Registered Sex Offenders or those who are not permitted around women or children. Helping Hands' facilities are all sober campuses, so clients must not be in possession of or under the influence of any intoxicants on-site.

Facility locations and contact information:

Clatsop County
Emergency Shelter & Reentry Program-based transitional housing for men, women, & children Contact Denise Dunn (503) 739-4347

Lincoln County
Emergency Shelter & Reentry Program-based transitional housing for men, women, & children. Contact Ashley Cushing (971)-419-4605

Multnomah County
The Bybee Lakes Hope Center Emergency Shelter & Reentry Program-based transitional housing for men, women, & children. For information on how to get a same-day referral for services from the Portland area, visit their webpage or call the office 7 days a week between 8am-5pm: 971-333-5070.
https://helpinghandsreentry.org/bybee-lakes-hope-center

Tillamook County
Emergency Shelter & Reentry Program-based transitional housing for men, women, & children. Contact Brianne Prince (503) 354-8014

Yamhill County
Reentry Program-based transitional housing for men, women, & children. Contact Michael Pollock (503) 560-9387

Home Forward

http://www.homeforward.org/

Home Forward (previously the Housing Authority of Portland) is a public corporation serving all of Multnomah County, including the cities of Gresham, Fairview, Portland, and Troutdale, and other East County communities. As the largest provider of affordable housing in Oregon, Home Forward offers a variety of housing options to low-income individuals and families. Home Forward has a special responsibility to those who encounter barriers to housing because of income, disability, or special need.

Impact NW Housing and Safety Net Programs

1785 NE Sandy Blvd. #200
Portland, Oregon 97232
(503) 721-6760
https://impactnw.org/programs/housing-and-safety-net/

Impact NW is nonprofit that seeks to prevent homelessness by partnering with people navigating their journey to stability and opportunity. Their programs help people facing housing insecurity find relief and build strengths, experiences and opportunities. More than half the people they serve identify as Indigenous, Black, Brown, Melanated, Immigrant or Asian, as does their staff. To change lives, they partner with local and state government, health care and other nonprofit organizations to deliver more than 30 programs.

Impact NW's Housing and Safety Net programs include Energy Assistance, Housing & rent Assistance, and Pathways to Food Security. Impact NW connects families with resources that empower them to achieve self-sufficiency. Their staff assesses each family's needs and helps them apply for benefit programs such as SNAP (Supplemental Nutrition Assistance Program), TANF (Temporary Assistance for Needy Families), and LIHEAP (Low Income Home Energy Assistance Program).

Impact NW has programs throughout Multnomah, Clackamas and Washington Counties in Oregon and Clark County in Washington. For locations visit their website: *https://impactnw.org/about-us/contact-us/*

Iron Tribe Network

17763 SE 82nd Drive, Suite A
Gladstone, Oregon 97027
Phone: (503) 344-6710

Iron Tribe Network (ITN) is a non-profit organization founded on a community urban-tribe model for recovery and wellness. ITN seeks to provide an effective transitional housing solution for persons with co-occurring disorders who are re-entering the community after involvement with the criminal justice system. ITN provides peer support, housing, and family reunification services to individuals and families to help them overcome pressures and barriers while in transition. ITN focuses on building community through its programs and services including those focused on peer support, housing, and family reunification for individuals and families.

ITN operates ten long-term Recovery & Wellness Homes in Multnomah and Clackamas County as well as four Homes in Washington and Columbia County.

Through-out the year, ITN engages with the community in various activities, meetings, and events, both for adults and youth, including Prison In-Reach events, Re-entry/ Community Reintegration support plus special Recovery
Celebration and Campout events.

Janus Youth Homeless Youth Services

1635 SW Alder Street
Portland, Oregon 97205
(503) 432-3986
http://www.janusyouth.org/programs/homeless-youth

Access Center: The single point of entry for homeless youth ages 14 to 24 seeking services through Portland's Homeless Youth Continuum, the Center screens over 700 youth each year providing engagement, intake, screening and community referrals. Youth seeking services have immediate access to basic needs and safe shelter off the streets. Screenings can be accommodated 365 days of the year between the hours of 9 am and 5 pm.

Porch Light Shelter: Portland's only 30-bed crisis shelter for homeless youth ages 15 to 23 in need of immediate shelter, Porch Light provides nourishing meals, shower and laundry facilities and 15 nights of safe shelter each month for youth working to secure permanent housing. Filled to capacity every night, over 500 youth are sheltered yearly.

Streetlight Shelter: With shelter capacity for 30 young people nightly, Street Light provides safe shelter and a range of supportive services for youth ages 15 to 23 who are actively engaged in exiting street life. Youth are able to have a "standing reservation" at the shelter for up to four months.

JOIN

1435 NE 81st Avenue, Suite 100
Portland, Oregon 97213
mailing:
PO Box 16490
Portland, Oregon 97292
For services: (503) 232-2031
To contact admin staff: (503) 232-7052
http://www.joinpdx.org
info@joinpdx.org

JOIN supports the efforts of homeless individuals and families to transition out of homelessness into permanent housing. Their efforts are directed at individuals sleeping

outside or in their cars in the Portland Metro area. JOIN helps over 800 people each year move out of homelessness and into stable housing, providing each household with supportive services after they move inside to ensure their long-term stability. JOIN also operates a day center where hundreds of individuals and families access critical basic services that support survival on the streets and spark transitions into stability.

JOIN's 8 Person **Outreach Team** engages homeless individuals and families with children who are physically sleeping outside or in their cars. Outreach Workers work with people to identify and overcome their barriers to housing, partnering with local agencies and advocating with local landlords to open the doors to permanent housing.

JOIN's 5 Person **Retention Team** offers newly placed households the individualized support they need to succeed in their housing long-term. This includes job-finding assistance, benefits advocacy, transportation assistance, medical and mental health referral, food box delivery, and a variety of other services that support clients' efforts to end their homelessness.

JOIN's **Day Center** provides critical basic services to 80-100 people every Monday through Friday. Services include restrooms, showers, a mailing address, laundromat vouchers, hygiene items, clothing resources, referral information, coffee, conversation, and a refuge from the weather. Many of the services are provided through a barter system where those accessing services exchange their time in return for what they need.

JOIN's **Immersion Program** inspires personal involvement by bringing together diverse elements of the community. Over the course of a day, a weekend, or a week, individuals can learn about issues involved in homelessness by engaging in dialogue with folks living on the street.

Low Income Rentals-Portland

Gretchen Kafoury Commons Apartments
Home Forward
1240 SW Columbia Street
Portland, Oregon 97201
(503) 226-0600

Gretchen Kafoury Commons is a nine-story apartment community with 129 studio, one and two-bedroom homes. Built in 2000, it serves residents with incomes between 40% and 80% of the area median income. Leasing Office: Located on site. Managed by Cascade Management Inc.

Peter Paulson Apartments
Home Forward
1530 SW 13th Avenue
Portland, Oregon 97201
(503) 294-2091

The Peter Paulson is a five-story apartment community with 92 furnished Single Room Occupancy (SRO) homes with kitchenettes and private baths and one one-bedroom apartment. Applicants must have annual income that does not exceed 50 percent of the area median income. Leasing Office: Located on site. Managed by Cascade Management, Inc.

The Admiral Apartments
Reach Community Development
910 SW Park Ave.
Portland, Oregon 97205
(503) 546-9191

The Admiral is a historic building, located in SW Portland. This is a subsidized rent building for those who are age 62 or older and/or disabled. Smoking not allowed in Reach properties.

St. Francis Apartments
Cascade Management
1024 SW Main Street
Portland, Oregon 97205
(503) 223-2161

Hamilton West Apartments
Cascade Management
1212 SW Clay Street
Portland, Oregon 97201
(503) 525-0500

The Clifford Apartments
Innovative Housing, Inc.
527 SE Morrison Street
Portland, Oregon
(503) 232-5460

IHI completed its historic renovation of The Clifford Apartments in SE Portland in December 2010. The Clifford was constructed in 1911 and holds a mix of Single Room Occupancy (SRO) units and studio apartments, along with four ground floor commercial spaces. There are 88 units in this renovated space along with an array of services. *IHI's renovation of The Clifford earned First Place in the DJC's TopProjects 2011.*

Pearl Family Housing

Innovative Housing, Inc.

This new 12-story building will be located at the corner of NW 14th and Raleigh and will include 32 three-bedrooms, 31 two-bedrooms, and 30 one-bedrooms. 40 of the two- and three-bedroom apartments will be rent subsidized and set aside for families experiencing homelessness.

Lovejoy Station Apartments
1040 NW 10th Avenue
Portland, Oregon 97209
(503) 220-2500

All of these units have income restrictions and/or student restrictions.

Grace Peck Terrace Apartments
1839 NE 14th Avenue
Portland, Oregon 97212
(503) 281-7094

One-bedroom apartments for senior age 62+ and the disabled. They offer congregate housing services and are a destination for Meals on Wheels. They have a recreation center, clubhouse, and business center.

Unthank Plaza Apartments
2500 N Williams Avenue
Portland, Oregon 97227
(503) 287-1258

Unthank Plaza, a HUD subsidized apartment community, offers one bedroom apartment homes to persons 62+ or disabled. This property offers the Congregate Housing Services Program with daily meals, light housekeeping, and on-site case management.

The Patton Home
4619 N Michigan Avenue
Portland, Oregon 97217
(503) 281-1844

The Patton Home offers affordable housing for those who seek a drug and alcohol free environment. Income restrictions apply.

Miracles Club

4200 NE MLK Blvd
Portland, Oregon 97212
(503) 249-8559
https://www.miraclesclub.org/

Miracles Club is a Black, peer-led recovery center committed to providing safe spaces for marginalized, historically oppressed racial and ethnic groups. They serve all individuals looking to find freedom and/or reduce harm from alcohol and drug abuse. Their mission is to maintain a recovery-focused environment where all people feel safe to heal. They provide Certified Recovery Mentors.

Miracles Club provides stabilization houses for women, men, and LGBTQ individuals. Each of the houses has 9-10 residents. Entrance to one of the houses requires that an individual has been clean and sober for two weeks or longer and has a desire to remain clean. Residents can live rent-free in these transitional homes for six months to a year while working on their substance abuse or mental health issues. They do not have staff in the house other than house managers who receive a $350/month stipend for conducting UAs and making sure clients adhere to their 10:00 p.m. curfew. While living in these transition homes, participants are expected to meet with their mentors and attend out-patient drug and alcohol or mental health services. Mentors assist participants in becoming self-sufficient. They help participants sign up for SNAP benefits, teach them to ride TriMet, help them locate furniture, assist them in filling out FASA, get ID, or sign up for health care. Everyone qualifies for a peer mentor.

On the upper floors of the Miracles Club are apartments which are rented to people in recovery. Residents can take part in the recovery support classes held in the conference room below. In the basement, they have new clothing that is given out to residents when they enter the program.

The Miracles Club has three vehicles which are used for out-reach activities. They provide participants with new backpacks containing Narcan, clean needles, snacks,

hand sanitizer, socks, sweatpants, and hoodies. They use incentive cards worth from $25-$500 for participants to use for gas or food.

The Miracles Transition House is located in the Alberta Arts district. This nine-bed recovery home is designed to support African American men engaged in addiction treatment services. Residents also receive peer support services while living there.

Miracles Central Apartments is a brand new, affordable apartment community located in NE Portland. In partnership with *Central City Concern*, they provide an alcohol and drug free living environment for individuals in recovery with at least ninety (90) days of sobriety. Studio, one, and two bedroom floor plans are available to households making up to 30, 50 and 60 percent of the area's Median Family Income (MFI)

For more information about available housing options visit their website:
https://www.miraclesclub.org/sober-housing

Coming Soon: Located in SE Portland, The Miracles Expression House is designed to support African American members of the LGBTQ+ community engaged in addiction treatment services. Residents also receive peer support services while living there.

Their recovery meeting schedule can also be accessed online:
https://www.miraclesclub.org/meetings-schedule

My Father's House Homeless Shelter / Transitional Housing

5003 W Powell Boulevard
Gresham, Oregon 97030
(503) 492-3046
Kathy Weiss, director

My Father's House provides housing to 28 homeless families with children. This residential facility is supported by 180 churches support through volunteering, financial assistance or food donations. The program is non-denominational and lasts six months. Residents attend classes in parenting, rent-well, decision-making, finances, cooking, and forgiving and have a case manager. Three employees live on-site. Residents also submit to drug testing. Residents are on food stamps. There is a daycare center on site. Resume assistance is available at the computer lab. Each child receives a homemade quilt or afghan, a stuffed animal, and a book. Free Clothing is available to residents. A large storage room has other supplies.

Upon completion of the program, residents can take all the furniture from their rooms with them. They can also apply to move into the Stepping Stones apartments next door where they can live for a maximum of twelve months.

Native American Youth And Family Center (NAYA)

5135 NE Columbia Boulevard
Portland, Oregon 97218
(503) 288-8177

NAYA Family Center is focused on providing a continuum of housing options for all members their community. In 2009, they opened "Sawash," a fully-occupied collection of 44 units of low-income housing in North Portland. In 2011, they completed construction on Kah San Chako Haws, a 9-unit, LEED Gold-certified modular housing development in the Lents Neighborhood, whose name means "East House" in Chinook Jargon. Their latest development, the Generations Project, opened in February 2017 at the old Foster School site at SE 85th & Steele St.

NAYA's **Homeownership Program** provides culturally specific homeownership coaching, education, and programming. NAYA's program works to increase homeownership opportunities for Portland's Urban Native Community. All of NAYA's services are free and they are an equal housing opportunity provider.

NAYA Family Center is an HUD-approved counseling agency. Their Homeownership Program offers an orientation to learn about all of our services.

New Avenues for Youth

314 SW 9th Avenue
Portland, Oregon 97205
(503) 517-3912
https://newavenues.org/housing-and-shelter/
housing@newavenues.org

New Avenues offer housing options for transitional-age youth, along with skill training, counseling, education, job training, and other resources.

The Moxie, A 24-bed Transitional Housing facility in downtown Portland/

Unity House, Oregon's first housing program for LGBTQIA2S+ youth and young adults experiencing homelessness, with residents receiving additional support from the Sexual & Gender Minority Youth Resource Center (SMYRC).

New Doors, an independent shared housing opportunity supporting clients who are either emerging from foster care or foster care alumni.

New Meadows, a 15-unit housing complex connected to Bridge Meadows' multigenerational community, for youth transitioning from or formerly in foster care.

Butterfly House, the first independent transitional housing program in Oregon for youth in the sex trades ages 18-25, with residents receiving mentorship from the New Day program.

Alba Collaborative Shelter, short term host homes, emergency beds, and shelter for youth ages 9-17 who are in crisis.

Northwest Pilot Project

1430 SW Broadway, Suite 200
Portland, Oregon 97201
(503) 478-6868
Laura Golino de Lovato, Executive Director

The Northwest Pilot Project offers opportunities to very low income seniors (age 55 and up) and people with developmental disabilities in Multnomah County by helping with housing and transportation needs. NWPP offers case management, rental assistance, medical referrals, assistance with signing up for benefits, and help in locating safe, stable, affordable housing. The program serves approximately 1,500 people each year around 220 of whom engage in case management and 500 of whom receive housing assistance, such as paying off owed rent. NWPP does not own any buildings but has relationships with other programs such as Reach, Community Development, Transition Projects, Central City Concern, and HUD. Funding sources for participants include SSI, SSDI, Social Security, VA pensions, and unemployment or severance pay. There is no income threshold, but priority is given to the very elderly with no income. In some cases Northwest Pilot Project offers help with clearing up credit or with filling out a rental application. Participants are encouraged to address treatment needs. Referrals are made to social service agencies, as well as being placed on HUD lists and signed up for food stamps.

Northwest Regional Re-entry Center (NWRRC)

6000 NE 80th Ave
Portland, OR 97218
(503) 546-0470

The Northwest Regional Re-entry Center (NWRRC) helps offenders make a safe and successful transition from prison to their communities. Working together with the Bureau of Prisons, United States Probation and Pretrial Services, and other community agencies, they serve up to 125 men and women in a transitional supervised environment. While in our program, these individuals are working to gain suitable employment, secure housing, and reunite with family.

OneApp Oregon

https://oneapporegon.com/about-us

OneApp seeks to reduce housing rental application fees and the uncertainty of applying for rental properties where there's no way for an applicant to know whether they meet the property's criteria. OneApp enables a prospective renter to pay only one application fee and for there to be transparency to all properties. The idea for OneApp originated when its founder was hospitalized for a serious injury, became homeless, and was living in a YWCA shelter. He made it is his mission to help people obtain housing and avoid crippling application fees.

Our House of Portland

http://www.ourhouseofportland.org/programs/
(503) 349-4699

Our House provides healthcare, housing, food, and other vital services to low-income people living with HIV.

The **Neighborhood Housing and Care Program (NHCP)** provides supportive services for low-income people living with HIV. Clients can refer themselves or are referred by community providers. NHCP staff will evaluate for services based on assessed needs and client goals. NHCP is funded through federal grants, private donations and Our House sponsored events. Clients are not billed for services. NHCP is made up of a team of nurses, social workers, and occupational therapists. NHCP works in coordination with Cascade AIDS Project (CAP) to provide assistance with securing and maintaining permanent housing. NHCP also works in tandem with Partnership Project in their case management program. Location: *2727 SE Alder Street, Portland, Oregon 97214, (503) 595-6122*. Contact NHCP coordinator at *(503) 946-1061*. Services include:

- Health assessment, education & medication management
- Coordination of assistance to perform self & household care
- Coordination of housing support
- Foster engagement and connection in community
- Care coordination & advocacy

- Counseling & social support
- Home safety assessments
- Connection to community resources to meet material, emotional, health, vocational and leisure needs
- Education/consultation and practice of life and coping skill

Our House is a 24-hour residential care facility for people living with HIV. Residents work with skilled professionals in nursing, social work, and occupational therapy. At Our House, some residents regain their health and become independent enough to be discharged. Others remain at Our House for continued intensive services, maintenance services or palliative care. Resident capacity: 14; 24 hour Skilled Nursing Services; intensive HIV clinical services; on site social work and occupational therapy services.

Location: *2727 SE Alder Street, Portland, Oregon 97214, (503) 234-0175*

Our Just Future

10550 NE Halsey Street
Portland, OR 97220
(503) 548-0200

Gateway Office in Portland
10550 NE Halsey Street
Portland, OR 97220
(503) 548-0200

Rockwood Office in Gresham
124 NE 181st Ave., Suite 109
Gresham, OR 97230
(503) 405-7875
https://ourjustfuture.org/

Our Just Future (formerly known as Human Solutions) counters the forces that keep people and communities in poverty. Our Just Future partners with people and communities impacted by poverty so they can achieve long-term housing and economic security, invests in affordable housing and community assets that contribute to strong, inclusive neighborhoods, and advocates for policies and investments that expand housing and economic opportunity, eliminate wealth inequality and end poverty.

East Portland/East Multnomah County, Oregon, is the heart of their investments, advocacy and programs. Their 245-mile service area, in outer East Portland and East

Multnomah County, includes some of the highest poverty neighborhoods in Multnomah County.

Our Just Future works in partnership with Multnomah County, the Joint Office of Homeless Services and other organizations to assist people who are experiencing homelessness to find and secure affordable housing as soon as possible.

Our Just Future offers services in four interrelated areas. All services are provided with a Trauma Informed Care (TIC) approach.

***Prevention Services*:** Our Just Future helps over 9,000 households each year avoid having their utilities shut off and remain warm and safe in their homes by providing utility assistance. They also help over 440 households remain in their homes each year through short-term emergency rent assistance.

***Direct Services to Homeless Families*:** Our Just Future operates emergency shelter, transitional housing, "Housing First" programs, and permanent supportive housing. They move homeless families into permanent housing as quickly as possible and then offer them the supportive services necessary to stabilize their situations and overcome their homelessness.

Our Just Future operates three shelters: one for families and two for adults who identify as women, nonbinary, or genderqueer. While shelter is not designed to be a long-term solution, people may stay as long as needed if following program rules and expectations.

The **Lilac Meadows Family Shelter** is accessible to families – one or more adults with at least one minor child, or individuals in their third trimester of pregnancy. They partner with *211* to screen for eligibility and coordinated intake.

The **Gresham Women's Shelter** is a shelter for anyone who identifies as a woman, nonbinary, or genderqueer. This shelter is a hybrid program that works with all women, including those who have experienced domestic violence (DV). It is not a secure DV shelter but is DV-informed, and they work in conjunction with community partners offering an array of services. They partner with *211*, *the Gateway Center*, and *Call to Safety* to screen for eligibility and coordinated intake.

The Chestnut Tree Inn Shelter Located in the Hazelwood neighborhood, this social-distancing shelter opened in response to the pandemic and hosts around 60 COVID-vulnerable residents who identify as women, non-binary or gender-queer.

Employment and Economic Development Programs: Having a family wage job is essential to a family's ability to overcome homelessness and be self-sufficient. Our Just Future operates three distinct employment and economic development programs that help 890 individuals with significant barriers to employment find family wage jobs and/or improve their job skills to increase their household incomes each year.

Affordable Housing*:* Our Just Future owns and operates 17 high-quality affordable housing complexes containing 720 apartments. At each property they offer Resident Services, which help families maintain housing by connecting them to quality social, educational and employment services (both within Our Just Future and in the wider community) so they can move forward in their lives.

Oxford Houses of Oregon

www.oxfordvacancies.com (Oxford Houses openings)
www.oxfordhouse.org/pdf/or (list of Oxford houses)

Oxford Houses are democratically run, self-supporting, and drug free homes. The number of residents in a House range from six to fifteen. There are houses for men, houses for women, and houses that accept women with children. Each Oxford House represents an effective and low cost method of preventing relapse .To apply a person must be in recovery from alcoholism and/or drug addiction. A recovering individual must complete a standard **Application for Membership** online and be interviewed by the residents of the house he or she wants to live in. Available Oxford Houses in the area can be found under **Vacancies** on the website homepage.

Portland Homeless Family Solutions (PHFS)

Admin Office: 1221 SW Yamhill St., Suite 210
Portland, Oregon 97205
Monday-Friday 9 a.m. to 5:00 p.m.
(503) 915-8306
info@pdxhfs.org

Portland Homeless Family Solutions (PHFS) empowers homeless families with children to get back into housing and stay there long-term. Last year PHFS helped 185 homeless families with children move back into homes. Once housed, PHFS provides case management and rent assistance for at least a year to help families stabilize, learn new skills, and connect to their community. PHFS operates a 24-hour emergency shelter for families experiencing homelessness.

Goose Hollow Family Shelter 971-409-1766 Located at the *First United Methodist Church of Portland*. Families have private sleeping spaces, meals and snacks, showers, laundry, storage, games and toys, computers with internet and printers.

Thirteen Salmon Family Center 503-595-9390 Day shelter for the families staying at Goose Hollow Family Shelter located at the *First Unitarian Universalist Church of Portland*. Meals and snacks, showers, books and games for kids, computers with Internet and printers, connection to mental health services and domestic violence advocacy, and other services.

Family Winter Shelter Emergency winter family shelter for 75 moms, dads, and kids from December 2017 - April 2018 at Congregation Beth Israel.

PHFS programs include:

PHFS' Prevention & Diversion Project Targets families who have just become homeless or who are facing imminent homelessness. Any family with children under 18 is eligible. Families must have an income and be able to sustain ongoing rent but can't afford a new security deposit and a first/last month rent payment. Receive case management and life skills classes.

Life Lab Skills Training PHFS provides classes and training programs to help families learn new skills to get and keep permanent housing. These include:

- **Rent Well Tenant Education Classes** - a 16-hour curriculum focused on knowledge needed to rent and maintain an apartment and exit when the lease is up;
- **Arise Life Skills Program** - a 17-course general life skills training program with classes on Budgeting & Money Matters, Interpersonal Communication, Stress Management, Health & Hygiene, Goal-Setting, Self Esteem, Nutrition & Exercise, Safe Driving;
- **Incredible Years Parenting Classes** - a 15-class series (28 hours) that teaches parents to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence.

Portland Rescue Mission Connect Program

P.O. Box 3713
Portland, Oregon 97208
(503) 647-7466
https://www.portlandrescuemission.org/homeless-services/connect/

Portland Rescue Mission Connect is a three month homeless assistance program helping men or women transition to independent housing and employment. Participants are provided:

- Daily shelter plus three meals a day
- A safe alcohol and drug-free community to live in while seeking permanent housing and employment
- Separate programs and living quarters for men and women. Women's floor has secure access
- An opportunity to give back to the community by serving meals, cooking, and maintaining the Portland Rescue Mission facility
- Support for career planning, job searches, and integration into healthy community
- Caring, trained professional staff and volunteers who are highly relational

Portland Rescue Mission Harbor Light

111 W Burnside Street
Portland, Oregon 97209
(503) 647-7466
info@pdxmission.org

All of their meals, shelter and other vital services are provided free of charge to anyone in need at their Burnside Shelter.

- **Overnight shelter** is available to men through a nightly lottery held at 6:00 p.m. — TB card required.
- **Extended shelter** (1-6 weeks) available for men and women in transition toward housing.
- **Winter Shelter** is available November through March with comfortable sleeping mats in our chapel area (lottery held at 8:00 p.m. — TB card required). Daily blanket exchange provides clean
- Blankets to people who must sleep outside.

Hot meals are served daily, up to 900 a day, 365 days a year. Breakfast is served daily at 7:00 a.m. Dinner is served daily at 6:00 p.m. Lunch is served Saturday and Sunday at 12:30 p.m.

Showers and clothing are available to shelter guests. Additional shower times available through our Guest Care Center's daily schedule. Safe 24-hour restrooms for available for men, women, and children. The Rescue Mission also provides a mailing address for

hundreds of homeless individuals—a vital service for anyone who needs an address for job applications, family correspondence, and legal issues.

Portland Rescue Mission Shepherd's Door

13207 NE Halsey Street
Portland, Oregon 97230
(503) 906-7650
(503) 746-9672
Rob Anderson, Director

Portland rescue Mission Shepherd's Door is a community of single women and women with children (ages 10 and under) who participate in New Life Ministries at Portland Rescue Mission. At Shepherd's Door, participants reside in a healthy lifestyle environment while dealing with the pain of addiction and previous choices. Women (and their children) learn basic life skills, as well as develop an understanding of how to make life changes, restoring relationships, and living in freedom. Shepherd's Door works with the Department of Human Services and the courts to provide residents with significant opportunities for their residents to learn strong parenting skills in a loosely supervised environment.

The Harbor
10336 NE Wygant
Portland, OR 97220
(503) 980-3307
(503) 746-9664, intake

The Harbor is a community of men overcoming homelessness and addiction in the men's **New Life Ministry** of Portland Rescue Mission. At The Harbor men find an encouraging Christian addiction recovery environment. The Harbor includes a yearlong residential recovery program that offers addiction recovery, life skills, vocational training and spiritual growth.

Connect Program for Men and Women
111 W Burnside Street
Portland, OR 97209
(503) 906-7690

Connect is a three month homeless assistance program helping men or women transition to independent housing and employment. Participants are provided:

- Daily shelter plus three meals a day

- A safe alcohol and drug-free community to live in while seeking permanent housing and employment
- Separate programs and living quarters for men and women. Women's floor has secure access
- An opportunity to give back to the community by serving meals, cooking, and maintaining the Portland Rescue Mission facility
- Support for career planning, job searches, and integration into healthy community

Overnight shelter is available to men through a nightly lottery held at 6:00 p.m. — TB card required.

Extended shelter (1-6 weeks) available for men and women in transition toward housing.

Winter Shelter is available November through March with comfortable sleeping mats in our chapel area (lottery held at 8:00 p.m. — TB card required). Daily blanket exchange provides clean blankets to people who must sleep outside.

Safe 24-hour restrooms for available for men, women, and children restore dignity and allow us to reach people we may not otherwise meet. Showers and clothing are available to shelter guests. Additional shower times available through our Guest Care Center's daily schedule. We connect people in need to area resources and provide fun activities through our Guest Care Center. We are open daily.

Project Patchwork

8583 SE 57th Avenue
Portland, OR 97206
(971) 202-0246

Project Patchwork works with parents and individuals, in early recovery, who are transitioning from residential treatment to the community. Project Patchwork provides housing for 6 months. Parents can bring children, of any age, into the program (although, the behavior of the children can be a consideration). Clients need to be on OHP. Ms. Hall will meet clients in inpatient programs to sign them up for one of Project Patchwork's 23 apartments.

The houses and apartments are fully furnished with beds, toddler beds, cribs, new mattresses, sheets, and cleaning supplies. Some of the apartments are reserved for women and babies coming directly from birthing hospitals through Project Nurture (a program for pregnant women battling substance abuse). One of their houses is

exclusively for women and their babies. Project Patchwork also works with single fathers. They recently had a couple move into one of their apartments.

Project Patchwork offers "wrap-around" services which include case management, peer support, housing navigators, daycare, assistance with getting IDs, and referrals to culturally specific community resources. If a resident returns to use, they are not immediately terminated. In some instances the resident returns to inpatient treatment.

Residents take part in weekly meetings, are on geo-locators (in order to abide by curfews), and share in doing household chores.

Raphael House of Portland

4110 SE Hawthorne Boulevard, #503
Portland, Oregon 97214
(503) 222-6507

Raphael House is a multi-faceted domestic violence prevention/intervention agency dedicated to fighting the causes and effects of intimate partner violence.

They provide they following:

Emergency Shelter Raphael House's emergency shelter serves individuals and families fleeing intimate partner violence. Their shelter has eleven private rooms: nine for families of up to five people and two rooms that house two single adults. They provide one-on-one advocacy and support accessing community resources, finding jobs and housing, and fulfilling basic needs. In addition to immediate safety and basic needs, survivors have access to ongoing programs and case management designed to help them achieve permanent housing, employment, and self-sufficiency.

Raphael House's **Advocacy Center** provides safety and stability, enhanced wellness, and community connections for the whole family through an array of support groups, wellness events, counseling appointments, individualized follow-up services, and workshops including tenant education classes and economic empowerment. They offer culturally-specific programming for Latinx survivors, as well as survivors of human trafficking who have co-occurring experiences of domestic violence. In addition, they provide co-advocacy with other agencies such as UNICA to further support survivors from specific populations.

Raphael House also has a **Prevention Education Program** and a **Youth Program** designed to meet the unique needs of children who have experienced domestic violence**.**

Parents are offered support in maintaining or establishing routines, safety and supervision concerns, and accessing community resources like Head Start or school placement, tutoring, and counseling. Youth Program staff work with parents to identify family strengths and needs, and to enhance parenting skills, build support systems, and increase family attachment.

Raphael House supports access to affordable housing process through the following**:** **Home in Hand/Hogar en Mano Housing Program** provides rental assistance and support to approximately 12-16 families each year. Their full-time emergency shelter **Housing Specialist** helps shelter residents build housing portfolios, remove barriers, and secure housing.

All of Raphael House's advocacy services and many of their group activities are offered in both English and Spanish. In the case of other language needs, Raphael House accesses interpretation services.

REACH Community Development, Inc.

4150 SW Moody Avenue
Portland, Oregon 97239
(503) 231-0682
http://reachcdc.or/

REACH is a nonprofit affordable housing development and property management company. REACH owns and manages a portfolio of 2,131 units of affordable housing located across the metropolitan area, including Multnomah, Washington, and Clark Counties. REACH's *mission is to create quality, affordable housing and opportunities for individuals, families, and communities to thrive.* All of their housing projects have involved public/private partnerships.

Resident Services REACH is committed to supporting families and individuals living in their housing with stable homes. They provide a range of programs focused on housing success and financial stability such as eviction prevention, financial education, employment and career support, and access to emergency food and clothing. They offer financial education programs for both the adults and youth living in REACH housing.

Community Builder's Program REACH's Community Builders Program operates throughout the City of Portland and in Washougal, Washington. They provide free volunteer-powered home repairs for low income elderly and disabled homeowners, as well as families with children living experiencing some type of home health hazard (i.e. lead poisoning, radon, mold, etc.). On the first Saturday every August, the annual

REACH Paint & Repair-a-thon brings together over 300 businesses, individuals, and volunteers to help senior and disabled homeowners live safely in their homes.

Safe Rest Villages

multiple locations
https://www.portland.gov/ryan/saferestvillages
https://www.portland.gov/shelter-services/safe-rest-villages-program-overview
saferestvillages@portlandoregon.gov
Contact: City Shelter Services Team
shelterservices@portlandoregon.gov
(503) 823-1340

Safe Rest Villages are temporary, managed, outdoor shelters that provide a place for Portlanders to sleep, basic and necessary hygiene, and access to case management and behavioral health services. Safe Rest Villages also provide harm reduction. They offer case management and social service support to address the trauma of houselessness, treatment for unmet mental health needs, substance use disorders, and prepare villagers to achieve their personal goals, be they to return home/reconnect with family, find permanent supportive housing, or enter recovery, among other options. Safe Rest Villages are managed by various contracted social service providers selected by the Joint Office of Homeless Services.

The program is open to anyone experiencing houselessness who is 18 years or older, their partners, and their pets. Entry is by referral only. Referrals are made by first responders, Park Rangers, and Portland Street Response, among other social service providers engaging with those living outside.

Shelter operators provide at least one meal a day, and each Village has a shared kitchenette space for all to use. All Safe Rest Villages include wraparound behavioral and mental health services. Services and programs offered on-site are only for villagers; they are not walk-up sites or day sites.

Salvation Army West Women's and Children's Shelter

P.O. Box 2398
Portland, Oregon 97208
(503) 239-1255

The Salvation Army West Women's and Children's Shelter has been serving victims of domestic violence in the Portland area for more than 30 years. The shelter operates 24 hours a day, 365 days a year, with professionally trained staff and dozens of dedicated volunteers. They provide food, shelter, clothing; job search assistance; transportation

assistance; tutoring for GED completion; safety planning; domestic violence education, prevention, and support groups; tenant education classes, and financial wellness workshops.

Sequoia Mental Health Services

4585 SW 185th Avenue
Aloha, Oregon 97007
(503) 501-9280 call for an assessment
http://Sequoiamhs.org/

Sequoia operates a number of housing programs in Washington County to provide a safe, affordable, and health community for individuals with severe and persistent mental disorders. These facilities are subsidized and managed to assure a high quality of life. They have four permanent HUD apartments (which typically have wait lists).

They also have transitional housing with individualized support services. To access these services a person needs to be a Sequoia client. Criteria for acceptance are homelessness, a documented mental illness, client of Sequoia, and a voucher from Washington County Housing.

Sequoia runs three state-licensed residential treatment facilities with 24- hour care where residents learn daily living skills in a safe environment. The facilities offer case management, medication assistance, and coordinate with community organizations.

Sponsors Inc.

338 Highway 99 North
Eugene, Oregon 97402
(541) 485-8341
https://sponsorsinc.org/housing/getting-into-sponsors-2/

Sponsors provides transitional housing and other necessary services to individuals releasing from correctional institutions in Oregon who are paroling to Lane County. People who have served eight years or more and/or are at high-risk to re-offend (as evidenced by a validated risk-assessment tool) are given highest priority.

Transitional housing is provided for program participants to acquire employment, schooling or disability benefits, save money and move into permanent housing. Participants stay for an average of 60-90 days and receive twice weekly drug/alcohol tests and intensive case management. Long-term Honors housing, lasting up to one year, is also available for clients demonstrating both the highest need and ability to succeed.

During the first 30 days at Sponsors, program participants are expected to find a job and begin saving money toward housing deposits and rent. The **Reentry Resource Center**, located at Roosevelt Crossing, provides job search help, referrals, computer access, resume writing and interview trainings, as well as financial literacy and writing classes and a monthly legal clinic.

Sponsors also offers parenting classes, 12-step meetings, cognitive-based Moral Reconation Therapy (MRT) and a Mentorship Program to match program participants with others in the community for an active, healthy social life. For more information about transitional housing through their Women's Program, contact the Women's Program Director Joan Quaempts at (*541) 485-6738*. For more information about their transitional housing programs for men, contact Sponsors Executive Director Paul Solomon at *pjsolomon@sponsorsinc.org* or *(541) 485-8341*.

Sponsors also provides housing for ten men with sex offense backgrounds. Clients are referred by Lane County Parole & Probation or have completed Sponsors *Men's Transitional Program*. Clients can stay for up to two years, rents are $300 a month, and tenants are able to establish rental histories. Clients in this program are required to be working or in school and to remain clean and sober. Many are engaged in sex offender treatment. The building is staffed by a full-time resident manager and many residents maintain connections to Sponsors on-site programs.

Transition Projects

665 NW Hoyt Street
Portland, Oregon 97209
(503) 280-4670
Celeste Duvall, Manager of Doreen's Place

Transition Projects runs nine programs to assist people in transitioning from homelessness to housing. Each year Transition Projects assists over 10,000 people through an array of services, resources, and tools.

To access their programs, contact the **Day Center** at *665 NW Hoyt* for placement on their waiting lists or to reserve space at a shelter. At Day Center clients can also obtain hygiene products, use day lockers, take showers, have TB tests done at the medical clinic, and use computers.

Doreen's Place
665 NW Hoyt Street
Portland; Oregon
(503) 280-4670

Doreen's Place is a 90 bed short-term (5 ½ month) housing program for men which provides case management, life and job skills training, and support services. Half of the beds are dedicated to veterans. Participants must remain alcohol and drug-free.

The Clark Center
1431 SE MKL Boulevard
Portland; Oregon
(503) 280-4770

The Clark Center is a 90 bed short-term housing-focused program for men. The majority of the beds are dedicated to men involved in the Multnomah County community justice system. Participants must remain free of alcohol and drugs.

Jean's Place
18 NE 11th Avenue
Portland; Oregon
(503) 280-4747

Jean's Place is a 60 bed short-term residential program for women. It provides case management, life and job-skills training and support services. Certain beds are dedicated to women in the Multnomah County Justice system and for veterans. Participants are to remain drug and alcohol-free.

Transition Projects also operates emergency shelters:

The Columbia Shelter
509 SE Grand
Portland; Oregon
(503) 280-4700

The Columbia Shelter is a 100- bed shelter for men, women and couples. Call to make a reservation or go to the day Center. Center hours are from 7:00 p.m.-6:30 a.m. No drugs/alcohol/weapons. Residents can remain as long as a bed is needed.

The Willamette Center
5120 SE Milwaukie Avenue
Portland; Oregon
(503) 488-7760

The Willamette Center is a 120- bed low barrier shelter open 24/7 for women, couples and their pets. Priority is given to women over 55, those with disabilities and veterans. People can call to reserve a bed.

The Hansen Shelter
1415 SE 122nd
Portland; Oregon
(503) 280-4720

The Hansen Shelter is a 200-bed low barrier shelter for men and their pets open 24/7. They have health connection beds for those with chronic conditions and a clinic on-site to care for wounds, abscesses, and blood work. A psychiatric nurse comes to the center twice a week and can prescribe mental health medications. Two case managers and an employment specialist are on-site along with computers. Dinners are served by staff members.

The Safety off the Streets (SOS) Shelter (NW Portland) is a 70-bed emergency center for women experiencing domestic abuse and homelessness. Open 24/7. Reservations are made at the Day Center.

Individuals who have transitioned through the program become mentors for those just entering the program. They provide motivation and navigation to services and employment.

United States Mission

4545 NE Garfield
P.O. BOX 11576
Portland, Oregon 97211-0576
http://usmission.org/locations/portland-or/

The United States Mission is a non-profit, interdenominational organization that operates long-term, transitional facilities in a number of cities including Portland. Residents must be over 18 and willing and able to work. They do not accept sex offenders or those with ongoing medical or mental health issues. Each applicant is approved on a case by case basis. Some of their facilities have space for both men and women, while others are for men only.

Residents receive a shared room, meals, and the amenities of living in a residential setting. They are required to participate in the Mission self-help work program, performing all the tasks necessary to operate their program and facilities. This includes office work, cooking, driving, as well as administration and engagement as Field Emissaries who represent the Mission to the public by means of door-to-door solicitation. The average stay is around three months, but residents may remain longer if needed.

Veterans Affairs Programs for Housing and the Homeless

Homeless Providers Grant and Per Diem (GPD) Program Provides grants and per diem payments to fund transitional housing and/or service centers for veterans who are homeless. In the Portland area, these services are provided by:

Transition Projects – Veteran Services
https://www.tprojects.org/veteran-services/

Transition Projects serves veterans and their families, who are experiencing homelessness or are in imminent danger of homelessness, with the goal of helping veterans find and keep safe, affordable, and permanent housing in the Portland metro area. Transition Projects offers a variety of wraparound services to veterans including, but not limited to: shelter, short-term residential programs, rapid rehousing, prevention services, access to legal assistance, income development, benefits advocacy, tenant education courses, assistance in accessing mainstream VA services.

Central City Concern (CCC)
http://www.centralcityconcern.org/services/housing/supportive-housing/transitional-housing/

CCC provides transitional housing and employment development services to veterans through the Veterans Grant & Per Diem program. The program serves up to 50 men and 22 women at any one time. Any veteran, male or female, can access the veteran program by attending the orientation held every Monday morning at 10 am at the Employment Access Center. Questions regarding eligibility, or if unable to attend on Monday mornings, contact the CCC's Veterans' Office at (*503) 688-5098*.

Supportive Services for Veteran Families (SSVF) SSVF provides case management and supportive services to prevent homelessness. These include outreach services, case management, assistance in obtaining VA benefits, assistance in obtaining and coordinating other available public benefits, and temporary financial assistance.

U.S. Department of Housing and Urban Development-VA Supportive Housing (HUD-VASH) (Section VII housing for veterans) This program combines HUD housing vouchers with VA supportive services to help veterans who are homeless and their families find and sustain permanent housing. Through public housing authorities, HUD provides rental assistance vouchers for privately owned housing to veterans who are eligible for VA health care services and are experiencing homelessness. VA case managers connect these veterans with support services such as health care, mental health treatment, and substance use counseling to help them in their recovery process and with their ability to maintain housing in the community. Accessed through Portland VA.

Community Resource and Referral Center (CRRC) CRRC is a community-based resource and referral center that provides access to VA and community services for veterans who are homeless or at risk of becoming homeless. CRRCs provide veterans who are homeless or at risk of homelessness with CRRCs provide one-stop access to community-based, multiagency services to promote permanent housing, health and mental health care, career development and access to VA and non-VA benefits. The CRRC is part of the VA Portland Health Care System.

Portland:
308 SW 1st Ave.
Portland, Oregon 97204
(503) 808-1256
(800) 949-1004 Ext. 51256
Hours: weekdays, 8 a.m.–3 p.m., Thursdays 10 a.m.–3 p.m., excluding Federal Holidays.

Vancouver:
CRRC Annex
1601 E. Fourth Plain Blvd., Bldg. 18
Vancouver, Washington 98661

Health Care for Homeless Veterans (HCHV) Program HCHV offers outreach, case management and residential treatment services to help veterans transition from living on the street or in institutions to stable housing situations. HCHV staff engage and serve Veterans who are homeless, including those diagnosed with mental health or substance use issues. Through HCHV, Veterans receive exams, treatment, referrals and case management.

Stand Downs Stand Downs are typically one-to three-day events providing services to homeless veterans such as food, shelter, clothing, health screenings, and VA and Social Security benefits counseling. Veterans are also referred to a variety of other services, such as housing, employment, and substance use treatment. Stand Downs are collaborative events, coordinated between local VAs, other government agencies and community agencies that serve the homeless. The next scheduled Stand Down in the Portland is September 11, 2018.

Transitional Housing Program (THP) THP is a joint venture between the Portland VAMC, the Vancouver Housing Authority, and the Clark County Coalition of Homeless Service Providers. The goal of THP is to provide support for homeless veterans transitioning back into the community after completing inpatient or residential care.

Contact Person: Mark L. Adams, Community Reintegration Service
VA Medical Center, P.O. Box 1035
Portland, Oregon 97207
Vancouver (360) 696-4061, ext. 33722
Portland (502) 220-8262, ext. 33722

Oregon Department of Veterans' Affairs - Home Loans
700 Summer Street. NE
Salem, Oregon 97301
(888) 673-8387
(503) 373-2051

Washington County Shelters

Good Neighbor Center
11130 SW Greenburg Road
Tigard, Oregon 97223
(503) 640-3263

Good Neighbor Center is a 36-bed facility serving up to nine families at a time. There is space so that each family has a private room where they can live for up to six weeks. In order to stay here there must be a minor child within the family unit. During their stay, families are provided three daily meals, case management services, access to our robust Children's Program, Life Skills classes, opportunities to participate in the Rent Well program, and much more.

Community Action Hillsboro Family Shelter
Hillsboro, Oregon
(503) 640-3263

Families may live in the Community Action Hillsboro Family Shelter for up to five weeks. During their stay, staff help residents make a plan for housing and other needs that is designed for long-term self-reliance and stability.

Family Promise Washington County Oregon
Hillsboro, Oregon
(503) 640-3263

Family Promise is a non-profit homeless shelter program located in Hillsboro, Oregon for families with children.

To be placed a waitlist for any of these Washington County family shelters call: *(503) 640-3263*.

Clean and Sober Housing

4th Dimension Recovery Center (4D)

362 SW Oak St
Hillsboro, OR 97123
(971) 703-4623
https://4drecovery.org/housing/hours

Clean-and-sober supportive recovery house in Gresham.

Arbor House

(423) 598-3678
skye@arborhouseportland.com
https://www.arborhouseportland.com

Arbor House Portland takes a holistic, hands-on approach to sober living, with built in wrap-around recovery services designed specifically for the needs and experiences of women and femme-identifying individuals in early recovery from substance use.

Services are available for women, non-binary, and femme-identifying individuals aged 18 and over, regardless of race, political affiliation, religion, ethno-cultural background or sexual orientation.

Archers Recovery Homes

5119 SE 140th Ave
Portland, OR 97236
Contact: William Archer
(503) 516-8397
cleanwilliam@hotmail.com/

Affordable housing which helps 12-Step members.

Bridgeway of Hope

6855 NE 82nd Ave
Portland, OR 97220
(971) 230-5300

Bridgeway of hope provides up to 24 months of safe and supportive living for those with housing insecurity. Clean and sober, intended for those leaving recovery programs. Shared rooms, community lounges, computer lab, and other resources available.

Come Rest Awhile

4801 Jean Rd
Lake Oswego, OR 97035
(503) 635-0102
https://www.comerestawhile.org/

Clean-and-sober housing for women. Residents are expected to:

- Be drugs and alcohol free
- Employed, seeking employment, enrolled in school and /or attending an outpatient recovery program or a consultation program
- Actively participating in a recovery program
- Regularly attending 12-step meetings.
- Work with a sponsor
- Adhere to curfew (passes can be requested after the first month of residency)
- Participate in the house meetings, responsibilities and house functions.

Free On The Outside – Knapp Houses

592 Molalla Ave
Oregon City, OR 97045
(503) 383-1834
Contact: Mike Cross (503) 867-3157
https://www.freeontheoutside.org/

Six clean and sober houses in Oregon. Sex offenders allowed. Call Mike Cross for vacancies.

Fresh Start Recovery Housing

473 S 1st Ave
Hillsboro, OR 97123
Men's Homes: (503) 330-1292
Women's Homes: (503) 713-7222

Fresh Start Recovery Homes is a clean and sober transitional housing program for men, woman, and children in Washington County, Oregon.

Holistic Healing Behavioral Healthcare

Jamaica Imani-Nelson, Executive Director, MSW, QMHP, CADCIII, CSWA
5257 NE Martin Luther King Jr Blvd STE 201
Portland, OR 97211
(503) 954-2077
Jamaica@holistichealingbh.org
https://holistichealingbh.org

Holistic Healing Behavioral Healthcare (HHBH) focuses on helping brown and black people get treatment that works for them. HHBH owns a house to provide supportive housing to the BIPOC recovery community. The house is located at 6515 NE Cleveland Avenue, sleeps nine, and costs $500 per month per residence. Requirements include 90 days of sobriety and employment.

Lasko Refuge

4505 SE Morrison St
Portland OR 97233
(971) 645-2448
https://laskorefuge.org/pages/copy-of-location

Three recovery houses in Portland. Emphasize choice and motivation over specific program requirements.

Morningstar Recovery Services

P.O. Box 603
Oregon City, OR 97045
(971) 377-4141
https://www.morningstarrecoveryservices.com/

Four clean-and sober-houses in Clackamas and Multnomah counties for adults in substance use treatment plans.

Mountain View Recovery

10435 SE Cora St
Portland, OR 97266
(503) 332-5312

SRO clean-and-sober recovery housing for men.

Oregon Trail Recovery

10600 SE McLoughlin Blvd, Suite 207
Milwaukie, OR 97222
(844) 601-0720
https://oregontrailrecovery.com/addiction-recovery-programs-portland/sober-living-program/

Sober Housing in Oregon. Residents must attend support meetings.

Portland Sober Living Company

(541) 640-9501
info@portlandsoberlivingcompany.com

Mens and women's homes for clean and sober housing. Must go to 5 meetings a week and take breathalyzers.

Premiere Sober Living

14934 SE 117th Ave
Clackamas, OR, 97015
(503) 660-6819
https://premieresoberliving.com/

Three recovery houses in Portland area. Required support meeting attendance, with live-in staff. More info on site.

Sober Housing Oregon

(971) 337-4587
https://www.soberhousingoregonllc.com/apply

Sober housing located in Portland, Tillamook, and Milwaukie. 10 men's houses and one women's house.

Sober Living Oregon

122 NE 122nd Ave
Portland, OR 97230
(503) 594-4750
https://www.slorecoverycenter.com/sober-living/

Four clean-and-sober houses in Portland area with supportive staff and regular screenings for all residents.

Transcending Hope Recovery Homes

347 S 1st St, Suite A
Hillsboro, OR 97123
(503) 757-2550
https://transcending-hope.com/

Safe, stable recovery houses in Washington, Multnomah, and Clackamas counties, plus transitional programs and community restoration. Includes housing for Washington County Aid and Assist and Measure 110 housing for Multnomah and Clackamas counties.

Union Gospel Mission: Portland Overnight Shelter

9715 SE Powell Blvd 97226
Portland, OR
(503) 274-4483
https://ugmportland.org/shelter

November 1-March 31st every year, 8:30 p.m.–6 a.m.

Union Gospel Mission: Salem

Men's Shelter
777 Commercial St NE
Salem, OR 97301
(503) 967-6388
https://www.ugmsalem.org/get-help
Open 24 hours, 365 days a year

Women's Shelter
5119 River Road N
Keizer, OR 97303
(503) 967-6388
https://www.ugmsalem.org/get-help
Open 24 hours, 365 days a year

Transitions Men's Reentry Program – Restoration House
650 Locust St NE
Salem, OR 97301
(503) 967-6388
https://www.ugmsalem.org/transitions

Transitions Men's Reentry Program – Grear Street Apartments
2360 Grear St NE
Salem, OR 97301
(503) 967-6388
https://www.ugmsalem.org/transitions

West Coast Sober Housing

Call or visit site for locations
(503) 969-3573
https://www.westcoastsoberhousing.com/locations

Six recovery houses in Portland. Includes men's houses, women's houses, and all-LGBTQ housing.

Housing Support Services

African American Alliance for Homeownership

825 NE 20th Ave #100
Portland, OR 97232
(503) 595-3517
https://www.aaah.org/

Homebuyer education foreclosure counseling, down payment assistance for Portland's Black community.

General Assistance (GA) Program to Prevent Homelessness – Oregon Department of Human Services (ODHS)

https://www.oregon.gov/odhs/aging-disability-services/pages/general-assistance-program.aspx
email: dbl.referral@odhsoha.oregon.gov
(866) 535-8431

The Oregon Department of Human Services (ODHS)'s General Assistance (GA) program provides short-term financial help for individuals with severe disabilities who are experiencing homelessness or at risk of homelessness. GA is a state-run program that provides an "Interim Assistance" advance on SSI payments for people who are likely to be or are already involved in the lengthy SSI appeals process. They receive state cash funds in advance of the SSA awarding them benefits and sign an agreement to repay ODHS for this advance once they are approved for SSI benefits and receive

their back payments. Given that the majority of SSI claims take years to resolve, this can be a life altering benefit.

To be eligible for this program, people must meet all of the following criteria:

- Be homeless or at risk of homelessness
- Be an adult, age 18 to 64
- Have no minor children living with them
- Have a severe disability that meets Social Security disability criteria
- Be receiving Presumptive Medicaid medical assistance
- Meet all eligibility criteria for Supplemental Security Income (SSI)
- Apply for SSI and appeal any denials received
- Sign an Interim Assistance Agreement (IAR) that allows ODHS to be repaid for program benefits after the person is approved for Social Security Disability benefits and gets their back payments

Program benefits include:

- Up to $615 per month in housing assistance
- $103 in utility assistance per month
- $69 in cash assistance per month

Free help with the Social Security application and appeals process

Helping Professionals Wellness Center

5007 NE St Johns Rd
Vancouver, WA 98661
(360) 687-0693
https://hpwellnesscenter.com/supportive-employment-housing-services/

- HPWC help individuals obtain and maintain employment and housing by reducing barriers, increasing employment skills, assisting with application processes, credit repair, tenant skills, and financial resources to secure housing.

Rent Well

Transition Projects Administrative Office
665 NW Hoyt St
Portland, Oregon 97209
(503) 280-4700
Monday–Friday 9:00 a.m.–5:00 p.m.
https://www.tprojects.org/rent-well

Rent Well, a program of Transition Projects, is a 15-hour tenant education program taught by certified instructors in Oregon and Washington. The course is typically taught in 3 to 6 weeks and covers key information and skills for becoming a responsible, successful, and stable tenant.

During this class, participants learn:

- To identify potential screening barriers
- Understand how and why a landlord will screen them
- Review important personal records; such as credit, civil, and criminal reports
- Create an individualized plan for stable housing
- Build a household budget that makes paying rent a priority
- Review rental agreements to understand common terms and expectations
- Understand the landlord's perspective
- Communicate effectively with neighbors and landlords
- Move-in and move-out of rental units in a professional manner
- Understand the eviction process and how to avoid it

How to maintain a clean, safe, and healthy home.

Self Enhancement, Inc. (SEI)

2205 NE Columbia Blvd
Portland, OR 97211
(503) 285-0493
selfenhancement.org

Self Enhancement offers eviction prevention, homeless housing services, case management services, and African-American advocacy.

Urban League of Portland

10 N Russell St
Portland OR 97227
(503) 280-2600
https://ulpdx.org/

Culturally specific employment, education, health, economic and family services combined to empower Black communities.

MENTAL HEALTH

Amenda Clinic

314 NE 19th Ave.
Portland, Oregon 97232
(503) 239-8181
reception@amendaclinic.com
http://www.amendaclinic.com/pageus

Amenda Clinic merges the physical, emotional, and spiritual experiences of being human with evidence-based care, acceptance, and creativity to expand their clients' capacity to show up and live their fullest life. Through ancient herbal medicine, naturopathy, genetics, functional lab work, pharmaceutical intervention, counseling, flower essences, and any other therapies that honor the mind-body connection, they help clients heal, achieve their goals for well-being, and live their life at full capacity. This is patient-led integrative care that honors clients' experiences and supports the outcomes clients desire while leveraging the expertise of innovative providers across specialties to achieve true collaborative healing.

Common conditions Amenda Clinic sees in patients include depression, anxiety, PTSD, bipolar disorder, ADHD, psychosis, schizophrenia, OCD, eating disorders, and addictions of all kinds. However, Amenda Clinic also considers itself diagnosis neutral. This means that they don't think people can easily be fit into a neat diagnostic category but that there can be helpful reasons to have a diagnosis. Amenda Clinic works with people at nearly every stage of life, from adolescence to elderly. They celebrate gender, racial, and cultural diversity. Some of their providers have additional training in working with queer and trans-identified people.

Avel Gordly Center

621 SW Alder, Suite 520
Portland, Oregon 97205
(503) 418-5311
Hours: Monday–Friday 8 a.m.–5 p.m.

The Avel Gordly Center for Healing is named in recognition of Honorable Senator Avel Gordly for her work championing the issues for people living with mental illness. Part of the center's mission is providing education and awareness for the African American and African communities on issues of mental health and addictions. Additionally, they'll provide trainings for other healthcare and social service providers about culturally responsive treatment for African Americans.

The Center's diverse team of counselors, therapists, psychologists, and psychiatrists provide evidence-based, culturally responsive compassionate mental health care services for African and African American communities including the following:

- Individual therapy
- Group therapy/classes
- Couples and family therapy
- Psychiatric evaluation/medication management
- Adoption/adoptee support

Better Outcomes thru Bridges (BOB) Behavioral Health Program

Contact: Becky Wilkinson, LCSW
Outreach & Peer Support Program Manager, Better Outcomes thru Bridges
(503) 215-4794 or by email at Rebecca.wilkinson2@providence.org
https://blog.providence.org/regional-blog-news/better-outcomes-thru-bridges-bob-programs

Providence's Better Outcome thru Bridges (BOB) Behavioral Health Programs include several patient-centered programs and projects within the Oregon region.

Peer Support Outreach:

Caring Contact & Behavioral Health Follow up: BOP Caring Contacts Peer Support Specialists utilize lived experience and the Collaborative Community Approach Model to work with patients recently discharged from the emergency department in behavioral health crisis. Caring Contacts connect vulnerable patients to community resources and behavioral health programs while providing needed support services along the way.

Substance Use Disorder (SUD) Peer Support: BOB SUD Peer Support Specialists use their own lived experiences with addiction to work with patients who have substance use disorders. Peers meet patients in the hospital, who are admitted with medical concerns related to their substance use. Peers continue to work with patients after discharge to provide support, service navigation and advocacy in clients' journey to recovery or supporting clients' not ready for sobriety, by utilizing a harm reduction framework.

Inpatient Behavioral Health Outreach Program (BHOP): BOB Peer Support Specialists are based in two of Providence's inpatient behavioral health units with the goal of providing short term support to patients discharging without connections to providers in the community. BOB peers will help patients connect with a new or existing providers after discharge to address their health needs.

Emergency Department Outreach: The BOB Emergency Department (ED) Outreach & Peer Support Specialists work directly with hospital staff and community partners to identify behavioral health patients with frequent ED visits that may need additional support and services after they discharge. BOB ED Outreach and Peer Support Specialists spend most of their time in the community alongside clients, assisting them in connecting to the resources that address their unmet needs while providing trusted support and advocacy along the way.

Providence Medical Group (PMG) Clinic Outreach: BOB PMG Clinic Outreach Specialists work with behavioral health patients, as well as patients identified by PMG behavioral health clinic staff as having high social determinants of health needs or difficulty accessing services. Their clinic team works with providers, clinicians, community partners and the patient, to make sure that the patient is getting the services and support that they want and need.

The BOB program hosts monthly community outreach meetings and maintains a resource sharing list-serv of approximately 1,000 community partners from almost two hundred agencies. The BOB Team also routinely provides street outreach in various communities throughout Oregon.

Bridges to Change Acute Care Team

https://bridgestochange.com/immediate-care/

Bridges to Change's Acute Care Team is a county mobile outreach team aimed at providing services to people exactly where they are. The Acute Care Team has qualified mental health professionals prepared to help individuals navigate mental health issues and/or substance use issues, and get people set up an assessment wherever they are. Their team is equipped with basic needs supplies including tents, clothing, food, water, first aid, Narcan and more, as well as peer mentors. Referral form can be accessed online.

Cascadia Health

Access services by calling:
Cascadia Access, Information and Referral (CAIR) (503) 674-7777
Central Records fax *(503) 236-7166*

Formerly Cascadia Behavioral Health, Cascadia Health offers a wide range of integrated, holistic, person-centered trauma-informed mental health care services.

Cascadia's main health centers serves adults by providing whole health care model, including on-site primary care option in addition to behavioral health treatment.

Cascadia's evidence-based multi-disciplinary teams collaborates with clients in developing a comprehensive treatment plan; their services can include individual and group therapy, medication management, skills training, case management, advocacy, community referrals, supported employment, and more. In addition, culturally responsive services are offered to families and children with the goal of ensuring family health and safety and parent engagement in services. Cascadia works closely with child welfare, community justice, and schools to provide access and coordination of care.

Clackamas/Talbert Health Center (Offers Primary Care)
17070 SE McLoughlin Blvd
Portland, OR 97267
(503) 303-4000
Hours: Monday–Friday 9 a.m.–5 p.m.

Garlington Health Center (Offers Child & Family, Intensive Case Management, and Primary Care)
3036 NE Martin Luther King Jr Blvd
Portland, OR 97201
(503) 283-3763
Hours: Monday–Friday 9 a.m.–5 p.m.

Plaza Health Center (Offers Child & Family, and Primary Care)
4212 SE Division St
Portland, OR 97206
(503) 238-0705
Hours: Monday–Friday 9 a.m.–5 p.m.

Woodland Park Health Center (Offers Child & Family, Older Adult, and Primary Care)
10373 NE Hancock St Ste 200
Portland, OR 97220
(503) 253-6754
Hours: Monday–Friday 9 a.m.–5 p.m.

Cascadia Crisis Services – **Urgent Walk-In Clinic**
4212 SE Division St, Ste 100
Portland, OR 97206
(503) 963-2575
Hours: Monday–Friday 7 a.m.–9 p.m., Saturday–Sunday 9 a.m.–9 p.m.

Cascadia's urgent walk-in clinic is open 7 days a week to provide crisis mental health and addiction services to all individuals in Multnomah County regardless of insurance, income, or age. Their short-term services are based on clinic needs and may include:

- Counseling
- Referrals to affordable mental health care
- Psychiatric prescriber services
- Substance treatment referrals
- Other community resources navigation

Project Respond
Available to provide support 24/7
(503) 988-4888

Project Respond is a mobile mental health crisis response team that provides an array of crisis, specialized, and culturally aware services. Project Respond focuses on helping an individual and/or family regain a sense of control over thoughts, feelings, and events. Individual strengths and preferences are considered during all support interventions. Their response teams include:

- **Mobile Crisis Team** clinicians provide crisis risk assessment and support to individuals and families in Multnomah County 24/7
- **Emergency Department Liaisons (ED)** provide outreach and support to individuals identified by local emergency departments to assist in access to services and decrease the risk of further crises
- **Family Crisis Stabilization Specialists (FCSS)** respond to children, adolescents, and families identified as being in or at-risk of experiencing a mental health crisis; additionally, will provide follow-up supports and resource navigation
- **Library Crisis Services (LCS)** provides outreach, engagement, and crisis response to folks accessing the Multnomah County Library Services
- **Peer Wellness Specialists (PWS)** are referred through Project Respond crisis teams; PWS have similar or shared lived experiences and provide peer-driven services focused on acceptance, hope, options and opportunities, and problem-solving
- **Shelter Behavioral Health Team (SBHT)** are counselors and peers that provide in-person walk-in hours and distress/crisis intervention support to local publicly funded shelters
- **Gresham Service Coordination Team** is an integrated team of Project Respond clinicians and Gresham Police to provide support and assistance to individuals

in the community experiencing mental health crisis. Internal referrals from Gresham Police

Crisis Respite
Tigard Respite (503) 747-4338
Rockwood Respite (503) 243-2236

Crisis Respite is a short-term community-based alternative to psychiatric hospitalization. Respite occurs in a supportive atmosphere, away from everyday stressors that may impact an individual's sense of wellness. Individuals are supported on their wellness goals and recovery, and encouraged to maintain contact with their family, friends and community during their treatment. Respite services provide:

- Three meals a day
- Activities and recreational opportunities in common spaces
- 24-hour staff support and guidance.
- Symptom stabilization and medication management

Please call the facilities to inquire about the referral process.

A person must have 30 days of medications and a place to go upon discharge from respite.

Cascadia Criminal Justice Involved Specialty Services
Case Coordination provides short-term case management, medication management, and counseling services to individuals within the Mental Health Unit or Transitional Services Unit under supervision with Multnomah County's Department of Community Justice. **Referrals accepted directly from Multnomah County.**

Forensic Assertive Community Treatment (FACT) Program assists criminal justice involved folks experiencing serious mental health challenges and needing guidance in major life areas such as employment, relationships, housing, and physical health and wellness. FACT provides medication management, case management, and counseling. Applicants must have a primary diagnosis of a severe and persistent mental illness which seriously impairs their function in the community, at a moderate to high risk of reoffending, are a Multnomah County resident, and have OHP or are indigent. The program works in partnership with Health Share of Oregon and Multnomah County, and in collaboration with law enforcement and other community partners. **Federal Probation can make referrals to FACT.**

Second Chance for Women program is for women living with mental health and substance use disorder(s) under supervision with Multnomah County's Departments of

Community Justice. They provide case management, medication management, and gender-specific counseling. **Referrals accepted directly from Multnomah County Department of Community Justice.**

Catholic Charities of Portland

2740 SE Powell Boulevard
Portland, Oregon 97202
(503) 231-4866
(503) 238-5196 Family Support

Their Family Support services include pregnancy and parenting classes, case management and resource navigation, groups, financial wellness, infant supplies, and low-cost counseling to individuals and couples, as well as during and after pregnancy. The counseling is covered by Share Oregon or is on a sliding scale.

Cedar Hills Hospital

10300 SW Eastridge St.
Portland, Oregon 97225
(503) 944-5000
https://cedarhillshospital.com/treatment-services/
Affordable transportation options available upon request

Cedar Hills Hospital's **Mental Health Unit** offers 89 beds and provides mental health treatment services including treatment for depression, anxiety, and psychosis. Their Inpatient Programs include a 10-bed **Crisis Stabilization Unit**, serving patients with acute psychiatric symptoms. The goal of the Crisis Stabilization program is brief symptom stabilization, after which patients may be transferred to a longer-term unit for further stabilization and care. Treatment on the Crisis Stabilization unit sometimes occurs on an involuntary basis, if patients are deemed dangerous to themselves or to others. Additionally, **Substance Abuse Treatment Program** is offered for residents.

The **Military Program** at Cedar Hills Hospital is specifically designed for Active Duty, National Guard, and Active Reserve service members, their families and Veterans. It is designed for those who are experiencing substance use, depression, military sexual trauma, combat induced PTSD/trauma, military related chronic pain or co-occurring mental health and substance use. Programming can require a stay of 7 to 45 days. **Military liaison is available to provide guidance and assistance at (503) 413-9779 or (877) 601-5303.**

Cedar Hills Outpatient
1815 Marlow Ave., Ste. 218
Portland, Oregon 97225
(971) 228-8000

Cedar Hills **Outpatient Programs** include Mental Health Day Treatment and Intensive Outpatient, Substance Use Disorder Day Treatment and Intensive Outpatient, and the Women's Program Day Treatment and Intensive Outpatient, as well as a Continuing Care Group and a DUII Group

The **Medication-Assisted Therapy Program** is available for clients **only enrolled in outpatient services and have completed Intensive Outpatient or Partial Hospitalization programming**. MAT is a long-term psychiatric medication program which is includes initiation and/or maintenance of suboxone/Subutex to assist folks with maintaining recovery. Group therapy sessions for mental health and/or substance use are also included.

Central City Concern (CCC)

Blackburn Center
12121 E Burnside St
Portland, OR 97216
971-361-7700
Hours: Monday, Tuesday, Thursday, Friday, 8 a.m.–5 p.m.; Wednesday, 9 a.m.–5 p.m.

Blackburn Center offers compassionate care for physical and mental health all in one setting. Their mental health services include counseling, medication management, individual and group therapy as well as specialist referral if needed. This clinic can also provide addiction/substance use treatment/recovery services.

Imani Center
2040 SE Powell Blvd
Portland, OR 97202
P: 503-226-4060
F: 503-445-0749
Hours: Monday–Friday 8 a.m.–4:30 p.m., closed noon–1 p.m. daily

Since 2015, Imani Center has provided mental health and addiction treatment for the Black and African American community. Imani Center offers a culturally safe environment for participants to build a community with folks and staff who have lived knowledge of Black Culture and African American experience. This center offers individual and group counseling, peer support, and limited case management.

Karibu Stabilization Program
2020 SE Powell Blvd
Portland, OR 97202
Hours: Monday–Friday, 8 a.m.–5 p.m.
Online referral form (https://a114071.socialsolutionsportal.com/apricot-intake/6cf3a433-87ac-4cbd-81e4-f632a12ee32c)
A referral to the clinic may be made online.

Karibu provides individualized, culturally specific Stabilization and Treatment Preparation (STP) services for Black/African American adults (18+) who are presently or at-risk of becoming criminal justice-involved and have behavioral health needs. This program has an outreach and supportive housing team which can support up to 30-35 participants in the community. The Karibu Community Care Team can provide clinical and case management, behavioral health assessment and care planning, individual and group therapy, service navigation and advocacy, and crisis planning/intervention among other services.

Old Town Clinic (OTC)
727 W Burnside St
Portland, OR 97209
(503) 228-4533
Hours: Monday, Tuesday, Thursday, Friday, 8 a.m.–5 p.m.; Wednesday, 9 a.m.–5 p.m.

Like Blackburn Center, OTC offers physical and mental health services in a single location. OTC can offer sliding-scale services, including mental health counseling, medication management, and addiction/substance use treatment/recovery.

Old Town Recovery Center
33 NW Broadway St
Portland, OR 97209
(503) 228-7134
Hours: Monday–Friday, 8 a.m.–5 p.m.
Referrals for Old Town Recovery Center CORE or ICM Teams can be made by the client's current provider.

The Old Town Recovery Center offers comprehensive and compassionate mental health services and outpatient treatment for substance use disorders. Their services include individual counseling, medication management, case and money management, in-home visits/outreach, and wraparound care. Their mental health professionals can do in-person, video, and phone appointments.

Puentes
Location undisclosed
(503) 546-9975
Online referral form:
(*https://forms.office.com/pages/responsepage.aspx?id=aZccukx83EOaQXTRGTPUhEh6xN8hs0BKq_NWExNB8rVUQUI4UUlPOEY0TExQUFFVMFI4VjMyTkcyWCQlQCN0PWcu*)
A referral to the clinic may be made online or by phone.

Since 2005, Puentes has offered culturally affirming and supportive environment for healing and recovery to Latine/Hispanic communities. Their bilingual and bicultural staff provide individual and group counseling, peer support, recovery groups, case management, outpatient addiction/substance use treatment, and more.

CCC Best Program
bestinfo@ccconcern.org
(971) 271-6352

CCC's Benefits and Entitlements Specialist Team (BEST) program helps particularly vulnerable individuals—those experiencing homelessness or deep poverty and living with severe disabilities that keep them from gaining employment—navigate the maze of the social security system. **In order to access BEST services, intake with OTC will need to be completed.**

The application process for social security benefits, Social Security Disability Insurance (SSDI) and/or Supplemental Security Income (SSI), can be daunting. BEST's benefits specialists work with each client and use their expertise to maximize the chances of a successful application. They can coordinate psychological and medical exams; covered by BEST. BEST specialists will assist clients with initial application and appeals process.

Crisis Hotlines and Services

Dial 211

This is the primary information and referral resource for the City of Portland and Multnomah County. They can provide organizations and contacts for a variety of social service needs.

Multnomah County Mental Health Crisis Line
(503) 988-4888, toll-free: 800-716-9769, Hearing-impaired dial: 711
24 hours a day, 7 days a week

Mental health professionals are available to help anyone experiencing mental health issues at any time, in any language.

- Free, 24/7 mental health support
- Interpretation services for non-English speakers
- Referral to low-cost or sliding-scale agencies
- Help finding mental health providers
- Information about non-crisis community resources

Cascadia Health Multnomah County Mental Health Urgent Walk-In Clinic
4212 SE Division St, Ste 100
Portland, OR 97206
(503) 963-2575
Hours: Monday–Friday 7a.m.–9 p.m., Saturday–Sunday, 9 a.m.–9 p.m.

Hawthorne Walk-In Center Mental Health & Addictions Care
5240 NE Elam Young Parkway
Hillsboro, OR 97124
P: 503-291-9111
Hours: Monday–Friday, 9 a.m.–2 p.m., Sunday, 12–4 p.m.

