

Douglas County

Population 105,204*



Janet Holland, Director
Douglas County Mental Health Division
(541) 440-3526
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Mental Health

Screening

Douglas County Mental Health Division
(541) 440-3532
621 W Madrone Avenue, Roseburg

After-hours Crisis

(800) 866-9780 & (541) 440-3532
621 W Madrone Avenue, Roseburg

Addictions

Screening

ADAPT
(541) 672-2691
1215 SE Court Ave, Roseburg

Developmental Disabilities

Screening

Douglas County Developmental
Disabilities Division
(541) 440-3556
621 W Madrone Avenue, Roseburg

After-hours Crisis

(800) 866-9780 & (541) 440-3532
621 W Madrone Avenue, Roseburg

Douglas County Board of Commissioners:



Joseph A. Laurance



Doug Robertson



Susan Morgan

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

Mental Health Services

Outpatient

24-hour crisis intervention, adult and children's screening and assessment, medication management*, case management, individual and group therapy available in Roseburg, Drain, Canyonville and Reedsport

Community Housing and Residential Services

Umpqua Community Action Network (Roseburg)

Acute Care

Oregon State Hospital (Salem), Mercy Medical Center (Roseburg). Subacute: Telecare (Roseburg)

Recovery Supports

Intensive Community-Based Treatment Services (wraparound*), Fowler House drop-in center* (Roseburg)

Services to Special Populations

Dual-Diagnosis Anonymous 12-Step program

* An Evidence-Based Practice

*Population Research Center, PSU, March 2009

Douglas County Health & Social Services

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

Developmental Disabilities Services

Program Administration

Eligibility determination, quality assurance, foster care licensing, family support, contracts, protective services and adult support 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
Southern Oregon Regional Brokerage

ADAPT, Inc.

provides community Addictions Services on direct contract with the State of Oregon Addictions and Mental Health Division

Prevention

Education and early intervention available in Roseburg & Reedsport

Treatment

Screening, assessment, outpatient treatment (Roseburg, Reedsport)
Detox: referred to Willamette Family (Eugene) and providers in Medford
Residential treatment (Roseburg): Crossroads (including co-occurring disorders*), Deer Creek, RSAT

Recovery

Peer mentoring available in Reedsport and Roseburg, supported housing* contracted to Umpqua Community Action Network, Roseburg, supported employment* (JOBS program at Umpqua Community Action Network, Roseburg), childcare (Roseburg), aftercare drop-in group* (Roseburg)

* An Evidence-Based Practice

Drug Court*

Hon. George W. Ambrosini, Presiding Judge

*Treatment provided by ADAPT, Inc.
on contract with the court*

Douglas County Mental Health empowers its customers to forge recovery from chaos

Fowler House is a peer support center operated by Douglas County Mental Health. Open from 9am to 4pm Monday through Friday, it is a safe, protected environment for members to focus on their wellness. This environment allows members to “be themselves” in a non-judgmental environment without fear of public stigma. Access to community resources is facilitated by the Fowler House staff, supported employment is available in-house and evidence-based therapeutic activities are an integral part of the overall program. Skill-building activities such as cooking, budgeting, interpersonal relationships and computer skills are available for all members. Outside activities in the form of field trips such as camping, fishing and shopping in different areas of the state enable the clients to work on the skills they’ve developed. The Warm Line is operated out of Fowler House by peers. It is this blending of activities, therapeutic direction and peer interaction that makes Fowler House the successful model it is.



“Prior to 1993 my life was good. I was married with three kids and worked at various restaurants and a card shop.

Then my mom became sick. I took care of her for two years at her home in Myrtle Point, while my husband continued to live at our home in Myrtle Creek. Then my mother died and four days later my sister died. I lost my husband 10 months after that. I had a breakdown and was put in the hospital.

