

Mental Health & Addictions Council

Meeting Minutes

Tuesday, January 28, 2025

4:30 – 6:30 PM

Zoom Meeting

Members Attending: Teresa Melville, Sheri Price, Cathy Horey, Pam Pearce, Sara Clement, Bo Brinson, Catherine LeJeal, Beto Contreras, Ashley Cross, Dave Hunt, Sarah Schindlbeck

Members Unexcused:

Members Excused:

Staff: Mary Rumbaugh, Elise Thompson, Keely Gilbert

Guests: Amber Richards, Nybelle Caruso, Daniel Mecredy, Ashley Cross, Paul LaBarre

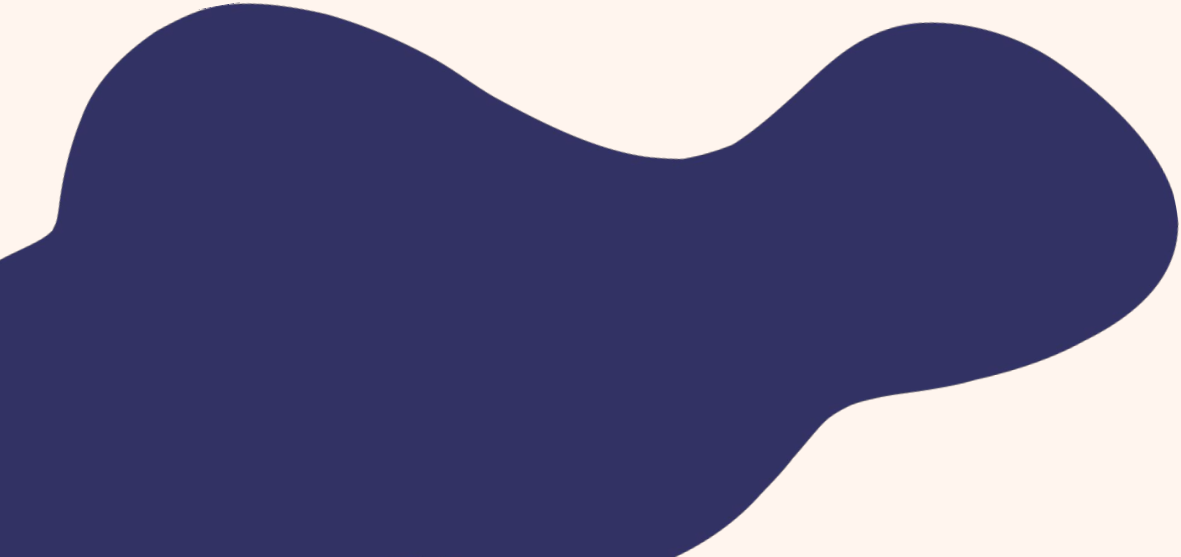
Item	Discussion	Action/Follow up
Call to Order, Establish Quorum (6 members), Approval of Minutes – Vice President	<ul style="list-style-type: none"> ➤ Teresa brought the meeting to order 4:34pm. ➤ Introductions of members and guests. ➤ Review of group norms. ➤ Approval of Minutes. <ul style="list-style-type: none"> ○ Bo 1st, Pam 2nd. ➤ Acronym list updates. <ul style="list-style-type: none"> ○ No Updates. 	
Presentation: Recovery Network of Oregon App- Daniel Mecredy	<ul style="list-style-type: none"> ➤ Daniel Mecredy from Oregon Recovers Presented on the Recovery Network of Oregon App. See Slides Attached. ➤ rno@oregonrecovers.org 	
Welcome Elise Thompson	<ul style="list-style-type: none"> ➤ Elise Thompson as the interim Behavioral Division Director will be leading this council until her retirement end of June. Elthompson@clackamas.us 	
Finalize Priorities and Strategies for 2025 and Approve	<ul style="list-style-type: none"> ➤ Teresa motioned to adopt the Priorities and Strategies as is Dave 2nd this motion. 	
Recruitment Notice Review and Vote – All	<ul style="list-style-type: none"> ➤ N/A 	