Unity Center for Behavioral Health – Psychiatric Emergency Services
(503) 944-8000

Additional Mental Health/Suicide Prevention:

National Suicide Prevention Lifeline
(*800) 273-8255*
24 hours a day, 7 days a week; 150+ languages available

Oregon:

Crisis Line Clackamas County: *(503) 655-8585*
Crisis Line Washington County: *(503) 291-9111*
Crisis Line OR Counties NAMI Guide: *https://namior.org/get-help-now/*

- *Can also text NAMI to 741741 if in a crisis*

David Romprey Oregon Warmline: *(800) 698-2392*

- *24/7 intentional peer support for all Oregonians; Spanish Bilingual as well*

Oregon Behavioral Health Support Line: *(800) 923-4357*

- *24/7 service for Oregonians providing emotional support, schedules free short term counseling services, and assists with referrals to mental health and substance use recovery*
- *Do not need to be in a crisis*

Oregon's Lines for Life: *(800) 273-8255 or text "273TALK"*
Portland Suicide Lifeline: *(503) 972-3456*

Washington:

Clark County Crisis Line: *(360) 696-9560 or toll free: (800) 686-8137*
WA Warmline: (*877) 500-9276*
Washington Crisis Connections: *(866) 427-4747 or 711*

- *https://www.crisisconnections.org/24-hour-crisis-line/*

Domestic Violence/Sexual Assault

National Deaf Domestic Violence Hotline: *(855) 812-1001*

- *https://www.thedeafhotline.org/*
- *Available 24/7 through email, chat, and video phone; ASL and peer support*
- *Crisis intervention, safety planning, referrals, and relationship education*

National Domestic Violence Hotline: *(800) 799-7233 or text START 88788*

- *TTY (800) 787-3224 or Video Phone Only for Deaf Callers at (206) 518-9361*

National Human Trafficking Resource Center: *(888) 373-7888 or text 233733*
National Rape Crisis Line: *(800) 656-4673*
Call to Safety: *(503) 235-5333*

- *24/7 confidential DV/IPV and sexual assault crisis line.*

DeafLEAD National Crisis Line: *(321) 800-3323*

- *24/7 videophone ASL crisis intervention, case management, and mental health services for Deaf, hard of hearing, late-deafened, and DeafBlind survivors of crime*
- *Can also provide culturally responsive interpreting services for providers assisting someone needing ASL*
- *https://www.deafinc.org/deaflead/services.html*

Domestic Violence Resource Center Crisis Line: *(503) 469-8620 or (866) 469-8600*

- *24/7 confidential crisis line; provides other resources and services*

Love is Respect National Teen Dating Abuse Hotline: *(866) 331-9474*

- *TTY 800-787-3224 or text LOVEIS 22522*
- *Confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships*

NAYA Family Center DV Healing Circle: *(503) 288-8177 ext 339*

- *Culturally responsive crisis intervention, advocacy, educational, and supportive services for Native Americans experience domestic and sexual violence*
- *Free childcare for support group attendance is available*

Portland Bad Date Line PDX SWOC: *(503) 535-3901*

- *Anonymous reporting for sex worker violence and abusive sex worker clients*

RAINN – Rape, Abuse, and Incest National Network: *(800) 656-4673*

- *24/7 confidential crisis and resource support line*
- *Interactive map to display national DV/IPV and sexual assault resources available by state*

Sexual Assault Resource Center (SARC): *(503) 640-5311*

- *24/7 support and resource line; text and call available*

StrongHearts Native Helpline: *(844) 762-8483*

- *Available 24/7 for Native Americans and Alaska Natives providing culturally responsive DV & SA support and advocacy*

SWOP USA/GLITS Community Support Line: *(877) 776-2004*

- *Sex Workers Outreach Project is a volunteered-staffed warmline to provide peer support, rape counseling, and crisis intervention*
- *Additionally partnered with Gay & Lesbians in a Transgender Society to provide support for trans-identified folks*

UNICA: *(503) 232-4448 or (800) 232-4448*

- *24/7 crisis line support for survivors of interpersonal violence with a trauma-informed culturally specific support for Latine survivors*
- *Triage for access to other UNICA support services; Spanish bilingual*

LQBTQIA2S+

Bradley Angle: *(503) 235-5333*

- *24/7 provides emergency housing and other assistance for survivors escaping DV*
- *Specifically serving Black and LGBTQIA2S+ communities*

National LGBT Coming Out Support Hotline: *(888) 688-5428*

- *Monday–Friday, 1–9 p.m. and Saturday, 9 a.m.–2 p.m.; no recording*

National LGBT Hotline: *(888) 843-4564*

- *General, Monday–Friday, 1–9 p.m. and Saturday, 9 a.m.–2 p.m.; no recording*

National LGBT Senior Hotline: *(888) 234-7243*

- *50+; Monday–Friday, 1–9 p.m. and Saturday, 9 a.m.–2 p.m.; no recording*

National LGBT Youth Talkline: *(800) 246-7743*

- *25 or younger; Monday–Friday, 1–9 p.m. and Saturday, 9 a.m.–2 p.m.; no recording*

Trans LifeLine USA: *(877) 565-8860 (opt 2 for Spanish)*

- *Available Monday–Friday, 10 a.m.-6 p.m. PST; national*
- *Run by and for trans people, provides peer support*

Trevor Project: *(866) 488-7386 or text START to 678678*

- *24/7 for immediate crisis support for LGBTQ youth*

Race/Ethnicity/Immigration

Asian Lifenet Hotline: *(877) 900-8585*

- *24/7; Crisis and support line; national*
- *Languages offered: Cantonese, Mandarin, Japanese, Korean, and Fujianese*

Crisis Line of Racial Equity Support: *(503) 575-3764*

- *Available Monday–Friday, 10 a.m.-7 p.m.; Dedicated and staffed by BIPOC counselors who've experienced dealing with racism and provide peer support*

Oregon Bias Response Hotline: *(844) 924-2427*

- *Available Monday–Friday, 9 a.m.-5 p.m.; interpretative services in 240+ languages*
- *Confidential non-emergency hotline to report hate crimes, bias incidents, or any other targeting against a protected class. Can assist with connecting to resources as well.*

Substance Use

Alcohol & Drug Helpline: *(503) 244-1312 or toll free: (800) 923-4357*

- *Spanish: (877) 515-7848*
- *Teen: (877) 553-8336*
- *Text RecoveryNow to 839863; only available daily 8 a.m.–11 p.m. PST*

NAYA Family Center Alcohol & Drug Support for Youth: *(503) 288-8177 ext 217*

- *Culturally relevant harm reduction model support services are available individually.*
- *Hours and availability are flexible based on needs of the youth*

WA Recovery Help Line: *(866) 789-1511*

- *Phone available 24/7, text available Monday–Friday, 9 a.m.–5 p.m.*
- *Provides crisis intervention and local referral services for Washington residents*

Veterans/Military Service Members

Coaching into Care: *(888) 823-7458*

- *Available Monday–Friday, 8 a.m.–8 p.m. EST*
- *Free for families and friends of veterans to access guidance and assistance with starting conversations to encourage their loved veteran to find support for their mental health and/or substance use*

Lines for Life Military Warmline: *(888) 457-4838*

- *24/7; Independently operated and not affiliated with Department of Defense*
- *Support services for all veterans and military service members living in Oregon*
- *Text MIL1 to 839863 only available daily 8 a.m.–11 p.m. PST*

War Vet Call Center: *(877) 927-8387*

- *Connects with Vet Center Call Center 24/7 and provides support for veterans and their families as they transition from military to civilian life*

Women Veterans Call Center: *(855) 829-6636*

- *Available Monday–Friday, 8 a.m.–10 p.m. and Saturday, 8 a.m.–6:30 p.m.; Anonymous chat available*
- *Provides VA services and resources to women veterans, families, and caregivers*

Veterans Crisis Line: *1-800-273-8255, press 1 or text 838255*

Youth/Family/Senior

Mobile response and Stabilization Services: (*503) 988-4888, hearing impaired: 711*

- *MRSS is developmentally appropriate crisis services for children, youth, and young adults (through age 20) as well as their families/caregivers*

National Runaway SafeLine: *(800) 786-2929, text 66008*

- *24/7 safe line for runaway and houseless youth needing access to finding shelter, food, medical assistance, counseling, family mediation, and/or bus tickets home*

Oregon YouthLine: (*877) 968-8491 or text teen2teen at 839863*

- *Teen to teen crisis & help line; Adults available 24/7, peer teens available 4-10 p.m.*

Parent Warmline for Oregon: *(833) 732-2467*

- *Available Tuesday, Wednesday, Thursday, 12-7 p.m. except for holidays for families and youth*
- *Peer support for caregivers to promote mental, behavioral, and emotional wellness through education, support, and advocacy*

Senior Loneliness Line: *(503) 200-1633*

Washington Teen Link: *(866) 833-6546 or https://www.teenlink.org/*

- *Text or call to number available; 155 languages; Peer run teen volunteers*
- *Available Monday–Sunday, 6–10 p.m. (calls) and 6–9:30 p.m. (text)*
- *Provides youth suicide prevention training in schools and youth serving organizations throughout King County*

El Programa Hispano Católico

333 SE 223rd Avenue
Gresham, Oregon 97030
Phone (503) 669-8350
(503) 232-4448 Crisis Line Services

The **UNICA (Un Nuevo Inicio para Concluir el Abuso) Program** is Oregon's first bilingual/bicultural DV & Sexual Violence Survivor Support Program. *They offer a 24/7 support line for all survivors of abuse.* Their services include:

- Crisis intervention & urgent response
- Case management & housing stabilization
- Legal & medical accompaniment and advocacy
- Psychoeducation & peer support groups
- Mental Health services; Child & Family services

Grief Support Groups

Providence Portland Medical Center
4805 NE Glisan Street
Portland, Oregon 97213
(503) 215-4622 or (503) 215-1111 (hospital)

Grief support groups are held monthly on an ongoing basis. They are free to attend and open to all. Contact Hospice Bereavement Services at (503) 215-4622 in order to talk with the group facilitator before joining the group for the first time.

The Dougy Center
3909 SE 52nd Avenue
Portland, Oregon 97206
(503) 775-5683

The mission of The Dougy Center is to provide support in a safe place where children, teens, young adults, and their families who are grieving a death can share their experiences. Through their Pathways Program, they provide a safe place for families facing an advanced serious illness.

Lewis & Clark Community Counseling Center

4445 SW Barbur Boulevard
Portland, Oregon 97239
(503) 768-6320
lccounseling@lclark.edu

Lewis & Clark's Graduate School of Education and Counseling opened a Community Counseling Center (CCC), dedicated to providing high quality, low-cost mental health services to the community. They offer limited services in Spanish. **Counseling intake is $15 and sliding scale $5-75 based on client income.** Services provided include:

- **Individual, Couples, and Family Therapy Counseling Services** including marriage and relationship discord, gender identity, sexuality, sex and intimacy, discrimination and hate incidences, trauma, social injustice, grief/loss, eating concerns, and co-occurring substance use counseling.
- **Problem Gambling Services:** Long-term ongoing support is available, as well as intensive short-term treatment. Can have a 1-2 month waitlist but check with clinic.
- L&C CCC is partnered with Portland United Against Hate (PUAH) for their **Hate and Bias Response team** which acts as a point of contact for individuals and families who have experienced hate-based incidences to receive support and advocacy.

Lifeworks NW

Urgent Walk-In Clinic
Hawthorne Walk-In Center
5240 NE Elam Young Parkway
Hillsboro, OR 97124
(503) 291-9111
Hours: Monday–Friday, 9 a.m.–2 p.m., Sunday, 12–4 p.m.

Hawthorne Walk-In Center is Washington County's primary mental health urgent walk-in clinic. While clinic hours are still limited, the **crisis line at 503-291-9111** is available 24/7. Their program provides crisis and peer support services as well as:

- **Mental Health Response Team (MHRT):** pairs clinicians with Washington County Sheriff deputies responding to 911 calls with a mental health component.
- **Intensive Transition Team:** Supports Washington county residents transition from acute care hospitalizations to community settings.

Outpatient Services
Lifeworks NW has multiple outpatient clinics, majority of which provides physical and mental health care services. They have locations in Hillsboro, Beaverton, Portland, and Milwaukie surrounding areas.

To schedule an appointment at one of their clinics, call (503) 645-9010 or e-mail *intakereferrals@lifeworksnw.org*

Multiple locations: https://www.lifeworksnw.org/locations/

They can provide mental health care for anxiety, depression, ADHD, bipolar disorder, schizophrenia, psychosis, trauma & PTSD, substance use, and more for individuals and families. They offer the following outpatient treatment programs in addition to counseling and medication management:

- Adult:
  - Adult Outpatient Substance Use Disorder Program
  - DUII Adult Substance Use Disorder Program
  - Hispanic Adult Outpatient Substance Use Disorder Program
  - Women's Outpatient Substance Use Disorder Program
- Youth/Young Adult:
  - EASA (Early Assessment & Support Alliance) Program
    - Wraparound services support for youth and young adults ages 12 to 24 experience emerging symptoms of psychosis
  - TAY (Transition Age Youth) Program
  - TAYIS (Transition Age Youth Intensive Services) Program
  - STRIDE (Strengthening Tools for Recovery, Independence, Determination and Empowerment) Program

Residential Services

Lifeworks NW additionally offers residential services for folks that feel they need more support. Please contact Lifeworks NW for more information.
https://www.lifeworksnw.org/contact-us/

Lifeworks Northwest's New Options Program provides intensive outpatient mental health and/or substance use for all genders who have wish to address the physical, emotional, and psychological outcomes related to sex work and sex trafficking. Each participant collaborates for personalized treatment services which can include individual and group therapy, case management, and peer/recovery mentor services.

- New Options in person is located at Rockwood Clinic, 18417 SE Oak Street Portland, OR 97233
- Please call (971) 297-0495 or intake at (503) 645-9010 to inquire about accessing services.
- Services are also offered by telephone or telehealth. OHP is accepted.

Lutheran Community Services Multicultural Counseling Services

605 SE Cesar Chavez Boulevard
Portland, Oregon 97214
(503) 731-9589

Lutheran Community Services recognizes the significant need for mental health services to support these refugees as they rebuild their lives as many refugees have trauma from the circumstances that forced them to flee their homeland. They work with people who live in Multnomah, Clackamas, and Washington counties. Their clients include individuals and families from different cultural and ethnic groups who need mental health services. Clinicians offer one-on-one support and in-depth counseling with the goal of helping all people achieve wellness. They accept Oregon Health Plan and offers a sliding fee scale based on income for payment.

Mental health services include:

- Trauma Recovery
- Youth and Family Transition
- Grief and Loss
- Marriage and Family
- Senior Services
- Domestic Violence
- Anger Management
- Culturally-specific Counseling
- Medication Management
- Case Management
- Parenting Classes
- Living Well with Chronic Conditions
- Mental Health Assessment and Counseling
- Peer Services

Multnomah and Clackamas County: *(503) 731-9589*. Services offered in Arabic, Burmese, English, Farsi, French, German, Italian, Nepali, Russian, Spanish, Somali, and Zomi. They are skilled at working with an interpreter for other languages.

Washington County: (*503) 924-2448*. Services offered in: Arabic, English, Farsi, Dari and Russian. Washington County adult and child counseling referrals can be faxed to (503)-352-1088.

Moral Reconation Therapy

Allies in Change
(503) 297-7979
Allies@AlliesinChange.org

This is a non-profit social activist organization and psychological services center. Allies in Change offers both individual and group counseling for adults seeking help with a

variety of issues, including anger management. They offer free and low-cost trainings to those interested in understanding domestic violence and managing stress.

Crestview Recovery
6025 SE Belmont St
Portland, OR 97215
(866) 580-4160

Crestview Recovery supports men and women struggling with addiction, depression, and other mental health challenges. Admissions process will help determine best fit for treatment, and their clinics offer Moral Reconation Therapy.

Cascadia
2415 SE 43rd
Portland, Oregon 97206
(503) 230-9654

Cascadia offers a culturally specific program in Moral Reconation Therapy for African American men.

Drug Detox Centers Portland
(971) 930-4338

Drug Detox Centers Portland can connect individuals to Moral Reconation Therapy (MRT) providers in Portland.

Emergence Addiction and Behavior Therapies
(541) 687-9141
http://www.4emergence.com/evidence-based-practice/moral-reconation-therapy

Emergence offers therapy to juvenile and adult criminal offenders using a cognitive-behavioral therapeutic approach in group settings. Individuals work through a 16 step process focusing on seven basic treatment issues. Meetings are held once to twice a week for 3 to 6 months.

Reentry Enhancement Coordination Program (REC)
Volunteers of America Oregon

Going Home II
P.O. Box 11938
Portland, OR 97211
(503) 793-1249
goinghometwo@gmail.com

Their Transition and Re-entry program works with incarcerated and recently released individuals to support their transition back into community. The offer weekly classes in correctional facilities, which includes MRT and mentorship.

LifeWorks NW
14600 NW Cornell Road
Portland, Oregon 97229
(503) 645-9010

Lifeworks offers Moral Reconation Therapy (MRT) once a week for 4-6 months. Clients also can participate in weekly group sessions and a monthly individual session to address criminogenic risk factors.

Modus Vivendi, LLC
1000 NE 122nd Avenue, Suite B12
Portland, Oregon 97290
(503) 781-9065

Modus Vivendi has services in Russian and Spanish. A culturally specific program in Moral Reconation Therapy is available for Eastern Europeans.

Multnomah Crisis And Treatment Center (CATC)

30 NE Martin Luther King Blvd.
Portland, Oregon 97232
(503) 232-1099

Located in Portland, Multnomah Crisis and Treatment Center (CATC) is a subacute 16-bed, 24/7 program that serves as a secure short-term crisis program for individuals living in Multnomah County. CATC offers a clinical approach that differs from traditional non-acute secure facilities. Rather than focusing primarily on symptom control and behavior management, they use Telecare's Recovery Centered Clinical System (RCCS), which is based on the premise that every person can recover from mental illness, and that recovery is woven into all processes and resident interactions.

Stays at CATC are from four to 14 days as the patient's mental health symptoms stabilize. Upon discharge, each person has a plan for follow up treatment in the community. Staff also helps find other resources necessary for each person to remain stable, such as housing, basic needs assistance, and care for physical health needs. CATC is designed as an inviting, safe and supportive environment for recovery from crises. The staff includes peers who provide support, advocacy and mentoring.

National Alliance on Mental Illness (NAMI)

4701 SE 24th #E
Portland, Oregon
(503) 230-8009

The National Alliance on Mental Illness has chapters across the country and throughout Oregon that provide a support network for those suffering from mental illness and their family members.

NAMI Connection is a weekly recovery support group for people living with mental illness where people can learn from each other's experiences, share coping strategies, and offer encouragement and understanding.

NAMI Family Support Group is a peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness. Participants gain insight from the challenges and successes of others who have faced similar circumstances. NAMI's Support Groups follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones (18+) of individuals living with mental illness
- Led by family members of individuals living with mental illness
- Meets weekly or monthly
- No specific medical therapy or medication is endorsed or recommended
- Confidential

NAMI Peer-to-Peer is a free, 10-session educational program for adults with mental illness who are looking to better understand their condition and journey toward recovery. The program is taught by a trained team of people who have direct experience with mental illness. The program includes presentations, discussion, and interactive exercises. Everything is confidential. NAMI never recommends a specific medical therapy or treatment approach.

Native American Rehabilitation Association (NARA) Adult Mental Health

1438 SE Division Street
Portland, Oregon 97202
(503) 548-0346
Fax: (503) 232-5959

NARA's Adult Mental Health Program provides a variety of counseling and support services for adults ages eighteen (18) and older. NARA offers multiple locations for convenience, supported medication management, and wraparound Services are available. Services include:

- Assessment and Evaluation of mental health challenges
- Individual and Family Counseling
- Case Management Services at some sites
- Psychiatric Evaluation and Medication Management
- Services available for those with Severe Persistent Mental Illness (SPMI), including intensive community services as needed
- Cultural Groups and Activities
- Group Therapy including
- Stress Management
- Chronic Pain
- Cognitive Behavioral Therapy
- Access to physical health and substance abuse services
- Access to community-based resources and referrals
- Integrated Wraparound Services
- Services integrated with Residential Addictions Treatment and Outpatient Addictions Treatment as needed

New Narrative

Outpatient
New Narrative outpatient clinic services can include individual counseling, case management, peer support, and medication management depending on the client's mental health assessment and plan. They are also able to integrate care with client's other care teams upon client consent.

Accepted insurance: OHP Open Card or CareOregon. **Please call intake to make a referral at: 503-726-3742**

Spring Creek Center (Tigard Clinic)
8915 SW Center St
Tigard OR 97223
(503) 726-3732

Mill Park Center (Portland Clinic)
1952 SE 122nd Ave
Portland, OR 97233
(503) 726-3764

Residential
Licensed 24/7 staffed residential services are offered.
Referrals can be made to intake at *(503) 726-3742*

Housing
New Narrative also offers additional housing support options for folks living with mental health. They offer **transitional housing program**, **permanent supportive housing**, **independent housing**.

Washington and Multnomah Counties manage the screenings for housing placement.

For Washington County residents, send referral to Community Connect:
(503) 640-3263
communityconnect@caowash.org
For Multnomah County residents, sent referral via:
Call to 211
Text zip code to 898211 (TXT211)
help@211info.org

Peer Support Programs
In additional to integrating peer support services in outpatient and residential settings, they offer a few peer support programs:

Compass Rose
(503) 893-9697

Compass Rose is a supportive living program for youth aging out of foster/DHS care programs and receiving mental health services. Compass Rose peer mentors have lived experience with the foster care systems, incarceration, and houselessness. **Program only available through DHS-Child Welfare central referral.**

Comfort Zone
(503) 597-3992

Comfort Zone is a community space available to anyone to build community connection or access assistance with housing, job-seeking tools, connect to benefits, to getting an ID. Peer support specialists in this setting have varying measures of experiences mental health challenges and/or trauma in their lives.

NorthStar Clubhouse
(971) 271-7273

NorthStar Clubhouse is a non-clinical intentional community for folks who have experienced mental health challenges and wanting to be in community with others who have shared goal of preparing to find a job, volunteer, or go back to school. Clubhouse members work alongside each other and staff to build and practice varying work skills, pursue vocational goals, and practice trigger management and workplace socializing.

Self-Directed Services
(503) 726-3738

Self-Directed Services (SDS) is a peer-run program that walks alongside the client as they navigate health and wellness goals and is a supplemental service to traditional mental health services. Two programs are offered: **one-year Wellness Program** and **two-year Sustainable Housing Program**.

Please call them to see if you are eligible to apply to the program.

Oregon Health & Science University (OHSU) Intercultural Psychiatric Program

2214 Lloyd Center
Portland, Oregon 97232
(503) 494-4222
Clinic hours: Monday–Friday, 8 a.m.–5 p.m.

The Intercultural Psychiatric Program (IPP) provides culturally sensitive mental health services for immigrant, refugee, and ethnic communities with an emphasis on individuals and families whose first language is not English. With over 1300 active clients, IPP serves individuals and families from Afghanistan, Bosnia, Cambodia, Congo, Central and South America, Ethiopia, Iran, Iraq, Laos, Liberia, Myanmar, Rwanda, the former Soviet Union, Sierra Leone, Sudan, Somalia, Vietnam, and other countries in Asia, Africa, the Middle East, and Central and South America. Many

members of these communities have experienced the effects of war, political oppression, economic upheaval, violence, displacement, and loss of family members. IPP staff includes 16 counselors and 8 part-time physicians offering services in over 15 languages including Amharic, Arabic, Bosnian, Burmese, Cambodian, Farsi, Kurdish, Laotian, Mai Mai, Mien, Oromo, Russian, Somali, Spanish (Central and South American), Swahili, and Vietnamese.

Adult Mental Health Program The IPP Adult Mental Health Program offers culturally and linguistically appropriate services including individual therapy, group therapy, medical management, case management, and supportive and socialization services. The program serves individuals with the full range of psychiatric diagnoses.

Torture Treatment Center of Oregon IPP's Torture Treatment Center serves victims of torture and severe war trauma from Afghanistan, Bosnia, Central and South America, Ethiopia, Iran, Iraq, Somalia, Sudan, and other parts of Africa. The Torture Treatment Center of Oregon is a national leader in research and knowledge building in the effects of torture and trauma on adults, children, and families.

Pacific Psychology & Comprehensive Health Clinic

Portland
1411 SW Morrison Street Suite 310
Portland, Oregon 97205
(503) 352-2400 or (503) 220-0390

Hillsboro
222 SE 8th Avenue, Suite 212
Hillsboro, OR 97123
(503) 352-7333
Open Monday–Thursday, 9 a.m.–8 p.m., Friday, 9 a.m.–5 p.m., Saturday 9 a.m.–3 p.m.
Payments are on a sliding scale.

Pacific Psychology Clinic is part of Pacific University's school of Professional Psychology and is one of the main training sites for their doctoral students and interns. Their therapists are advanced doctoral psychology students supervised by licensed psychologists. Pacific Psychology Clinic provides outpatient assessment and psychotherapy services to children, adolescents, adults, couples and families in the greater Portland area. They offer evidence-based treatments and comprehensive assessments. Services include cognitive-behavioral and behavioral therapies, treatments for anxiety disorders, insight-oriented, longer-term therapies, group therapy, couples therapy, child and family services, learning disability assessments, and more. Pacific

Psychology Clinic operates a sliding scale fee system based on our clients' incomes and convenient hours.

They offer comprehensive psycho-educational and neuropsychological assessments for a variety of academic, attention, medical and emotional difficulties including:

- learning disabilities
- attention deficit (ADHD)
- cognitive and emotional difficulties
- memory difficulties
- head injuries and other medically related cognitive difficulties
- service connection evaluations for PTSD and mental health diagnosis
- PTSD evaluations

Portland Police Bureau Behavioral Health Unit

1111 SW 2nd Avenue
Portland, Oregon 97204
For further information call: (503) 823-0817
https://www.portlandoregon.gov/police/62135

The mission of the **Behavioral Health Unit (BHU)** is to coordinate the response of Law Enforcement and the Behavioral Health System to aid people in behavioral crisis resulting from known or suspected mental illness and or drug and alcohol addiction. The BHU is located within the Portland Police Bureau's Central Precinct.

The **Behavioral Health Response Teams (BHRT)** pairs a patrol officer and a licensed mental health professional from Cascadia Project Respond. The Portland Police Bureau has three BHRT cars. The officers and mental health professionals work proactively with individuals who have a mental illness and are identified as having multiple or high risk contacts with police. The BHRT cars work to connect individuals to appropriate community resources in order to reduce their frequency of contact with police. Referrals to the BHRT cars are made through patrol officers.

The **Service Coordination Team (SCT)** is a program that offers treatment to the City of Portland's most frequent drug and property crime offenders to address their drug and alcohol addictions, mental health treatment, and criminality. This program has successfully graduated over one hundred former drug offenders from its treatment program, reducing recidivism among program graduates by 91%.

Portland Street Response

Hours: 8 a.m.–10 p.m. every day
https://www.portland.gov/fire/streetresponse

Portland Street Response, a program within Portland Fire & Rescue, assists people experiencing mental health and behavioral health crises. The program is currently responding citywide.

Portland Street Response services can be requested by calling 911. 911 dispatchers will have a list of questions they will ask to determine which responder is most appropriate to send: Police, Fire, Portland Street Response, or AMR ambulance service. If the call fits the criteria for Portland Street Response, dispatchers will alert the team and send them to the call.

Currently, Portland Street Response will be dispatched when a caller reports:

- A person who is possibly experiencing a mental health crisis; intoxicated and/or drug affected. This person is outside of a publicly accessible space such as a business, store, public lobby, etc.
- A person who is outside and down, not checked.
- A person who is outside and yelling.
- A person who needs a referral for services, but does not have access to a phone line.

The call meets the previous criteria – AND

- There are no weapons seen.
- The person is **not** in traffic/not obstructing traffic.
- The person is not violent towards others (physically combative, threatening violence, assaulting).
- The person is not suicidal.
- The person is not inside of a private residence.

Providence Eating Disorder Treatment Program

(503) 216-2025
https://oregon.providence.org/our-services/p/providence-adult-eating-disorders-treatment-program/

Providence's Eating Disorder Treatment Program provides a thorough clinical assessment to address current and past eating practices and the physical and emotional consequences of these practices. This includes the evaluation of symptoms, such as

depression, anxiety and substance use, as well as lifestyle factors, such as social support from family and friends. Intensive outpatient is provided.

Portland State University (PSU) Community Counseling Clinic

1900 SW 4th Avenue
Portland, Oregon 97201
(503) 725-4620
Monday-Friday 9 a.m.–9 p.m. by appointment only.

The PSU Community Counseling Clinic provides low-cost individual, couple, and family counseling. It is located in the Education Building and is open by appointment on both day and evening schedules. The clinic is operated by graduate students in counselor education who are supervised by faculty and interns. Sessions are provided on a weekly basis, same time and day every week, for up to ten weeks. The Clinic does not offer medication services or help during a mental health crisis. The cost is $15 per session. Reduced fees can be negotiated in cases of financial hardship.

Quest Center for Integrative Health

3231 SE 50th Ave.
Portland, Oregon 97206
Portland, Oregon 97206
(503) 238-5203
info@quest-center.org
https://quest-center.org/mental-health-services

Quest Center for Integrative Health provides culturally responsive and integrative mental health therapy for individuals and groups.

Quest offers client-centered, collaborative **individual mental health care**. Their providers offer a wide variety of evidence-based outpatient mental health services to adults. They tailor their counseling approach to meet clients' needs based on their individual strengths and goals.

Group Therapy is offered on either an ongoing or quarterly basis. Quest offers an internal referral process to connect to other programs at Quest based on individual needs and goals. Our services are designed with trauma-informed practices. Group facilitators come from varied backgrounds, educational experiences, and have extensive training.

Group Therapy at Quest can include, but is not limited to, the following practices:

- Wellness Movement
- Neuroscience
- Nourishment
- Skills/Process
- Peer Support
- Sexual Wellness

Every attempt will be made to meet therapy preferences and assessed needs; however, practical limitations may occasionally prevent Quest from doing so. Such occurrences may necessitate referral to another provider. 75% of mental health services at Quest are currently offered via telehealth (phone and/or HIPAA-compliant video conference platforms) and in-person therapy is likely not exclusively available.

Quest does not provide medication management as a primary or independent service and although medication may or may not be recommended once therapy begins, it will not continue once therapy concludes. Quest is in-network with most insurance including but not limited to: Kaiser, Pacific Source, OHP, Medicare, and self-pay.

Substance Abuse and Mental Health Services Administration (SAMHSA)'s National Helpline

1-800-662-HELP (4357)
https://www.samhsa.gov/find-help/national-helpline

SAMHSA (Substance Abuse and Mental Health Services Administration)'s National Helpline, *1-800-662-HELP (4357)* (also known as the Treatment Referral Routing Service), or TTY: *1-800-487-4889* is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

SAMSHA also maintains an online treatment locator: *https://findtreatment.gov/*

Persons seeking treatment can also send their zip code via text message: 435748 (HELP4U) to find help near them. *https://www.samhsa.gov/find-help/national-helpline/help4u*

Sequoia Mental Health Services

4585 SW 185th Avenue
Aloha, Oregon 97007
(503) 501-9280 call for an assessment
http://Sequoiamhs.org/

Sequoia operates several housing programs in Washington County to provide a safe, affordable, and health community for individuals with severe and persistent mental disorders. These facilities are subsidized and managed to assure a high quality of life. They have four permanent HUD apartments (which typically have wait lists).

They also have transitional housing with individualized support services. To access these services a person needs to be a Sequoia client. Criteria for acceptance are homelessness, a documented mental illness, client of Sequoia, and a voucher from Washington County Housing.

Sequoia runs three state-licensed residential treatment facilities with 24- hour care where residents learn daily living skills in a safe environment. The facilities offer case management, medication assistance, and coordinate with community organizations.

Sexual Assault Resource Center (SARC)

4900 SW Griffith Drive, Suite 100
Beaverton, Oregon 97005
(503) 626-9100

SARC is a non-profit organization that offers programs and services to provide mental and/or physical support for victims of sexual assault. Their services include a Counseling Program to help survivors of sexual assault by working with counselors who have expertise in providing trauma-specific care. SARC also offers a Case Management Program to provide emotional support for survivors, either by in-person meetings, telephone, texting or email. Case managers can facilitate communication with law enforcement, prosecutors, and other community partners and provide accompaniment to case related meetings and support throughout the legal process. SARC maintains a 24-hour crisis support line at (503) 640-5311.

SOAR (SSI/SSDI Outreach, Access, and Recovery)

https://soarworks.prainc.com/

SSI/SSDI Outreach, Access, and Recovery (SOAR) is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is a national program designed to increase access to the disability income benefit programs administered by

the Social Security Administration (SSA) for eligible adults who are experiencing or at risk of homelessness and have a serious mental illness, medical impairment, and/or a co-occurring substance use disorder.

Unity Center for Behavioral Health Psychiatric Emergency Services

1225 NE 2nd Avenue
Portland, Oregon 97232
(503) 944-800
https://unityhealthcenter.org

Unity Center for Behavioral Health's 24-hour behavioral and mental health services center provides immediate psychiatric care and treatment for people experiencing a mental health crisis. Emergency treatment is available at Unity's Psychiatric Emergency Services (PES) for adults 18 and older having a mental health crisis. Patients are first seen by a triage nurse, then participate in a psychiatric evaluation. After the evaluation is done, a treatment team prepares a stabilization plan. Once a patient enters the PES triage area, they are not able to leave until a provider has had a chance to evaluate them. The PES is a locked setting for voluntary and involuntary patients. Unity's PES provides primary emergency hospital care for the greater Portland area. OHSU, Adventist, and Providence no longer have secure emergency mental health treatment facilities and these patients are now referred to Unity Center for Behavioral Health.

Unity's mental and behavioral health services include Crisis stabilization, Crisis intervention, Medication management, Crisis counseling, Inpatient care, Social work, Family support, Peer support, Care navigation, Case management.

Western Psychological & Counseling Services

7455 SW Beveland St.
Tigard, Oregon 97223
(503) 624-2600
Crisis line for Western clients (503) 727-3764
Medical records fax: (503) 233-2692; phone (503) 233-5405 X 4

Western provides Outpatient Mental Health services (individual, family, and group therapy), as well as programs addressing Substance Use Disorders, Autism, the Latino Community, ADHD, Health Psychology, and services within schools. Western Psychological has locations in Beaverton, Cedar Hills, NE Portland, Hillsboro, Tigard, Tualatin, and Vancouver. They provide mental health treatment for people with depression, anxiety, PTSD, adjustment disorders, and other mental health conditions that would not be considered "severe and persistent."

William Temple House

2023 NW Hoyt Street
Portland, Oregon 97209
(503) 226-3121 X 1220, Dr. Susan Bettis
www.williamtemple.org

William Temple House's Individual Treatment Program provides one-on-one mental health counseling on issues such as depression, anxiety, and substance abuse. In addition, they offer career guidance. Their Comprehensive Family Treatment program offers couples and family counseling by a team of experienced therapists who work with all combinations of family members and presenting issues.

DISABILITIES

AbleFind Disability Resources

https://ablefind.uoregon.edu/

AbleFind Disability resources is a searchable database for disability services in Oregon maintained by the University of Oregon.

Albertina Kerr

General Inquiries:
Kerr Administrative Center
424 NE 22nd Avenue
Portland, OR 97232
(503) 239-8101

Crisis Psychiatric Care for Youth:
Kerr Gresham Campus (Louise Bldg.)
722 NE 162nd Avenue
(503) 408-4705

Albertina Kerr provides programs and services to children and adults with developmental disabilities and mental health challenges, empowering them to live richer lives.

24 Hour Residential Care:
Kerr's group homes provide services that support each individual's special needs, while allowing residents to live as independently as possible.

Adult Group Homes:
Kerr operates community-based residential homes in Clackamas, Marion, Multnomah, and Washington counties. Every home is supported by highly qualified staff who help residents gain increased choice and control over their lives. All of our residents have their own private bedroom; decorated according to their wishes. Homes are equipped to meet the needs of the people we serve.

Project Search:
A nationally acclaimed nine-month unpaid internship program that provides employability training for individuals with intellectual and developmental disabilities. The program occurs onsite in partnership with local businesses who are committed to integrating the interns into their workplace culture.

Interns spend three months working in three different departments in a host business. They spend the first hour of their six-hour day in a classroom learning valuable job skills, such as: team building, workplace safety, self-advocacy, financial literacy, and more.

Each intern works on a fully integrated team. A mentor offers advice and feedback in real-time to the intern while they work together. Two skills trainers are on-site to work with the interns, focusing on mastering difficult tasks and building any job aids or accommodations they may need.

Employment Services:
EmploymentServices@AlbertinaKerr.org

We offer employment opportunities in a variety of settings across Oregon: residential programs and services for adults and youth with intellectual and developmental disabilities (I/DD), crisis psychiatric care for youth with mental health challenges, administrative positions, and more.

Kerr Bikes
1020 SW Naito Parkway
Portland, OR 97204
(503) 808-9955

Kerr Bikes & Boats/Adaptive BIKETOWN
OMSI
1945 SE Water Ave., Bldg B
Portland, OR 97214
(503) 802-5271
info@kerrbikes.org

Kerr Bikes is an adaptive bicycle rental pilot project co-sponsored by BIKETOWN and Portland Bureau of Transportation (PBOT) in partnership with Different Spokes. Individuals can reserve and be fitted with adaptive bikes.

ARC of Multnomah County

The Arc Portland Metro
6929 NE Halsey
Portland, OR 97213
(503) 223-7279
info@thearcpdx.org
https://thearcpdx.org/

Provides culturally and individually responsive services designed to improve all aspects of life for people experiencing intellectual / developmental disabilities.

ASSIST (Assertive SSI Service Team)

Mellani Calvin — Executive Director
4412 S. Barbur Blvd., Suite 240
Portland, OR 97239
(503) 888-2690
(503) 477-4177 Fax
https://assistdbtc.com/

ASSIST is a 501(c)3 non-profit who work with people who are often homeless and/or living in poverty, assisting them in getting their Social Security benefits. The individual application representation is different than most others as they are extremely proactive. Early claim intervention is the key to developing a thoroughly documented application that will dramatically increase the chances of a favorable decision at the earliest stage of the process.

Advocates assist in gathering medical and other pertinent documentation, help claimants with their application(s) from the very beginning, file all applications and appeals on-line for better tracking, correspond with claimants' doctors, take their clients to disability related appointments, and try to help the Social Security Administration locate missing evidence.

Central City Concern (CCC) BEST Team

33 NW Broadway
Portland, Oregon
(971) 271-6352
www.bestinfo@ccconcern.org

The BEST Team assists people who are eligible for SSI apply without charging any commission. They decide if the person qualifies based on the likelihood of them obtaining benefits. There is often a long wait list but applying through the BEST Team will expedite the process and minimize the chances that the person will be denied and need to re-apply.

BEST counselors conduct thorough interviews with the applicants, help them to fill out documents, and track down records. The BEST program pays for medical examinations and psychological evaluations.

Disability Rights Oregon

511 SW 10th Avenue, Suite 200
Portland, Oregon 97205
(503) 243-2081
https://droregon.org/

Disability Rights Oregon helps people with disabilities with their disability-related legal issues in Oregon.

- public education and outreach
- information and referral, including publishing Know Your Rights Guides
- legislative advocacy
- monitoring conditions inside institutions
- direct client representation
- class-action litigation

The agency's work is limited to Oregon, and benefits planning services extend to southwest Washington.

Galt Foundation

2405 Front St. NE, Suite 220
Salem, OR 97301
(503) 361-8590
info@galtfoundation.org

Galt Foundation is a nonprofit organization seeking to provide, promote, and expand employment opportunities for individuals with disabilities. They provide temporary staffing services in Oregon that seek to match organizations with motivated employees.

General Assistance (GA) Program to Prevent Homelessness – Oregon Department of Human Services (ODHS)

https://www.oregon.gov/odhs/aging-disability-services/pages/general-assistance-program.aspx
email: dbl.referral@odhsoha.oregon.gov
(866) 535-8431

The Oregon Department of Human Services (ODHS)'s General Assistance (GA) program provides short-term financial help for individuals with severe disabilities who are experiencing homelessness or at risk of homelessness. GA is a state-run program that provides an "Interim Assistance" advance on SSI payments for people who are likely to be or are already involved in the lengthy SSI appeals process. They receive state cash funds in advance of the SSA awarding them benefits and sign an agreement

to repay ODHS for this advance once they are approved for SSI benefits and receive their back payments. Given that the majority of SSI claims take years to resolve, this can be a life altering benefit.

To be eligible for this program, people must meet all of the following criteria:

- Be homeless or at risk of homelessness
- Be an adult, age 18 to 64
- Have no minor children living with them
- Have a severe disability that meets Social Security disability criteria
- Be receiving Presumptive Medicaid medical assistance
- Meet all eligibility criteria for Supplemental Security Income (SSI)
- Apply for SSI and appeal any denials received
- Sign an Interim Assistance Agreement (IAR) that allows ODHS to be repaid for program benefits after the person is approved for Social Security Disability benefits and gets their back payments

Program benefits include:

- Up to $615 per month in housing assistance
- $103 in utility assistance per month
- $69 in cash assistance per month
- Free help with the Social Security application and appeals process

Goodwill STEP Program

611 SE Harrison St
Portland, Oregon
Emily Dorondo, Senior Program Manager
(503) 238-6141

Goodwill Industries' Skills Training and Enrichment Program (STEP) is an adult learning environment for participants with Intellectual and Developmental Disabilities (IDD) to develop non-job-specific employment and independent life skills to reach their highest potential. Through training resources, skill-building in a variety of activities, and experiences within the community, participants are offered the opportunity to develop social awareness, build relationships and overcome barriers to employment. For many participants these skills lead to integrated community jobs and greater independence.

Independent Living Resources

1839 NE Couch
Portland, OR 97232
(503) 232-7411
Barry Fox-Quamme, Executive Director
barry@ilr.org
info@ilr.org
https://ilr.org/

Independent Living Resources provides advocacy, recreation, and skills training to all people with disabilities.

Classes/Groups:

- Art
- Cooking
- Rent well

Skills training:

- Communication Skills
- Household Management
- Leisure/Recreation
- Personal Safety
- Pre-vocational Information
- Self-Esteem
- Social Skills

Housing advocacy and Education

Metropolitan Family Service

Project Linkage
2200 NE 24th Ave.
Portland, OR 97212
plink@mfs.email
(503) 249-0471
Annie Luttrell, Program Assistant
https://www.metfamily.org/what-we-do/older-adult-support/project-linkage/

Project Linkage provides transportation for individuals with disabilities, or those over 60 years old, to doctor appointments or for their pets to visit the vet. Income is not a program consideration. Project Linkage also runs 22 shopping shuttles some of which have wheelchair accessible lifts. Individuals must request the ride four days in advance.

No last-minute rides are available. The program also offers minor home repair services to low-income seniors living in their own homes.

Multnomah County Aging And Disabilities Services

Aging, Disability and Veterans Services Branch
421 SW Oak St, Ste 510
Portland, OR 97204
ADRC Helpline: (503) 988-3646
Telephone Relay Service (TRS): 711
Fax: (503) 988-3656
adrc@multco.us

Mid-County Office
10615 SE Cherry Blossom Dr
Portland, OR 97216
Main: (503) 988-5480
Telephone Relay Service (TRS): 711
Fax: (503) 988-3490

The Mid-County Offices serves older people, and people with disabilities living in Multnomah County east of 82nd Avenue and west of 162nd Avenue.

Southeast Office
4610 SE Belmont St, 2nd Floor
Portland, OR 97215
Main: (503) 988-3660
Telephone Relay Service (TRS): 711
Fax: (503) 988-3784

The Southeast Office serves older people, and people with disabilities living in Multnomah County south of Burnside, east of Willamette River, and west of 82nd Avenue.

East Area Office
600 NE 8th St, Rm 100
Gresham, OR 97030
Main: (503) 988-3840
Telephone Relay Service (TRS): 711
Fax: (503) 988-5676

The East Area Office serves older people, and people with disabilities living in Multnomah County on or east of 162nd Avenue.

North/Northeast Office
5325 NE Martin Luther King Blvd
Portland, OR 97211
Main: (503) 988-5470
Telephone Relay Service (TRS): 711
Fax: (503) 988-5430

The North/Northeast Office serves older people, and people with disabilities living in Multnomah County north of Burnside, east of the Willamette River and west of 82nd Avenue.

West Area Office
209 SW 4th Ave, 1st Floor
Portland, OR 97204
Main: (503) 988-5460
Telephone Relay Service (TRS): 711
Fax: (503) 988-3560

The West Area Office serves older people, and people with disabilities living in Multnomah County west of the Willamette River.

Multnomah County Developmental Disabilities Services (DDS)

https://www.multco.us/dd/case-management-services-adults

Five Oak Building
421 SW Oak St. Suite 610
Portland, Oregon 97204
(503) 988-3658

Multnomah County East
600 NE 8th Street
Gresham OR 97030
(503) 988-2535

Intellectual and Developmental Disabilities Office
209 SW 4th Avenue
Portland, OR 97204-0000
(503) 988-3658

Intellectual and Developmental Disabilities: Gresham
2951 NW Division Street, Suite 200
Gresham, OR 97030
(503) 988-2535

Multnomah County DDS assists adult individuals with Intellectual and Developmental Disability that live in the family home, live independently, or receive residential services. Services coordinators work to ensure that:

- the Individual Support Plan is implemented,
- there are no health and safety issues,
- medical issues are being addressed, and
- a person's money is being used appropriately

Each adult served has an individually tailored plan of care called an Individual Support Plan (ISP) developed by the adult and the adult's network of support. The ISP defines the supports the individual will receive throughout the year including the level of involvement of the Service Coordinator. The Service Coordinator works closely with the individual and the network of support to help individuals progress toward their identified goals including aspirations, community integration, and employment.

Contact (503) 988-6258 to obtain a Services Coordinator.

In-Home Support Services for individuals aged 18 years or older with Intellectual and Developmental Disabilities to continue to live in their own home or in their family homes, services include:

- Assistance in determining support needs
- Finding and arranging resources
- Personal support services to meet the individual's needs
- Assisting individuals to make informed decisions about personal support needs and support providers
- Monitoring and improving the quality of personal supports

Types of supports include Attendant Care, Behavior Supports, Relief Care, Skills Training, Non-Medical Community Transportation, and Environmental Modification, like:

Group Home Residential Facilities
Residential services delivered in neighborhood homes to individuals with Intellectual and Developmental Disabilities who require 24-hour care, supervision, and training.

Employment Services
Out-of-home employment or community training services and related supports, delivered to individuals aged 18 or older with Intellectual and Developmental Disabilities, to improve the individual's productivity, independence and integration in the community.

Intellectual and Developmental Disabilities Foster Homes
Residential care and services delivered to individuals with Intellectual and Developmental Disabilities in foster homes.

Services include:

- 24-hour supervision
- Room and board
- Assistance with the activities of everyday living, from grooming and eating to participation in leisure activities
- Access to services which help the individual develop appropriate skills to increase or maintain their level of functioning

Multnomah County Library Outreach Services

- (503) 988-5404
- (503) 988-5123 (evenings)
- The Multnomah County Library has volunteer workers who assist homebound and disabled individuals by delivering books, movies, and music to their homes, picking up holds, helping them decide on what to order next, selecting materials of interest for them and chatting with them. They can also bring large print books and audio books. The library can also mail books, music, and movies free of charge.

Oregon Association Of The Deaf (OAD)

P.O. Box 8054
Salem, OR 97303
https://www.facebook.com/OAD1921/
https://oad1921.org (new website under construction)

The OAD promote, protect, and preserve the civil rights, and advocate to enhance the quality of life for Deaf and Hard of Hearing Oregonians.

Oregon Deaf And Hard Of Hearing Services
Oregon Department of Human Services

500 Summer St. NE E10
Salem, Oregon 97301
Krista Gallagher, Deaf Specialist
krista.aquinas-gallagher@odhs.oregon.gov
(503) 454-6100
(503) 979-7301 (text only)
odhhs.info@odhsoha.oregon.gov
https://www.oregon.gov/odhs/aging-disability-services/pages/deaf-hard-of-hearing-services.aspx

The Oregon Deaf and Hard of Hearing Services (ODHHS) program is here to provide interpreter and information & referral services for clients that are members of the Deaf, Deaf-Blind, Hard of Hearing and those with additional disability.

Oregon Department of Human Services (DHS)
Developmental Disabilities

500 Summer St. NE E-15
Salem, Oregon 97301
(503) 945-5600
Fax: (503) 373-7032
Visit https://www.oregon.gov/odhs/Pages/office-finder.aspx to find the closest office

Oregon Office of Developmental Disabilities Services (ODDS)
500 Summer Street NE E02
Salem, OR 97301-1073
(503) 945-5811
(800) 282-8096

People with disabilities may be able to qualify for one of two federal disability benefit programs, Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI). Both programs are governed by the federal Social Security Administration (SSA) and more information about these benefits can be found on the Social Security Web site. For questions about eligibility and how to apply for SSI or SSDI, call the local SSA office.

For a person to receive services for developmental disabilities, an individual must be screened and accepted by their county of residence. If a client says they were on an Individual Education Program (IEP) in school, that's a good way to figure out if someone has some sort of intellectual or developmental disability. This usually means

they'll be found eligible. Once enrolled, individuals are eligible for group homes, vocational rehabilitation, help with activities of daily living, social activities, and all sorts of other helpful resources. Application forms can be obtained from the county. Including reports with IQ scores and diagnoses is helpful.

When filing a claim for disability benefits, the state office of Disability Determination Services (DDS) will make the medical eligibility determination, but an individual must first apply for benefits with SSA. Once a claim has been filed with SSA and is being evaluated for medical eligibility, contact the DDS at 1-800-452-2147 Once a referral is made, it generally takes a few months to get a decision.

Multnomah County Intake & Eligibility
(503) 988-6258
idd@multco.us

Clackamas County Developmental Disabilities
2051 Kaen Road #135
Oregon City, OR 97045
(503) 655-8640
(503) 650-5722 Fax

Washington County Developmental Disabilities
Residential Services and Program Support
5240 NE Elam Young Parkway, Suite 150 (MS-66)
Hillsboro, Oregon 97124

In-Home Services
3700 SW Murray Boulevard, Suite 2100
Beaverton, OR 97005
(503) 846-3150
(503) 846-3149 Fax
(503) 846-4737 Intake Line
(503) 291-9111 After Hours Crisis Line

Inclusion Inc.
50 SE 18th Avenue
Portland, OR 97214
(503) 232-2289
info@inclusion.org

Inclusion is a DD brokerage agency. People who are enrolled in DD services can choose to receive services through Inclusion instead of directly through the county. This is often a better option if the person lives with family or on their own rather than in a foster home.

Mentor Oregon
305 NE 102nd Avenue
Portland, OR 97216
(503) 258-2440
http://mentororegon.com/

Mentor Oregon is another DD brokerage agency. People who are enrolled in DD services can choose to receive services through Mentor Oregon instead of directly through the county.

The Arc
6929 NE Halsey Street
Portland, OR 97213
(503) 223-7279
info@thearcpdx.org
http://thearcmult.org

ARC is another brokerage, much like Inclusion. They provide similar services to people enrolled with DD services.

Oregon Vocational Rehabilitation Services

Oregon's Vocational Rehabilitation Services is a statewide resource for people with disabilities. It is part of the Department of Human Services and available to any Oregonian with a disability who is having difficulty getting or keeping a job because of disability-related barriers. Vocational Rehabilitation works with individuals with disabilities to help them get and keep a job that matches their skills, interests, and abilities. Staff work in partnership with the community and businesses to develop employment opportunities for people with disabilities and to provide individualized services essential to employment success.

Portland area locations:

Central Portland Vocational Rehabilitation
1704 NE 26th Avenue
Portland, OR 97212
(971) 673-2555

East Portland Vocational Rehabilitation
305 NE 102nd Avenue, Suite 200
Portland, OR 97220
(971) 673-5858

North Portland Vocational Rehabilitation
4744 N Interstate Avenue
Portland, OR 97217
(971) 673-3055

ADDICTION TREATMENT

Drug and Alcohol Treatment

Acadia Northwest

9570 Barbur Blvd., Suite 100
Portland, OR 97219
(503) 245-6262
https://acadianw.com/contact/

Acadia NW is independently and family-owned and has successfully treated individuals and their families for since 2003. We approach our jobs with passion and commitment. ASAMS are conducted onsite and then either outpatient or intensive outpatient treatment is recommended. DUI I outpatient and intensive outpatient also available. Outpatient treatment for gambling as well. OHP is accepted.

Addictions Recovery Center

Inpatient: 16 South Peach St., Medford, Oregon 97501
Walk-in clinic: 1025 East Main St., Medford, Oregon 97504
(541) 779-1282
www.addictionsrecovery.org/

Addictions Recovery Center (ARC) provides residential treatment, day treatment, intensive outpatient treatment, outpatient treatment, and mental health treatment for men and women, as well as transition low-cost housing for men and women in the early stages of sobriety. ARC accepts out of county referrals with an ASAM assessment; local referrals get priority.

They do ASAM's and medical screenings when signing up. The detox/withdrawal program is five to eleven days. There are 8 to 10 beds. Wait times are generally one to two weeks. The men's and women's inpatient programs are 45 to 90 days. There are 20 beds for men and 14 beds for women. The wait time is two to six weeks.

Another Chance Recovery

12670 NW Barnes Rd STE 200
Portland, OR 97229
(971) 224-7674
info@anotherchancerehab.com
https://anotherchancerehab.com

Another Chance Recovery has various programs using different treatment methods such as behavioral therapy, fitness and nutrition, individual counseling, group therapy and support groups. Another Chance Recovery has worked with a multitude of insurance networks, if you don't have insurance, they also offer scholarships and OHP spots if available.

Partial Hospitalization Program
https://anotherchancerehab.com/our-programs/partial-hospitalization-program/
PHP is a comprehensive outpatient program providing the structure and support you need to begin the stabilization process, when you enter treatment. PHP consists of group and individual sessions, 4-6 hours a day, 5 days a week and can last from a week to a month depending on your needs.

Intensive Outpatient Program
https://anotherchancerehab.com/our-programs/intensive-outpatient-program/
IOP is a comprehensive outpatient program providing the structure and support you need once you have some stability. IOP consists of groups and individual sessions, 3 hours a day, 3-5 days a week and can last from a month to 45 days depending on your needs.

Outpatient Program
https://anotherchancerehab.com/our-programs/outpatient-program/
OP is a comprehensive outpatient program with minimal structure and support, once you already have some stability and have developed a transition plan. OP consists of groups and individual sessions, 1-3 hours a week, and lasts about 30 days depending on your needs.

Belmont Comprehensive Treatment Center

2600 SE Belmont Street
Portland, OR 97214
(971) 272-8913
https://www.ctcprograms.com/location/belmont-comprehensive-treatment-center/

Belmont Comprehensive Treatment Center offers medication assisted treatment (MAT) to individuals who are struggling with opioid addiction. This treatment center offers a variety of MAT and ensures that each patient gets the proper dosage to meet their recovery needs. Patients have access to individual and group therapy sessions to work along with MAT. Through personalized treatment plans of MAT and therapy sessions, Belmont Comprehensive Treatment Center works to assist you through recovery. Offers same day admission, accepts most major insurances and payments accepted are commercial insurance, Medicaid (OHP) and self-pay. Medicaid pays 100% of costs.

Best Care
Alcohol and Drug Rehab Facilities

Organization Headquarters
340 NW 5th St.
Suite 203
Redmond, OR 97756
(541) 516-4099

Inpatient Treatment Program Locations:

Redmond Residential Treatment
676 NE Maple Avenue
Redmond, OR 97756
(541) 504-9577

Redmond Residential Treatment center offers short-term, high-intensity drug and alcohol treatment, detox, and intensive outpatient treatment for those who require a lower level of care, including those facing legal issues from their substance addiction such as DUI.

Klamath Falls Residential Treatment
2555 Main Street
Klamath Falls, OR 97601
(541) 883-2795

Klamath Falls residential facility offers detox and short-term, high-intensity drug and alcohol treatment designed to help you get clean as quickly as possible. During treatment you'll have access to their full medical staff and caring counselors.

Madras Latino Residential Treatment
236 SE D Street
Madras, OR 97741
(541) 475-5300

Outpatient Treatment Program Locations:

Bend Outpatient Treatment
908 NE 4th Street, Suite 100
Bend, OR 97701
(541) 617-7365

Bend outpatient treatment center offers intensive treatment, outpatient treatment, and non-pharmacological approaches to pain management.

Redmond Outpatient Treatment
340 NW 5th Street #202
Redmond, OR 97756
(541) 504-2218

Redmond Outpatient Treatment center offers the first level of treatment for those who require a lower level of care, including those facing legal issues from their substance addiction such as DUI. The time commitment for this level of treatment is usually five hours or less a week.

Madras Outpatient Treatment
850 SW 4th Street, Suite 201
Madras, OR 97741
(541) 475-4822

The outpatient program in Madras provides assessment, individual and group counseling, and drug-testing for adults and adolescents. The outpatient alcohol/drug clinical team includes certified clinicians, recovery mentors, and Native American Outreach Specialists. They are a state certified DUII treatment provider in Jefferson County and the contracted Oregon Health Plan provider. They offer many different types of treatment groups, including education, relapse prevention, and DBT (Dialectical Behavioral Therapy) groups. Our team also closely coordinates with our mental health team when participants have co-occurring disorders.

Prineville Mental Health Services
1059 NW Madras Hwy
Prineville, OR 97754
(541) 323-5330

The Prineville facility offers services for intellectual and developmental disabilities, general case management, alcohol and drug assessments, individual and group counseling, and drug testing.

Bridgeway Recovery Services

750 Front St NE
Salem, OR 97301
(503) 363-2021
https://bridgewayrecovery.com

Bridgeway is a healthcare organization providing detox, addiction recovery, mental health therapy, primary treatment and more. To enroll call (503) 363-2021 or fill out a form online. Bridgeway accepts OHP. An ASAM assessment is required prior admission into residential and outpatient programs.

Medical Detox
Bridgeway offers medically monitored detox services for alcohol, fentanyl, heroin, opiate prescription medication, and methamphetamine. Screening and admissions for medically monitored detox can be conducted at any hour of the day or night. (503)-399-5597.

Residential Treatment
Bridgeway's residential treatment program is designed to provide rehabilitation for people whose symptoms have reached a point to where daily life has become unmanageable. During the 35 hours of active therapies each week residents learn to self-manage their addiction and make positive changes. Whether the goal is to end drug or alcohol dependence or to stop gambling, Bridgeway starts by assessing the client's condition, personal history, and motivational challenges, addressing both immediate and ongoing concerns. Bridgeway offers mental health and medical services to clients in treatment.

Outpatient Treatment
Bridgeway offers outpatient treatment for substance use disorder, gambling, adolescents, a DUII program, mental health, and medical services. Services for recovery include individual counseling and educational skills groups that encourage and nurture rehabilitation. They also offer mental health and medical services for treating trauma, depression, anxiety, and physical conditions with therapy for the whole self. Many of their outpatient services last 90 days, with up to five hours per week devoted to active treatment. Upon completion, Bridgeway connects clients with outlying community supports for continued recovery. Call (503) 379-2167 for information about apartments available to individuals in outpatient treatment.

Bridges to Change

7916 SE Foster, Suite 201
Portland, Oregon 97216
(503) 465-2749
https://bridgestochange.com

Bridges to Change
Bridges to Change (BTC) is one of the largest peer-led organizations in the State of Oregon with a vision of "Health and housing for all." Their mission is to provide

housing to those who need it most, to support recovery through the lens of lived experience, to promote well-being through behavioral health services and to advocate for those who systems have ignored. BTC supports participants on their recovery journeys though a combination of community-based housing, peer delivered services and behavioral health treatment. Bridges to Change has about 500 beds in four counties (Multnomah, Clackamas, Washington, and Wasco), which includes a variety of program specific housing models: substance use disorder, mental health, corrections, stabilization and shelter.

Substance Use Treatment – Intensive Outpatient and Outpatient
BTC offers substance use disorder services are available in Multnomah, Clackamas and Washington Counties, offering outpatient and intensive outpatient options. Peer mentors are a part of treatment services. Shared room housing is available to provide a secure living space for individuals who are engaged in intensive outpatient substance use disorder treatment with Bridges to Change. (Multnomah, Clackamas, Washington). The average length of stay is three to nine months. BTC accepts Oregon Health Plan for substance abuse treatment as well as uninsured individuals. BTC has OHP assisters to help facilitate acquiring Medicaid coverage. Federal probation does not have a contract with BTC. Their certified and experienced drug and alcohol counselors offer high quality care and a variety of groups to help client's build coping skills and find a recovery path that works for them.

Mental Health Treatment – Outpatient
Mental health services are available via telehealth in Multnomah, Washington, and Clackamas counties. Co-Occurring treatment for client's experience substance abuse and mental health conditions are available in person and on an outpatient basis at BTC's Foster location in Multnomah County. To receive mental health care services from BTC, clients must have Oregon Health Plan.

Starting Treatment
For enrollment into substance abuse and mental health services, go to https://bridgestochange.com/treatment/ and scroll down to the New Client Form, fill it out and submit your request for screening, or you can call the client care coordinator at 503-560-7800. The intake meeting must be done in person. It is not possible to conduct the intake meeting virtually. With their rapid intake process, participants can expect an intake appointment with a BTC staff member within 72 hours.

Mobile Treatment – Peer Mentors, Counseling, Basic Needs
BTC has an Acute Care Team offering mobile treatment for substance abuse, mental health, and co-occurring disorders in Multnomah, Washington, and Clackamas counties. The Acute Care Team helps to get people off the street and offers peer

mentors, counseling, and basic needs. Mentors help clients to obtain hygiene items, get on food stamps, get ID's and obtain birth certificates.

To receive care from the Acute Care Team, a client must have Oregon Health Plan. OHP assisters at BTC can help individuals apply for OHP. To get started, fill out the ACT referral team form at https://bridgestochange.com/immediate-care/.

Club Hope and Recovery Access Center
100 SE Cleveland Street
Gresham, OR 97030

Club Hope - Open Monday-Friday, 10 a.m.–5 p.m., with showers and laundry available until 3 p.m. Basic needs, peer mentors and support groups are available. To access the Club Hope calendar: *https://bridgestochange.com/immediate-care/#calendar-527*.

Recovery Access Center – This overnight shelter has 26 beds, prioritizing Gresham residents. Currently, we are only accepting referrals through the City of Gresham. Will update as these transitions.

Cascadia Health

847 NE 19th Avenue, Suite 100
Portland, OR 97207
(503) 238-0769
(503) 674-7777 Intake
(503) 764-9042 Fax
info@cascadiahealth.org

Outpatient Alcohol and Drug Treatment
Cascadia offers alcohol and drug outpatient services for adults and youth, including individual therapy with professional counselors helping to cope with past trauma, education on the effects of substances, relapse prevention, and building effective relationships. Cascadia will conduct an ASAM and recommend treatment. Cascadia takes OHP-Health Share insurance.

Clackamas
17070 SE McLoughlin Blvd., Portland, OR 97267

Garlington Health Center
3036 NE Martin Luther King, Jr. Blvd., Portland, OR 97212

Plaza Health Center
4212 SE Division St., Portland, OR 97206

Woodland Park Health Center
10373 NE Hancock St, Suite 200, Portland, OR 97220

Medication Supported Recovery
Cascadia offers Medication Supported Recovery (MSR) — commonly referred to as Medication Assisted Treatment, or MAT— as part of our substance use disorder treatment options. We currently provide MSR (MAT) for persons using opioids or methamphetamine. Cascadia can offer clients support through their SUD treatment with counseling and medication-assisted treatment.

Individuals can call directly, and Cascadia also welcomes referrals from other organizations to our MSR services. For individuals who would be better supported in a higher level of care, Cascadia will refer to a community partner. Individuals receiving services through Cascadia's residential and supportive housing programs can access MSR through our health centers.

Central City Concern (CCC) Treatment Programs

Since 1979, the Portland community has trusted Central City Concern to help people create meaningful, long-term change. Every year, we serve more than 13,000 people experiencing or at risk of homelessness with affordable and supportive housing, person-centered health care, addiction recovery and employment assistance.

Blackburn Center
Central City Concern
12121 E. Burnside Street
Portland, Oregon 97216
(971) 361-7700
https://centralcityconcern.org/recovery-location/recovery-at-blackburn-center/
Monday, Tuesday, Thursday, Friday, 8 a.m.–5 p.m.; Wednesday, 9 a.m.–5 p.m.

Blackburn Center's east side recovery program offers compassionate care for substance use disorder; with everything you need all under one roof. Wherever you are on the path to recovery, you'll have the support of a team of mental health professionals, health care providers and substance-use counselors to support you at each step. Service options include addiction/substance use treatment; medication-supported recovery with Suboxone (buprenorphine); individual and group therapy, peer support/counseling; DUII treatment, medication management, on-site prescription refills, and acupuncture to reduce substance cravings, relieve chronic pain, regulate emotions, lower stress, anxiety, and support overall wellbeing.

CCC Recovery Center
Central City Concern
726 W. Burnside Street
Portland, Oregon 97209
(503) 944-4410
https://centralcityconcern.org/recovery-location/ccc-recovery-center/

Intensive outpatient treatment, meaning clients see our team about four times a week, for up to nine hours total. Treatment includes medication-supported recovery with Suboxone (buprenorphine), individual counseling, relapse prevention, acupuncture, and peer mentoring.

Hooper Detox
Central City Concern
1535 N Williams Avenue
Portland, Oregon 97227
(503) 238-2067
https://centralcityconcern.org/recovery-location/hooper-detoxification-stabilization-center/

Hooper Detoxification Stabilization Center offers compassionate treatment for people coming off drugs, alcohol or other substances. Hooper Detoxification Stabilization Center serves 2,000 to 3,000 people a year in a safe, inclusive space. Many of our staff are in recovery themselves and have experienced the challenges of withdrawal and early stabilization.

Hooper Center provides a medically monitored subacute detoxification and stabilization program for those withdrawing from alcohol and other drugs. Inpatient detox patients receive 5-9 days of medical treatment for early withdrawal symptoms. Treatment includes medication-supported recovery with Suboxone (buprenorphine). Potential clients must show up in person at detox. Doors open at 6:45 a.m. Monday-Friday and admission triage begins at 7:45 a.m. Hooper is open for admission on most holidays, except for Independence Day, Thanksgiving and Christmas.

Outpatient detox services are available Mondays–Fridays, 1 p.m.–4 p.m.

No one will be turned away for inability to pay.

Karibu Stabilization Program
Central City Concern
2020 SE Powell Blvd.
Portland, OR 97202
(971) 354-0489 Program Manager – Tori Hatter-Smith
(971) 417-7371 Case Manager – Marvin Young
https://centralcityconcern.org/health-care-location/karibu-stabilization-program/

Karibu provides individualized, culturally specific stabilization and treatment preparation (STP) services for Black/African American adults (18+) who are involved or at-risk of involvement with the criminal justice system and have behavioral health needs. The program has an outreach team and a supportive housing team supporting 14-20 participants living on-site. Clients are referred by either parole or probation. This culturally specific outreach team serves approximately 30-35 clients at any given time. This case load currently consists of clients residing in the community (pre- and post-enrollment) and will soon also include clients living in the Karibu Stabilization for Treatment Preparation program (STP). Community outreach is provided from a large passenger vehicle to allow program staff to work within the community. Once enrolled, Karibu participants have access to seamlessly integrated services delivered by the KCCT if living in the community (for up to 6 months), or in the Karibu STP if living on-site once opened. There is an online enrollment form.

Imani Center
Central City Concern
2040 SE Powell Blvd.
Portland, Oregon 97202
(503) 226-4060 Phone
(503) 445-0749 Fax
https://centralcityconcern.org/recovery-location/imani-center/
Hours: Monday-Friday, 8 a.m.–4:30 p.m., closed 12-1 pm daily. Closed holidays.

Since 2015, Imani Center has provided mental health and addiction treatment for the Black and African American community. The Imani Center offers individual and group counseling, peer support and limited case management in a culturally safe environment where participants can be themselves. At the Imani Center, you'll have the opportunity to build community with folks who look like you, with the support of staff members who have lived knowledge of Black culture and the African American experience. Self-referral.

Letty Owings Center
Central City Concern
Location not disclosed.
(971) 352-8765
https://centralcityconcern.org/recovery-location/letty-owings-center

The Letty Owings residential drug and alcohol treatment center serves pregnant women or women with children five and under. Treatment includes medication-supported recovery with Suboxone (buprenorphine). Since 1989, Letty Owings Center has helped young mothers to become sober, healthy and hopeful about the future. Because recovery is more complex during pregnancy and while raising young children, we offer a safe, inclusive environment for women to live with their children while in treatment for substance use disorders. Letty Owings has helped more than 400 women regain stability. Our residents often can stay with their children, who might otherwise be placed in foster care.

To apply, potential clients need to complete the online screening form.
https://forms.office.com/Pages/ResponsePage.aspx?id=aZccukx83EOaQXTRGTPUhLI1iD16G1NLrfd9JAX_6ndUMExQREJSSDk2QzdVRTZRQUk2U004U1dWSCQlQCN0PWcu&wdLOR=c17BA587D-D124-4DA9-A431-7EF80791A447

Puentes
Central City Concern
Location not disclosed.
(503) 546-9975
https://centralcityconcern.org/recovery-location/puentes/
Hours: Monday-Friday,9 a.m–5 p.m. Closed holidays.

Central City Concern (CCC) developed the culturally specific Puentes program to support Latinos in recovery. Puentes uses a multidisciplinary approach to provide outpatient alcohol and drug treatment and mental health care to individuals and to the entire family in a way that mitigates stigma and fear. Puentes staff are bilingual and bicultural; they understand Latino values, family roles, and community structures helping Latino clients gain insight into cultural influences on behavior. Puentes clients receive primary health care, a recovery mentor, a mentor for the entire family and a case manager to help with housing and follow up care. With treatment, support and shelter, the family or individual can move from crisis to stability and reunification.

River Haven
Central City Concern
5019 NE 102nd Ave.
Portland, Oregon 97220
https://centralcityconcern.org/recovery-location/river-haven

River Haven is a unique recovery community that integrates housing, enhanced intensive outpatient behavioral health treatment and peer support services into a supportive recovery environment. With 65 rooms, clients receive compassionate addiction treatment and mental health services while living at River Haven for six to nine months.

Recovery Mentor Program
Central City Concern
225 NW Couch
Portland, Oregon 97209
(503) 294-3208

Participants in the Recovery Mentor Program live in alcohol and drug free housing. They are matched with individual mentors who introduce them to drug-free housing and accompany them to their first support group meetings. Mentors check in with clients daily, making sure they maintain their commitment to a regimen of intensive outpatient medical, chemical dependency and mental health treatment. The longer a person continues with outpatient treatment, the greater the chance of long-term sobriety. The Recovery Mentor Program provides encouragement and a strong social network. It is a program in which individuals are held accountable for their successes, as well as for their digressions.

Old Town Clinic
Central City Concern
727 W Burnside St.
Portland, Oregon 97209
(503) 228-4533
https://centralcityconcern.org/recovery-location/old-town-clinic-recovery-services/
Hours: Monday, Tuesday, Thursday, Friday, 8 a.m.–5 p.m.; Wednesday, 9 a.m.–5 p.m.

Old Town Clinic offers compassionate, judgement-free outpatient treatment for substance use disorder and addiction. Treatment options include Medication-supported recovery with Suboxone (buprenorphine), recovery group therapy, acupuncture to reduce substance cravings, relieve chronic pain, regulate emotions, lower stress and

anxiety, and support overall wellbeing, Consultation with a pharmacist to manage your medication, and on-site prescription refills.

Old Town Recovery Center
33 NW Broadway
Portland, Oregon 97209
(503) 228-7134
https://centralcityconcern.org/recovery-location/old-town-recovery-center/
Phone hours: Monday–Friday, 8 a.m.–5 p.m.
Walk-in hours: Monday–Friday, 9 a.m.–5 p.m.

Comprehensive, compassionate mental health services and outpatient treatment for substance use disorders. Treatment includes medication-supported recovery with Suboxone (buprenorphine). Services include one-on-one counseling, medication management, case management, money management, wraparound care, in-home visits and outreach and on-site pharmacy.

Cielo Treatment Center

1805 NE Sandy Blvd
Portland, Oregon 97232
(503) 461-2620
Email: info@cielotreatmentcenter.com
Website: https://www.cielotreatmentcenter.com

Cielo Treatment Center specializes in addiction treatment for young adults and teens struggling with drug and alcohol abuse. Cielo offers support to individuals at different stages of their recovery, with their wide variety of treatment options. They provide different levels of care such as:

- Partial Hospitalization Treatment Program (PHP Outpatient);
- Intensive Outpatient (IOP);
- Outpatient Treatment;
- High Quality Sober Living;
- State Certified DUII Treatment;
- Substance Abuse Counseling;
- Mentoring Services;
- Mental Health & Dual Diagnosis Counseling; and
- Culturally Specific Programing.

Cielo offers three unique treatment tracks: LGBTQ+ Affirmative Therapy, A Young Adult/Teen Program, and a Professional Treatment Track.

https://www.cielotreatmentcenter.com/lgbgtq-program
https://www.cielotreatmentcenter.com/young-adults-program
https://www.cielotreatmentcenter.com/professional-track

Cielo accepts OHP, but the acceptance is not immediate because they do not have a contract with OHP.

CityTeam Ministries

526 SE Grand Ave.
Portland, Oregon 97214
(503) 231-9334
portland@cityteam.org
https://www.cityteam.org/give-help/portland
https://www.cityteam.org/programs

Men's Residential Treatment Program
CityTeam Ministries' Men's Residential Treatment Program is a residential, Christ-centered, holistic program that seeks to empower men to transform their broken lives. Open to residents of Multnomah, Lane, Washington, and Clackamas counties. The addiction treatment program is six months long, but an additional six months of "work phase" is an option for housing.

Women's Residental Treatment Program
CityTeam will be opening a women's residential treatment for substance abuse and a housing program for women and children in February 2024. Call (503) 231-9334 for details.

CODA, Inc.

1027 E Burnside Street
Portland, Oregon 97214
(503) 239-8400

CODA, Inc. was founded in 1969, and is one of Oregon's largest not-for-profit substances use treatment programs. CODA operates 14 programs at ten different sites. CODA's mission is to treat people whose health and quality of life are compromised by alcohol, drugs, and mental health challenges. They CODA provides compassionate, evidence-based care for women and men with substance use disorders. CODA helps clients get the healthcare, treatment, housing, and employment they needed to reach recovery and sustain healthier lives.

Residential Treatment

https://codainc.org/services/residential-treatment/

CODA provides residential treatment for adult men in Gresham and Tigard. Populations served are general adult, including those men who are involved with the criminal justice system. Primary goals include recovery, self-management, reducing recidivism, building support network, obtaining employment and housing. CODA provides residential treatment for women in Gresham, including those who are pregnant and parenting, and women involved with child welfare or criminal justice systems. Children may reside with their mothers on site. Treatment supports women as they work on parenting in recovery and building and supporting safe and stable families and homes.

Outpatient Services

https://codainc.org/services/outpatient-treatment/

CODA offers outpatient treatment programs in Clackamas, Hillsboro, and Tigard. Clinical services are designed to provide evaluation, counseling, patient and family education, and continuing care for individuals and families affected by substance use disorders. Populations served are general adult and may include patients with child welfare or criminal justice systems.

Addiction Medicine Division/Opioid Treatment Program

https://codainc.org/services/opioid-treatment-program/

CODA matches patient need with the most appropriate FDA-approved medication for opioid use disorders through medication- assisted treatment. CODA is licensed to prescribed methadone, oral naltrexone, extended-release naltrexone (Vivitrol ®), and buprenorphine/naloxone (Suboxone ®.) Treatment services include assessment, group and individual therapy, with family involvement as appropriate; DUII, supported employment, case management, care coordination, medication administration.

Columbia County Mental Health

58646 McNulty Way
St. Helens, Oregon 97051
(503) 397-5211
(503) 782-4499 Crisis Line
(503) 397-5373 fax
https://www.ccmh1.com/services/drug-and-alcohol-treatment/

Pathways Residential Substance Use Disorder Treatment
185 North 4th Street
St. Helens, Oregon 97051
(503) 366-4540
(503) 366-4526 fax

Columbia Community Mental Health is a drug or alcohol rehabilitation center with a primary focus on substance abuse treatment. The treatment center provides outpatient and residential treatment. OHP. Potential clients must have an ASAM done within the last 30 days and fax it to Desiree at (503) 366-4526 to apply for admission. The average length of the problem is 90 days. OHP is accepted.

Pathways provides residents with intensive substance use disorder treatment in a 24/7 staffing environment. Residents follow a highly structured treatment regimen that includes groups, individual treatment and staffed community activities that promote sober living skills.

Outpatient/Intensive Outpatient Substance Use Disorder Treatment
(503) 396-4271

Outpatient rehab programs allow participants to continue to live at home during drug or alcohol rehabilitation. Outpatient rehab tends to cost less than residential or inpatient treatment, and it may be more suitable for those unable to take extended absences from work or personal obligations. CCMH utilizes evidenced based practices such as MI, CBT, MRT, peer-delivered services, and Contingency Management to promote positive patient outcomes. In this level of care we offer group and individual therapy, with urine analysis testing available for legal/court mandates. People usually find housing for outpatient treatment through Iron Tribe Columbia County.

Community Counseling Solutions

(541) 676-9161

Locations in Morrow County, Grant County, Gilliam County, Wheeler County and Umatilla County.

Outpatient drug and alcohol treatment. This program involves complete alcohol and drug assessment, individual counseling, and classes for substance education and relapse prevention.

Crestview Recovery

6025 SE Belmont St.
Portland, Oregon 97215
(888) 580-4160
info@crestviewrecovery.com
https://www.crestviewrecovery.com/

Crestview Recovery offers a wide and diverse array of treatment for drug or alcohol addiction through 24/7 support and monitoring. Addiction care and programming varies through the intensity/level of the service ranging from early intervention to medically managed intensive inpatient services.

Crestview Recovery's comprehensive range of services includes residential treatment, partial hospitalization, intensive outpatient, mental health treatment, and dual diagnosis treatment. For more information on these programs, *see https://www.crestviewrecovery.com/treatment/.*

Accept various insurance companies, go online to verify insurance coverage for treatment. Crestview does not accept Medicaid/OHP.

Fora Health Treatment and Recovery

10230 SE Cherry Blossom Drive
Portland, Oregon 97216
(503) 535-1151
https://forahealth.org

FORA Health runs a detox center, an outpatient drug and alcohol treatment program, men's and women's inpatient drug and alcohol treatment programs, mental health treatment, dual diagnosis programs, and provides medications for substance use disorders. FORA health utilizes peer recovery mentors and has family therapy sessions. FOR A accepts most insurance, including Oregon Health Plan CCOs. Some private insurance plans require a referral to FORA.

Withdrawal Management (Detox)
https://forahealth.org/withdrawal-management/
Admission for Fora Health's Detox is an in person, walk-in process. Individuals arrive by 7:30 a.m. and line up under the tent to the left of the main entrance at 10230 SE Cherry Blossom Drive on Mondays-Saturdays. Withdrawal Management patients are assessed and admitted based on the results of their screening interview combined with their place in line.

It is possible to submit a detox referral form for a client to schedule a date for detox. They do not detox for inhalants. Ambulances are sometimes called to the site to transport patients, in distress, to Portland Adventist Medical Center, which is nearby. The medical staff in the detox is composed of nurse practitioners and psychiatric fellows. When individuals leave detox, they are encouraged to enter the outpatient treatment and are offered two weeks of medical intervention, which is Suboxone. They do not use methadone. Their capacity is 24 people. Detoxing from alcohol typically takes 5-7 days and from opiates 3-4 days.

Outpatient Treatment
205 SE 3rd Avenue
Hillsboro, Oregon
https://forahealth.org/outpatient/

Outpatient drug and alcohol treatment is available at FORA's SE Portland (Cherry Blossom Drive) and Hillsboro locations. Treatment patients receive between 1 and 8 hours of counseling per week, and telehealth is available.