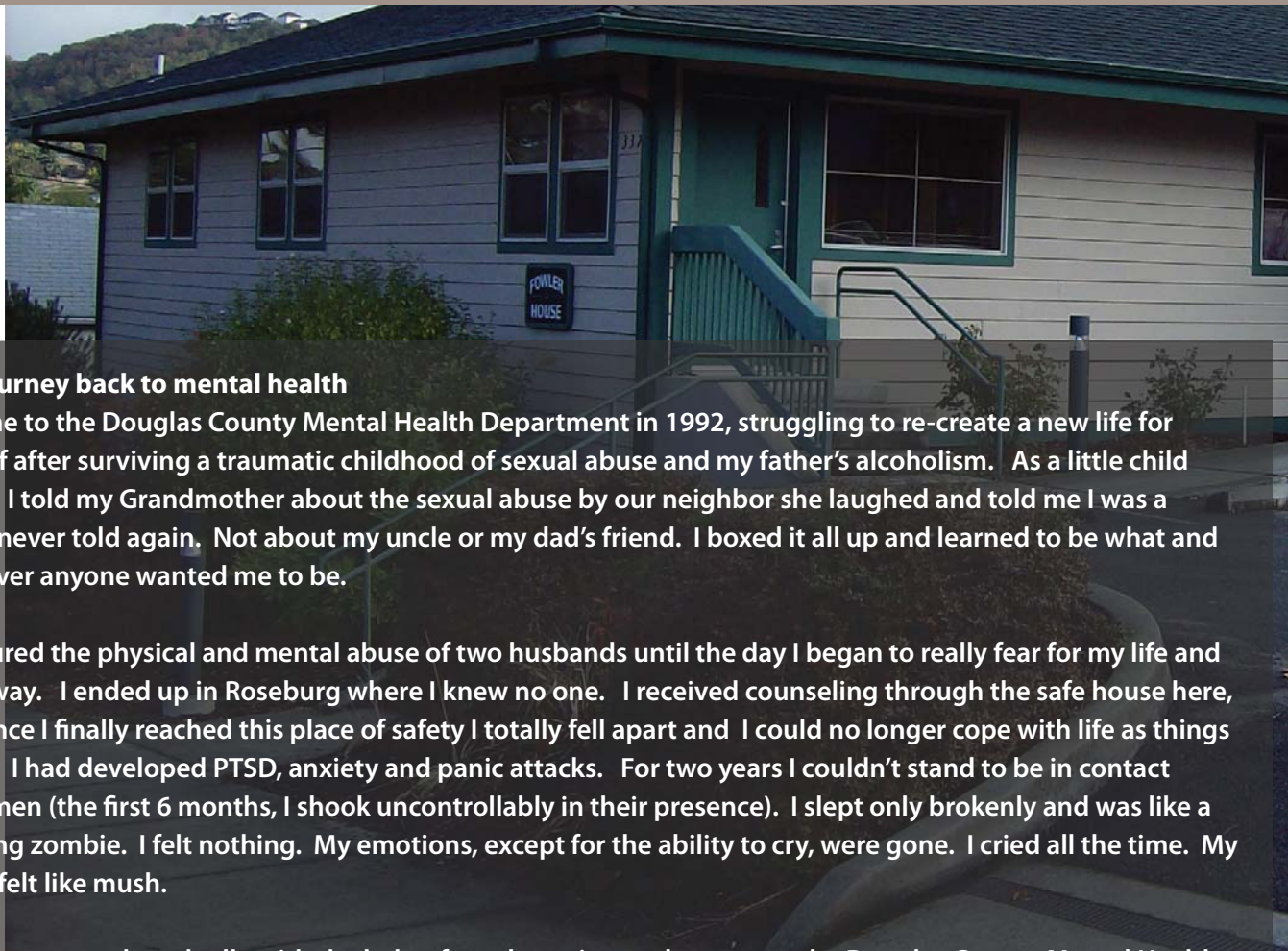
I was depressed and that is all I remember. In 1996, I went to Douglas County Mental Health and received medications and therapy. This helped somewhat but I continued to have an awful time with my depression, seeing and hearing things that others did not see or hear. I was hospitalized frequently because I felt suicidal and like there was not any hope for me.

I joined the Fowler House program later that year. It was my refuge from everyone; I did not want my family around me because I was ashamed. Through my peers, I received hope and acceptance. I learned that there were others like me and this gave me courage.

Fowler House also keeps my mind busy. Now I do not isolate myself, I have made friends here and have even gone into the community and joined the mining club. I have recently started going to the YMCA for exercise. I am also very involved in my church which is a big help. I was baptized in 1997.

After a year working in the kitchen at Fowler House, I am now getting ready to start a new job as a peer specialist.”

-Sarah, 2008



My journey back to mental health

“I came to the Douglas County Mental Health Department in 1992, struggling to re-create a new life for myself after surviving a traumatic childhood of sexual abuse and my father’s alcoholism. As a little child when I told my Grandmother about the sexual abuse by our neighbor she laughed and told me I was a liar. I never told again. Not about my uncle or my dad’s friend. I boxed it all up and learned to be what and whoever anyone wanted me to be.

I endured the physical and mental abuse of two husbands until the day I began to really fear for my life and ran away. I ended up in Roseburg where I knew no one. I received counseling through the safe house here, but once I finally reached this place of safety I totally fell apart and I could no longer cope with life as things were. I had developed PTSD, anxiety and panic attacks. For two years I couldn’t stand to be in contact with men (the first 6 months, I shook uncontrollably in their presence). I slept only brokenly and was like a walking zombie. I felt nothing. My emotions, except for the ability to cry, were gone. I cried all the time. My brain felt like mush.

Life went on and gradually with the help of my therapists and groups at the Douglas County Mental Health Department I got to the point that I could stand to be around people again and was well enough to begin coming to Fowler House. During my marriage, I had withdrawn from most of my friends – people ask questions about bruises, wrenched backs and limbs and broken ribs. Denial was well ingrained in me, it had meant survival; but now that way of survival was my prison, it was keeping me from real living. I had to learn to trust again, myself as well as others.

At first at Fowler House, I sat in a corner with a book and some water, just watching. People were interacting safely, and having fun playing card games, no one flying off the handle because they were losing, and they were having fun. I gradually was coaxed into joining in the fun – and UNO was fun. So was laughter. Little by little, as I helped around with chores and projects, I was drawn back into life. I became a member of the women’s group, and slowly was introduced into self-awareness, self-growth classes. Some of them I took more than once. I became a real person again. I can’t bear to even consider what I would be like if Fowler House and the great staff had not been here. I learned to have friends again, to help others while helping myself, and to take responsibility for what I have to offer folks.

I now volunteer for Mercy Hospice, in the hospital and private homes for home health and respite care and I can have my family in my life again. Douglas County Mental Health and Fowler House helped me to be free.”

- M. Sophia H. 2008