



NEWSLETTER

JBH Funds Two New Programs

Winter 2007, Number 19

Options is pleased to announce grant awards from the Jefferson Behavioral Health Regional Reinvestment Fund for the implementation of two new programs: Children's Crisis Service (CCS) and Supported Education (SEd).

The SEd program will provide evidence-based supported education services to OHP clients in Josephine County. Despite the importance of higher education, consumers are often unable to access educational resources or maintain their involvement with educational institutions. Since SEd is a consumer-active program, it will afford opportunities for recovery and reintegration into society.

Options has been endorsed by the State of Oregon as a pilot site for an SEd program because of our excellence in healthcare delivery and support for people with psychiatric disabilities. Training will be presented by a nationally respected SEd trainer and educator, Karen Unger. The program will be integrated into our award winning Supported Employment program, Employment Works.

An SEd Specialist, based primarily on the Rogue Community College Campus, will provide support services to students. The program will help consumers with career planning and academic survival skills. It will also provide outreach to services and resources to overcome the barriers that consumers often encounter, such as a lack of resources and attitudes based on fear and discrimination.

The integration of the CCS program into our Children's Resource Team will fill a much needed community resource. The service is designed to be on call 24 hours a day, seven days a week. It will provide emergency phone assistance to families in crisis, as well as outreach and stabilization services

for children in need. Our goal is to prevent crises from reoccurring and to promote ongoing family success.

CCS will provide for mental health services to families and youth from birth through 18 years of age. Immediate access to Options' mental health crisis response system will quickly stabilize and connect youth and families to community supports and services. Families will receive assistance in identifying and building upon individual strengths and community resources to develop a support network to help sustain their recovery. The goals in this treatment approach are to improve the client's long-term wellness and quality of life, avoid contacts with law enforcement, avoid hospital visits, and maintain the child's placement.

If you would like more information on these programs, please contact our Clinical Director, Jeff Krolick.

Inside this issue:

Page

- 2 Employees Shine With Holiday Spirit; News from the Hill
- 3 An Artist Within; Community Garden; Funding News
- 4 Free Meth Program in IV; Festival of Trees Update
- 5 CRT: A Valuable Community Resource; Managed Housing
- 6 Options Development Department; EW Employer Benefits
- 7 Chronicles of Carnahan

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Employees Shine With Holiday Spirit

Over one hundred Options employees attended the 2006 Holiday Party held in G Street's multipurpose room. It was nice to see everyone together in a relaxed atmosphere. The festively decorated room helped ring in the spirit of the season and the potluck luncheon featured delicious holiday dishes.

Employees divided into ten groups a few weeks prior to the party. Each group chose a theme for putting together a unique gift basket for the event. Board Member Denise Olson juried the baskets to select the most creative one. Hugo Hills won the title with their "Big O" basket. Every item featured in the basket began with the letter "O!" Other gift baskets featured themes like tranquility, family games, and chocolate and wine.



Each staff member received a ticket upon arriving at the party. People who brought a canned food item to donate got another ticket. A third ticket was given to each person who brought an unwrapped toy. All tickets were entered into the gift basket drawing and ten lucky individuals took a basket home. Food items were donated to the Salvation Army and the Food Bank. Toys were donated to Kiwanis Toys for Kids and distributed to local foster children. It was a great way to end an eventful year!

Lanette Gillen wins the "Tacky Holiday Attire Contest"

News from the Hill

Hugo Hills would like to welcome our new staff members Charlie Mitchell (therapist), Barbara Hall (NOC shift), and Jeannie Neeley (10-8 shift Sunday to Wednesday).

Everyone at Hugo Hills had great time when Santa came to visit our annual Staff & Resident Christmas party on December 20th. The residents enjoyed their secret Santa gifts from each other and the food brought by the staff for the potluck WAS GREAT (could we expect anything less?). Each resident got to meet with Santa individually and received a present.

The big news right now has been the weather. WE'VE HAD LOTS OF SNOW & ICE & FOG!!! This makes for fun skiing trips on our driveway and parking lot. We have learned once again how helpful rock salt is and to bring extra clothing in the event we end up needing to spend the night!

Upcoming events being planned for the residents include camping trips (June - September), new classes (water walking at the YMCA, cooking classes, recycling and Groups at Options). We will continue doing the Great Outdoors on the weekends along with other fun activities. Also, all of our residents are involved in pre-vocational job training in the facility.

As you can see, it is never dull out here at Hugo... so stay tuned for developing stories and announcements!