An applicant can access FORA's outpatient treatment program by walking in for an assessment Tuesdays from 2:00 p.m.-4:00 p.m. or Thursdays from 10:30 a.m.- 2:00 p.m. An assessment, done by one of their four counselors on a first come, first served basis, will take two hours They have a second location office at 205 SE 3rd Ave. Suite 100, Hillsboro, Oregon. Outpatient treatment can last up to a year. Meetings are in person with individual sessions once every two weeks and group sessions weekly. The group sessions can occur, depending on a person's schedule, any time between 8:00 a.m. and 6:30 p.m. Participants are expected to submit UAs. FORA also has an outpatient DUII diversion program. *https://forahealth.org/dui/*.

Residential Treatment
https://forahealth.org/residential-treatment/

Fora Health's Adult Residential Program accommodates up to 70 adults for the treatment of moderate-to-severe substance use and co-occurring mental health disorders in a structured setting with caring, skilled, 24-hour staff. Our comprehensive services ensure everyone has the tools they need to find hope and healing in recovery. In addition to a full array of medical and psychosocial treatments for substance use disorder, Fora Health provides the following specialty services onsite: Peer Mentors, Family Therapy, Dual Diagnosis Mental Health Therapy, Medication to treat substance use disorder, acupuncture, chiropractic services, and dietary and national services.

The inpatient program lasts 60-90 days. The men's and women's sections are separate, and they do not eat together. Parents cannot bring their children to the program. The first month is a blackout stage during which patients can only talk with family members by phone. After that, they can have family visitation every-other- weekend from 1:00-2:00 p.m. Meeting with family members occur in FORA's impressive lobby or out on the patio between the two buildings of the program. They accept OHP and other types of medical insurance.

Hazelden Betty Ford Clinic

https://www.hazeldenbettyford.org/

With a legacy that began in 1949 and includes the 1982 founding of the Betty Ford Center, the Foundation now has treatment centers and telehealth services nationwide, as well as a network of collaborators throughout health care. Charitable support and a commitment to innovation drive ongoing advances in care, research, programs and services to impact more lives.

The goal of residential treatment is to stabilize your health and equip you with the knowledge and skills you need to find lasting freedom from drug addiction. Your pace through our inpatient treatment program, run by an interdisciplinary licensed care team of licensed professionals, will not be identical to those around you. While there are common milestones in healing from addiction, the most effective treatment path for you is your own—based on your specific challenges, circumstances and needs.

Day Treatment
Our day treatment, also known as partial hospitalization, offers the most intensive level of outpatient addiction treatment. This programming is an effective outpatient drug rehab option if you:

- Have experienced chronic relapse
- Attempted treatment multiple times
- Struggle with co-occurring mental health issues, such as anxiety or depression
- Need a next-step following inpatient addiction treatment

Patients in our day treatment program have the option of living on campus in Newberg, Oregon. With 24/7 supervision and gender-informed living arrangements, this option offers structure, connection and convenience.

PHP Day Treatment

Outpatient Drug and Alcohol Treatment
6600 SW 105th Avenue
Suite 120 Beaverton, Oregon 97008
(866) 210-1301
https://www.hazeldenbettyford.org/locations/beaverton

The Hazelden Betty Ford's treatment center in Beaverton has both outpatient rehab, intensive outpatient treatment and low-intensity outpatient programming to meet patient's specific needs and challenged. Virtual programs are available. Family services are provided for free and available for anyone to help families navigate through the hardships of addiction with support groups and family counseling. Hazelden Betty Ford Foundation accepts many different insurance networks.

Holistic Healing Behavioral Healthcare

Jamaica Imani-Nelson, Executive Director, MSW, QMHP, CADCIII, CSWA
5257 NE Martin Luther King Jr Blvd STE 201
Portland, OR 97211
(503) 954-2077
Jamaica@holistichealingbh.org
https://holistichealingbh.org

Jamaica Imani-Nelson founded Holistic Healing Behavioral Healthcare (HHBH) to focus on helping brown and black people get treatment that works for them. All the counselors are BIPOC, so the clinicians look like the clients. HHBH provides integrated care for overall mental wellness.

HHBH Master-level clinicians render mental health services through a trauma-informed, culturally responsive, and client-centered approach. Their theoretical orientation is rooted in family systems with an emphasis on Cognitive Processing Therapy (CPT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Crisis Intervention Therapy (CIT).

HHBH provides level 2.1 intensive outpatient treatment for addiction, DUI services, mental health counseling, peer support, housing, gambling, and corrections reentry support.

HHBH has experience working with the NWRRC and federal probation officers and has seen amazing outcomes for the men in their corrections reentry programs. HHBH helps

clients reenter society after a long period of incarceration by addressing the challenges they face, including how to operate modern technology.

HHBH owns a house to provide supportive housing to the BIPOC recovery community. The house is located at 6515 NE Cleveland Avenue, sleeps nine, and costs $500 per month per residence. Requirements include 90 days of sobriety and employment.

Addiction
https://holistichealingbh.org/addiction/

DUI
https://holistichealingbh.org/duii/

Gambling
https://holistichealingbh.org/gambling/

Mental Health
https://holistichealingbh.org/mental-health/

Peer Support
https://holistichealingbh.org/peer-support/

Corrections Reentry
https://holistichealingbh.org/corrections-reentry/

Hope Center Recovery

Hope Center Recovery and Premiere Sober Living
6828 SE Holgate Blvd
Portland, OR 97206
(503) 795-3987 General Phone
https://hopecenterrecovery.com/
Easton Hallock, Director of Admissions and Outreach
(971) 803-8290
easton@hopecenterrecovery.com

Hope Center Recovery and Premiere Sober Living provide high levels of accountability and supervision to clients in achieving and maintaining sobriety. Throughout the program, patients meet weekly with their primary counselor for one-on-one sessions and with their Psychiatric NP, Dr. Morales, for medication management and mental health assessments. Regular urine analysis (UAs) are conducted on Monday, Wednesday, and Friday at the treatment center.

The Hope Center Recovery Program treatment program spans 3-4 months and includes the following phases:

Partial Hospitalization Program (PHP): 6 weeks of intensive treatment from 9:30 a.m. to 3:00 p.m., Monday through Friday, with five daily group sessions covering CBT, DBT, Hero's Journey, Seeking Safety, Life Skills, Emotional Regulation, and Nonviolent Communication.

Intensive Outpatient Program (IOP5): 4 weeks of treatment from 9:30 a.m. to 12:30 p.m., allowing time for goal planning and pursuing employment or education in the afternoons.

Intensive Outpatient Program (IOP3): 2-4 weeks of treatment on Monday, Wednesday, and Friday from 9:30 a.m. to 12:30 p.m.

Outpatient Program (OP): 2 weeks of treatment, one day a week, for a single group session, leading to graduation.

Premiere Sober Living
Patients reside in one of our four men's or two women's sober living houses, each with an on-site live-in house manager (Certified Recovery Mentor) to maintain a therapeutic and safe environment. Their sober living requirements include:

- Meeting Attendance: Residents must attend three evening meetings per week (AA, NA, Refuge Recovery, etc.).
- Chores: Scheduled chore days on Sunday and Thursday with assigned tasks.
- House Meetings: Weekly house meetings on Sunday at 7 p.m. to set goals, address challenges, and discuss house grievances.
- Curfew: 11 p.m. on weekdays and 1 a.m. on weekends.
- Regular Testing: UAs and breathalyzer tests conducted by house managers.

Iron Tribe Network

17763 SE 82nd Dr., Suite A
Gladstone, Oregon 97027
(503) 344-6710
https://www.irontribenetwork.org/

Iron Tribe Network (ITN) is a non-profit organization founded on a community urban-tribe model for recovery and wellness. ITN seeks to provide an effective transitional housing solution for persons with co-occurring disorders who are re-entering the community after involvement with the criminal justice system. ITN provides peer

support, housing, and family reunification services to individuals and families to help them overcome pressures and barriers while in transition. ITN focuses on building community through its programs and services including those focused on peer support, housing, and family reunification for individuals and families.

ITN operates ten long-term Recovery & Wellness Homes in Multnomah and Clackamas County as well as four Homes in Washington and Columbia County.

Through-out the year, ITN engages with the community in various activities, meetings, and events, both for adults and youth, including Prison In-Reach events, Re-entry/Community Reintegration support plus special Recovery Celebration and Campout events.

Lifeworks NW

Multiple locations
(503) 645-9010 or (888) 645-1666
https://www.lifeworksnw.org/

LifeWorks NW's addiction program offers a full continuum of alcohol, tobacco, and other drug treatment services, including outpatient, intensive outpatient, and residential treatment for pregnant and parenting women with young children.

Through assessment, consultation, and therapy, Lifeworks NW seeks to provide a focus on treating more than just the symptoms with tailored treatment to address the whole situation. To enroll in treatment, make an appointment at Lifeworks, please call 503-645-9010 or 888-645-1666, or e-mail *intake@lifeworksnw.org*.

Women's Adult Residential Treatment
https://www.lifeworksnw.org/adult-residential-treatment/

Outpatient Chemical Dependency Treatment Lifework currently offers three chemical dependency outpatient programs: Drug and Alcohol Relapse Prevention, Parole and Probation Groups; and DUII treatment.

Medicine Wheel Recovery Services

58147 Columbia River Hwy
St. Helens, OR 97051
503-396-5322
https://www.medicinewheelrecovery.org/

Medicine Wheel Recovery Services, Inc. is a not-for-profit organization that seeks to meet the growing need for substance abuse treatment focused on the specific cultural

needs of Native American and other indigenous people, as well as others in the community. Their goal is to promote wellness and recovery for individuals suffering from addictions and unaddressed mental health needs, and to assist people in reconnecting to their communities.

Medicine Wheel focuses on sustainable recovery from addictions and unaddressed mental health issues by empowering individuals to "rise and thrive." They provide services that are evidenced based, culturally competent and client centered.

Medicine Wheel approaches healing by addressing the delicate balance of physical health, mental and emotional health, social and cultural connection, community involvement, environmental responsibility, and spirituality. Their treatment includes education, counseling, activities, and support to the recovering individual and the family.

Medicine Wheel provides outpatient substance abuse services, mental health/co-occurring services, a culturally focused women's program (Inipi) and a Modern Warrior Men's Program. Participants in the Modern Warrior Men's Program and the Inipi Women's Program stay in our clean and sober lodging for the duration of the treatment episode.

Milestones Family Recovery

442 NW 4th Street
Corvallis, Oregon 97330
(541) 738-6832
http://www.milestonesrecovery.com

Milestones Family Recovery's mission is to provide comprehensive, effective chemical dependency treatment in a family-oriented environment. At Milestones, their primary goal is to provide chemically dependent persons with the tools to achieve a lifestyle free from addiction to alcohol and other drugs. Within their caring family setting, they stress communication and honest confrontation, and emphasize the individuals' ability to make changes in his or her behavior.

Administration offices, Outpatient and Intensive Outpatient Services, Men's OP and IOP Services are all located at 442 NW 4th Street. Milestones provides five treatment programs to help people with different levels of chemical dependency problems, including women's outpatient and residential, ad men's outpatient and residential treatment. Milestones accepts most insurance plans, including the Oregon Health Plan (OHP).

Adult Outpatient, Intensive Outpatient, and DUII Services
(541) 757-7534

Milestones Family Recovery Out Patient Program offers a flexible schedule to meet individual needs. In addition to group therapy, Milestones offers individual and family therapy, gender specific services and life skills

Women's Residential Treatment
(541) 753-2230

Milestones is purposely geared to small-group therapy and individual confidentiality. Residents receive treatment in a 12-bed, 2-story building that becomes "Home" for the duration of the treatment.

Recovery Wellness Center - Men's Residential
(541) 753-3333

Recovery Wellness Center is a 12-bed day treatment program with supportive housing near downtown Corvallis, Oregon. The progression toward a sober lifestyle includes addiction treatment, life skills, education enhancement and job preparation as clients move toward independent living.

Women's Transitional Housing and Outpatient
(541) 286-4439

Transitional Housing: We have several transitional housing facilities for women who have completed residential treatment and are working toward a long-term housing solution.

Native American Rehabilitation Association (NARA) NW

NARA NW Administration Oyate Building
1776 SW Madison
Portland, Oregon 97205
(503) 224-1044
https://www.naranorthwest.org/

The Native American Rehabilitation Association of the Northwest, Inc. (NARA) is an Indian- owned, Indian-operated, non-profit agency. Originally an outpatient substance abuse treatment center, NARA now operates a residential family treatment center, an outpatient and outpatient youth substance abuse treatment. All services are centered on the family as it is NARA's philosophy that, without the family circle there will be no future.

All individuals seeking treatment must submit an assessment by a Certified Alcohol Drug Counselor (ASAM) to NARA NW. Supplemental mental health assessments and gambling assessments are provided as needed. NARA has 11 locations throughout the Portland area. https://www.naranorthwest.org/home-2/locations/.

NARA NW Outpatient Treatment Center
1631 S.W. Columbia St.
Portland, Oregon 97201
Phone: 503-231-2641
Fax: 503-231-1654
https://www.naranorthwest.org/projects/adult-outpatient-addiction-services/

NARA's Outpatient Addiction Treatment provides a range of integrated services and offers recovering persons hope and support. Call and speak with to an admission coordinator regarding the current Intake and Assessment process. Walk-in assessments are not available.

NARA NW Residential Treatment Center
17645 NW St. Helens Highway
Scappose, Oregon 97213
Phone: 503-621-1069
Fax: 503-621-0200
Intake Fax: 503-621-0116
https://www.naranorthwest.org/projects/adult-residential-addictions-treatment/

NARA's Residential Addiction Treatment offers assessment and evaluations, counseling, parenting support and services, and childcare for on-site treatment. Access to recovery support services, physical and mental health services and transitional housing as needed. Residential drug and alcohol treatment for men and women and mothers with children 5 years and younger. No sex offenders accepted into residential treatment. Send ASAM to *residentialadmissions@NaraNorthwest.org*.

NARA NW Child & Family Services
Youth Residential and Outpatient Addictions Treatment
620 NE 2nd Street
Gresham, Oregon 97030
Phone: 971-274-3757
Youth Fax: 503-912-5740
C&F Fax: 503-912-5741
https://www.naranorthwest.org/projects/youth-outpatient-addictions-treatment

The NARA NW Youth Addictions Treatment Program takes a holistic, culturally specific approach to reestablishing balance that has been interrupted by the use of drugs and alcohol. Youth participate in the development of their individualized service plan. Counselors encourage the strengthening of family and cultural relationships as an integral part of recovery. Counselors will also provide advocacy and collaboration with other systems, as needed; this includes, but is not limited to: DHS, DCJ, schools, and other service providers.

Cecilia Brandenburg, CADC II, QMHA-R
Admissions Specialist
503-621-1069 Ext. 7007
971-364-8963- Direct Line
971-284-6432- Cell
503-621-0116 - Admissions Fax Line
residentialadmissions@NaraNorthwest.org

New Seasons Portland Metro Treatment Center

16420 Southeast Division St.
Portland, Oregon 97236
(877) 284-7074
Monday–Friday, 4:30 a.m.–2 p.m.; Saturday, 6 a.m.–11 a.m.; Sunday, 7 a.m.–10 a.m.
https://www.newseason.com/treatment-center-locations/oregon/portland-metro-treatment-center/

New Seasons provides opioid addiction treatment and recovery service. Professionals work directly with the individual and doctors to create a customized treatment plan. Some services for opioid addiction treatment include medication-assisted treatment, counseling, supervised withdrawal, medical exams, outpatient services and more. Call the number above to schedule an appointment. Accepted insurance: Beacon Health Options, CareOregon, Humana, Magellan, Medicare, Multiplan, Optum, PacificSource, Providence Health Plan, Regence, TRICARE, Trillium Community Health Plan, TriWest.

OnTrack Rogue Valley

Various locations and numbers listed below.
https://ontrackroguevalley.org

Residential Treatment
To apply for residential treatment, call (541) 200-2401

Ontrack Residential Treatment provides substance use treatment for individuals assess at a 3.5 ASAM level of care. Our residential programs provide services and support 24 hours a day, seven days a week and include a wide range of evidence-based groups, skills training, and wellness-oriented activities designed to support individuals on their path to recovery. Ontrack offers care coordination, collaboration with medical and mental health professionals, and coordination with MAT clinics and pharmacies to ensure access to medication to support recover.

Outpatient Services
Ontrack Rogue Valley Outpatient Treatment provides substance abuse, mental health, and integrated co-occurring treatment for clients., Their outpatient treatment services are individualized and based on the unique goals, strengths and needs of each person. There are three services location – Medford, Grants Pass, and Eugene. All locations are accessible, trauma informed and respectful. OnTrack accepts all major insurance, and they have Oregon Health Plan (OHP assistors available to help.

Locations:

300 W. Main Street
Medford, Oregon 97501
Office: (541) 772-1777

720 NW 6th Street
Grants Pass, Oregon 97526
Office: (541) 955-9227
Residential (541) 200-2403

Outpatient Services
219 S. Redwood Hwy.
Cave Junction, Oregon 97523
Office: (541) 592-5350

Oregon Change Clinic (OCC)

1817 NE 6th Avenue
Portland, OR 97212
(503) 954-2077 Phone
(503) 994-5262
Office@OregonChangeClinic.com
https://www.oregonchangeclinic.com/

Oregon Change Clinic (OCC) is a culturally specific, outpatient treatment facility for substance use recovery and mental health disorders. OCC specializes in working with the Black, Indigenous, People of Color (BIPOC) communities in Portland, Oregon.

OCC offers outpatient drug, alcohol, and mental health outpatient services. OCC also offers Neurostar Transcranial Magnetic Stimulation (TMS), an innovative, non-invasive treatment for major depressive disorder. OCC also provides temporary, highly supported housing for clients in their intensive outpatient treatment program.

Oregon Trail Recovery

10600 SE McLoughlin Blvd
Suite 207
Milwaukie, Oregon 97222
(855) 770-0577
otr@oregontrailrecovery.com
https://oregontrailrecovery.com/

Oregon Trail Recovery is an intensive outpatient drug and alcohol treatment center with an additional transitional living component for both men and women. Oregon Trail Recovery offers a very wide range of programs with some gender specific transition programs. Services provided include case management, group/individual therapy, employment/educational assistance, transportation, and more. Oregon Trail Recovery does not take OHP.

Oregon Trail Recovery offers medical detox, PHP, IOP, transitional living, and gender-specific sober living homes for those suffering from substance use disorder. The program utilizes a step-down approach and is driven by 12-Step facilitation. The average treatment length is 90 days. Clients will engage in weekly individual therapy as well as at least 10 hours of group therapy per week. Treatment includes an individualized goal plan, relapse prevention, learning how to identify triggers, coping and life skills, and attending 6 AA meetings per week.

Oregon Trail Recovery provides comfortable sober living housing in a quiet residential area of Milwaukie, Oregon. The cozy homes are gender-specific and in locations that are close to local shopping and work opportunities. The one-story house offers double occupancy bedrooms that are fully furnished, a living room with flat screen cable TV, Wifi throughout, a computer room, and an on-site washer and dryer. Oregon Trail Recovery is accredited by the Joint Commission and accepts most insurance.

Outside In

1132 SW 13th Ave, Second Floor
Portland, Oregon 97205
(503) 354-9695

Since 1968, Outside In has supported youth experiencing homelessness and other marginalized people as they move toward improved health and self-sufficiency. Driven to meet the changing needs of those it helps, the agency has created an all-inclusive and integrated system of cutting edge and sometimes controversial wraparound services that has transformed and saved thousands of lives over the years.

Individuals who are screened into the Multnomah County Homeless Youth Continuum and meet diagnostic criteria are eligible for services.

The ROSE Program (Recovery Oriented Supports and Engagement)
Substance use specialists and peer mentors help you on your path to recovery without judgement or intimidation. We provide support through harm reduction, goal setting, and treatment referrals. We are focused on creating genuine connections, identifying your options, and respecting your choices. For more information, email us at *ROSEInfo@outsidein.org or call (503) 593-7389*.

Mental Health and Substance Use Treatment
Combined care for mental health and any substance use concerns with two program options.

Outpatient Treatment – Individual and group therapy focused on DBT (Dialectical Behavior Therapy) and Acceptance Commitment Therapy teaches mindfulness and skill building to manage emotions, distress, and interpersonal relationships. Participants are eligible to receive psychiatric medication management.

ACT Treatment (RISE) – Our team includes substance use and mental health counseling, peer support, housing case management, employment and education support, nurse case management, and psychiatric medication management. Our providers work together using an Assertive Community Treatment (ACT) model to support you in taking the next steps in building the life that you want.

For more information, *email riseinfo@outsidein.org or call (503) 354-9695*.

Phoenix Counseling Center

Substance Use Counseling
149 S Main St., Phoenix, Oregon 97535
(541) 535-4133
info@phoenenixcounseling.org

Specializing in substance use, mental health, and co-occurring.

Phoenix Counseling Center offers outpatient substance use counseling services. Their clinicians provide therapy from a number of evidence based and trauma informed therapeutic models.

Individual counseling and group support. They welcome mandated clients as well as volunteers.

The process of accessing counseling is guided by their clinicians from the time of assessment to completion of counseling services. Their services are individualized to meet the needs of the clients that they serve.

Groups They Offer:

Substance Use Level 2 (Adults)
The Level II substance use treatment groups meet 3 times a week for 3 hours each. They are combination education/process groups based on the evidence-based Living in Balance curriculum. Group curriculum includes relapse prevention, codependency, family dynamics, healthy ways to deal with stress, and self-esteem.

Substance Use Level 1 (Adults)
The Level I substance use treatment group meets once a week for 2 hours. It is an ongoing group offered to individuals who have successfully completed a higher level of care and to those who, at assessment, meet criteria for Level I services. This group is based on the evidence-based Living in Balance curriculum.

Relapse Prevention Group (Adults)
This group provides tools to prevent and deal with relapse as well as an opportunity to process experiences with triggers. Although it is part of the Level II program, most individuals will be encouraged to attend this ongoing group, regardless of their level of care. It is a great place to get support in handling the daily challenges encountered in early recovery.

Achieving Balance (Adults)
Achieving Balance: Exploring the Intersection between Substance Use and Mental Health is a group integrating the needs of individuals experiencing co-occurring substance use and mental health issues. It uses psychoeducation and process focusing on psychiatric and substance use disorder education; coping skills to manage substance use and mental health symptoms, relapse prevention plans; and the creation of healthy relationships to promote an increased support system of individuals experiencing similar struggles and symptoms.

Adolescent Groups
The adolescent groups function as a safe place for teenagers to be themselves, be heard, and connect with peers who are also facing the challenge of substance use and the transition toward adulthood. Groups compassionately address drug and alcohol education, relapse prevention, identification of triggers, drug education, and healthy coping skills. Another group, for adolescents meeting criteria for Level 2.1 treatment, helps members identify adaptive strategies to cope with a mental health diagnosis, symptoms, or other related experiences to minimize the potential for relapse. These groups satisfy Minor in Possession charge treatment requirements.

Moving On Group
This evidence-based group, offered in conjunction with Jackson County Criminal Justice, is designed especially for women on probation. The four content areas of this combination education/process group are: encouraging personal responsibility and enhancing motivation for change; expanding connections and building healthy relationships; skill enhancement, development, and maintenance; and relaxation and stress management skills. Group members attend a Seeking Safety Group concurrently.

Family Connections Program
This program provides substance use treatment and experiential mom-baby bonding groups as well as a dad's support group and parenting classes for pregnant and new moms.

Beyond Trauma
This evidence-based group is designed for individuals with both a trauma history and substance abuse issues. It provides tools for stabilization, emotional management, healthy boundaries, grief and loss, and reconnection with self/community. Members gain support in meeting their hierarchy of needs, preparing them to lead more productive lives.

DUII Education
This group meets Oregon requirements for Drug and Alcohol Information Programs. Members in this group learn about Oregon law and receive information regarding substance use disorders.

The Gathering (Paused until in-person)
The Gathering is a purely experiential group for folks who don't typically like group settings. Through a wide variety of activities, such as painting, drawing, music, and writing, this group explores members are impacted by substance use. This is a great group for anyone struggling with the emotions, thoughts, and situations that may arise on the path to recovery.

Mindfulness
This experiential group provides the opportunity for individuals to learn how to use mindfulness techniques to support their recovery.

Parenting Classes
This basic Parenting Enhancement group deals with self-esteem, anger management, emotional literacy, child development, gender differences, parenting styles, and parenting techniques. The goal of this class is the enhancement of solid parent-child interactions.

Project Red Initiative

Ellen Wirshup
Program Manager, Project RED
Alano Club of Portland
ELLEN@PROJECTREDINITIATIVE.ORG
https://projectredinitiative.org/contact

Project Red was conceived by Ellen Wirshup in partnership with the Alano Club of Portland as an initiative to remove barriers to overdose prevention supplies and trainings, with a focus on restaurants, bars, strip clubs, entertainment venues, Community based organizations, workers and artists in Portland, Oregon. Project red also collaborates nationally with service industry and entertainment venues and workers, and touring artists, connecting them with local harm reduction organizations and resources and, if requested, supports and services for those in or seeking recovery from substance use or mental health disorders. Narcan can be obtained from: *https://nextdistro.org/naloxone*.

Quest Center for Integrative Health

3231 SE 50th Ave
Portland, Oregon 97206
(503) 238-5203
info@quest-center.org
https://quest-center.org/

The Quest program is a fully integrated behavioral health program serving individuals 18 years and older. We offer programs such as comprehensive pain management, addiction counseling, HIV services, mental health therapy and medical care which integrate health and wellness. We offer providers who are specialized in health integration. This includes substance abuse counselors, pain management consultants, mental health therapy professionals and more. We offer most Quest integrative health services remotely. Group therapy, addiction counseling, mental health therapy, pain management consultants are available via computer, tablet, or phone, without needing to make a trip to our integrated health clinic.

Quest has two campuses in Portland and one in Clackamas County. Participants can participate in programming for up to 12 hours per week. The Oregon Health Plan is a funding source along with county funds, for those unable to qualify for OHP. To enroll, fill out forms online or call (503) 238-5203.

WISH (Living with Chronic Pain)
https://quest-center.org/wish-pain-management

The WISH program assists individuals living with chronic pain. Participants must not be on opiates. The duration of the program is six months. Participants learn meditation, Yoga, nutrition, attend support groups, and have mentors.

LINK (Living with Intention and Knowledge)
https://quest-center.org/link

LINK is Quest's harm reduction-based outpatient substance use treatment program. This program acknowledges the spectrum of substance use and has witnessed how health and wellness goals are achievable within that spectrum. LINK participation is wellness-focused with the intention of decreasing negatively experienced risks or consequences (as it pertains to single or poly-substance use). The goal is to increase positively experienced aspects of life within this framework.

FSR (Finding & Sustaining Recovery)
https://quest-center.org/fsr-addiction-services

FSR (Finding & Sustaining Recovery) is an outpatient drug and alcohol program. Treatment methods include group and one-on-one counseling and acupuncture. Quest owns twenty-two drug-free housing units. Quest serves dual diagnosis patients, LGBQ individuals, and people who are HIV positive. They do not take sex offenders or actively homicidal individuals. For FSR referrals, please email: *FSRreferral@quest-center.org*.

The Resilience Initiative (TRI)
https://quest-center.org/tri

The Resilience Initiative (TRI) was born from the need for African American holistic services in an environment that promotes culturally specific wellness and healing. TRI is a unique addictions treatment and pain management program specifically focused on serving the African American community. TRI has been developed through a partnership between Quest Center and Miracles Club. The Resilience Initiative is designed to help heal in an environment that is free from stereotyping, bias, discrimination, racism, and micro-aggressions. When choosing a treatment program, you shouldn't have to defend your basic human right to receive care. At TRI, you will receive excellent services and treatment because you deserve it.

ReConnections Alcohol and Drug Treatment

Main Office
547 SW 7th Street
Newport, Oregon 97365
(541) 574-9570
info@reconnectionscounseling.com
https://www.reconnectionscounseling.com/

Outpatient and Intensive Outpatient
ReConnections Counseling is available at all four of locations - Florence, Newport, Toledo, and Lincoln City. To enroll, clients must first attend an orientation so they can meet with staff, mentors, and counselors to help the identify client needs and goals. After the orientation, clients will undergo a personalized assessment to explore a deeper understanding of your goals, identify any barriers to recovery, and develop strategies to reach your goals and enhance your ability to succeed.

Milestones offers individual therapy sessions, specialized group therapy options, (such as seeking safety, nurturing parenting, medication-assisted treatment, (MAT), cognitive behavioral intervention, DUI, and more), as well as peer support and case management services.

Recovery Blvd Treatment Center

1206 SE 11th Avenue
Portland, Oregon 97214
(971) 274-8927
info@recoveryblvd.com
https://www.recoveryblvd.com/

Recovery Blvd offers a wide range of programs, therapies and treatments in order to be able to meet the unique needs of each client through individualized treatment. Programs include outpatient treatment, DUII treatment, substance abuse counseling and more. Therapy treatments include advanced relapse prevention, meditation groups, dialectal behavior therapy, art therapy and more. Accepts most PPO insurance, offer financial assistance program to help cover expenses.

Recovery Works Northwest

169 NE 102nd Avenue
Portland, Oregon 97220
(503) 906-9995
https://recoveryworksnw.com/

Recovery Works Northwest provides detox, medically assisted outpatient and intensive outpatient drug and alcohol treatment. They also provide DUII diversion programming for individuals who need to be certified. Call the number above or fill out a form online for more information and an assessment. https://recoveryworksnw.com/referrals. Recovery Works NW accepts most insurance plans accepted including OHP.

Foster Road House Detox
(971) 353-6918
https://recoveryworksnw.com/detox/

Foster Road House Detox Facility is an all gender inpatient facility is open to adults who require medical supervision to interrupt fentanyl/opioid dependency and begin medications to support recovery. Once admitted clients will stay an average of 3-5 days under the care of doctors and nurses with three home cooked meals per day plus snacks provided. Recovery Works NW offers ongoing management of recovery medications. It is our intention that every client at the Foster Road House is provided with pathways to treatment and/or housing directly upon discharge from the facility. To get started, potential clients should call and complete a quick phone assessment.

Intensive Outpatient
https://recoveryworksnw.com/services/outpatient-treatment-iop/

Intensive Outpatient Treatment (also known as IOP for "Intensive Outpatient Program") is a primary treatment program recommended by our clinical team and typically during your assessment. IOP may be recommended for those who do not need or want to do detox and is on a part-time yet intensive schedule of 9 hrs. per week and generally last 6 weeks based on individual plan, designed to accommodate work and family life, so we have most of our groups in the evening time.

Medication Assisted Therapy for Opioid Addiction
https://recoveryworksnw.com/services/medical-management/

Our first treatment goal is to establish a tapering strategy to lessen withdrawal symptoms, while providing immediate resources necessary to support your recovery. Medications include Suboxone® (buprenorphine/naloxone), Subutex® (buprenorphine), Sublocade® (30 day buprenorphine injection), Naloxone, Vivitrol® (30 day Naloxone injection).

Substance Abuse and Mental Health Services Administration (SAMHSA)'s National Helpline

1-800-662-HELP (4357)
https://www.samhsa.gov/find-help/national-helpline

SAMHSA (Substance Abuse and Mental Health Services Administration)'s National Helpline, *1-800-662-HELP (4357)* (also known as the Treatment Referral Routing Service), or TTY: *1-800-487-4889* is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

SAMSHA also maintains an online treatment locator: *https://findtreatment.gov/*

Persons seeking treatment can also send their zip code via text message: 435748 (HELP4U) to find help near them. *https://www.samhsa.gov/find-help/national-helpline/help4u*.

Sequoia Mental Health Services

4585 SW 185th Avenue
Aloha, Oregon 97078
(503) 591-9280

395 W Main Street
Hillsboro, Oregon 97123
(503) 213-1302

Sequoia offers services specifically tailored to the needs of clients who are struggling with addiction or substance abuse. They also provide integrated services, for clients with dual diagnoses of mental illness and addiction.

- Outpatient Adult Treatment
- DUII Diversion
- Individual & Group Therapy
- Adolescent Services
- Family Group Therapy
- Integrated Addiction and Mental Health Services

Sequoia operates three residential treatment programs. Each program is licensed by Oregon Addictions and Mental Health Division and has 24-hour care staff. Residential treatment is often a necessary step in an individual's return to independent community living. Residents benefit from a safe and structured environment while establishing the skills needed for daily living and community navigation.

- 24-hour Supervision, Support & Treatment 24
- Professional, Trained Staff
- Skills Training
- Case Management Services
- Community Integration
- Coordination with Community Services

SLO Recovery Center

1122 NE 122nd Avenue, Suite A-200
Portland, Oregon 97230
(503) 594-4750
https://www.slorecoverycenter.com/

SLO Recovery offers an integrated care approach focusing on substance use disorders, mental health conditions and co-occurring behavioral health conditions. By providing patient-centered care and focusing on the individual needs for treatment, services, and therapeutic interventions we can best serve every individual. We offer an integrated care approach focusing on substance use disorders, mental health conditions and/or co-occurring behavioral health conditions. Treatments include interventions, assessments, counseling sessions, medication management and more. SLO is in network with most

private insurance. OHP -Health Share is accepted for telehealth and OHP- Trillium is accepted for in person.

Partial Hospitalization Programming
SLO Recovery Center provides a structured program of outpatient services as an alternative to inpatient care. PHP treatment is provided during the day and doesn't require an overnight stay. At SLO Recovery Center, PHP is a stabilizing structured day track that includes Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Relapse Prevention, DUI services, and 12 step recovery support. We also utilize yoga, Rock to Recovery, Healing Arts, acupuncture and community-based activities to treat the whole person. PHP at SLO Recovery Center can vary from 5 to 30 days depending on the severity of a patient's symptoms. Sober housing is available. The average length is 90 days. A psychiatric nurse and physician's assistance are on site.

Intensive Outpatient Programming
SLO Recovery Center allows patients to participate in their daily affairs, such as work or school, and then participate in treatment at times which can bring balance to their recovery process. At SLO Recovery, IOP is a flexible day or evening track that consists of 9-15 hours a week and includes Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), Relapse Prevention and DUI services. IOP is often the next step down from Partial Hospitalization Programming (PHP). Most IOP services at SLO Recovery Center will range 30-45 days.

Outpatient Programming
SLO Recovery Center can be appropriate in many situations as an initial level of care for patients with less severe disorders, or for those who are stepping down from more intensive services. Outpatient services can also be for those who are stable and need ongoing monitoring, support, and disease management. Outpatient at SLO Recovery is a flexible day or evening track that helps patients integrate into the community while promoting self-efficacy. Patients in Outpatient will learn to self-check and use their new skills in the community, as well as self-monitor their symptoms. Outpatient at SLO Recovery Center often lasts approximately 30-45 days.

Detox
Ambulatory detox is an outpatient medical treatment program for those suffering from an addiction of any kind. An ambulatory Detox is a cost-effective option for many people since these patients are able to spend the night in the comfort of their own homes while receiving high-quality treatment during the day. At SLO Recovery Center Ambulatory Detox is a structured yet flexible day track that supports a person through a brief period of acute detox. Ambulatory Detox is overseen by a doctor and supported by staff throughout the day. The goal of Ambulatory Detox is to stabilize, reduce

anxiety, and other symptoms of acute detox and help the patient integrate into the daily life of treatment services. Ambulatory Detox at SLO Recovery Center will usually last 2-5 days.

Structured Sober Living
Sober Living Oregon (SLO) is focused on providing safe, well-structured living environments as an effective transition program from active alcoholism and chemical dependency.

Aftercare
Aftercare at SLO Recovery Center is a self-directed program designed to help patients with navigating the triggers and obstacles which often show up upon reintegration into normal, daily living. Aftercare is effective in supporting patients in early recovery and can help prevent relapse. SLO Recovery Staff is available for phone support as well as in-person contact as needed for continued support. Aftercare can last anywhere from 30 days to however long it takes to find long term remission and stability.

Veterans Affairs – Treatment Programs

Veterans Recovery House
Vancouver Division of VA Portland Health Care System
1601 East Fourth Plain Blvd.,
Vancouver WA, 98661
(503) 220-8262 ext. 33621, Intake Coordinator

Residential Rehabilitation Treatment Program (RRTP), is an inpatient program providing behavioral healthcare services to Veterans who are homeless and/or want substance abuse treatment. Services in the facility range from clinical groups, individual sessions and recreational activities. Other offered services include mental health treatment, vocational rehabilitation, dentistry, nutrition and chaplain services. The length of stay is 45 to 120 days.

Southern Oregon Rehabilitation Center and Clinics (SORCC)
8495 Crater Lake Hwy.,
White City, Oregon 97503
(541) 826-2111

SORCC's residential rehabilitation program provides short-term rehabilitative and long-term health maintenance care for veterans who require minimal medical care. SORCC provides residential treatment in the areas of addictions, vocational rehabilitation, homelessness, physical rehabilitation, psychiatry and medical care.

Jonathan M. Wainwright Memorial VA Med Center Substance Abuse Residential Rehab Treatment Program (JMWMVAMC)
77 Wainwright Drive, Building 140
Walla Walla, WA 99362
(509) 525-5200 ext. 26535

A 36-bed Residential Rehabilitation Treatment Program providing residential substance abuse and mental health treatment. Length of stay 28 days. VA Release of Information Office: requests for information from medical records including assessments must go through Robert Genschorck, 503-220-8262 Fax: 503-721-1054.

Cedar Hills Hospital Military Program
10300 SW Eastridge Street
Portland, Oregon 97225
(877) 601-5303

The Military Program at Cedar Hills Hospital is specifically designed for Active Duty, National Guard, and Active Reserve service members, their families, and veterans. Their program is designed for those experiencing substance use, abuse or dependence, depression, military sexual trauma, combat induced PTSD/trauma, military related chronic pain or co-occurring mental health and substance abuse issues. Programming can require a stay of seven to 45 days.

Volunteers of America (VOA) Men's Residential Treatment

2318 NE MLK Blvd.
Portland, Oregon 97212
(503) 335-8611
(503) 328-0270 Intake Line

Entrance into this six-month residential drug and alcohol treatment program is exclusively by referral from a Multnomah County parole or probation officer. The program is for men on high and very-high risk supervision.

Volunteers of America (VOA) Women's Residential Center

Mail: 3910 SE Stark St., Portland, Oregon 97214
(503) 235-0131
https://www.voaor.org/women-s-residential-center

The Women's Residential Center (WRC) is a residential treatment program that provides comprehensive, trauma-informed, integrated chemical dependency and mental health services in a residential setting for women involved in the criminal justice

system. WRC helps women and their families overcome a variety of challenges, rebuild their lives, and re-enter their communities as healthy, productive individuals. WRC is a four to six month residential program. They have 42 beds including at present five federal corrections beds. They also have seven drug free housing beds through Transition Projects. Four WRC beds are designated for mothers with children up to age six (maximum of three children). This includes "birthing rooms" for women who are about to give birth or who have just given birth.

Willamette Family, Inc.

Rapid Access Center
149 W. 12th Avenue
Eugene, Oregon 97401
(541) 762-4306
https://wfts.org/

Willamette Family has proudly served Lane County for over 50 years, providing detox and treatment for substance use disorders. Willamette Family's mission is to provide readily accessible, quality mental health and substance abuse/addiction care for men, women, youth, and families in an atmosphere that promotes compassion, healing, respect, and well-being for all. Willamette Family accepts a wide variety of private insurances and the Oregon Health Plan. Call the Rapid Access Center to enroll in services at *(541) 762-4306*.

Buckley's Detoxification and Sobering Services
605 West 4th Avenue
Eugene, Oregon 97402
(541) 762-4575
https://wfts.org/sobering.htm

Detoxification and Sobering Services are a community response for intoxicated individuals or as a first step into treatment. We provide services for substance users who need to withdraw safely from alcohol and/or substances and achieve an acceptable level of sobriety in a safe, caring environment.

Residential Treatment
https://wfts.org/men-residential.htm
https://wfts.org/women-residential.htm

Willamette Family offers residential treatment programs for men and women in Eugene, Oregon. The average length of program is 90 days. Federal Probation has a service contract with Willamette Family. Referrals do not have to come through federal

probation. All potential clients must have an ASAM done prior to being considered for admission.

Outpatient Treatment
https://wfts.org/women-outpatient.htm
https://wfts.org/men-outpatient.htm

Willamette Family offers outpatient treatment programs for men and women in Eugene, Oregon. The average length of program is 90 days. Federal Probation has a service contract with Willamette Family. Referrals do not have to come through federal probation. All potential clients must have an ASAM done prior to being considered for admission.

Other Addiction Treatment and Support

Best Care
Gambling Addiction Treatment

Organization Headquarters
340 NW 5th St.
Suite 203
Redmond, Oregon 97756
(541) 516-4099

Bend Outpatient Treatment
908 NE 4th Street, Suite 100
Bend, Oregon 97701
(541) 617-7365

They offer free outpatient gambling addiction treatment.

Bridgeway Problem Gambling

797 Winter Strett
Salem, Oregon 97301
(503) 363-2021
http://www.bridgewayrecovery.com/treatment_residential_problem_gambling.php

Bridgeway's Santiam house offers in-patient service for gambling addiction. The average stay is 6-8 weeks. It is the only program of its kind in the Northwest. Staff and peer support mentors focus on establishing a sustainable recovery plan. Individual, family and group counseling is available at Santiam house.

Cascadia Behavioral Healthcare Gambling Treatment

847 NE 19th Ave., Suite 100
Portland, Oregon 97232
(503) 674-7777 (Gambling Treatment Line)
(503) 239-5952 (talk with a Program Coordinator to get started)
https://cascadiabhc.org/gambling-treatment/
Email: info@cascadiahealth.org

Cascadia offers free customized treatment, tailored for each client and their loved ones. Individual, as well as couples and group counseling is available. Cascadia connects clients with Gam Anon support groups. Problem gambling services are also available through Cascadia in Clackamas County.

Cascadia's Gambling Evaluation and Reduction (GEAR) program provides outreach within the prison walls. The GEAR program is available to women at the Coffee Creek Correctional Facility in Wilsonville and to men at the Columbia River Correctional Facility in Portland.

Community Counseling Solutions Problem Gambling Services

(541) 676-9161

Locations in Morrow County, Grant County, Gilliam County, Wheeler County and Umatilla County.

Free treatment and counseling services are available to any Oregon resident who either has a gambling problem or knows someone who does. Treatment is free, confidential, and it works. You can make an appointment with our Problem Gambling Counselor, Chris Olwine, who serves Gilliam, Grant, Morrow and Umatilla counties by calling *541-676-9161 ext. 1716* during normal business hours.

After hours, please call 1-877-MY-LIMIT (1-877-695-4648) 24-hour line toll-free or you can live chat, text or email at Oregon Problem Gambling Resource, *https://www.opgr.org/*.

Emergence – The Meridian Program's Problem Gambling Services, Substance Use, DUI Treatment and Mental Health

Main Office: 541-393-0777
Hours: Monday–Friday, 8 a.m.–5 p.m.
https://4emergence.com/

Eugene

Centennial Loop
78 Centennial Loop, Unit A, Eugene, Oregon 97401
(541) 393-0777

Centennial Plaza
2149 Centennial Plaza #4, Eugene, Oregon 97401|
(541) 741-7107

Downtown
1040 Oak Street, Eugene, Oregon 97401
(541) 342-6987

Midtown
1461 Oak Street, Eugene, Oregon 97401
(541) 687-9141

Springfield
374 Q Street, Springfield, Oregon 97477
(541) 746-4041

Cottage Grove
710 Adams Avenue, Cottage Grove, Oregon 97424
(541) 767-3057

Florence
4969 Hwy 101, Suite 3, Florence, Oregon 97439
(541) 997-8509

Albany
1856 Grand Prairie Road, SE, Albany, Oregon 97322
(541) 967-6597

Emergence offers confidential counseling services for compulsive gamblers. This service is available to family members, regardless of if the individual afflicted with the gambling problem is enrolled.

Gambling Addiction Hotline

Free Gambling Hotline for the State of Oregon
1 (877) 695-4648 (MY-LIMIT) – English & Spanish

Lewis & Clark Problem Gambling Services

4445 SW Barbur Blvd.
Portland, Oregon 97239
(503) 768-6325 (for appointments)
(503) 686-4600 (para citas en Español)
email: pgsappointments@lclark.edu
https://graduate.lclark.edu/clinics/problem_gambling/about/
email: gamblinghelp@lclark.edu

Lewis and Clark Problem Gambling offers free and confidential individual, couples, family, and group therapy to Oregon residents. They offer culturally specific services to members of the Latino community at their Latino Problem Gambling Services Clinic, with counseling available in both English and Spanish. Their facility is ADA accessible, and they provide interpretive services during counseling for members of the community who are deaf or who speak languages other than English. This service is also open to Washington residences who gamble in Oregon.

Hours: *Monday, 10 a.m.–7 p.m.*
Tuesday & Friday, 9 a.m.–7 p.m.
Saturday & Sunda,y 9 a.m.–4 p.m.

Lifeworks NW

See https://www.lifeworksnw.org/locations/ for a list of multiple location

To schedule an appointment at one of their clinics, call 503-645-9010 or 888-645-1666, or e-mail *intake@lifeworksnw.org*.

LifeWorks NW offers wide range of customized individual and group programs to help youth and families, adults and older adults deal with addictions from alcohol and gambling to medications and beyond, working to regain a balance. Through assessment, consultation and therapy, they seek to provide a focus on treating more than just the symptoms with tailored treatment to address the whole situation.

LifeWorks NW provides counseling to address:

- Alcohol abuse
- Methamphetamine and other drug use
- Problem gambling
- Dependence on prescription or over-the counter medications
- And other addictions

Methadone Treatment

Portland Comprehensive Treatment Centers

There are several treatment centers in the Portland-Vancouver area that offer help to people 18 and older who are battling addictions to morphine, heroin, or prescription painkillers. Medications used in most treatment include Suboxone, Subutex, Vivitrol and Methadone. Individual and group therapy sessions are available to those recovering from opioid addiction at the following locations. All patients are required to pay up front with cash, money orders or credit cards issued in their names, even if they intend to use their medical insurance.

Allied Health Services of Portland
324 NW Davis St.
Portland, Oregon 97209
(971) 645-4690

Allied Health Services of Tigard
10763 SW Greenburg Rd., Suite 100
Tigard, Oregon 97223
(503) 684-8159

Belmont Comprehensive Treatment Center
2600 SE Belmont St.
Portland, Oregon 97214
(971) 272-8913

East Portland Comprehensive Treatment Center
6601 NE 78th Ave., Suite A-3
Portland, Oregon 97218
(971) 645-4806

Vancouver Comprehensive Treatment Center
2009 NE 117 St, Suite 101
Vancouver, WA 98686
(360) 991-0183

Multnomah County Problem Gambling Treatment and Prevention

(503) 988-4888
https://multco.us/mhas/treatment

Multnomah County offers a host of both youth and adult mental health services, including treatment for compulsive gamblers. The Multnomah County approach pertaining to gambling focuses on biological, behavioral, economic, and cultural and policy factors that influence gambling and health. The holistic approach encompasses prevention, harm reduction, and various levels of treatment with an outcome emphasis on quality-of-life issues for gamblers, their families and community.

Oregon Problem Gambling Resources (OPGR)

1-(877)-655-4648 (MY-LIMIT)
http://www.opgr.org/treatment/

This organization's mission is to educate Oregonians about the risks associated with gambling and to connect the public to free treatment and recovery services that are available throughout the state. OPGR offers live support counselors to chat with online. The phone helpline staff are available 24 hours, 7 days a week, and provide free services in English and Spanish.

Phoenix Counseling Center

Gambling Services
149 S Main St., Phoenix, Oregon 97535
info@phoenenixcounseling.org
541-535-4133

Specializing in substance use, mental health, co-occurring and gambling.

Phoenix Counseling Center

Substance Use Counseling
149 S Main St., Phoenix, Oregon 97535
541-535-4133
info@phoenenixcounseling.org

Specializing in substance use, mental health, and co-occurring.

Phoenix Counseling Center offers outpatient substance use counseling services. Their clinicians provide therapy from a number of evidence based and trauma informed therapeutic models. Individual counseling and group support. They welcome mandated clients as well as volunteers.

The process of accessing counseling is guided by their clinicians from the time of assessment to completion of counseling services. Their services are individualized to meet the needs of the clients that they serve.

Groups They Offer

Substance Use Level 2 (Adults)
The Level II substance use treatment groups meet 3 times a week for 3 hours each. They are combination education/process groups based on the evidence-based Living in Balance curriculum. Group curriculum includes relapse prevention, codependency, family dynamics, healthy ways to deal with stress, and self-esteem.

Substance Use Level 1 (Adults)
The Level I substance use treatment group meets once a week for 2 hours. It is an ongoing group offered to individuals who have successfully completed a higher level of care and to those who, at assessment, meet criteria for Level I services. This group is based on the evidence-based Living in Balance curriculum.

Relapse Prevention Group (Adults)
This group provides tools to prevent and deal with relapse as well as an opportunity to process experiences with triggers. Although it is part of the Level II program, most individuals will be encouraged to attend this ongoing group, regardless of their level of care. It is a great place to get support in handling the daily challenges encountered in early recovery.

Achieving Balance (Adults)
Achieving Balance: Exploring the Intersection between Substance Use and Mental Health is a group integrating the needs of individuals experiencing co-occurring substance use and mental health issues. It uses psychoeducation and process focusing on psychiatric and substance use disorder education; coping skills to manage substance use and mental health symptoms, relapse prevention plans; and the creation of healthy relationships to promote an increased support system of individuals experiencing similar struggles and symptoms.

Adolescent Groups
The adolescent groups function as a safe place for teenagers to be themselves, be heard, and connect with peers who are also facing the challenge of substance use and the transition toward adulthood. Groups compassionately address drug and alcohol education, relapse prevention, identification of triggers, drug education, and healthy coping skills. Another group, for adolescents meeting criteria for Level 2.1 treatment, helps members identify adaptive strategies to cope with a mental health diagnosis, symptoms, or other related experiences to minimize the potential for relapse. These groups satisfy Minor in Possession charge treatment requirements.

Moving On Group
This evidence-based group, offered in conjunction with Jackson County Criminal Justice, is designed especially for women on probation. The four content areas of this combination education/process group are: encouraging personal responsibility and enhancing motivation for change; expanding connections and building healthy relationships; skill enhancement, development, and maintenance; and relaxation and stress management skills. Group members attend a Seeking Safety Group concurrently.

Family Connections Program
This program provides substance use treatment and experiential mom-baby bonding groups as well as a dad's support group and parenting classes for pregnant and new moms.

Beyond Trauma
This evidence-based group is designed for individuals with both a trauma history and substance abuse issues. It provides tools for stabilization, emotional management, healthy boundaries, grief and loss, and reconnection with self/community. Members gain support in meeting their hierarchy of needs, preparing them to lead more productive lives.

DUII Education
This group meets Oregon requirements for Drug and Alcohol Information Programs. Members in this group learn about Oregon law and receive information regarding substance use disorders.

The Gathering (paused until in-person)
The Gathering is a purely experiential group for folks who don't typically like group settings. Through a wide variety of activities, such as painting, drawing, music, and writing, this group explores members are impacted by substance use. This is a great group for anyone struggling with the emotions, thoughts, and situations that may arise on the path to recovery.

Mindfulness
This experiential group provides the opportunity for individuals to learn how to use mindfulness techniques to support their recovery.

Parenting Classes
This basic Parenting Enhancement group deals with self-esteem, anger management, emotional literacy, child development, gender differences, parenting styles, and parenting techniques. The goal of this class is the enhancement of solid parent-child interactions.

Providence Adult Eating Disorders Program

9135 SW Barnes Rd, Suite 987
Portland, Oregon 97225
503-215-9396
https://www.providence.org/locations/or/st-vincent-medical-center/psychiatric-care/eating-disorders-treatment-program

For more than 25 years, Providence Adult Eating Disorders Treatment Program has helped patients recover from anorexia, bulimia, and atypical eating disorders.

Our treatment process begins with a thorough clinical assessment to address current and past eating practices and the physical and emotional consequences of these practices. This includes the evaluation of symptoms, such as depression, anxiety and substance use, as well as lifestyle factors, such as social support from family and friends.

Recommendations are made based on the assessment and may include either partial hospital or intensive outpatient levels of care. Both levels of care consist of ongoing psychiatric evaluation, group, individual, and family therapies, as well as nutrition and meal support.

As patients approach or re-approach treatment, their readiness and the timing of treatment are also considered. Recovery is a process that requires persistence, courage and effective treatment resources.

All services described below are offered in our clinic:

- Diagnostic evaluations - This is generally the first step in accessing our services. Evaluations address the severity of eating disorder symptoms and the impact they have on the individual's ability to function. The evaluation interview addresses the history of the disorder, consideration of co-existing medical and psychiatric conditions, and motivational factors. It concludes with treatment recommendations and referrals.
- Informational meetings - A free informational meeting about eating disorders is held each Wednesday afternoon from 4:30 to 5:15. Any interested individual or family member may attend. Clinicians answer questions about treatment and recovery, and they discuss levels of care in this and other community settings.
- Ongoing physical assessment - Physicians meet with patients regularly to review symptoms and corresponding vital signs, such as weight, blood pressure, pulse and temperature. Program doctors order and interpret lab tests

and coordinate care with the patients' primary care providers about the patients' health status and recovery processes.

- Ongoing psychiatric assessment and medication management - Psychiatrists meet with patients to review their primary and secondary diagnoses and treatment progress. The psychiatrists also work actively with patients and program therapists to support patients in changing their problematic behaviors. Medication effectiveness is reviewed regularly, and recommendations may be made for new medications, changes in medication dosages or stopping medications.
- Eating disorders partial hospital - An intensive, structured full-day program offered five days a week. Patients participate in ongoing physical assessments; meal therapy groups; group and individual therapy; family therapy; nutritional evaluation and counseling; relapse prevention planning; and discharge planning.
- Group therapy and Individual therapy
- Care conferences may be scheduled with the treatment team, patient, and family to discuss the effectiveness of current interventions and next steps in treatment.
- Nutritional evaluation and counseling - Dietitians interview patients, review laboratory data and complete an assessment to determine nutrition risk and establish healthy weight and nutrition goals. Throughout patients' treatment, the dietitians offer continual feedback and teach patients about healthy nutrition practices. They support patients' growth toward healthy eating and weight stabilization.
- Therapeutic meal groups - Facilitated by therapists, these groups are opportunities for patients to practice healthy eating and symptom management in the structured, supportive and supervised setting of the treatment environment.
- Supported Living Service (SLS) – Providence Community Benefit Program to help selected adult patients practice skills learned in treatment to a home environment.

Voices of Problem Gambling Recovery: HOPE Program

(503) 486-7377

http://vpgr.net/index

Voices of Problem Gambling Recovery (VPGR) offers peer support groups for those struggling with gambling addiction through its Help Opportunity Perseverance and Education (HOPE) program. Support from Certified Problem Gambling Recovery Mentors is available. The mentors are all recovering gamblers so can relate on a

personal level. VPGR's website has links to several free gambling resources in the state and throughout the nation. This is a free program for people living in or receiving gambling treatment in Multnomah County. VPGR's core belief is that gambling addiction is a psychological and brain chemistry condition that can be changed rather than a bad habit or moral weakness.

Volunteers of America (VOA) Oregon Problem Gambling Services

10209 SE Division
Portland, Oregon 97266
(503) 972-9626
(503) 442-4660 (for appointments)

Volunteers of America Oregon's culturally specific Problem Gambling Prevention and Treatment Program offers free counseling for compulsive gamblers and for the family members of people who gamble - regardless of whether their family member is involved in treatment. Evening and daytime services are available.

Assessment and evaluation
We provide professional evaluation of treatment needs for Problem Gambling.

Individual and group counseling
Our groups include educational and process groups in a supportive environment.

Naturopathic health evaluation and care
Our clients have access to a team of health care providers who use naturopathic treatment modes to maintain good health and treat illness.

Medication management
Our Psychiatric Mental Health Nurse Practitioner provides evaluation and management of medications for mental health treatment.

Case management and referrals
To resources for housing, employment, and other services that remove barriers to treatment.

Peer Support Groups

Addiction Hotlines

Alcoholics Anonymous Hotline: *(800) 681-2956* (for meeting locations)
Alcohol and Drug Help Line: *(503) 244-1312* or (800) 923-4357

Narcotics Anonymous Meetings: *(800) 861-9372*
Oregon Behavioral Help Support: *(800) 923-4357*
Oregon Problem Gambling Helpline: *(877) 695-4648*
Portland Area Intergroup of Alcoholic Anonymous 24-Hour Hotline: *(503) 223-8569*

Alano Club

909 NW 24th Avenue
Portland, Oregon 97210
(503) 222-5756
https://www.portlandalano.org/

East County Alano Center
1015 NE Roberts
Gresham, Oregon
(503) 661-4734

The Alano Club, which is housed in a donated NW Portland mansion, is described as "a recovery-oriented community center that provides a welcoming, compassionate, and accessible support environment for individuals and families recovering from alcoholism, drug abuse, and other addictive disorders." Everything at the Alano Club is free of charge, including the peer mentors.

The Alano Club's Peer-Connect program, employs six certified recovery mentors, all of whom have lived experience. The mentors offer one-on-one support, encouragement, and goal-setting to their mentees. To obtain a mentor, go to the Alano Club website, fill out the form, and expect a response in three days. Sobriety is not a requirement for obtaining a mentor. Together the mentor and mentee will form a plan. Mentors are flexible in what they can do. They might provide transportation to meetings, attend meetings with mentees, provide bus passes, locate housing, take new-comers out to dinner, or assist with residential treatment placements.

The Alano Club sponsors a free Recovery Yoga class twice weekly. They also sponsor a Sounds of Recovery group in which participants express their recovery journeys through sound, music, and the spoken word. The Sounds of Recovery groups take place in their basement meeting space. They have also hosted talent shows in the same space.

Meeting rooms are rented by self-run groups such as Smart Recovery, AA, NA, Psychedelics in Recovery, Al-Anon, and Peak Recovery. Peak Recovery groups offer mountaineering, split-boarding, and rock-climbing experiences. There are also meditation groups and a monthly expungement clinic.

Al-Anon

1750 SW Skyline Boulevard. #133
Portland, Oregon 97221
(503) 292-1333
ais@al-anonportlandoregon.org
Hours: Monday–Friday, 9 a.m.–5 p.m.
Spanish Information (503) 916-9913
Monday-Friday, 9 a.m.–5 p.m., Saturday and Sunday, 10 a.m.–5 p.m.

Salem – Al-Anon *(503) 370-7363*
Eugene – Al-Anon *(541) 741-2841*
Vancouver Al-Anon *(360) 693-5781*

Meetings are held throughout the greater Portland metro area. A convenient meeting schedule is listed on the website. Participation at one meeting does not obligate the person to attend future meetings. All meetings are confidential and anonymous and are open to people affected by the alcoholism of a loved one or friend, regardless of if the alcoholic is still drinking. The website has information about meetings as well.

Alcoholics Anonymous

825 NE 20th Avenue #200
Portland, Oregon 97232
(503) 223-8569

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership. They are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization, or institution. Their primary purpose is to stay sober and help other alcoholics achieve sobriety.

Ben's Friends

bensfriendshope@gmail.com
https://www.bensfriendshope.com/meetings

Ben's Friends is a community of chefs, bartenders, line cooks, servers, sommeliers, host and hostesses, GMs and owners who have found or are seeking sobriety. Their mission is to offer community, hope and a path forward for those struggling with substance abuse and addiction. At their core, they are hospitality workers who have found

connection, and the tools to seek and maintain sobriety while managing their careers and lives in a sane and purposeful way.

Ben's Friends meetings are open to anyone interested in sobriety and support, whether they are currently sober or just beginning their journey. Their one-hour meetings are currently taking place on Zoom or in person depending on COVID-19 restrictions in each city. *See* their online links

The goal during their meetings, both over Zoom and in person, is to provide a safe space for members to connect and support one another with compassion and acceptance. They value and respect members' anonymity and welcome listening or participation, whatever feels right for participants.

Dual Diagnosis Anonymous of Oregon (DDA of Oregon)

4141 SE Division Street
Portland, Oregon 97206
(503) 222-6484
www.ddaoforegon.com

DDA offers peer-support, group-based meetings employing an authorized version of the 12 steps of Alcohol Anonymous combined with an additional 5 steps geared toward individuals who have a dual diagnosis (mental illness and substance abuse).

Miracles Club

4200 NE MLK Blvd
Portland, Oregon 97212
(503) 249-8559
(971) 517-7494 O'Nesha Cochran-Dumas, Director of Development and Outreach
https://www.miraclesclub.org/

The Miracles Club is a Black, peer-led recovery center committed to providing safe spaces for marginalized, historically oppressed racial and ethnic groups. We serve all individuals looking to find freedom and/or reduce harm from alcohol and drug abuse. Our mission is to maintain a recovery focused environment where all people feel safe to heal."

The main floor of the building has offices and a large meeting room for use by clients and their peer mentors and for acupuncture sessions. The conference room is regularly rented by groups for AA, NA, and other meetings.

Miracles has stabilization houses for women, men, and LGBTQ individuals. Each of the houses has 9-10 residents. Entrance to one of the houses requires that an individual has been clean and sober for two weeks or longer and has a desire to remain clean. Residents can live rent-free in these transitional homes for six months to a year while working on their substance abuse or mental health issues. They do not have staff in the house other than house managers who receive a $350/month stipend for doing UAs on clients and making sure they adhere to the 10:00 p.m. curfew. While living in the transition homes, participants are expected to meet with their mentors and attend out-patient drug and alcohol or mental health services. Mentors assist participants in becoming self-sufficient. They may help participants sign up for SNAP benefits, teach them to ride TriMet, help them locate furniture, assist them in filling out the FASA, get ID, or sign up for health care. According to Ms. Cochran-Dumas, everyone qualifies for a peer mentor.

On the upper floors of the Miracles Club are apartments which are rented to people in recovery. Residents can take part in the classes held in the conference room below. In the basement, they have rows of new clothing that is given out to residents when they enter the program.

The Miracles Club has three vehicles which are used for out-reach activities. They hand out new backpacks containing Narcan, clean needles, snacks, hand sanitizer, socks, sweatpants, and hoodies. They use incentive cards worth from $25-$500 for participants to use for gas or food.

Narcotics Anonymous

(503) 345-9839
info@portlandna.com
www.portlandna.com

Narcotics Anonymous meetings occur each day of the week in the Portland metropolitan area. Meeting times and locations can be found online. NA uses the same 12-step program as AA and utilizes sponsors.

H&I is the subcommittee of NA that brings meetings into hospitals, jails, prisons, treatment centers and other places where they might not be able to get to an outside meeting. For many addicts this can be their first introduction to NA. NA desperately needs people who can get clearance into state/county run facilities. Requirements for these vary but start at 2 years clean & 2 years off paper. We meet the last Friday before area at 4033 SE Woodstock Portland, Oregon 97202 Orientation begins at 6:00pm and general meeting begins at 7 p.m.

Oregon District of Marijuana Anonymous (Mar-Anon)

(503) 567-9892
www.madistrict11.org

Oregon MA is for people who have the desire to stop using marijuana. Meetings for newcomers take place in Portland, Tigard, Salem, Bend and Ashland. Oregon MA uses the basic 12 steps of recovery founded by Alcoholics Anonymous. Meetings are held in the evenings, and some are gender-specific while others are open to everyone. Check out their website for meetings and locations.

Overeaters Anonymous

7150 NE Glisan Street
Portland, Oregon 97213
(503) 317-6343
www.oa.org

Overeaters Anonymous helps people overcome compulsive overeating, under-eating, food addiction, anorexia, bulimia, binge eating, or over-exercising. OA addresses physical, emotional, and spiritual well-being but it is not associated with any religion or religious organization.

Painted Horse Recovery Center

10209 SE Division St. Bldg. 4
Portland, Oregon 97266
(971) 205-5144
https://www.paintedhorserecovery.org/

Painted Horse Recovery is a clean and sober Native American community center. Although their focus is on Native American culture, everyone is welcome. The center is open seven days a week from 2–10 p.m.

The center has pool and foosball tables, a play station, a TV, a kitchen (from which snacks, coffee and other food items are provided throughout the day), a clothing closet, books, lockers, a crafts room (where beading, drum-making, and native dress-making classes occur), meeting rooms for a wide range of drug and alcohol treatment groups, a medicine closet, a children's room, and a storage room (which contains indigenous foods, barbecues that can be checked out, tents, sleeping bags, diapers, socks, and toiletry items).

Painted Horse has a peer mentor program. To obtain a mentor, an intake is done to assess one's past and current addiction issues. Mentors assist mentees in making

positive connections to the native community and make referrals for them to treatment and public assistance programs.

Refuge Recovery PDX

https://www.refugerecovery.org/

Refuge Recovery offers a Buddhist inspired path to recovery from addiction. Meetings are held in Northeast Portland, Cedar Hills, and Vancouver. They also hold online sharing and meditation meetings via the In The Rooms app, which is accessible on their website.

For Oregon locations, please visit *https://refugerecoverymeetings.org/meetings?tsml-day=any&tsml-region=oregon*.

Sex Addicts Anonymous (SAA)

(440) 951-5357
https://saa-recovery.org/meetings/ (to find a meeting)

SAA is open to everyone, regardless of gender, age, race, religion, ethnic background, marital status, or occupation.

Sexaholics Anonymous

(503) 224-9840 (Hotline)
email: *information@saportlandmetro.org* (SA Portland Metro Intergroup)
http://www.saportlandmetro.org/

This is a free, 12-Step program for men and women who want to become sexually sober. Find out more on their website or contact them via their information email address or phone hotline.

SMART Recovery (non-Twelve Step Sobriety Support Group)

multiple locations
https://www.smartrecoverytest.org/local/

SMART Recovery is a nationwide, nonprofit organization that offers free support groups to individuals who desire to gain independence from any type of addictive behavior. "SMART" Recovery is an acronym that stands for "Self-Management and Recovery Training."

SMART Recovery teaches how to:

- Enhance and maintain motivation to abstain

- Cope with urges
- Manage thoughts, feelings, and behaviors
- Balance momentary and enduring satisfactions

SMART Recovery has a scientific foundation, rather than a spiritual one. SMART Recovery teaches increasing self-reliance, rather than powerlessness. SMART Recovery meetings are discussion meetings in which individuals talk with one another, rather than to one another. SMART Recover encourages attendance for months to years, but probably not a lifetime. There are no sponsors in SMART Recovery. SMART Recovery discourages use of labels such as "alcoholic" or "addict".

SMART Recovery Meetings are open to the Public (with the exception of those that state Private or Specialized). There is no cost to attend, however a hat is passed for donations. Participants do not need to contact the facilitator or register prior to attending (unless there is a note requesting attendees call first).

True Colors Recovery Organization

3807 NE MLK Blvd.
Portland, Oregon 97212
(971) 266-2323
https://www.truecolorsrecovery.org/

The mission statement for True Colors is "to provide recovery support services to LGBTQIAsa+ individuals, 18 and older, that affirms their identity and allows people to stay true to themselves." The True Colors community center is open 365 days a year, from 2:00 p.m.- 10:00 p.m. They have a schedule of meetings which includes Rock to Recovery (in which participants collaborate on writing, performing, and recording a song); Yoga in Irving Park (weather permitting); Gender Nonconforming Recovery; Overeaters Anonymous; Harm Reduction; Al-Anon, Meth Anonymous; Adult Children of Alcoholics and Dysfunctional Families; AA; NA; an All-Fellowship meeting (AA, NA, MA, OA, SLAA, etc.); Marijuana Anonymous; Dual Diagnosis; Queer Open Recovery for pagan community; NA for female identifying non-binary and transgender people; 11th step meditation; Recovery Dharma for those dealing with all types of addictions; S.M.A.R.T. Recovery (cognitive behavioral therapy). They also sponsor speakers and have celebrations.

The community center is inviting with colorful banners and murals on the walls. It has pool and ping pong tables, TV, free WiFi, couches, and soft drinks. The objective of True Colors, per Mr. Goldman, is to "meet people where they are." They have certified peer mentors whose services are "free to anyone who wants it." To request a mentor, go to their website: truecolorsrecovery.org and request a mentor. The response will come 72

hours later. Many of their clients are involved with the criminal justice system. Mentors work their own hours, which means they may be available evenings and weekends.

URS Club

17200 SE Stark St.
Portland, Oregon 97223
(503) 253-9321
www.ursclub.com

Its purpose is to demonstrate by example a life of abstinence from intoxicants and to encourage mutual support and cooperation of groups and individuals in the rehabilitation of all who are seeking recovery. There are on-line and in person groups.

DEMOGRAPHICALLY AND CULTURALLY SPECIFIC PROGRAMS

Culturally Specific Programs

Asian Health and Service Center

9035 SE Foster Rd
Portland, Oregon 97266
(503) 872-8822
http://www.ahscpdx.org/about.html

The mission of Asian Health Center (AHSC) is to serve and advocate for the medically underserved, including the immigrant and refugee Asian community, and to ensure equal access to health care services regardless of income, insurance status, language, or culture. AHSC has culturally specific mental health care, cancer support, health insurance assistance, and an ethnic meals program. They partner with Rosewood Family Health to provide medical services on site.

Central City Concern (CCC) Puentes Program

SE Portland, Oregon
(503) 546-9975
http://www.centralcityconcern.org/services/health-recovery/puentes/

Puentes uses a multidisciplinary approach to provide alcohol and drug treatment and mental health care to the Latinx community. Puentes staff are bilingual and bicultural. In addition to the mental health and substance abuse treatment, Puentes provides clients with primary health care, a recovery mentor, and a case manager to help with housing and follow up care.

Easterseals Connecting Communities Program

10011 SE Division Street, Suite 305
Portland, Oregon 97266
(503) 335-6161
https://www.easterseals.com/oregon/programs-and-services/employment-training/connecting-communities-program.html

Easterseals' Connecting Communities Program serves individuals with disabilities and language and/or literacy barriers in finding employment. Services provided include job coaching, interpretation, computer classes, resume workshops, and ESL classes among other job related resources.

Ecumenical Ministries of Oregon (EMO) and Slavic Oregon Social Services

245 S Bancroft St., Ste B
Portland, Oregon 97239
(503) 221-1054
http://www.emoregon.org/

The program currently offers the services for Slavic domestic violence victims including a crisis line, case management, emergency assistance, housing assistance, crisis mental health counseling and support groups.

El Programa Hispano Católico

333 SE 223rd Avenue
(503) 669-8350
http://elprograma.org/english/

EPHC provides a wide array of social services to low-income Latinos in the Portland metro area including Housing Support Services, Health and Wellness, Employment Services, Educational Services, Tax Services, Information and Assistance, and Legal Service Referrals.

Holistic Healing Behavioral Healthcare

Jamaica Imani-Nelson, Executive Director, MSW, QMHP, CADCIII, CSWA
5257 NE Martin Luther King Jr Blvd STE 201
Portland, OR 97211
(503) 954-2077
Jamaica@holistichealingbh.org
https://holistichealingbh.org

Jamaica Imani-Nelson founded Holistic Healing Behavioral Healthcare (HHBH) to focus on helping brown and black people get treatment that works for them. All the counselors are BIPOC, so the clinicians look like the clients. HHBH provides integrated care for overall mental wellness.

HHBH Master-level clinicians render mental health services through a trauma-informed, culturally responsive, and client-centered approach. Their theoretical orientation is rooted in family systems with an emphasis on Cognitive Processing Therapy (CPT), Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Crisis Intervention Therapy (CIT).

HHBH provides level 2.1 intensive outpatient treatment for addiction, DUI services, mental health counseling, peer support, housing, gambling, and corrections reentry support.

HHBH has experience working with the NWRRC and federal probation officers and has seen amazing outcomes for the men in their corrections reentry programs. HHBH helps clients reenter society after a long period of incarceration by addressing the challenges they face, including how to operate modern technology.

HHBH owns a house to provide supportive housing to the BIPOC recovery community. The house is located at 6515 NE Cleveland Avenue, sleeps nine, and costs $500 per month per residence. Requirements include 90 days of sobriety and employment.

Addiction
https://holistichealingbh.org/addiction/

DUI
https://holistichealingbh.org/duii/

Gambling
https://holistichealingbh.org/gambling/

Mental Health
https://holistichealingbh.org/mental-health/

Peer Support
https://holistichealingbh.org/peer-support/

Corrections Reentry
https://holistichealingbh.org/corrections-reentry/

Imani Center (CCC)

(503) 226-4060
2040 SE Powell Blvd
Portland, Oregon 97202
imanicenter@ccconcern.org
https://centralcityconcern.org/recovery-location/imani-center/

The Imani Center provides mental health and addiction services to the Black and African American community. The offer counseling, case management, addiction counseling, housing support, and peer support in a culturally safe environment.

Immigration and Refugee Community Organization (IRCO)

Main office:
10301 NE Glisan
Portland, Oregon 97220
(503) 234-1541
www.irco.org

IRCO's mission is to promote the integration of refugees, immigrants, and the community at large into a self-sufficient, healthy, and inclusive multi-ethnic society. IRCO offers employment and training, children and family services, community development, language services, and legal services. They serve all immigrant and refugee groups, but do have specialized programs for people from Asia, Africa, and Eastern Europe.

Lutheran Community Services

605 SE Cesar Chavez Boulevard
Portland, Oregon 97214
(503) 231-7480

Lutheran Community Services offers multicultural counseling services along with immigration services that include ESL classes, help with basic needs, legal services and interpretation services for refugees and asylum seekers.

Miracles Club

4200 NE MLK Jr. Blvd
Portland, Oregon 97212
(503)249-8559

The Miracles Club is a Black, peer led recovery center serving all individuals recovering from substance abuse. They host meetings and peer services, and have some clean and sober housing for men, women, and a house for BIPOC LGBTQ+ identifying people. All of the recovery housing includes peer mentoring.

Native American Rehabilitation Association (NARA)

Several locations throughout the Portland Metro area
(503)224-1044
https://www.naranorthwest.org/

NARA provides education, integrated health clinics, mental health services, residential and outpatient substance abuse treatment and community events that are culturally

appropriate to American Indians, Alaska Natives, and anyone else in need. Additionally, they have a program specific to 2SLGBTQ+ identifying clients.

Native American Youth and Family Center (NAYA)

5135 NE Columbia Boulevard
Portland, Oregon 97218
(503) 288-8177

NAYA Family Center serves Native youth and families by providing educational services, cultural programming, and direct support to reduce poverty to the Portland Metro are Native American community. These services include college and career assistance, assistance with daily needs, and low-income housing for the Native community. They also offer independent living programs for transitional aged youth aging out of foster care and house the Two Spirit Safe Space Alliance.

NW Instituto Latino

10209 SE Division St., Bldg B Ste 100
Portland, Oregon
(503) 719-7609
www.nwilpdx.com

NW Instituto Latino employs exclusively bilingual staff members (Spanish and English) The Center is open from 9 a.m.–9 p.m. Monday-Friday and from 2 p.m.–10 p.m. on Saturday. They have a stabilization room, a computer room for job searches, Wi-Fi, a conference room, a kitchen, and a supply closet. There are mentors on site and many different types of groups are offered including AA, NA, self-help, and LGBTQ support groups. They are all held in Spanish and some type of food is always provided during meetings. Their kitchen is stocked with culturally specific food and is available for use by clients.

In additional to the mentors, the Center employs two case managers and a harm reduction manager. Center staff also provide outreach on the street. The Center stocks and distributes syringes, Narcan, condoms, sharp containers, socks, tents, sleeping bags, coats, and hygiene items.

Oregon Change Clinic (OCC)

1817 NE 6th Avenue
Portland, OR 97212
(503) 954-2077 Phone
(503) 994-5262
Office@OregonChangeClinic.com
https://www.oregonchangeclinic.com/

Oregon Change Clinic (OCC) is a culturally specific, outpatient treatment facility for substance use recovery and mental health disorders. OCC specializes in working with the Black, Indigenous, People of Color (BIPOC) communities in Portland, Oregon.

OCC offers outpatient drug, alcohol, and mental health outpatient services. OCC also offers Neurostar Transcranial Magnetic Stimulation (TMS), an innovative, non-invasive treatment for major depressive disorder. OCC also provides temporary, highly supported housing for clients in their intensive outpatient treatment program.

