

***CASE MANAGEMENT & SKILLS TRAINING***

These services are community based and individual focused. The strengths-based Case Management program promotes community integration via work, education, housing, access to entitlements, social and leisure activities, and other community based supports. Clinicians provide support and skill building while also encouraging wellness planning, self-advocacy and community membership and encourage individuals to achieve their unique potential. Skills Trainers mentor and teach individuals the skills needed to successfully manage one’s life at home, work, school, and other community situations

***SUPPORTED EMPLOYMENT***

Employment Works is based on a nationally recognized model of Supported Employment known as Individual Placement and Support (IPS) which is proven to be successful in helping people find and keep jobs. IPS is an integral part of recovery that provides ongoing support, emphasizing individual abilities and desires to re-enter the community workforce.

***SUPPORTED EDUCATION***

The Supported Education program helps clients with career planning, academic survival skills, and provides outreach services and resources to help overcome educational barriers.

***ASSERTIVE COMMUNITY TREATMENT***

Assertive Community Treatment (ACT) is an evidence based team approach that provides comprehensive psychiatric treatment and support to adults who have a history of serious and persistent mental illness. The multidisciplinary outreach team is comprised of a psychiatric nurse practitioner, registered nurse, therapist, dual diagnosis specialist, peer specialist employment specialist and case manager.

***CHILDREN & FAMILY SERVICES***

Children and family programs provide individual, group, and family treatment and skills training for children, adolescents and parents. We provide services in all Josephine County public elementary and secondary schools, and alternative education centers and many of the schools in Jackson County. Our programs work closely with families, schools, corrections, and other youth-serving community agencies.

***EASA***

Early Assessment & Support Alliance (EASA) identifies youth with symptoms of psychosis as early as possible. The evidenced based program provides support and treatment to enable youth to become successful in school and their lives.

***FAMILY CARE COLLABORATIVE***

The Family Care Collaborative (FCC) program works in collaboration with DHS Child Welfare to help families develop new skills that promote for long lasting positive change within the family enabling families to remain intact and also supporting the reunification of children and families..

***WRAPAROUND PROGRAM***

One of three initial Children’s Wraparound Initiatives in Oregon. This evidence-based program works in collaboration with Child Welfare and other community partners to address the needs of children (and families).

***MEDICAL UNIT and PRIMARY CARE***

The Medical Unit provides medical services that include psychiatric assessments and evaluations, consultations, referral to community partner staff, consulting via a direct phone line for primary care providers, prescribing medications, and medication monitoring and management. Options has integrated its own Primary Care services at our Hillside Center and Bryson Center outpatient facilities for physical health care needs of clients.

***CRISIS RESOLUTION CENTER***

The Crisis Resolution Center (CRC) in Grants Pass provides treatment to individuals who are experiencing a psychiatric emergency and who may have co-occurring disorders. Individual and group therapy, as well as didactic education groups, skills training and medication management are utilized in the stabilization process. The program treats these disorders in a safe, therapeutic, homelike environment and is an alternative to acute hospitalization.

***GAMBLING RECOVERY PROGRAM***

Options’ Gambling Recovery Program provides professional interventions, assessments, individual treatment planning, one-to-one counseling and/or case management sessions, group counseling, family involvement (if appropriate), and aftercare planning. Services are also available to family members, whether the gambler participates or not.

***DUAL SOLUTIONS CONTINUUM OF CARE***

Dual Solutions meets the needs of individuals experiencing co-occurring mental health and addiction disorders. Evidence-based practices are utilized to best meet the individual’s needs and optimize positive treatment outcomes. Certified addiction counselors work closely with a multi-disciplinary team consisting of mental health professionals.

***HOUSING & RESIDENTIAL TREATMENT***

Options offers several residential treatment facilities for adults with severe and persistent mental illnesses, as well as independent housing, in Josephine and Jackson Counties. We also provide transitional drug and alcohol free housing in Grants Pass for women to assist in the development of the life skills they need to acquire permanent, clean and sober housing. Contact our residential program for more information.

***MOBILE CRISIS***

The Mobile Community Crisis Response Team provides screening services for individuals in psychiatric crisis presenting at multiple locations throughout the community such as response to Public Safety, the Sobering Center, Homeless Shelters, medical offices, and Three Rivers Medical Center.

***FORENSIC SERVICES***

Forensic services are mental health and substance use assessment, treatment, recovery and restoration services for people who are coming into contact with the public safety and corrections systems due to symptoms or behavior stemming from a serious mental illness or substance use disorder.

***MENTAL HEALTH FIRST AID***

Mental Health First Aid training is offered to the community throughout the year to teach a 5-step strategy on how to assist someone who is experiencing a mental health crisis.

***PEER SERVICES***

Options offers an Illness Management and Recovery (IMR) program using Peer Recovery Specialists. Peers teach skills and offer supports to others as they work to develop and make progress toward their life goals and recovery.

