



Clackamas County

Population 376,660*



Cindy Becker, Director
Clackamas County
Health, Housing & Human Services
(503) 650-5696
cbecker@co.clackamas.or.us

Mental Health and Addictions Services

Screening and 24-Hour Crisis
Clackamas County Health, Housing & Human Services
(503) 655-8401
998 Library Court, Oregon City

Developmental Disabilities

Screening
Clackamas County Health, Housing & Human Services
(503) 655-8401
524 Main Street, Oregon City

24-hour/After-hours Crisis
(503) 655-8401
998 Library Court, Oregon City

Clackamas County Board of Commissioners:



Lynn Peterson,
Chair



Charlotte Lehan



Jim Bernard



Bob Austin



Ann Lininger

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, program oversight and facilitation of local system planning.

Mental Health Services

Prevention and Early Intervention

Todos Juntos parenting program provided in Canby and Molalla

Outpatient

- Intake, medication management*, individual and group therapy provided in Oregon City and Sandy by Clackamas County Behavioral Health; Dialectical Behavioral Therapy* provided by Portland DBT; St. Vincent's Eating Disorders Clinic (Portland); Options Counseling Center in Clackamas provides family sex abuse treatment
- Respite care provided in Oregon City by Oregon City Retirement Center and in Portland by Northwest Mental Health Management Services and Cascadia 70th Street

Community Housing and Residential Services

Adults: 64th Ave, LLC and Ash Court in Milwaukie, D&D in Lake Oswego, Serenity in Gladstone, Tara House in Portland, Woodlawn Care in Oregon City and Beginning WELL in Clackamas, Harmony House, Leland Group Home, Pearl Street Group Home, Hearthstone, Portland Ave Group Home, Molalla Group Home, King Road Group Home, Otter Lane, Chez Ami, Clackamas Apartments, Fisher Ridge, Meadowlark, Renaissance Court, Fieldstone

Children: residential treatment through Center for Continuous Improvement, Inc. and Christie Care, Inc. in Oregon City; group homes contracted through NW Mental Health Management Services, Inc. in Milwaukie, Oregon City, Wilsonville and Gladstone; therapeutic foster care provided through Lifeworks Northwest of Portland

Acute Care

Oregon State Hospital, Salem Memorial Hospital, Good Samaritan Hospital in Corvallis, Telecare Recovery Center in Gresham (children), Caremark and OHSU in Portland, Sister's of Providence in Portland, Multnomah and Washington Counties, Tuality in Forest Grove (geriatric)

Recovery Supports

Supported employment* provided by Clackamas County Community Solutions; life skills and money management training provided by Clackamas County Volunteer Connection in Oregon City; case management*. Folktime Safe Haven Drop-In Center, Oregon City. Children: Assertive Community Treatment* at Telecare Recovery Center in Gresham and Providence Day Treatment in Portland

*Population Research Center, PSU, March 2009

Clackamas County Health, Housing & Human Services

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

Addictions Services

Prevention

Education and alternative activities for youth provided by Clackamas County Behavioral Health and the local Commission on Children & Families

Treatment

- Outpatient therapy provided by Clackamas County Behavioral Health in Oregon City, Sandy and Mollala
- Detox services provided through Hooper Memorial Center in Portland
- Residential services and community housing: Tigard Recovery Center in Tigard, DePaul Adult Treatment Center in Portland, Unio Recovery Center in Ontario, Oxford Houses in Oregon City, West Linn, Gladstone and Milwaukie

Recovery

12-Step communities, including Dual Diagnosis Anonymous

Adult Mental Health and Drug Courts*

Hon. Robert R. Selander, Presiding Judge

Family Dependency Drug Court and Juvenile Drug Court*

Hon. Deanne L. Darling, Presiding Judge

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 Services

Group homes: 11 contracted organizations operate about 40 homes across the county; the largest contractors are NW Mental Health Management Services, Inc., Alberina Kerr, Alternative Services, Inc. and Edwards Center

Foster care: 75 certified homes for children and adults located throughout the county

Vocational Services

Provided in Canby, Clackamas, Gladstone, Gresham, Lake Oswego, Milwaukie, Oregon City, & Portland on contract by Albertina Kerr, Alternative Services, Inc., CCI Enterprises, Community Vision, DePaul Industries, Mentor Oregon, Dungarvin Oregon, Eastco Diversified, Edwards Center, Goodwill, Integration & Independence, Mt. Angel Development Program, Oregon Industry for the Blind, Pam's Clean Machine, PASS, Port City Development Center, Portland Support Employment, SCVP Inc., SERP Enterprises, & United Cerebral Palsy

Transportation Services

Tri-Met Agency Services is the county's largest subcontractor, there are ten others

The state Seniors & People with Disabilities Division contracts outside of the local planning and quality assurance process for adult support services with **The ARC Brokerage Services, Inclusion, Inc., Independence Northwest, & Mentor Oregon Brokerage: Metro**

* An Evidence-Based Practice

Success in Clackamas County



When Tasha Stirling began working with Clackamas County Community Health Children's Mental Health therapist Anne Weaver four years ago, Tasha spent a lot of time hiding under chairs and tables.