Oregon Health & Science University (OHSU) Avel Gordly Center for Healing

621 SW Alder St. Ste 520
Portland, Oregon 97205
(503) 494-4746
https://www.ohsu.edu/school-of-medicine/psychiatry/healthcare-and-clinics

Avel Gordly provides culturally sensitive mental health care for the African and the African American community. They provide individual, couples, and family therapy along with medication management. They also offer training to other agencies about culturally responsive treatment for African Americans.

Oregon Health & Science University (OHSU) Intercultural Psychiatric Program

2214 Lloyd Center
Portland, Oregon 97232
(503) 494-4222
https://www.ohsu.edu/brain-institute/ohsu-intercultural-psychiatric-clinic-portland

The OHSU Intercultural Psychiatric Program provides culturally sensitive mental health services to immigrant and refugee communities. They offer individual and group therapy as well as psychiatric evaluations, medication management, and case management in collaboration with primary care providers, and various community

services. The team of counselors who speak many different languages work alongside psychiatrists to provide interpretation, cultural insight, and basic skills training.

Painted Horse Recovery Center

10209 SE Division St. Bldg. 4
Portland, Oregon
(971) 205-5144

Painted Horse Recovery is a clean and sober Native American community center. Although their focus is on Native American culture, it is open to all seven days a week from 2:00 p.m.- 10:00 p.m.

The center has pool and foosball tables, a play station, a TV, a kitchen (from which snacks, coffee and other food items are provided throughout the day), a clothing closet, books, lockers, a crafts room (where beading, drum-making, and native dress-making classes occur), meeting rooms for a wide range of drug and alcohol treatment groups, a medicine closet, a children's room, and a storage room (which contains indigenous foods, barbecues that can be checked out, tents, sleeping bags, diapers, socks, and toiletry items).

Painted Horse has a peer mentor program. To obtain a mentor, an intake is done to assess one's past and current addiction issues. Mentors assist mentees in making positive connections to the native community and make referrals for them to treatment and public assistance programs.

Red Lodge Transition Center for Women

Main Street, Suite 111
Oregon City, Oregon 97045
(503) 245-4175
https://redlodgetransition.org/

Red Lodge Transition Services provides culturally-focused, gender-responsive programming to women releasing from jail, prison or treatment. These services include case management, employment assistance, substance abuse and trauma groups, and mentoring. They also have a transitional housing center for Clackamas County residents releasing from institutions.

Self Enhancement, Inc. (SEI)

3920 North Kerby Ave.
Portland, Oregon 97227
(503) 249-1721
https://www.selfenhancement.org/

Self-Enhancement's community and family programs are designed to provide families with the resources, supports, and wrap-around services needed to help ensure they are safe, stable, and have their critical social, emotional, and economic needs met. CFP services address economic disparities by providing a broad continuum of anti-poverty, family stabilization, and employment services that are culturally specific for African American families and/or culturally responsive for other families in need.

Urban League of Portland

10 N Russell Street
Portland, Oregon 97227
(503) 280-2600
https://ulpdx.org/

The Urban League of Portland works to empower Black communities through advocacy and engagement, community health navigation, housing assistance, senior services, workforce development programs, and higher education and career exploration programs for youth.

Word is Bond

522 NW 23rd Ave. Suite J
Portland, Oregon 97210
https://www.mywordisbond.org/

A non-profit Black-led organization to mentor young Black men (age 15-20) as they transition from boyhood to adulthood. The objective is to help them realize their full potential through "dynamic programming" in the areas of leadership development. storytelling, public speaking, college prep, outdoor leadership Black history and identity, mental health, mentorship, self-care, and civic engagement.

Domestic Violence Victim Programs

Bradley Angle House

5432 N Albina Avenue
Portland, Oregon 97217
(503) 232-1528
24-hour Crisis Line (503) 235-5333

Bradley Angle House provides emergency housing for survivors of domestic violence at two locations:

The **Bonnie Tinker House** provides residents with a safe place to live for up to eight weeks. Bonnie Tinker House can accommodate a maximum of 23 people, including adults and children. To learn more about The Bonnie Tinker House call their Shelter Access Line at 503.281.2442.

The **Tami Best Emergency Shelter Program** provides residents with safe and confidential shelter through four, single-family properties for up to eight weeks. To learn more about the Tami Best Emergency Shelter Program call their Shelter Access Line at 503.281.2442.

Services provided for shelter residents include Comprehensive safety planning, Clothing, food, and toiletries, help with housing, financial, and legal issues, Job assistance, Financial education, Transportation assistance, Health and wellness assistance (including drug, alcohol and mental health counseling), and Workshops and support groups (including activities for children and youth).

Bradley Angle's **Housing Assistance Program** provides housing and support for survivors of domestic violence. Their services include:

- Help finding and keeping safe and stable housing options
- Short- and medium-term rental assistance
- Emotional support to help survivors build strong and healthy relationships
- Ongoing advocacy and support to help survivors realize their longer-term goals—such as education or career aspirations

To reach a housing advocate: call (503) 595-9591 or email *housing@bradleyangle.org*

Domestic Violence Resource Center (DVRC)

P.O. Box 494
Hillsboro, Oregon 97123
(503) 469-8620

DVRC is a non-profit agency providing free and confidential services to adult and child survivors of domestic violence within Washington County, Oregon and surrounding areas. They provide the following services: Community Advocacy, Counseling Services, Confidential Shelter, Transitional Housing, 24-Crisis Line, Community education and Safety Planning. DVRC is the first line of access to DV resources in Washington County.

Raphael House of Portland

mailing address: 4110 SE Hawthorne Boulevard, # 503
Portland, Oregon 97214
(503) 222-6507

Raphael House is a multi-faceted domestic violence prevention/intervention agency dedicated to fighting the causes and effects of intimate partner violence.

They provide they following:

Emergency Shelter Raphael House's emergency shelter serves individuals and families fleeing intimate partner violence. Their shelter has eleven private rooms: nine for families of up to five people and two rooms that house two single adults. They provide one-on-one advocacy and support accessing community resources, finding jobs and housing, and fulfilling basic needs. In addition to immediate safety and basic needs, survivors have access to ongoing programs and case management designed to help them achieve permanent housing, employment, and self-sufficiency.

Advocacy Center Raphael House's Advocacy Center provides safety and stability, enhanced wellness, and community connections for the whole family through an array of support groups, wellness events, counseling appointments, individualized follow-up services, and workshops including tenant education classes and economic empowerment. They offer culturally-specific programming for Latinx survivors, as well as survivors of human trafficking who have co-occurring experiences of domestic violence. In addition, they provide co-advocacy with other agencies such as UNICA to further support survivors from specific populations.

Prevention Education Program The Prevention Education Program works with community partners to provide free comprehensive education on domestic and dating

violence and healthy relationships throughout the Portland Metro area, reaching over 2,000 middle and high school students and 500 adult community members each year.

Youth Program Their Youth Program is designed to meet the unique needs of children who have experienced domestic violence. Case managers provide individualized support to every child, helping them process their experiences and develop skills that will help them navigate the world in healthy ways. Parents are offered support in maintaining or establishing routines, safety and supervision concerns, and accessing community resources like Head Start or school placement, tutoring, and counseling. Youth Program staff work with parents to identify family strengths and needs, and to enhance parenting skills, build support systems, and increase family attachment.

Housing Program Raphael House supports access to affordable housing process through the following: Home in Hand/Hogar en Mano Housing Program provides rental assistance and support to approximately 12-16 families each year. Their fulltime emergency shelter Housing Specialist helps shelter residents build housing portfolios, remove barriers, and secure housing. They also host the Housing Coordinator of the new Shelter to Stability program. This position addresses the housing goals, needs, and barriers of the domestic violence survivors residing in the three emergency shelters in Multnomah County (including Raphael House), assisting them with housing readiness and building networks of support.

All of Raphael House's advocacy services and many of their group activities are offered in both English and Spanish. In the case of other language needs, Raphael House

Salvation Army West Women's and Children's Shelter

P.O. Box 2398
Portland, Oregon 97208
(800) SAL-ARMY

The Salvation Army West Women's and Children's Shelter has been serving victims of domestic violence in the Portland area for more than 30 years. The shelter operates 24 hours a day, 365 days a year, with professionally trained staff and dozens of dedicated volunteers. They provide Food, shelter, clothing; Job search assistance; Transportation assistance; Tutoring for GED completion; Safety planning; Domestic Violence education, prevention, and support groups; Tenant education classes, and Financial wellness workshops.

Sexual Assault Resource Center (SARC)

4900 SW Griffith Drive, Suite 100
Beaverton, Oregon 97005
(503) 626-9100

SARC is a non-profit organization that offers programs and services to provide mental and/or physical support for victims of sexual assault. Their services include a Counseling Program to help survivors of sexual assault by working with counselors who have expertise in providing trauma-specific care. SARC also offers a Case Management Program to provide emotional support for survivors, either by in-person meetings, telephone, texting or email. Case managers can facilitate communication with law enforcement, prosecutors, and other community partners and provide accompaniment to case related meetings and support throughout the legal process. SARC maintains a 24-hour crisis support line at (503) 640-5311.

LGBTQIA+ Programs

Bradley Angle House: Marsha's Folx Program

5432 N Albina Avenue
Portland, Oregon 97217
(503) 232-1528
24-hour Crisis Line 503-235-5333
lgbtq@bradleyangle.org

Bradley Angle's LGBTQ Program is tailored to meet the unique needs of LGBTQ survivors. They strive to create a trans-inclusive and queer-inclusive space that accounts for a range of genders, sexualities, identities, and experiences. They work with people of all genders and types of relationships and are polyamory and kink friendly. Their services for LQBTQ survivors include:

Individual Advocacy: Resource referrals, information about legal procedures, and safe housing options.

Safety Planning: Individualized plan for safety and security.

Basic Needs Assistance: Access to essentials such as food, clothing, and toiletries

LGBTQ Survivor Support Groups: Facilitated sessions explore long-term effects of abuse and tools for self-empowerment.

Healthy Relationship Skills Classes: A series of workshops that explore the skills needed to build healthy relationships. Topics include boundaries, negotiation, handling conflict, accountability, and identifying and communication personal values. These free workshops are open to anyone who self-identifies as LGBTQ. Couples, partners, and individuals are welcome.

Catalyst Program

P.O. Box 40625
Portland, Oregon 97240
(503) 222-6151
info@basicrights.org

The Catalyst Program at Basic Rights Oregon aims to increase leadership capacity and champion transgender social justice equity across the state. The program puts together a cohort of transgender, nonbinary, and gender nonconforming Oregonians to gain skills and build community together." This is a 9-month program in which 15-20 transgender Oregonians participate in monthly virtual retreats to work on leadership skills and community building.

Friendly House Elder Pride Services

1737 NW 26th Avenue
Portland, Oregon
(503) 228-4391

Friendly House Elder Pride Services (formerly SAGE Metro Portland) works to enhance the lives of older LGBTQ+ community members through education, advocacy, outreach and resource development. They build community through social events, holiday parties, wellness events, outdoor activities and more. Activities include monthly socials, educational presentations about legal and medical issues, cultural events, and creative outlets like writing workshops.

Native American Rehabilitation Association (NARA) 2SLGBTQ+ Services

12630 E Burnside, 2nd floor
Portland, Oregon 97223
(971) 279-4800
https://www.naranorthwest.org/projects/2slgbtq-services/

Services for 2SLGBTQ+ community include:

- Groups and organizations

- Substance use counseling
- Case management and referral
- Mental health counseling
- Houseless outreach

Prism Health

2236 SE Belmont Ave.
Portland OR 97214
(503) 445-7619
https://www.prismhealth.org/

Prism Health offers a safe, affirming space for all members of the gay, lesbian, bisexual, transgender and queer community to obtain medical and behavioral health care. Services include primary care, gender affirming care, HIV care, behavioral health and substance support, pharmacy, sexual health and PrEP. They accept most insurance including OHP.

Quest Center for Integrative Health

3231 SE 50th Ave.
Portland, Oregon 97206
(503) 238-5203
https://quest-center.org/

Quest Center's three primary service communities are low-income, people living with HIV, and LGBTQIA2S+. They provide a full spectrum of medical services including primary care, addiction, mental health, and HIV /AIDs care. They seek to provide a comfortable and open space for people anywhere on the gender and sexuality spectrum. Most clients coming here are using OHP, but they can also accept other insurance.

Rebel Heart Therapy

11 NE MLK Blvd
Portland, Oregon 97232
(503) 228-4391
hello@rebelheartpdx.com
https://www.rebelheartpdx.com/

Rebel Heart Therapy is LGBTQIA+ focused mental health counseling, including individual therapy, relational counseling, family therapy, group therapy, premarital counseling, and letters for gender-affirming surgery. In-network with OHP.

Senior Programs

Impact NW Senior Services

1785 NE Sandy Boulevard, #200
Portland, Oregon 97232
(503) 721-6760

IMPACT NW's Seniors & Adults with Disabilities Program offers the following services:

Senior Guardian Assistance (Senior GAP) offers money management services for seniors who are otherwise self-sufficient but struggle to manage their own financial affairs.

Advocacy & Case Management Services provide consultation, assessment, and advocacy to help individuals aged 60 and over and families identify and address service needs and to do long-term care planning.

Congregate Housing Services helps seniors and adults with disabilities living in public housing through in-home care coordination, transportation to shopping and medical appointments, money management & legal services, and on-site meal services.

Transportation Services provide more thousands of rides each year to seniors and adults with disabilities who need help getting to medical appointments or performing errands.

Activities & Health Promotion at our Southeast Multicultural Center provide a hub of activity where seniors gather for exercise classes, meals, games, celebrations, and friendship.

Club Impact is a social club for adults with disabilities that provides activities to nurture healthy relationships among participants.

Congregate Housing Services Program (CHSP)
On-site support for residents living in Dahlke Manor, Grace Peck Terrace, Rosenbaum Plaza, and Unthank Plaza affordable housing complexes.
(503) 721-6762
Monday–Friday, 8 a.m.–7 p.m.

Multicultural Service Center
Provides Advocacy & Case Management Services, Transportation, Activities & Health Promotion.
4610 SE Belmont Street
Portland, Oregon 97215
(503) 721-6760
Monday–Thursday, 8:30 a.m.–5 p.m.

Senior Guardianship Assistance Program (Senior GAP)
Offers guardianship and conservatorship services for otherwise self-sufficient seniors.
2037 Douglas Street
Forest Grove, Oregon 97116
(503) 294-7445
Monday–Thursday, 8:30 a.m.–5 p.m.

Institute on Aging Friendship Line

(800) 971-0016

Institute on Aging (IOA)'s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. IOA's Friendship Line seeks to offer a response to the public health problem of suicide among the elderly, knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide. IOA reaches out to lonely, depressed, isolated, frail and/or suicidal older adults and their trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

In addition to receiving incoming calls, Friendship Line also offers outreach. They connect with people on a regular basis, and help monitor their physical and mental health concerns. Their call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated older adults. Any aging adult or individual living with disabilities who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide can participate in confidential phone calls with Friendship Line volunteers.

Meals On Wheels

Elm Court Center (Downtown Portland)
1032 SW Main Street
Portland, Oregon 97205
(503) 953-8111 for Meals on Wheels requests

Meals on Wheels' mission is to enrich the lives of seniors and assist them in maintaining independence by providing nutritious food, human connections, and social support. Meals on Wheels serves hot, nutritious meals at 30 dining centers in Multnomah, Washington, and Clark counties and delivers meals to homebound seniors. 25,000 meals are prepared each week. The cost of each meal is $7.39. Diners over the age of 60 are asked to contribute what they can afford. Several centers offer ethnic menus. Many of the centers also offer a wide variety of programs, from exercise to art classes to field trips and outings.

Metropolitan Family Service

Project Linkage
2200 NE 24th Avenue
Portland, Oregon 97212
(503) 249-0471 Molly Hanson, Program Coordinator

Project Linkage provides transportation for individuals with disabilities, or those over 60 years old, to doctor appointments or for their pets to visit the vet. Income is not a program consideration. Project Linkage also runs 22 shopping shuttles some of which have wheelchair accessible lifts. In 2017 Project Linkage provided 34,000 community rides. Individuals must request the ride four days in advance. No last-minute rides are available. The program also offers minor home repair services to low-income seniors living in their own homes. The program also offers minor home repair services to low-income seniors living in their own homes.

Benefits Outreach Center
2200 NE 24th Avenue
Portland, Oregon 97212
(503) 688-1788

The Benefits Outreach Center is a new service. The program screens older adults (60+) and people 18 and older with disabilities for services and benefits and then provides assistance with the application process. Volunteers help low-income Multnomah County residents sign up for food stamps, the Oregon Health Plan, SSI, Medicare, the Medical Savings Plan, and the Supplemental Nutrition Assistance Program (SNAP).

People can walk in for services. Volunteers are available to transport seniors and disabled individuals to the office or sign them up for services at their homes.

Northwest Pilot Project

1430 SW Broadway, Suite 200
Portland, Oregon 97201
(503) 478-6868
Laura Golino de Lovato, Executive Director

The Northwest Pilot Project offers services to low-income seniors (age 55 and up) and people with developmental disabilities in Multnomah County relating to housing and transportation needs. NWPP offers case management, rental assistance, medical referrals, assistance with signing up for benefits, and help in locating safe, stable, affordable housing. The program serves approximately 1,500 people each year around 220 of whom engage in case management and 500 of whom receive some major housing assistance, such as paying off owed rent. NWPP does not own any buildings but has strong relationships with other programs such as Reach, Community Development, Transition Projects, Central City Concern, and HUD. Funding sources for participants include SSI, SSDI, Social Security, VA pensions, and unemployment or severance pay. There is no income threshold, but priority is given to the very elderly with no income. In some cases, Northwest Pilot Project offers help with clearing up credit or with filling out a rental application. Participants are encouraged to address treatment needs. Referrals are made to social service agencies, people are placed on HUD lists and signed up for food stamps.

Transitional Aged Youth Programs

(*see also* Community Support Services)

4th Dimension Recovery Center (4D)

3807 NE Martin Luther King Jr. Boulevard
Portland, Oregon 97212
(971) 703-4623
Hours of Operation:
Monday–Friday 3 p.m.–Midnight
Saturday–Sunday: 11 a.m.–Midnight

4th Dimension Recovery Center's mission is to provide an atmosphere of recovery where all young people can overcome drug addiction and alcoholism. They offer peer mentoring, activities for young people, and clean and sober housing programs.

4D's Recovery Community Center is open to young people in addiction recovery 365 days a year. In addition to 12-Step meetings, 4D hosts other recovery support groups/activities like yoga, mindfulness, and Refuge Recovery.

Boys & Girls Aid

454 SE Washington St
Hillsboro, Oregon 97123
(503) 542-2717
https://www.boysandgirlsaid.org/

A variety of services for youth aged 12-24. Boys & Girls Aid offers several programs focused on preventing homelessness for youth and young adults by providing safety and the opportunity to put long term plans in place.

The Safe Place Shelter in Washington County is a 24/7 drop-in program where youth can access essential services while longer-term housing is found.

The **Compass** program supports youth aging out of the foster care system by providing services to help them during this transition; youth are referred to the program though the Department of Human Services (DHS).

The **Transitional Living and Supportive Housing Services Programs** support young adults who face housing instability or homelessness by providing services that enable them to become self-sufficient. Youth are able to self-refer to these programs.

The **Homeless Prevention Program** assists transition aged youth who are at risk of homelessness and need help obtaining stable housing.

The **Education Reengagement Program** provides education and employment support services for young people in Washington County age 14-21 who have been disconnected from school services.

Bradley Angle House Youth and Family Support Program

5432 N Albina Avenue
Portland, Oregon 97217
(503) 232-1528
24-hour Crisis Line 503-235-5333

Bradley Angle's Youth and Family Support Services Program builds resilience and coping in children and teens, improves parent/child bonding, and strengthens parenting skills. Their services include:

Youth Supportive Services Tailored support for children and teens aged 0-18 years provided by trained youth advocates to help create safety plans and coordinate youth support groups and extracurricular family activities. All activities are designed to promote resiliency and help children recover from the trauma of domestic violence.

Family Advocacy Family advocacy and group-based parenting support designed to help promote healthy child development and use of positive parenting strategies to manage children's behaviors.

Culturally Responsive Family Support The Healing Roots Program offers culturally specific and responsive services to Black and African American families impacted by domestic violence.

Strategic Partnerships Bradley Angle's youth and family support services are strategically interconnected to larger systems that survivors interface with. They provide training to staff that work in these systems so they can understand the dynamics of domestic violence and are able to provide crisis intervention and referrals as needed. Right now, Bradley Angle has staff co-located at Albina Head Start/Early Head Start and the Alberta Child Welfare office.

To learn more about their Youth and Family Support Services Program contact (*503) 595-9591 x302 or email families@bradleyangle.org*.

Cielo Treatment Center

1805 NE Sandy Blvd
Portland, Oregon 97232
(503) 506-0246
https://www.cielotreatmentcenter.com/

Cielo is a substance use rehabilitation center specializing in care for young adults and teens. They also offer specific programs for LGBTQ+ clients and Indigenous clients.

Janus Youth Homeless Youth Services

1635 SW Alder Street
Portland, Oregon 97205
(503) 432-3986
http://www.janusyouth.org/programs/homeless-youth

Access Center: The single point of entry for homeless youth ages 14 to 24 seeking services through Portland's Homeless Youth Continuum, the Center screens over 700 youth each year providing engagement, intake, screening and community referrals.

Youth seeking services have immediate access to basic needs and safe shelter off the streets. Screenings can be accommodated 365 days of the year between the hours of 9 a.m.–5 p.m.

Porch Light Shelter: Portland's only 30-bed crisis shelter for homeless youth ages 15 to 23 in need of immediate shelter, Porch Light provides nourishing meals, shower and laundry facilities and 15 nights of safe shelter each month for youth working to secure permanent housing. Filled to capacity every night, over 500 youth are sheltered yearly.

Streetlight Shelter: With shelter capacity for 30 young people nightly, Street Light provides safe shelter and a range of supportive services for youth ages 15 to 23 who are actively engaged in exiting street life. Youth are able to have a "standing reservation" at the shelter for up to four months.

Bridge House: Safe, supervised home environment for 7 youths ages 16 to 22 experiencing homelessness. Bridge House also serves pregnant or parenting youth with children under the age of two.

Lifeworks Northwest Transition Age Youth (TAY) and Transition Age Youth Intensive Services (TAYIS)
(503) 645-9010

Serves clients between 16 to 24 with severe mental illness. Focus of treatment is client centered and strengths-based. Treatment services include individual/group skills training, supported employment/education, supported housing, life skills, and psychiatric treatment.

Lifeworks Northwest STRIDE
(503) 645-9010

Connects 14 to 25 year olds to services that support well-being and independence. The program's target population is youth experiencing homelessness, identify as part of the LGBTQ community, are transitioning out of foster care or residential treatment, and those who have been screened out of EASA programs. Services include peer support, case management, outreach, and engagement.

Multnomah Early Assessment and Support Alliance (EASA)
https://multco.us/mhas/easa
(503) 988-3272

EASA is a two-year outreach and treatment program for young people ages 12 to 25 who reside in Multnomah County, who have experienced a first episode of psychosis

within the last year, and whose symptoms are not caused by a medical condition or substance abuse. The mission of EASA is to keep young people with the early signs of psychosis on their typical life paths, by building community awareness and offering easily accessible, effective treatment and support through a network of educated community members & highly skilled clinicians using the most current evidence-based practices.

EASA's team offer low-dose medication and medication monitoring; individual and group counseling; multi-family groups; occupational therapy; family education and support, vocational training, life-skills coaching, 24/7 crisis services, links to community resources, education about psychosis, and peer support services.

New Avenues for Youth

314 SW 9th Avenue
Portland, Oregon 97205
(503) 224-4339
youthsupport@newavenues.org
http://newavenues.org/youth-support/

New Avenues for Youth provides a day drop-in center with three meals per day, showers, laundry, clothing, mental health and drug treatment, free legal counsel, free veterinary clinics, and recreational activities. They also assist with attaining a GED, enrolling in college, and work skills and job placement. They have special programs for LGBTQ youth and young adults. Once enrolled in their services, there are a number of housing options for participants.

New Narrative – Compass Rose

1952 SE 122nd Ave
Portland, Oregon
(503) 606-6816
https://newnarrativepdx.org/discover-what-we-do/peer-programs/

Compass Rose is a supportive living program that bridges gaps of opportunity for foster young adults aging out of DHS care. The clinical, housing, and peer mentor teams collaborate on person-led action plans where the youth can be the main voice in deciding what their independence looks like.

Oregon Department of Human Services (DHS) Independent Living Programs

314 SW 9th Ave
Portland, Oregon 97205
(503) 206-1666
https://www.oregon.gov/odhs/providers-partners/child-welfare/pages/ilp.aspx?wp9957=p:2#g_5fac58c6_98f5_4be6_a419_a3cfe4a5c6ae

DHS' **Independent Living Program (ILP)** helps youth who are, or were, in foster care to become self-sufficient adults. It gives them an opportunity to learn valuable skills necessary to make a successful transition from state or tribal custody to living on their own in the community. Services provided through the Independent Living Program help build skills for youth to live on their own, obtain funds for continuing education, and assistance with housing.

Outside In

1132 SW 13th Avenue
Portland, Oregon 97205
(503) 535-3800
info@outsidein.org
https://outsidein.org/young-adult-services/

Outside In helps homeless youth move towards improved health and self-sufficiency.

They offer:

- Housing resources
- Education, career, and GED assistance
- Basic needs (meals, showers, laundry)
- Case management
- Medical care
- Mental health and substance use treatment
- Recreation and art
- LBGTQIA – Specific Resources
- Tattoo removal (503-535-3902 for appointment)

P:EAR Mentor

338 NW 6th Ave
Portland, Oregon 97209
(503) 228-6677
https://www.pearmentor.org/

P:ear offers a safe space and an open, non-judgmental and affirming community for homeless youth. They offer support with education, arts and music, cooking skills, parenting, and recreation events including bike rides and hikes.

Portland YouthBuilders

4816 SE 92nd Avenue
Portland, Oregon 97266
(503) 286-9350

PYB works with youth ages 17-24 with experiences with poverty, violence, drugs, hunger, and loss. They offer a program of high school completion, vocational training, counseling, and support.

Sexual & Gender Minority Youth Resource Center (SMYRC)

(503) 872-9664
smyrcinfo@newavenues.org

SMYRC provides a safe, supervised, harassment-free space for sexual and gender minority youth, ages 13-23, to participate in positive activities like art, music, community organizing, open mic nights, drag shows, and support groups and receive services including case management, counseling, education, and more.

SMYRC Downtown*:*
1220 SW Columbia
Portland, Oregon 97201
Monday, 4-8 p.m.; Friday, 4-8 p.m.

SMYRC East
17199 SE Division St
Portland, Oregon 97236
Tuesday, 3-7 p.m.; Wednesday, 3-7 p.m.

Transitional Youth

1500 NW 167th Place
Beaverton, Oregon 97006
(503) 350-7215

A Christian organization offering homeless youth outreach and separate housing for males and females aged 18-24. They run the coffee shop/bike repair shop Braking Cycles. Locations in Oregon and Washington.

Trillium Young Adult Services Sender House

729 SW 7th Ave
Albany, Oregon 97322
(503) 234-9591
https://www.trilliumfamily.org/feed/sender-house

Sender House is a voluntary residential program in Albany for young adults aged 17-24 struggling with significant mental health diagnoses as they transition toward independent living. Residents receive formal treatment services like medication management appointments with a psychiatrist and sessions with a therapist through Linn County Mental Health. Other services include individual and group sessions; skills training, help with volunteer activities, work, and school completion.

Veterans Programs

In working with veterans facing jail or prison sentences, it is important to note that VA compensation and benefits can be reduced, suspended, or discontinued when a veteran is incarcerated for more than 60 days. Benefits may also be suspended if there is an outstanding warrant.

Easterseals Oregon Veteran Services

7300 SW Hunziker St, Suite 103
Portland, Oregon 97223
(503) 228-5108
http://www.easterseals.com/oregon/our-programs/military-veteran-services

Supportive Services for Veteran Families (SSVF) is funded by the United States Department of Veterans Affairs and administered by Mid-Willamette Valley Community Action Agency, in partnership with Easterseals Oregon. SSVF provides supportive services for low or very low-income veteran families residing in or transitioning to permanent housing. Services offered include outreach services, case

management services, assistance with applying for VA benefits, assistance with obtaining other public benefits and needed services within the community, limited financial assistance when necessary to stabilize housing, housing placement services, and employment services.

Homeless Veterans Reintegration Program provides employability and skills assessments, job readiness services, including life skills & money management, vocational counseling & guidance, job club, workshop job search assistance and addressing barriers to successful employment with job retention follow up.

Participant Eligibility: homeless, veteran, and employment ready. Employment support services include job-related equipment or reasonable expense, clothing, transportation, toiletries or food, etc., Training and remedial education, job preparation services, trade certification and licensing assistance, Assistance finding shelter, transitional, and permanent housing, and Referral for other services or treatments.

Veterans Affairs – Criminal Justice Programs

Veterans Justice Outreach (VJO)
https://www.va.gov/homeless/vjo.asp

The VJO program assists Veterans who have contact with the criminal justice system through courts, law enforcement, or jails. The VJO initiative seeks to avoid unnecessary criminalization of mental illness and extended incarceration among veterans. VJO works to ensure that eligible justice-involved veterans have timely access to VHA mental health and substance abuse services when clinically indicated and other VA services and benefits as appropriate. VJO specialists provide direct outreach, assessment, and case management for veterans in local courts and jails and help them navigate the justice system. Every VA Medical Center has at least one VJO specialist.

Veterans Justice Outreach Specialist Contacts in Oregon:

Portland
vhapor-VJO@va.gov

Roseburg
Susan Harrison: susan.harrison@va.gov
Linda Shannon: Linda.Shannon@va.gov

Klamath and Lake Counties
WCOVJO@va.gov

For clients with legal issues elsewhere, there is an online list of VJO contacts for other states: *https://www.va.gov/homeless/vjo.asp.*

Health Care for Reentry Veterans (HCRV) Program
https://www.va.gov/homeless/reentry.asp

HCRV specialists work with Veterans to ease their transition from prison back into the community. HCRV specialists meet with incarcerated veterans before they're released and assist them in planning for reintegration into the community by accessing VA and community services as well as housing and employment opportunities. HCRV services include outreach and pre-release assessments services for veterans in prison, referrals and linkages to medical, mental health and social services, including employment services on release and short-term case management assistance on release.

In Oregon the HCRV specialist is Diana Rogers. (*diana.rogers2@va.gov*)

Veterans Affairs Programs for Housing and the Homeless

Homeless Providers Grant and Per Diem (GPD) Program
Provides grants and per diem payments to fund transitional housing and/or service centers for veterans who are homeless. In the Portland area, these services are provided by:

Transition Projects – Veteran Services
https://www.tprojects.org/veteran-services/
(855) 425-5544

Transition Projects serves veterans and their families, who are experiencing homelessness or are in imminent danger of homelessness, with the goal of helping veterans find and keep safe, affordable, and permanent housing in the Portland metro area. Services include shelter, short-term residential programs, rapid rehousing, prevention services, access to legal assistance, income development, benefits advocacy, tenant education courses, and assistance in accessing mainstream VA services.

Supportive Services for Veteran Families (SSVF)
SSVF provides case management and supportive services to prevent homelessness. These include outreach services, case management, assistance in obtaining VA benefits, assistance in obtaining and coordinating other available public benefits, and temporary financial assistance.

U.S. Department of Housing and Urban Development-VA Supportive Housing (HUD-VASH) (Section VII housing for veterans)
This program combines HUD housing vouchers with VA supportive services to help veterans who are homeless and their families find and sustain permanent housing. Through public housing authorities, HUD provides rental assistance vouchers for privately owned housing to veterans who are eligible for VA health care services and are experiencing homelessness. VA case managers connect these veterans with support services such as health care, mental health treatment, and substance use counseling to help them in their recovery process and with their ability to maintain housing in the community. Accessed through Portland VA.

Community Resource and Referral Center (CRRC)
CRRC is a community-based resource and referral center that provides access to VA and community services for veterans who are homeless or at risk of becoming homeless.

Portland:
308 SW 1st Avenue
Portland, Oregon 97204
(503)808-1256

Vancouver:
1601 E. Fourth Plain Boulevard, Building 18
Vancouver, WA 98661
(360) 759-1901

Health Care for Homeless Veterans (HCHV) Program
HCHV offers outreach, case management and residential treatment services to help veterans transition from living on the street or in institutions to stable housing situations. HCHV staff engage and serve Veterans who are homeless, including those diagnosed with mental health or substance use issues. Through HCHV, Veterans receive exams, treatment, referrals and case management.

Stand Downs
Stand Downs are typically one-to three-day events providing services to homeless veterans such as food, shelter, clothing, health screenings, and VA and Social Security benefits counseling. Veterans are also referred to a variety of other services, such as housing, employment, and substance use treatment. Stand Downs are collaborative events, coordinated between local VAs, other government agencies and community agencies that serve the homeless.

Oregon Department of Veterans' Affairs - Home Loans
700 Summer Street NE
Salem, Oregon 97301
(888) 633-6826 or (503) 373-2373
https://www.oregon.gov/odva/benefits/pages/home-loans.aspx

The Oregon Department of Veterans' Affairs and its partners help veterans and their families become homeowners. Oregon is one of the few states in the nation with its own Home Loan Program, a separate and distinct program from that offered by the federal VA.

Veterans Affairs – Treatment Programs

The Veterans Recovery House
Vancouver Division of VA Portland Health Care System
1601 East Fourth Plain Boulevard
Vancouver, WA 98661
Veterans Recovery House intake coordinator (503) 220-8262 ext. 33621
https://www.va.gov/portland-health-care/programs/veterans-recovery-house-residential-rehabilitation-treatment-program-rrtp/

This is a Residential Rehabilitation Treatment Program (RRTP), is an inpatient program providing behavioral healthcare services to Veterans who are homeless and/or want substance abuse treatment. Services in the facility range from clinical groups, individual sessions and recreational activities. Other offered services include mental health treatment, vocational rehabilitation, dentistry, nutrition and chaplain services. The length of stay is 45 to 120 days.

Southern Oregon Rehabilitation Center and Clinics (SORCC)
8495 Crater Lake Hwy
White City, Oregon 97503
(541) 826-2111
https://www.va.gov/southern-oregon-health-care/locations/white-city-va-medical-center/

SORCC's residential rehabilitation program provides short-term rehabilitative and long-term health maintenance care for veterans who require minimal medical care. SORCC provides residential treatment in the areas of addictions, vocational rehabilitation, homelessness, physical rehabilitation, psychiatry and medical care

Transition & Care Management (TCM)

Roseburg:
913 NW Garden Valley Boulevard
Roseburg, Oregon 97471
(541) 440-1000

Portland:
3710 SW U.S. Veterans Hospital Road
Portland, Oregon 97239
(503) 220-8262 ext. 53063

This program is a special program to meet the needs of Veterans returning from current combat in Iraq, Afghanistan, and many other "hostile fire" areas and also Post 9-11 era Veterans.

Jonathan M. Wainwright Memorial VA Med Center Substance Abuse Residential Rehab Treatment Program
77 Wainwright Drive, Building 140
Walla Walla, Washington 99362
(509) 525-5200

36-bed Residential Rehabilitation Treatment Program providing residential substance abuse and mental health treatment.

Cedar Hills Hospital Military Program
10300 SW Eastridge Street
Portland, Oregon 97225
(877) 601-5303 – Military Liaison

The Military Program at Cedar Hills Hospital is specifically designed for Active Duty, National Guard, and Active Reserve service members, their families and veterans. Their program is designed for those experiencing substance use, abuse or dependence, depression, military sexual trauma, combat induced PTSD/trauma, military related chronic pain or co-occurring mental health and substance abuse issues.

Veteran Services: Employment, Benefits, and Other Assistance

VA Homeless Veteran Community Employment Services (HVCES) Community Employment Coordinators (CECs), based at VA Medical Centers, collaborate with employers ready to hire veterans exiting homelessness. CECs are recruiters' connection to potential veteran new hires for jobs in a wide variety of sectors.

VA Compensated Work Therapy (CWT) CWT provides transitional work and supported employment to assist homeless veterans in returning to competitive employment.

Veteran Service Officers (VSOs) Veterans' Services Office staff are trained and accredited by the Oregon Department of Veterans' Affairs to represent veterans in their claims for benefits. They are well-versed in applicable state and federal laws to provide the best representation possible to veterans and surviving spouses for their entitlement to VA benefits and appeals. VSOs provide Free representation for veterans and their families to ensure they receive all state and federal benefits available.

Multnomah County
1505 NE 122nd Ave
Main Building, 3rd floor Room 3B
Portland, Oregon 97239
(503) 988-8387

Washington County
5240 NE Elam Young Parkway #300
Hillsboro, Oregon 97124
(503) 846-3060

Clackamas County
2051 Kaen Road, Suite 280
Oregon City, Oregon 97045
(503) 650-5631

Oregon Department of Veterans' Affairs
100 SW Main Street, Suite 200
Portland, Oregon 97204
(800) 827-1000

Returning Veterans Project
P.O. Box 14025 (Mailing address)
Portland, Oregon 97293
https://returningveterans.org/

Private practice professionals provide pro bono services to post-911 veterans and their families.

The Bunker Project
1098 34th Avenue
Salem, Oregon 97304
Dr. William Brown, Executive Director: (503) 566-3771

The Bunker Project helps veterans identify programs that best meet their individual needs and provides referrals to veterans and their families to services such as educational assistance, access to veteran services, civilian career opportunities, and legal referrals including assisting veterans who find themselves entangled in the criminal justice system.

Veteran's Project
Metropolitan Public Defender's Office
101 SW Main St, Suite 1100
Portland, Oregon 97204
(503) 225-9100

Provides legal services to eligible veterans to help overcome legal barriers they may face in finding stable and permanent housing such as outstanding warrants, public transport exclusions, criminal record expungement, driver's license issues, family law issues, public benefit issues and other related matters.

Oregon Child Support - Military Liaison Program
(503) 986-6138
CSPmilitaryliaisons@doj.state.or.us

The Oregon Child Support Program has a Military Liaison available to help Oregon veterans and answer questions specific to military families. They may be able to help by reviewing a child support order to make sure it is correct, helping clients pursue a modification of the monthly support obligation, assisting clients to set up a monthly payment plan, and making sure clients are taking advantage of military benefits and other opportunities.

Volunteers of America (VOA) Community Partners Reinvestment Project (CPR)

3910 SE Stark Street
Portland, Oregon 97214
(503) 235-8655

The **Community Partners Reinvestment Project (CPR)** is a collaborative transition program that seeks to meet the developmental and transitional needs of men ages 18 to

25 returning to the community after incarceration. CPR's programming includes client-motivated behavioral changes, reducing criminal thinking, returning to school, employment, housing, family relations and parenting issues, assistance with resources, and more. CPR's mentors have first-hand experience with many of the challenges faced by CPR participants and they can relate to and provide insight to clients as well as serve as positive role models.

GIFT (Gang Impacted Family Team) and HEAT (Habilitation, Empowerment, Accountability, Therapy) are programs under CPR that work with the Portland gang community, including affected family members. GIFT/HEAT are culturally-specific and these programs work to educate young men to address how the choices they make impact not just themselves, but their families and their communities.

Volunteers of America (VOA) Correctional Services and Re-entry Programs

3910 SE Stark Street
Portland, Oregon 97214
(503) 235-8655

Reentry Enhancement Coordination Program (REC)
REC was designed to close gaps by surrounding men and women transitioning from prison with supportive services in the community. REC serves men and women who have severe addictions and have completed drug and alcohol treatment during their incarceration. The individuals are linked to comprehensive assistance in securing housing, treatment, and employment when they return to the community. Similarly, individuals who are released from prison early on Short Term Transitional Leave (STTL) as part of Oregon's Justice Reinvestment Program receive the same menu of comprehensive services in the community. REC and STTL provide 90 days of intensive supervision, outpatient treatment, supportive housing and support finding employment. Counselors, mentors, and employment specialists work with parole officers to help individuals transition back to the community successfully.

EMPLOYMENT AND EDUCATION

Albertina Kerr Employment Services — Employment/Training

424 NE 22nd Avenue
Portland, Oregon 97232
(503) 239-8101
EmploymentServices@AlbertinaKerr.org
https://www.albertinakerr.org/idd/project-search/

Albertina Kerr empowers people with intellectual and developmental disabilities and mental health challenges to lead self-determined lives in their communities. Their employment programs and services include:

Work Assessment Albertina Kerr provide a person-centered approach to their employment services to help job seekers identify strengths, skills, desires, and work goals in an effort to prepare a report that can assist the job seeker as well as the job developer in finding community employment. They have contracts with Multnomah, Washington, Lane, Marion, and Clackamas Counties; Brokerages, and Vocational Rehabilitation to provide these services.

Individual Customized Supported Employment Services include:

- Referral to Vocational Rehabilitation and coordination of services
- Job Club and related pre-employment activities
- Resume development; Mock interviews; Interview clothing; etc.
- Customized/person centered Job Development
- Job placement and onboarding services
- Job Coaching, both initial and long term support

Group Supported Employment
Services include:

- Hourly employment in an integrated community business setting
- Screening, training and managing the employees
- Ongoing supervision of employees including performance management
- Payroll
- Providing liability insurance that covers all of our employees and job coaches
- Onsite job coaching for all employees

Project Search is a nine-month unpaid internship program that provides employability training for individuals with intellectual and developmental disabilities. The program occurs onsite in partnership with local businesses who are committed to integrating the

interns into their workplace culture. Interns spend 3 months working in 3 different departments in host business. They spend the first hour of their six hour day in a classroom learning valuable job skills, such as: team building, workplace safety, self-advocacy, financial literacy, and more. Each intern works on a fully integrated team. A mentor offers advice and feedback in real-time to the intern while they work together. Two skills trainers are on-site to work with the interns, focusing on mastering difficult tasks and building any job aids or accommodations they may need. The day ends in the classroom for journaling and a daily debriefing, focusing on successes and challenges of the day with a plan for the following day. For more information email: *ProjectSearch@AlbertinaKerr.org*.

Skills Training: Hands on training program designed to help individuals develop the skills needed to achieve maximum independence to accomplish their ADL, IADL, and health-related skills goals.

Alcohol and Drug Counseling Education Programs — Education

Portland Community College (PCC)'s Alcohol and Drug Counseling Program prepares students to become alcohol and drug counselors working in an agency setting. Once admitted to the program, students take classes to meet the educational requirements and complete practicum to meet the supervised experience requirement for the Mental Health and Addiction Certification Board of Oregon (MHACBO) certification exams to become a Certified Alcohol and Drug Counselor (CADC). Degree options include an Associate of Applied Science (AAS) in Addiction Counseling and an Addiction Studies Certificate.

PCC's Addiction Counseling program is the largest addiction counselor education resource in the state. PCC designed the program for working students by providing afternoon and evening classes. PCC also routinely updates their curriculum to be current with the professional standards of the industry through direct contact with local agencies.

Obtaining work experience in an addiction treatment or prevention facility is an essential element of the PCC program. The major addiction treatment facilities in the Portland metro area utilize PCC practicum students.

While in the program, students must:

- Agree not to abuse alcohol or drugs.
- Agree to abstain from any alcohol or illicit drug use if you are in recovery.

https://www.pcc.edu/programs/addiction-counseling/overview/

Clark College's Addiction Counselor Education Program includes theories and principles that teach students practical methods to work within a continuum of care with both patient and external support systems. Students will learn to develop the necessary skills to treat clients in multiple areas, including individual and group counseling settings. In addition to classroom theory, students receive exposure to real-world work settings with participating local agencies.

Clark College also provides training for successful completion of the Washington Chemical Dependency Professional State Exam. Day and evening classes, full or part-time enrollment, and transfer options are available.

Degrees and Certificates available include: AAS-Addiction Counselor Education, CP-Addiction Counselor Education, and AA-Addiction Counselor Education.

Contact: Dr. Marcia Roi, mroi@clark.edu, (360) 992-2171
Clark College
1933 Fort Vancouver Way
Vancouver, WA 98663
360-699-6398
https://www.clark.edu/academics/programs/health-care-and-biosciences/aced/

Black Economic Collective (BEC) — Education/Training

(503) 610-6267
https://www.blackec.us/
info@blackec.us

The **Black Economic Collective (BEC)** is a Black-led grassroots organization focused on community development through financial education, resource allocation, and collective community-building efforts. They curate financial tools and resources to aid Black Oregonians toward a path of financial stability and generational wealth. Utilizing a village model they partner with like-minded financial institutions, community-based organizations, and business partners to provide workshops for community members. This pipeline of resources and wrap-around support increases the likelihood of success, economic mobility, and wealth creation for Black Oregonians.

BEC provides culturally specific programs in partnership with other organizations, addressing the unique financial needs of their community, and actively engages community members and youth in their initiatives, fostering an inclusive environment where everyone can access the support they need for a brighter financial future.

Moorish Roots Farm works with BEC to provide youth work opportunities during the harvest season and support community members with free, fresh produce over the Summer and early fall.

BEC partners with the **Black Community of Portland** to connect youth to incentive-based activities to promote fun, safety, and togetherness.

Financial Beginnings co-facilitates financial literacy workshop, alongside BEC, to educate community members on resources for budgeting, filing taxes, preparing for retirement, building credit, investing in the stock market, and shopping for life insurance.

BLAZE Program — Education

https://www.brownandcarter.com/blaze

The **BLAZE** program is open to 18-24 year olds in the Portland-Metro area, who are passionate about their business idea. The BLAZE program is a 12-month program that helps bring participants' products or services to life, with the goal of launching their own business at the end of the 12 months.

During the program, participants will receive help developing their products or services through:

- A four-day intensive Business Development course
- Monthly Business Development Workshops
- One to One Business Coaching for the duration of the program
- Connections with Small Businesses, in the industry they are looking to enter.
- Marketing Strategies for their products or services
- Registering their Business
- Access to MESO and BCMG business networks and resources

In addition to classroom instruction and coaching from business leaders, participants will also receive up to $4,500 in funding and support services to help get their business off the ground.

For more information on program: *https://www.brownandcarter.com/blaze-info*

The BLAZE program is in partnership with MESO, Micro Enterprise Services of Oregon, and a YWCA Fiscally Sponsored Project. *https://www.ywcapdx.org/fiscal-sponsorship*

Bradley Angle House Economic Empowerment Program Financial Services

5432 N. Albina Ave.
Portland, Oregon 97217
(503) 232-1528
24-hour Crisis Line (503) 235-5333
https://bradleyangle.org/get-help/programs/financial-planning-and-support/
empowerment@bradleyangle.org

Bradley Angle's **Economic Empowerment Program** helps survivors of domestic violence rebuild their financial security. Their services include:

Individual Development Accounts (temporarily unavailable due to funding shortages) Individual Development Accounts (IDAs) are made possible through the federal Assets for Independence Act, the Oregon IDA 75% Tax Credit, Neighborhood Partnerships, and CASA of Oregon. Applicants need to have earned income or be receiving TANF or SSI/SSDI. Income limits apply. Oregon residency is required. Through an IDA, participants can save up to $925 and end up with $3,700. Bradley Angle IDAs must be used for one of four purposes: education, work-related, vehicle, and rental move-in costs.

Matched Savings Account Program Bradley Angle's matched savings program will match every dollar a participant saves up to $350, providing $700 to use towards a goal.

Financial Literacy Groups Virtual monthly meetings, 4:30–5:30 p.m. the last week of each month. Open to survivors of domestic violence and/or sexual assault. Topics include budgeting, credit, debt, student loans, resumes, interview prep etc. Registration required at least 24 hours in advance – register through *empowerment@bradleyangle.org*

Other Resources

- One-on-one financial advocacy
- Free access to a financial planner
- Community Financial Empowerment Clinics
- Resources about taxes, budgeting, money management, credit repair, and more

Business Assistance and Support Services

For a thorough list of all known business assistance available please visit:
https://multco.us/purchasing/nonprofit-and-small- business-legal-assistance-resources

For a list of local nonprofits, accelerators, incubators, university programs, co-working spaces, government initiatives, and other resources to help diverse entrepreneurs

prepared by Oregon Entrepreneurs Network: *https://www.oen.org/programs-services/regional-resources/portland/*

Oregon Association of Minority Entrepreneurs (OAME)
731 N. Hayden Meadows Drive
Portland, Oregon 97217
(503) 249-7744
https://oame.org/

Oregon Association of Minority Entrepreneurs (OAME) provides free technical assistance and business counseling, access to capital, including SBA microloans. Their programming includes Clearinghouse, a program that matches small businesses with contracting opportunities. OAME can help find incubator office spaces at below market rates. They have a large bi- monthly networking meetings to promote business growth.

Oregon Small Business Development Center
1626 SE Water Ave., Suite 308
Portland, Oregon 97214
(971) 722-5080
https://bizcenter.org/

Oregon Small Business Center provides support for small business to succeed. They offer training, free advising, and resources.

Oregon Small Business Development Center
https://bizcenter.org/
2305 SE 82nd and Division, Administration Hall, Ste. 404
Portland, Oregon 97216
(971) 722-5080

MESO (Micro Enterprise Services of Oregon)
4008 NE MLK Jr. Blvd.
Portland, Oregon
(503) 841-3351
meso@mesopdx.org
https://www.mesopdx.org/

MESO seeks to elevate under resourced entrepreneurs to build resilience, equity, and thriving communities through access to capital, tailored business assistance, and education.

MESO has various locations in the greater Portland area as well as in Southern Oregon.

Central City Concern (CCC) Blackburn Center–Job Resources

Employment/Training

12121 E. Burnside St.
Portland, Oregon 97216
(971) 361-7700
https://centralcityconcern.org/jobs-location/employment-assistance-at-blackburn-center/

Central City Concerns' Blackburn Center offers a number of job resources including an orientation to their services, training opportunities, resume and cover letter assistance, a career exploration class, interview workshops and mock interviews, job leads, an employment networking group, and transportation assistance to help participants get to work. To check on eligibility for their services, call (971) 361-7700 and ask for a "service matching" appointment.

Central City Concern (CCC) Clean Start

Training

338 NW Fifth Ave.
Portland, Oregon 97209
cleanstart@ccconcern.org
https://centralcityconcern.org/jobs-location/clean-start-ccc/

Central City Concern's **Clean Start** is a homeless-to-work program that provides trash removal and cleaning services to the Portland metro area. Over the span of six months, Clean Start trainees receive peer mentoring while learning job skills and building confidence for future employment opportunities. Trainees are also connected to CCC's wraparound services, included supportive housing, integrated health care, addiction treatment, employment assistance. The majority of trainees exit the program with long-term employment and housing.

Central City Concern (CCC) Employment Access Center

Employment/Training

2 NW 2nd Portland, Oregon
(503) 226-7387
Hours: Monday–Friday, 8 a.m.–5 p.m.
https://centralcityconcern.org/jobs-location/employment-access-center/

CCC's **Employment Access Center** is a one-stop employment resource center that provides one-on-one employment services. Services provided include job readiness training, job coaching, skills workshops, vocational and computer training, help writing a resume and cover letter, copies, telephone, fax, clothing closet for job interviews, and public access to shared computers, internet, and tutorials.

If already a CCC client, services at the Employment Access Center can be accessed through a referral from a case manager or other CCC program staff. After a referral, must attend an orientation before can start using resources at the Employment Access Center. If not a CCC client, call (503) 226-7387 for assistance.

Central City Concern (CCC) Flip the Script — Employment/Training

Contact: Trent Gay, Employment Access Center Program Manager at (971) 352-8802 or Quentin Staples, Employment Specialist at (971) 703-0956
https://centralcityconcern.org/blog/flip-the-script-impact-the-future/

CCC's **Flip the Script** program serves Black clients recently released from prison with community reintegration through access to housing, health care, employment, and culturally informed peer support. Services provided include assisting client with job readiness training, job coaching, skills workshops, and vocational and computer training with internet tutorials. Employment services can provide training referrals to truck driving, welding, electrician, construction, and non-degree social services. Flip the Script also offers job counseling, resume assistance, access to computers, copiers, phone/voicemail, and fax services.

Centro Cultural Centro de Prosperidad — Employment

265 SE Oak Strett, Suite A
Hillsboro, Oregon 97123
(503) 336-9895
Monday–Friday, 8 a.m.–1 p.m. & 2 p.m.–6 p.m.

1110 N Adair St.
Cornelius, Oregon 97113
Monday–Thursday, 8 a.m.–1 p.m. & 2 p.m.–6 p.m.; Friday, 8 a.m.–12:30 p.m.
prosperidad@centrocultural.org

Centro Cultural's workforce and economic development branch empowers people to find living wage jobs, advance their careers, and build a strong foundation for themselves and their families. Centro Cultural is committed to removing barriers to prosperity and building an equitable economy for all.

Their Workforce Development programs include a Job Board which hosts job opportunities posted by their partners, Career Coaches that offer a full-service case management approach, adult education with a tuition free workforce-focused GED program, a Financial Empowerment program – Ventanilla de Asesoría Financiera – in partnership with Consulate of Mexico in Portland that offers financial literacy tools to

help people take control of their financial wellbeing, and Small Business Development advice and resources.

Clackamas County Children, Family & Community Corrections

Education/Training

112 11th Street
Oregon City, Oregon 97045
(503) 655-8840
Hours: Monday–Thursday, 8 a.m.–5 p.m.
https://www.clackamas.us/cfcc/employment.html
Program Manager: Jennifer Harvey jharvey@clackams.us

Children, Family & Community Connections (CFCC) offers various programs to individuals in need of employment assistance. Services include navigating job searching, career counseling, resume preparation, job development and "soft skill" training and more. Employment and Training programs they offer include:

Employment Investment Program (EIP) provides intensive one-on-one service to Clackamas County residents who would benefit from assistance navigating training and employment opportunities. Contact Chris Gary at (971) 221-8461.

STEP Program (SNAP Employment and Training Program) prioritizes services to formerly incarcerated persons, persons with substance use disorders, and persons in long-term recovery. Services include career counseling, resume preparation, customized job development, and "soft skill" training. The program is located at the CFCC Employment Center. Contact Doug Vanzant at *(503) 341-1494*

Employment Training Center located at 108 11st St. in downtown Oregon City,

Self-Sufficiency Programs CCCF works with low-income families receiving TANF and SNAP to help build skills and develop education and training plans. They work individually with each program participant to create a customized employment and training plan specific to the participant's own goals. The Workforce team also provides connections to wrap-around services, subsidized employment training opportunities, and helps with work-required tools, clothing, certificates, and transportation.

Veterans Employment Program provides intensive one-on-one workforce services to Clackamas County veterans. Their services include co-case management with other veteran specific service providers including housing, social services, vocational rehabilitation, and wrap-around services.

Community Access Services (CAS) — Employment

CAS Main Office
1815 NW 169th Place, Suite 1060
Beaverton, Oregon 97006
(503) 533-4373

CAS Belmont Office
4506 SE Belmont Street
Suite 101
Portland, Oregon 97215
https://communityaccessservices.org/programs/supported-employment/

Community Access Services helps businesses recruit, train and retain employees with intellectual and developmental disabilities through its supported employment services (job development, job coaching, discovery, and Project SEARCH) in Multnomah, Washington, Columbia, and Clackamas Counties.

Community Vision Employment Connections Program — Employment/Training

2475 SE Ladd Ave., Suite 240
Portland, Oregon 97214
contact: Dawn Bootz
Employment Connections Director
(503) 292-4964 x162
https://cvision.org/programs/employment-connections-program/

Community Vision's **Employment Connections Program** provides customized support for people with disabilities seeking meaningful employment. The program helps businesses fulfill labor needs while helping people gain valuable experience and skills necessary to achieve financial stability, work within their community, and make a difference in the lives of others.

Community Vision staff works with job seekers to assess their skills, preferences and goals, and determine their ideal work environment. They also work closely with business partners to create jobs that fulfill specific needs suited to the skills of the employee. All placement and job training services are provided cost-free to their business partners. These include:

Job Analysis: Community Vision works with businesses to clearly define a position and its responsibilities, skills needed, and expectations of quality and production.

On-the-Job Training: An experienced job trainer provides on-site training until the new employee meets the employer's standards. The trainer also works with supervisors and co-workers to develop effective support strategies.

Systematic Evaluation: Community Vision follows up with the employer as needed to ensure that the employee's performance is meeting company standards.

Additional Training and Follow-Up: At the employer's request, Community Vision can expand or refine job duties. A job trainer provides additional training to the employee, as well as ongoing support to both employee and employer.

Constructing Hope — Apprenticeship

405 NE Church St.
Portland, Oregon 97211
(503) 281-1234
https://www.constructinghope.org/

Constructing Hope offers a no-cost, 10-week construction skill and life skills pre-apprenticeship training program for underserved men and women. Upon graduation, Constructing Hope provides career placement services for their graduates to assist them in obtaining constructions apprenticeships, pathway jobs leading to apprenticeship, and other employment. Through construction apprenticeships, Constructing Hope graduates are able to secure good paying jobs in careers that can be mastered without a college degree. Constructing Hope also provides career advancement support services.

Their **Building Equity Program** is Constructing Hope's response to the disparities formerly incarcerated students and graduates endure in housing, employment, financial assistance, and more. The program works with current students and graduates to clear their criminal records and assist them with obtaining an Oregon Drivers License (new or reinstated). The Building Equity Program partners with a network of pro bono attorneys to remove the disparities from their students' lives by preparing the necessary paperwork to set aside (expunge) their arrest and conviction records.

Cultivate Initiatives – Workforce Development — Training

14625 SE Stark St.
Portland, Oregon 97233
(503) 477-9742
info@cultivatepdx.org
https://www.cultivateinitiatives.org/workforce-development

Cultivate Initiatives works collectively alongside those who have been marginalized to empower individuals and communities through an inclusive range of services & support in East Portland. They empower unhoused neighbors through workforce development, housing and sheltering, and community health.

Their Workforce Development initiative connects houseless neighbors with local jobs and training jobs at a dignified wage. Cultivate Initiatives provides support, opportunity, and the training necessary to provide meaningful work.

Currently Cultivate Initiatives provides City Beautification services for the City and County and Property Stewardship and Development services for local businesses. Both of these initiatives are managed and performed by neighbors who were formerly or are currently houseless.

City Beautification This team provides garbage clean-up and graffiti removal services throughout East Portland and East Multnomah County. They pick up trash where no one is currently living or with the approval of the people living there. Cultivate Initiatives has removed over one million pounds of garbage from the streets.

Property Stewardship and Development This team provides construction, repair, landscaping, and other contracted services for homes, local businesses, organizations, and municipalities. Cultivate Initiatives has completed over 34 Property Stewardship Programs.

De Muniz Resource Center **Employment/Training**

Mid-Willamette Valley Community Action
2475 Center St.
Salem, Oregon 97301
(503) 585-6232
Monday–Friday, 8 a.m.–5 p.m.
https://mwvcaa.org/programs/de-muniz-resource-center/

De Muniz Resource Center works closely with Marion County Sheriff's Office and Bridgeway Resource Services to help ease the transition from incarceration back into the community. They support clients in the community, as well as inmates in the Marion County Transition Center. De Muniz Resource Center's services include connecting clients with vital needs, such as employment, education, housing, therapy transportation and more. They also host an emergency clothing closet.

https://mwvcaa.org/wp-content/uploads/MWVCAA/CARS/Documents/De-Muniz-Brochure.pdf

De Muniz provides Specialized Services to job seekers impacted by incarceration. In partnership with WorkSource Oregon, clients are connected to training opportunities and programs such as apprenticeships, On-The-Job Training, and Transitional Jobs. Direct referrals can also be made to partners, such as Vocational Rehab, Easterseals, Veteran Services, Empowerment And Leadership For Youth And Young Adults (ELY), and Chemeketa Community College. Individualized Services include: personalized resumes, computer assistance, mock interviews, and on-site hiring events and job fairs. Supportive Services for those who secure a full-time job offer include: bus passes, assistance with State ID/Driver's License, gas vouchers, work attire, uniforms, gear, tools etc., food handler's card, and flagging certificate.

https://mwvcaa.org/wp-content/uploads/MWVCAA/CARS/Documents/De-Muniz-Website-Info.pdf

Disability Rights Oregon (DRO) **Employment**

511 SW 10th Ave., Suite 200
Portland, Oregon 97205
(503) 243-2081
(800) 452-1694
Hours: Monday–Friday, 9 a.m.–11 a.m. & 1 p.m.–4 p.m.
https://www.droregon.org/

Disability Rights Oregon (DRO) helps empower individuals who are having difficulty getting or keeping a job because of disability-related barriers. They can provide assistance to people requiring reasonable accommodations to maintain their jobs. For Oregonians with disabilities who receive Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) and have a disability-related employment issue, DRO assists in eliminating the barriers SSI/SSDI recipients face in their efforts to begin work or return to work.

DRO can help recipients of SSI or SSDI with services, benefits or accommodations directly leading to work, including: reasonable accommodation requests for the workplace; reasonable accommodation requests for college, training programs and licenses that lead to work; and other disability-based legal issues that are barriers to employment, such as transportation. *https://www.droregon.org/employment*

DRO also offers **Plan for Work** services to provide guidance through the following:

- **Information and Referral**: Information about work incentives and/or referral to other agencies or employment networks

- **Benefits Analysis**: Explanations of work incentives and worksheets showing benefits, work, expenses, etc.
- **Work Incentive Planning**: The development of a customized Work Incentive Plan through discussions, information, and worksheets that will assist beneficiaries in becoming financially independent
- **Benefits Management**: Periodic adjustments and information to assist in maintaining work and moving toward greater financial independence

https://www.droregon.org/plan-to-work

DPI Group — Employment

4950 NE MLK J. Blvd.
Portland, Oregon 97211
(503) 281-1289
info@thedpiggroup.com
https://thedpigroup.com/

The mission of The DPI Group is to identify and create job opportunities for individuals with employment barriers. The DPI Group (previously DePaul Industries) was founded in 1971 as an organization helping individuals with disabilities to have work. Disabilities remain at the core of what they do, but they have expanded their mission to include other barriers such as age (55+), criminal record, including incarceration, disability (physical, mental, addiction-related, intellectual or developmental), experience of homelessness or housing instability, and limited English proficiency.

The DPI Group's goal is to help those individuals who want to work but may face challenges to have that opportunity by identifying and creating job opportunities through their companies.

Northwest Success is the DPI Group's full-service commercial janitorial company. They work in a variety of settings, including office buildings, courthouses, health clinics, universities, and airports. Northwest Success is an Oregon Forward Contractor (previously known as a Qualified Rehabilitation Facility), meaning a non-profit rehabilitation organization that employs individuals with qualifying disabilities to provide services to public agencies. Northwest Success offers commercial cleaning services for government agencies in and around Portland, Oregon.

DPI Staffing is the DPI Group's alternative staffing company. Alternative staffing adopts the temporary staffing model as a way to help people who face barriers to gain employment experience and earn wages. DPI Staffing has grown into a diversified

staffing business with specialties in government, administrative and light industrial staffing.

DPI Security provides diverse security services to businesses in Portland, Salem, and Eugene, while providing great jobs to people who face barriers. Its specialties include government, construction, and retirement homes.

Fort Rock Tactical assembles combat knives for the military and employs people with disabilities and veterans in their production.

Meadowlark Employment Services offers job placement, job coaching, discovery and more to individuals with developmental disabilities. Meadowlark Employment Services helps adults with disabilities in the Portland metro area achieve meaningful community employment. Meadowlark provides a variety of services to their clients to achieve this end, such as discovery, job development and job coaching.

The DPI Group maintains a jobs board: *https://thedpigroup.com/jobs/*
Call for orientation. *Hours: Monday–Friday, 8 a.m.–5 p.m.*

Dress for Success Oregon — Employment Support

1532 NE 37th Ave.
Portland, Oregon 97232
(503) 249-7300
oregon@dressforsuccess.org
https://oregon.dressforsuccess.org/
Monday–Thursday, 9 a.m.–5 p.m.

Dress for Success Oregon (DFSO) is a workforce development organization that exclusively supports women and gender expansive people in helping them find and retain work, support their families, and achieve personal and economic independence and stability. The services they provide include one-on-one career consultations at their career consultation center to assist with job searches and career planning; free job search support workshops and one-on-one opportunities to meet with a job preparation coach to review interview, resume, cover letters, and more, including virtual interview coaching; job preparation classes and workshops; free ongoing professional women's group that offer community support for newly employed women through networking opportunities, presentations, and workshops; and work clothing and interview attire for all women in all industries, for no cost.

Easterseals Oregon — Employment/Training

https://www.easterseals.com/oregon/

Easterseals Oregon provides employment opportunities and job training for people with disabilities, connecting job seekers (those with disabilities, veterans, and older workers) with employers while providing assistive technology and accessible transportation. Easterseals also offers housing for the elderly and veterans and connects them with community resources.

Easterseals Oregon's job training and placements programs include:

Connecting Communities Program (CCP)
CCP provides services for individuals with disabilities who speak English as a second language. Participants receive services essential to their employment success. CCP offers Workplace Readiness Workshops such as job application completion, mock interviews, resume building, and many more that provide employability skills and software skills required to obtain and maintain employment. The program also provides English classes, computer classes, and overall help for participants to find and retain employment with other support services and accommodations needed for employment in collaboration with Oregon Vocational Rehabilitation. The Connecting Communities Program has offices in Portland, Beaverton, Woodburn, Salem, and Eugene. Participants must be 18 years of age or older; have a documented disability, be able to work legally in the US; and have a language barrier or speak English as a second language.

Locations:
Portland
10011 SE Division St Suite 305
Portland, Oregon 97266
(503) 335-6161

Beaverton
12655 SW Center St Suite 275
Beaverton, Oregon 97005
(971) 228-8462

Salem
3878 Beverly Ave. NE, Suite 5
Salem, Oregon 97305
(503) 587-7389

Woodburn
120 E Lincoln Street
Woodburn, Oregon 97071
(503) 587-7389

Eugene
115 W 8th Ave Suite 330
Eugene, Oregon 97401
(541) 636-4027

https://www.easterseals.com/oregon/programs-and-services/employment-training/connecting-communities-program.html

Senior Community Service Employment Program (SCSEP)
Easterseal Oregon seeks to lift seniors (55+) out of financial hardship and/or homelessness through housing and employment assistance to empower seniors to have a dignified and fulfilling life through their Senior Community Service Employment Program (SCSEP). SCSEP serves job seekers 55+ in over a dozen counties across Oregon through paid internship opportunities and career assistance; computer and job-skills classes; and internships available to no-profit and government agencies.

SCSEP Serviced Counties:
Multnomah, Clatsop, Columbia, Lincoln, and Tillamook Counties
(503) 228-5100

Lane, Coos, and Douglas Counties
(541) 349-4130 / (541) 687-7393

Marion, Polk, Linn, Benton, & Yamhill Counties
(503) 362-1572

Clackamas County
(971) 673-6448

Washington County
(971) 837-1660

Curry and Josephine Counties
(541) 751-8511

Lincoln County
(541) 265-8891 ext: 338

Jackson, Josephine, and Curry Counties
(541) 776-6287

Crook, Jefferson, Deschutes, Lake, Klamath, and Harney Counties
(541) 788-7061 / (541) 241-2475

Homeless Veterans Reintegration Program (HVRAP)
HVRP provides services that assist veterans who are homeless or at risk of becoming homeless to help them reintegrate into their communities and find meaningful employment. HVRP provides veterans with the tools they need to gain new skill sets such as financial literacy, computer training, job search training, and interview guidance. Veterans learn skills to retain employment and become financially independent. This program is funded by the U.S. Department of Labor.

Program services include: employability and skills assessment; job readiness services, including life skills & money management, vocational counseling & guidance, job club, workshop job search assistance and addressing barriers to successful employment; and 90, 180, and 270-day job retention follow up.

Participants must be homeless or at risk of homelessness, a veteran of the United States Armed Forces, and employment ready.

HVRAP Locations:
Portland
10011 SE Division Street, Suite 302
Portland, Oregon 97266
(971) 358-3980

Tigard WorkSource
11950 SW Garden Place, Suite 100
Tigard, Oregon 97223
(971).238-8930

Oregon City WorkSource
506 High Stree
Oregon City, Oregon 97045
(971) 673-6460

Salem
3878 Beverly Ave NE, Suite 5
Salem, Oregon 97305
(971) 283-4973

Eugene
115 W 8th Ave Ste 380
Eugene, Oregon 970401
(541) 600-3780

Albany
208 Broadalbin
Albany, Oregon 97322
(541) 248-3732

Medford
1040 Crater Lake Ave
Medford, Oregon 97504
(541) 414-3680

Roseburg WorkSource
846 SE Pine Street
Roseburg, Oregon 97470
(541) 671-5501

https://www.easterseals.com/oregon/programs-and-services/military-veteran-services/homeless-veterans.html

El Programa Hispano Católico — Education

333 SE 223rd Ave #100
Gresham, Oregon 97030
(503) 669-8350
https://elprograma.org/our-services/education/

El Program Hispano Católico's **Enlace** program is a youth mentoring program with a focus on promoting discussions based on culture, identity, social structures and students' roles in society, encouraging participants to explore and embrace their cultural heritage and engage in their communities.

El Program Hispano Católico offers afterschool groups to support students, build core skills and master academic concepts. Their program incorporates social and cultural activities that are designed to bring students together with their peers and foster a sense of cultural pride within the school environment.

Their **Education Reengagement** services provide support to young adults ages 14-21 who have left high school or are at risk of leaving before earning their high school

diploma or GED to reengage in their education and explore their interests and opportunities.

Feed the Mass – Education Program & Job Readiness Training

Education/Training

80 NW Davis St.
Portland, Oregon 97209
(971) 350-8291
info@feedthemass.com
https://www.feedthemass.org/

Feed the Mass's mission is to empower and connect the people of Portland through food. They seek to empower through culinary education, teaching the valuable skills and knowledge people need to make informed choices about their food and nutrition, and by providing essential sustenance to those facing food insecurity.

Education Programs Feed the Mass has partnered with community organizations to offer wellness classes to students during the school year and summer breaks to address disparities. They also offer free digital education on YouTube. Feed the Mass also offers hands-on experiences for adults and families through their in-person workshops led by expert instructors. Their Service Learning program is designed to provide participants with hands-on kitchen experience, enabling them to nourish themselves and their communities better. *https://www.feedthemass.org/classes*

Job Readiness Training The **FED program** is a food empowerment initiative delivered by Feed The Mass. The program seeks to combat food insecurity at its source by serving healthy satisfying and delicious meals for those in need. The FED program combats food waste by turning donated food "into high quality" nutritious meals that are served to their most vulnerable neighbors.

The FED program provides the opportunity for youth and young adults to train to have the skills they will need to work in the industry and to demonstrate competency in any kitchen. The FED program provides free education on the following concepts: knife skills, sanitation, food preparation, proper use of the kitchen equipment, professionalism and trainability, recipe literacy, and real world experience and pressure testing. Commitment to the program is 10 weeks at 12 hours per a week. Mondays are classroom days for 2 hours and the rest of week is flexible to accommodate schedules. At the end of the 10 week program, participants will have a certificate and Food Handlers cards to get them ready to work in the culinary industry.

https://www.feedthemass.org/jrt

Felony Record Hub — Employment

https://www.felonyrecordhub.com/locations/jobs-for-felons-in-portland-oregon/

Felony Record Hub maintains an online current list of jobs available for people with felony records in Portland and other cities in Oregon. Felony Record Hub also maintains a curated list of companies that hire felons. Jobs are referenced by categories such as full time, part time, immediate hire, entry level, remote, through temp agencies etc. Felony Record Hub also provides information about the process applicants will go through as a felon looking for a job, tips when searching and applying for a job, industries that hire felons, as well as job training resources.

FinAbility — Financial Counseling

https://www.finabilityus.org/

FinAbility is a survivor-led nonprofit that financially empowers survivors of domestic abuse. Using their backgrounds in tech and finance, they build digital tools that make financial education and resources accessible to survivors through a trauma-informed lens.

FinAbility provides free 1:1 financial counseling sessions for survivors of domestic abuse and advocates who support them. Their financial counselors are trauma-informed and have completed FinAbility's certification process. Sessions are held virtually, allowing individuals to participate from anywhere. All that is needed is access to a phone or the internet.

In partnership with Financial Beginnings, FinAbility also offers free, online personal finance classes. Participants learn about setting financial goals and budgeting, increasing their income potential and navigating taxes, how to build/maintain good credit and different loan types, and how to protect their finances and insurance options.

Galt Foundation — Employment

1-877-361-1277

https://galtfoundation.org/

Galt Foundation is a non-profit employment company that matches organizations with motivated employees. Their mission is to provide, promote, and expand employment opportunities for individuals with disabilities. Their hours are Monday–Friday, 8 a.m.–5 p.m.

Portland
1827 NE 44th Ave, Suite 390
Portland, Oregon 97213
portland@galtfoundation.org
(503) 595-2802

Eugene
199 E 5th Avenue, Suite 31
Eugene, Oregon 97401
eugene@galtfoundation.org
(541) 743-0101

Salem
2405 Front St. NE, Suite 220
Salem, Oregon 97301
salem@galtfoundation.org
(503) 361-1277

GED (General Educational Development) Program — Education

https://www.oregon.gov/highered/institutions-programs/ccwd/pages/hs-equivalency.aspx

Oregon's High School Equivalency Program, administered by the HECC Office of Community Colleges and Workforce Development (CCWD), oversees the GED preparation, instruction and testing process in Oregon. The GED program provides individuals with an opportunity to earn a GED test credential, in place of a high school diploma. The HECC works in partnership with GED Testing Service (GEDTS), the 17 community colleges and other state, community, county, and local partners to provide GED preparation and testing to Oregonians across the state.

For scholarship opportunities: *https://app.oregonstudentaid.gov*

General Labor & Industrial Staffing Services (GLISS) — Employment

https://www.general-lbr.com/
multiple locations in the Portland area plus Salem
hours: Monday–Friday, 7:30 a.m.–5 p.m., on call 24/7

GLISS provides staffing services and employment connections to help people find a job ASAP. GLISS's goal is to create hope by providing employment opportunities, including to those with a criminal record. GLISS also participates in community events and recovery connection.

The first step is to fill out an online employment application, then call the closest local office to complete the application. Once the application is completed, applicants can access GLISS job listings and work with their recruiter to find the best temporary or permanent job placements.

Goodwill Industries — Employment/Education

1943 SE 6th Ave.
Portland, Oregon
(503) 238-6100
vocservices@gicw.org

Goodwill Industries is a non-profit organization offering job training and search services, computer resources, and job referrals. All of their services are free to the public. Their mission is to provide vocational opportunities to people with disabilities as well as others with barriers to employment. There are multiple locations for their community training centers. *https://meetgoodwill.org/training-and-development/*

Goodwill's **Training and Development Program** consists of three main training opportunities: Career Center (CC), English as a Second Language (ESL), and Employee and Community Education (ECE). Each offers a variety of free in-person and virtual services dedicated to individual skills development.

Goodwill's **Career Center** provides training, on-site tools and development support to help individuals achieve their goals. Free services include: Microsoft Office, Google Workspace and Computer Basics classes. Their vocational services and ancillary services programs work with organizations throughout Oregon and Southwest Washington. *https://meetgoodwill.org/td-career-center/*

Goodwill's **Job Connection Program** provides one-on-one job assistance with resume and cover letters, personalized job leads and referrals, job fairs, meet the employer events, skills review and assessments, interview tips and practice, and computer availability. Stop in to meet a job coach *Monday–Friday, 9 a.m.–4 p.m. or call (503) 239-1734*. *https://meetgoodwill.org/job-connection-home/*

Their **Community Education Program (ECE)** provides free educational workshops and class opportunities to community members and Goodwill employees to enhance their development of personal and professional skills. Free services include: workshops in leadership development, career development, health & well being, financial literacy and family strengthening. *https://meetgoodwill.org/employee-communtiy-services/*

Goodwill's **Community Employment Opportunities Long Term Services** programs offers employment assistance to individual with intellectual and developmental disabilities. *https://meetgoodwill.org/long-term-services/*

Ground Score Association — Employment/Training

624 NE Couch Street
Portland, Oregon 97209
https://www.groundscoreassociation.org/

Ground Score Association is an association of informal recyclers, waste pickers, canners, dumpster divers, and other environmental workers who create and fill low-barrier waste management jobs in Portland, Oregon. Ground Score is collectively-organized and radically inclusive, prioritizing work opportunities for those facing work and housing insecurity. Ground Score seeks to build a more environmentally and socially aware community while changing society's perceptions of what and who is considered valuable.

