



Columbia County

Population 48,095*



Roland Migchielsen, Director
Columbia Community Mental Health
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Mental Health, Addictions and Developmental Disabilities Services

Screening

(800) 294-5211
Creekside Center
58646 McNulty Way, St. Helens

After-Hours Crisis

(866) 866-1426

Columbia County Board of Commissioners:



Rita Bernhard



Anthony C. Hyde



Earl Fisher

County government is the local fiscal agent for state funds and provides program oversight and facilitation of local system planning.

Mental Health Services

Prevention and Early Intervention

School-based mental health services Grades 4-12, Early Assessment and Support Alliance (EASA), Peer Warm Line, crisis evaluation, intervention, and respite

Outpatient

Early treatment of traumatized and abused children, family therapy and parenting, intensive wraparound* including in-home service delivery, therapeutic foster care, Dialectical Behavioral Therapy* and Cognitive Behavioral Therapy* treatment, co-occurring disorders treatment*, domestic violence assessments, pre-commitment investigations and crisis services, medication management*, individual therapy

Community Housing and Residential Services

Cornerstone (stepdown/alternative to State Hospital), Our House (long-term care), Alternatives (Psychiatric Security Review Board placements), supported housing*

Acute Care

Oregon State Hospital, Good Samaritan and Emmanuel Hospitals (Portland)

Recovery Supports

Case management, assertive community treatment*, supported employment*, Recovery International, Dual-Diagnosis Anonymous, peer-delivered supports

Services to Special Populations

Jail diversion, Oregon Family Support Network is on contract to provide peer support and education for families, Teens in Transition Program (short-term family crisis intervention), young sexual offenders treatment

* An Evidence-Based Practice

*Population Research Center, PSU, March 2009

Columbia Community Mental Health, Inc.

provides mental health, addictions and developmental disabilities services, quality improvement and utilization management of state-county shared services

Addictions Services

Prevention

Substance abuse and gambling addiction education in schools and workplaces; evidence-based programs include Strengthening Families, Friendly PEERsuasion, Leadership and Resiliency, and Communities that Care

Outpatient Treatment

Adult: case management (connecting with employment, community, probation, DHS), chemical dependency and gambling group & individual therapy, co-occurring disorders treatment*, Thinking for Change Program (treatment with close supervision; serves 20 indigent corrections clients and 5 drug court participants, Intensive Treatment and Recovery Services for addicted parents of children in child welfare

Adolescent: day treatment with juvenile drug court, outpatient treatment, Proctor Care (therapeutic foster home), alcohol and drug specialist provides screenings for DHS child welfare and self-sufficiency clients

Residential and Recovery Services

Pathways (16-bed facility and 2 apartments provides residential treatment, transitional housing and supported housing), Oxford House (not funded by state or local dollars)

* An Evidence-Based Practice

Developmental Disabilities Services

Program Administration

Eligibility determination, quality assurance, foster care licensing, family support, contracts and protective services.

Service Coordination

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

Residential, 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 **Integrated Services Network**

Adult Drug Court*

Hon. Steven B. Reed, Presiding Judge

Juvenile Drug Court*

Hon. Ted E. Grove, Presiding Judge

Treatment for Juvenile Drug Court funded by state general fund, treatment for Adult Drug Court funded by local Parole & Probation. Treatment provided by Columbia Community Mental Health, Inc.

A mother beats her meth addiction and helps others beat theirs

"I started drinking when I was 13 years old with my older brother and his friends because I wanted to be a part of their group. At that time I thought if you threw up it just meant there was room for more beer. That is how my addiction started. Through the years I had 3 children with 2 different fathers and my history with both those men was the same: abuse - mental, physical, and sexual. I lived such a dark miserable life in addiction that I did not realize that life could be any other way. Through this addiction my children were never taken away, so they lived this dark life with me. I was so isolated and with my meth addiction I was in my room a lot; the next thing I knew my oldest son began using my drug of choice, meth.

After living on state assistance for 20 years, I had no kind of money to support my habit or my family. I began a criminal life and I began going to jail. At 34 years old I was worse off than anyone I had ever known. I wanted a normal life even though I had no idea what that was. I was referred to Columbia Community Mental Health for an assessment and entered their Pathways residential treatment center. I was in residential treatment three times and in outpatient treatment twice before I became successful.

I thank God for Columbia Community Mental Health; I used everything they gave me to make a better life for me and my children. I completed residential treatment in June 2001, moved into the transitional housing below the treatment center, transitioned home to my children and then we had an in-home therapist to teach me how to set boundaries and to grow as a family unit. We used individual and family therapy to work through the issues we all shared.

They also helped me prepare for and find a job. I worked my first job for 10 months. I hated every day of it, but I did not want to be on state assistance for the rest of my life so I continued to go. Then I was laid off. I decided to go to Pathways and apply for a job as support staff.

I was hired in June of 2003. I could not believe I had come full circle, from a client who struggled with getting and staying sober to an employee at the very place that had saved and changed my life so dramatically. I have been employed by Columbia Community Mental Health for over 5 years and have grown in the agency. I now am the lead support staff, house manager of the transitional housing program and the admissions coordinator.



Without Columbia Community Mental Health, I may have never gotten sober and been able to deal with things like my oldest son's addiction. (He is clean and sober now!) I got to support my daughter, a high school cheerleader, through her teenage years, and my youngest, well, he is still at home and we continue to grow and bond.

I found out a few months ago I will be a grandmother in April 2009 and my grandson will never have to see his grandmother strung out. I am so grateful for Columbia Community Mental Health; they have changed my life in so many ways."

By Shelly Kimball



Pathways residential treatment & recovery house, St. Helens