An Artist Within



*Clinical Director
Jeff Krolick*

Our Clinical Director, Jeff Krolick, has been with Options for 14 years. His office is in the new Creekside facility. Jeff's job is to make sure that Options is providing the most effective services and programming possible. This is done in a variety of ways: quality improvement, staff development, listening to what the people using Options services say they want, soliciting feedback from community partners, researching how other programs are achieving their successes and keeping up with current practices in the mental health field.

Jeff received a Master's degree for art in New York before continuing on to get his MA in Counseling Psychology at Lesley College in Cambridge, Massachusetts. He has been a mental health professional for 20 years.

Jeff lives in Ashland with his wife, Leslie Kurlan, the Clinical Director of Ashland's Southern Oregon Child Study and Treatment Center. His son, Julian, is a high school junior who competes on the Ashland High School snowboard and baseball teams and is also an avid downhill mountain biker. Jeff is a nationally recognized photographer and currently has a show in Kansas City, Missouri. Upcoming shows are in Raleigh, North Carolina (March) and Chattanooga, Tennessee (May). He also enjoys cross country skiing, bicycling and hiking.

Jeff says, "What I like best about working at Options is the people I work with and the spirit of service and sense of community which our agency strives to promote."

Options Community Garden Celebrates its Third Year!

The Options Community Garden provides thirty plots for the public, including several scholarship plots. There are still a few garden plots available to the public this year. There are plenty of ways for you to enjoy the garden without a plot including volunteering or attending one of the public events and work parties we hold in the Garden. *Thank you* to our volunteers, neighbors and gardeners who have done so much to help build the garden. For more information, visit www.optionsonline.org/CommunityGarden.htm.

The Options Community Garden Needs Donations!

The needs that the community can help meet:

- Volunteer Labor
- Donations to pay for scholarship plots (\$25 per plot/year)
- Gardening Tools, Equipment & Plants

For more information contact Joe Serres with Options at 472-5825 or jserres@optionsonline.org.

Options Receives Funding

Options recently received \$50,000 from The Collins Foundation and \$30,000 from the Ben B. Cheney Foundation for the Creekside building.

Options is also pleased to announce that we received funding from The Cow Creek Umpqua Indian Foundation in the amount of \$9,000 for the Children's Resource Team.

Thanks to Community Partner Wheeler Toyota for their generous donation of \$2,000.

Major Partners for the 2006 Festival of Trees were: Hagerman Construction, The Eye Care Group, Mid Rogue IPA, and ERA Prestige Homes.

To see how you can help over 3,000 children and adults in our community, please visit our website at www.optionsonline.org or call 476-2373 and ask for Joe Serres or Ellen Johnson.

FREE Meth Treatment Program Available in the IV

If you or someone you know is dealing with a methamphetamine addiction, MERIT may be the answer. MERIT (Methamphetamine Early Response Intervention Team) is a multi-agency partnership between Options for Southern Oregon, Choices, OnTrack, Adapt, and Josephine County. The federally funded Substance Abuse Mental Health Services Administration program provides methamphetamine addiction treatment and one-to-one case management support ~ and it's FREE to all participants!

Methamphetamine, a.k.a. speed, crank or meth, is the fastest growing drug threat in America and has reached epidemic proportions in Josephine County. It is inexpensive, easily made from readily obtainable chemicals, and has a longer lasting effect than cocaine. Meth can cause violent and psychotic behavior as well dangerously high body temperature, cardiac arrhythmia, stroke, and even brain damage.

Although meth is well known to be a dangerous and highly addictive drug, there is hope for individuals who have become addicted. Options' federally funded MERIT program provides evidence-based treatment and support for individuals and their families who are struggling with meth abuse. MERIT is a holistic approach, including utilizing effective substance abuse treatment using the Matrix Model. Matrix consists of an intensive outpatient program incorporating group and individualized case management services to address needs such as mental health and medical services, housing, employment and legal assistance, and dental and childcare services.

You do not need OHP or any other insurance to participate in this program. Since December of 2005 over 90 people in Josephine County have said YES to the innovative services of the MERIT program.

Call Options at 476-2373 for more information. MERIT WORKS!



2006 Festival Raises Funds for Mental Health

The 2006 Festival of Trees raised approximately \$25,000 for three mental health agencies: Options, Family Friends, and SOASTC. The 33 uniquely designed trees were placed in Grants Pass businesses and then moved to The Lodge at Riverside for the gala event on Friday, December 8th. Trees were auctioned off to the highest bidder. Attendees also bid on nearly 100 silent auction items. The proceeds will be divided equally among the three agencies. Options will direct its funds to the capital campaign to purchase the Creekside facility.