Ground Score Leading Inclusively Together Through Environmental Recovery or G.L.I.T.T.E.R. provides litter collection and tent-side waste collection services for houseless camps across the Portland Metro Region. It ensures sanitation for those who would otherwise lack access to them and keeps our city's streets and sidewalks clean for all.

The **People's Depot** is Ground Score's beverage redemption center operated for canners, by canners. The People's Depot generates formal, benefitted jobs for workers, serves hundreds of canners a week in the Central Eastside, and prevents the emission of hundreds of tons of CO2 equivalent (greenhouse gases) a year.

Ground Score's **Reuse Team** offers a **Sewing Program** for low-barrier learning in the recovery, reuse and repair of textiles. Most materials come from GSA's waste collection routes and community partners. This program is fundraising towards a fully-functioning eco-production studio.

Ground Score operates special programs to serve community members. They currently provide day storage, connect unhoused neighbors living unsheltered in Old Town with supportive housing, and conduct environmental and health outreach in partnership with other local organizations.

Harmony Academy Recovery High School — Education

2507 Christie Dr.
Lake Oswego, Oregon 97304
(503) 496-3929
https://www.harmonyacademyrhs.org/

Harmony Academy Recovery High School is a tuition-free public high school that provides a safe, sober, and supportive education for youth in recovery. It is Oregon's first recovery high school. At Harmony, students develop the skills and strengths needed for personal, academic, vocational, and community success. Harmony Academy accepts students year round and provides free transportation for all students in Clackamas, Multnomah, and Washington counties.

Immigrant and Refugee Community Organization (IRCO)

Employment/Training

Main Office: 10301 NE Glisan St.
Portland, Oregon 97220
(503) 234-1541
https://irco.org/

The Immigrant and Refugee Community Organization (IRCO) serves the holistic needs of Oregon's immigrants, refugees and mainstream community members.

IRCO's **Workforce Programs** provide career-based planning, career-based training, scholarships, career coaching, work experiences, and job placement with focused supports for immigrants, refugees, houseless, low-income, skilled/unskilled goal-oriented job seekers. Service areas: Clackamas, Multnomah, Washington & Malheur Counties.

IRCO manages the **WorkSource Portland Metro (N/NE) Center** where their team of workforce specialists and skill developers provide job seekers with work-readiness workshops and occupational training scholarships to achieve their career goals.

IRCO is the lead agency in the collaborative **Community Works Project** consortium that delivers job search, skills building and employment barrier removal services to TANF families in Multnomah County at the ODHS East County Family Service Center and at the ODHS Gresham Branch. *Participants must be referred by their family coach.*

https://irco.org/services/workforce-and-refugee-services/#career

IRCO Economic Development programs empower and support diverse families and community members in building for their future.

- IRCO **Individual Development Accounts** (or IDAs) are match savings programs that help participants set goals, save, and make independent economic choices. IRCO supports small businesses by providing a variety of culturally and linguistically specific, high quality technical assistance and services to help entrepreneurs start, sustain, or grow their business.
- **Childcare Microenterprise Provider Training** helps build a workforce to support the early care and developmental needs of local children and communities.
- *IRCO* **Tax Assistance** offers free tax preparation services for Oregonians.

https://irco.org/services/asset-and-opportunity-services/#business

Job Corps — Education/Training

https://www.jobcorps.gov/
https://pivot.jobcorps.gov/

Job Corps is the nation's largest residential career training and education program for low-income young adults ages 16 through 24. Students can earn a high school diploma, a high school equivalency credential, or college credits through Job Corps. They offer career technical training in more than 100 different career training areas at 120 campuses across the nation. Students receive housing, meals, basic health care, a living allowance, training, and preparation for a career, all at no cost. For up to 21 months after graduation, a career transition counselor will help the student make the transition from Job Corps into the real world.

Each student meets with an Admissions Specialist to discuss their background and interests and selects a vocation. The specialist helps the student complete the steps necessary to enroll at the center. The career development plan includes the necessary academic and vocational courses to ensure the student develops the knowledge and skills needed to succeed. For students who haven't graduated from high school, Job Corps can help them earn their diploma or high school equivalency credential, and get them in a tutoring program if they need extra guidance. Students have the chance to train with professionals at actual work sites through Job Corps' Work-Based Learning Program. Job Corps works with employers in every corner of the country to provide students with on-the-job experience. Placement specialists work with students for up to 21 months after they graduate to help them find the right job. If needed, placement counselors can also help connect students with local housing, transportation, and child care resources in their neighborhood.

Partners in Vocational Opportunity Training (PIVOT) Job Corps Centers serve low-income young adults in nonresidential campuses to learn new skills to benefit their

future and train for a career their passionate about. PIVOT students can earn their high school diploma or the equivalent, take community college classes, meet with career counselors, and participate in work-based learning experiences.

Job Corps locations in Oregon:

Angell Job Corps Civilian Conservation Center
335 N.E. Blodgett Road
Yachats, Oregon 97498
(541) 547-3137
https://angell.jobcorps.gov/

Partners in Vocational Opportunity Training (PIVOT) Job Corps Center
2701 NW Vaughn Street, Suite 151
Portland, Oregon 97210
(503) 274-7343
https://pivot.jobcorps.gov/

Springdale Job Corps Center
31224 E Historic Columbia River Highway
Troutdale, Oregon 97060
(503) 695-2245
https://springdale.jobcorps.gov/

Timber Lake Job Corps Civilian Conservation Center
59868 East Highway 224
Estacada, Oregon 97023
(503) 834-2291
https://timberlake.jobcorps.gov/

Tongue Point Job Corps Center
37573 Old Highway 30
Astoria, Oregon 97103
(503) 325-2131
https://tonguepoint.jobcorps.gov/

Wolf Creek Job Corps Civilian Conservation Center
2010 Opportunity Lane
Glide, Oregon 97443-9733
(800) 588-9003
https://wolfcreek.jobcorps.gov/

Latino Network – Educational Access Program **Education**

https://www.latnet.org/educational-access-programs

Latino Network's Educational Access Program supports academics, high school graduation, and college and career readiness for Latinx youth and their families. Of the seniors enrolled in their Escalera college preparation program, 98% successfully graduated from high school and enrolled in college or vocational programs.

Contact: Melissa McCoy, *mmelissa@latnet.org*

Mercatus – Business Directory

https://mercatuspdx.com/

Mercatus is a business directory and story archive for entrepreneurs of color in Portland. Mercatus connects the city and region with local talents, businesses, services and products that come from diverse entrepreneurs.

New Avenues for Youth **Education/Training**

Downtown Drop-In Center
820 SW Oak
Portland, Oregon 97205
(971) 312-6846

East Mutlnomah County Drop-In and Youth Opportunity Center
470SE 165th Ave.
Portland, Oregon 97233
(503) 381-4469
https://newavenues.org/

New Avenues for Youth's services are designed to address the individualized needs and readiness of young people (ages 9-24) experiencing homelessness and housing instability.

New Avenues for Youth's **Education Program** helps youth get their GED and learn about accessing college through personalized education plans. With one-on-one support from teacher sand tutors, participants can prepare for the GED test and take it whenever they're ready. Support services and resources are also available to help participants enroll in college. New Avenues for Youth also offers a college scholarship to provide financial support to youth served by New Avenues for Youth who are attending career technical education or post-secondary education.
https://newavenues.org/education/

New Avenue for Youth's **Promoting Avenues to Employment (PAVE)** program offers job training, internships, and *support for finding jobs and careers*. Participants are matched with a Career Coach, participate in a self-paced *Job Readiness Training*, and visit their Career Lab for help with job searches, resume writing, applying to college, and more. New Avenues for Youth also offers paid work experiences at their social enterprise *Ben & Jerry's PartnerShop* and screen-printing business *New Avenues INK*, where participants can build skills in a mentored environment. Contact: *paveinfo@newavenues.org* or (503) 267-4382; *https://newavenues.org/job-training-and-employment/*

Next Gen Program — Training

email Emma Riccardi emma@newbuildings.org
https://gettingtozeroforum.org/next-gen-program/

Next Gen is a professional development program of New Buildings Institute for college students, designed to foster the next generation of diverse buildings industry leaders, and in doing so, bolster inclusivity in the buildings industry at large. Over the course of the program, students will work with each other as part of a Next Gen cohort and have the opportunity for advanced learning, resume building, mentorship, networking and more. Since 2021, 56 students have participated in the Next Gen program. 79% of those students identify as women or non-binary and 73% identify as students of color.

Next Gen's mission: Low-income communities and people of color are most at risk of being left behind by the zero energy and electrification movement, which will likely result in significant financial hardship unless programs are planned with an intention towards equity. In addition, building electrification policies can have unintentional but harmful consequences for low-income residents and people of color. As the industry invests more in programs and policies designed to benefit low-income communities and people of color, it is imperative that people with lived experience are at the table and helping to shape and design those programs and policies. Not only can this prevent unintentional harm, but it will also help ensure those programs and policies will benefit who they are intended to benefit.

The program seeks to benefit students through five different avenues: education, mentorship, networking, professional development, and cohort building.

Northwest Regional Re-entry Center (NWRRC) — Employment

6000 NE 80th Ave,
Portland, Oregon 97218
(503) 546-0470
https://nw-rrc.org/
open daily 8 a.m.–8 p.m.

The NWRRC maintains a resource list of second-chance employers offering labor, trades and commercial services positions in the greater Portland area.

Oregon Bureau of Labor & Industries (BOLI) — Apprenticeship

1800 SW 1st Ave., Suite 500
Portland, Oregon 97201
(971) 673-0761 (apprenticeship programs)
(971) 245-3844 (general number)
Hours: 8 a.m.–5 p.m.
ATD.General@boli.oregon.gov
BOLI_help@boli.oregon.gov
https://www.oregon.gov/boli/apprenticeship/Pages/default.aspxhours

Oregon Bureau of Labor & Industries (BOLI) assists jobs seekers in finding apprenticeship and pre-apprenticeship programs to gain experience, build credentials, and prepare job seekers with the skills to succeed in their chosen trade. BOLI register sand supports apprenticeship programs to build Oregon's workforce and increase access to jobs.

BOLI's **Oregon Pre-Apprenticeship Tracking System**, or OPAT, is a web application required to be used by registered pre-apprenticeship programs to document all actions and activities throughout the life cycles of pre-apprentices. Pre-Apprenticeships are typically 6-8 weeks, though programs will vary. An online list of pre-apprenticeship programs can be found at: *https://www.oregon.gov/boli/apprenticeship/Pages/pre-apprenticeship-programs.aspx*

BOLI also offers an online list of trades and links for Oregon apprenticeship opportunities by type of job, county, and opening. Applicants can search or browse available apprenticeship programs to view information about the trade, contact information, requirements for the program, as well as opening notices for application. *https://www.oregon.gov/boli/apprenticeship/Pages/apprenticeship-opportunities.aspx*

An additional online resource that provides more information for apprentices can be found at: *https://oregonapprenticeship.org/*

Note: Minimum qualifications for program applicants, unless otherwise listed, are 18 years of age and holding a High School Diploma or GED.

Oregon Department of Corrections Dog Training Programs **Training**

https://docblog.oregon.gov/tag/puppy-program/
https://docblog.oregon.gov/2022/10/07/eastern-oregon-correctional-institutions-jlad-service-dog-program/

Many of Oregon Department of Corrections' (DOC) 14 institutions have dog training programs. DOC partners with local organizations to house, raise, and train puppies and dogs–sometime to give them a better chance at adoption, and sometimes to prepare the dogs for work as assistance animals. At Coffee Creek Correctional Facility (CCCF), the prison partners with Canine Companions for Independence (CCI) to train puppies who will then provide independence to a person with a disability. These dog programs not only benefit the puppies, but the adults in custody (AICs) who work with the animals. In the case of CCCF, AICs train the puppies onsite for approximately 18 months before they move on to more expanded training.

Eastern Oregon Correctional Institution (EOCI) Joys of Living Assistance Dogs (JLAD) Service Dog Program started in 2016. Approximately 70 percent of the dogs graduate from the program. Only 16 dogs are trained at any given time, as the dogs are rotated in and out every week. At the start of the program, 36 commands were being used to teach the dogs. Today, there are over 90 commands used. In addition, some dogs are trained in advanced tasks specific to a recipient's disabilities – for example, dogs are trained to assist with anxiety, PTSD, and Parkinson's Disease just to name a few. The average time it takes to train a dog as a service animal is two years. At EOCI, a dog can be trained in just over a year, cutting the time in half.

EOCI hosts Passing of the Leash and JLAD graduation ceremonies where the adult in custody (AIC) presents the dog they worked hard to train to the new recipient. During the ceremony, AICs receive a certificate for the training they have completed.

Oregon Department of Corrections (DOC) Job Training Programs **Training**

https://www.oregon.gov/doc/aic-programs/pages/job-training.aspx

The Oregon Department of Corrections (DOC) offers various programs to adults in custody to develop specific skills and assist them in finding a job upon their release from prison. Many of the programs include training and production components that benefit the institution or provide a service for pay. Not all institutions offer the same job

training program. For information on opportunities offered at specific institutions, contact the facility.

Job training programs include automotive technologies, construction technology, cosmetology, optical training, and welding. Apprenticeships include cabinet making, custodial, HVAC/R, limited energy technician, limited maintenance electrician, limited manufacturing plant electrician, painting, structure welding, and sheet metal fabrication.

Oregon Department of Human Services (DHS) — Financial Benefit

https://www.oregon.gov/odhs/pages/default.aspx
500 Summer Street NE E-15
Salem, Oregon 97301
(800) 699-9075

Check the website to find the closest office to apply for disability benefits and other assistance food benefits (SNAP), cash benefits (TANF), help paying for child care (ERDC), and older adult services.

Oregon Prison Project — Education/Training

(503) 395-5254
https://oregonprisonproject.org/

The Oregon Prison Project is a nonprofit whose mission is to increase community safety through:

1. Teaching Nonviolent Communication (NVC) classes in prisons and post-release programs.
2. Providing the opportunity for inmates to become peer trainers and develop leadership abilities and the skills to teach NVC in the community when they are released.
3. Providing a supervised practicum through which volunteers can become trained in teaching NVC.

OPP currently offers year-long Nonviolent Communication (NVC) training in five Oregon prisons (OSP, Columbia River, Coffee Creek, Deer Ridge, Mill Creek) and Phoenix House (post-release program in Portland). More than 30 volunteers provide weekly NVC classes.

OPP uses a custom-designed NVC Education Program curriculum designed to help prison and post-release program participants:

- Develop empathic understanding of themselves and others
- Identify needs and make non-violent requests
- Increase self-respect and confidence
- Express anger and other emotions non-violently
- Develop effective life skills (managing perceptions, making effective decisions, and communicating in positive ways), and
- Foster positive relationships with correctional staff, service providers, family members, and employers

Specialized classes at Oregon State Penitentiary (OSP) also prepare inmates for meeting with victims seeking restorative justice, meeting with parole boards, and other transition topics. In most OPP locations, NVC classes are offered year-round. The program they offer at OSP is a 15-month long program comprised of four 12-week quarters beginning in mid-September, January, and April.

OPP offers qualified inmates the opportunity to learn how to teach NVC by becoming Peer Trainers in their NVC Education Program classes by completing their three-year Peer Training Program. Those who are accepted into the program receive extra weekly training on how to teach NVC, and then participate in weekly classes with experienced facilitators. OPP currently has 10 inmates participating in the Peer Training Program, with five Peer Trainers already serving as co-facilitators or lead trainers in their OSP classes.

Oregon Tradeswomen — Apprenticeship

454 SE 187th Ave.
Portland, Oregon 97233
(503) 335-8200
https://oregontradeswomen.org/

Oregon Tradeswomen is non-profit organization promoting success for women in the trades through education, leadership, and mentorship. Through its programs and annual Career Fair, Oregon Tradeswomen works to:

- Recruit, train, place, and retain women in the electrical, mechanical, highway, and utility trades.
- Address broader issues of economic opportunity, access to apprenticeship training, and workforce development.

Oregon Tradeswomen's **Pathways to Success** program offers a **Trades and Apprenticeship Career Class (TACC)**: a 192-hour apprenticeship and employment

readiness training program to prepare adult job-seekers for a career in the skilled construction trades.

TACC introduces program participants to a variety of skilled trades through field trips, guest speakers, hands-on work days, and trades-specific training opportunities. The participants also learn about registered apprenticeship, an "earn while you learn model" which is often the next step to career pathways in the construction industry.

Oregon Tradeswomen's training program is offered at no cost to job seekers. Individuals successfully completing the Oregon Bureau of Labor and Industries certified program receive a certificate of completion recognized by industry registered apprenticeship training programs and employers.

Oregon Tradeswomen career counselors assist TACC graduates with their job search and application to apprenticeship training programs and employers. Their career counselors also offer individualized employment counseling throughout the entire course of the graduate's trades career. *UA Local 290* and *NECA/IBEW Electrical Training Center* provide direct entry to qualified TACC program graduates.

https://oregontradeswomen.org/pathways-to-success/overview/

Oregon Tradeswomen also hosts an annual **Career Fair** to help increase the number of women working in the trades.

Oregon Vocational Rehabilitation Services — Employment

Multiple locations throughout Oregon

Portland area locations:
Central Portland Vocational Rehabilitation
1704 NE 26th Avenue
Portland Oregon 97212
(971) 673-2555

East Portland Vocational Rehabilitation
305 NE 102nd Avenue, Suite 200
Portland, Oregon 97220
(971) 673-5858
https://www.oregon.gov/odhs/vr/pages/default.aspx

Oregon's Vocational Rehabilitation Services is a statewide resource for people with physical, developmental or mental disabilities. It is part of the Department of Human Services and available to any Oregonian with a disability that makes it hard to get or

keep a job. They also work with young people with disabilities ages 14 to 24 who want help getting ready to work. Participants are assigned a counselor who can help them set goals, make a plan, and provide needed services. The counselor can assist with things like getting ready for job interviews, job search, training and transportation, and special equipment for their disability. Staff work in partnership with the community and businesses to develop employment opportunities for people with disabilities and to provide individualized services essential to employment success.

Our Just Future — Employment/Training

10550 NE Halsey St.
Portland, Oregon 97220
(503) 548-0200
employmentreferral@ourjustfuture.org
https://ourjustfuture.org/services/career-support/
hours: Monday–Friday, 8 a.m.–5 p.m.

Our Just Future (formerly known as Human Solutions) provides **Career Programs** to help individuals create a career plan, build a resume with expert help, access job training, apply and get a job, access related support services, and identify strategies to keep a job.

Past Lives LLC — Employment/Training

2808 SE 9th Ave.
Portland, Oregon 97202
(503) 718-4326
https://www.pastlives.space/

Past Lives was founded by a former prisoner whose experience of incarceration inspired him to embrace his dream to build stronger and more just communities. Past Lives believes in the strength of creative community to find place, purpose and belonging.

Past Lives is 26,000 square floor makerspace providing members 24/7/365 secure access to a wood shop, metal shop with blacksmithing, welding, fabrication, metal casing, a textile studio with screen printing, auto-embroidery and leatherworking, stained glass studio, tech hub with CNC and 3D printing, dark room for film and photography and more. They offer private studio spaces for rent and host classes, art galleries, and various events. Past Lives provides the collective resources to flourish through creative collaboration. They share their tools and knowledge to help each person grow.

PDX Black Excellence — Employment

https://www.pdxblackexcellence.com/

PDX Black Excellence is a community organization cultural movement to connect and support Portland's black residents and advocates. Through select services and curated events they seek to foster social and professional networking, new relationships, and new understanding. From executives to artists, students to entrepreneurs, everyone is welcome. PDX Black Excellence believes that embracing diversity is at the center of fostering new innovation, new business, new collaboration, and new opportunity. Their website includes lists of community organizations, programs, services, individuals, and businesses.

Portland Community College (PCC) Maritime Welding Pathway — Education/Training

Contact: Todd Barnett, todd.barnett@pcc.edu (503) 309-5093 cell, (503) 247-1724 office
https://www.pcc.edu/programs/welding/pathway-maritime-welding/

Portland Community College's intensive Maritime Welding Pathway on the Vigor shipyard prepares students for employment in the booming welding industry. In three terms, pathway completers learn shielded metal, fluxed-core, submerged arc-welding processes, and earn six industry-recognized certifications. Students also receive career preparation services and exposure to industry employers. Participants on federal supervision may be eligible for the program on a reduced or no cost basis.

To learn more information about the Maritime Welding Pathway, go to pcc.edu/programs/welding/ and attend an information session held at the Swan Island Trades Center located at 6400 N. Cutter Circle, Portland, Oregon 97217.

Portland Opportunities Industrialization Center (POIC) + Rosemary Anderson High School (RAHS) — Employment/Education/Training

Main office: 717 N. Killingsworth, Portland, Oregon 97217
(503) 797-7222
https://www.portlandoic.org/
email contact: info@portlandoic.org

Portland Opportunities Industrialization Center (POIC) + Rosemary Anderson High School (RAHS) provide alternative education, mentoring, family outreach, employment training, and placement. POIC + RAHS serve more than 3,000 students, work trainees, and families annually (80% are Black or Latinx). Their major programs include Rosemary Anderson Schools, Work Opportunities Training, Community Healing

Initiative, Youth Services, and Community Safety. They reconnect alienated at-risk youth and adults affected by poverty, family instability, and homelessness to education, career training, and culturally-specific wraparound programs, including services for families impacted by the criminal justice system.

POIC + RAHS offer paid training for construction and the trades. POIC's 12-week program prepares adults for careers in construction and the trades. Trainees are paid during this hands-on learning experience and receive classroom instruction, industry-recognized certifications, career exploration, and planning. The curriculum is recognized by the OSATC (Oregon State Apprenticeship and Training Council). Graduates receive continued support from full-time staff with apprenticeship and job placement with 95% of graduates being placed in jobs.

POIC + RAHS career coaches and mentors give trainees tools and resources to help them become job-ready or to help them transition to college. Internships and pre-apprenticeship program provide underserved youth and adults the opportunity to be part of a diverse and inclusive workforce. Additional POIC employment resources include: paid internships involving short-time positions that can lead to full-time employment in sought-after fields; career coaching; tech career rep training; and youth employment, connecting youth with training and paid internships in construction, healthcare, tech, manufacturing, and more.

Must be between the ages of 18-24, have your high school diploma/GED (or are actively engaged in a GED program), and ready to commit to an intensive training program.

School locations:

North Campus
717 N. Killingsworth
Portland, Oregon 97217
(503) 797-4636

New Columbia Campus
4610 N. Trenton
Portland, Oregon 97203
(503) 797-7222 ext 801

East Campus
2208 SE 182nd
Portland, Oregon 97233
(503) 797-7222 ext 326

Lents Campus at Wattles Boys & Girls Club
9330 SE Harold St.
Portland, Oregon97266
(503) 797-7222 ext. 601

Middle School Campus at Regence Boys & Girls Club
4430 N. Trenton
Portland, Oregon 97203
(971) 940-8014

Portland State University (PSU) Higher Education in Prison (HEP) Program

Education

https://www.pdx.edu/liberal-arts-sciences/higher-education-prison
1721 SW Broadway, Cramer Hall 117
Portland, Oregon 97207

Nahlee Suvanvej, Director
Email: nahlee@pdx.edu or psuhep@pdx.edu
Phone: (503) 725-6640
Location: University Studies, Cramer Hall 117V

Sam Wilson, Rebound Coordinator
Email: PSURebound@pdx.edu
Phone: (503) 725-6127
Location: Rebound Hub, Cramer Hall 169

Portland State University (PSU)'s **Higher Education in Prison (HEP)** program seeks to expand rigorous, quality higher education at Coffee Creek Correctional Facility and to support justice-impacted students' post-release. The HEP program allows students to work towards a degree while experiencing incarceration and to be able to matriculate to the PSU campus upon release, while receiving the supports needed to be successful. Through its HEP program, PSU seeks to provide a degree pathway for women, trans-identified and gender non-conforming adults in custody (AICs) as the first higher education degree pathway for incarcerated women in Oregon.

PSU Rebound Peer Support Specialists PSU Rebound recognizes that students returning to higher education after incarceration need dedicated resources on campus to help them transition to and successfully navigate college. PSU Rebound Peer Support Specialists are available to connect with prospective and current students returning to education after experiencing incarceration. They help students and prospective students

with admission to PSU, accessing legal services, counseling, tutoring, computer literacy, mentorship, employment, housing, transportation and food security.

Portland Women in Technology (PDXWIT) — Employment//Training

PO Box 14921
Portland, Oregon 97293
(503) 396-0834
https://www.pdxwit.org/

PDXWIT empowers tech professionals in Portland and beyond by offering community and skill-building events, mentorship, scholarships, and access to job opportunities.

As a BIPOC-led organization committed to advancing inclusion in the technology industry, PDXWIT believes that centering the most marginalized in our community is the first step in shaping a better tech future for all.

PDXWIT seeks to build a better tech industry by creating access, dismantling inequities and fueling belonging. They are focused on advancing inclusion in Portland's technology industry and in reducing the imbalances that exist today so that everyone is represented and skilled in an industry that is shaping the future of humanity.

PDXWIT has partnered with more than 75 tech companies in Portland and beyond to bring together thousands of people looking to break into the industry or advance their careers. Their work centers on historically marginalized communities. All PDXWIT events and programs are free and open to everyone.

Portland YouthBuilders — Education/Training

4816 SE 92nd Avenue
Portland, Oregon 97266
(503) 286-9350
https://pybpdx.org/

Portland YouthBuilders (PYB) offers programs of high school completion, vocational training, counseling, and support.

YouthBuild is PYB's flagship program of academics, vocational training courses, counseling, career development, and long term support. The program runs year-round and students attend full-time, five days a week.

The YouthBuild program is for those ages 17-24 who want to finish high school and learn a trade. As a fully accredited high school, PYB is able to offer students in their YouthBuild program a choice between finishing high school with a GED or a high

school diploma. Professionally trained tutors help provide additional one-on-one support as needed.

YouthBuild students spend half of their time each month in the classroom. Case management, counseling, and their relationship-based model of teaching help to ensure that students receive individualized programming that meets their specific needs and goals. On average, over 75% of YouthBuild students finish high school each year and advance to college, an apprenticeship, or start their career. Through PYB's long term support program students who continue their studies at college or in a certificate program can receive ongoing support from their PYB teachers and counselor to help them reach their educational goals.

PYB's Youthbuild program offers two separate vocational training programs, one in construction and one in technology:

Youthbuild's construction students learn all aspects of residential construction and give back to the community by building affordable homes for local low-income families. The students receive hands-on training on real constructions jobsites as they prepare to enter the construction industry. Construction training courses that take place in the classroom and on the jobsite.

Youthbuild's technology students learn how to code and the learn the ins and outs of computer hardware and software. Tech students donate their time in the community by teaching adults how to safely use technology. Technology program teaches relevant software and hardware skills and students spend half their month at tech worksites, guided by expert staff.

PYB's Bridge program is for High School grads ages 18-26 who want to work in construction. It provides a direct path to employment in the construction industry. Over the course of nine weeks, Bridge students receive the training and support they need to enter an apprenticeship program and start their construction careers.

For PYB's YouthBuild program, call the admissions department at (503) 286-9350 or email apply@pybpdx.org

For PYB's Bridge program, call their construction department at (503) 286-9350 ext 214 or email elle.goldstein@pybpdx.org

Prison Education Programs (PEPs) & Pell Grants — Education

https://fsapartners.ed.gov/knowledge-center/library/dear-colleague-letters/2023-03-29/eligibility-confined-or-incarcerated-individuals-receive-pell-grants
https://www.bop.gov/resources/news/20230712_pell_grant.jsp
https://www.oregon.gov/doc/aic-programs/pages/education.aspx

Pell Grants provide federal funding for students to pursue higher education. As of July 1, 2023, Pell Grants are once again available to adults in corrections, for the first time since 1994. Students incarcerated in Federal or State correctional facilities (and students who are subject to involuntary civil commitments) may now receive Pell Grants is they otherwise meet Pell Grant eligibility. Students must be enrolled or accepted for enrollment in an eligible PEP (Prison Education Program).

In Oregon, Chemeketa and Treasure Valley Community Colleges, Oregon State Correctional Institution, Oregon State Penitentiary and Santiam Correctional Institution, are Second Chance Pell sites under a federal pilot program. They currently offer associate transfer degrees for those incarcerated locally. Opportunities for bachelor's degrees and technical training are now being considered for federal funding by Oregon community colleges and universities as well.

Oregon Senate Bill 270, which was signed into law in June 2023, allows prisoners to more easily access academic programs at any community college in Oregon, any distance learning program or any other higher education program that's eligible.

Adults in Corrections who are eligible to take college-level courses may also do so at their own expense when the opportunity is available. Community partners include:

- Blue Mountain Community College
- Central Oregon Community College
- Chemeketa Community College
- Portland Community College
- Southwestern Oregon Community College
- Treasure Valley Community College

https://www.oregon.gov/doc/aic-programs/Pages/education.aspx
https://www.oregon.gov/highered/research/Documents/Reports/SB-234-Report-Final-2021.pdf

Prison Scholar Fund — Education

1752 NW Market Street, #953
Seattle, Washington 98107
(206) 734-5425
https://www.prisonscholars.org/
outreach@prisonscholars.org

The Prison Scholar Fund is committed to providing educational opportunities, professional development, transitional support, and advocacy for those impacted by incarceration. The Prison Scholar Fund believes that incarcerated individuals deserve a second chance at a better life. That's why they help incarcerated individuals get access to the education they need to transform their lives.

Distance Education The Prison Scholar Fund's core program provides access to postsecondary distance education. These courses are generally paper-based, which students can complete independently without any type of institutional support. For a list of schools that provide paper-based courses:

https://www.prisonscholars.org/what-we-do/for-prospective-scholars/

Students apply for funding by submitting an application for scholarship support. The Prison Scholar Fund only accepts requests for applications that are received directly from potential student themselves. Incarcerated student interested in receiving an application can send a request to their mailing address with a Self-Addressed Stamped Envelope (SASE):

Application Requests
Prison Scholar Fund
1752 NW Market St. #953
Seattle, WA 98107

Or by downloading and completing the form and submitting on their own:
https://www.prisonscholars.org/wp-content/uploads/2019/12/PSF-App-Request-Form-191214.pdf

The Prison Scholar Fund also provides transition support through their Digital Navigation and Workforce Development Reentry Support Program which offers in-person digital literacy courses in the Seattle area that can also be accessed full remotely. as well as with fully remote access. *https://www.prisonscholars.org/what-we-do/transition/*
outreach@prisonscholars.org
Phone: (206) 734-5425

Po'Shines Café de La Soul Teach Me to Fish (TMTF) Program — Training

8139 N Denver Ave.
Portland, Oregon 97217
(503) 978-9000
https://poshinespdx.com/

Po'Shines Café de la Soul is a Black-owned contemporary soul food restaurant with Cajun, Creole and low country flair. Po'Shines provides dining, concession sales, and catering services in the Portland metro area and Southwest Washington. It provides career development opportunities through its on-profit work force training program, Teach Me to Fish (TMTF).

The TMTF program is a comprehensive culinary education initiative designed specifically for the community. TMTF provides a well-structured environment that teaches not only culinary job skills, but also life skills that help individuals flourish.

Prosper Portland — Training

220 NW Second Ave., Suite 200
Portland, Oregon 97209
(503) 823-3200
https://prosperportland.us/

Prosper Portland focuses on building an equitable economy by growing family-wage jobs, advancing opportunities for prosperity, collaborating with partners for an equitable city, and creating vibrant neighborhoods and communities. Some of their projects that help grow family-way jobs include: Equitable Food Economy Collaborative, Prosper Portland Business Finance Programs, Industry Support, and their Youth & Adult Workforce Partnerships.

Youth & Adult Workforce Partnerships Prosper Portland, in collaboration with Worksystems, Inc. (WSI), funds youth and adult workforce development programs for low-income Portlanders, helping them to better connect and compete in the regional economy. Worksystems administers the workforce development programs through a network of service providers. The NextGen program has five youth workforce development providers (Immigrant & Refugee Community Organization, Portland Community College, Portland Youthbuilders, New Avenues for Youth and Portland Opportunities Industrialization Center) to serve culturally and geographically diverse populations within Portland. The program primarily targets youths ages 16-24 who are disconnected from traditional high school or lacking the basic skills and credentials to enter college or career pathway employment. Each workforce

development provider delivers supportive and individually tailored workforce development case management to youth for up to three years. Providers help youth identify and achieve their career goals and develop the life skills necessary to stay on course. The goal is for all participants to secure a career pathway job or progress along a path to complete post-secondary education.

Services to youth include:

- Individual career plan development
- Career exploration
- Work and college readiness training
- Work experience placement and support
- Post-secondary placement, navigation and support
- Job search assistance and placement
- Retention and advancement supports after job or post-secondary placement

In addition, WSI contracts with multiple agencies to provide work experience opportunities that have been co-developed with WSI through relationships with business and industry.

https://prosperportland.us/portfolio-items/workforce-development-program/?portfolioCats=311

Relaunch Pad — Employment

https://therelaunchpad.com/

Relaunch Pad helps justice-involved individuals lead successful lives after their release from incarceration by leveraging the internet and a nationwide network of similarly motivated organizations, to provide helpful employment resources that increase the quality of life, decrease stress, and open pathways for more opportunities for personal growth.

Relaunch Pad maintains an extensive list of potential employers and has also contacted over 1,000 major companies in the US to ask about their hiring policy for justice-involved people. *https://therelaunchpad.com/companies/*

Relaunch Pad's database of companies willing to hire justice-involved individuals can be searched online based on skill set, location, industry, etc.: *https://therelaunchpad.com/jobs/*

Relaunch Pad also offers an online video series on how to prepare an effective resume as a former felon. *https://therelaunchpad.com/guide-to-resumes-for-felons/*

Relaunch Pad has compiled a directory of thousands of local assistance programs that can also be accessed online: *https://therelaunchpad.com/assistance-programs/*

Relay Resources — Employment

5312 NE 148th Avenue.
Portland, Oregon 97230
(503) 261-1266
(800) 874-7917
https://relayresources.org/
info@relayresources.org

Relay Resources is a nonprofit organization that provides jobs to people with disabilities or other barriers to employment through their social enterprises. Relay Resources provides jobs to more than 700 people in the Pacific Northwest in janitorial, landscaping, document services, and supply solutions work.

Jobseekers should email *careers@relayresources.org* to make an appointment.

Relay Resources also manage over 900 affordable housing units across the Portland Metro area. Affordable housing applicants should email *housing@relayresources.org* to make an appointment.

Restore Nuisance Abatement — Employment

(503) 975-5626
Hours: 8 a.m.–5 p.m.
https://www.restorenuisance.com/

Restore Nuisance Abatement restores and revitalizes communities in Portland through their wide range of services that include graffiti removal, pressure washing, glass scratch repair, and flagging. They aspire to not only improve properties but to also provide a sense of renewed hope and opportunity for the members of their community. With a particular emphasis on empowering young Black individuals through job opportunities and training, they provide entry level employment opportunities to unemployed and under employed Black and BIPOC adults.

RID Patrol Work Transition Program — Employment/Training

https://www.oregonmetro.gov/tools-living/garbage-and-recycling/report-dumped-garbage/rid-patrol-work-transition-program

Metro's RID Patrol Work Transition Program provides a structured and supportive opportunity for individuals with barriers to employment centered around gaining experience in the solid waste industry through on-the-job and formal training.

RID Patrol responds to over 10,000 clean up requests annually. RID Patrol crews aim to return public areas back to their natural beauty.

The workforce transition program is a paid, full-time, three-year employment opportunity for individuals entering the workforce after incarceration or who experience other systemic barriers to sustainable employment. The program prioritizes personal development, safety training, soft-skill progression, career advancement and individualized career support, including education attainment and record expungement. Workforce transition participants help build a resilient and effective RID Patrol team.

RISE Employment Services — Employment/Training

(844) 349-3305
https://riseservicesincor.org/employment-services/

RISE is a nonprofit agency that specializes in home and community-based services for children with mental health challenges, adults with developmental and other disabilities, and aging adults. RISE's provides employment services, in-home and community services, residential services, supported living resources, and host home services. RISE believes everyone is employable and can live full productive lives.

RISE's Employment Services include Job Coaching and Day Support Activities.

Job Coaching RISE's job coaching services provide support at the job site. They assist the individual in learning and carrying out their job expectations. Their guidance, support and communication helps individuals master their job. They tailor our level of support to the individual's needs and preferences. They work to "fade" their services as individuals gain the skills and knowledge needed for the job. In contrast, they also increase our services should the individual need more support.

Day Support Activities: RISE's one-on-one and group community Day Support Services provides adults with support in achieving their personalized employment related goals. Whether it's learning to ride the city bus system or a particular vocational task, increasing interactions with the public, or resume building, their support can help an individual prepare for employment. They also provide individuals that might otherwise be at home, with a more meaningful day.

RISE has multiple locations throughout the state of Oregon in Albany, Bend, Eugene, La Grande, Pendleton, Roseburg and Salem. *https://riseservicesinc.org/locations/*

Sarah Bellum's Bakery & Workshop (SBBW) — Training

7828 SW Capitol Hwy.
Portland, OR 97219
(971) 249-2870
https://www.sarahbellumsbakery.org/

Sarah Bellum's Bakery & Workshop (SBBW) empowers adults with acquired brain injury (ABI) to re-engage in the community and to rebuild a sense of meaning, purpose, and identity through return-to-work in their functional rehabilitation bakery program. Adults with ABI learn transferable job skills, gain self-awareness, gain self-confidence, and learn to self-advocate for their needs in their supportive bakery. The program includes peer supports and rehabilitation therapists who provide best practices in ongoing, community-based supports.

SE Works & WorkSource Portland Metro-SE — Employment/Training

WorkSource Center
7916 SE Foster Road, Suite 104
Portland, Oregon 97206
(503) 772-2300

NewStart Reentry Resource Center
8044 SE Harold St.
Portland, Oregon 97206
(503) 772-2300
https://seworks.org/

SE Works is a non-profit organization offering integrated services for those seeking employment. SE Works is part of WorkSource Oregon, the State's public workforce system. Through their work source center, participants receive assistance in obtaining employment. SE Works offers multiple programs and services.

Job Search Programs and Resources

Job Readiness Resources Clients have access to job readiness resources including developing a targeted resume, learning new job search strategies, developing and honing interview skills, using social media during the job search, building essential computer skills for the workplace, and more. See their current calendar of workshops

and services for a complete list and description of resources and trainings available. *https://seworks.org/job-seekers/workshops/*

Job Search and Employer Referrals Clients receive assistance with their job search from skills team adviser.

iMatchSkills Specialized Job Matching Services iMatchSkills is the State of Oregon's online job matching system. Once customers enroll in WorkSource they can register and enter their skills into iMatchSkills. iMatchSkills will then match their skills to active job openings.

Education & Training

Drop-in Advising This service is available for enrolled clients to meet with a skills team advisor for questions related to training, employment, and/or supportive services.

Professional Immigrant Credential Program The Professional Immigrant Credential Program (PICP) is an employment program that works with immigrant or refugee clients with a professional degree or certificate from their country of origin to obtain and maintain long term employment.

NCRC Certification National Career Readiness Certificate (NCRC) is a nationally recognized certificate that assesses work-related skills in three areas: math, reading, and locating information.

Talent Link Talent Link identifies clients as work-ready job seekers and enters them into a priority pool for job matching.

Career Advising Clients receive one-on-one advising services about training resources, how to obtain a GED or High School diploma, filling out scholarship and training application packets, help with Prosperity Planner and other online resources, resume questions, support service requests, and Dress For Success.

Reentry Programs to assist individuals with backgrounds to integrate back into the community include:

Re-entry Employment Workshops
The *Discover your Road to Success* job club provides a daily platform for individuals with a criminal background to attend workshops until they become gainfully employed. Job listings are produced in easily accessible format for those lacking computer access. This workshop offers an arena for individuals with backgrounds to network, support each other and share resources and job leads. The workshop assists individuals to identify

what technical skills may be required for jobs, interviewing, networking and researching employers. They also offer a *Resumes for Individuals with Criminal Backgrounds* workshop targeted to develop a skills-based resume.

PDX Reentry Employment Services
Career Coaches work individually with clients to develop an individualized employment plan, provide job retention strategies and placement support.

The program offers vocational case management, career and work readiness, job development and support services.

Department of Community Justice Economic Opportunity Program Engages 120 individuals under supervision with the Multnomah County Justice Reinvestment Program to aid them in obtaining career track employment. Identified individuals are referred to a team of Career Coaches from SE Works, Human Solutions and Central City Concern. Each individual works with a Career Coach to engage or reengage in the workforce.

The **NewStart Reentry Resource Center** is a program dedicated to helping individuals successfully re-enter the community after incarceration from State or Local Jails in Multnomah County within the last two years. Their Navigators/Case managers assist with:

- Support services funding
- Securing an ID
- Navigating community resources for housing, health, treatment, family reunification, disability services
- Housing Referrals and emergency vouchers
- Access to phone, email, fax, internet, mailbox

Employment assistance includes: Case management, resume development, master application assistance, subsidized on the job training, work related training certifications and transitional and career track placement services.

SE Works's **Pre-Release Exit Program** works with incarcerated individuals 45 days pre-release in the Washington Jail to assist them to secure employment upon release. Pre-Release services include Individualized Employment Coaching Services,

Employment Workshops and Job Development Services.

To be eligible for WorkSource services, customers must be 1) at least 18 years old, 2) eligible to work in the United States, and 3) enrolled into the WorkSource Center.

Self Enhancement, Inc. (SEI) — Employment/Training

Center for Self-Enhancement
3920 North Kerby Ave.
Portland, Oregon 97227
(503) 249-1721
Hours: Monday–Friday, 9 a.m.–5 p.m.

Community & Family Program
2205 NE Columbia Blvd.
Portland, Oregon 97211
(503) 285-0493
Hours: Monday–Thursday, 8:30 a.m.–5:30 p.m.; Friday, 8:30 a.m.–12 p.m.
selfenhancement.org

Self-Enhancement (SEI) is a Black-founded, Black-owned, and Black-led nonprofit whose community and family programs and services address economic disparities by providing a broad continuum of anti-poverty, family stabilization, and employment services that are culturally specific for African American families and/or culturally responsive for other families in need.

SEI's **Community Works Project** is a collaborative project between SEI, IRCO, Human Solutions, NAYA, Urban League and El Programa Hispano designed to empower job seekers on TANF through skills development, resources, and job leads to support their families and find gainful employment through building on each person's strengths in a diverse community that works. This program is funded through the Department of Human Services (DHS) Self Sufficiency Program. Community Works Project is for families receiving TANF and seeking support in securing employment and increasing life skills. ***Referrals must be made through DHS Self Sufficiency Program***.

https://www.selfenhancement.org/cfp

Sincere Studio — Education/Training

2636 NE Sandy Blvd., Suite A
Portland, OR 97232
https://www.sincerestudiopdx.org/

Sincere Studio is Portland's first non-profit community sewing studio. They offer sewing classes and workshops. Their mission is to provide textile arts education, with a focus on art as a tool of social change and empowerment.

Stone Soup PDX — Employment/Training

306 NW Broadway
Portland, Oregon 97209
(503) 885-4827
info@stonesouppdx.com
https://www.stonesouppdx.com/

Stone Soup PDX is a non-profit foodservice training enterprise based in Portland. It provides workforce development and hands-on culinary expertise to people at risk of homelessness. As an Employment Social Enterprise, Stone Soup PDX not only trains people for careers in the food hospitality industry, they support that training by selling the food they make. Their three main enterprise lines are Contract Meals, Catering, and Retail Soup.

Stone Soup PDX's training program includes:

Workforce Development
A critical part of Stone Soup PDX's program and the development of their participants comes from the ability to work together as a team. Their Workforce and Interpersonal Skills Education (WISE) modules help participants learn communication, conflict resolution and teamwork.

As part of the 12-week course, each participant works within the WISE courses to learn:

- Resume & Cover Letter Writing
- Working as a Team
- Conflict Resolution
- SMART Goals
- Elevator Speech
- Interview Skills
- Financial Literacy
- Self Care, Self Confidence & Resilience

Culinary Skills
Stone Soup PDX has developed a 12-week basic Culinary Training Program, including a Food Handler Certification, as well as Food Production training. Classes are small and offer individual coaching.

Participants in their culinary program gain a basic understanding of kitchen safety, fundamental cooking methods and techniques, kitchen and restaurant dynamics and their roles in the food preparation process. Their Chef Trainers design projects that

trainees can accomplish to build self-confidence while they evaluate participant strengths and guide them in improving on perceived weaknesses. They also partner with other restaurants and catering facilities to offer additional training opportunities.

Customer Service
In their Customer Service module program participants are guided through the pillars of customer service in the restaurant and hospitality industry. They learn how to consistently offer quality service in a genuine way. This involves treating both guests and fellow employees with respect and dignity. The end result is fostering customer loyalty in any business which they choose to work.

Job Placement NetWork
This is a group of foodservice businesses interested in hiring Stone Soup alumni. This network ensures their program participants will have ample opportunities for job interviews and job placements. Stone Soup PDX staff continues to be in touch with all graduates, providing information about open positions within the Job Placement Network. The goal of the alumni network is to provide participants with mentorship opportunities to help them through any challenges.

Stone Soup PDX also networks with shelter kitchens, local restaurant groups, and catering operations to identify employment opportunities with the potential for more sustainable employment.

Requirements for their program are:

- 18 years of age or older
- Having some form of housing (this can include shelter, transitional housing, etc.)
- Basic reading and writing comprehension in English
- Must **not** be a registered sex offender (this is due to the fact that their production facility shares common spaces with vulnerable populations)

For further questions, email their Program Manager: Sam Allen–Sam@stonesouppdx.com or call (503) 885-4827.

Program application is online: https://www.stonesouppdx.com/application

Street Roots — Employment

211 NW Davis Street
Portland, Oregon 97209
(503) 228-5657
https://www.streetroots.org/

Street Roots creates income opportunities for people experiencing homelessness and poverty by producing a weekly newspaper and other media to act as catalysts for individual and social change.

Their **Vendor Program** has around 200 active vendors that sell Street Roots in the Portland metropolitan area. It provides an opportunity for people experiencing homelessness and poverty to earn an income by selling the newspaper. People walk in off the streets, *go through orientation*, and begin selling the weekly newspaper. Ten complementary papers launch their efforts, and then they purchase each paper for a quarter that they sell for $1, keeping all profits and tips**.** Street Roots works with more than 800 vendors annually, and about 75 percent of their vendors are unhoused. Street Roots offers a low-barrier program that allows heir vendors to make their own schedules. Vendors' selling hours and days at each location may vary greatly.

New vendor orientation is held every Wednesday and Friday at 12:15 pm in the vendor office at 211 NW Davis Street. Allow 45 minutes to an hour for orientation. No documents or ID are required.

https://www.streetroots.org/vendors#become

Street Roots also produces a guidebook, **Rose City Resource,** that provides a comprehensive list of services for people experiencing homelessness and poverty in Clackamas, Multnomah and Washington counties. Rose City Resource booklets are available to pick up at the Street Roots office and at multiple other locations in the Portland region.

Temporary and Day Labor Employment

Employment

All Star Labor & Staffing
Tualitan Headquarters
8100 SW Nyberg Rd., Suite 150
Tualatin, Oregon 97062
Portland/Tigard: (503) 619-0811
multiple locations in Oregon
https://allstarlabor.com/

All Star Labor & Staffing specializes in hospitality staffing in Albany, Bend, Eugene, Bend, Portland, Salem, and Tualatin areas.

Express Employment Professionals
Portland (East)
10011 Southeast Division, Suite 102
Portland, Oregon 97266
(503) 254-1200

North Portland
4790 North Lombard Street
Portland, Oregon 97203
(503) 735-1200
multiple location in Oregon
https://workforce.expresspros.com/locations/state/Oregon

Express Employment Professionals is a national employment staffing company with offices throughout Oregon.

Labor Works
Portland Branch
4328 SE 82nd Ave, Ste 2000
Portland, Oregon 97266
(503) 328-2230

Tigard Branch
11527 SW Pacific Hwy
Portland, Oregon 97223
(503) 546-9797
https://laborworks.com/locations/oregon/

LaborWorks is a national industrial staffing specialty company matching workers in part-time, seasonal, and potentially permanent full-time jobs in a number of industries.

NW Staffing Resources
851 SW 6th Ave., Suite 300
Portland, Oregon 97204
(503) 242-0611
portland@nwstaffing.com
https://www.nwstaffing.com/
Hours: Monday–Friday, 8 a.m.–5 p.m.

NW Staffing Resources provides temporary, temporary-to-hire, direct placement, and recruitment services. They offer assistance to people with certain felony convictions on

a case-by-case basis. NW Staffing Resources has multiple branches across the Pacific Northwest.

PeopleReady
multiple locations in Oregon
16009 SE Division St., Ste 204
Portland, Oregon 97236
(503) 762-0838

204 N. Killingsworth St.
Portland, Oregon 97217
(503) 289-4616
Monday–Friday, 5:30 a.m.–6 p.m.; Saturday, 7–11 a.m.
https://www.peopleready.com/

People Ready is a national employment agency that specializes in temporary hourly employment for on-demand labor and skilled workers. People Ready supports a wide range of industries, including construction, manufacturing and logistics, retail and hospitality.

VOZ Workers' Rights Education Project & Worker Center
3575 NE Broadway
Portland, Oregon 97232
(503) 234-2043
https://portlandvoz.org/
Office hours: Monday–Friday, 7:30 a.m.–2 p.m.; Saturday, 7:30 a.m.–12 p.m.

Voz is a worker-led organization that empowers diverse day laborers and immigrants to improve their working conditions and protect their civil rights through leadership development, organizing, education and economic opportunity. Voz was founded by day laborers organizing themselves for better working conditions on the street corners, and they stay true to their roots by continuing to build new community leaders, and by operating a worker-led organization.

Voz provides direct economic empowerment opportunities by connecting day laborers to jobs at their **Worker Center**. They offer accessible workforce development opportunities that build skills and knowledge so that day laborers can earn higher wages and achieve long-term economic stability.

Voz is not employment agency. They provide an online form for employers to fill out to hire a worker from the Voz Worker Center site: *https://portlandvoz.org/hire-a-*

worker/request-a-worker They also provide an Employer Agreement regarding the terms of hiring a worker from the Voz Worker Center, workers' rights, and what employers can expect when hiring Voz workers: *https://portlandvoz.org/assets/employer-agreement---voz---english-final-(1).pdf*

Voz offers the following classes and skills training at no cost to day laborers:

Job Skills Training Voz offers basic and advanced trainings to all their workers at no cost. Their trainings are offered in English and in Spanish. Classes include: Basic Training, Landscaping, Carpentry, Cleaning, Kitchen Skills, and other trainings.

Health and Safety Workshops Voz offers basic safety training to all their workers and regular opportunities to get OSHA certified at no cost. Their trainings are offered in English and in Spanish. Health and safety trainings make sure that their workers can use tools safely, can identify toxins on the job, and reduce the risk of injuries.

Workshop topics include: Lifting and ladder safety, Using Personal Protective Equipment, Identifying workplace toxics, and OSHA 10 certification.

English Skills Voz English classes focus on practical vocabulary that is useful on the job. Classes include: Basic conversation, Tool identification, Job-specific vocabulary, Negotiating wages, and Workplace safety vocabulary.

Social Justice Education classes Voz brings community leaders from across Oregon to the Worker Center to talk about immigration, worker exploitation, racism, homelessness, criminalization, colonialism and other issues that affect their community. Classes include: Workers Rights, Immigrant Right, Environmental Justice, Gender Justice, and Houseless rights.

Unite Oregon — Training

1390 SE 122nd Ave.
Portland, Oregon 97233
(503) 287-4117
https://www.uniteoregon.org/our-work-1

Unite Oregon is a membership organization led by people of color, immigrants and refugees, rural communities, and people experiencing poverty. They work across Oregon to build a unified, intercultural movement for justice. United Oregon works across six key pillars to advance immigrant, refugee, and BIPOC communities in Portland: Climate Justice, Equitable Economic Development, Housing Justice, Health Equity, Education Equity, and Reimagining Community Safety.

From their small business incubator program launching 40 new immigrant, refugee, BIPOC small businesses in East Portland, to their immigrant and refugee-led community gardens in Knott Park, to their Black Policy Table, which brings together Black community leaders in Oregon, Unite Oregon provides leadership development programs to train over 100 immigrant, refugee, and emerging leaders of color a year to tackle the issues that most affect their lives - from climate change to affordable housing.

Through their Community Development & Economic Prosperity Program, Unite Oregon has launched an economic justice program to build and retain wealth for systemically and institutionally excluded communities - namely immigrants, refugees, Black and Indigenous communities, and People of Color. The Community Development & Economic Prosperity Program seeks to develop and pilot an economic ecosystem that generates wealth, creates assets, helps community entrepreneurs develop businesses, and reinvests resources to ensure sustainability and stability for our communities. As part of this initiative, Unite Oregon is working to collaboratively develop a community-based, community-centered strategy for equitable development in East Portland and the Southwest Corridor. For more information, contact Leslie Lum, Community Development Director at *leslie@uniteoregon.org*.

University of Oregon – Prison Education Program **Education**

Katie Dwyer
Geography 1251
University of Oregon
Eugene Oregon 97403
uoprisoned@uoregon.edu
https://prisoned.uoregon.edu/

The University of Oregon (UO)'s **Prison Education Program** builds on collaboration between the University of Oregon and the Department of Corrections to offer credited classes through their Inside-Out Program. The Inside-Out Prison Exchange Program is a national educational model that brings college students together with incarcerated men and women to study as peers in a seminar behind prison walls. The core of the Inside-Out Program is a quarter-long academic course, meeting once a week, in which 12 outside (campus-based) students and the same number of inside (incarcerated) students attend class together inside prison. Classes are offered through a wide variety of disciplines, from criminal justice to literature.

The UO PEP offers between five and nine Inside-Out classes each year at three correctional facilities throughout Oregon. In the next 3-5 years they hope to offer 10 classes each year. UO PEP also offers in-person inside-only student classes, packets or

"reading" classes with no in-person meetings, and hybrid classes where the bulk of the coursework is done remotely but with some in-person class sessions. UO PEP has helped seven inside students complete their Bachelor's Degrees.

https://prisoned.uoregon.edu/classes/

In addition to for-credit classes, UO PEP also offers a variety of not-for-credit activities inside the prisons. UO PEP workshops and events include book discussions, academic workshops, club events, LEAP (Learning, Engagement, and Activities Packets) with learning and correspondence opportunities for people in segregated housing, and

PEP TV which brings educational content into all of Oregon's correctional facilities through two hour video blocks of material. UO also showcase the talents and vision of artists who are incarcerated. *https://prisoned.uoregon.edu/projects/*.

Urban Alchemy — Employment

1490 SE Gideon St.
Portland, OR 97202
415-757-0896
https://urban-alchemy.us/

Urban Alchemy is the shelter operator for various Safe Rest Villages in Portland. They are a social enterprise that engages with situations where extreme poverty meets homelessness, mental illness and addiction. Urban Alchemy hires returning citizens and seeks out their life skills. Most of their team have served prison sentences in a confined environment where their survival depends on their ability to read people in unpredictable situations. Urban Alchemy recognizes that both the self-awareness and personal development gained on the inside is one of the most valuable gifts their employees can give back on the outside. Urban Alchemy seeks to recognize the humanity in those who are struggling and treat them how they wished others had once treated them.

Urban League of Portland — Employment/Training

10 N Russell Street
Portland, Oregon 97227
(503) 280-2600
https://ulpdx.org/programs/workforce

The Urban League of Portland provides culturally specific programs and services, combined with advocacy and civic engagement, to empower Black communities to thrive across Oregon and SW Washington. The Urban League of Portland's Workforce

programs help Black youth and adults who experience unemployment at a disproportionately higher rate, connect to jobs. They host job fairs, provide work skills training, and post thousands of jobs from hundreds of quality companies looking for a diverse pool of employees.

WOMEN-SEW Global Foundation — Training

Gresham, Oregon
https://www.womensewglobalfoundation.org/programs

WOMEN-SEW Global Foundation's **Sewing Collective Residency Program** develops and improves women's sewing skills, using mentorship relationships with experienced talents in sewing, dress making, quilting, weaving, and textile art. Participants commit to a sewing residency of six to eight months/ The Residency Sewing Program is funded by an Arts/Cultural Grant from the City of Gresham.

Stitching Lives Together Collectives provides 6 to 8 classes of beginning and intermediate sewing classes to learn, expand or improve sewing skills, at home. virtually, and in-person. Each collective is rooted in community and seeks to serve underrepresented and underserved communities of women and girls. Current collectives include:

Tongan Women's Sewing Collective
Rohingya & Burmese Sewing Collective
Nepali & Bhutanese Sewing Collective
Tibetan Sewing Collective
Mixed Group Sewing Collective
Swahili Women Sewing Collective
Beaverton Afghan Sewing Collective

https://www.womensewglobalfoundation.org/sewing-collectives

Word is Bond — Education/Training

522 NW 23rd Ave., Suite J
Portland, Oregon 97210
https://www.mywordisbond.org/

Word is Bond is a Portland-based, Black-led nonprofit that mentors and empowers young Black men ages 15 through 20, as they transition into adulthood. Word is Bound seeks to help Black youth realize their full potential through "dynamic programming" in the areas of leadership development, public speaking, storytelling, professional and career development, college prep, mentorship, outdoor leadership, civic engagement,

Black history and Black identity, mental health and self-care, international travel, and service to others. Word is Bound runs the following programs:

Rising Leaders Program is a three-year leadership incubator program that is part internship, part rite-of-passage program. Participants advance through Rising Leaders in leadership cohorts, consisting of young Black men from across Portland, beginning in the summer after their freshman year in high school. In year one, participants learn foundational leadership and professional development skills. In year two, they are placed in a professional internship. In year three, participants engage in the Black Star Homecoming Experience in which ambassadors travel to Ghana, West Africa for a two-week immersive international leadership experience. Rising Leader is free to all participants and features no barriers to entry based on academic performance or extracurricular activities. Ambassadors receive daily meals during the program, haircuts, a business suit, and a professional photoshoot.

The **Spring Leadership Forum** consists of a seven-day leadership trip to Washington D.C.

Level Up is their school year program and connects participants with mentors, resources, tools, and workshops that help them achieve their goals. Level Up runs from September through May annually. It hosts different events each month for free and is open to young Black men ages 13-19 in the Portland Metro Area. To sign up contact Executive Director Lakayana Drury at *lakayana@mywordisbound.org*

In My Shoes is an interactive community walking tour project curated and facilitated by community ambassadors of Word is Bound. The project features walking tours in neighborhoods across Portland. In My Shoes also hosts a 5K community tour in September.

LEGAL SERVICES

American Civil Liberties Union (ACLU) of Oregon

PO Box 40585
Portland, Oregon 97240
info@aclu-or.org
https://www.aclu-or.org/en

The American Civil Liberties Union (ACLU) of Oregon works in courts, in the legislature and in communities to protect and advance civil rights and liberties. They are committed to centering the individuals and intersectional communities historically disenfranchised by institutions and systems: Black people, Indigenous people, people of color, gender non-conforming people, people with disabilities, LGBT+, low-income people, immigrants, incarcerated people, refugees and all other historically-targeted groups.

ACLU of Oregon works in partnership and collaboration with communities and organizations across the state to respond to civil liberties and civil rights issues involving criminal justice, the death penalty, free speech, immigrants' rights, LGBTQ+ rights, national security, police practices, prisoners' rights, privacy & technology, racial justice, religious freedom, and reproductive justice.

Commons Law Center

1216 SE Belmont
Portland, Oregon
(503) 850-0811
Monday–Friday, 9 a.m.–5 p.m.
https://thecommonslawcenter.org/

The Commons Law Center offers legal services at sliding scale rates to low- to middle-income Oregonians in the areas of family law, tenant eviction defense, estate planning, and probate.

Tenants can get legal help at their in-person courthouse clinics during the morning eviction dockets in Multnomah County Circuit Court. The Tenant Eviction Defense (TED) team provides tenants with brief advice, helps negotiate agreements with their landlord's lawyers, and facilitates rental assistance applications.

The Commons Law Center also maintains an online Resource Guide of affordable or free legal civil law service providers in Oregon and southern Washington:
https://thecommonslawcenter.org/commons-legal-resource-guide/

Community Alliance of Tenants (CAT)

https://www.oregoncat.org/

The Community Alliance of Tenants (CAT) is a statewide, grassroots, tenant-controlled, tenant-rights organization. CAT educates, organizes and develops the leadership of low-income tenants. They operate a Renters Rights Hotline. The Renters' Rights Hotline gives tenants detailed information about their rights and practical suggestions to help protect those rights. CAT can help renters anywhere in Oregon, however callers may need to join CAT as a member if they're not in one of CAT's funded counties. Their funded counties are: Multnomah, Washington, Jackson, Marion, Deschutes and Coos.

Renters Rights Hotline: *(503) 288-0130*

Hotline Callback Hours: *Mondays and Wednesdays, 1–5 p.m; Tuesday, 5–8 p.m.*

CAT Members Live Hotline: *Tuesday, 6–7 p.m.*

https://www.oregoncat.org/renters-rights-hotline

Community Law Project

https://communitylawproject.org/

Community Law Project is non-profit law firm. They provide affordable access to legal representation in Portland. Their legal services include bankruptcy, tenant representation, student loan assistance, tax issues, and garnishment. offer sliding-scale fees and payment plans, as well as free bankruptcy consultations.

De Muniz Legal Clinic

c/o De Muniz Reentry Resource Center
3940 Aumsville Hwy SE
Salem, Oregon 97317
(503) 990-7370
admin@demunizlegal.og
https://www.demunizlegalclinic.org/

De Muniz Legal Clinic (DMLC)'s mission is to improve their community one 2nd Chance at a time. They are a nonprofit legal clinic dedicated to reducing recidivism by helping clients tackle the collateral consequences of arrests and convictions, so they can build a better future and thrive in the community. DMLC's practice areas include: family law (child support, custody, divorce), expungement, landlord/tenant, juvenile clemency, and administrative law.

Disability Rights Oregon

511 SW 10th Avenue, Suite 200
Portland, Oregon 97205
(503) 243-2081
Hours: Monday–Friday, 9–11 a.m. & 1–4 p.m.
welcome@droregon.org
https://www.droregon.org/

Disability Rights Oregon helps people with disabilities with their disability-related legal issues in Oregon They provide free legal advocacy services for people with disabilities through direct client representation and class-action lawsuits.

Eugene Community Court

Eugene Municipal Court
1102 Lincoln Street
Eugene, Oregon 97401
(541) 682-5400
https://www.eugene-or.gov/3337/Community-Court

The Eugene Community Court aims to improve public safety and reduce misdemeanor activity in the City of Eugene to improve safety and quality of life for all. The foundation of the Community Court is a team of justice system and social service professionals dedicated to collaborating on cases to reach practical solutions. Representatives of several local social service agencies work with the Community Court team onsite to problem-solve with community members in need of assistance and connect them with services that will address their needs and help them move out of the criminal justice system and toward an improved quality of life.

Individuals are eligible if their offense was committed within the designated geographic area, the offense is identified as an eligible offense, and they do not have any violence in their past criminal history. A variety of non-violent offenses are eligible for Community Court. A sample of eligible offenses includes: disorderly conduct, interfering with public transportation, criminal mischief, prohibited noise, theft, and criminal trespass.

Every participant will be asked to complete a needs assessment to help create an individualized service plan. In addition, other community members may be referred or seek services (walk-in) without a citation or arrest; the provider room is open Wednesday 1–3:30 p.m.

Fair Housing Council of Oregon (FHCO)

1221 SW Yamhill Street #305
Portland, Oregon 97205
(503) 223-8197
http://fhco.org/

Fair Housing Council of Oregon (FHCO) is a nonprofit civil rights organization whose goal is to eliminate illegal housing discrimination through enforcement and education across Oregon. They promote equal access to housing by providing education, outreach, technical assistance, and enforcement opportunities specifically related to federal, state, and local fair housing laws. These laws protect against illegal housing discrimination based on "protected class status" in any housing transaction and, in fact, any housing situation.

For Fair Housing questions and complaints call: *(503) 223-8197 ext. 2 (Portland metro area) or (800) 424-3247 ext. 2 (interpreters available).*

Felony Record Hub

https://www.felonyrecordhub.com/legal-representation/

Felony Record Hub provides an online legal hub to make navigating the legal system easier to get past a felony conviction and back on track. Topics include background checks, expungement, pardons, collateral consequences of criminal charges and more.

Felony Record Hub also provides online informational hubs about housing, employment, and reentry programs for felons.

Law Enforcement Assisted Diversion (LEAD)

https://multco.us/law-enforcement-assisted-diversion

Law Enforcement Assisted Diversion (LEAD) is a Multnomah County pre-booking diversion program. LEAD allows police officers to redirect low-level offenders involved in drug activity to intensive case management tailored to the individual's needs instead of jail and prosecution. The goals of the LEAD program are to reduce the harm that a drug offender causes him or herself and the surrounding community, reduce recidivism rates for low-level offenders, reduce the number of low-level offenders in jail, and decrease the number of people of color prosecuted for low-level drug possession. Participation is voluntary but requires completion of an in-depth assessment within 30-days of arrest for the case not to be filed. Central City Concern provides the intensive case management services for LEAD participants.

Legal Aid Services of Oregon (LASO)

multiple locations statewide
Portland Regional Office
520 SW 6th Avenue, Suite 700
Portland, Oregon 97204
(503) 224-4086; Toll Free: (800) 228-6958
https://lasoregon.org/

Legal Aid Services of Oregon (LASO) is a statewide non-profit organization that provides access to legal help for low-income people to protect their livelihoods, their health, and their families. Through their staff attorneys and hundreds of volunteers, LASO gives free legal help to thousands of low-income and elderly clients each year in matters relating to physical safety, access to food and shelter, and other critical legal needs including family law cases involving domestic violence; housing cases, like repair issues, housing discrimination, and help with government housing programs; government benefits issues, like SNAP (food stamps), Oregon Health Plan and unemployment insurance benefits; senior law issues, like problems with long term care facilities and elder abuse; consumer issues, like debt collection and bankruptcy; and employment problems, like unpaid wages and discrimination.

LASO has eight regional offices and two specialized statewide programs that serve farmworkers and provide representation on Native American issues.

LASO's **Farmworker Program** helps agricultural workers throughout Oregon with employment, housing, civil rights and other legal issues. *Call (800) 662-6096*.

LASO's **Native American Program (NAPOLS)** represents low-income Indian tribes, Native organizations, and tribal members on issues involving federal Indian law or tribal law, or that are otherwise impacted by the client's tribal status, such as tribal sovereignty, tribal enrollment, and trust land and resources. Call (503) 223-9483.

LASO's **Statewide Tax Clinic** helps Oregonians resolve disputes with the IRS and related Department of Revenue matters, including settling tax debt, representation in tax audits and in U.S. Tax Court, help with worker classification issues, assistance in applying for innocent or injured spouse relief, and more. Call (800) 228-6958.

LASO's **Wildfire Disaster Relief Program** provides free legal assistance with and referrals for wildfire-related legal issues for low-income Oregonians. Legal issues we can assist with include but are not limited to FEMA appeals and recoupment, housing (renters and homeowners), consumer fraud, debt, insurance, and document replacement. *Call (844) 944-2428*.

Statewide hotlines:

- Oregon Homeowner Legal Assistance Project *(855) 503-2598*
- Eviction Defense Project: *(888) 585-9638*
- Public Benefits: (government assistance programs like SSI, SNAP, TANF): *(800) 530-5292*
- Oregon Wildfire Disaster Relief Program *(844) 944-2428*

Mainspring Restorative Justice Program

3500 NE 82nd Avenue
Portland, Oregon 97220
(503) 233-5533
https://mainspringpdx.org/restorative-program

Mainspring offers a Restorative Justice Program through the Multnomah, Clackamas and Washington County Courts. Adjudicated youth and adults can complete their community service hours at Mainspring. Mainspring provides guidance, mentorship, vocational training and an opportunity to provide services to the community. For individuals who have been adjudicated in another State or Country, Mainspring may also be able to help.

The Restorative Program at Mainspring is by consideration. For more information, please contact the Executive Director Kyle Urban at *kurban@mainspringpdx.org* to schedule a meeting. Initial meetings can be done over the phone at (503) 233-5533.

Metropolitan Public Defenders (MPD)–Community Law Division

Portland Office
101 SW Main St, Suite 1100
Portland, Oregon 97204
(503) 225-9100

Hillsboro Office
400 E. Main, Suite 210
Hillsboro, Oregon 97123
(503) 726-7900
https://mpdlaw.com/community-law/

The Community Law division of Metropolitan Public Defenders (MPD) focuses on barrier reduction work for people involved in, or at risk of involvement in, the criminal justice system. They partner with government agencies and community based organizations to work together to help participants navigate the legal system and remove barriers.

By providing a holistic, collaborative, person-centered model they increase the likelihood of positive outcomes for clients. Their collaborative approach involves partnering with teams and organizations who are already advocating for the person. Such teams may be in the social service, community health or public defense worlds. MPD coordinates and works together with the existing team to do whatever they can as lawyers to help meet the person's goals and desired outcomes. Sometimes that means representation on a legal case, but often it will mean negotiating a non-legal matter or navigating an increasingly complex bureaucracy to obtain basic rights and benefits with the goal of making a positive, measurable difference in people's lives.

Depending on the Partnership, MPD's Legal Services may include:

- Criminal Record Expungements
- Eviction Record Expungements
- Felony Reduction
- Fine/Fee Reduction
    - Multnomah Project Reset
    - Project Reset (Clack and Columbia)
    - Municipal/Justice/Circuit Court Fine and Fee Waivers
- Driver's License Restoration
- Civil/Eviction Debt Negotiation
- Restitution Negotiation
- Name/Gender Marker Changes
- Sex Offender Registration Relief
- Sex Offender Risk Level Appeals
- Padilla Work
- Restraining Orders/Protection Orders
- Guardianship
- Custody Navigation
- Warrant Lifts
- Correcting Judgments
- Vacating Prostitution Convictions
- Vacating Violation Convictions (to open expungement)
- Landlord Tenant Pre-Eviction Dispute Negotiations
- Eviction Defense
- Legal Status Issues
- Navigation of Court Orders/Obligations
- Policy Work
- Immigrant Defense Oregon (removal defense)

Community Law has a number of projects and partnerships. Some of them include:

- Multnomah County's Anti-poverty Programs
- Sex Trafficking Network
- Healthy Birth Initiative
- Home Forward
- City of Portland's Portland Housing Bureau
- U.S. Department of Veterans Affairs – Supportive Services for Veteran Families
- Pathway Home – Mental Health and Addiction Association of Oregon
- New Avenues For Youth
- Clean Slate Initiative
- Department of Community Justice
- Multnomah County's Eviction Prevention Program
- Multnomah Project Reset
- Joint Office of Homeless Services

Meyers/Collins Foundation

Metropolitan Public Defender (MPD) Immigrant Defense Oregon

101 SW Main St, Suite 1100
Portland, Oregon 97204
(503) 225 9100
https://mpdlaw.com/immigrant-defense-oregon/

MPD's Immigrant Defense Oregon provides a team of immigration attorneys to defend Oregonians who have been targeted for deportation, to educate the community on deportation proceedings and ongoing changes in immigration enforcement, and to ensure that immigrant neighbors understand their rights and due process protections within the U.S. immigration system. Each criminal defense client is assigned an immigration attorney as early as possible in their case to give both the defense attorney and the client as much assistance as they might need in navigating the complicated legal area of criminal and immigration law and potential subsequent removal proceedings.

Metropolitan Public Defender (MPD)–Veteran's Project

101 SW Main St, Suite 1100
Portland, Oregon 97204
(503) 225-9100
https://mpdlaw.com/veterans-project/
https://www.tprojects.org/veterans-services

In coordination with Transition Projects and Supportive Services for Veteran Families (SSVF) program, the MPD Veteran's Project provides high-quality legal services to help eligible veterans overcome legal barriers they sometimes face in finding and retaining stable and permanent housing. By taking a holistic approach to representation, they seek to reduce legal barriers and obstacles to housing.

- Landlord-Tenant Advocacy and Representation:
  - Eviction Defense
  - Tenant Pre-Trial Dispute Negotiation
  - Reasonable Accommodation Requests
  - Expungement/Vacating of Prior Evictions
  - Negotiation of Security Deposit Disputes
- Expungement Criminal Record (Sealing of an Oregon Conviction)
- Felony Reduction
- Driver's License Restoration
- Relief from Sex Offender Registration
- Sex Offender Reclassification of Risk Level
- Fine/Fee Reduction
- Restitution Negotiation
- Name/Gender Marker Changes
- Discharge Upgrades
- ID Restoration
- Family Law Issues (generally by referral and use of SSVF General Housing Stability Assistance funds)
- VA/SSA Disability Disputes (generally by referral to specialist attorneys on contingency basis)
- Outstanding Warrants
- Debt & Bankruptcy Advice or referral
- Restraining Order and Stalking Order Advocacy

Other Services Provided by SSVF Case Managers:

- Assistance with housing search
- Assistance with employment search
- Assistance in finding transportation
- Connection with local support services

Contact Transition Projects online or by calling 211 or tollfree at (855) 425-5544.

- Assistance is generally limited to those who have been screened into the SSVF program. To speak with MPD about this program, call (503) 225-9100 and ask for the Veteran's Project or visit in-person.

Multnomah Project Reset

https://mpdlaw.com/multnomah-project-reset/

Multnomah Project Reset is a way of clearing fines and fees owed in Multnomah County. The Project is a partnership between Metropolitan Public Defender (MPD)'s Community Law Division, the District Attorney's Office, the Circuit Court, and Multnomah County. Only Multnomah County fines and fees forgiven through Multnomah Project Reset. Every month, 60 qualifying individuals will be randomly selected to have their Multnomah County fines and fees waived. In order to get in the pool, individuals must fill out the form online.

- **Only the following people qualify to enter the pool:**
  - Those who have not been a participant of a Multnomah Project Reset in the last 18 months
  - Those below 80% the Area Median Income for Portland.
  - Participants cannot be in prison or jail at the time of entry.

Project Reset can only select 60 people a month. Those who are not selected for that month may enter their name in the pool for the following month, but there is no guarantee that they will be selected. Only those who meet the income requirements, those with qualifying fines, and those who have not participated in a Multnomah Project Reset event in the last 18 months will qualify. Currently NO community service or social service hours are required.

National Bail Out

https://www.nationalbailout.org/

The National Bail Out is a Black-led and Black-centered collective of abolitionist organizers, lawyers and activists building a community-based movement to support Black folks and end systems of pretrial detention and ultimately mass incarceration.

The National Bail Out collective coordinates the **Mama's Day Bail Outs**, where they bail out as many Black Mamas and caregivers as they can so they can spend Mother's Day with their families. The National Bail Out collective provides fellowship and employment opportunities for those they bail out to support their growth and create a national community of leaders who have experienced incarceration. They also work with groups across the country to support ongoing bail reform efforts and create resources for organizers and advocates interested in ending pretrial detention.

New Avenues for Youth

Downtown Drop-In Center
820 SW Oak
Portland, Oregon 97205
(971) 312-6846

East Mutlnomah County Drop-In and Youth Opportunity Center
470SE 165th Ave.
Portland, Oregon 97233
(503) 381-4469
https://newavenues.org/

New Avenues for Youth's services are designed to address the individualized needs and readiness of young people (ages 9-24) experiencing homelessness and housing instability.

New Avenues for Youth provides Legal Services support for accessing and maintaining housing, employment, and benefits. The **New Avenues for Youth Legal Clinic** can help remove barriers preventing youth from accessing or maintaining housing, employment, benefits, and more. Their attorney can provide support in settling debt, record expungement, fine/fee waivers, felony reductions, name/gender marker changes, disputes with landlords, custody and family issues, and more.

