

OPTIONS FOR SOUTHERN OREGON offers consultation, training and innovative programs to serve low income individuals and people with psychiatric disabilities to inspire hope while supporting their participation as respected members of the community.

OUR MISSION
Options for Southern Oregon, 1215 SW G Street, Grants Pass, OR 97526

Mail with your tax deductible check to:

Thank You for your generous donation!
All contributions are tax deductible as allowed under IRS guidelines. To assure proper credit, please return this form with your gift.

Phone:

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OR: Please send me an invoice once per month for \$ _____ each month for a period of one year as my response to the reduction in state funds for the disabled.

Yes, here is my contribution: \$25 \$50 \$100 or even more \$ _____
Your partnership is needed

**** Inspiring Hope While Supporting Participation in the Community ****



Options' spacious meeting room is available
to rent for community events, staff retreats or other gatherings.
For details, call 476-2373

Options for Southern Oregon

1215 SW G Street

Grants Pass, OR 97526

Return Service Requested

Options offers new Employment Works program in Jackson County

Options is pleased to announce that the Jackson County Department of Human Services is contracting with Options to begin a new Employment Works program in Jackson County.

According to Becky Martin, Jackson County Mental Health Division Manager, "Case Management staff are looking forward to these additional resources for clients and we have worked closely with Options since we first began offering supported employment services and decided to expand the program."

Employment Works uses competitive employment and education as a means of attaining self-sufficiency for adults with psychiatric disabilities. Employment professionals train and prepare clients for employment, seek competitive jobs, and provide extensive follow-up support to ensure a smooth adjustment to the work environment.

There are many benefits for employers and future employees working with the Employment Works program. Employers receive peace of mind from employment coordinators continuous consultation and long-term follow-up services. Employees receive increased economic resources and competitive employment opens the door to new social connections and an enhanced sense of personal value.

Crystal McMahon, Jackson County Employment Works Program Manager, is excited and optimistic about the opportunity and shares that, "We are currently in the process of determining the community resources available, forming partnerships with supportive agencies, networking with local businesses and meeting the clients we will be serving."

The success of Options Josephine County Employment Works program demonstrates that, given the proper support, individuals with psychiatric disabilities can get and keep competitive jobs, helping people move toward recovery.

The average employment rate for adults with serious mental illness is typically below 15 percent. Many consumers who found employment through Options supported employment programs had been told they would never be able to work at all. According to Options Clinical Director, Jeff Krolick, "Employment Works programs highlight work as one of the most important goals of mental health treatment and helps consumers, families, and professional staff see how crucial it is in the recovery process."

Options Assumes Case Management services from Josephine County

Options is providing all case management services for Josephine County Mental Health. In preparing for this expansion of service, Options has hired three new case managers.

Options Case Management program serves individuals with prolonged psychiatric disabilities who are eligible to receive services through Josephine County

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A Success Story

A consumer we will call Theresa is about to turn 21 years old this month. Her life has turned a number of corners as she makes strides toward independence. The roughest times were her teen years, between the years of 14 and 17, when she lived on the street at times.

Theresa has many talents, including knowing sign-language, and she helps those in her life understand living and working with someone with a disability. According to Theresa, "It's easy for me to look beyond my own disability because I never hesitate to help someone with a disability."

Her Case Manager suggested that she work with Employment Works, Options supported employment program, to obtain competitive employment and receive all the benefits connected with employment, in the therapeutic sense, as well as being able to demonstrate the potential to live independently.

Theresa's Case Manager says that, "Theresa has worked extremely hard at achieving independence and she realizes it's not something that happens immediately and lets the steps in the process occur."

Theresa had never really had any paid employment before. After meeting with her Employment Coordinator she found her place in the program and began working for a local human service agency. Now she is a Crew Assistant and part of a three-person janitorial crew. She works anytime from early morning to late night shifts, 5 days per week.

Theresa really enjoys the work, and has learned that this job is like any other. According to her supervisor, "She works hard and knows how to fix her mistakes, by seeking help, and understanding the importance of her work."

When she was able to take some time off work she missed the jokes of her co-workers and felt pangs of boredom- she could not wait to get back to work.

"Work gives me purpose and focus of mind."

Currently she is living in foster care and her long-term goal is complete living and employment independence. Her foster care home has taught Theresa the dignity, security, and benefits of a real home.

In her free time she enjoys her dog. She usually has her headphones on, listening to some of her music favorites such as Nelly and Green Day. She really enjoys writing, mixing, and listening to music and playing on her computer. She is a self-proclaimed "electronic freak".