The elegant gala was attended by approximately 150 supporters who dined on delicious dinner-style hors d'oeuvres. The Rogue Valley Symphony Wind Quintet and the Grants Pass High School Choir entertained guests until the auction began. The Masters of Ceremonies (Executive Directors Kim Miller, Bob Lieberman and George Longden) livened up the crowd by singing humorous Christmas carols geared to the nonprofit sector. Where was that video camera, anyway?!

Options would like to again thank the generosity of all of this year's sponsors, especially our Platinum sponsor, Hagerman Construction, and our Corporate sponsor, Three Rivers Community Hospital, who really made this event possible.

Special recognition goes to the tree design winners: 1) *Most Creative*: "Peace on Earth," sponsored by Three Rivers Community Hospital; 2) *Best of Show*: "A Chwistmas Tweet," sponsored by the SOASTC Board; 3) *Best Use of Theme*: "Joyeux Noel," sponsored by The Secret Garden and the Options Board; 4) *Whimsical*: "Coastal Christmas," sponsored by the Kellenbeck Family Trust; and 5) *Nostalgia*: "An Old Fashioned Christmas," sponsored by Mid Rogue IPA.

India Longden was the lucky winner of the giant teddy bear donated by Evergreen Federal Bank. The recipient for the Tour Oregon package was Barbara Fields. The grand prize winner of the Albertson's coloring contest was Maci Jokumsen.

Planning for this year's Festival is underway. The date has been tentatively set for November 15-18. If you're interested in volunteering or sponsorship opportunities, please contact Ellen Johnson at 541-476-2373.

CRT: A Valuable Community Resource

The Children's Resource Team (CRT) works to serve the mental health needs of children and families in Josephine County. The team provides individual, group, and family therapy in a variety of settings and uses established models. Currently, grants are funding two programs: *1 2 3 Magic* and the *Children's Crisis Service*.

1 2 3 Magic is a program that provides parent training classes to high risk families with children ages two to eight. This class has been well received in the community and has been presented to hundreds of parents over the 3½ years of the grant.

The *Children's Crisis Service* will be available from CRT soon. The addition of this service to the families involved with treatment at CRT is essential. There will be a 24-hour phone line answered by staff from the Children's unit. This child-specific crisis response service is expected to decrease the need for trips to the emergency room, calls to law enforcement regarding children out of control at home, and will help maintain placements in the home for kids.

Other programs available through CRT include *Functional Family Therapy*. This evidenced-based program aims to reduce juvenile crime and increase the healthy functioning of families. More than 600 families have been referred to the program since April of 2002.

The CRT has a Master's level therapist assigned to each public school and alternative education center in Josephine County. We also have a contract with Family Friends to provide coverage for three of the schools in the area, as well as the eight therapists working for Options. This general counseling part of CRT receives approximately 15-25 new referrals a week. A therapist is assigned to each individual and then assesses the child's needs for therapy and the level at which that service should be provided.

Our skills trainers do individual work with children, adolescents and adults. They lead many groups for both youth and adults, run a parenting program for the Courts (which mandates all

divorcing parents to attend a one-time parenting class), provide groups in some of the public schools (paid for by the schools for those children not on the Oregon Health Plan), teach all the *1 2 3 Magic* groups; and will soon begin teaching *Love and Logic* parenting classes for the Coalition for Kids organization. Additionally, it is the responsibility of the CRT to facilitate entry into residential treatment for those youth who are not on the OHP but need a residential level of care.

Please call 476-2373 for more information on available services.

OPTIONS MANAGED HOUSING PROJECTS

Options manages the following independent living complexes for adults with psychiatric disabilities:

The Willows

The Willows is a 10-unit complex in Grants Pass developed and managed by Options and owned by Options Housing Alternatives, Inc., a separate corporation. The Willows received the Maxwell Award of Excellence from the national Fannie Mae Foundation as one of the best low-income housing projects built in 1993.

Red Oak Manor

Opened in 2000, and owned by Options, Red Oak Manor is an 8-unit complex designed for individuals who can maintain an independent lifestyle. Red Oak Manor was the first Options complex developed with funding primarily from Oregon's Housing and Community Services Division.