To access Legal Clinic services, participants need to be screened into the Homeless Youth Continuum. To learn how, call the Access Center at *(503) 432-3986*.

https://newavenues.org/legal-services/

Northwest Workers' Justice Project (NWJP)

310 SW 4th Ave. Suite 320
Portland, Oregon 97204
(503) 525-8454
https://nwjp.org/

Northwest Workers' Justice Project (NWJP) protects workplace dignity by supporting the efforts of low-wage, immigrant and contingent workers to improve wages and working conditions and to eliminate imbalances in power that lead to inequity. In addition to policy advocacy and education, NWJP provides legal representation.

They have four on-staff attorneys ready to guide their clients through the process of asserting their federal and state employment rights and the protections to which they are entitled.

NWJP helps workers in the low-wage sector, especially those who are immigrant and/or temporary. While they strive to take on as many clients as they can, NWJP gives preference to cases in which classes of workers are affected and those whose results will influence public policy.

https://nwjp.org/legal-representation/

Oregon Justice Resource Center

P.O. Box 5248
Portland, Oregon 97208
(503) 944-2280
https://ojrc.info/public-defense

The Oregon Justice Resource Center seeks to promote civil rights and improve legal representation for communities that have often been underserved in the past: people living in poverty and people of color among them. They work in collaboration with like-minded organizations to serve underrepresented populations, to train future public interest lawyers, and to educate the community on issues related to civil rights and civil liberties. Their integrative, client-centered advocacy strategy includes focused direct legal services, public awareness and education campaigns, strategic partnerships, and coordinating their legal and advocacy areas to promote criminal justice reform.

Oregon Justice Resource Center projects include:

Civil Rights Project: Examines, tracks, and litigates civil rights issues related to the criminal justice system.

The FA:IR Project: Works to address systemic failures and create a more fair, just, and humane criminal legal system.

Immigration Rights Project: Provides personalized advice to Oregon public defense providers regarding the immigration consequences of pleas and convictions for their non-citizen clients.

Oregon Innocence Project: Assists innocent people who have been wrongfully convicted in Oregon to clear their names, trains law students, and promotes legal reforms that will prevent and address wrongful conviction.

Women's Justice Project: Addresses the needs of women in the criminal justice system through direct civil legal services to incarcerated women as well as litigation, legislative reform, and other policy and communications initiatives.

Youth Justice Project: Helps youth impacted by the adult criminal justice system, specifically those sentenced under Measure 11 or to life sentences, with filing appropriate paperwork in the court system and amicus support, and promotes reforms reducing the criminalization and incarceration of youth.

Oregon Law Center

multiple locations in Oregon
Portland Regional Office
522 SW Fifth, Suite 812
Portland, Oregon 97204
1-800-672-4919
https://oregonlawcenter.org/

Oregon Law Center (OLC) is a non-profit organization that provides free legal help to people struggling to make ends meet on matters related to their homes, livelihoods, medical care, and physical safety against domestic violence. Oregon Law Center is part of a coordinated statewide system designed to offer access to legal information and effective legal assistance for low-income people. The mission of the Oregon Law Center is to achieve justice for the low-income communities of Oregon by providing a full range of the highest quality civil legal services.

Areas of legal help include: **Administrative Law** - health care, unemployment insurance, food stamps, the Jobs program, public benefits, Social Security and child support; **Employment Law** - wage claims, discrimination claims, family leave, working conditions and safety; **Family Law** with the highest priority for matters involving domestic violence; **Farmworker Law** - wage claims, working conditions, housing and health care. The **Indigenous Project** provides services to farmworkers who speak indigenous languages from Mexico and Guatamala, including Mixteco, Zapoteco, Triqui, Kanjobal and other languages. The **Project Against Workplace Sexual Assault**, part of the Indigenous Project, supports, educates, informs and helps farmworkers regarding sexual harassment and assault at their place of work; **Housing Law** -Fair Housing, government subsidized housing, landlord-tenant law and issues related to homelessness, including the **Eviction Defense Project**; and **Civil Rights** - race discrimination, immigrants' rights, education issues, and fines-and-fees matters.

Oregon Law Center's Eviction Defense Project
Service area: All of Oregon Eligibility: Free legal assistance to low-income tenants living afacing eviction court cases. Eligibility is based on income. Services are provided regardless of immigration status and there is no immigration consequence to anyone for receiving help from the Eviction Defense Project.

Available services: Review court filings, 1-on-1 consultation, representation in court (depends on availability of attorneys, ability to appear remotely, and may be subject to qualification). *Phone: (888) 585-9638*

Oregon Law Help

https://oregonlawhelp.org/

Oregon Law Help connects people with civil legal information and legal help. The information on their website is written by Oregon attorneys for people with civil legal issues in Oregon. Oregon Law Help provides an online information library and an online search vehicle for legal help and community resources.

Oregon Law Help is a joint project of the Oregon State Bar, the Oregon Judicial Department, Legal Aid Services of Oregon, the Oregon Law Center, the Oregon Law Foundation, and Oregon Consumer Justice.

Oregon State Bar (OSB) Programs

16037 SW Upper Boones Ferry Road
Tigard, Oregon 97224

mailing address:
PO Box 231935
Tigard, Oregon 97281
(503) 684-3763
(800) 452-7636
Monday–Friday, 8 a.m.–5 p.m.
https://oregon.freelegalanswers.org/

Lawyer Referral Service The Oregon State Bar (OSB) cannot provide legal advice or answer legal questions, but they can make referrals to a lawyer who may be able to assist. When calling for a referral, callers should provide their name, phone number, email address, preferred location, and a brief description of their legal problem. OSB Lawyer Referral Service will then provide them with the name and telephone number of a lawyer who may be able to help with their legal matter and who is close to them or

the location where assistance is needed. Contact the lawyer within two business days in order make an appointment for an initial consultation.

Under the Lawyer Referral Service program, callers are entitled to an initial consultation of up to 30 minutes for a maximum fee of $35. Any additional fees must be arranged with the lawyer.

The **Modest Means Program** helps moderate-income Oregonians find affordable legal assistance. Eligibility for the program is based upon type of legal matter, applicant income and assets, and availability of participating lawyers. If eligible for the program, the Modest Means lawyer charges a reduced rate for any additional legal work provided beyond the initial consultation.

The Modest Means Program is only available for family law, criminal defense, foreclosure and rental housing matters at the trial court level (appeals are not covered by the program). Please note that OSB cannot guarantee that they can applicants with a Modest Means lawyer. However, thanks to a new partnership with Oregon Housing and Community Services, they are able offer expanded eligibility and lawyer availability for residential eviction cases.

To apply, complete the Modest Means Application, available online and through this link *https://www.osbar.org/_docs/public/diy/modestmeansapp.pdf* and mail it to the address printed on the application, fax it to (503) 431-6444 or scan and email it to *legalhelp@oregonstatebar.org* Please provide, a confidential e-mail address and/or day telephone number.

The **Free Legal Answers Program** helps low-income Oregonians get answers to their legal questions. If financially qualified for the program, participants can submit a written question that will be answered for free by a volunteer attorney. Once the attorney responds, participants will have the opportunity for a follow up question based on their response. To find out if qualified for the program, visit *https://oregon.freelegalanswers.org/*.

The **Military Assistance Panel** matches deployed service members and their dependents with lawyers willing to provide up to 2 hours of legal advice at no charge. Participating lawyer volunteers have been trained to provide legal assistance relating to the Servicemembers' Civil Relief Act (SCRA), and are also able to help with a wide range of other legal matters.

In the **Problem Solvers** program Oregon lawyers volunteer to offer free legal information and advice to children. Any young person between the ages of 13 and 17

can call to request a referral to this program. Volunteer attorneys agree to provide a free 30-minute consultation. There are a limited number of attorneys in the program. Call to find out about availability.

Oregon Volunteer Lawyers for the Arts (OVLA)

https://www.oregonvla.org/

Oregon Volunteer Lawyers for the Arts (OVLA) provides educational programming, legal advice, and resources to empower Oregon's creative and artistic communities.

OVLA's **Legal Clinic** provides 50-minute one-on-one legal consultations with volunteer attorneys who specialize in arts and entertainment. Their volunteer attorneys can answer questions about contracts, cease and desist letters, copyright, trademark, and other issues.

OVLA accepts clinic applications on a rolling basis. If submitted prior to the 20th of the month, a response will be received on the application by the end of the month. Clinic appointments are currently being held remotely by phone or video conference, and meeting dates and times are flexible. Once accepted for a legal consultation, meeting details will be provided.

Eligibility: Individual artists must have an annual household income of less than $45,000. Non-profit creative organizations must have an annual budget of less than $100,000. Applicants must be an Oregon resident, an organization incorporated or organized in Oregon, or have a legal matter involving an Oregon resident or Oregon business. OVLA does not accept matters that involve active litigation as part of its legal clinic.

Applicants may seek clinic representation once during any 12-month period. A $20 administrative fee is required prior to consultation if the application is approved and OVLA is able to locate a volunteer attorney to meet with the applicant.

Apply for the OVLA legal clinic by using their online form: *https://www.oregonvla.org/clinic/#information-portal*.

Partnership for Safety and Justice

221 NW 2nd Avenue, Suite 209
Portland, Oregon 97209
(503) 335-8449
info@safetyandjustice.org
https://safetyandjustice.org/

Partnership for Safety and Justice is a leading voice for public safety and criminal justice reform. They seek to transform the criminal justice system by bringing together people who are justice involved, crime survivors, and the families and communities of both. Partnership for Safety and Justice advocates for policies that shrink the prison system, invest in programs that prevent crime, and promote healing for people harmed by crime and violence as a model for public safety and criminal justice reform.

Partnership for Safety and Justice's Advocacy Institute for Safety & Justice program provides trauma-informed leadership development to Advocacy Leaders by providing monthly coaching meetings and trainings, retreats, and group projects driven by their leader's interest and community needs. For more information about the Advocacy Institute contact:

Juli Ray Joy
Movement Building Director
email: *juliray@safetyandjustice.org*
text: (503)-849-8686

Portland Community College (PCC) Legal Resource Center

Cascade Campus
Terrell Hall, Room 203
705 N. Killingsworth St.
Portland, Oregon 97217
(971) 722-5258
clear-clinic@pcc.edu
https://www.pcc.edu/legal-resource-center/

The PCC Legal Resource Center is a free legal clinic at PCC Cascade in North Portland, providing free legal services to Oregonians.

Weekly clinic events:

- Expungement clinic at PCC Cascade: Fridays 12:00 to 4:00 pm
- DACA renewals and immigration legal screenings at PCC Cascade: Fridays, 12:00 to 4:00 pm
- Weekly clinics at recovery centers: Monday and Wednesday afternoons

The following free legal services are available for people in the Portland metro area:

Criminal Record Expungements

Eviction Expungements, a new legal service available in Oregon since 2020, to help people realize their right to housing by preventing landlords from improperly considering past evictions in residential-tenancy decisions. The PCC Legal Resource Center also provides limited legal advice to assist people navigating the housing court process pro se, and information and training for tenants to self-advocate.

DACA Renewals and Immigration Legal Screenings They can help file a DACA renewal.

Legal Name and Gender-Marker Changes They can help file a petition for name or gender marker legal changes in Oregon courts.

Limited Scope Deportation Defense Services through Equity Corps of Oregon To access these limited scope legal services, call their partner, Pueblo Unido at 503-360-0324.

Eviction Legal Defense as part of the Eviction Defense Project and Oregon Law Center. *Call (888) 585-9638*.

Tenant Rights Letter Writing Clinic The PCC Legal Resource Center can help tenants draft request letters to landlords for issues such as disability reasonable accommodations, reasonable modifications, security deposit returns, fees and fines adjustments, and repair requests. Join their drop-in letter writing clinic the last Friday of the month or fill out their intake form online.

Portland Community Justice Partnership (PCJP) - Lutheran Community Services Northwest

605 SE Cesar Chavez Boulevard
Portland, Oregon 97214
(503) 231-7480
https://lcsnw.org/program/portland-community-justice/

Portland Community Justice Partnership (PCJP) is a program of Lutheran Community Services Northwest that gives people who have been impacted by a crime a safe space to heal from the harm and a voice in determining the best solution for redress. PCJP adopts a victim-centered approach to restorative justice that encourages growth and healing so individuals involved can move forward with their lives.

Restorative justice is an alternative approach to the court-based system. Rather than pursuing punishment, restorative justice seeks to repair the harm through the use of

practices that focus on the 5 R's of restorative justice: Relationship, Respect, Responsibility, Repair, and Reintegration. Portland Police Bureau is a partner with PCJP.

PCJP works closely with Lutheran Community Services Northwest's crime victim advocates to ensure that persons harmed have access to victim support services throughout the process. Victims do not have to participate in this project in order to access the agency's crime victim services.

Program referrals are initiated by the Portland Police Bureau. PCJP accepts most types of crimes and will not disqualify participants based on history. They will accept cases involving felonies or misdemeanors, as well as case types that carry a presumptive prison sentence. When a referral is received, their team reaches out to the parties to confirm their willingness to participate in the restorative justice process. Participation by all participants is voluntary. Staff and volunteer facilitators work with all parties independently to prepare them for a face-to-face meeting. Each case is unique. If the harmed party doesn't want to engage in a dialogue, the facilitator will explore other ways they can participate to address the harm and seek resolution without contact.

Facilitators play a critical role with PCJP. They represent the community and empower those impacted by and responsible for wrongdoing. PCJP offers training for community members interested in alternative methods to the court-based system.

Public Defender Offices (Oregon)

Office of the Federal Public Defender
https://or.fd.org/

Portland Branch
101 SW Main, Suite 1700
Portland, Oregon 97204
(503) 326-2123

Eugene Branch
859 Willamette St., Suite 200
Eugene, Oregon 97401
(541) 465-6937

Medford Branch
15 Newton St., Suite 100
Medford, Oregon 97501
(541) 776-3630

Oregon Public Defense Commission
https://www.oregon.gov/opdc/Pages/default.aspx
Appellate Division
1175 Court St NE
Salem, Oregon 97301
(503) 378-3349

Metropolitan Public Defenders (MPD)
https://mpdlaw.com/

Multnomah County
101 SW Main St, Suite 1100
Portland, Oregon 97204
(503) 225-9100

Metropolitan Public Defenders (MPD)
https://mpdlaw.com/

Washington County
400 E Main St #210
Hillsboro, Oregon 97123
(503) 726-7900

Multnomah Defenders, Inc. (MDI)
https://multnomahdefenders.org/
World Trade Center
1001 SW Naito Parkway
Portland, Oregon 97204
(503) 226-3083

Public Defender Services of Lane County
https://www.lanepds.org/
180 E. 11th Ave.
Eugene, Oregon 97401
(541) 484-2611

Public Defender of Marion County
https://www.pdmarion.org/
198 Commercial Street SE, Suite 100
Salem, Oregon 97301
(503) 480-0521

Intermountain Public Defender, Inc.
https://ipdinc.org/
215 SE Frazer Ave.
Pendleton, Oregon 97801
(541) 276-0244

Klamath Defender Services
525 Main Street
Klamath Falls, Oregon 97601
(541) 884-0333

Jackson County Public Defender
301 W 6th Street
Medford, Oregon 97501
(541) 779-5636

Southwestern Oregon Public Defender Services
https://swopds.org/
465 Elrod Avenue
Coos Bay, Oregon 97420
(541) 267-2472

Umpqua Valley Public Defender
https://uvpd.org/
645 SE Jackson Street
Roseburg, Oregon 97470
(541) 957-5344

Pueblo Unido PDX

3439 SE Hawthorne Blvd., #327
Portland, Oregon 97214
(503) 360-0324
https://www.pueblounidopdx.org/

Pueblo Unido PDX helps connect people in the Pacific Northwest who have a vulnerable immigration status to legal, social, and Indigenous language interpretation services. Pueblo Unido PDX is not a law firm and their employees are not attorneys. They do not offer any legal advice and cannot prepare legal forms. Their goal is to help individuals navigate to experienced attorneys who can provide legal advice. Pueblo Unido's programs include Legal Navigation, Social Service Navigation, and support for the Collective of Indigenous Interpreters of Oregon (CILO).

For referrals to legal and social services, contact their navigation team by calling 503-360-0324 or by completing the Legal and Social Services Request Form online.

Individuals detained in Tacoma can call toll-free from inside the detention center at *(503) 912-8925 (intake line open Tuesdays and Wednesdays, 9 a.m.–5 p.m.)*. Pueblo Unido PDX does not charge for their support services.

For those seeking interpretation services in an Indigenous language, please complete the form for the Collective of Indigenous Interpreters of Oregon (CILO) online at: *https://www.pueblounidopdx.org/collective-of-indigenous-interpreters-of-oregon*

Senior Law Project

Portland Regional Office of Legal Aid Services in partnership with Multnomah County Aging and Disability Services
Multiple Locations, see website for details
Portland, Oregon
(503) 224-4086 Open for phone calls Monday–Friday, 9 a.m.–12 p.m. & 1–4 p.m.
https://oregonlawhelp.org/node/290

Currently open to walk-ins and virtual appointments. *Open for phone calls Monday–Friday, 9 a.m.–12 p.m. & 1–4 p.m.*

The Senior Law Project (SLP) is a free legal service offered by the Portland Regional Office of Legal Aid Services of Oregon in partnership with Multnomah County Aging and Disability Services. SLP clinics are hosted at seven different senior centers around Multnomah County. Clients must be least 60 years old (or have partners who are at least 60) and live in Multnomah County (or have a legal issue in Multnomah County). Seniors can meet with a volunteer attorney for a free 30-minute consultation, on civil legal issues, regardless of their income, for up to six clients per clinic. SLP volunteers may provide continuing pro bono services for those clients who meet LASO's financial eligibility requirements. For more information contact Shelby Smith at (503) 471-1135 or e-mail *shelby.smith@lasoregon.org* or *probono@lasoregon.org*.

Advice and potential representation of seniors who have problems with elder abuse, property and renters' concerns, tax relief, some debt collection and other consumer issues. See the Senior Law Project page here: *https://oregonlawhelp.org/resource/senior-law-project* for clinic information.

St. Andrew Legal Clinic

Multnomah County Office
2950 SE Stark Street, Suite 200
Portland, Oregon 97214
(503) 281-1500
Monday–Friday, 9 a.m.–5 p.m.

Washington County Office
232 NE Lincoln, Suite H
Hillsboro, Oregon 97124
(503) 281-1500
Monday–Friday, 9 a.m.–5 p.m.
https://www.salcgroup.org/

St. Andrew Legal Clinic (SALC) serves low-income families with family law issues. Their attorneys work on a multitude of family law cases including divorce, custody agreements and parenting plans, spousal support, adoption, guardianship, and restraining orders and other domestic violence issues. With two offices in the Portland Metro Area (Multnomah and Washington County), the Clinic serves over 1,500 clients a year with a focus on individuals with modest means.

SALC attorneys do all initial consultations during their Night Clinic, held every Wednesday evening at 6:30 p.m. at their Portland office. The initial consultation fee is $50.

Treatment Courts (Portland area)

Treatment Courts are an alternative to normal case processing, aimed to address the recurring cycle of addiction, co-occurring disorders, criminal behavior, and court involvement. The programs are a collaboration of various organizations. Each court program serves a specific set of case types and population of participants. The programs provide intensive supervision, support, and treatment for individuals who are ready to make a major life change. The goals of treatment courts are to reduce costs, decrease criminal recidivism, and enhance public safety.

U.S. District Court – District of Oregon
https://ord.uscourts.gov/index.php/207-community/1706-portland-reentry-court-prc

The **Portland Reentry Court** seeks to reduce recidivism among drug-involved offenders in the federal system. The program population consists of adult offenders who have a history of drug abuse or addiction and were previously convicted before a U.S. District Court and are serving a term of federal supervision. The Reentry Court team consists of

two alternating judges, an Assistant U.S. Attorney, an Assistant Federal Public Defender, Reentry Court Probation Officer, treatment provider, and courtroom deputy.

Participants progress through a phase system, moving through four levels of supervision designed to build the capacity for lawful self-management over time. The focus on Phase 1 is on building relationships within the recovery community, initiating a treatment plan, understanding drug and alcohol addiction and the consequences of failing to change risky behaviors. Phase 2 focuses on developing a vision for the future, understanding that recovery is a way of life, relapse prevention, and building the confidence to sustain recovery. Phase 3 focuses on practicing skills to avoid relapse, building pro-social relationships and a strong support system, and becoming economically self-sufficient. Each phase sets forth requirements that are tailored to the areas of focus described above.

Requirements include periods of sustained abstinence, compliance with drug testing and court-ordered financial obligations, and progress toward individual goals related to employment, housing, pro-social engagement, and recovery planning and maintenance. Participants attend two hearings per month in Phase 1 and monthly hearings in the remaining phases.

The program is designed to take a minimum of 12 months to complete and requires, at minimum, 6 months of sustained sobriety. Successful completion of the program can reduce a participant's term of federal supervision by up to one year.

Multnomah County Treatment Courts
https://www.courts.oregon.gov/courts/multnomah/programs-services/pages/treatment-courts.aspx

Multnomah County Justice Reinvestment Program (MCJRP) is designed to reduce the use of state prisons for offenders who can be supervised in the community. MCJRP uses an innovative, data-driven approach to evaluate offenders before their cases are resolved. The evaluation not only identifies which offenders can be supervised safely in the community, but also develops a case plan to meet that offender's specific needs by providing the structure, supervision and services necessary for success in the community.

Success Through Accountability (START) Court is an intensive supervision program for individuals suffering with substance use disorder(s) and associated mental health conditions, who would have otherwise been sentenced to prison. The program works in collaboration with the Multnomah County Circuit Court, District Attorney's Office,

Sheriff's Office, Department of Community Justice, Metropolitan Public Defender (MPD), and Volunteers of America.

https://www.courts.oregon.gov/courts/multnomah/programs-services/Documents/START%20Court%20Referral%20Packet.pdf

DUII Intensive Supervision Program (DISP) is a treatment court probation that works with high risk, repeat DUII defendants. Participants enter the program voluntarily after meeting with the tram and completing an interview and assessment. Participants attend treatment where they address substance use issues and address any other issues that result in repeatedly continuing to drive while impaired. Participants have frequent contact with all team members: Judge, Case Manager, Treatment, Probation, Deputy District Attorney, and Defense Attorney. The goal is for people to return to the community healthy and able to manage their lives without substance use. Participants are required to attend treatment and submit to alcohol and drug monitoring. DISP encourages participation by suspending fines, decreasing jail time where possible, and working with a team to develop agreed upon goals to obtain and maintain a safe and healthy lifestyle.
https://www.courts.oregon.gov/courts/multnomah/Documents/DISP%20Handbook.pdf

Mental Health Court is a specialized treatment court designed to reduce criminal activity committed by persons suffering from a qualifying mental health diagnosis. Once accepted into Mental Health Court, the participant is assigned to a Mental Health Case Manager. The case manager works with the participant on issues such as housing, medication management, health care appointment, and transportation.

Participant are expected to stay free of drugs and alcohol, to meet regularly with their assigned case manager and probation officer, to take all prescribed medication, pay restitution to victims, keep all appointments with service providers, and obey all laws. It takes a minimum of one year to complete Mental Health Court. Successful participants are often able to shorten the length of their probationary term.
https://www.courts.oregon.gov/courts/multnomah/Documents/Mental%20Health%20Court%20Information.pdf

Washington County Treatment Courts
https://www.courts.oregon.gov/courts/washington/programs-services/pages/specialty.aspx

Washington County provides three different specialty court options for non-violent offenders who commit drug or drug related property crimes. These courts include Adult Drug Court, Integrative Re-Entry Intensive Supervision Services (IRISS), and Family Sentencing Alternative Pilot Program (FSAP).

Washington County's **Integrative Re-Entry Intensive Supervision Services (IRISS)** is funded through Oregon's Justice Reinvestment Initiative (JRI). The IRISS program is designed for select, non-violent drug and property crime offenders. IRISS participants are typically diverted from serving a prison sentence and receive treatment from local providers and enhanced community supervision through Washington County's community corrections department. This enhanced supervision is designed to hold offenders accountable while also addressing underlying issues related to behavioral health, housing, and employment challenges. Participants must either reside within or agree to move to Washington County and live in approved housing. Participants must stipulate to an enhanced five-year period of probation, with the understanding that most will qualify for an earned discharge reduction at the halfway point. Upon successful completion of all program requirements, the court may terminate probation early, however, there is an 18-month minimum period of supervision.

The JRI team will review the circumstances of each applicant including, but not limited to, a review of the factual circumstances of the current and past cases, criminal history, past participation in treatment programs or specialty courts, community safety considerations, and amenability to supervision and treatment. Eligible charges generally include non-violent C felony and A misdemeanor charges. Other charges may be considered on a case-by-case basis if they do not involve exclusion criteria and inclusion is consistent with the goals of the program.
https://www.washingtoncountyda.org/integrative-re-entry-intensive-supervision-services-iriss

Adult Recovery Court (ARC) is a criminal court program designed for individuals who would struggle to fulfill probation obligations because of drug addiction. The ARC program is a cooperative effort between the District Attorney's Office, Public Defenders Office, Court, Sheriff's Office, community treatment, and Community Corrections. It is intended for high risk justice involved individuals that have committed non-violent drug related crimes and have not benefitted from previous traditional modes of supervision. Intensive supervision includes weekly reporting to a judge and probation officer, intensive outpatient treatment, home visits, and regular drug testing. Additional resources and supports allow for an alternative to jail and/or prison for those that are serious about making long lasting positive changes in their lives.

To be considered for ARC, individuals must reside in Washington County and be facing new criminal charges or already on probation and currently in violation. Eligible charges include nonviolent class C felony cases, nonviolent class A misdemeanor cases, nonviolent probation/revocation cases, and other cases depending on additional exclusion criteria. *https://www.washingtoncountyor.gov/probation-parole/washington-county-adult-recovery-court*

Washington County's Integrative **Family Sentencing Alternatives Pilot Program (FSAP)** is funded through Oregon's Justice Reinvestment Initiative (JRI). FSAP is designed for select, non-violent drug and property crime offenders who are parents of a child under 18 years of age. FSAP is similar to Washington County's IRISS program with a special focus on diverting parents from entering the prison system in order to promote the unification of families and preventing children from entering foster care.

FSAP participants are typically diverted from serving a prison sentence and receive treatment from local providers and enhanced community supervision through Washington County's community corrections department. This enhanced supervision is designed to hold offenders accountable while also addressing underlying issues related to behavioral health, housing, and employment challenges.

Participants must either reside within or agree to move to Washington County and live in approved housing. Participants must stipulate to an enhanced five-year period of probation, with the understanding that most will qualify for an earned discharge reduction at the halfway point. Upon successful completion of all program requirements, the court may terminate probation early, however, there is an 18-month minimum period of supervision. Eligible charges generally include non-violent C felony and A misdemeanor charges. Other charges may be considered on a case-by-case basis. *https://www.washingtoncountyda.org/family-sentencing-alternative-pilot-fsap*

Mental Health Court is a criminal court program designed for individuals who would struggle to fulfill probation obligations because of a mental health condition. The program consists of three phases and lasts a minimum of one year with the conditions of probation tailored to the individual needs of each participant. Upon successful completion of all of the conditions, the participant graduates from the program and probation may be terminated as successful.

The Washington County Mental Health Court is a post-conviction court program targeted toward non-violent offenders with mental health issues. This court is a collaborative effort headed by the court and a staffing team with representatives from the District Attorney's office, the public defender's office, community corrections, the sheriff's office, Washington County Adult and Mental Health Services, and various mental health specialists.

The goal of Mental Health Court is to assist non-violent offenders who have been diagnosed with a mental illness in successfully completing their probation. There is a strong emphasis on connecting participants to mental health treatment, drug and alcohol treatment, and completing the conditions of supervision including paying restitution, performing community service and engaging in positive activities such as

work or school. Mental Health Court is capable of handling between 20 and 30 defendants and screens potential participants on an on-going basis.

https://www.washingtoncountyda.org/mental-health-court
https://www.washingtoncountyor.gov/behavioral-health/corrections-services

Domestic Violence Deferred Sentencing (DVDS) is a criminal court program designed for first time domestic violence offenders who take responsibility for their crime early in the criminal process. If a defendant meets the eligibility criteria, they are given the option to enter into DVDS and if they successfully complete the program, their charges will be dismissed.

To enter the program, a defendant needs to plead guilty and make a statement to the Court detailing their actions which hold them guilty for the crime. Once in the program, a defendant is required to complete various requirements including complete a qualified domestic violence treatment program, abstain from alcohol and drugs, complete alcohol or drug treatment or parenting classes, if applicable, and have no contact with the victim until allowed by the Court. If the defendant successfully completes all of the requirements, the charges they plead guilty to will be dismissed. If the defendant fails the requirements, they will be revoked from the program and sentenced for the crime.

https://www.washingtoncountyda.org/domestic-violence-deferred-sentencing-dvds
https://www.washingtoncountyor.gov/cc/documents/dvds-faq/download?inline

Driving Under the Influence of Intoxicants (DUII) Diversion program is designed for first time DUII offender who are willing to take responsibility for their crime early in the criminal process. If a defendant meets eligibility criteria, they are given the option to participate in the DUII Diversion program. The defendant then engages in treatment and attends a Victim Impact Panel. If all conditions are successfully met, the defendant's charges are dismissed. The program lasts a minimum of one year and there are a number of special conditions of diversion required of each participant.

To enter DUII Diversion, a defendant must take accountability for their conduct by entering a no contest or guilty plea. Once in the program, a defendant is required to complete drug or alcohol treatment, abstain from alcohol and drugs, and complete a class about the impact of drunk driving on the community. If the defendant fails the DUII Diversion requirements, they will be revoked from the program and sentenced for their crime. *https://www.washingtoncountyda.org/duii-diversion*

Veterans Treatment Court (VTC) program seeks to enhance public safety and reduce recidivism by offering eligible justice-involved veterans a sentencing alternative through a comprehensive, judicially-supervised treatment program to address underlying substance use and/or mental health disorders. VTC's goal is to return healthy, law-abiding veterans to the community using best practices and evidence-based approaches.

VTC is a treatment court program designed for offenders whose honorable military service is somehow linked to their criminal conduct; for example, a wounded warrior who subsequently developed an addiction to opiates and is now facing criminal drug charges. VTC referrals are screened based upon their criminal charges, their eligibility for VA health care, and the nexus between their military service and criminal charges. *https://www.washingtoncountyda.org/vtc*

All inquiries and referrals should be directed to the VTC Coordinator, Julie East, at (503) 846-8626 or *Julianne_East@washingtoncountyor.gov*.

Clackamas County
https://www.clackamas.us/healthcenters/courts.html

Clackamas County Behavioral Health provides three types of treatment courts for adult offenders: Mental health Court, Adult Drug Court, and DUII Drug Court. Treatment courts are voluntary. Individuals entering these court programs must be willing to follow the rules of the treatment court program. Each Treatment Court has different criteria for participation. Clackamas County treatment court programs will not work with individuals charged with violent crimes.

Mental Health Court Each individual enrolled in this program will be under the supervision of Clackamas County Community Corrections. A diagnosis of a major mental illness is required. Referrals may come from treatment providers, Community Corrections, attorneys, Jail Mental Health staff and the DA's office.

Adult Drug Court Each individual enrolled in this program will be under the supervision of Clackamas County Community Corrections. A diagnosis of dependence on one or more substances is required for this program. This program accepts individuals who have not been successful in traditional outpatient programs. Referrals may come from treatment providers, Community Corrections, attorneys, Jail Mental Health staff and the DA's office.

DUII Drug Court Each individual enrolled in this program will be under the supervision of Clackamas County Community Corrections or the court. A diagnosis of

dependence on one or more substances is required for this program. This program accepts individuals who have multiples DUIIs, and who have not been successful in traditional outpatient programs. Referrals may come from treatment providers, Community Corrections, attorneys, Jail Mental Health staff and the DA's office.

For further information regarding these programs contact Jennifer Rees, Program Supervisor, *JRees@clackamas.us*, at *(503) 722-6502*.

TriMet – Fare Evasion Penalty Alternatives

https://trimet.org/fares/fareisfair.htm

For fare evasion citations only riders can resolve those citations with TriMet within 90 days by paying a fine, preforming community service, or enrolling in their Honored Citizens reduced fare program.

Tiered Fines First offense: $75; Second offense: $100; Third offense: $150; Fourth offense and beyond: $175 (no reduction).

Community Service First offense: 4 hours; Second offense: 7 hours; Third offense: 12 hours; Fourth offense and beyond: 15 hours.

Honored Citizen program enrollment TriMet will waive the fare evasion citation if an adult rider meets ALL of the following criteria: Eligible for, but not enrolled in, TriMet's Honored Citizen reduced fare program based on low income, age 65+, Medicare beneficiary or a mental or physical disability; Successfully enroll in the Honored Citizen program within 90 days; Load a minimum of $10 on a reloadable Hop Fastpass™ fare card within 90 days.

Immigration Legal Services

Catholic Charities of Oregon Immigration Legal Services (ILS)

2740 SE Powell Blvd.
Portland, Oregon 97202
(503) 542-2855
ils-intakes@ccoregon.org
https://www.catholiccharitiesoregon.org/services/migrant-services/immigration-legal-services/

Catholic Charities' Immigration Legal Services (ILS) is a nonprofit law program providing low-cost consultations and legal representation to immigrants and refugees throughout Oregon and Southwest Washington. ILS also educates the public, the

immigrant communities, and the organizations who serve them to promote justice for all newcomers and support conditions for their full participation in American society.

ILS focuses on family reunification and assistance to the most vulnerable immigrants and refugees, including survivors of domestic violence, sexual assault, and human trafficking. Their services include the following:

- Family-based applications and visas
- Permanent residency (Green Card)
- Naturalization and citizenship
- Deferred Action for Childhood Arrivals (DACA)
- Survivors of domestic violence, sexual assault, child sexual abuse (VAWA)
- Visa for crime victims (U-Visa)
- Temporary Protected Status (TPS)
- Asylum
- Removal Defense
- Refugee adjustment of status/family petition
- Other types of assistance on a case-by-case basis

ILS provides help to clients with diverse background and varied needs:

- Families that have been separated
- Survivors of domestic violence, stalking, and other violent crimes
- Refugees
- Dreamers (DACA)
- Foreign-born spouses or children of U.S. citizens
- Immigrants without criminal offenses who face deportation/removal
- Low-income individuals and families seeking documentation

Ecumenical Ministries of Oregon SOAR Immigration Legal Services

Portland Location
7931 NE Halsey Street, Suite 302
Portland, Oregon 97213
(503) 384-2482
soarlegal@emoregon.org

Hillsboro Location
862 SE Oak Street, Suite 3A
Hillsboro, Oregon 97123
soarlegalhillsboro@emoregon.org
https://soarlegal.org/

Ecumenical Ministries of Oregon (EMO)'s **Sponsors Organized to Assist Refugees (SOAR) Immigration Legal Services** provides immigration-related legal representation and education to low-income refugees and immigrants throughout Oregon. SOAR Immigration Legal Services is recognized by the U.S. Department of Justice as an authorized provider of immigration legal services. Their attorney-driven legal program has a staff of four attorneys and four Department of Justice accredited representatives. They also have an ESL education team and outreach coordinator to support their clients. Last year, their team provided legal services, educational services, and legal consultations to more than 2,000 people.

Legal Services provided include: Application for U.S. Citizenship; Lawful Permanent Residency (Green Cards); Family-based Visas; Asylum; Temporary Protected Status; Employment Authorization; U-Visa; Violence Against Women Act (VAWA), DACA Renewals, and Deportation Defense.

If covered by one of their four grant-funded projects (Afghan Project, Cuban-Haitian Assistance Project, New Americans Initiative, Ukrainian Project), they provide free and low-cost legal services for eligible individuals. For their general legal program, they offer $50 consultations each week in both locations. To schedule an appointment for a new consultation, visit or email one of their offices.

Equity Corps of Oregon (ECO)

https://equitycorps.org/

Equity Corps of Oregon (ECO) provides free immigration legal services to Oregonians at risk of deportation or civic exclusion due to their immigration status. ECO is a collaborative of community-based organizations, nonprofits, and attorneys working to provide universal legal representation to all eligible immigrants in Oregon so everyone can defend against a deportation or civic exclusion on account of immigration status. In addition to providing access to legal representation, ECO offers services such as navigation and social service support and educates and empowers migrant communities.

The Equity Corps serves individuals who (1) are an Oregon resident, (2) make less than 200% of the Federal Poverty Guidelines as a household, (3) are in danger of deportation or of experiencing a civic exclusion on account of immigration status. Eligibility is determined following an intake interview with a navigator and review by the program administrator. For those who do not qualify, ECO may be able to provide them with a referral to other free or low-cost services.

To apply for ECO immigration legal services call their hotline, 1-888-274-7292, Monday–Friday, 9 a.m.–6 p.m.

Immigration Advocates Network

https://www.immigrationadvocates.org/

Immigration Advocates Network supports nonprofits and pro bonos with immigration legal resources. The Advocate Resource Center connects the advocate community to training and materials from national experts.

Immigration Advocates Network also maintains an online **National Immigration Legal Services Directory**. Search for immigration legal services providers by state, county, or detention facility. Only nonprofit organizations that provide free or low-cost immigration legal services are included in this directory.
https://www.immigrationadvocates.org/legaldirectory/

Listed legal service providers in Oregon can be found here:
https://www.immigrationadvocates.org/legaldirectory/search?state=OR

Immigration Counseling Services (ICS)

519 SW Park Ave.
Portland, Oregon 97205
(503) 221-1689
https://www.ics-law.org/

Immigration Counseling Service (ICS) is nonprofit immigration law firm with offices in Hood River and Portland and a monthly legal clinic in Central Oregon. Their mission is to strengthen communities and help bring stability to individuals and their families by providing low-cost immigration legal services, outreach, and education to foreign-born residents of Oregon and Southwest Washington.

Their legal services include:

- Family-based applications/visas
- Permanent residency (Green Card)
- Naturalization and citizenship
- Deferred Action for Childhood Arrivals (DACA)
- Survivors of domestic violence, sexual assault, and child sexual abuse (VAWA)
- Visa for crime victims (U Visa)
- Survivors of human trafficking (T Visa)
- Temporary Protected Status (TPS)

- Asylum
- Refugee Adjustment of Status/Family Petition

Immigration and Refugee Center of Oregon (IRCO)

Main Office
10301 NE Glisan St.
Portland, Oregon 97220
(503) 234-1541
https://irco.org/

The International Refugee center of Oregon (ILCO) welcomes, serves, and empowers refugees, immigrants, and people across cultures and generations to reach their full potential. IRCO serves tens of thousands of clients annually, with over 50 IRCO access sites across the state.

IRCO's multidisciplinary **Legal Services** team provides community education, navigation, and legal assistance to help diverse community members understand their rights and access legal systems that often otherwise pose barriers to their safety and success.

Immigration Legal Services provides consultation, representation, and application aid for immigration processes—including refugee/asylee status adjustment, citizenship, naturalization, work permits, green card renewals, asylum, deportation defense and more.

Disability Legal Services assists immigrants and refugees, adults and children, with obtaining Social Security disability benefits, such as SSI and SSDI and connects clients and their families with wraparound services and resource linkages.
https://irco.org/services/community-safety-and-wellbeing-services/#legal

Lutheran Community Services Northwest

https://lcsnw.org/

Portland
605 SE Cesar E Chavez Blvd
Portland, Oregon 97214
(503) 731-9580 or (503) 231-7480
Hours: Monday–Thursday, 9 a.m.–5 p.m.; Friday, 9 a.m.–2:30 p.m.

Beaverton
3800 SW Cedar Hills Boulevard, Suite 288
Beaverton, Oregon 97005
(503) 924-2448
Hours: Monday–Friday, 10 a.m.–5 p.m.

McMinnville
435 NE Evans Street, Site A
McMinnville, Oregon 97128
hours: Monday–Friday, 8:30 a.m.–5 p.m.

Salem
790 Marion Street NE
Salem, Oregon 97301
(971) 599-2265
by appointment only

Vancouver, WA
3600 Main Street, Suite 200
Vancouver, WA 98663
(360) 694-5624
Hours: Monday–Thursday, 9 a.m.–5 p.m.; Friday, 9 a.m.–2:30 p.m.

Lutheran Community Services Northwest's Immigration Counseling and Advocacy Program (ICAP) provides low-cost immigration counseling services to refugees and immigrants in Portland, Beaverton, and Salem, along with Vancouver, Tacoma and Seattle. Services provided include counseling clients about their rights and responsibilities pertaining to their immigration status, helping clients with all immigration forms and applications, and representing clients before the U.S.C.I.S. and Immigration Court.

Safe Route Immigration program provides accessible legal services to refugees and immigrants. Services offered include immigrant rights advocacy, community education, and legal guidance for clients. Their team is equipped to handle complex cases and educate clients on the appropriate legal pathways for their specific situations. Areas in

which immigration consultations and services are provided include: lawful permanent residency, asylum and deportation, DACA, temporary protected status (TPS), visas for crime victims (U Visa), visas for survivors of domestic violence, sexual assault, or child sexual abuse (VAWA), visas for survivors of human trafficking (T Visa), refugee travel documents/re-entry permits, passport assistance, and other types of assistance.
https://lcsnw.org/program/safe-route-immigration/

Citizenship Program Lutheran Community Services' free citizenship classes teach students English language skills and knowledge of U.S. history and civics needed to pass the citizenship exam. Classes are offered each week at different locations. They offer assistance with the N-400 Application for Citizenship, the Disability Waiver, Request for reduced fee and the Naturalization Application Fee Waiver.
https://lcsnw.org/program/citizenship-program/

Oregon Citizenship Classes
Free Citizenship ESL classes are offered quarterly in the Portland Metro area, online and in person. They help applicants prepare for their citizenship exam and assist them in filing their N-400 application. To enroll in their classes, applicants must bring their Green Card to the first day of class. Open enrollment during the first three weeks of class. For more information, call (503) 731-9585. *class website*:
https://aruonavaarakaras.wixsite.com/mysite

Washington Citizenship Classes
Vancouver Free Citizenship Classes are offered on a rolling basis at:
St. Andrew's Lutheran Church, Mondays, 6:30–8 p.m.
5607 NE Gher Rd. Vancouver, WA 98662
LCSNW building, Wednesdays, 10–11:30 a.m. (partially taught in Russian)
3600 Main Street, Vancouver, WA 98663
Online class, Mondays, 9–10:30 a.m.

To enroll in Vancouver Area Citizenship Classes, contact Alla Brandt at *abrandt@lcsnw.org* or *(360) 787-4727*. For more information, call *(360) 694-5624*.

Asylum Seeker Assistance Program (also called Welcome Center) provides case management and support services to asylum seekers and other humanitarian immigrants in the Portland and Salem areas who are ineligible for Office of Refugee Resettlement (ORR) benefits.

Who is eligible: Asylum seekers, Humanitarian parolees, TPS recipients, undocumented people, people facing deportation proceedings.

How the program can help: 90-180 days of supportive services, interpretation services, health referrals, help with food, rent, utilities and other basic needs, Know Your Rights orientation, legal assistance referrals, school enrollment assistance, ESL resources.

The Asylum Assistance Program is offered at their Portland Offices.
Office hours: Monday–Thursday, 8 a.m.–5 p.m.; Friday, 8 a.m.–2:30 p.m.
asylumservicespdx@lcsnw.org
https://lcsnw.org/program/asylum-seeker-assistance-program/

Mission: Citizen

PO Box 28135
Portland, OR 97228
503-765-6867
https://missioncitizen.org/

Mission: Citizen is a student-run nonprofit dedicated to helping future US citizens pass the naturalization exam and become effective citizens. They offer free citizenship classes in the Portland Metro area at Sherwood Library, Roosevelt High School, and Beaverton City Library three times per year in terms of ten classes.

National Immigrant Justice Center's Defenders Initiative

224 S Michigan Ave., Suite 600
Chicago, Illinois 60604
(312) 660-1610
Fax (312) 660-1505
https://immigrantjustice.org/defenders-initiative

NIJC's Defenders Initiative responds to email inquiries from criminal defense attorneys who have questions regarding potential immigration consequences that their immigrant defendant clients may face. Email *defenders@immigrantjustice.org* to contact the Defenders Initiative to schedule a training or ask a question about how a client's criminal case may impact his or her immigration status or ability to obtain legal status in the future.

Veteran Criminal Justice Programs

Health Care for Reentry Veterans (HCRV) Program

https://www.va.gov/homeless/reentry.asp

Most Veterans who are in jail or prison will eventually reenter the community. VA's Health Care for Reentry Veterans (HCRV) program is designed to promote success and prevent homelessness among Veterans returning home after incarceration. HCRV specialists work with Veterans to ease their transition from prison back into the community. HCRV specialists meet with incarcerated veterans before they're released and assist them in planning for reintegration into the community by accessing VA and community services as well as housing and employment opportunities. HCRV services include: Outreach and pre-release assessments services for veterans in prison; referrals and linkages to medical, mental health and social services, including employment services on release; and short-term case management assistance on release.

An HCRV specialist is the regional point of contact who provides outreach and assessment services to incarcerated veterans. In Oregon the HCRV specialist is Diana Rogers.

The difference between the VJO and HCRV programs is that the HCRV targets veterans who are already incarcerated and are planning re-entry back to community. The VJO program makes contact prior to incarceration as prevention.

HCRV Specialist Contact for Oregon: Diana Rogers *Diana.rogers2@va.gov*

In working with veterans facing jail or prison sentences, it is important to note that VA compensation and benefits can be reduced, suspended or discontinued when a veteran is incarcerated for more than 60 days. Benefits may also be suspended if there is an outstanding warrant.

Request Military Service Records
For copies of military services records such as DD Form 214 (Report of Separation), an online electronic request can be made at *https://www.archives.gov/veterans/military-service-records*.

Veterans Justice Outreach (VJO)

https://www.va.gov/homeless/vjo.asp

The Veterans Justice Outreach (VJO) program assists Veterans who have contact with the criminal justice system through courts, law enforcement, or jails. The VJO initiative seeks to avoid unnecessary criminalization of mental illness and extended incarceration among veterans. VJO works to ensure that eligible justice-involved veterans have timely access to VHA mental health and substance abuse services when clinically indicated and other VA services and benefits as appropriate. VJO aims to prevent homelessness by helping justice-involved veterans who have mental health or substance use issues

access needed VA clinical services. VJO specialists provide direct outreach, assessment, and case management for veterans in local courts and jails and help them navigate the justice system. Every VA Medical Center has at least one VJO specialist.

Veterans Justice Outreach Specialist Contacts in Oregon:

Klamath and Lake Counties, VA Southern Oregon Rehabilitation Center & Clinics, *WCOVJO@va.gov*
Portland, Portland VA Medical Center, *vhapor-VJO@va.gov*
Roseburg, VA Roseburg Healthcare System, *Susan Harrison*, *Linda Shannon*
White City, VA Southern Oregon Rehabilitation Center & Clinics, *WCOVJO@va.gov*

For clients with legal issues elsewhere, there is an online list of VJO Specialist Contacts for other states: *https://www.va.gov/homeless/vjo.asp*

Victim Assistance

Call to Safety

24 hours crisis line: (503) 235-5333, 1-888-235-5333
support@calltosafety.org
https://calltosafety.org/

Formerly known as the Portland Women's Crisis Line, this is the first place to start to access domestic violence resources including shelters and counseling in Portland. Call to Safety advocates will offer crisis intervention, emotional support, information, and referrals to other services. Every caller has access to their international language bank, which can translate any language.

Domestic Violence Resource Center (DVRC) Error! Bookmark not defined.

735 SW 158th Avenue, Suite 100
Beaverton, Oregon 97006
24 hour crisis line: (503) 469-8620, 1-866-469-8600
Monday–Thursday, 8:30 a.m.–4 p.m.; Friday, 8:30 a.m.–2 p.m.
https://www.dvrc-or.org/

Domestic Violence Resource Center (DVRC) provides the following services: Community Advocacy, Counseling Services, Confidential Shelter, Transitional Housing, 24-Hour Crisis Line, Community Education, and Safety Planning. They are the first line of access to DV resources in Washington County.

Gateway Center for Domestic Violence Services

10305 E. Burnside Street
Portland, Oregon 97216
(503) 988-6400
https://www.multco.us/dv/gateway-center-domestic-violence-services

Gateway Center for Domestic Violence Services assists victims of domestic violence. The Center strives to prevent and reduce the impact of intimate partner violence and its subsequent trauma by providing comprehensive, survivor-centered advocacy and services within a welcoming and culturally sensitive environment. The Gateway Center is not accepting walk-ins at this time. Call their number during regular business hours, Monday - Friday 9 a.m.–4 p.m., for one-on-one support with experienced advocates to develop a personal plan and connect with other services.

National Crime Victim Law Institute (NCVLI)

Lewis and Clark Law School
Portland, Oregon
(503) 768-6819
ncvli@clark.edu
https://ncvli.org/

National Crime Victim Law Institute **(**NCVLI) is a nonprofit legal education and advocacy organization based at Lewis & Clark Law School. NCVLI actively promotes comprehensive and enforceable legal rights for crime victims, and access to knowledgeable attorneys to help protect those rights in every case, through victim-centered legal advocacy, education, and resources.

Sexual Assault Resource Center (SARC)

4900 SW Griffith Drive, Suite 135
Beaverton, Oregon 97005
(503) 626-9100
https://sarcoregon.org/

SARC provides crisis interventions and ongoing support services to folks who have been impacted by sexual violence. Crisis intervention, including over the phone support and in-person response, is available 24 hours a day, 365 days a year. SARC also provides individual counseling sessions, case management advocacy services, group healing and support services, prevention education, community trainings and outreach, and culturally responsive services. *https://sarcoregon.org/sarc-services/*

Victims Rights Law Center

510 SW Broadway, Suite 308
Portland, Oregon 97205
(503) 274-5477
Monday–Friday, 9 a.m.–5 p.m.
call for an appointment or fill out form online
https://victimrights.org

The Victims Rights Law Center (VRLC) provides free legal assistance for sexual assault survivors with legal needs related to the violence. Direct legal services are provided in Clackamas, Multnomah, and Washington Counties, Oregon (as well as Massachusetts). VRLC's legal practice areas are privacy, safety, immigration, housing, education (K-12 and campus), employment, financial stability, and criminal justice advocacy to help rebuild survivors' lives following sexual violence. Through free legal services, their staff attorneys and volunteer attorneys help ensure that survivors may stay in school; protect their privileged and confidential mental health, medical, and education records; preserve their employment; maintain safe housing; secure their immigration status; and swiftly access survivor compensation and other benefits.

The VRLC maintains an active pro bono program. VRLC staff attorneys recruit, train, and mentor volunteer attorneys to leverage local resources to help represent an ever-increasing number of sexual assault survivors. Private attorneys use their expertise to volunteer in their community through the representation of survivors, legal research, and amicus briefs.

COMMUNITY AND OTHER SUPPORT SERVICES

African American Support Services

Black Swimming Initiative

https://www.blackswimpdx.us/home

The Black Swimming Initiative seeks to expand meaningful participation in water sports by providing a strong sense of belonging for black athletes of all backgrounds, abilities, and lifestyles by supporting safe and accessible water safety and swimming instruction. The Black Swimming Initiative envisions a world where racism is eliminated from the aquatics and water sports; where individuals can access bodies of water with confidence in themselves and be welcomed by all.

For a list of upcoming events: *https://www.blackswimpdx.us/upcoming-eventsregister*

Going Home II Behavioral Health and Social Wellness Center

1523 NE 6th Ave
Portland, Oregon 97232
(971) 420-8207 (during business hours)
(503) 793-1249 (after hours)
Hours: Monday–Friday, 9 a.m.–6 p.m.
goinghometwo@gmail.com

Going Home II works primarily with gang members looking to extract themselves from gang activity. Their target population is people of color. Staff members lead meetings in the prisons and help people transition from prison into clean and sober housing upon release that Going Home II maintains, both for men and women. Going Home II believes the only successful approach to reintegration is holistic, and they are committed to providing material and professional resources, as well as socio-emotional support.

Before release from custody, Going Home II helps individuals gain skills that improve their decision-making, planning, and job or career prospects. After release they provide safe housing and personal and professional support, as needed. Going Home II partners with Columbia River Correctional Institution (CRCI) on several community-based events held at their facility to create a bridge between adults in custody and the community they will return to. Going Home II goes into CRCI twice a week, once to host group mentoring sessions and once to host behavioral therapy classes.

Going Home II's **Transition and Reentry programs** work with incarcerated and recently released individuals to support their transition back into the community. They provide behavioral therapy courses, mentorship once released, transitional housing, and re-entry planning. Peer supports assist clients with employment, housing, obtaining IDs, HOP passes, Social Security, and cell phones (with two months of free calls). They maintain a clothing closet with job-search appropriate clothing, and they have bikes people can use if there is no public transportation to their job. A men's group is held on Saturday mornings.

Their **Behavioral Health and Social Wellness** programs are delivered through a culturally specific lens to support those in the Black community suffering from addictions. Their services are free of charge and can be accessed by anyone in need. The services they provide include peer support services, housing support, employment support, and transitional housing for both men and women.

Going Home II's **Violence Prevention and Community Safety programs** provide interventions with the goal of making the community safer and providing a new path for individuals that are at high risk of committing violence through behavioral therapy courses, intensive case management for those at high risk of committing gun violence or becoming a victim of gun violence, through street level outreach workers that work to deter potential gun violence as well as retaliations, funerals and relocation assistance, transitional housing for both men and women, assistance to incarcerated individuals with re-entry supports, and support for victims of gun violence. To obtain services or for more information call Going Home II or email *shlomax@goinghome2.org*.

Going Home II also provides opportunities for individuals they serve and their families to engage in prosocial activities, like family weekend camps and community meals, and they provide assistance in navigating systems and locating needed supports.

Influencers of Neighborhoods (ION)

4610 SE Belmont
Portland, Oregon 97215
(971) 678-7456
paul@ionpdx.org
https://ionpdx.org/#

Influencers Of Neighborhoods (ION) was founded by a collective of black male professionals who saw a need in providing sustainable programs for youth of color to gain access, awareness, and opportunities within all industries. ION aligns with community organizations and businesses that empower youth of color. With partners such as Sneaker Week Portland, Better Marketing, & Black Male Achievement, ION

positions black & brown youth into avenues of enlightenment & access. They provide positive relationships through mentorship providing skill building and stronger connection to the community.

Self Enhancement, Inc. (SEI)

Center for Self-Enhancement
3920 North Kerby Ave.
Portland, Oregon 97227
(503) 249-1721
Hours: Monday–Friday, 9 a.m.–5 p.m.

Community & Family Program
2205 NE Columbia Blvd.
Portland, Oregon 97211
(503) 285-0493
Hours: Monday–Thursday, 8:30 a.m.–5:30 p.m.; Friday, 8:30 a.m.–12 p.m.
selfenhancement.org

Self-Enhancement (SEI) is a Black-founded, Black-owned, and Black-led nonprofit whose community and family programs are designed to provide families with the resources, supports, and wrap-around services needed to help ensure they are safe, stable, and have their critical social, emotional, and economic needs met. SEI services address economic disparities by providing a broad continuum of anti-poverty, family stabilization, and employment services that are culturally specific for African American families and/or culturally responsive for other families in need.

SEI's Center for Self-Enhancement in North Portland is the hub of their work. It is a comprehensive one-stop resource for youth and families, primarily African Americans and others living in poverty or seeking culturally responsive services. SEI provides thousands of youths, families, and adults a wide array of education and social services on an annual basis. Coordinators work with students to develop and implement an Individual Success Plan. SEI is in 19 schools throughout the Portland Metro area and East County. SEI's programs and assistance include energy assistance, parenting classes, Anti Domestic and Sexual Violence (ADSV) Program, Parent Child Development Services (PCDC), Short Term Rental Assistance (STRA), Multnomah Stability Initiative (MSI) providing long-term case management, Community Works Project (CWP), Child Welfare Advocacy (CWA) Services, and Homeless Housing programs (Mobile Housing Team and Project HAVEN) for families who are currently homeless in Multnomah County. *https://www.selfenhancement.org/cfp*

In addition to the SEI Center and their community and family programs, SEI runs the following assistance phone lines:

Anti Domestic and Sexual Violence Hotline: *(503) 972-3698*
healingsspace@selfenhancement.org

Energy Appointment Line: *(503) 713-5590*

Short Term Rent Assistance Line: *(503) 713-5590*

Energy Resource Line: *(503) 240-0828*

Taking Ownership PDX

2011 NE 80th Ave.
Portland, OR 97213
https://takingownershippdx.org/

Taking Ownership PDX is an organization working to renovate and revive homes and businesses for Black families in Portland. Their mission is to help Black homeowners and small businesses stay in their communities and build generational wealth. Taking Ownership PDX provides reparations to the Black community of Portland by raising funds, using volunteers, and other resources to renovate and repair homes and businesses.

Urban League of Portland

10 N Russell St.
Portland, Oregon 97227
(503) 280-2600
ulpdx@ulpdx.org
https://ulpdx.org/our-work

The Urban League of Portland works to empower Black communities through advocacy, services to seniors, family health and wellness, youth and workforce development. Their culturally specific programs help activate civic empowerment, navigate through complicated systems, and support healthy outcomes for the communities they serve. Their programs include Advocacy & Engagement, Community Health, Housing Assistance, Senior Services, Workforce Development, and Youth & Education:

The **Advocacy and Civic Engagement (ACE)** department works to achieve policy and community change that advances equality, social and economic justice, and civil rights for African Americans and others in Oregon.

Community Health Programs train and employ trusted members of the Black community to help navigate complex healthcare systems; connect folks to health insurance; help manage and prevent chronic disease; and offer peer-delivered services to those in recovery.

Their **Senior Services Program** works to make sure that seniors are able to live safely in their homes and communities by assisting them through social supports, transportation and daily connection to community through our Multicultural Senior Center.

Workforce Programs help Black youth and adults who experience unemployment at a disproportionately higher rate, connect to jobs. They host job fairs, provide work skills training, and post thousands of jobs from hundreds of quality companies looking for a diverse pool of employees.

Their **Youth Programs** instill cultural pride and inspire young people to be the best versions of themselves. They provide Black and Brown middle-school students through young adults with academic and social support; career and college readiness; paid internships and workforce development; and tools on how to achieve and manage success.

Word is Bond

Word is Bond
522 NW 23rd Ave. Suite J
Portland, Oregon 97210
mywordisbond.org

A non-profit, Black-led organization to mentor young Black men (age 15-20) as they transition from boyhood to adulthood. The objective is to help them realize their full potential through "dynamic programming" in the areas of leadership development. storytelling, public speaking, college prep, outdoor leadership Black history and identity, mental health, mentorship, self-care, and civic engagement.

Art and Cultural Programs

BRAVO Youth Orchestra

P.O. Box 83269
Portland, Oregon 97283
(971) 255-0077
https://oregonbravo.org/

BRAVO Youth Orchestra is committed to serving students with the greatest need for access to quality music and arts instruction and connecting them to the world of opportunity that these disciplines provide. **BRAVO Youth Orchestra** seeks to transform the lives of underserved youth through intensive orchestral music education. They offer a number of after school programs that foster teamwork, self-control, and focus including a choir class, youth orchestras, and **BRAVO's HS Mentorship** program designed to help high school students mentor younger students and learn important skills like goal setting, work ethic, and effective communications. The program also offers internship opportunities for students to gain work experience in areas like grant writing and event planning, as well as time and space to improve their musical skills by participating in student-led chamber music ensembles. BRAVO also runs an **In-school Headstart Residency Program** and a **Community Orchestra** which provides an opportunity for students, BRAVO's staff, and community musicians to play and learn new repertoire in an orchestral environment with rehearsals on Friday from 6:00 p.m. – 8:00 p.m. at the Buckley Auditorium on the University of Portland Campus, 5000 N Willamette Blvd., Portland, Oregon 97203 (contact the orchestra manager, Marian Gitierrez-Curiel at *marian@oregonbravo.org*).

https://oregonbravo.org/programs/

Free or Reduced Fee Cultural Events

Arts for All Program – Regional Arts & Culture Council
https://racc.org/artsforall/

The Arts for All program allows everyone who receives temporary assistance through the Oregon Trail Card/SNAP program to enjoy arts and cultural events with a reduced $5 ticket for specific arts and cultural events.

Some of the free and reduced cost admission opportunities among local arts organizations include:

- Artists Repertory Theatre: Pay What You Can performances; $5 tickets through Arts for All
- Blue Sky Gallery: Free admission for all exhibitions and public programs.
- Chamber Music Northwest: Student and senior discounts; $5 tickets through Arts for All; free community concerts during the Summer Festival; free brown-bag discussions ("Food for Thought: Composers a la Carte"), free public Master Classes.
- Fear No Music pay what you will admission for yearly concert series. Check their website for information.

- Independent Publishing Resource Center: "Teen Zine Canteen" is free for youth and their parents on Sundays. The Center's Small Press library is free and open to the public.
- Lakewood Center for the Arts: Student and senior discounts; rush tickets; several free programs open to the public.
- Literary Arts, Inc.: 82% of events are offered free of charge.
- Littman + White Galleries: free and open to the public.
- Metropolitan Youth Symphony: Free tickets given away to students and community organizations; concerts in schools.
- Northwest Dance Project: $5 tickets through Arts for All and other groups; numerous free performances; half-price student/senior rush tickets.
- NW Documentary Arts & Media: Several free programs including the DocTalk series, and Recording Resilience at The Dougy Center.
- Oregon Ballet Theatre: $5 tickets through Arts for All; 1,000 free Nutcracker tickets distributed to low-income children and families; merit- and need-based scholarships for the dance school; $2 tickets for school performances; OBT Exposed free rehearsals and performances in the park.
- Oregon Children's Theatre: Free and discounted tickets for students and teachers; $5 tickets through Arts for All; National Free Night of Theater.
- Oregon Symphony Association: Endeavors to restore the free concert at Waterfront Park; free Symphony Storytimes events in public libraries; free ensemble performances throughout the Portland metro area; $5 tickets through Arts for All; free tickets for low-income students kinderkonzerts and Young People's Concerts.
- PlayWrite, Inc.: Free admission to all performances.
- Portland Art Museum: Free admission for children 17 and under always; free admission for the general public on select days.
- The Portland Ballet: $5 tickets through Arts for All; Pay What You Will performances.
- Portland Center Stage: Rush tickets, $5 tickets through Arts for All, free tickets to youth participating in the Stage Door program; Pay What You Will performances.
- Portland Chamber Orchestra: Student and senior discounts. Free tickets for school groups and retirement homes.
- Portland Institute for Contemporary Art: Free and reduced cost tickets for students.
- Portland Taiko: $5 tickets through Arts for All; free community performances throughout the year.
- Third Rail Repertory Theatre: $5 tickets through Arts for All; Pay What You Will performances.

- Arts for Learning Northwest: Provides programs for free or low cost to students and schools throughout the region.

Additional Arts for All reduced admission opportunities and organizations are listed on their website.

Crystal Springs Rhododendron Garden
5801 SE 28th Avenue
Portland, Oregon 97222
(503) 267-7509
https://www.crystalspringsgardenpdx.org/visit

Garden Admission is waived on Monday.

Literary Arts
925 SW Washington Street
Portland, Oregon 97205
(503) 227-2583
https://literary-arts.org/

Literary Arts provides free writing, reading, and poetry events and workshops.
https://literary-arts.org/events/category/free/

Multnomah County Library
https://multcolib.org/

Multnomah County Library offers many free events and classes at their various locations. For a list of upcoming free classes and events visit their website: *https://multcolib.org/events-classes*.

Oregon Humanities–Humanity In Perspective (HIP) Program
921 SW Washington Street Suite 150
Portland, Oregon 97205
(503) 241-0543
https://www.oregonhumanities.org/programs/humanity-in-perspective/#

Oregon Humanties–Humanity in Perspective (HIP) program offers free, for-credit college-level humanities courses for people who are living on low incomes and/or facing barriers to continuing their education. There is no tuition or fees to attend HIP, and all readings are provided. Upon completion, participants earn transferable undergraduate credits from Bard College and a certificate, which can be used in resumes and applications.

Courses are made possible by a partnership between Oregon Humanities, the Clemente Course in the Humanities, Bard College, and Portland State University. Class exploration is rooted in the core humanities disciplines of art, history, philosophy, literature, and critical thinking. Participants learn through conversation, written and creative projects, interactive presentations, and diverse media (such as film, podcasts, visual art, and music). HIP instructors honor students' unique goals and nurture an environment where relevant learning, activity, and connections take place. Additional mentorship and tutoring are available outside of scheduled class times. Participants can expect to spend 1-2 hours per week on readings and assignments.

Oregon Museum of Science and Industry (OMSI)
https://omsi.edu/access/

OMSI offers many different types of discounts and financial assistance programs to individuals, families, schools, and community groups.

Oregon Zoo
4001 SW Canyon Road
Portland, Oregon 97221
(503) 226-1561
https://oregonzoo.zendesk.com/hc/en-us/articles/1260806594969-Do-you-offer-discounts-for-low-income-communities

The Oregon Zoo offers discounted admission for Oregon and Washington individuals and families who qualify for a variety of income assistance programs.

Portland Art Museum
1219 SW Park Avenue
Portland, Oregon 97205
(503) 226-2811
https://portlandartmuseum.org/discounts/

Museum admission is free on the first Thursday of each month from 10:00 a.m. to 8:00 p.m. and programs at the Tomorrow Theater in Southeast Portland are free. Additional free or reduced admission programs are listed on their website.

Portland Parks Bureau
https://www.portland.gov/parks/arts-culture/summer-free-all/cultural-events

Summer Free For All Cultural Events (SFFA) partners with community groups, artists, nonprofits, culturally specific groups, and more to produce free concerts, movies, and cultural events throughout Portland.

Reed College Politics and Policy Lecture Series
3203 SE Woodstock Boulevard
Portland, Oregon 97202
(503) 771-1112
https://www.reed.edu/ppls/

The Reed College Politics and Policy Lecture Series brings speakers to campus to address important issues of politics, policy, and political change. Lectures are free. Check the online calendar.

Justice Arts Coalition (JAC)

PO Box 11065
Takoma Park, Maryland 20913
info@thejusticeartscoalition.org
https://thejusticeartscoalition.org/

The Justice Arts Coalition (JAC) unites teaching artists, art advocates, artists who are or have been incarcerated and their allies, harnessing the transformative power of the arts to reimagine justice. JAC provides a national network and resource for those creating art in and around the criminal legal system.

JAC programs include:

The **pARTner Project**: a correspondence program connecting artists inside and outside of prison.

StoryShop: a collective of nonprofit professionals and formerly incarcerated artists and advocates working together. Their aim is to assist system-impacted artists in all media gain the professional development and financial education necessary to achieve personal agency and entrepreneurial empowerment.

JUSTstories: supports nonprofits, community organizations, and justice leaders in building capacity for impactful visual storytelling and content creation within their organizations.

Art + Agency: centering the experiences and leadership of artists with lived experience of incarceration in developing guiding principles intended to become the standard to which organizations, institutions, and individuals that exhibit, sell, and/or publish creative work by systems-impacted individuals hold themselves accountable.

CorrespondARTS: the first multidisciplinary distance learning arts program serving incarcerated women in Maryland.

ArtLinks: virtual and in person opportunities to view new work by incarcerated artists in JAC's network and share your feedback, reflections, and encouragement with the artists.

ArtConnects: bi-monthly volunteer correspondence gatherings at their headquarters for volunteers to assist in responding to recently received art and mail from incarcerated artists.

Workshops: online learning opportunities facilitated by JAC network teaching artists + advocates.

Coalition building events: Zoom conferences and focus group meetings to advance arts engagement within the criminal legal system and amplify the voices of incarcerated artists.

Prison Pipeline

kbooppc@gmail.com
https://kboo.fm/program/prison-pipeline

Prison Pipeline is a radio program dedicated to educating the public about the Oregon criminal justice system. Their goal is to present a unique understanding of the criminal justice system, address the root causes of crime, and challenge the status quo. Prison Pipeline seeks to promote awareness and activism in order to foster a safe, healthy, and just society. Tune in every Monday at 6:30 P.M. to hear their hosts Karen James, Adam Carpinelli, Emma Lugo, & Doug McVay explore the Oregon justice system with a variety of guests. Hosts rotate weekly.

Street Books

P.O. Box 13642
Portland, Oregon 97213
https://streetbooks.org/

Multiple hours and locations: *https://streetbooks.org/hours*.

Street Books is a bicycle-powered mobile library that serves people who live outside in Portland. Their street librarians deliver books, reading glasses and other important survival gear and supplies to library patrons and engage in conversations about books and life. They partner with over 25 community-based organizations and provide libraries and librarian services at their locations. Every bike and every box is curated with a wide selection of books so their library patrons see their own interests and lives reflected in what they offer. There are no fees or fines and no need for an ID or address.

Write Around Portland

133 SW 2nd Avenue, Suite 304
Portland, Oregon 97204
(503) 796-9224
https://www.writearound.org/

Write Around Portland provides free creative writing workshops. They partner with agencies and organizations (including hospitals, schools, prisons, treatment centers, senior centers, low-income housing buildings, homeless shelters, and other healthcare and social service settings) to provide creative writing workshops for the adults and youth they serve. Trained volunteers facilitate the workshops.

Workshops culminate in free community readings where participants from each group share their work with each other and with members of the public. Write Around Portland also holds readings in correctional facilities and other locations where participants aren't able to attend the public readings. Write Around Portland is committed to finding the widest possible audience for their writers, so they also publish books of participants' writing, which they make available in local bookstores, online, and at the reading.

Disability Support Services

Albertina Kerr

424 NE 22nd Avenue
Portland, Oregon 97232
(503) 239-8101
https://www.albertinakerr.org/#OurWork

Albertina Kerr provides programs and services to children and adults with developmental disabilities and mental health challenges, empowering them to live richer lives.

In partnership with the Portland Bureau of Transportation and Nike, Kerr Bikes & Boats supports/runs Adaptive BIKETOWN. With a goal of increasing biking access for people with disabilities, they provide stable trikes with calf straps, hand-powered bikes, and electric-assist trikes at significantly reduced rates for individuals with disabilities. Kerr Bikes & Boats Rentals, located on Portland's waterfront, rents surreys, adaptive cycles, tandems, kid's bikes, road bikes, kayaks, stand-up paddleboards and more. Proceeds benefit Albertina Kerr.

Locations:

Kerr Bikes
Tom McCall Waterpark Park
1020 SW Naito Parkway
Portland, Oregon 97201
(503)-808-9955

Kerr Bikes & Boat/ Adaptive BIKETOWN
1945 SE Water Ave,. Bldg B
Portland, Oregon 97214
(503)-802-5271
https://www.albertinakerr.org/support-our-work/kerr-bikes/

Arc Portland Metro

(503) 223-7279
info@thearcpdx.org
https://thearcpdx.org/

The Arc Portland Metro provides culturally, and individually responsive services designed to improve all aspects of life for people experiencing intellectual / developmental disabilities. They currently offer a variety of initiatives to benefit their community members, including lifestyle enrichment programming, direct support services, connection to resources, integrated workforce development, and advocacy.

Club Impact and **Club Connect**, the online version of Club Impact, runs a weekly two-hour event where participants can spend time with others, make friends, share interests, and participate in fun activities, on Fridays from 12:00 p.m. – 2:00 p.m.
https://thearcpdx.org/programs/

Club Wellness is a complete, activity-rich program of fitness, nutrition and wellness designed specifically for people experiencing intellectual / developmental disabilities. Seated options are available for all exercises, activities are safe, effective, and easy to learn and easy to perform independently. Designed by and for people with disabilities ages 15+, this program is committed to providing people with the tools and skills needed to live a healthy lifestyle. Programming builds a culture of inclusion, support and encouragement, where club members work together to change habits. Goal setting and in-home wellness activities are included to encourage lifestyle changes.

https://thearcpdx.org/club-wellness/

Brain Injury Connections Northwest

1411 SW Morrison Street, Suite 220
Portland, Oregon 97205
(971) 258-0561
http://braininjuryconnectionsnw.org/

Brain Injury Connections Northwest (BIC-NW) is an umbrella non-profit organization that supports several programs and services for the brain injury community in the Portland metropolitan area. *Their* mission is to connect those touched by brain injury to the people, resources, and services that best serve their needs. BIC-NW sponsors BIRRDsong Peer and Family & Friend support groups, Brainstormers II, and Puertas de Esperanza. BIC-NW maintains an online calendar of all local brain support group and community events, regardless of the organization or sponsor.
http://braininjuryconnectionsnw.org/calendar/

Easterseals Oregon Summer Camp

https://www.easterseals.com/oregon/programs-and-services/camping-recreation/

Easterseals Oregon's vision is to create and deliver disability services, that result in 100% included and empowered participants in their communities. Camp Easterseals creates an environment that emphasizes the campers' abilities and independence, as well as the development of their leisure skills and appreciation for the outdoors. Various outdoor activities include swimming, horseback riding, nature hikes, talent shows, and arts & crafts. In Summer 2023 Easterseals held two separate summer camp sessions: a youth camp session (ages 10 to 26) and an adult camp session (ages 21 and up). Both sessions were held at Evan's Creek Retreat.

National Alliance on Mental Illness (NAMI) Multnomah

524 NE 52nd Ave.
Portland, Oregon 97213
(503) 228-5692
Helpline hours: Monday – Thursday 8:00 a.m. – 12:00 p.m.
info@namimultnomah.org
https://www.namimultnomah.org/

NAMI Multnomah is the Multnomah County affiliate for the National Alliance on Mental Illness. Their mission is to improve the quality of life for people with mental health conditions and their families through support, education, and advocacy. NAMI has chapters across the country and throughout Oregon that provide a support network

for those suffering from mental illness and their family members. NAMI Multnomah programs include:

NAMI **Bridges** is a short-term support service to support individuals navigating the mental health system, accessing basic needs, and connecting to community resources. This program is open to individuals in Multnomah County who identify as LGBTQIA+ and/or Veterans/Military Service Member.

NAMI Multnomah offers free one-on-one support for Veterans, regardless of discharge status.

NAMI **Connects** is a peer-based mental health support and navigation program designed for those who enter hospital emergency departments. In this program, Peer Mentors support adult peers admitted to one of the metro area's Providence Emergency Departments for urgent psychiatric care.

NAMI weekly connection peer support groups allow people living with mental illness to learn from each other's experiences, share coping strategies, and offer encouragement and understanding.

NAMI **Family Support Group** is a peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness. Participants gain insight from the challenges and successes of others who have faced similar circumstances. NAMI's Support Groups follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

- Free of cost to participants
- Designed for adult loved ones (18+) of individuals living with mental illness
- Led by family members of individuals living with mental illness
- Meets every Monday 6:00 – 7:00 p.m. online via Zoom
- No specific medical therapy or medication is endorsed or recommended
- Confidential

NAMI **Peer-To-Peer** consists of eight two-hours sessions over eight weeks of free educational programming for adults with mental illness who are looking to better understand their condition and journey toward recovery. The program is taught by a trained team of people who have direct experience with mental illness. The program includes presentations, discussion, and interactive exercises. Everything is confidential. NAMI never recommends a specific medical therapy or treatment approach.

NAMI **Family-to-Family** is a freed education program for family, significant others and friends of people living with mental health conditions. It is a designated evidence-based program.

On-The-Move

4187 SE Division
Portland, Oregon 97202
(503) 287-0346
https://onthemovepdx.org/

On-The-Move is a nonprofit organization supporting adults with intellectual and developmental disabilities in accessing community through healthful, meaningful, and environmentally responsible activities.

Community Inclusion Program Participants develop independent living, social, and community navigation skills while engaging in the community. On-The-Move provides support within small group settings designed to achieve personal discovery and growth, and community integration and engagement. Participant to staff ratios never exceed 3 to 1. Activities include things like hikes in city parks, free concerts, CrossFit boxing, and volunteer work at community organizations such as Oregon Food Bank. *Monday–Friday,9:30 a.m.–3:30 p.m. and Saturday, 10 a.m.–3 p.m.*

Personal Enrichment Short-term, one-on-one appointments are available for participants to complement their involvement in the small-group community inclusion program. Participants often use these 2.5 hour-long appointments to identify strengths and needs they may not be ready to explore among peers. On-The-Move's grant-funded Community Engagement program works to educate and prepare community partners to offer integrated activities for people with and without disabilities.