She refused to talk or look at anyone. Today, Tasha attends Oregon City High School, works on computers, loves camping and the outdoors and enjoys working with animals.

As an infant, Tasha endured severe physical abuse. Coupled with developmental deficits, it has made Tasha's life challenging. She's often fearful. She struggles with mood swings. She can't compete academically. Clackamas County Mental Health has made her road a bit easier.

"Anne and I talk about my problems," says Tasha. "We play games. Anne has helped me solve my problems; helped my parents understand me and how I work and she's helped me understand how they work. Sometimes she helps my brother and sister understand me."

Tasha's foot-long Australian Bearded Dragon, Cocoa, clings to her chest. She gently strokes the lizard's rough skin. The Dragon is Tasha's service animal. It calms her and makes her feel more confident. While the lizard

doesn't fit the traditional picture of a service

animal, it's a good fit for Tasha.

According to Jeanette Stirling, Tasha's foster mother for the past 16 years and her soon-to-be adopted parent, working with Anne and with Colette Stiff, Tasha's Care Coordinator, has made all the difference. "There have been so many times that I've called because I just don't know what I'm going to do," she says. "Anne has helped arrange medication consultations and with getting us pointed in the right direction. She's always there for Tasha."

In addition to helping the entire family understand Tasha and to build coping skills, Anne and Collette are willing to meet Tasha and her family wherever needed. "If I ask Colette to come out and I need her help, she'll come out to my house," says Tasha. "We talk and she makes sure I'm okay."

"Clackamas County Mental Health has been there for us," says Jeanette. "When Tasha was ready for and needed group treatment, she got it. When I need extra support, I get it."

Tasha says she wants to work with animals when she grows up; perhaps breeding her beloved Bearded Dragons. The lizard has three normal feet and one club foot. Tasha gently fingers the animal's deformed appendage. "She was born like that," she says. "That's the reason why I picked her because she was different from all the others. No one else wanted her because she was different."



Matthew Goss says his drug and alcohol addiction and mental illness started developing the moment he was conceived. The son of a violent alcoholic, he grew up with extreme physical and emotional abuse. He learned to escape the rage he felt with alcohol and drugs.

Then in 1987, drunk and high on marijuana and riding his motorcycle without a helmet, Goss ran a stop sign and crashed into a full-sized pickup. When he woke from his coma, his critical injuries included major head trauma.

Five years later, struggling with the aftermath of his accident and with a full-blown addiction to alcohol

and marijuana, Goss began to experience paranoid delusions. "I was sure a certain mafia family was going to kill me," he says. "For the next seven years, I was certifiably insane with paranoia."

Goss' mental illness and his drug and alcohol use progressed. His paranoid delusions became more complicated. He was convinced people were watching and listening to him round the clock.

The delusions finally drove him to rob two banks. Arrested and convicted, he ended up sentenced to 20 years in a federal penitentiary. Fortunately, his public defender recognized his illness and his sentence was commuted to the State psychiatric hospital.

Nineteen months later, Goss was placed on conditional release, supervised by the Psychiatric Security Review Board. One of the first conditions of his release was that he attend Clackamas County's 90-day Drug and Alcohol Addiction class. "The class was really informative," says Goss. "They gave us a lot of homework to do and it taught me a lot about myself."

Goss was also assigned a team from Clackamas County Mental Health to help him negotiate his new delusion-free life of sobriety. Brian Dwiggin, his case manager, helps him with day-to-day issues like dealing with difficult thoughts and practical issues like housing and work. "Brian and I meet weekly," says Goss. "We talk about how I'm doing; whether I'm having paranoid thoughts or flashbacks. Brian is very intelligent, but he's down-to-earth and easy to talk to."

Behavioral Health Manager, Patty Dingman, R.N., and psychiatrist Don Matsunaga help Goss with the medications that keep the paranoia and delusional thoughts at bay. "Patty has been a tremendous help in my recovery," he says. "She won't let me out of anything. When she found out I drank three beers once, she really came down on me. She won't let me minimize anything. And Dr. Matsunaga has been a tremendous help too."

Today, Goss lives at Villebois in Wilsonville where they have apartments for people who suffer from mental illness. He works part time at a nursery, putting his background in forestry to work. And he regularly attends Alcoholics Anonymous meetings. "This whole experience might look to someone on the outside like a negative experience, but it's all worked in its own way to bring me to where I am today," says Goss. "I have great friends and an amazing support network. I've learned a tremendous amount about myself and my family and I've lost my resentment and have given forgiveness to everyone. I'm very lucky."