Blackberry Knoll

Blackberry Knoll, built in 1996, is developed and managed by Options and is owned by Rubus, Inc. These 12-units were designed for individuals who meet eligibility criteria. The City of Grants Pass presented Options with an Exemplary Design and Building Practices Award for Blackberry Knoll.

StarThistle

The StarThistle Apartment complex, located in Ashland, is comprised of eleven 1-bedroom units and one 2-bedroom unit. Opened in 1998, the project was developed and is managed by Options, and owned by Ashland Housing Opportunities, Inc.

Options Recovery Homes

Options provides transitional drug and alcohol free housing for individuals who are developing the life skills they need to acquire permanent, clean and sober housing. We have two facilities in Grants Pass. Freedom House accommodates 7 women and "A" Street provides housing for 15 men.

Options' Development Department

The Options Development Department's mission is to ensure both the short term and long term financial health of Options. What does the Options development department do? They write and administer grants, create the quarterly newsletter, promote Options through public relations and marketing and produce the annual report, Development staff report to foundations and other funding agencies on grant status. Other functions include fundraising events, acting as liaisons between the community and Options, consulting with other organizations on various development subjects, researching funding prospects, and sharing board development training information to board members.



New Sign at Options Creekside Center

The Options Development Department is also establishing other fundraising campaigns for direct mail, major gifts, and annual giving because things are always changing in the nonprofit sector. Research is an ongoing activity. The team also responds to all of the Options departments to develop the resources needed to provide effective community programs.

Options is currently in the midst of a capital campaign for the Creekside building. The overall project cost for this facility is \$2,716,000. Since June of 2006, Options has received funding and commitments for \$1,485,000 toward the purchase of Creekside. Our goal for purchasing Creekside is December 31st of 2007. Options is actively pursuing more grants, corporate donors, and individual donors. Volunteers are needed to help us with our fundraising activities. If you are interested in donating to our capital campaign for this much needed community facility, please contact Joe or Ellen at 476-2373.

VOLUNTEERS NEEDED!

The Options Development Department is currently looking for volunteers in the following areas:

Festival of Trees

Individuals to help prepare for the November 2007 event.

Community Garden

Individuals to help prepare the garden for spring planting.

Graphic Designer

Individual with computer graphic design skills to help produce our quarterly newsletter and new agency brochures.

We need you!

Employment Works Benefits Employers

Need employees? Employers can save valuable time and expense recruiting new employees! We make the best possible match between the work environment and a person's skills and interests.

- We match employee interest to your job description.
- Employment specialists will provide your business with access to our employee base.
- Employers will have access to our highly experienced program staff upon request.
- We provide information about potential financial incentives.
- Our professionals consult with your business to improve employee productivity.
- Our services are available at no charge to employers.
- Employers throughout the country who have hired people recovering from a disability are positive about the experience.

For more program information, please contact ZoeAnn Northcutt at 476-2373.

Chronicles of Carnahan

Residents at Carnahan Court lead a very active lifestyle. Carnies also love the outdoors. They feed the birds in the park, take regular walks, go fishing, and participate in three camping trips a year. Arts and Craft activities are a popular Saturday pastime and include singing, model building, painting, drawing, and ceramics.

Participation in sports is a big part of the Carnahan residents' lives, as well as exercising at the YMCA. We have one resident who takes a Tai Chi class.

Residents also bowl twice a week at Caveman Bowl. Brian won a silver medal in the Regional Bowling Competition in Medford and a fourth place ribbon at the state competition in Portland. Doug won a fourth place ribbon in the Regional Bowling Competition.

Rick, John and Jen brought home a silver medal in the Regional Volleyball Competition and a fourth place ribbon in the State Volleyball Competition. Several residents participate in Special Olympics.



Brian and Doug at regional bowling competition



Rick, Jen and John with volleyball team wearing their silver medals

“Dreams are renewable.
No matter what our age
or condition, there are
still untapped possibilities
within us and new beauty
waiting to be born.”

~ Dr. Dale Turner

CONGRATULATIONS
TO
FELICITY ELWORTHY,
THE NEW OPTIONS BOARD
SECRETARY/TREASURER!

FAREWELL TO BOARD MEMBERS JIM HUBER
AND FRANCINE GENTILE...THANK YOU FOR
YOUR YEARS OF SERVICE ON THE OPTIONS
BOARD. YOU'LL BE MISSED!



OUR MISSION: 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.

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

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Yes, here is my contribution: \$25 \$50 \$100 or even more \$_____
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each month for a period of one year as my response to the reduction in state funds for the disabled.

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