RISE

(844) 349-3305
https://riseservicesinc.org/oregon-services/

RISE is a nonprofit agency that specializes in home and community-based services for children with mental health challenges, adults with developmental and other disabilities, and aging adults. RISE uses a network of Director Support Professionals to serve and support their clients. They also utilize behavioral counselors, therapists, and medical professionals throughout Oregon to create and sustain healthy homes, families, and communities.

RISE's services include assisting people with daily living activities, teaching life skills, meeting companionship needs, providing assistance in the community, supportive or customized employment, day treatment programs, and providing a stable family setting, and respite opportunities. RISE's programs encompass the following categories: employment services, in-home and community services, residential services, supported living resources, and host home services. *https://riseservicesinc.org/oregon-services/*

RISE has multiple locations throughout the state of Oregon in Albany, Bend, Eugene, La Grande, Pendleton, Roseburg and Salem. *https://riseservicesinc.org/locations/*

Domestic Violence and Sex Worker Support Services

Bradley Angle House

5432 N. Albina Avenue
Portland, Oregon 97217
(503) 232-1528
24-hour Crisis Line (503) 235-5333
https://bradleyangle.org/

Bradley Angle House serves anyone affected by domestic violence. They help survivors escape domestic violence and rebuild safe and prosperous lives. Local partner agencies refer LGBTQIA+ and BIPOC survivors to Bradley Angle because of their culturally responsive services. Bradley Angle has the only culturally specific domestic violence services program for the LGBTQIA+ community in Oregon. They welcome all genders, sexualities, identities, relationships, and experiences. All of Bradley Angle's offerings are free.

Their **Healing Roots Program** offers survivors a safe space to access resources that promote healing and connection.

Services include:

- Individualized Advocacy: One-on-one support for survivors to create individual safety plans and begin their healing journey. Advocates help survivors access necessary resources.
- Support Groups: Culturally specific, topic-based support groups that explore domestic violence, healthy relationships, and healing from trauma. Safe space for Black and African American survivors to share and learn from one another.

- Family Support: Advocates provide one-on-one support to help survivors and their children learn, grow, and heal together. They also connect survivors with local resources to help them and their loved ones thrive.

Healing Roots offers a *virtual* **Healthy Relationships Support Group**. This group is free and open to BIPOC survivors of domestic violence and/or sexual assault. Couples, partners, and individuals are welcome.

Their **Kinship Youth Support Program** addresses the impact of intergenerational trauma experienced by the children of their Healing Roots participants. They help kids strengthen community bonds through peer support groups, family field trips, and culturally specific mentorship opportunities.

https://bradleyangle.org/get-help/programs/healing-roots/

Bradley Angle offers a range of services for LGBTQIA2S+ survivors through their **Marsha's Folx Program**. Services include:

- Individual Advocacy: Resource referrals, information about legal procedures, and safe housing options
- Safety Planning: Individualized plan for safety and security
- Basic Needs: Access to essentials such as food, clothing, and toiletries
- Support Groups: Facilitated sessions explore long-term effects of abuse and tools for self-empowerment
- They offer a virtual Healthy Relationships Course that is available to the public. This is an educational series that explores the skills needed to build healthy relationships.

In addition, Bradley Angle offers two types of support groups that are open to the public. These occur every Thursday and alternate between an in-person art support group and a virtual Zoom support group. n *in-person art support group* and a *virtual Zoom support group*.

https://bradleyangle.org/get-help/programs/lgbtq-services/

Cupcake Girls

240 N Broadway, Suite 212
Portland, Oregon 97227
(207) 200-8094
In office visits by appointment only
https://www.thecupcakegirls.org/

The Cupcake Girls provides confidential support to those involved in the sex industry, as well as trauma-informed outreach, advocacy, holistic resources, and referral services to provide prevention and aftercare to those affected by sex trafficking. They provide nonjudgmental support to empower their program participants in their pursuits through respect, resources, and relationships.

The Cupcake Girls has created several partnerships in Las Vegas and Portland with mental, emotional, spiritual, physical and financial specialists, businesses and organizations in order to offer a well-rounded list of emotional, spiritual, physical and financial services to their program participants: sex workers or sex trafficking survivors looking for resources.

Their **Direct Care Programs** include:

The **Referral Program** serves program participants who have one or two particular needs by giving referrals to vetted, safe, and inclusive partners and resources who have agreed to see their program participants pro-bono or at a reduced cost. These partners may be individuals or organizations in the community and include doctors, tax preparers, therapists, and parent and family resources.

The **Advocacy Program** is for program participants with more robust goals. In this program, program participants have the opportunity to meet weekly with their Advocate who will collaborate with them to set and achieve S.M.A.R.T. (Specific, Measurable, Achievable, Relevant, + Time-Based) goals, with the help of partners. The Advocacy Program assists with issues such as: domestic violence, sex trafficking, substance abuse, career development, and homelessness.

Support groups offer peer support on a weekly, 90 minute basis. Support Groups are for program participants of The Cupcake Girls and approved guests who are within the population they work with. Support groups are free.

The **Mentorship program** is for program participants seeking a support system and someone to check in with them on a regular basis, but who aren't looking for connections to resources or assistance with achieving goals. Mentors meet with their program participants either bi-weekly or monthly, based on the program participant's preference.

The **outreach program** creates opportunities to use cupcakes to build trusting relationships with potential program participants through community connections, networking opportunities, and upon request in-club and brothel outreach efforts.

Domestic Violence and Sexual Assault Crisis Lines and Support

National Domestic Violence Hotline 24 hour (800) 799-SAFE (7233) Text "START" to 88788 *https://www.thehotline.org/*

Sexual Assault Resource Center *(503) 640-5311 or (888) 640-5311 https://sarcoregon.org/*

Call to Safety (formerly Portland Women's Crisis Line) (translation available) 24-hour crisis line *(503) 235-5333 or (888) 235-5333 Spanish Line (800) 326-0441 https://calltosafety.org/*

Bradley-Angle House *(503) 232-1528 https://bradleyangle.org/*

Raphael House *(503) 222-6507 https://raphaelhouse.com/*

Salvation Army West Women's & Children's Shelter *(800) 725-2769 https://westwomens.salvationarmy.org/*

Volunteers of America Home Free Program - Emergency Services Crisis Hotline: (503) *771-5503 or (888) 771-5503 emergencyservices@voaor.org Monday–Friday, 9 a.m.–5 p.m. https://www.voaor.org/find-services/adults-children-and-families/home-free/*

Clackamas Women's Services 24-hour crisis line *(888) 654-2288 https://www.cwsor.org/*

Washington County Domestic Violence Resource Center 24-hour crisis line (503) 469-8620 *https://www.dvrc-or.org/*

YWCA Safechoice Domestic Violence Program (Vancouver, Washington) 24-hour domestic violence hotline *(360) 695-0501* or *(800) 695-0167 https://ywcaclarkcounty.org/what-we-do/safechoice-domestic-violence-program/*

Monika's House (Hillsboro, Oregon) 24/7 Hotline *(503) 469-8620* or *(866) 469-8600 https://www.domesticshelters.org/help/or/hillsboro/97123/monika-s-house*

El Programa Hispano Católico Project UNICA 24 hour bilingual crisis line *(503) 232-4448* or *(800) 232-4448* Domestic & Sexual Violence Survivor Support Programs *https://elprograma.org/our-services/unica/*

El Programa Hispano Católico Domestic & Sexual Violence Survivor Support Programs (UNICA)

333 SE 223rd Ave #100
Gresham, Oregon 97030
(503) 669-8350
https://elprograma.org/our-services/education/

El Programa Hispano Católico **Domestic & Sexual Violence Survivor Support Programs (UNICA)** provide immediate assistance to survivors through advocacy, case management, legal help & medical accompaniment. Their **UNICA housing services** help survivors of domestic and sexual violence establish safe and stable housing both short and long term, and provide eviction assistance and educational classes to support long term stable housing success. UNICA offers **culturally specific mental health counseling and support groups** to Latine families who have been impacted by interpersonal violence with the goal of ending cycles of family violence.

UNICA offers **Youth Based Prevention, Parent Child Intervention & Sex Trafficking Support Services** that are culturally specific programs aimed at preventing gender-based violence, provides advocacy & crisis intervention.

Linea UNICA provides 24 hours a day, 7 days a week support for survivors of interpersonal violence: *(503) 232-4448* or *(800) 232-4448*.

Family Justice Center of Washington County

735 SW 158th Ave., Suite 100
Beaverton, OR 97006
(503) 430-8300
walk-in hours: Monday-Friday 8:30 a.m. – 4:00 p.m.
https://www.fjcwc.org/

The Family Justice Center of Washington County is a collaboration of 18 agencies inside a single center dedicated to providing survivors with the wrap-around services they need for safety, healing and hope. Their mission is to work collaboratively within the community to provide a single location for prevention, intervention, healing and hope for survivors of domestic violence, sexual assault, and child abuse in Washington County.

Haymarket Pole Collective

2455 NW Nicolai St.
Portland, Oregon 97266
revolution@haymarketpole.com
https://www.haymarketpole.com/

Haymarket Pole Collective (HMPC) is an organization of sex workers for sex workers. Their Outreach Program is focused on peer-led interactions. The main feature of their Healing Justice Program is their 1-1 Sponsored Therapy Program. At present their Healing Program matches 49 Black, brown, Indigenous and/or trans sex workers with culturally specific sex-worker-allied therapist providers of color. Program participants are paid a monthly stipend to attend therapy for a year.

New Avenues for Youth New Day Program

(503) 258-7081
Monday–Friday, 10 a.m.–6 p.m.
newdayreferral@newavenues.org
https://newavenues.org/new-day/

New Avenues for Youth's New Day Program provides non-judgmental services and resources for youth experiencing sex trafficking or exploitation. New Day supports the safety, needs, and rights of people ages 12-25 who are experiencing sex trafficking or exploitation, trading sex, or are at risk. Connect with them for mentoring and advocacy, referral to additional resources, and access to employment and education programs and LGBTQIA2s+ services. They can help safety plan, provide transportation, and access to shelter or other housing resources. New Day is a partnership with *Call to Safety*, *Raphael House*, and *Self Enhancement, Inc. (SEI)*.

PDX Sex Workers Resource Project (PDX SWRP)

pdxswrp@gmail.com
https://www.pdxswrp.org/

The **PDX Sex Worker Resource Project (PDXSWRP)** aims to support people in the sex trades by providing harm reduction supplies and supports specific to the work. They also provide resources and referrals by connecting participants to organizational support through community partners. They operate a mobile outreach unit in areas of the Portland metro area in which they can reach the most marginalized workers. PDXSWRP is fiscally sponsored by the YWCA.

Supporting in person and full service Sex Workers is at are our core

Since beginning their work, PDXSWRP has provided over $70,000.00 in direct cash aid and resource distribution. Their Pink Van mobile project gives them the ability to bring parenting supplies, harm reduction tools, Narcan, basic hygiene resources, and more resources directly to the communities they serve in East County. They have trained over 100 community members in the use Narcan and offered Sex Worker specific trainings to non-profit and government based organization including the Sex Trafficking services Expansion Project (STEP), Oregon Health Authority, and 2020 Oregon Coalition of Domestic and Sexual Violence.

Pink Van Project hours:

Wednesdays @ Lents Park 1–3 p.m.
Third Saturday @ Glenhaven Park 1–3 p.m.
Fourth Saturday @ 16221 SE Start 1–3 p.m.

For a complete of pharmacy, harm reduction, work, and family supplies provided:
https://www.pdxswrp.org/donate

Rahab's Sisters

232 SE 80th Ave.
Portland, Oregon 97215
(971) 208-3176
Office hours by phone or email only
info@rahabs-sisters.org
https://rahabs-sisters.org/about-us

Rahab's Sisters builds community through radical hospitality with women and gender-diverse individuals marginalized by poverty, houselessness, sex work, violence and substance abuse. Their radical hospitality is centered around community meals where trust and friendship can grow.

Rahab's Sisters offers food, clothing, and hygiene products to guests. They offer a weekly support group facilitated by mental and behavioral health professionals. This confidential and therapeutic space is a time where guests can share, connect, and grieve together. Guided by a counselor, it is also a place to support each other, learning and practicing ways to navigate through individual journeys.

Their goals are to increase and foster a greater sense of self-worth, build resilience, and create a peer-to-peer network to support each other beyond Rahab's Sisters gatherings.

Through its outreach, Rahab's Sisters supports their unhoused neighbors in the Montavilla area with food and supply deliveries. In addition to distributing critical survival items, outreach teams share information, connect campers to additional resources and watch for urgent needs, including physical and mental health crises.

Rose Haven

1740 NW Glisan St.
Portland, Oregon 97209
(503) 248-6364 x0306
Hours: Monday, 9 a.m.–noon; Tuesday–Thursday, 9 a.m.–noon & 1–4 p.m.; Friday, 9 a.m.–noon
https://rosehaven.org/

Rose Haven is a day shelter and community center serving women, children and gender non-conforming folks experiencing the trauma of abuse, loss of home and other disruptive life challenges. They break the cycle of homelessness by providing meals, clothing, first aid, mailing addresses, hygiene, restrooms, and showers as well as educational programs and guidance through medical and social services. By meeting basic needs and building trust, Rose Haven empowers their guests to explore long-term change. Rose Haven is the only day shelter and community center specifically serving women, children, and gender-diverse people in Portland. Their low-barrier drop-in model bridges the gap in services when night shelters are at capacity. Anyone under 18 years of age must be accompanied by a parent. Rose Haven relies on volunteers and regular donations of food and clothing.

Rose Haven's **Nursing and First Aid Clinic** offers a wide variety of health services in a familiar and supportive environment including flu shots, first aid, basic wound care, blood pressure checks, blood sugar checks, foot care, and more. They partner with community organizations to offer Vaccine Clinics and Dental Vans. Rose Haven employs MSWs to provide counseling and referrals on a first-come-first served basis. Rose Haven has a technology room with laptops available for use and an arts and crafts room where volunteers lead classes.

A variety of classes are offered, designed to create community and help their guests connect over something other than the challenging circumstances. Rose Haven offers classes such as nutrition, support groups, budgeting, yoga, writing, sewing and creative art programs. These activities help their guests by giving opportunities to learn, be creative, heal, and improve relationships with others and within themselves. Rose Haven offers BLOOM wellness programs, bringing community partners on-site for constructive empowerment activities for women and children in need.

Rose Haven has washers and dryers and showers for people to use. Hygiene items and free bus passes are available as well as secure mailboxes. They have an entire room of donated clothing and outside gear and baby and kids supplies. Hot meals, coffee and tea are available throughout the day. Rose Haven also provides Resource Referral & Navigation, One-On-One Counseling, Support Groups, and Financial Assistance.

Sexual Assault Resource Center (SARC)

4900 SW Griffith Drive, Suite 135
Beaverton, Oregon 97005
(503) 626-9100
https://sarcoregon.org/

The Sexual Assault Resource Center (SARC) is a non-profit organization that offers programs and services to provide mental and/or physical support for victims of sexual assault. Their services include a Counseling Program to help survivors of sexual assault by working with counselors who have expertise in providing trauma-specific care. SARC also offers a Case Management Program to provide emotional support for survivors, either by in-person meetings, telephone, texting or email. Case managers can facilitate communication with law enforcement, prosecutors, and other community partners and provide accompaniment to case related meetings and support throughout the legal process. SARC maintains a 24-hour crisis support line at (503) 640-5311 or (888) 640-5311.

Gender Diverse Support Services

Basic Rights Oregon – Catalyst Transgender Leadership Program

P.O. Box 40625
Portland, Oregon 97240
(503) 222-6151
info@basicrights.org
https://www.basicrights.org/leadership-programs#

Basic Rights Oregon's Catalyst Transgender Leadership Program aims to increase leadership capacity and champion transgender social justice equity across the state. The program puts together a cohort of transgender, nonbinary, and gender nonconforming Oregonians to gain skills and build community together.

Catalyst is a 9-month program for a selected cohort of 15-20 transgender Oregonians. Participants will attend monthly virtual and in-person retreats where

they will work to refine their leadership skills while building community with each other. Workshops are facilitated by transgender leaders who work with the cohort to create an affirming and connected space for all. The Catalyst program is 100% free of charge and includes funding to cover materials including technology (as needed), travel, and room and board for in-person events.

True Colors Recovery Organization - Recovery Drop-In Center & Free Recovery Mentor Services

3807 NE Marin Luther King Blvd.
Portland, Oregon 97212
(971) 266-2323
Hours: 2–10 p.m.
https://www.truecolorsrecovery.org/

True Colors Recovery Organization provides recovery support to LGBTQIA2s+ individuals, 18 and older, that affirms identity and allows people to stay true to their-self. It is comprised of professionals that have lived experience with addiction and identifying as part of the LGBTQIA2s+ community. They provide free recovery mentor services and have a drop-in center located in North Portland.

True Colors' recovery drop-in center is open 365 days a year and individuals can access a variety of recovery support services. Their center is a substance free environment where individuals can feel safe and have the opportunity to expand their recovery network. Other services available include mutual-aid groups, LGBTQIA2s+ focused events, access to onsite STD and Hep C testing, resource navigation fairs, and skill-building opportunities. Scheduled meetings include Rock to Recovery (in which participants collaborate on writing, performing, and recording a song); Yoga in Irving Park (weather permitting); Gender Nonconforming Recovery; Overeaters Anonymous; Harm Reduction; Al-Anon, Meth Anonymous; Adult Children of Alcoholics and Dysfunctional Families; AA; NA; an All-Fellowship meeting (AA, NA, MA, OA, SLAA, etc.); Marijuana Anonymous; Dual Diagnosis; Queer Open Recovery for pagan community; NA for female identifying non-binary and transgender people; 11th step meditation; Recovery Dharma for those dealing with all types of addictions; and S.M.A.R.T. Recovery (cognitive behavioral therapy). They also sponsor speakers and have celebrations.

True colors provides free substance use recovery peer services to individuals 18 and older. These services are provided by Certified Recovery Mentors (CRM) that identify as LGBTQIA2S+ or allies. CRMs have at least 1 year of recovery experience and share their knowledge by helping others set goals and create a personalized recovery

pathway. True Colors believes that all pathways to recovery are valid and welcomes individuals using MAT or harm reduction tactics. True Colors does not provide clinical or Mental Health services but will partner and refer to various agencies to help people access resources. True Colors' certified peer mentor services are free. Mentors can be requested online.

Grief and Bereavement Support Services

Dougy Center

P.O. Box 86852
Portland, Oregon 97286
(503) 775-5683
hep@dougy.org
https://www.dougy.org/

The Dougy Center provides grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. Dougy Center's programs are based on their peer support group model for bereavement, including their program for after a death, Esperanza, Pathways, and L.Y.G.H.T. All Dougy Center programs offer support to families at no cost. Groups meet every other week and are led by master's-level Group Coordinators and supported by Volunteer Group Facilitators. Esperanza offers support in Spanish. Pathways focuses on living with an advanced serious illness. L.Y.G.H.T. (pronounced 'light') is a Dougy Center program for youth living in foster care. Dougy Center provides groups both in-person at our houses, and virtually through the Zoom platform.

Providence Bereavement Support Groups

(503) 215-4622
David Schmitt, Bereavement Coordinator
https://www.providence.org/locations/or/portland-medical-center/patients-and-visitors/grief-support-groups

Providence **bereavement support groups** consist of sharing your experiences coping with grief as well as learning about the grieving process from a trained facilitator.

Providence Hospice offers bereavement support to individuals and families grieving the death of a loved one. All of their services are offered free of charge.

Providence Hospice **grief support groups** are open to individuals who are seeking extra support as they grieve the death of a significant person in their lives. Professionally

trained facilitators create a supportive space where participants may share their feelings and experiences as they give and receive mutual support. All groups and classes are offered free of charge. Registration is required.

Free bereavement support groups are available at Providence Medical Center, Providence St. Vincents Hospital, and Providence Milwaukie Hospital.

Meetings at **Providence Medical Center**, 4805 NE Glisan St., Portland are held in the pastoral services conference room, and are from 11–12:30 p.m. the first and third Tuesdays of the month and from 4:30–6 p.m. the second and fourth Thursday of each month.

Meetings at **St. Vincents Hospital**, 9205 SW Barnes Rd,. Portland, take place in the pastoral services conference room, and are from 10–11:30 a.m. the first and third Tuesdays of each month and from 7–8:30 p.m. the second and fourth Thursdays of each month.

Meetings.at **Providence Milwaukie Hospital**, 3300 SE Dwyer Dr., Suite 300, Milwaukie, are from 10:30 a.m.–noon on the first and third Thursdays of each month.

HIV Support Services

Cascade AIDS Project (CAP)

520 NW Davis St
Portland, Oregon 97209
(503) 223-5907
https://www.capnw.org/housing

CAP offers supportive housing, housing readiness program, housing case management, emergency rental assistance, and shelter referrals to people with HIV/AIDS who engage in their services.

Ecumenical Ministries of Oregon

245 S Bancroft St., Suite B
Portland, Oregon 97239
(503) 221-1054
emo@emooregon.org
https://emoregon.org/

Ecumenical Ministries of Oregon (EMO) brings together diverse communities of faith to learn, serve and advocate for justice, peace and the integrity of creation. EMO offers a number of diverse, direct service programs to address hunger, nutrition and social support, affordable housing opportunities, and refugee and immigration services.

EMO's **HIV Services** provide a community that strives to address basic needs of individuals living with HIV/AIDS with respect, compassion and safety. The **Day Center** is a drop-in center for low-income individuals living with HIV/AIDS. The **Daily Bread Express** provides meal delivery for low-income, home-bound individuals living with HIV/AIDS.

HIV Day Center & Daily Bread Express Program (Ecumenical Ministries of Oregon)

2941 NE Ainsworth Street
Portland, Oregon 97211
(503) 460-3822
www.hivdaycenter.org
Open 9 a.m.–4 p.m. Monday–Friday
hivcenter@emoregon.org
https://hivdaycenter.org/

Ecumenical Ministries of Oregon (EMO)'s **HIV Day Center** is a drop-in center for low-income individuals living with HIV/AIDS. HIV Day Center services include:

- Hot breakfasts and lunches five days a week
- Staff available for counseling, information and referral, and help with problem solving
- Phone and mail services
- Computers with internet access, free WiFi
- Washer and dryer
- Showers and hygiene supplies
- Clothing closet
- Pool table, piano, TV, books
- Massage, haircuts, foot care and acupuncture
- Therapeutic and recreational activities
- Meeting space for case management
- Educational presentations

EMO's **Daily Bread Express (DBX)** program provides meal delivery for low-income, home-bound individuals living with HIV/AIDS. Seven nutritious meals are delivered

weekly throughout the six-county Portland metro area. Clients need to be referred by a case manager. There is no fee for this service. To participate in the program meal recipients must be: HIV positive, income below 300 percent of the federal poverty level, and specified medical need for home delivery of meals.

Oregon Health & Science University (OHSU) Partnership Project

https://www.ohsu.edu/partnership-project/about-partnership-project

OHSU's Partnership Project provides a comprehensive array of services to persons who are living with HIV. The Partnership Project is a consortium of 13 public and private medical and social services agencies in the Portland metropolitan area. The participating agencies contribute staff, financial support, and expertise to form the Partnership Project.

The Partnership Project offers services to persons living with HIV inclusive of all ages, gender identities, sexual orientations, income levels, housing status and ethnicity through their HIV Case Management Program. They also provide navigation for immigrants and refugees living with HIV.

Our House

2727 SE Alder St.
Portland, Oregon 97214
(503) 234-0175
info@ourhouseofportland.org
https://www.ourhouseofportland.org/

Our House provides integrated health and housing services to people with HIV/AIDS. They provide 24-hours specialized care, supportive services, an independent housing with support services.

Our House Residential Care, their residential care facility, engages a team of expert clinicians who work with people with HIV who are having difficulty managing independent living. They tailor therapeutic everyday activities, nursing, and social work services for their clients and residents.

Neighborhood Housing and Care Program, provides social work services and nursing for people in their own homes, providing support so that their clients can live independently as long as possible.

Esther's Pantry, also run by Our House, is an LGBTQ+ affirming shopping style food pantry, providing food and personal care items for individuals and families impacted

by HIV, and Tod's Corner, providing free clothing and household good for clients living with HIV. Location: 10202 SE 32nd Avenue, Suites 601 & 502, Milwaukie, Oregon 97222, (503) 349-4699.

In 2022, Our House officially merged with Cascade AIDS Project (CAP) to further expand its service offerings and provide greater wraparound care for their clients.

Women of Wisdom (WOW)

Quest Center for Integrative Health
3231 SE 50th Ave
Portland, Oregon 97206
(503) 238-5203
info@quest-center.org
https://quest-center.org/services/women-wisdom-wow

Women of Wisdom (WOW) is a community of sisterhood for HIV positive women. WOW is based on a former support program for HIV+ women in Portland, known as WIAR, or Women's Inner-city AIDS Resource. When WIAR could no longer keep its doors open, Quest's Women of Wisdom (WOW) Program opened in 2005 with the help of the Positive Women's Task Force, representing a consortium of government and non-profit community-based organizations that came together to answer the need for support services for women living with HIV.

The Women of Wisdom program offers psycho-social support services that unite, educate, and empower positive women. The overarching goals of the WOW program are to strengthen the capacity of women living with HIV to self-manage their own disease progression, reduce social isolation, promote community and strengthen social support networks, and employ a holistic health approach that incorporates social, emotional, psychological, spiritual, and physical wellness.

WOW services and programs offered through Quest Center include:

- Weekly support groups
- One-on-one peer support from other positive women
- Empowerment and life-skills workshops
- Community meals
- Fun monthly activity nights
- Free childcare during WOW activities
- Transportation assistance

- Access to Quest services including non-opioid pain management, mental health therapy, trauma counseling, alcohol and drug treatment, yoga, acupuncture, and wellness retreats

The WOW group meets every Wednesday at Quest-Center from 4 p.m.–6 p.m.

To learn more about WOW, please contact their facilitator at (503) 849-2704 or complete the interest form on their HIV services page.

Homeless and Housing Support Services

Cultivate Initiatives – Outreach Services

14625 SE Stark St.
Portland, Oregon 97233
503-477-9742
info@cultivatepdx.org
https://www.cultivateinitiatives.org/

Cultivate Initiatives works collectively alongside those who have been marginalized to empower individuals and communities through an inclusive range of services & support in East Portland. Their Outreach services include: showers, laundry, hot meals, clothing & hygiene supplies, case management services, peer support and mentorship.

Forest Grove Foundation

P.O. Box 303
Forest Grove, Oregon 97116
(503) 686-3445
info@forestgrovefoundation.org
https://forestgrovefoundation.org/programs/

The Forest Grove Foundation is a nonprofit dedicated to implementing and facilitating service programs that help alleviate suffering due to poverty in Western Washington County. Their programs serve some of the most vulnerable community members, including unsheltered homeless individuals and families experiencing housing and food insecurity. By providing essential services and support to their neighbors experiencing poverty and homelessness, Forest Grove Foundation works to build a healthier and more compassionate community for all.

Their current initiatives include:

Their **food program** prepares and distributes hearty hot meals and shelf-stable snacks to individuals experiencing homelessness in Forest Grove and rural areas in Western Washington County.

Their **housing and outreach services team** supports their neighbors experiencing homelessness wherever they are by providing survival supplies, engaging in conversations around resources, and building and prioritizing trusting relationships.

Community Service Hub Forest Grove currently lacks the coordinated suite of programs and services needed to address the community's growing challenges related to homelessness. FGF is working to fill this gap by launching a service hub that will:

- Offer peer-centered support for people struggling with poverty, housing, and food insecurity in Western Washington County.
- Work with other community-based organizations to deliver substance use disorder counseling, case management, housing navigation, employment services, and connections to other agencies.
- Help facilitate the journey toward housing, recovery, wellness, and self-sufficiency for their neighbors experiencing homelessness.
- Minimize disruptions to the community through appointment-based services with professional staff who will ensure client needs are met in a secure, safe facility that positively impacts their neighbors and those they serve.

Impact NW—Recovery Navigation Program

10055 E Burnside St.
Portland, Oregon 97216
(503) 721-1740
https://impactnw.org/programs/housing-and-safety-net/recovery-navigation-program/

Impact NW is nonprofit that seeks to prevent homelessness by partnering with people navigating their journey to stability and opportunity. Their programs help people facing housing insecurity find relief and build strengths, experiences and opportunities. More than half the people they serve identify as Indigenous, Black, Brown, Melanated, Immigrant or Asian, as does their staff. To change lives, they partner with local and state government, health care and other nonprofit organizations to deliver more than 30 programs.

Impact NW's **Recovery Navigation Program (RNP)** provides support, planning and connection for recovery. To qualify for their services, participants must be 18 or older, not currently enrolled in Multnomah County funded treatment, reside in Multnomah County, and meet income requirements (200% federal poverty level or below).

Available services include: peer recovery coaching, life skills training, limited short term housing, parent education & support, transportation planning, job search assistance and coaching, basic needs, and connection to mental health services and treatment.

All appointments are scheduled once a month, but participants can get a "no show" appointment by going to Impact NW at 8am on Monday, Tuesday, or Wednesday and asking for a "no show" appointment for the Recovery Navigation Program.

Path Home

Path Home Family Village
6220 SE 92nd Ave.
Portland, Oregon 97266
Main Office: (503) 915-8306
Shelter: (971) 409-1766
www.path-home.org

Path Home empower homeless families with children to get back into housing and to stay there. Path Home provides trauma-informed, culturally competent services to more than 1,000 kids and parents annually that build dignity, restore power, and promote autonomy. Their programs include **Housing First**, providing rent assistance and case management for 6-12 months to help families keep their housing long term, **Homeless Prevention Services,** assisting families with a 72-hour eviction notice to keep their housing by paying security deposits, moving costs or back rent, **Supportive Shelter** for families at the Path Home Family Village Shelter, and **Education** (Rent Well Tenant Education, Arise Life Skills Program, Incredibly Years Parenting Class).

Immigrant and Refugee Support Services

(see also Legal Services/Immigration Services)

Catholic Charities of Oregon Refugee Services Program

https://www.catholiccharitiesoregon.org/services/migrant-services/refugee-services/

Through their **Refugee Services Program**, Catholic Charities assists individuals and families that must leave their homelands due to the fear of persecution based on race,

religion, nationality, membership in a particular social group, and/or political opinion. Their refugee resettlement programs address a wide array of needs, including initial resettlement, employment services, school support for children, and long-term, intensive case management. They promote successful integration by providing holistic, wraparound, and trauma-informed services that focus on uplifting the dignity and respect of each individual and their unique culture and traditions. Through this program they serve refugees, asylees, and SIV holders.

From greeting new refugees at the airport to providing cultural orientation and case management support, the Refugee Services Program gets refugees started on the path to rebuilding their lives in a new place. To accomplish this, Catholic Charities provides case management, employment services, housing and furnishing support, food assistance, cultural orientation, applications or referrals to relevant services including, for eligible clients, to their Preferred Communities Program, which provides culturally sensitive counseling, peer support, and intensive case management to those who have experienced trauma or need extra support to achieve self-sufficiency.

Ecumenical Ministries of Oregon

245 S Bancroft St., Suite B
Portland, Oregon 97239
(503) 221-1054
emo@emooregon.org
https://emoregon.org/

Ecumenical Ministries of Oregon (EMO) brings together diverse communities of faith to learn, serve and advocate for justice, peace and the integrity of creation. EMO offers a number of diverse, direct service programs to address hunger, nutrition and social support, affordable housing opportunities, and refugee and immigration services.

Slavic Oregon Social Services (ROSS) was established by Ecumenical Ministries of Oregon (EMO) to serve the needs of Russian-speaking refugees and immigrants. Domestic Violence & Sexual Assault Services include:

- long-term case management
- crisis intervention
- advocacy
- assistance obtaining protective orders and communication with law enforcement
- individualized resource planning/referrals
- assistance accessing low-cost/free legal services
- mental health counseling

- assistance with temporary/transitional housing
- short-term financial assistance and support groups

EMO's **Sponsors Organized to Assist Refugees (SOAR)** resettles hundreds of refugees a year. They link sponsors—congregations, friends or community organizations—with refugees before they arrive in the United States, and help sponsors welcome and assist refugees in their adjustment to a new life in the Portland metro area. Refugees are welcomed, given temporary homes with household items and food, and offered assistance as they learn a new language, develop job skills and search for employment.

SOAR
7931 NE Halsey Street, Suite 314,
Portland, Oregon 97213
(503) 284-3002
soar@emoregon.org
https://emo-soar.org/

Mission: Citizen

PO Box 28135
Portland, OR 97228
503-765-6867
https://missioncitizen.org/

Mission: Citizen is a student-run nonprofit dedicated to helping future US citizens pass the naturalization exam and become effective citizens. They offer free citizenship classes in the Portland Metro area at Sherwood Library, Roosevelt High School, and Beaverton City Library three times per year in terms of ten classes.

Oregon Worker Relief

Helpline: 1-888-274-7292 Monday–Friday, 9 a.m.–6 p.m.
https://workerrelief.org/
Contact: info@workrelief.org

Oregon Worker Relief recognizes that immigrant Oregonians experience economic hardship because they are intentionally excluded from public relief programs and unemployment insurance. Designed and implemented by the community and for the community, Oregon Worker Relief meets urgent needs statewide through their Home Fund, Worker Relief Fund, and Climate Change Fund programs to help immigrant Oregonians in need make ends meet.

Oregon Worker Relief provides direct support to immigrant Oregonians who are facing:

- Extreme heat, smoke and other climate disasters
- Complex immigration system
- Eviction and the housing crisis

Pacific Refugee Support Group (PRSG)

https://pnwrsg.org/

Pacific Refugee Support Group (PRSG) (formerly Portland Refugee Support Group) is dedicated to re-empowering refugees through education and social support so that they may find an independent life in the US. Government contracted resettlement agencies receive funding to support refugees for a limited time and are centered on initial needs. PRSG picks up where these agencies leave off by fostering self-sufficiency with programs centered on economic mobility, education, social capital, and community re-empowerment to support a successful transition to a new home.

WakeUp Beaverton!

https://www.wakeupbeaverton.org/school-supply-giveaway

WakeUp Beaverton! provides educational support services and distributional resources for BIPOC, immigrant and refugee, and underserved families. WakeUp Beaverton! believes that every child needs the tools to succeed in their education. To achieve this goal, WakeUp Beaverton! provides healthy food, physical exercise, school supplies, housing resources, educational tutoring, life experience training, after-school activities, and much more.

Incarcerated Adult and Youth Support Services and Programs

ALL RISE

All Rise Media
P.O Box 2485
Portland, Oregon 97208
https://allrisemedia.org/we-are-all-rise

ALL RISE is a social justice publication based in Portland, Oregon, developed, written, and curated by currently and formerly imprisoned people. Their mission is to help transform how those with lived experience of imprisonment are perceived and treated by providing a platform for creative expression, political advocacy, and connection-building between imprisoned people and the broader community. Issue One of ALL RISE was published in Winter 2020.

Through their digital platform and the publication of an annual print magazine, ALL RISE hopes to support imprisoned people to keep writing, creating, and raising their voice to an outside world that is ready to listen and take action.

ALL RISE started off as a physical magazine, the result of two years of collaborative work between prisoners and members of Portland's creative community. ALL RISE began as a program inside the Columbia River Correctional Institution, with the formation of an editorial committee made up of men imprisoned there. The aim of the program was to build a magazine from the ground up, from the mission statement, content, tone of voice, visual design, layout, typeface, color scheme and editorial principles. Every other Thursday for 18 months, the editorial committee met inside Columbia River Correctional Institution, inviting local writers, editors, graphic designers, illustrators and photographers to run workshops that focused on creating all the elements required for a professional publication.

Bridgeworks Oregon

https://www.bridgeworksoregon.org/new-page

Bridgeworks Oregon partners with individuals and groups to run programs that focus on well-being and education by using art, music, and cultural awareness to bridge societal divisions in Oregon. Bridgeworks strives to create greater equity to marginalized populations. and runs a number of programs in Oregon prisons. Bridgeworks Oregon produced the anthology *Prisons Have A Long Memory.*

Their current programs and projects include:

ponyXpress, 2023-ongoing
Bridgeworks runs on-site workshops to mentor adults in custody as they organize writing communities across the state; to that end, they publish the PonyXpress — an online journal created for these Oregon writers. An editorial board at Oregon State Penitentiary works with two mentors to solicit writing, select, and edit it. PonyXpress writers present their writing within their prison communities. Bridgeworks produces on-site workshops at prisons around Oregon to encourage submissions, along with a monthly newsletter for interested writers. Subscribe for free: *theponyXpress*.

The Ground Beneath Us, 2019-ongoing
Located at Oregon State Penitentiary, the Ground Beneath Us met monthly until Covid required that they pivot to a correspondence course, during which the group developed writing for the anthology *Prisons Have a Long Memory: Life Inside Oregon's Oldest Prison*. These men have formed an editorial board tasked to select, edit, and provide feedback on submissions for the ponyXpress.

Hecate's Lantern, 2022-ongoing
A sister writing project, Hecate's Lantern was designed to mentor women at Coffee Creek Correctional Facility. The Regional Arts & Culture Council provided support for the pilot program and publication of a chapbook. This group will continue to meet regularly as part of the ponyXpress writing workshops.

Bridgeworks Presents Film Fest, 2020-2022
As a Covid response, Bridgeworks created a film series that explored themes (such as feminist icons or director Hayao Miyazaki.) A workbook accompanied each series and provided background reading, discussion questions, and writing prompts. Oregon Humanities funding made it possible to extend the program to additional prisons across Oregon.

Folsom50 Oregon Prison Tour, 2017-ongoing
Live concerts produced in prisons statewide, led by Danny Wilson with the band Luther's Boots.

Contact online: *https://www.bridgeworksoregon.org/contact-1*

Girl Scouts Beyond Bars

https://www.girlscoutsosw.org/en/get-involved/join/ways-to-participate/girl-scouts-beyond-bars.html

Girl Scouts of Oregon and Southwest Washington's Girl Scouts Beyond Bars (GSBB) program uses Girl Scout experiences to strengthen the bond between girls and their mothers, grandmothers, aunts or sisters during the adult's incarceration at Coffee Creek Correctional Facility (CCCF) located in Wilsonville, Oregon.

Girls in GSBB earn badges, sell cookies, and go to overnight camp. In addition to enjoying the Girl Scout troop experience, girls also have a safe space to talk about their situation with other girls in similar circumstances.

Participating adults serve as troop leaders, and benefit from the program as well. With the support of GSBB staff, troop leaders co-facilitate troop meetings together with their Girl Scouts at the correctional facility. Alongside their girls, troop leaders develop positive decision-making and leadership skills, while also learning how to let the girls lead.

Youth are encouraged to continue participating in the program even after their loved one is released. Additionally, GSBB welcomes any girl who has a justice-impacted loved

one (whether or not they have a connection to Coffee Creek) to join their girl-only troop meetings in the community.

If interested in being part of Girls Scouts Beyond Bars contact: *answers@girlscoutsosw.org*

Liberation Literacy

Portland, Oregon
(971) 350-9178
liberation.literacy@gmail.com
https://www.liberationliteracy.org/

Liberation Literacy's mission is to build social justice literacy in prisons in order to reimagine and rearticulate the relationship between incarceration, the community, and ourselves. Liberation Literacy aims to be directly led and structurally driven by individuals who were formerly or are currently imprisoned, and people impacted by incarceration. To do so, their core goal is maintaining a connection and uplifting the needs of their members at Columbia Rive Correctional Institution (CRCI). The initiatives organized by Liberation Literacy reflect the current needs of those at CRCI such as supporting their families, roles as parents, food for their communities, housing, financial support, mental health, and trauma-informed healing.

The effects of COVID-19 have magnified the already inherent isolation of imprisonment for incarcerated members and their families. Liberation Literacy's outside groups meet regularly online to discuss how they can best support their incarcerated and formerly incarcerated members, and empower each other to fight against the prison industrial complex and build community care. Their community committees are how they organize and focus on initiatives. Liberation Literacy's current committees include: Imprisoned Member Contact + Transitions, Career + Housing Resources, Restorative Care, and Family Support.

Open Heart Open Minds

P.O. Box 4534
Portland, Oregon 97208
info@openheartsopenminds.org
https://www.openheartsopenminds.org/

Open Hearts Open Minds (OHOM) is a non-profit organization whose programs in prison promote healing and transformation through the process of making and sharing art, with each other and beyond prison walls. Their mission is to serve current and former incarcerated Oregonians by cultivating positive change through mentorship, dialogue, and the arts. They offer productions that are open to the public and invite

visitors to witness the innate creativity and complexity that lies with their program participants. Their hope is that through these productions they make visible the value that these individuals have, that they are more than their crime, and that returned citizens can be valuable member of their communities.

OSOM (Outta Sight Outta Mind) Music Program for men meets two hours per week at Columbia River Correctional Institution (CRCI) to write and record music. They have guest musicians come in and lead focused workshops. They host concerts inside featuring the guys in the program with outside performers.

Theatre at Coffee Creek Program for women at Coffee Creek Correctional Facility (CCCF), meets twice weekly and produces one to two shows annually, each a collage of songs, theatrical scenes, hip-hop poetry, spoken word, performance art, and movement—all written and performed by women at Coffee Creek. The program's facilitators won the 2019 Department of Corrections Volunteer of the Year award.

Two Rivers Theatre Program for men at Two Rivers Correctional Institution (TRCI). Once a year, this group puts on a production (usually Shakespeare) for other incarcerated adults as well as outside guests.

Dialogue Group for men at TRCI. This group meets weekly to discuss the stories we tell ourselves and how our thinking shapes our lives.

Storytelling for the Screen The curriculum covers all aspects of scriptwriting, including storytelling, story arc, character development, dialogue, and script conventions, such as formatting, jargon, transitions, shots, intercuts, and more. The program goal is to craft scripted stories for short films (10 – 15 minutes), tap into our collective wealth of insight and experience about life—both in general and on the inside, harness the healing potential of story creation, for creators and for viewers alike, raise awareness about prison life with the wider community and cultivate space for change, and include Adults in Corrections and Returned Citizens in all phases of film creation.

Oregon CURE (Citizens United for the Rehabilitation of Errants)

1631 NE Broadway #460
Portland, Oregon 97232
(503) 977-9929
www.oregoncure.org

CURE assists prisoners and their families in navigating the prison system and helps incarcerated individuals transition back to the community. CURE advocates for prison

reform and supports programs and treatment that enable prisoners to lead lives free of crime once they are released.

Oregon CURE provides support and publications to help families/friends navigate the Oregon prison system:

- Quarterly Intake Orientations
- Monthly Support Groups
- Quarterly Release Orientations

CURE hosts monthly support group meetings for Adult Family Members & Friends of the Incarcerated:

Beaverton Support Group/Statewide Support Group, 1st Wednesday of the month, 7–8:30 p.m. On zoom for now

Salem Support Group: 1st Saturday of the month, 9–11:30 a.m. Keizer Senior Center, 930 Plymouth Drive, NE, Keizer, Oregon 97303

Eugene Support Group: 1st Thursday of the month, 7–9 p.m. Call for location

NE Portland Support Group: third Wednesday evening of the month.

Check their website for further current details and contact information:
https://oregoncure.org/support-groups/

Oregon Department of Corrections Dog Training Programs

https://docblog.oregon.gov/tag/puppy-program/
https://docblog.oregon.gov/2022/10/07/eastern-oregon-correctional-institutions-jlad-service-dog-program/

Many of Oregon Department of Corrections' (DOC) 14 institutions have dog training programs. DOC partners with local organizations to house, raise, and train puppies and dogs–sometime to give them a better chance at adoption, and sometimes to prepare the dogs for work as assistance animals. At Coffee Creek Correctional Facility (CCCF), the prison partners with Canine Companions for Independence (CCI) to train puppies who will then provide independence to a person with a disability. These dog programs not only benefit the puppies, but the adults in custody (AICs) who work with the animals. In the case of CCCF, AICs train the puppies onsite for approximately 18 months before they move on to more expanded training.

Eastern Oregon Correctional Institution (EOCI) Joys of Living Assistance Dogs (JLAD) Service Dog Program started in 2016. Approximately 70 percent of the dogs graduate from the program. Only 16 dogs are trained at any given time, as the dogs are rotated in and out every week. At the start of the program, 36 commands were being used to teach the dogs. Today, there are over 90 commands used. In addition, some dogs are trained in advanced tasks specific to a recipient's disabilities – for example, dogs are trained to assist with anxiety, PTSD, and Parkinson's Disease just to name a few. The average time it takes to train a dog as a service animal is two years. At EOCI, a dog can be trained in just over a year, cutting the time in half.

EOCI hosts Passing of the Leash and JLAD graduation ceremonies where the adult in custody (AIC) presents the dog they worked hard to train to the new recipient. During the ceremony, AICs receive a certificate for the training they have completed.

Pathfinders of Oregon Corrections & Community Corrections Programs

https://www.thepathfindernetwork.org/programs/corrections-programs/
https://www.thepathfindernetwork.org/programs/community-corrections-programs/

Pathfinders has been delivering programs in the Oregon prison system since 1993 under a contract with the Oregon Department of Corrections. The goal of Pathfinders programs is to prepare criminal justice-involved individuals to re-enter society and avoid recidivism. Their cognitive programs focus on psychological skills development that provides offenders with the tools for changing negative behaviors through restructuring thought processes.

Pathfinders' **Corrections Programs** include:

Parenting Inside Out. Parenting Inside Out (PIO) is an evidence-based, cognitive-behavioral parent management skills program created for incarcerated parents.

Cognitive-behavioral restructuring

- Moving On – A gender responsive curriculum for women who are at risk.
- Prevention and Intervention programming for the segregation population
- Free Your Mind – CORE
- Free Your Mind in Prison – prevention program
- Free Your Mind in Segregation – intervention program

People who are currently incarcerated can contact Pathfinders at 833-269-8633.

Pathfinders' **Community Corrections Programs**
Pathfinders delivers programs and services for justice system-impacted individuals in partnership with community corrections agencies in Marion County and Jackson County.

Marion County As part of the transition from Jail to Community (TJC) Program at the Marion County Transition Center, Pathfinders offers evidence-based cognitive-behavioral programs focused on building cognitive and trauma coping skills. They provide both individual and group services to help participants prepare for release and success in the community. Program goals include reducing criminal activity, increasing positive behavior and employability, enhancing prosocial motivation, support and self-esteem, and motivating clients to embrace a crime free lifestyle. The Pathfinder Network is a service provider for the Marion County Reentry Initiative, a program of the Marion County Sheriff's Office Community Corrections Division.

Jackson County In collaboration with Jackson County Community Justice, The **Resilience & Recovery Project** is a peer support program for justice involved individuals. The R&R project provides an opportunity to build individual, social and community resources for long term resilience, recovery, and successful completion of supervision and reintegration into the community. Participants in the R&R project are offered ongoing and drop-in support and service navigation, peer support groups, classes and workshops, resilience and recovery action planning and more. Email *jcpeers@thepathfindernetwork.org* or call 541-231-0765.

PEN America Prison and Justice Writing Program

https://pen.org/prison-writing/

PEN America stands at the intersection of literature and human rights to protect free expression in the United States and worldwide. They champion the freedom to write, recognizing the power of the word to transform the world. Their mission is to unite writers and their allies to celebrate creative expression and defend the liberties that make it possible.

PEN America's **Prison and Justice Writing Program** has amplified the work of thousands of writers who are creating while incarcerated in the United States. By providing resources, mentorship, and audiences outside the walls, PEN helps these writers to join and enrich the broader literary community. Committed to the freedom to write in U.S. prisons as a critical free expression issue of our time, PEN leverages the transformative possibilities of writing to raise public consciousness about the societal implications of mass incarceration and support the development of justice-involved literary talent.

PEN America's Prison and Justice Writing program initiatives include:

Prison Banned Books Week To commemorate the first Prison Banned Book Week, PEN America released a new report showing the staggering extent of restrictions on reading materials for people in carceral settings.

The Sentences That Create Us PEN America's new book, The Sentences That Create Us: Crafting A Writer's Life in Prison (Haymarket Books) provides a road map for incarcerated people and their allies to have a thriving writing life behind bars—and shared beyond the walls—that draws on the unique insights of more than fifty contributors, most themselves justice-involved, to offer advice, inspiration and resources.

PEN Prison Writing Contest For over 30 years, hundreds of imprisoned writers from around the country submit poetry, fiction, nonfiction, and dramatic works to the yearly PEN Prison Writing Contest, one of the longest-running outlets of free expression for the country's incarcerated population.

Prison Writing Mentor Program PEN America's Prison Writing Mentor Program consists of more than 300 working writers in relationship with close to 300 incarcerated writers working together toward individualized literary goals and cultivating an engaged literary community through and behind the walls.

Writing for Justice Fellowship PEN America's Writing for Justice Fellowship commissions writers—emerging or established—to create written works of lasting merit that illuminate critical issues related to mass incarceration and catalyze public debate.

Works of Justice Publications and Podcast *Works of Justice* is a PEN America Prison and Justice Writing online literary series and podcast that explores the relationship between writing and incarceration, and challenges current conversations about criminal justice in the United States.

Prison and Beyond

Prison & Beyond is a seminar presented by U.S. Pretrial Services that provides important information about federal prison life and how to prepare for success, in and after prison. This panel seminar addresses the following topics: sentencing, designation, Bureau of Prisons, types of facilities, programs for inmates, prison survival tips, panel questions and more. The seminar is presented multiple times per year to help individuals prepare for serving their federal sentences. Family members are welcome to attend. To learn more about upcoming dates and to register email *Joanna_GarciaAvalos@orpt.uscourts.gov*.

Prison Pipeline

kbooppc@gmail.com
https://kboo.fm/program/prison-pipeline

Prison Pipeline is a radio program dedicated to educating the public about the Oregon criminal justice system. Their goal is to present a unique understanding of the criminal justice system, address the root causes of crime, and challenge the status quo. Prison Pipeline seeks to promote awareness and activism in order to foster a safe, healthy, and just society. Tune in every Monday at 6:30 P.M. to hear their hosts Karen James, Adam Carpinelli, Emma Lugo, & Doug McVay explore the Oregon justice system with a variety of guests. Hosts rotate weekly.

Project Pooch

P.O. Box 305
Lake Oswego, Oregon 97035
(503) 697-0623
info@pooch.org
https://www.pooch.org/

Project Pooch is a nonprofit organization that provides opportunities for youth at the MacLaren Youth Correctional Facility to develop the personal and vocational skills they need to become responsible, productive members of the community. The program accomplishes this by teaching youth to care for and train shelter dogs for adoption. The youth work with their dogs daily and practice the principles of positive reinforcement and behavior modification. As the trainers manage their dogs, they learn how to manage their own behavior. They also earn school credits, develop good work habits, and acquire valuable occupational skills.

The relationships, emotional support and mutual trust established between the trainers and dogs are pivotal to the success of the program. This bond helps the youth and the dogs develop the self-confidence and hope they need to build future relationships.

Youth develop responsibility, patience, and compassion for all life as they learn to train dogs and manage a kennel, and help dogs find their forever homes.

Native American Support Services

Native American Rehabilitation Association (NARA) NW

https://www.naranorthwest.org/

The mission of Native American Rehabilitation Association (NARA) NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.

The **NARA NW Youth Program** is prevention oriented and family focused. Through group activities, events, and staff support, the Youth Program strives to strengthen the resiliency of our youth. This program empowers youth to have a positive identity by teaching Native American/Alaska Native culture and values. NARA NW Youth Program offers weekly activity groups and skill development opportunities. It provides a safe space for youth age 10 -24.

https://www.naranorthwest.org/projects/youth-services/

NARA NW Youth Center
620 NE 2nd
Gresham, Oregon 97030
Phone: (971) 274-3757

NARA NW strives to encourage and strengthen the value of elders in our families and community. The **NARA NW Elders Program** holds regular lunches and partners with and hosts the Portland Indian Elders Support Group (PIES-G). NARA NW promotes inter-generational programming and provides case management and referrals as needed. *https://www.naranorthwest.org/projects/elder-services/*

NARA NW Oyate Building
1776 SW Madison St.
Portland, Oregon 97205
Hours: Monday–Friday, 8 a.m.–5 p.m.
Phone: (503) 224-1044

NARA NW Veteran Services are guided by their cultural director who trains and consults with staff on cultural competence and provides cultural programming for clients. NARA Veteran Peer Services include:

- Behavioral Health Support
- Assistance Navigating the VA
- Assistance Obtaining Benefits
- Help with a Discharge Upgrade
- Work or a Better Job
- Access to Social Supports
- Access to Physical Health and Mental Health Services

- Outreach to Individuals on the Streets, in Shelters, and in Hospitals
- Cultural Groups and Activities
- Substance Abuse Counseling
- Housing/VASH Assistance
- Telehealth Available

https://www.naranorthwest.org/projects/veterans/

Refer A Veteran
*Charley West, **Army***
Veterans' Behavioral Health Outreach Specialist
cwest@naranorthwest.org
(971) 420-7942

*Beau Boyd, **Navy,** CRM, PSS*
Veterans' Homeless Outreach Specialist
bboyd@naranorthwest.org
(971) 429-2233

*Tate Waggoner, **Air Force/Army,** MSW, CSWA, QMHP*
VASH Housing Specialist
twaggoner@naranorthwest.org
(503) 679-3264

Veterans' Behavioral Health Contact
veteransbh@naranorthwest.org

Contact Information:
Wellness Center
12360 E Burnside Street
Portland OR 97233
Phone: (971) 279-4800
Fax: (971) 279-2051

Veterans Crisis Line:
Phone 988, then press 1
Text 838255
Chat: https://www.veteranscrisisline.net/get-help-now/chat/

Native American Youth And Family Center (NAYA)

5135 NE Columbia Blvd.
Portland, Oregon 97218
(503) 288-8177
Christie Merrill, Community Reception Manager
https://nayapdx.org/

The Native American Youth and Family Center (NAYA) works to enrich the lives of Native youth and families through education, community involvement, and culturally specific programming. Their mission is to enhance the diverse strengths of their youth and families in partnership with the community through cultural identity and education.

NAYA Family Center offers a holistic set of wraparound services designed to create stability in the lives of their youth and families. They provide educational services, cultural arts programming, and direct support to reduce poverty to the Portland Metropolitan Area Native American community. They offer a wide array of comprehensive services and community-based solutions, including lifelong educational opportunities, cultural identity, leadership development, elders support, homes for families, early childhood programs, and paths to financial security based on traditional tribal values.

Youth and Education Programs:

NAYA's largest department is their **Youth and Education Services Department**.

The NAYA **Many Nations Academy (MNA)** serves 9th–12th graders in a culturally relevant, student-centered learning environment with a blended high school and college and career readiness curriculum. The Many Nations Academy Scholarship Fund allows students to concentrate on their education, free of financial worries.

NAYA Family Center also provides academic and social opportunities to grade school, middle school, and high school students throughout the Portland area to help them reach their full potential through academically rigorous learning opportunities, culturally specific programming, and provision of professional counseling and other support services. Advocates are sent to public high schools to support native students and to encourage them to remain in school. NAYA's Learning Center offers after-school educational and social programming. Another program offers wrap-around services for homeless youth (up until age 24) with referrals for housing, schooling, and tutoring. Their College and Career Office assists with scholarship applications, resumes, GED testing, and some one-on-one tutoring.

NAYA Youth Services offers seasonal programs and camps including a high school credit recovery program, a middle school and upper primary grade summer camp, and spring break camps focused on language arts, math, science, and cultural knowledge. All activities are hands-on and field trip based. These programs are free to qualifying students.

NAYA's **Culture, Education, and Wellness** team provides culturally relevant programming for 2nd through 12th grade youth and their families. Their services include afterschool learning center, seasonal camps, sports teams and camps, culture nights, and more. NAYA's culturally specific early childhood programming includes ready-to-learn programs, parent supports, and parent-child engagement services.

NAYA's **College and Career Center** seeks to increase the numbers of Native American youth attending and graduating from some form of education and training beyond high school. They offer services to prepare youth for college, including career exploration, school search and exploration, resources for standardized test preparation, admissions and scholarship assistance, and educational workshops for youth and families. All College & Career services are available online. Youth can get connected to Virtual College Night, online workshops & college visits, and to a coach online. The NAYA Many Nations Academy Alumni Scholarships are available to students who have attended or are currently attending the Many Nations Academy, planning to attend an accredited educational institution.

Community Economic Development NAYA Family Center offers programs to support economic well-being, including Individual Development Accounts (IDAs), financial wellness classes, Basics of Business, a Native Business Accelerator program, one-on-one business coaching, and opportunities with NAYA's marketplace and retail. They offer a 12-week course on native micro-enterprises where participants get information about licensing, budgeting, and branding.

NAYA's **Elder Services** include a permanent space on their campus for gatherings that is also used for Monday, Wednesday, and Thursday elder exercise classes. Through a grant from Multnomah County, NAYA Family Center provides free lunches for elders on weekdays. They also provide outreach and educational services that supply needed information and access to services available to elders in the community.

NAYA **Foster Care Services Program** assists youth and families who are involved with state or tribal foster care systems. They offer services to youth from birth to age 24 as well as their families. Young adults who aged out of foster care can also receive services through age 24. NAYA assists youth and families to identify and access other community resources. They support families with reunification or in finding other

permanent homes and recruit new foster families from the Native American community and support them through the certification process.

NAYA Family Center also maintains a **Community Garden** and runs a **Health Equity Program** to supplement public health services available. NAYA's **wrap around services** include emergency energy assistance, clothing closet, food pantry, homeless services and domestic violence interventions.

NAYA Family Center provides a continuum of **housing options** for members of their community through the work of their Community Development office that has developed a number of housing projects in the Portland area that provide affordable housing units and services. NAYA rents apartments, on a sliding scale, through their website. When funds are available, they offer rental assistance to homeless families.
https://nayapdx.org/services/housing/

NAYA's **Homeownership Program** provides culturally specific homeownership coaching, education, and programming to increase homeownership opportunities for Portland's urban Native community. All of their services are free and they are an equal housing opportunity provider. Their Homeownership Program is supported by the Portland Housing Bureau, Oregon Housing And Community Services, and the US Department of Housing and Urban Development.

Native Arts and Cultures Foundation – Center for Native Arts and Culture

Center for Native Arts and Cultures
800 SE 10th Ave.
Portland, Oregon 97214
(360) 314-2421
By appointment only

For mailing only:
1020 SE 7th Ave., Unit 14460
Portland, Oregon 97214
https://www.nativeartsandcultures.org/

The Native Arts and Cultures Foundation advances equity and cultural knowledge, focusing on the power of arts and collaboration to strengthen Native communities and promote positive social change with American Indian, Native Hawaiian, and Alaska Native peoples in the United States.

The **SHIFT – Transformative Change and Indigenous Arts** program supports artist and community-driven projects responding to social change issues through a Native lens. The program focuses on efforts that are built upon community cultural assets, resilience, and strengths and draws increased attention to Native communities, perspectives and challenges, shifting a national narrative of invisibility, misunderstanding and misappropriation. SHIFT provides resources for project development, production and presentation for the artists and their collaborators.

The program includes multi-year services for Native artists, cultural practitioners, and community partners, and allows for artists to consider more expansive projects and broad-based platforms for community engagement and presentation, while continuing to drive essential conversation on national and global issues.

Artists who have experience developing projects that are focused on engaging communities and the public to address community issues; building upon community strengths; and partnering with organizations to develop and present the work are encouraged to apply. *https://www.nativeartsandcultures.org/programs/shift*

The **LIFT – Early Career Support for Native Artists** program provides support to early career Native artists with one-year awards to develop and realize new projects. LIFT encourages artists to uplift communities, advance positive social change, point courageously toward environmental sustainability, and foster communal meaning making. LIFT consists of a suite of activities that includes financial support, artist professional development, evaluation, and communications/marketing support. Artists who are shaping their practices and for whom the award may serve as a launching point in their career are encouraged to apply.
https://www.nativeartsandcultures.org/programs/lift

Parenting and Family Services

Baby Blues Connection

P.O. Box 33128
Portland, Oregon 97292
1-800-557-8375
https://www.babybluesconnection.org/

Baby Blues Connection supports parents and their families coping with pregnancy and postpartum mood disorders, with information, resources, and community. They serve the greater metro area of Portland, Oregon and Vancouver, Washington.

Baby Blues Connection provides free and confidential one-on-one support for as long as needed, support for partners and family members, and information and resources. Baby Blues Connection builds community and connection through facilitated peer-to-peer groups and activities for parents, babies and small children. All of their groups are free of charge, they are LGBTQAI+ friendly, and participants do not need to pre-register to attend. Their parent groups meet multiple days per week at different in-person locations as well as online. *https://www.babybluesconnection.org/get-help/support-groups/*

Baby Blues Connection's Therapy Fund provides funding for counseling for people with financial hardship who are parenting a baby or child who is under the age of two, have a perinatal mood or anxiety disorder (PMAD) diagnosis and live within the Portland, Oregon metro area. Recipients will receive eight solution-focused, short-term therapy sessions with mental health professionals who are specially trained for working with PMADs.

Family SkillBuilders

P.O. Box 80524
Portland, Oregon 97280
(503) 442-2296
info@familyskillbuilders.org
https://familyskillbuilders.org/

Family SkillBuilders seeks to build strong families through relationally-based parent training. Their services include: In-Home Safety and Reunification Services (Specialized Parenting Services, Parent Training and Nurturing Parenting Curriculum, Foster Care and Adoption Support & Training), Parenting Groups, Family Visitation, and Bilingual and Bicutural Services in Spanish. They partner with various organizations throughout the greater Portland Metro area. *https://familyskillbuilders.org/services/*

Healthy Families Oregon

multiple locations throughout Oregon
https://www.oregon.gov/delc/programs/pages/healthy-families-oregon.aspx

Healthy Families Oregon (HFO) is a free, voluntary home visiting program that offers support and education to families who are expecting or parenting newborns.

Healthy Families Oregon is a multi-site state program. In 2019, HFO programs provided screening and referral services to 4,666 families of newborns (11% of all Oregon births) and evidence-based, intensive home visiting services to 1,961 of Oregon's most vulnerable families. HFO is shown to increase children's readiness for

school by helping families to raise securely attached, curious children who continue to learn and grow when they reach kindergarten.

Lullaby Project

educate@orsymphony.org
https://www.orsymphony.org/learning-community/community/lullaby-project/

The Lullaby Project – conceived by Carnegie Hall's Weill Music Institute – uses the creative process of songwriting to improve well-being and child bonds with parents experiencing housing insecurity and other challenging life situations. Together with musicians from the Oregon Symphony and local singer-songwriters, parents and parents-to-be create personal lullabies for their children, expressing their hopes and dreams for the future.

The Lullaby Project began as part of Oregon Symphony's Sounds of Home community initiative, and is in close partnership with Path Home (formerly Portland Homeless Family Solutions), a nonprofit organization that empowers homeless families with children to get back into stable, long-term housing.

Northwest Family Services (NWFS)

6200 SE King Rd.
Milwaukie Oregon 97222
(503) 546-6377
https://nwfs.org/about-us

Northwest Family Services (NWFS) supports family stability, children, and victims of crime by addressing social determinants of health. They are a culturally-responsive organization with a wide array of programs that address basic needs, housing stability, youth engagement, family support, and behavioral health in the Portland- and Salem-metro areas.

Their programs encompass a broad spectrum of support, including health and social service navigation, youth prevention and intervention programs, and outpatient alcohol and drug treatment. Recognizing the power of unity, they provide coalition support for drug-free communities and lend their aid to youth and families impacted by incarceration. NWFS is also a proponent of restorative justice, offering mental health services and job readiness and placement programs. NWFS offers a culturally specific shelter for Latina women and children who have endured violence.

NWFS's approach to family stability is holistic, incorporating couple's classes, parenting, and healthy relationship education. Their services, available in both English

and Spanish, extend throughout the greater Portland-Salem metro area. Their efforts also extend to housing stability, helping families and individuals secure the foundation they need to rebuild and flourish.

NWFS programs and services are available to everyone regardless of ethnicity, nationality, disabilities, religion, gender, sexual orientation or any other legally protected status.

Pathfinders of Oregon Community Programs

7305 NE Glisan St.
Portland, Oregon 97213
(503) 286-0600
Hours: Monday–Friday, 9 a.m.–5 p.m.
cffsinfo@thepathfindernetwork.org
https://www.thepathfindernetwork.org/programs/community-programs/

Pathfinders of Oregon offers holistic community-based services at their **Center for Family Success**, in east Multnomah County, for justice-impacted adults and their children. Programs they offer at the Center include: Parenting Classes, Early Childhood Home Visiting, Parent Advocacy, Peer Mentoring, Reentry Support, Family Engagement Activities, and Youth Mentoring.

Center for Family Success' mission is to improve outcomes for children of justice involved parents by providing parenting programs and family stabilization services. With a focus on family reunification and family strengthening, the Center works to break the cycle of family involvement in the justice system.

Programs include:

- **Parenting Inside Out**. Parenting Inside Out (PIO) is a parent management skills program for justice involved parents. PIO gives parents the skills to successfully reintegrate with their families and to parent their children in healthy, prosocial ways. The class is available in English and in Spanish. They offer 12-week and 6-week programs.
- **Caring Dads.** Caring Dads is a research informed program to help fathers improve their relationships with their children and end controlling, abusive, and neglectful behavior. The curriculum focuses on teaching fathers to develop skills to deal with frustrating situations, increase behavioral awareness and learn strategies to strengthen the father-child relationship. The group meets twice a week for 8.5 weeks.

- **Home visiting program.** Parenting Inside Out 1:1 Home Visiting is an individualize intervention program that focuses on 1:1 parenting skills tailored to fit family goals that include bi-weekly home visits for a minimum of 6 months.
- **Parent Advocacy.** Parent advocates provide individualized support to parents to assist them in achieving stability as they participate in services at the Center for Family Success. Advocates provide resource navigation, engage in collaborative communication with community partners, allocate resources to reduce barriers to program attendance, provide life-skills coaching, assist with parenting plans and goal setting, and help clients increase self-sufficiency.
- **Peer Mentoring.** Parent Partners help participants navigate systems while providing emotional support and skill building. Mentors have lived experiences with justice systems and/or I the recovery community.
- **Gender-Responsive Trauma Coping Skills Groups**. Healing Trauma for women and Building Resilience for men are gender specific skill-based support groups to help parents who have experienced trauma, adversity and stress. The groups are designed to help build insight and skills to cope with trauma and its effects. These groups meet twice a week for 3 weeks.
- **Family Engagement Events.** The Center provides free family engagement events at least once a month, which allow parents and children to have fun in a pro-social environment. Events include recreational activities such as picnics, hiking, and swimming, holiday parties, visits to local museums, and educational workshops.
- **Reentry Support.** Center advocates provide individual and family support to parents as they transition out of jail or prison.

Recovery Support Services

Alano Club of Portland

909 NW 24th Ave.
Portland, Oregon
(503) 953-4055
https://www.portlandalano.org/peerconnect

Alano Club of Portland is a recovery-oriented community center that provides mutual-aid support meetings and recovery services in Oregon. They offer an accessible and supportive environment for individuals and families recovering from alcoholism, drug addictions, and other addictive disorders. Alano Club offers more than 100 weekly recovery support meetings, recovery seminars and workshops, yoga and meditation

classes, sobriety-based social events, information and referral services for treatment resources, and holiday celebrations for the recovery community. All Alano Club services and programs are free of charge.

Alano Club's in-person meeting schedule is extensive and can be found online: *https://www.portlandalano.org/meeting-schedule* They also connect members with daily online recovery meetings. *https://www.weconnecthealth.io/free-online-support-meetings*

Alano Club's Peer-Connect program provides certified recovery mentors, all of whom have lived experience. The mentors offer one-on-one support, encouragement, and goal-setting to their mentees. To obtain a mentor fill out a request form online. *https://www.portlandalano.org/peerconnect* Sobriety is not a requirement for obtaining a mentor. Together the mentor and mentee will form a plan. Mentors are flexible in what they can do. They might provide transportation to meetings, attend meetings with mentees, provide bus passes, locate housing, take new-comers out to dinner, or assist with residential treatment placements.

Alano Club sponsors a free **Recovery Yoga** class twice weekly and mindful meditation classes. *https://www.portlandalano.org/recovery-yoga*

Alano Club sponsors a **Sounds of Recovery** group in which participants express their recovery journeys through sound, music, and the spoken word. The Sounds of Recovery groups take place in their basement meeting space. *https://www.portlandalano.org/sounds-of-recover*

Alano Club partners with **Ben's Friends** to provide free monthly cooking classes through their Plates for People program. *https://www.portlandalano.org/plates-for-the-people*

Alano Club meeting rooms are rented by self-run groups such as **Smart Recovery**, **AA**, **NA**, **Psychedelics in Recovery**, **Al-Anon**, and **Peak Recovery**. Peak Recovery groups offer mountaineering, split-boarding, and rock-climbing experiences.

A free monthly expungement clinic is held the first Monday of the month from 5–7 p.m. *https://www.portlandalano.org/expungement-clinic*

Artists in Recovery

https://www.portlandalano.org/artists-in-recovery

Artists in Recovery, a project of Alano Club of Portland, is a program designed highlight the intersection between recovery and creative practices through free workshops, classes, and public events featuring nationally renowned artists in recovery,

or connected to the recovery community. Through free classes like The Break, a series of free workshops and conversations led by award-winning poet, teacher and poetry editor for The Nation Kayeh Akbar, presented in partnership with All Rise, Artists in Recovery brings unique, innovative programming to people in or seeking recovery.

Ben's Friends

bensfriendshope@gmail.com
https://www.bensfriendshope.com/meetings

Ben's Friends is a community of chefs, bartenders, line cooks, servers, sommeliers, host and hostesses, GMs and owners who have found or are seeking sobriety. Their mission is to offer community, hope and a path forward for those struggling with substance abuse and addiction. At their core, they are hospitality workers who have found connection, and the tools to seek and maintain sobriety while managing their careers and lives in a sane and purposeful way.

Ben's Friends meetings are open to anyone interested in sobriety and support, whether they are currently sober or just beginning their journey. Their one-hour meetings are currently taking place on Zoom or in person depending on COVID-19 restrictions in each city. See their online links.

The goal during their meetings, both over Zoom and in person, is to provide a safe space for members to connect and support one another with compassion and acceptance. They value and respect members' anonymity and welcome listening or participation, whatever feels right for participants.

Bridges to Change Club Hope

100 SE Cleveland
Gresham, Oregon 970303
Monday–Friday, 8 a.m.–5 p.m.
https://bridgestochange.com/immediate-care/

Bridges to Change Club Hope is a drop-in recovery community center open to anyone wanting recovery from addictions and a bridge between professional services and the recovery community. They offer a comfortable space with couches and tables as well as a computer room. They have full laundry facilities and showers. Club Hope provides free lunches and flex spaces for recovering people to hang out, or meet with a friend, sponsor, or mentor. Club Hope has a full schedule of a variety of recovery meetings throughout the week that are listed on their up-to-date online calendar:
https://www.bridgestochange.com/immediate-care/#calendar-527

Bridges to Change Peer Mentors are on-site during Club Hope's hours and available to help individuals get the support they need for recovery. No appointment or referral is needed. Peer mentors are integral to the wrap-around services that Bridges to Change provides and their peers adopt a harm reduction approach. Club Hope Peer Mentors can help with basic needs, such as help with treatment, bus transportation, food stamps, ID/birth certificates, job search, housing resources and medical care, as well as recovery needs, such as finding recovery communities, dealing with everyday stresses, positive connections, and understanding from having similar experiences. Peer mentors can help with bus passes and other resources as well such as detox, treatment, or homeless centers.

Club Hope will soon be opening a 26-bed community access center in the same building with meals, bunk beds, and lockers available for belongings. The access center will provide temporary safe housing for individuals coming out of detox who are awaiting treatment beds.

Contact: Club Hope supervisor, Antonia Byars at *(971) 754-8626* or by email at *antonia@bridgestochange.com*

Criminals Anonymous Fellowship (Crim-Anon)

https://crimanon.org/

Criminal Anonymous is a recovery fellowship comprised of men, women, youth, survivors, and their families that are committed to supporting and living a crime-free lifestyle. They hold recovery in-person and Zoom meetings at various locations in the Portland area as well as elsewhere in Oregon and southern Washington. Crim-Anon applies the original 12 Steps and 12 Precepts of Criminal Anonymous (The CA Way). *https://crimanon.org/meetings*

Crim-Anon also offers legal assistance with expungements. *https://crimanon.org/legal-services*

Folk Time

Free to Be Me
4837 NE Couch Street
Portland, Oregon 97213
(503) 238-6428
https://www.folktime.org/

FolkTime is a peer-to-peer socialization and relapse prevention program that focuses on wellness and recovery. Their social programs are created by and for members. All of the

sites are operated by members who are in recovery and have stabilized their condition to the point of accepting a leadership role within FolkTime. FolkTime Peer Connection Centers are free and open to anyone over 18, regardless of health care affiliation.

Their **Peer Connection Center** in the Portland metro area is, **Free To Be Me**, located in Community of Christ Church (unaffiliated), 4837 NE Couch Street, Portland Oregon 97213. *Hours: Monday, Wednesday, Thursday 10 a.m.–2 p.m. (503) 709-2450*. Their in-person and virtual schedule can be accessed online:
https://www.folktime.org/socialprograms

Folk Time offers a number of Peer Support groups.
https://www.folktime.org/supportgroups

FolkTime Peer Support Specialists are able to assist individuals as advocates and supports in the community. They also provide Peer Support trainings at their Training and Technical Assistance Center. *https://www.folktime.org/training*

Miracles Club

4200 NE MLK Blvd
Portland, Oregon 97212
(503) 249-8559
https://www.miraclesclub.org/

Miracles Club is a Black, peer-led recovery center committed to providing safe spaces for marginalized, historically oppressed racial and ethnic groups. They serve all individuals looking to find freedom and/or reduce harm from alcohol and drug abuse. Their mission is to maintain a recovery focused environment where all people feel safe to heal. They provide Certified Recovery Mentors.

Northstar Clubhouse

5600 NE Glisan Street
Portland, Oregon 97213
Phone: (971) 271-7273
Hours: Monday–Friday, 9 a.m.–5 p.m.
info@northstaror.org
https://www.northstarclubhouse.org/

NorthStar is a mental health recovery program for adults in the Portland metro area who live with mental health challenges. NorthStar's structure strengthens social and vocational skills and, provides access to employment and educational services. NorthStar follows the psychiatric rehabilitation model of Clubhouse International, a

non-profit that creates sustainable mental illness solutions by nurturing new and existing clubhouses. Clubhouses are community-based centers that offer member opportunities for friendship, employment, housing, education, and access to medical and psychiatric services. The goal is for members to return to productivity and achieve a sense of belonging in a comprehensive, caring, and safe environment.

Members, in partnership with staff, operate employment, education, and nutrition/wellness programs. Membership is free and open to all adults with a mental illness diagnosis who reside in the Portland Metro area.

NW Instituto Latino

10209 SE Division St., Building B, Suite 100
Portland, Oregon 97206
(503) 719-7609
Hours: Monday–Friday, 9 a.m.–9 p.m.; Saturday, 2–10 p.m.
Marlensana Bria, Program Manager
info@nwilpdx.com
http://nwilpdx.com/

NW Instituto Latino's mission is to support the Latina/o/x and Spanish-speaking community on their path to recovery. They believe that through the power of our culture and a strong community, those struggling with alcohol and drug disorders can improve and find their own path to recovery.

NW Instituto Latino's **Support Center** offers long-term barrier-free no-cost culturally specific bilingual addiction recovery support services in Spanish/English to the Latina/o/x and Spanish-speaking community in the Portland area. Because they are not a treatment provider, they do not charge for their services and do not require health insurance. They work with anyone who is seeking support for alcohol and drug recovery. Everyone is welcome, regardless of race, gender, sexual orientation, religion, ability, ethnic identity, immigration status, or family status.

The Center employs exclusively bilingual staff members (Spanish and English) and the main language used at the Center is Spanish. The Center has a stabilization room, a computer room for job searches, Wi-Fi, a conference room, a kitchen, and a supply closet. There are mentors on site who run "processing groups" for elders, men, and women. AA, NA, self-help, and LGBTQ support groups are held in Spanish. Food is provided during meetings.