Theresa says it best, "5 years ago you would not recognize me." "Now with my beautiful fiancé, my two stepkids, and my job working out so well I look back and just say WOW!"

Community Garden Update

We invite everyone to come by and visit the *Options Community Garden*, and please mark your calendars to join us on Friday, June 3rd from 12-1:00 PM to celebrate the opening of the garden!

Over the last three months we finished construction of the irrigation system, added soil amendments, constructed 31 garden plots, and built a fence for the Community Garden.

A warm thank you to Barbara Steffey, Chandler Pipeline and Construction, Barbara Fields, and Lynne Atteberry for the recent donations that made all this work possible. Also, many thanks to the efforts of community volunteers, Master Gardeners, and RSVP for their hands-on work.

Registration for the Options Community Garden is open to the public and a few plots are still available. You can register by contacting Options or by filling out the online registration form:

www.optionsonline.org/CommunityGarden.htm

COMMUNITY GARDEN

OPENING CELEBRATION!

Join Grants Pass Mayor Len Holzinger as we cut the ribbon and officially open the Garden!

Friday, June 3rd 12:00-1:00 PM

GARDEN DONATION WISH LIST: Compost Bin, Garden Way Cart, Garden Tools, Starter Plants

Continued next column

Josephine County CONTINUED...

Mental Health program. The Case Management program is comprised of six Case Managers, one Community Support Specialist, one Transitional Case Manager, and the Clinical Director.

Kim Miller, Executive Director, stated, "We are very pleased to be able to offer all of the case management services for the county. Based on Options' lower overhead, more scarce state and local resources will be going directly to client care. We look forward to continued collaboration with the county staff to provide the best, most cost effective services as funds continue to become more difficult to access."

Options uses the Strengths Model of Case Management for its proven track record of effective, consumer-centered services. A Case Manager helps individuals with psychiatric disabilities recognize and utilize their individual strengths, abilities and potentials, and secure natural community resources. Case Managers work with clients to help them attain personal goals in the areas of employment, education, housing, social support, and medical services.

Case management outcomes have consistently shown a reduction of rates of hospitalization, use of crisis services, homelessness, unemployment, and alcohol/drug abuse.

New Contracts and Funding

US Bank – Options recently received a grant of \$2,500 in support of our service programs.

City of Ashland – The City of Ashland awarded Options a grant of \$4,000 to support expenses associated with startup of the new Jackson County Employment Works program.

This is the twelfth issue of the Options Newsletter. We wish to thank all the gracious donors who have utilized this avenue to support Options.

BIG PLANS IN THE WORKS 2005 FESTIVAL OF TREES

Options' Third Annual Festival of Trees is happening this year on Thanksgiving weekend, November 25 – 27th. Themed, decorated trees will once again take center stage at a fun-filled three-day event to kick off the holiday season.

Julie Rubenstein, producer of this year's Festival, is planning some exciting additions and a few changes to previous years' activities. Instead of opening the Festival to the public on Friday morning, Friday will be Designer's Day. A crew of volunteers will have the Fairgrounds Pavilion fully set and all the trees decorated by 5 pm. From 5 to 7, a sponsored Designers Preview Party with a casual buffet and entertainment will reward weary workers. At 7 pm, the doors open to the general public for the Friday Night Shakedown, with live and professional DJ entertainment and dancing.

Saturday and Sunday, general admission hours will be from 10 a.m. until 4:45 p.m. with periodic entertainment throughout the day. Along with the trees and wreaths, and silent auction items, this year super raffle items will be displayed. There will once again be children's crafts in Santa's Workshop, a Candy Cane Café for refreshments, and a Teddy Bear Picnic at noon on Sunday.

This year's Festival Gala will start at 6 pm on Saturday night (November 26th - save the date!) From 6 to 7:45, there will be entertainment courtesy of Sights & Sounds, plus appetizers, no-host bar and dancing or strolling through the Festival. Dinner will be served between 8 and 9 pm, with the live auction getting under way at 9:00. Tables of 8 cost \$300, individual tickets \$35.

If you enjoyed pitching in to help last year, or wish you had, now is your chance to come down again to lend your talent or labors to the many volunteer tasks that make this a successful event.

To volunteer, please call Ellen Garton at 471-0317, or e-mail us at festival@optionsonline.org.

Email

If you would prefer to receive our newsletter by email, please give us a call, drop us a letter or email us. This will save Options money on paper and postage.

Phone: 541-476-2373 leave a message for Charlotte **Email:** cthompson@optionsonline.org

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