***DIALECTICAL BEHAVIOR THERAPY***

Dialectical Behavior Therapy (DBT) is an evidence-based cognitive-behavioral therapy that brings results and hope to many young people and their families who are struggling with issues such as chronic depression/anxiety, self-harm, anger, impulsivity, eating disorders, attention problems, confusion about self, relationship issues, substance abuse, and other dilemmas.

*This is not a full list of services and supports that Options provides. Please contact us for more information .*

### **ADULT THERAPY SERVICES**

Mental health specialists and a panel of contracted private providers provide group and individual psychotherapy, mental health assessments, and other services for adults, including referrals to appropriate community resources.

### **OSECE AND OCEACT**

Options administers the Oregon Supported Employment Center for Excellence (OSECE) and helps train more than 37 sites in Oregon in this successful model of employment. Options administers the Oregon Center for Excellence for Assertive Community Treatment (OCEACT). OCEACT works with 35 ACT teams. Both Centers for Excellence provide training, technical assistance and program evaluation/certification annually to the programs.

### **MENTAL HEALTH COURT and DRUG COURT SERVICES**

Options collaborates with Community Corrections, Public Safety, the Public Defender's office, the District Attorney's office, and the Courts to divert those with behavioral health needs from the corrections system and into needed treatment.

### **INTEGRATED PRIMARY CARE BEHAVIORAL HEALTH**

On site therapist and/or nurse practitioner located in multiple primary care office including Grants Pass Clinic and Women's Health Center. Integrated behavioral health services are also provided in federally qualified health centers.

### **PATIENT CENTERED PRIMARY CARE HOME (PCPCH)**

Family Medical Nurse Practitioners imbedded in Hillside Center and Bryson Center provided integrated medical services to individuals with mental illness and co-occurring disorders.

### **SUICIDE PREVENTION SERVICES & APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)**

This prevention and education program is aimed at increasing identification, referral, treatment and coordination of services for individuals at risk of suicide.

### **BEHAVIORAL HEALTH FOR OLDER ADULTS & PEOPLE WITH DISABILITIES**

The Specialist in this program facilitates the education of community partners regarding the field of geriatrics, disability, mental health, and addiction services by improving service coordination and reducing gaps for people with multiple needs.

### **INDEPENDENT HOUSING**

Options' Independent Housing is clean, safe and affordable and designated for those who have experienced mental health issues.

### **TRANSITIONAL SUPPORTED HOUSING**

Options' Transitional Supported Housing program provides on-site mental health and addictions services and supports in addition to education on apartment maintenance and assistance with finding permanent safe and affordable housing.

### **CHOICES COUNSELING CENTER**

Choices provides substance use and gambling assessment, treatment, and peer services to people in Josephine County. Choices operates "The Hub" a resource, referral, education and connection center that is available to our community on a drop-in basis. Choices Counseling also provides Gambling Treatment services.

### **KOLPIA COUNSELING SERVICES**

Kolpia Counseling provides substance use, mental health and co-occurring disorders assessments and treatment in Jackson County. Services are provided on an individual and/or group basis.

### **Options for Southern Oregon**

#### **Administrative Office**

1215 SW G Street  
Grants Pass Oregon 97526

#### **Creekside Center**

1181 SW Ramsey Avenue  
Grants Pass, Oregon 97527  
(541) 476-2373  
*Child & Family Services*

#### **Hillside Center**

1545 Harbeck Road  
Grants Pass, Oregon 97527  
(541) 476-2373  
*Adult Services  
Psychiatry Services  
Certified Behavioral Health Center*

#### **Illinois Valley Center**

319 Caves Highway  
Cave Junction, Oregon 97523  
(541) 476-2373  
*Adult Services  
Child & Family Services—call for hours*

#### **Bryson Center**

200 Beatty Street  
Medford, Oregon 97501  
(541) 476-2373  
*Adult Services  
Child & Family Services  
Psychiatry Services  
Certified Behavioral Health Center*

#### **Choices Counseling Center**

205 Fruitdale Avenue  
Grants Pass OR 97527  
541-479-8847  
*Alcohol & Drug Services*

#### **Kolpia Counseling Services**

611 Siskiyou Blvd Ste 8  
Ashland, Oregon 97520  
(541) 482-1718  
*Alcohol & Drug Services*

#### **Kolpia Counseling Services**

836 E. Main, Ste 6  
Medford, OR 97504  
541-500-8023  
*Alcohol & Drug Services*



***Options for Southern Oregon serves people of all ages in our community who have mental health needs. Our holistic approach addresses housing, advocacy, community integration, crisis intervention, therapy, co-occurring issues, education, work, and economic well-being. We foster the development of mental and emotional health in children, adults, and families, and support our clients' participation as respected members of the community.***

**Phone All Offices: (541) 476-2373**

**Fax: (541) 476-1526**

**[www.optionsonline.org](http://www.optionsonline.org)**

**Crisis Hotlines:**

**Josephine County: (541) 474-5360**

**Jackson County: (541) 774-8201**

**or Dial 988**