In additional to mentors, the Center employs two case managers and a harm reduction manager. Center staff also provide outreach on the street. The Center stocks and

distributes syringes, Narcan, condoms, sharp containers, socks, tents, sleeping bags, coats, and hygiene items.

Painted Horse Recovery Center & Recovery Mentoring

10209 SE Division St. Bldg. D
Portland, Oregon 97266
(971) 205-5144
Hours: daily 2–10 p.m.
Jerrod@paintedhorserecovery.org
https://www.paintedhorserecovery.org/services

Painted Horse Recovery Center offers drop-in support for Native Americans and others who are looking for culturally specific services. Their services are open to anyone wanting recovery support and they include 12 step meetings, such as wellberiety, Native based AA, NA, recovery events, skill building groups, and culture nights for Native American families. The Recovery Center is alcohol and drug free. It provides a safe space to engage in cultural activities by embracing Native American traditional ways, such as drumming, drum making, and native-based sobriety meetings, as well as a place to connect with other Native Americans on a similar journey.

The Recovery Center has pool and foosball tables, a play station, a TV, a kitchen, a clothing closet, books, lockers, a crafts room, meeting rooms for a wide range of drug and alcohol treatment groups, a medicine closet, a children's room, and a storage room.

Painted Horse Recovery provides free Native-based substance use recovery peer services to adults. All peer services are delivered by Certified Recovery Mentors with at least two-years of abstinence. To obtain a mentor, an intake is done to assess past and current addiction issues. Mentors assist mentees in making positive connections to the native community and in making referrals for treatment and other assistance programs.

Plates for the People

https://www.platesforthepeople.org/

Plates for the People is a project of the Alano Club of Portland and Ben's Friends. It is a series of free, monthly cooking classes for people in or seeking recovery, taught by award winning local chefs in recovery. Classes met the third Tuesday of each month. Class signup is online: *https://www.platesforthepeople.org/sign-up*

Plates for the People brings the recovery community free, accessible classes where students learn about budgeting, meal planning, and how to cook delicious, healthy dinners that they can repurpose for multiple meals to feed themselves and others. Each

class begins with the visiting chef sharing about their own journey with cooking and recovery and, concludes with the chef and students sharing a meal, and their stories, with each other. Free follow-up classes are offered by Feed the Mass, the only non-profit cooking school in Portland.

The Alano Club of Portland and Ben's Friends, along with Cookshop and Feed the Mass, partner with some of Portland's best, award-winning chefs to give people in or seeking recovery an opportunity to learn more about nutrition, meal planning, and meal preparation using fresh, healthy ingredients.

Recovery Gym

931 SE 6th Ave.
Portland, Oregon 97214
(971) 302-6630

1060 SW Baseline St.
Hillsboro, Oregon 97123
https://www.therecoverygym.org/

The Recovery Gym (TRG) is the Pacific Northwest's first fitness center dedicated to helping people on the path to recovery for substance use and mental health disorders. The Recovery Gym is open to people in recovery as well as family members and supporters of people in recovery. It is a project of the Alano Club of Portland. TRG aims to be a place where both people in recovery and the allies of people in recovery feel welcomed, comfortable and supported, strengthening recovery one rep at a time.

The Recovery Gym offers **Physical Activities** (functional fitness, rock climbing, weight training, running club, and hiking club), **Wellness Activities** (mindfulness, meditation, nutrition education, essential oils classes, smoking cessation, stress reduction), and **Recovery Activity** (recovery mentoring, resource referral, and pro-social events). For those in or seeking recovery, their services are free for the first year of membership. After the first year, sliding-scale membership fees apply.

The Recovery Gym offers cross-fit classes daily, beginning at 6:00 a.m. and their last is at 6:30 p.m. Classes are led by trained instructors. The Recovery Gym works with people of varying skill, strength, and coordination levels, including homeless people and individuals with disabilities. Each class can have up to 15 participants.

Online class schedule: *https://recoverygym.sites.zenplanner.com/calendar.cfm*

Request information at *https://www.therecoverygym.org/join-trg/*

To make an appointment, go to their website to fill out an application and sign the necessary waivers, including an agreement not to come to the gym after using.
https://www.therecoverygym.org/join-trg/

The Recovery Gym also has peer mentors to support participants and assist them with matters like housing (often after graduation from treatment) and with locating transportation. Their peer mentors have been trained in harm reduction. Twice a month the Recovery Gym holds an expungement clinic. They have also been involved with other Alano Club of Portland projects, like Artists in Recovery and Plates for the People.

Village Resources

(480) 737-3595
vrrentry@gmail.com
https://villageresources.org/

Village Resources is a non-profit designed to mitigate the initial barriers that male and female "Adults in Custody" encounter after release from Oregon correctional facilities. Village Resources was created to address and provide post-release resources during the first 30-60 critical days after release. They offer mentorship and guidance to individuals immediately after leaving the prison environment to assist them in the planning and logistics necessary to access key daily living resources, and to support them in maintaining pro-social behaviors consistent with appropriate community living.

Village Resources primary focus is to provide support and resources designed to mitigate the barriers to successful transition, as well as supporting pro-social thinking by modeling, and addressing criminal thinking behaviors. To help them on their reentry journey Village Resources provides a variety of daily living essentials.

Their programs include:

Restored Bike Program Village Resources receives used and repairable bikes and restores them in working condition for donation to individuals who have suspended licenses and/or no means of transportation at release, and require alternative transportation to make required visits to programming, parole officer reporting, and employment locations. Bike parts are purchased at wholesale from a local bike store, and the bike repairs are conducted by volunteer engineers from a local software company.

Resource Deliverables Village Resources provides:

- over the over-the-counter cell-phones with minutes to support employment and community resource connection, based on assessed need.
- transportation and mentoring support to mitigate barriers associated with accessing resources necessary for successful daily living.
- additional daily living necessities such as work ready clothing, a hygiene kit, work boots and tools designed to encourage and support immediate employment.

Mentoring Support Trained mentors are available to be assigned to each release and, will be in contact with the inmate both prior to and after release with the goal of establishing a list of immediate needs at release, including assistance in applying for SSI/SSD, supplying housing and employment contact resources, and encouraging affiliation with community support groups.

https://villageresources.org/our-programs/

Reentry Support Services

Beyond These Walls

P.O. Box 1300
Portland, Oregon 97213
https://www.beyondthesewallslgbt.org/reentry-support

Beyond These Walls is a non-profit based in the Pacific Northwest that works to achieve justice and liberation for LGBTQIA2S+ people incarcerated in the Pacific Northwest and the world through advocacy, service, and organizing.

Beyond These Walls was founded in 2011 as a project of the National LGBTQ Task Force. It started as a project to send cards to LGBTQ prisoners during the holidays, but they decided to try to extend community to LGBTQ family living behind bars. Over the years they have evolved into a robust community of people offering a number of programs to support LGBTQ prisoners.

Beyond These Walls is a Trans led organization with an exclusively LGBTQ staff and advisory committee. They believe in an LGBTQ community without conditions, where they welcome and embrace people trying to be a part of their community, even if they've made mistakes. They believe the criminal justice system is inherently flawed

and if people who are locked up are asking us for help right now, they have to answer their calls.

In addition to supporting members of the LGBTQ community while incarcerated, Beyond These Walls also provides Reentry Support:

- $14,000 reentry assistance and support to individuals in prison
- 32 care packages that include an outfit to wear on release
- 45 direct cash support to both currently and formerly incarcerated
- Provided LGBTQIA+ related training to Washington State DOC Reentry teams

Fresh Out Community Based Re-Entry Program

(503) 764-8373
(503) 819-1695
freshoutpdx@gmail.com
https://freshoutcbrp.org/

Fresh Out Community-Based Reentry Program helps underserved, overrepresented men and women transition from prison to the community. Their focus is on helping Black and African American populations transition from prison, back into society.

The Fresh Out Community-Based Reentry Program was formed in 2007 by a group of formerly incarcerated African-American individuals. They saw a need to help other formerly incarcerated individuals successfully reenter into the community, focusing on the African American population. They felt that ex-offenders would more readily engage in services when encouraged by former incarcerated persons who have successfully been down the same path.

The Program assists formerly incarcerated individuals with bus fare, food, clothing and mentoring in hopes to end the cycle of recidivism. Services and support provided includes: employment referrals, housing referrals, drug/alcohol referral, behavioral health referral, peer-to-peer counseling, family support services, access to public transportation, food boxes, clothing, and volunteer opportunities.

Going Home II

Behavioral Health and Social Wellness Center
1523 NE 6th Ave
Portland, Oregon 97232
(971) 420-8207 (during business hours)
(503) 793-1249 (after hours)
Hours: Monday–Friday, 9 a.m.–6 p.m.
goinghometwo@gmail.com

Going Home II works primarily with gang members looking to extract themselves from gang activity. Their target population is people of color. Staff members lead meetings in the prisons and help people transition from prison into clean and sober housing upon release that Going Home II maintains, both for men and women. Going Home II believes the only successful approach to reintegration is holistic, and they are committed to providing material and professional resources, as well as socio-emotional support.

Before release from custody, Going Home II helps individuals gain skills that improve their decision making, planning, and job or career prospects. After release they provide safe housing and personal and professional support, as needed. Going Home II partners with Columbia River Correctional Institution (CRCI) on several community-based events held at their facility to create a bridge between adults in custody and the community they will return to. Going Home II goes into CRCI twice a week, once to host group mentoring sessions and once to host behavioral therapy classes.

Going Home II's **Transition and Reentry programs** work with incarcerated and recently released individuals to support their transition back into the community. They provide behavioral therapy courses, mentorship once released, transitional housing, and re-entry planning. Peer supports assist clients with employment, housing, obtaining IDs, HOP passes, Social Security, and cell phones (with two months of free calls). They maintain a clothing closet with job-search appropriate clothing and they have bikes people can use if there is no public transportation to their job. A men's group is held on Saturday mornings.

Their **Behavioral Health and Social Wellness** programs are delivered through a culturally specific lens to support those in the Black community suffering from addictions. Their services are free of charge and can be accessed by anyone in need. The services they provide include peer support services, housing support, employment support, and transitional housing for both men and women.

Going Home II's **Violence Prevention and Community Safety programs** provide interventions with the goal of making the community safer and providing a new path for individuals that are at high risk of committing violence through behavioral therapy courses, intensive case management for those at high risk of committing gun violence or becoming a victim of gun violence, through street level outreach workers that work to deter potential gun violence as well as retaliations, funerals and relocation assistance, transitional housing for both men and women, assistance to incarcerated individuals with re-entry supports, and support for victims of gun violence. To obtain services or for more information call Going Home II or email *shlomax@goinghome2.org*

Going Home II also provides opportunities for individuals they serve and their families to engage in prosocial activities, like family weekend camps and community meals, and they provide assistance in navigating systems and locating needed supports.

Insight Alliance

1621 NE 2nd Ave.
Portland, Oregon 97232
(503) -543-1800
contact@theinsightalliance.org
https://www.theinsightalliance.org/

The Insight Alliance works in prisons and in the community to transform the lives of adults and youths impacted by the carceral system by pointing them to their innate resilience and wellbeing. The Insight Alliance does so through/offers the following programs and resources:

Insight To Wellbeing Program
Insight to Wellbeing is the Insight Alliance's signature 10-week, evidence-based program that's offered in a group setting for 1.5 - 2 hours per week. The program is led by a cohort of trained teachers who utilize a strengths-based curriculum designed to teach an understanding of the mind and human experience for the purpose of reducing risk factors, uncovering resiliency, and promoting emotional and psychological well-being for adults and youth in the criminal justice system. This is taught through a compilation of sessions that speak to the potential, ability and resilience inside every human.

Currently, Insight to Wellbeing is offered at:

- Columbia River Correctional Institution (CRCI), Portland, Oregon
- Coffee Creek Correctional Facility (CCCF), Wilsonville, Oregon
- MacLaren Youth Correctional Facility, Woodburn, Oregon

- Oak Creek Youth Correctional Facility, Albany, Oregon
- NW Regional Re-entry Center, Portland, Oregon

They also offer Insight to Wellbeing through community-based partners such as Morrison Child & Family Services, the Federal DSTART (Deferred Sentencing To Advance Rehabilitation & Treatment) program, and Parrott Creek Child & Family Services.

https://www.theinsightalliance.org/insight-to-wellbeing

Peer Mentorship Program
The Insight Alliance's peer mentors offer support to their mentees as they navigate life after being released from prison, typically alongside a Case Manager. Peer mentors provide educational, career, and recreational supports and opportunities to their mentees. Participants who share similar life experiences are paired, enabling mentors to gain a deeper understanding of the challenges their mentees are encountering.

Mentee-mentor meetings take place in person or virtually, at least once a month, with the frequency determined by both the mentor and mentee. Mentees and mentors also have opportunities for more informal check-ins, through phone calls, texts, emails, etc.

Becoming a Mentor: The Insight Alliance welcomes mentors who have had lived experience with the prison system and have participated in their Insight to Wellbeing program. Most of all, The Insight Alliance seeks individuals who are genuinely interested in intentionally supporting individuals as they reenter their communities from prison. All peer mentors are paid a monthly stipend.

Becoming a Mentee: Mentees are individuals who have recently been released from prison and have gone through The Insight Alliance's 10-week Insight to Wellbeing program. All referrals for this program come from Insight to Wellbeing teaching team.

https://www.theinsightalliance.org/peer-mentorship

Moments of Insight The Insight Alliance also distributes an interactive newsletter in Oregon's prisons, Moments of Insight, that was launched in the spring of 2020 in response to the COVID-19 pandemic. Moments of Insight features stories, poems and artwork from folks in prison, and aspects of The Insight Alliance's educational model. Newsletters are issued year round. Past issues can be accessed online.
https://www.theinsightalliance.org/moments-of-insight

Good Neighbor Clothing Closet The Insight Alliance provides free clothing to community members in need who have been impacted by the carceral system,

addiction, and homelessness. they partner with other nonprofits in the area to provide clothing to their clients. Partner organizations pay a monthly fee and then receive a designated, weekly time slot to bring clients. Additionally, clients accessing other services from The Insight Alliance can receive free clothing.
https://www.theinsightalliance.org/clothing-closet

Multnomah County Health Assessment and Treatment (HAT) Team

421 SW 5th Ave. 3rd floor
Portland, Oregon 97204
(503) 988-3081
https://www.multco.us/dcj/hat-team

The **Health Assessment and Treatment (HAT)** team is a coordinated effort between the Multnomah County Department of Community Justice and the Multnomah County Health Department aimed at improving access to healthcare by connecting adults involved in the criminal justice system with community-based support services and providers. Each position plays an integral role in targeting formerly incarcerated individuals with a chronic disease or mental health issues and assisting them with successfully transitioning back into the community. Assistance is given to those paroling from state institutions to enroll in OHP and getting them set up with the support services they need.

The HAT team consists of:

- Community Health Nurse
- Community Health Worker
- Corrections Counselors
- Parole/Probation Officers
- Dual Diagnosis Evaluators

The nurse, health worker, corrections counselor, and parole/probation officer (PPO) establish a care plan with the client. This care plan includes enrolling with a primary care provider (PCP), finding a pharmacist and getting prescriptions filled, educating the client about chronic disease management, assisting in obtaining vital records, and connecting to safety nets like SNAP (Supplemental Nutrition Assistance Program). Additionally, the team engages in advocacy for other needed supports, such as housing and transportation, to increase client engagement, stabilization, and successful transition into the community. The care plan is intended to set the client up for long-term success by teaching them how to navigate the system and advocate for themselves, while creating a shared understanding between the healthcare and community corrections communities.

NewStart Reentry Resource Center

8044 SE Harold St.
Portland, Oregon 97296
(503) 772-2300
Hours: Monday–Friday, 8 a.m.–4:30 p.m.
https://seworks.org/newstart/

The NewStart Reentry Resource Center is a program dedicated to helping people successfully re-enter the community after incarceration from State or Local Jails in Multnomah County within the last two years. It is run by Worksource Oregon and SE Works.

Their Navigators/Case Managers assist with:

- Support services funding
- Securing ID
- Navigating community resources for housing, health, treatment, family reunification, disability services
- Housing Referrals and emergency vouchers
- Access to phone, email, fax, internet, mailbox

Employment assistance includes:

Case management, resume development, master application assistance, subsidized on the job training, work related training certifications and transitional and career track placement services.

Drop-in any time to briefly speak with their navigators. No appointment or calls are required.

Northwest Regional Re-entry Center (NWRRC)

6000 NE 80th Ave.
Portland, Oregon 97218
(503) 546-0470
https://nw-rrc.org/

The Northwest Regional Re-entry Center (NWRRC) helps offenders make a safe and successful transition from prison to their communities. Working together with the Bureau of Prisons, United States Probation and Pretrial Services, and other community agencies, they serve up to 125 men and women in a transitional supervised

environment. While in their program, individuals work to gain suitable employment, secure housing, and reunite with family.

NWRRC is committed to assisting individuals releasing from prison with securing meaningful employment in the communities in which they will reside, obtaining an appropriate residence, and adequate mentoring support. Partnerships with employers in the Portland/Vancouver metropolitan area communities are essential to re-entry success.

NWRRC offers a **Resource Room** that consists of eight computers with internet access, reference material for job searching and preparation, and staff Resource Specialists who work with each resident. Phones are available to make and receive calls from potential employers. The **Resource Specialists** who staff this room provide a comprehensive employment orientation for every individual including an employment assessment, resume and cover letter preparation, development of a criminal history statement, job searching skills practice, and mock interviews. Residents are also provided with referrals to partner agencies for job matching, computer classes, vocational rehabilitation, trade programming, and cognitive and soft skill building classes. *https://nw-rrc.org/resident-resources/*

Support Programs Current support program services available to NWRRC residents include:

- Individual counseling appointments on a weekly or as needed basis with their onsite Mental Health Counselor
- Referrals for additional mental health services to partner agencies such as Lifeworks NW
- Referrals to outside programming for substance abuse, mental health, domestic violence, anger management, and life skills
- *Rent Well* Tenant Education classes with a Home Forward landlord guarantee upon successful completion of course
- In house *Narcotics Anonymous* Group every Wednesday, 6:30 to 7:30pm
- In house *Alcoholics Anonymous* Group every Thursday, 7:00 to 8:00pm
- In house *Seeking Safety* Group (addressing PTSD and substance abuse) every Tuesday, from 6:30 to 8:00pm
- Schedules for offsite (free) walk-in SMART Recovery Groups are available (SMART stands for Self Management and Recovery Training and is a secular, cognitive/ behavioral-based recovery group)

- NWRRC is actively seeking to offer a weekly in-house SMART Recovery meeting in the near future

https://nw-rrc.org/resident-resources/

Case Management NWRRC offers case management services to all residents during their entire placement. Although NWRRC is a non-profit organization, residents are still in the custody of the Bureau of Prisons or on supervised release until their release date. Placement at NWRRC allows individuals to work, pay subsistence, attend treatment, and progressively earn passes to a release residence and eventually Home Confinement if eligible. Residents work with their assigned Case Manager to develop an Individual Personal Plan (IPP) that includes identifying housing/release plans, employment, financial obligations and support systems. Goals are identified and reviewed each week. *https://nw-rrc.org/case-management/*

NWRRC also runs a state Aid and Assist Program. *https://nw-rrc.org/aid-assist-program/*

Oregon Department of Corrections (DOC) Reentry and Release Services

https://www.oregon.gov/doc/divisions-and-units/Pages/correctional-services.aspx

Oregon Department of Corrections (DOC)'s Re-entry and Release Services provide transition classes, re-entry preparation, and individualized release planning services to inmates in DOC institutions and Oregon Youth Authority facilities. These services extend to county re-entry programs, Oregon inmates housed out-of-state, and Oregon inmates serving a concurrent sentence in another state.

Staff specializing in re-entry and release develop a plan to help individuals return to the community. They assist with basic needs like housing, employment, and medical and mental health care.

DOC partners with the releasing inmate, county community corrections agencies, Oregon Board of Parole and Post-Prison Supervision, DOC medical and mental health professionals, state and federal agencies, and private providers.

Re-entry and Release also assist with other benefits inmates might be eligible for prior to release, including: Oregon Health Plan, Medicaid, Veterans benefits, Social Security, and State-issued identification through the Oregon Department of Motor Vehicles.

Phoenix Rising Transitions

P.O. Box 723
Gresham, Oregon 97030
(503) 465-5490
https://phoenix-rising-transitions.org/

Phoenix Rising is a community-based nonprofit bringing together prisoners, former prisoners, and community members working toward the transformation and success of people as they rejoin the community after prison. They have been working in Oregon prisons, primarily as Columbia River Correctional Institution (CRCI), since 2001.

Phoenix Rising's **Prison InReach Projects** at CRCI include Relational Culture Strategies (Leadership) classes and Writing classes.

Phoenix Rising's **In-the-Community Projects** include Community Organizing with Metropolitan Alliance for Community Good (MACG)(Leadership Institute, MACG Assemblies, Research/Action Teams) and their **Mentor Project**, providing one-on-one mentoring to support one's transition to life in the community. Their Certified Peer Recovery Mentors assist with navigating resources and systems in the community.

Reentry Resources PDX

5020 NE MLK Jr Blvd
Portland, Oregon 97211
reentry.resources.pdx@liberationliteracy.org
https://www.liberationliteracy.org/reentry-resources-pdx

Reentry Resources PDX is a partnership between Liberation Literacy and Reed College that provides education and information to formerly incarcerated individuals. Reentry Resources PDX helps returning community members find the resources and support they need to succeed. They offer individualized education and/or referrals for: jobs/resume building, health insurance. technology, IDs, SNAP, mental health, education, housing and more.

Reentry Resources PDX offers 30-minute Resource Info & Assistance Sessions. They provide the laptops/flyers and participants provide the questions. They help participants signup for programs and learn about resources available to formerly imprisoned people. Drop in or book a session online.

Volunteers of America (VOA) Reentry Enhancement Coordination

(503) 228-9229
referrals@voaor.org
https://www.voaor.org/find-services/outpatient-services/reentry-enhancement-coordination/

The **Reentry Enhancement Coordination (REC)** program has been a core part of reentry programming in Multnomah County since 2010. REC was designed to close gaps by surrounding men and women transitioning from prison with supportive services in the community. The REC team is a partnership between VOA Oregon and the Department of Corrections, the Multnomah County Department of Community Justice, SE Works and Bridges to Change. REC serves men and women who have severe addictions and have completed drug and alcohol treatment during their incarceration. To protect that investment, the individuals are linked to comprehensive assistance in securing housing, treatment, and employment when they return to the community. Individuals who are released from prison early on Short Term Transitional Leave (STTL) as part of Oregon's Justice Reinvestment Program receive the same menu of comprehensive services in the community.

REC and STTL provide 90 days of intensive supervision, outpatient treatment, supportive housing and support finding employment. Counselors, mentors and employment specialists work with parole officers to help individuals transition back to the community successfully.

Behavioral Health Treatment: VOA Oregon provides individualized substance abuse and mental health outpatient treatment services to REC participants. Their treatment services aim to provide culturally-responsive, trauma-informed, and evidence-based services to high-risk and high-need community members depending on their criminal risk and level of care needs. Outpatient services are provided in conjunction with physical health providers, mental health providers, peer support specialists, SUD counselors, case managers, and intake specialists. Outpatient and residential services utilize a client centered approach to not only assess ongoing support needs, but also utilize advanced curricula to specifically target ongoing risk/need factors that contribute to substance use, mental health needs, and criminogenic risks.

Housing and Mentors: Participants benefit from the support of Recovery Mentors and clean, sober housing at Bridges to Change.

Employment Support: At the SE Works New Start Reentry Resource Center, Reentry Enhancement Coordination (REC) participants can access case management, resume development, master application assistance, subsidized on the job training, work related training certifications and transitional and career track placement services.

REC Program goals include: reducing recidivism, relapse and use of addictive substances; increasing treatment engagement; and increasing participant ability to attain and maintain secure housing, and employment retention.

WomenFirst Transition & Referral Center

21440 SE Stark St.
Gresham, Oregon 97230
https://www.rebuildwomenfirst.org/

WomenFirst's mission is to provide a nurturing environment so women can rebuild their lives and self-worth by building their leadership and life skills.

WomenFirst **Reintegration Peer Mentor** program begins serving women six months prior to their release out of Coffee Creek Correctional Facility (CCCF). This first phase is to build relationships, make connections, develop trust and get to know more about the women they will be serving for the next year beyond release. WomenFirst is there on the day of their release to be of support, if needed, to celebrate and acknowledge their first day of their journey reentering the community.

WomenFirst's **Clean and Sober Long-Term Recovery Continuum Care Program** provides a place for women to stay after completing transitional housing and/or treatment for up to two tears at an affordable cost until they receive permanent housing.

The program bridges the gap and meets the housing needs for women by providing them with a safe and stable home at an affordable rate so women then can continue to thrive, strive, rebuild their lives, reunite with their children, and participate within the wrap-around support service & programs that will prepare them to become responsible accountable tenants.

Other WomenFirst programs and services include:

"I Love Me" Women Empowerment Groups deliver innovative trainings and skill building for women in their most vulnerable populations. The curriculum focuses on identity formation, value clarification, healthy lifestyles, and leadership development. They also promote healthy behaviors to increase social, emotional, and spiritual growth. Their focus is to provide a safe and nurturing environment where women can share their experiences and learn from others.

Peer Mentorship/Reintegration provides 1:1 mentorship for additional support such as: life skills, employment, housing, stability and work to create a plan for direction. This program is based at the Coffee Creek Correctional Facility beginning six months

prior to a woman's release date, and is built around an individual action plan and follow-ups. Program launched April 2018 partnership with African American Program (AAP) through Multnomah County.

Navigate Back Home is a trauma informed pilot program that provides 10-20 women opportunities to continue to work on their journey of recovery, reunite with their children, and rebuild their lives. Their Housing Referral Coordinator ensures each woman receives support and guidance to obtain stability for long-term continuum care until they receive permanent housing. Further, the Housing Navigator will continue to connect with housing agencies, such as second chance landlords, homes for single women, and women with children to identify what housing opportunities are available.

Life Skills Development delivers the skills necessary or desirable for full participation associated with managing and living a better quality of life. This curriculum focuses on conflict resolution, effective communication, financial literacy, interpersonal relationships, self-awareness, creative thinking, and how to be assertive.

Other services WomenFirst provides include: Interview and work clothes to help women "dress for success" and other emergency clothing as needed. Job search assistance. Food and healthcare assistance. Meditation, healing and self-care practice training. Washer and dryer access. Breastfeeding room. Recovery room and community resource lab.

https://www.rebuildwomenfirst.org/programs-and-services

Contact WomenFirst online: *https://www.rebuildwomenfirst.org/contact-us*

Seniors and Aging Support Groups

Community for Positive Aging

1820 NE 40th Ave.
Portland, Oregon 97212
(503) 288-8303
Hours: Monday–Friday, 8:30 a.m.–4:30 p.m.
staff@communityfpa.org
https://www.communityfpa.org/

The Community for Positive Aging (CPFA)(previously known as the Hollywood Senior Center) provides services and programs, along with public advocacy, cross-community collaborations, and extra support, for anyone age 55 and older.

From their **Foot Care Clinic** to their **Durable Medical Equipment Program**, CFPA is committed to providing health programs and services to support positive aging. Their Foot Care Clinic operates on 1st, 2nd, & 3rd Wednesdays: 9:00 AM–2:00 PM Most Fridays: 9:00 AM-4:00 PM 45-minute appointments - by appointment only. For Durable Medical Equipment (such as walkers, wheelchairs, canes, crutches, shower chairs or incontinence products), call their front desk. Their Community Health Team hosts **Vaccine Clinics** at their senior center and works directly in low-income building with seniors as well as partners with other organizations to help low-income seniors and adults get vaccinated.

CPFA helps seniors living at home who need assistance to maintain their independence through their no-fee case management services and programs that include **Options Counseling**, **Oregon Project Independence**, and **Family Caregiver Support Program**.

CFPA provides custom resident services by contract with property management companies or property owners of subsidized housing through their **Enhanced Resident Services Team**. Enhanced Resident Services (formerly The Giving Tree) is dedicated to enhancing the lives of under-served populations. CFPA meets on-site with residents to develop an environment of trust, stability and community within affordable housing properties. Their teams schedule activities and provide a variety of programming, including art classes, nutrition and wellness workshops, exercise, social events, and volunteer opportunities and external classes throughout Portland.

CFPA's **Asian Food Pantry** recognized the need for a local, culturally-specific food pantry to meet the needs of Asian elders. They provide healthy, cultural-specific ingredients, prepared foods, and pantry staples for low-income Asian elders in Portland's Chinese, Korean, Vietnamese, Japanese, and Laotian communities, among others. The Asian Food Pantry takes place every second Thursday between noon and 2:30pm, right at the Center. Registration required.

At their weekly and monthly lobby food pantries, CFPA provides culturally specific food boxes, food donations from partners like New Seasons Market, 99 Ranch and the Oregon Food Bank, and farmers market produce (through their Neighborhood Gleaners program). Their staff collect food, bring and distribute it to residents in the low-income housing buildings we work in. These are closed pantries to building residents only.

CFPA partners with the **Meals on Wheels** to provide hot nutritious meals, coupled with opportunity for other activities and entertainment onsite. Meals are available to anyone age 60 and older at the CFPA Center.

Neighborhood Gleaners is a volunteer-run program that collects food that would otherwise go to waste from the Hollywood Farmers Market and redistributes it to low-income seniors in the community. Each week, volunteers help put together bags of food to deliver to residents. Most people can expect a delivery once or twice a month. Email *gleaners@communityfpa.org* or call (*503) 288-8303*.

Resource Navigation, Education & Access: to address disparities that low-income people of color face in utilizing and navigating health resources and systems, their multilingual Community Health team provides education, outreach, and one-to-one coaching around resources and services that help people live long, healthy, and meaningful lives.

CFPA offers a variety of **transportation assistance programs** for regular TriMet users, LIFT users, and riders who have special needs such as Fare Relief Assistance for both regular TriMet and LIFT users and limited bus tickets and passes for those who meet financial and other guidelines.

CFPA provides tech help one-on-one through their **Tech Ambassadors** for in-person technology troubleshooting. Call or email for an appointment. Drop In Tech support is available on Monday 9–11 a.m. No Appointments required. **Portland Youth Builders Workshops** offer computer workshops on topics such as paying bills online, using gmail or avoiding scams. Registration required.

CFPA also offers **in-person tax assistance** through CASH Oregon from February 1 – April 1. Call to make an appointment. The **Senior Law Project** provides personalized assistance with legal issues every Friday, 9 a.m.–12 p.m. Their **Energy Assistance Program** assists low-income households with energy costs during the winter months.

CFPA offers a number of support groups:

Alzheimer's Association Meetings
Memory Café (for those with dementia, Alzheimer's or memory loss and their families (every second Friday of the month 12:30 p.m.–2 p.m.)

Family Caregivers Support Group (second Tuesday of the month 10–11 a.m.)

Conversations on Aging (last Wednesday of the month at 1 p.m.)

The Center has a full calendar of activities which includes Karaoke, Bingo, Thai Chi, an open artist table, crochet and knitting, Bridge Club, games, and one-off events such as movies at the Hollywood Theater.

Moving forward, CFPA hopes to create a **Mobile Resource & Health Navigation Clinic** to enable their participants to better access health and basic needs resources, information, digital literacy training, and receive support in navigating resources from their staff and volunteers.

Institute on Aging Friendship Line

(888)-670-1360

Institute on Aging (IOA)'s 24-hour toll-free Friendship Line is an accredited crisis line for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. IOA's Friendship Line seeks to offer a response to the public health problem of suicide among the elderly, knowing that older people do not contact traditional suicide prevention centers on a regular basis even if they are considering suicide. IOA reaches out to lonely, depressed, isolated, frail and/or suicidal older adults and their trained volunteers specialize in offering a caring ear and having a friendly conversation with depressed older adults.

In addition to receiving incoming calls, Friendship Line also offers outreach. They connect with people on a regular basis and help monitor their physical and mental health concerns. Their call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness of isolated older adults. Any aging adult or individual living with disabilities who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide can participate in confidential phone calls with Friendship Line volunteers.

Services provided:

Friendship Line

- Emotional support
- Crisis intervention

Center for Elder Suicide Prevention and Grief Services

- Virtual grief and bereavement support groups
- Specialized support for people who have experienced traumatic loss to suicide or sudden death

Social Engagement Support Services

EngAGE

https://www.engagenw.org/

EngAGE Northwest changes lives by transforming affordable housing communities into vibrant centers of learning, wellness, and creativity. EngAGE Northwest takes a whole-person approach to creative, healthy living by providing high quality arts, wellness, and lifelong learning programs to residents of all ages in affordable housing communities. Classes are professionally led and complemented by community-building activities and celebrations as well as intergenerational connections. Programs are provided on-site and are open to all residents at no charge, reducing two primary barriers to engagement – cost and transportation – and maximizing our impact. EngAGE serves thousands of residents of all ages.

EngAGE helped create the Community For All Ages model in affordable housing through our long collaboration with **Community Development Partners (CDP)**. Community for All Ages (CFAA) seeks to create neighborhood in its purest form, organically connecting generations through creative arts, lifelong learning, programs to improve the well-being of residents of all ages, and intentionally designed community spaces to catalyze connection. Residents become integral members of their community and can find meaningful ways to contribute their unique gifts and talents to it. CFAA creates an inclusive environment in which all people are appreciated, respected, and encouraged to grow.

EngAGE has developed a framework for co-creating intentionally designed and programmed affordable housing to address this country's epidemic of loneliness by creating beneficial social connections and a strong sense of belonging for their residents and partners in all communities they serve. They achieve this by:

- providing professionally delivered, free, on-site programs in well-being, the arts, lifelong learning, and community building
- creating connections across generations
- encouraging residents to contribute to their communities in meaningful ways
- building strong collaborations with local community partners to expand our impact in each neighborhood

EngAGE programs include:

Across the Generation Research shows the importance of continued learning and skill development across all ages and stages of life. EngAGE utilizes a comprehensive approach of college-level, semester-based classes, as well as informal learning experiences, creative opportunities, and programming based on the unique interests of each community.

With a focus on storytelling, the arts, gardening, food, and social connection, they create opportunities for intergenerational exchange and understanding. Older adults can support and learn alongside youth, and the perspectives and talents of young people are valued and cultivated.

Classes and Program include: Collaborative Art Projects, Cooking, Computers & Technology, Current Events, Dance, Gardening, History Programs, Social Media, Storytelling.

Creativity EngAGE believes that people of all ages, regardless of previous exposure to the arts, can develop an appreciation for art and become practicing artists. They eliminate barriers by providing accessible, multidisciplinary arts programs ranging from music and dance to writing, acting, and painting on site at no charge. To showcase and celebrate participants' achievements, classes have culminating events such as art exhibits and performances which are open to friends, family, and neighbors.

Classes & Programs include: Creative Writing (fiction, plays, films, poetry), Living History Performance, Storytelling, Acting, Filmmaking, Visual Arts (drawing, painting, mixed media, ceramics, photography), Art Exhibits, Music & Film appreciation, Needle Crafts, Jewelry-making, Printmaking, Drumming, Cultural Excursions, Culinary Arts.

Wellness EngAGE's wellness programs offer residents an accessible and supportive way to make healthy lifestyle choices plus a social network that makes it fun and boosts accountability. To support access to healthy food, they offer food pantries, community gardens, and nutrition and cooking classes. To help support an active lifestyle, they offer an array of cardio exercise, strength training, adapted yoga and Pilates, and tai chi, among other classes.

Classes & Programs include: Tai Chi, Yoga, Meditation, Adapted Pilates, Dance Exercise, Strength Training, Flexibility and Balance, Nutrition & Healthy Cooking, Healthy Lifestyle, Wellness Fairs, Falls Prevention, Gardening (food and flowers), Stress Reduction, Learned Optimism, Grief Groups, Managing Depression.

Lifelong Learning Through classes, interest groups, and special events, EngAGE program participants have opportunities to learn about everything from financial literacy and scam prevention to the latest technology, all in a supportive environment.

Classes & Programs include: Computers & Technology, Social Media, Current Events & Lectures, Successful Aging & Disease Management Support, Genealogy, Book Club, Financial Literacy, Horticulture, Discussion Groups.

Creating Community The EngAGE mission is to empower people intellectually, creatively, and emotionally by delivering life-enhancing programming tailored to the unique interests of the communities they serve. Their programs not only encourage personal growth, they also provide participants with opportunities to feel a sense of belonging, to meet neighbors and develop friendships through shared experiences. This is how they create community for all ages.

Classes & Programs include: Coffee and Conversation Hours, Holiday and Birthday Celebrations, Special Events Featuring Live Entertainment, Art Show Openings, Visits to Museums and Other Local Attractions.

EngAGE offers their classes and programs at multiple low-income housing locations throughout Portland: *https://www.engagenw.org/where-we-work*

Friendly House

1737 NW 26th Avenue
Portland, Oregon
(503) 228-4391

mailing address:
2617 NW Savier St.
Portland, Oregon 97210
info@fdpdx.org
https://fhpdx.org/

Friendly House is a non-profit neighborhood center and social service agency. Friendly House seeks to create a thriving community by connecting people of all ages and backgrounds through educational, recreational, and other life-sustaining services. Their programs include:

- **Children's Programs**: Preschool (3-5 years), After School, Summer Day Camp (1st - 6th grade), Winter Camp, and Spring Break Camp (K – 5th grade). All of their children's programs offer scholarships to low-income families and people experiencing houselessness. Their sliding scale fee allows everyone to participate, regardless of income.
- Friendly House **Community Center**: Classes & Events, free Community Nights every Friday from 6:00 – 9:00 p.m., Gym & Fitness Center, Pickleball.
- **Senior Services**: Care coordination, information and referral, and other assistance services, Elder Pride Services, Community Outreach Programming to low-income residents of Cascadian Terrace Apartments and five other properties through their partnerships with EngAGE and Home Forward, and

Resource navigation around things like housing, food security, employment, and social justice.

Maybelle Center for Community

121 NW 6th Avenue
Portland, Oregon 97209
(503) 222-5720
https://www.maybellecenter.org/

The **Maybelle Center for Community** creates community for people in the neighborhood struggling with addictions, mental illness, poverty, isolation and other issues through their support services and community space where members can gather during the day. Many of Maybelle's members live in low-income buildings throughout Old Town and Downtown Portland. Most experience poverty and are at-risk for social isolation, intensified by mental or physical challenges, addiction, or trauma. Each year over 500 individuals are part of the Maybelle community.

Members who join the center (by coming to three events) can participate in pop-up classes, choir, movie days, yoga and meditation classes, monthly birthday parties, spiritual support groups, art classes, the women's walking group, and other activities. Pairs of volunteers visit individuals unable to come to the center. A support services team connects members to needed services. Students from six different nursing programs visit with Maybelle members. Volunteer and community service opportunities also available at the center. *https://www.maybellecenter.org/join/*

Two separate residences are attached to the Maybelle Center, the Macdonald Residence that provides assisted living residences for individuals on SSI unable to live independently and Macdonald West that provides affordable studio apartment for anyone with 60% or less of the area median income.
https://www.maybellecenter.org/locations/

The **Maybelle Community Singers** is composed of a full spectrum of people experiencing differing life circumstances. Maybelle Community Singers is all about accepting each other, right where they are, voice and all. The choir builds a sense of inclusiveness and community. The mission of Maybelle Center is to help mitigate the social isolation and loneliness that is the unseen, often devastating cost of extreme poverty – an isolation intensified by mental or physical challenges, addiction or trauma. Their choir director has extensive experience building music programs with underserved groups in Portland. In May 2018, the Maybelle Community Singers performed with the Oregon Symphony Orchestra at Portland's Arlene Schnitzer Concert Hall as part of the Symphony's series, "Sounds of Home." Maybelle

Community Singers practice each Monday from 11:00 a.m. – 12:30 p.m. No experience is necessary. They are currently holding hybrid choir practices so participants can attend in-person or virtually via Zoom. *https://www.maybellecenter.org/choir/*

Operation Nightwatch Downtown Hospitality Center

1432 SW 23th Ave.
(at St. Stephen's Episcopal Church)
Portland, Oregon 97201
(503) 220-0438
Hours: Thursday, Friday, Saturday from 6:30 p.m. – 10 p.m.
info@operationnightwatch.org
https://www.operationnightwatch.org/

Operation Nightwatch's Downtown Hospitality Center provides a place for people on the streets to escape social isolation while providing a cup of coffee, a meal, and much needed supplies and mental health services during a time that other agencies are closed, and hope is hard to find. Through their Hospitality Center, Operation Nightwatch provides not only a safe place where those on the streets can find basic survival materials (food, socks, blankets etc.) but also caring staff and volunteers who will listen to their stories and welcome them as friends. Through their Mental Health Initiative, Operation Nightwatch is also able to provide free individual counseling sessions to interested guests as well as crisis intervention. Mental Health Initiatives provides mental health support to female identifying and gender diverse guests.

Rosewood Initiative

14127 SE Stark Street
Portland, Oregon 97233
(503) 208-2562
https://www.rosewoodinitiative.org/

The Rosewood Initiative is a non-profit organization whose mission is to build a safe, healthy, respectful, vibrant, and inclusive community that brings prosperity to everyone in the Rosewood Neighborhood. The Rosewood Community Hub is a neighborhood space where people can come together to interact with one another, work on projects, and feel safe. It seeks to connect residents and businesses with one another to align resources and achieve shared goals including by creating mentorship and apprenticeship opportunities to empower vulnerable community members, especially youth, people of color, immigrants, New Portlanders, people with disabilities, and people in poverty. Rosewood builds capacity in the neighborhood by helping people learn useful skills and by connecting friends, partners, and resources.

Programs and services include: **Weekly Wellness Wednesday** 10:00 a.m. – 3:00 p.m. featuring on-site partner organizations; **1-on-1 resource navigation**, **1-on-1 employment support**, a **food pantry**, **Quarterly Health Fairs**, **Conversation Circles** within the themes of Health & Wellness & Economic Development, **English Classes**, **Digital Equity & Literacy Program**, **Community Garden**, **Rosewood Small Business Enhancement program** providing grants of up to $30,000, and **Legal Services Day**, a collaborative effort between The Rosewood Initiative, Metropolitan Public Defender (MPD), and Multnomah County to assist people getting their fines and fees cleared in Multnomah County in exchange for community service hours.
https://www.rosewoodinitiative.org/ourwork

For a complete list of programs and meeting times visit the Rosewood Programs Calendar online: *https://www.rosewoodinitiative.org/community-hub*

Wrap-Around Support Services

Catholic Charities Community Services

https://www.catholiccharitiesoregon.org/services/community-services/

Catholic Charities provides support needed for long-term stability in housing through case management, food, clothing, baby supplies, and Parenting Education.

Catholic Charities food pantries provide food access for Catholic Charities clients experiencing food insecurity including refugees, immigrants, older adults, and families who live in Catholic Charities' low-income housing properties. These pantries include non-perishable food items such as canned fruits and vegetables, dried and canned beans, pasta, cereal, peanut butter, and condiments along with frozen meats. The pantries also stock perishables including fresh produce, bread and dairy when available.

Catholic Charities of Oregon works with parents looking for support during their pregnancy and after the baby's birth as they adjust to their newest family member. They support pregnant and parenting families to become more resilient and thrive by teaching important parenting skills, providing trauma recovery support, and helping their clients to establish stable home environments for their children. Offered services include help finding resources, pregnancy and parenting classes, case management and group support for those who have experienced trauma, connection to mental health counseling, financial wellness and other services, and infant supplies.

Ecumenical Ministries of Oregon

245 S Bancroft St., Suite B
Portland, Oregon 97239
(503) 221-1054
emo@emooregon.org
https://emoregon.org/

Ecumenical Ministries of Oregon (EMO) brings together diverse communities of faith to learn, serve and advocate for justice, peace and the integrity of creation. EMO offers a number of diverse, direct service programs to address hunger, nutrition and social support, affordable housing opportunities, and refugee and immigration services.

EMO's **HIV Services** provide a community that strives to address basic needs of individuals living with HIV/AIDS with respect, compassion and safety. The **Day Center** is a drop-in center for low-income individuals living with HIV/AIDS. The **Daily Bread Express** provides meal delivery for low-income, home-bound individuals living with HIV/AIDS.

EMO's **Northeast Emergency Food Program (NEFP)** distributes a three- to five-day (or more) supply of nutritious groceries to their neighbors in need, frequently valued over $200. They offer a unique self-service shopping experience for they neighbors, allowing them to select their choice of fresh fruits and vegetables, dairy, bread, meat and more. In addition to distributing food, NEFP also develops community solutions to secure access to adequate, affordable and healthy food. They ground their work in the belief that nutritious food is a basic human need and a building block for a healthy life of possibility. Location: Luther Memorial Lutheran Churcjh 4800 NE 72nd Ave., Portland, Oregon 97218 Food Distribution Schedule: Thursday & Saturdays 9:30 a.m. – 12:00 p.m., Tuesdays 4:00 – 6:30 p.m. (Spanish as primary language).

Second Home Second Home connects volunteer host homes with unaccompanied high school students experiencing homelessness. As students have assurance of stable housing and ongoing support, they can focus on completing their secondary education and realize their full potential. Support for the participants comes from both the Second Home staff and from the community.

Slavic Oregon Social Services (ROSS) was established by Ecumenical Ministries of Oregon (EMO) to serve the needs of Russian-speaking refugees and immigrants. Domestic Violence & Sexual Assault Services include:

- long-term case management
- crisis intervention

- advocacy
- assistance obtaining protective orders and communication with law enforcement
- individualized resource planning/referrals
- assistance accessing low-cost/free legal services
- mental health counseling
- assistance with temporary/transitional housing
- short-term financial assistance and support groups

EMO's **Sponsors Organized to Assist Refugees (SOAR)** resettles hundreds of refugees a year. They link sponsors—congregations, friends or community organizations—with refugees before they arrive in the United States, and help sponsors welcome and assist refugees in their adjustment to a new life in the Portland metro area. Refugees are welcomed, given temporary homes with household items and food, and offered assistance as they learn a new language, develop job skills and search for employment.

SOAR
7931 NE Halsey Street, Suite 314,
Portland, Oregon 97213
(503) 284-3002
soar@emoregon.org
https://emo-soar.org/

Forest Grove Foundation

P.O. Box 303
Forest Grove, Oregon 97116
(503) 686-3445
info@forestgrovefoundation.org
https://forestgrovefoundation.org/programs/

The Forest Grove Foundation is a nonprofit dedicated to implementing and facilitating service programs that help alleviate suffering due to poverty in Western Washington County. Their programs serve some of the most vulnerable community members, including unsheltered homeless individuals and families experiencing housing and food insecurity. By providing essential services and support to their neighbors experiencing poverty and homelessness, Forest Grove Foundation works to build a healthier and more compassionate community for all.

Their current initiatives include:

Their **food program** prepares and distributes hearty hot meals and shelf-stable snacks to individuals experiencing homelessness in Forest Grove and rural areas in Western Washington County.

Their **housing and outreach services team** supports their neighbors experiencing homelessness wherever they are by providing survival supplies, engaging in conversations around resources, and building and prioritizing trusting relationships.

Community Service Hub Forest Grove currently lacks the coordinated suite of programs and services needed to address the community's growing challenges related to homelessness. FGF is working to fill this gap by launching a service hub that will:

- Offer peer-centered support for people struggling with poverty, housing, and food insecurity in Western Washington County.
- Work with other community-based organizations to deliver substance use disorder counseling, case management, housing navigation, employment services, and connections to other agencies.
- Help facilitate the journey toward housing, recovery, wellness, and self-sufficiency for their neighbors experiencing homelessness.
- Minimize disruptions to the community through appointment-based services with professional staff who will ensure client needs are met in a secure, safe facility that positively impacts their neighbors and those they serve.

Metropolitan Alliance for Common Good (MACG)

4940 NE 8th Ave.
Portland, Oregon 97211
office@macg.org
https://www.macg.org/

Metropolitan Alliance for Common Good (MACG) is a non-partisan non-profit alliance of faith, labor, health education and community organizations dedicated to building a base of everyday civic leaders to effectively stand for change they want to see in their communities. They organize people power to create a better Tri-County region for all and sponsor a number of forums, meetings, and events. *https://www.macg.org/events*

Among the issues addressed by MACG are Affordable Housing, Campaigning for Health Care Reform, Creating Housing for Survivors, and Fighting for Criminal

Justice. MACG leaders are working on issues of criminal justice that impact formerly incarcerated men and women as they work to rebuild their lives.

For over fifteen years, MACG's civic leaders have worked to make neighborhoods safer, promote accessible and affordable health care and housing, and increase job opportunities and family wages, among other issues.

Neighborhood House

7780 SW Capital Highway
Portland, Oregon 97219
(503) 246-1663
Other locations in the Portland area: https://nhpdx.org/find-us/
https://nhpdx.org/

Neighborhood House is a non-profit social service provider that delivers innovative, life-changing programs for low-income people of all ages. Neighborhood House is committed to offering innovative and high-quality education, anti-poverty and senior support services. Their programs prepare children for success in school and life, help families move beyond poverty, and support seniors to continue living independently. Neighborhood House serves approximately 12,000 low-income children, families, and seniors each year across the greater Portland area through wide array of wrap-around services. Their clients represent a diverse mix of ethnicities and cultures.

Early Childhood Programs - Head Start and Early Head Start Program; Parenting Program providing support groups, services, workshops, and home visits for families with children ages zero to six.

Child Care Improvement Project (CCIP), a community-based network for family (or in-home) child care providers, offering training and resources that both improve the quality of child care and increase the financial viability of the child care businesses including parent subsidy resources.

The **School Age Child Care Program** Neighborhood House runs before- and after-school programs at four Portland Public Schools elementary campuses in N and NE Portland: Boise-Eliot/Humboldt, Chief Joseph, Dr. Martin Luther King Jr, and Sabin. Neighborhood House partners with St. Luke Lutheran Church and other community members to provide school supplies and clothing to low-income students in the Ida B. Wells High School boundaries.

Housing and Community Health Neighborhood House helps families and individuals transition from homelessness to permanent affordable **housing**. Community Health

Workers provide critical **wraparound supportive services** to assist individuals in developing life skills needed to maintain permanent housing and employment: resources and referrals, employment readiness and job training programs, access to quality healthcare and health insurance enrollment, and rent and utility assistance.

Parenting Program with wide range of services include parenting classes, childcare resources, a parenting support groups, family literacy program. school transition services and more.

Senior Services Programs Their Senior Center offers a wide range of educational, recreational, social, and health improvement activities. The Senior Center is located inside the Multnomah Arts Center, 7688 SW Capital Hwy, Portland, Oregon 97219 (503) 244-5204, Hours: Monday – Friday 10:00 a.m. – 1:00 p.m. Services include **Monthly Foot Care Clinic,** free half hour consultations with a Senior Law Project attorney, free help with Medicare choices and health care programs. Their **Senior Center and Transportation Program** keeps older adults and people with disabilities connected to needed assistance and the community by providing shuttle service, shopping and recreational trips, medical and other transport services to seniors and adults with disabilities.

Food Security Their **Free Food Market** offers free food, both in-person and by delivery. They offer limited deliveries in the nearby SW area. Households may receive two food boxes per month. A food box contains healthful food and is intended to supply families with ingredients for 2 weeks of meals. Food boxes include a mix of perishable and non-perishable items. Additionally, they often have extra donated baked goods, which may be accessed at any time during their regular business hours (bring your own shopping bags). Location: 3445 SW Moss St, Portland, Oregon 97219 (971) 447-6292 Deliver orders can be placed online. Check their website for Free Food Market hours.
https://nhpdx.org/food-security/

Information and Assistance helps with accessing services including medical transportation, housing information, medical/dental information, caregiver listings, care management referrals, senior law project, and health insurance benefits.

Street Roots

211 NW Davis Street
Portland, Oregon 97209
(503) 228-5657
https://rosecityresource.streetroots.org/

In addition to creating income opportunities for people experiencing homelessness and poverty through their weekly newspaper, Street Roots produces Rose City Resource, a guidebook with lists of services for people experiencing homelessness and poverty in Multnomah and Washington counties. More than 160,000 guides are published annually by Street Roots and distributed to more than 400 organizations and entities working with people experiencing homelessness and poverty in the Portland region.

The Rose City Resource guide is published twice a year and is also available online: *https://rosecityresource.streetroots.org/*

YWCA of Greater Portland

P.O. Box 4587
Portland, Oregon 97208
(503) 294-7400
connect@ywcapdx.org
https://www.ywcapdx.org/

The YWCA of Greater Portland's mission is to eliminate racism, empower women, and promote peace, justice, freedom and dignity for all. Their approach is person-centered, trauma-informed, and strengths-based. They provide responsive services that meet the evolving needs of their community. YWCA's programs and services include:

Survivor Services YWCA advocates assist at a hotline located at Gateway Center for DV Survivors connecting them to the personal support to find safety and security. They advocate for their program participants so they don't get lost in or mistreated by the system.

Their **Communities of Restoration and Healing (CoHR) program** supports Survivors and their families with safe and stable shared co-housing. YWCA operates five democratically-run houses with 34 units where Survivors and their families can heal from trauma and rebuild residency in community.

Their therapy team provides Survivors with free therapy from therapists who have extensive experience addressing sexual assault, intimate partner violence, and sensitivity to the effects of violence on children. They offer a trauma-informed clinical training program for counseling interns to gain experience working with Survivors.

Through its **In Reach Team**, YWCA connects unhoused Survivors in encampments and shelters throughout the County with safe and stable housing. The In Reach Team provides resource connection, financial support, advocacy, and retention services for up to one year after housing placement.

YWCA's **Family Preservation Project (FPP)** promotes individual and system level change to reduce the collateral consequences of parental incarceration on children, families and the community. FPP strengthens families and communities by assisting incarcerated women as they become rooted in their identities as mothers, promoting the rights of children of incarcerated parents, and providing trauma-informed services designed specifically for each parent's unique needs.

FPP provides direct service programs, three of which operate inside Coffee Creek Correctional Facility (CCC) in Wilsonville, Oregon:

The **Family Reunification Program** includes therapeutic visitations with children, parenting support and education groups, intensive individual transition planning, caregiver support, wrap-around support for children and families, family meetings, parent-teacher conferences, and biopsychosocial assessments.

The **Family Resource Center** offers individual and group-based support services, juvenile and family law support, and addresses barriers to connection with children, families, and professional services.

The **Re-entry Program** sends peer advocates to meet women when they are released from prison. The program assists women by providing them with re-entry necessities, including hygiene supplies, clothing, a backpack or tote, as well as emotional support.

https://www.ywcapdx.org/family-preservation-project

YWCA's **Senior Services** include: Respite And Support For Caregivers**,** Activities and Support Groups**,** Insurance Counseling**,** Transportation, and Legal Assistance**.** The Senior Services team also acts as advocates for their clients by facilitating their access to services provided by the YWCA's partner agencies. These services include personal care, housekeeping, adult day care, and other services. *https://www.ywcapdx.org/senior-services*

YWCA's **Social Justice Program** provides public and private Social Justice Workshops, both in person and via Zoom. Their two-week anti-racism Anti-Racism Practice Certification program is taught by trainers with diverse lived experiences and intersectional identities relevant to the topics they teach**.** Topics covered include sexism and domestic violence, racism, poverty, inclusivity, sex and gender, and more. *https://www.ywcapdx.org/social-justice-program*

YWCA supports 25 emerging community-driven organizations. working at the grassroots level to create a more equitable and just world, through their **Fiscal**

Sponsorship Project. Fiscal sponsorship project missions can be submitted online: *https://www.ywcapdx.org/fiscal-sponsorship*

YWCA also runs a **Youth Advisory Council**, comprised of kids of incarcerated parents, and an **Alumni Association**, an intentional peer support community centered around shared lived experiences that offers mutual aid and support and celebrates successes big and small.

Youth Support Services

(see also Demographically and Culturally Specific Services/Transitional Age Youth)

Antfarm Youth Services

Café and office:
39140 Proctor Blvd
Sandy, Oregon 97055
multiple other locations in Sandy, Estacada and Molalla
(503) 668-7962
info@antfarmyouthservices.com
https://antfarmyouthservices.com/

Antfarm Youth Services helps build healthy communities, supports young people and their families, and teaches sustainability through education and practice. Their programs and services include:

Addiction Prevention & Support AntFarm has been working with the communities of Estacada and Sandy in establishing an Alcohol and Drug Prevention Coalition for each community.

Axis Learning provides educational activities to NE Clackamas County in Estacada, Molalla, and Sandy. Students, with the help of adult mentors & tutors, accomplish: credit recovery, GED testing preparation, literacy assessment for example.

Café and Bakery The center and hub of activity for AntFarm in Sandy, this large community space has supported youth development, healthy eating, and sustainable living since the cafe opened in 2012.

CommunityConnect helps NE Clackamas County elders maintain independent living by assisting with home management tasks that they can no longer do.

Estacada Youth & Family Resource Center Located in downtown Estacada on Zobrist Street, this small and intimate community space is being developed for cultural arts events, lectures, classes, and community meetings.

Estacada Youth Hub A primary initiative in Estacada and Sandy is empowering youth through youth participation in AntFarm workgroup and leadership meetings.

Nuevo Futuro is a grassroots program for Latinx and Hispanic people addressing barriers of language, resource access, and lack of opportunity, while supporting cultural integration throughout Clackamas County.

Plant365 AntFarm's "can and bottle program" provides youth with work skills experience and gives youth and the community the opportunity to learn sustainable living practices 365 days a year.

YouthCore is a hands-on training program teaching basic employment skills while becoming an employee of AntFarm.

The **Sandy Youth Garden** and **Estacada Youth Garden** strengthens community through service learning, recognition of food instability, active work and movement, and skills development.

Antfarm's other programs and services include: Cultural Arts, Outdoor Adventure, Emergency Support Services, and Housing Services.

BTown Kids

(503) 664-0653
https://bpmpdx.org/btown-kids/

BTown Kids' goal is to strengthen existing communities in local apartment complexes by gathering children and families together. Every Saturday throughout the summer, from late morning until 3:00 p.m., BTown Kids arrives on site at multiple locations throughout the Portland metro area. Each site is equipped with a trailer, sound equipment, snow cone maker, BBQ, field games, and other items to create a fun, interactive space for families and their children to spend time together. The program also includes a free lunch for kids, and group and individual games.

Looking Glass Community Services' New Roads Program

941 West 7th Avenue
Eugene, Oregon 97402
Program phone: (541) 686-4310
New Roads School: (541) 302-2551
Hours: Monday–Sunday, 8:30 a.m.–8:30 p.m.
https://www.lookingglass.us/new-roads

New Roads assists homeless youth 16 to 24 years of age who are interested in creating long-term solutions that improve the quality of their lives. These programs are made possible thanks to Looking Glass' partnership with the Human Services Commission, City of Eugene, City of Springfield, and Lane County. Services provided include:

- Basic needs: The Drop-In Center offers homeless youth food, clothing, showers, and other vital resources.
- Street Outreach: Staff provide youth on the streets of Eugene, Springfield and rural communities with gateway services, information, referrals, advocacy, and support.
- Case Management: Case management services include a transitional living plan and assistance in finding stable housing. Youth are taught essential skills needed to acquire and maintain housing.
- Education: The New Roads School is an alternative educational program for middle and high school students who are runaways, homeless, or at-risk of becoming homeless. Students are able to work toward credit recovery or preparation for their GED.
- Behavioral Health: Behavioral health outreach workers and therapists are available to support youth with 'in the moment' behavior interventions. Components of this service include mental health treatment, substance abuse treatment, and dual diagnosis treatment.
- Employment: Youth are provided with employment guidance including resume preparation, skills training opportunities, interview preparation and job search and connectivity to employment.

Project Lemonade

Store & Office Location:
1008 Lloyd Center
Portland, Oregon 97232
503-395-3976
info@projectlemonadepdx.org
https://www.projectlemonadepdx.org/

Project Lemonade provides services to meet the needs of the foster youth community and teens aging out of care. From kindergarten to college, Project Lemonade provides the resources, opportunities and connections youth in foster care need.

Project Lemonade programs includes:

Project Lemonade Store, located in the Lloyd Center. Open year-round, the Project Lemonade Store is a welcoming retail environment for youth ages 5-24 to shop in person or virtually, free of charge, for new and on-trend clothing, shoes and accessories.

The **L+EARN Internship** provides youth ages 16-24 with a hands-on 12-week paid internship working at the Project Lemonade Store.

The **WISH program** provides grants up to $400 to offset the cost of activities associated with educational and enrichment goals.

The **Inspire Network** is a membership group providing supports for teens and young adults in foster care.

The **Fill the Gap Scholarship** is here to support youth with foster care experience in reaching their educational goals. While youth in foster care may have their tuition covered, costs outside of tuition like housing, transportation and books can be a financial barrier to success.

Project Lemonade partners with the Oregon Department of Human Services, statewide & local nonprofits, private funders and a vast network of community members.

COMMUNITY SERVICE OPPORTUNITIES

Age-Friendly

For volunteering opportunities centered specifically around supporting older adults or fostering intergenerational exchange, please access this compiled list of organizations currently offering such volunteering activities:

https://agefriendlyportland.org/get-involved/volunteering

Bikes for Humanity PDX

3366 SE Powell
Portland, Oregon 97202
(503) 496-6941
info@b4hpdx.org
https://www.b4hpdx.org/volunteer

Bikes for Humanity offers several different volunteer opportunities; some of which don't require any experience and do not require you to sign up ahead of time. Other opportunities require a commitment and might be good for people who have more hours to complete. Please check their website for current volunteer opportunities.

Blanchet House

310 NW Glisan Street
Portland, Oregon 97209
(503) 241-4340
volunteer@blanchethouse.org
https://blanchethouse.org/volunteer-in-portland/

Compassionate individuals aged 14 and older are needed to:

- Serve meals and drinks in the cafe. (M-Sat)
- Sort clothing or prep produce. (M-Sat)

To sign up visit *https://blanchethouse.org/volunteer-in-portland/*, select "Begin Sign Up Here," read the online handbook, and schedule shifts in Volunteer Local.

Central City Concern (CCC)

volunteer@ccconcern.org
https://centralcityconcern.org/how-to-help/volunteer/

CCC has a variety of Portland homeless volunteer roles, some of which are detailed on their Volunteer Opportunities page. The list of opportunities is updated regularly. If you would like to explore volunteerism at CCC beyond the posted opportunities, please contact *volunteer@ccconcern.org*.

Crystal Springs Rhododendron Garden

5801 SE 28TH Avenue
Portland, Oregon 97212
(503) 267-7509
info@crystalspringsgardenpdx.org
https://www.crystalspringsgardenpdx.org/

Volunteers are needed to maintain the beauty of Crystal Springs Rhododendron Garden on Wednesday mornings, 9:00 a.m., February through mid-November.

All skill levels are welcome. They provide guidance, tools, gloves, and light refreshments. To let them know you'll be joining them or to ask any questions, please complete the form by visiting *https://www.crystalspringsgardenpdx.org/volunteer*.

Free Geek

1731 SE 10th Avenue
Portland, Oregon 97214
(503) 232-9350
https://www.freegeek.org/

Free Geek has several volunteer opportunities. A Community Service Application can be found at *https://docs.google.com/forms/d/e/1FAIpQLSdikgyXMdcC1CiUGM5KA4U-zvDjz-5HSnhn1YXXIXVsukIX9g/viewform*.

Hours: Wednesday–Saturday, 11 a.m.–4 p.m.

Habitat for Humanity Restore

Beaverton ReStore:
13475 SW Millikan Way
Beaverton, Oregon 97005

Portland ReStore:
10445 SE Cherry Blossom Dr.
Portland, Oregon 97216

Gresham ReStore:
610 NE 181st Ave.
Portland, Oregon 97230
https://pdxrestore.org/volunteer/

Rickie Ramsperger, Volunteer Coordinator (she/her)
HFHI Portland ReStore
10445 S.E. Cherry Blossom Dr.
Portland, Oregon 97216
(503) 283-6247
rickie.ramsperger@habitatportlandregion.org

If you have community service hours to complete for a misdemeanor, please register for court-appointed volunteering at the ReStore by visiting *https://volunteer.habitatportlandregion.org/court-appointed-community-service/*.

When you register, you will be prompted to complete a background check through Sterling Volunteers. On average, the background check can take up to 10 business days to process.

Please note that we are unable to accept individuals who have a history of person-to-person crime (e.g. assault, battery, etc.), theft (e.g. burglary, robbery, etc.), or harassment. This is not an all-encompassing list.

HandsOn Greater Portland

https://www.handsonportland.org/

HandsOn Offers a variety of volunteer events. You will need to create an account and check their calendar for opportunities that will work within your particular schedule, etc.

For court-ordered volunteering, please visit *https://www.handsonportland.org/Court_Ordered_Volunteering** for a list of organizations you can reach out to directly to volunteer. The individual organizations will be responsible for the final verification of your service.

Hands On Greater Portland volunteers must sign a waiver that they've never been convicted of or charged with a violent crime, child abuse or neglect, child pornography, child abduction, kidnapping, rape or any sexual offense, or ordered by a court to receive psychiatric or psychological treatment in connection to that crime.

***This website may have additional community service opportunities that are not included in this Resource Guide, but not all of them accept court ordered volunteers.**

JOIN

1435 NE 81st Ave., #100
Portland, Oregon 97213
(503) 232-2031
https://joinpdx.org/
volunteer@joinpdx.org

JOIN has many volunteer opportunities available. Please complete their volunteer form by visiting *https://joinpdx.org/volunteer/* and selecting "volunteer form here."

Multnomah County Alternative Community Services (Work Crew)

421 SW 5th Ave., Suite 500
Portland, Oregon 97204
(503) 988-3007 Patrick or Krystal
Patrick.k.freeman@multco.us
krystal.quintero-rojas@multco.us
https://www.multco.us/dcj-adult/alternative-community-service-acs

Multnomah County Alternative Community Service (ACS) is a program that provides an alternative to jail. ACS assists with holding justice involved individuals accountable, while providing a safe working environment to learn new skills, work within a team, and work alongside numerous community partners within Multnomah County. Walk-in appointments are available between 8am - 4pm.

Oregon Food Bank

7900 NE 33rd Drive
Portland, Oregon 97211

Mailing: P.O. Box 55370
Portland, Oregon 97238
(503) 282-0555 Andrea
https://www.oregonfoodbank.org

There are opportunities to volunteer almost every day and in ways that fit with how you want to help — whether that's packing food at one of our central locations, distributing nutritious meals in your community, making phone calls from the comfort of your home, or lobbying at the state Capitol.

You can complete an application and sign up at *https://www.oregonfoodbank.org/get-involved/volunteerv* or for **mandated service** you can sign up at *https://secure.oregonfoodbank.org/a/mandated-community-service?_gl=1*1ni55tz*_ga*MTU3ODIyMzUuMTcwNjA1NDE0Ng..*_ga_B1234VTSRX*MTcwNjgxODU1Ny4zLjEuMTcwNjgxODU2My41NC4wLjA*. If calling, make sure to include your first and last names, phone number and availability in the message.

Operation Nightwatch

St. Stephen's Episcopal Church
1432 SW 13th Avenue
Portland, Oregon 97201
(503) 893-4568 Susan, program manager
https://www.operationnightwatch.org/get-involved

Since 1981, Operation Nightwatch has been providing radical hospitality to alleviate the isolation experienced by those living on the streets. They also distribute essential items and offer drop-in mental health support to those who request it. Their hospitality center is one of the few open at this time of night, when resources and connection are hard to come by. Their volunteers are essential to providing the services they offer - be it coffee and a meal, a blanket and socks, or conversation and connection.

They are currently offering off-site volunteer programs as well as their more limited direct service opportunities. They understand that their late evenings can make it difficult for some people to make it during their hours of operation, so they have created opportunities for those who can help remotely and on their own time.

For more information on how you can help, please email us at Susan at the contact information above.

Portland Parks and Recreation

1120 SW 5th, Suite 1302
Portland, Oregon 97204
503-823-5121 Steve Pixley, Volunteer Program Coordinator
Steve.Pixley@portlandoregon.gov
https://www.portland.gov/parks/volunteer/volunteer-portland-parks-recreation#toc-community-service-hours

They have many opportunities that satisfy most community service requirements. A brief telephone screening is required to ensure proper placement and reporting.

Call or email Steve Pixley listing the days and times to contact you. Write "Court-Ordered Community Service" in the subject line.

Potluck in the Park

798 NW Glisan St.
Portland, Oregon 97209
bethany@potluckinthepark.org, Bethany Dozier, Volunteer Coordinator
https://www.potluckinthepark.org/

This is between 8th Ave. and Park Ave on NW Glisan. The location has changed several times over the years – best to confirm on the website.

Over the years, this has been an easy, barrier free way to do community service. Volunteers gather to feed Portland Homeless – rain or shine every Sunday.

Rebuilding Center for Our United Villages

3625 NE Mississippi Ave.
Portland, Oregon 97227
(503) 467-4985 Volunteer Coordinator
volunteer@ourunited villages.org
http://www.rebuildingcenter.org/services/

To sign up for community service at The Rebuilding Center, go to *www.rebuildingcenter.org*, go to Quick Links on the upper, right side of the page, click on **Volunteer,** click on **Community Service Volunteers.** In the "To get Started" section, click on **Apply here.** Fill out the volunteer application form completely. Please note under the section "Mandatory Service Information" you will select "Another court or program". You **do not** have to provide a case number. A 1-hour orientation is mandatory, and you **must** sign up for the first available orientation.

Everyone is welcome.

Rosewood Initiative

14127 SE Stark Street
Portland, Oregon 97233
(503) 208-2562 Madalyn Bach, Development Director
madalyn@rosewoodinitiative.org

Rosewood has several different volunteer opportunities depending on your interests and availability.

Fill out our general volunteer form to be added to their volunteer base and be contacted for future opportunities, or you can sign up for a specific need, like picking up diapers for our diaper program, or helping at our summer market series, Rosewood Saturday Celebrations.

Questions about volunteering? Please contact our Development Director, Madalyn Bach at *madalyn@rosewoodinitiative.org*

Solve

1501 SW Jefferson Street
Portland, Oregon 97201
(503) 844-9571
https://www.solveoregon.org/

Solve accepts volunteers to clean up the community. To register for an account and complete an application, visit *https://www.solveoregon.org/volunteer-sign-up*. An events calendar is located on their website at *https://www.solveoregon.org/calendar*, which lists their current volunteer opportunities.

Opportunities for court-ordered community service hours are available.

Please note that individuals who have been convicted of or charged with any crime involving or relating to invoking fear in another person and any form of harassment or assault (including but not limited to stalking, assault, battery, domestic violence, child abuse, and neglect, child pornography, child abduction, online harassment, or any sexual offense) are NOT permitted to register on this site.

If you're unsure your offense is appropriate, email us before you create an account at *info@solveoregon.org*.

Sonrise Church

6701 NE Campus Way
Hillsboro, Oregon 97124
(503) 640-2449 Alauna Aragon
(503) 640-2449 Cynthia Gonzales

Volunteers are needed to help around the church and assist with church-related events and fundraisers.

Sunshine Division

687 N Thompson Street
Portland, Oregon 97227
(503) 300-7994 Suzanna Coffin, Volunteer Coordinator
suzanna@sunshinedivision.org
https://sunshinedivision.org/volunteer/

Volunteer opportunities include:

Box Building
Work alongside a distanced group of volunteers at our Wilsonville Fulfillment Center to pack stable food into boxes for distribution. Group inquiries preferred.

Location: Wilsonville Fulfillment Center, 30299 SW Boones Ferry Road, Wilsonville, Oregon, 97070.

Client Assistance
Work alongside our staff by aiding in serving clients at each of our two pantries. Tasks could include greeting clients and passing out food boxes, adding perishable items to our base food boxes and helping build to-go bags for our clientele.

Locations:

687 N Thompson St.
Portland, Oregon 97227
(Possible shifts: Monday–Friday, 9:30 a.m.–11 a.m., 12:30 p.m.–3:30 p.m. & Saturday, 9 a.m.–1 p.m.)

12436 SE Stark St.
Portland, Oregon 97223
(Possible shifts: Tuesday–Friday 9:30 a.m.–11 a.m., 12:30 p.m.–3:30 p.m. & Saturday 9 a.m.–1 p.m.)

Food Sorting
Participate in a crucial step in our operations by sorting our dry food donations for distribution at our spacious Wilsonville Fulfillment Center on Wednesday mornings from 10 a.m.–12 p.m.

Location: Wilsonville Fulfillment Center, 30299 SW Boones Ferry Road, Wilsonville, Oregon 97070.

Warehouse Assistance
Looking for a dedicated individuals (or individuals) who are interested in helping at the Wilsonville Fulfillment Center weekly. Participants will help with taping boxes, recycling cardboard and various other tasks. Scheduling is relatively flexible as most of these tasks can be completed with limited supervision.

Location: Wilsonville Fulfillment Center, 30299 SW Boones Ferry Road, Wilsonville, Oregon 97070.

Taste and See Local

2134 19th Avenue
Forrest Grove, Oregon 97116
503-686-8458 Rochelle (text her and she will call back)
https://tasteandseelocal.org/

Volunteers are needed to make and move food boxes (Wednesdays) and distribute food boxes (Thursdays).

Volunteers are welcome to show up every Thursday at 9 am and work usually goes until 2 or 3 pm. They especially need help after the food bank closes to clean up. Donating just an hour or two is still helpful. Call *(971) 825-6576* for more info.

Transition Projects

Emily Coleman
volunteer@tprojects.org
https://www.tprojects.org/volunteer

Transition Projects requires individuals to attend an orientation before volunteering. They accept volunteers to prepare and serve meals at a shelter, distribute participant mail, and be on-call for special projects and events.

Volunteer Match

https://www.volunteermatch.org/search/orgs.jsp?l=Portland%2C+OR

Use this website address when other options aren't working. This is simply a website that tries to find opportunities for people. There may be a lot of barriers in terms of criminal history, etc. for a lot of the opportunities.

OUTSIDE RESOURCE GUIDES

211 Info

https://www.211info.org/

211 Info is a private, community-based nonprofit organization funded by state and municipal contracts, foundations, donations, and community partners in Oregon and Southwest Washington. 211 Info serves Clark, Cowlitz, Skamania, and Wahkiakum counties in Washington and the entire of State of Oregon. 211 Info empowers Oregon and Southwest Washington communities by helping people identify, navigate, and connect with local resources.

Mercy Corps PNW Resource Guide

https://nw.mercycorps.org/sites/default/files/2021-07/UnitedStates-MCNW-2019-Mercy%20Corps%20NW%20Resource%20Guide%20.pdf

The purpose of this guide is to help anyone seeking services within the community. This resource guide is not a complete reflection of what resources may be available within the community, but a starting point for those who need help. The Mercy Corps Northwest Community Resource Guide is to help any client or community member find resources within the community to help address any unmet needs they may have. This resource guide will provide specific resources within every Oregon county, and the counties of Clark and King which reside in the State of Washington. This resource guide does not provide every resource that can be found within a specific community.

Reentry Resources

https://willamette.edu/undergraduate/politics-policy-law-ethics/transformative-justice-initiative/resources/index.html

Links compiled by the Willamette University Transformative Justice Initiative with organizations providing a broad range of services from emergency social services to financial planning in the Salem area.

Street Root's Rose City Resource Guide

https://rosecityresource.streetroots.org/

The Street Root's City Resource Guide is the most comprehensive list of services for people experiencing homelessness and poverty in Clackamas, Multnomah and Washington counties. More than 215,000 guides are published and distributed annually. The information is also available digitally and updated throughout the year.
https://rosecityresource.streetroots.org/

White Bird Clinic Little Help Book

Eugene, Oregon
https://whitebirdclinic.org/wp-content/uploads/2020/01/Little-Help-Book-2020.pdf

The Little Help Book is a resource directory created by White Bird Clinic that provides information on human and social service resources around Eugene, Oregon, Springfield, Oregon, and nearby areas. The Little Help Book is for people seeking help with health, housing, financial assistance, shelter, food pantries and meal sites.

Physical additions are available for pickup at any White Bird office and an online version is available at the website listed above.

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