



Population 21,625*



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Mid-Columbia Center for Living
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www.mccfl.org

Mental Health, Addictions & Developmental Disabilities Services

Screening

(541) 386-2620
(888) 877-9147
1610 Woods Court, Hood River

Clackamas MHO Member Services

(503) 742-5335
(888) 651-2134

After-Hours Crisis

(541) 296-6307
(541) 386-7534

Mid-Columbia Center for Living, Inc.

provides and coordinates mental health, addictions and developmental disabilities services, quality improvement and utilization management of state-county shared services on contract with Hood River, Sherman and Wasco Counties

Mental Health Services

Prevention and Early Intervention

Early Assessment and Support (EASA), screening and observation, schools and early childhood program

Outpatient

Screening and assessment, individual and group therapy, medication management*, case management, crisis evaluation and response

Community Housing and Residential Services (Adults)

Supported housing*, residential treatment, crisis respite

Acute Care

Contact hospitals state-wide to find available beds. Primarily use McNary Place (Pendleton), St. Charles (Bend) and Oregon State Hospital. 15 in-county nursing home beds provide enhanced care services to adults with severe health and mental health needs

Recovery Supports

Peer-delivered services: Consumer Drop-In Center* (Adults), Peer-to-peer supports (young adults). Mentors (children), supported employment*, wraparound services*

Services to Special Populations

Jail services, Columbia River Wrap Around (SOC) and Intensive Services to Children, Youth and Families, including family care coordination, wraparound services*, diagnosis and assessment, therapy, day treatment, mentors, therapeutic classrooms and foster homes, residential treatment, skills training, support groups and youth leadership group

* An Evidence-Based Practice

*Population Research Center, PSU, March 2009

Hood River County Board of Commissioners:



Ron Rivers,
Chair



Barbara Briggs



Maui Meyer



Les A. Perkins



Chuck Thomsen

County government is the local fiscal agent for state funds and provides accounting, legal, and human resources services as well as in-kind contributions of county-owned land and facilities

Addictions Services

Prevention (contracted to the local Commission on Children & Families)

Alcohol and other drug youth coalitions and leadership, public education/awareness, school programs, community events, support for enforcement of underage-drinking laws, Change Community Norms program

Youth Early Intervention and Treatment

STEP (Strengthening Teens and Empowering Parents) Program: web-based or face-to-face, providing screening and assessment, parent/youth individual and group treatment, blogs monitored by counselors at www.stepprogram.net

Adult Treatment

Screening and assessment, individual and group treatment, intensive outpatient treatment, referral to residential and detox services, DUII diversion services, integrated services address co-occurring disorders*

Recovery

Aftercare, medication management*, Intensive Treatment and Recovery Services (wraparound)*

* An Evidence-Based Practice

Drug and Family Dependency Court*

7th Judicial District Court (Wasco and Hood River Counties) includes intensive outpatient treatment, wraparound services and compliance monitoring provided by Mid-Columbia Center for Living

Developmental Disabilities Services

Program Administration

Eligibility determination, quality assurance, foster care licensing, family support, contracts, protective services (investigation, reporting, arrange for alternative care if indicated), eXPRS payment authorizations and monitoring

Service Coordination

Crisis services, referral, person-centered planning, monitoring, advocacy, and information and training.

Contracts and Monitoring of residential, in-home, adult support, vocational and transportation services

The state Seniors & People with Disabilities Division contracts outside of the local planning and quality assurance process for adult support services with **Eastern Oregon Support Services Brokerage**

Success in Hood River County

“KS” is one youth who completed the STEP program successfully. She shared that prior to her involvement in STEP she used marijuana as a way to cope with low moods and feelings of depression.

She said that in the STEP program she learned “how to say no to drugs and alcohol” and how to better handle situations where marijuana was available. She summarized her progress by saying: “I’ll be clean from marijuana for a year in November.”

Besides her success with stopping her marijuana use she also says that because of the family involvement she has been better able to communicate with the members of her family and strengthen her relationship with them. KS worked hard to achieve the goals she set for herself, we wish her continued success!



Front row: Paul Sorenson, Clinical Supervisor with KS

Back Row: Nerissa Heller, Youth Treatment Specialist and Rachel Spigal, Program Manager

Mid-Columbia Center for Living empowers young people to live drug-free and chase their dreams

The Strengthening Teens and Empowering Parents (STEP) program is a free alcohol and drug treatment program supported through a federal grant designed for teens ages 13-18 in Hood River, Wasco, and Sherman counties. STEP offers teens alcohol and other drug assessments, individual and group therapy as well as parent education classes and family therapy sessions. Services are designed to help teens gain coping skills and successfully achieve their goals towards freedom from drugs and alcohol. The program is offered on-line (e-therapy) and face to face. The program is designed to offer early intervention and education as well as treatment if indicated. Through this program Mid-Columbia Center for Living has tripled the number of youth that have received addiction education and treatment services.

250 clients were served and 80% completed the program successfully.