Committee updates – All	<ul style="list-style-type: none"> ➤ Advocacy/Legislative Committee: <ul style="list-style-type: none"> ○ Representative Kropf from Bend, the chair of the judiciary and taking the lead on the Civil Commitment Bill. ○ Behavioral Health workforce will continue to be a priority, with the governor’s desire to look at investment into supports for recovery housing. ○ Washington County will be lifting a bill advocating for some changes in how the Measure 110 formula is weighted. ○ Great time for you to attend legislative town meetings and constituent coffee and advocate for Mental Health services. ➤ Nominating Committee: <ul style="list-style-type: none"> ○ Recruitment closed 1/31. ○ Applicants will attend the February meeting, and we will plan to review and vote at the March meeting. ➤ Suicide Prevention Coalition of Clackamas County Update: <ul style="list-style-type: none"> ○ Treasa no longer able to attend this meeting due to scheduling conflicts, inviting Galli Murray to attend February meeting to present updates. ➤ Director Update: <ul style="list-style-type: none"> ○ Update on Clackamas Center for Treatment and Recovery: <ul style="list-style-type: none"> ▪ The notice of funding has been awarded to FORA Health. ▪ We are getting the contract in place for the design portion of the Recovery Center. There will be two buildings, one building with withdrawal management, residential, and outpatient and the second building will have recovery housing and other support services. ○ Update on 23-Hour Crisis Stabilization Center: <ul style="list-style-type: none"> ▪ Maple Star LLC. (Clarvida) will run the 23-Hour side of the building. ▪ The other side will be short term housing and case management stabilization will be run by the Fathers Heart. ▪ Construction is starting on the building and the latest we will be in operations is December of this year. ○ Mary’s transition: <ul style="list-style-type: none"> ▪ We will be recruiting for the permanent Behavioral Health Division Director. The goal is to post at the end of February. ▪ This committee will have the opportunity to be a part of this recruitment and have a say in who the BHD Director will be. ▪ The hope is to have the new Director start in June so there is some cross over with Elise before she retires end of June. 	Galli confirmed for February meeting
Round Table	<ul style="list-style-type: none"> ➤ Dave: <ul style="list-style-type: none"> ○ Nami, Ask the Expert, Thursday February 13th (see flyer attached) ○ Winter Blues, Thursday February 27th (see the flyer attached). ○ If you have not had the opportunity to watch Chair Roberts swearing in address, he really elevated mental health and made sure that it is going to be front and center. 	

	<ul style="list-style-type: none"> ➤ Teresa: N/A ➤ Bo: Advocacy day rescheduled to March 5th (originally February 13th) 7:30am-3:30pm in Salem. To Register visit Advocacy Day 2025 we will set up 15 minutes for folks to talk with elected officials. Rally at noon. 8 elected officials that will be in attendance. ➤ Sheri: N/A ➤ Pam: I am most known for the recovery high school, saw a need and went after it. Spent most of my recovery trying to understand how to allow my children how to thrive and not have to ever get sober, I believe prevention is the cure. My legislation with two committees, if this happens this will be my purpose. (see attached) ➤ Beto: ODHS through Harmony developed a narcotics anonymous committee that has expanded to other high schools. We are working with Inside Alliance to create a youth peer mentor program ➤ Mary: N/A ➤ Elise: We currently have an RFP up on Oregon buys for peer services allowing for peer providers to tell us what they think our community needs. https://oregonbuys.gov/bsso/external/bidDetail.sdo?docId=S-C01010-00012553&external=true&parentUrl=close 	
Public Comment	<ul style="list-style-type: none"> ➤ Mary Ann: Liked hearing about the mental health services with housing. ➤ Amber Richards: N/A ➤ Nybelle Caruso: Thursday January 30th peer celebration at OMSI. ➤ Ashley Cross: N/A ➤ Paul LaBarre: N/A ➤ Sara Clement: N/A ➤ Paul LaBarre: Need the updated zoom link. 	
Recap; Summarize action items; Agenda item suggestion – <i>All</i>	<p>The meeting adjourned at 6:30pm</p> <ul style="list-style-type: none"> ➤ Proposed agenda: <ul style="list-style-type: none"> ○ Invite Galli Murray from Clackamas County to provide an update from the Suicide Prevention Coalition. 	
Next Meeting Date and Location	<p>Tuesday, February 25, 2025 from 4:30-6:30 pm via Virtual and Crisis Walk-In Clinic Please RSVP to Keely Gilbert at Kgilbert@clackamas.us.</p>	Enable close captioning option on the zoom meeting invite.

Recovery Network of Oregon

Oregon's central navigation system
for addiction recovery



About RNO

Created in partnership by **Oregon Recovers** and **CareOregon** with the goal of centralizing addiction recovery services in the state.



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CareOregon®



Delivery

In eight months we stood up a **new statewide directory**, created a **custom website** and **mobile app** with unified back-end, launched a professional media campaign, and went live with **direct peer navigation**.



Resources

We adopted the **broadest definitions of recovery** and looked at the **full continuum of care**, identifying programmatic responses to **cultural needs**.

Provider Categories

Medical Care & Treatment, Peer Services, Recovery Meetings, Health & Wellness, Financial Resources, Housing & Shelter Legal & Systems Support, Harm Reduction, Employment Support, Prevention, Workforce Resources, Warming Centers, Cooling Centers

Sub-categories

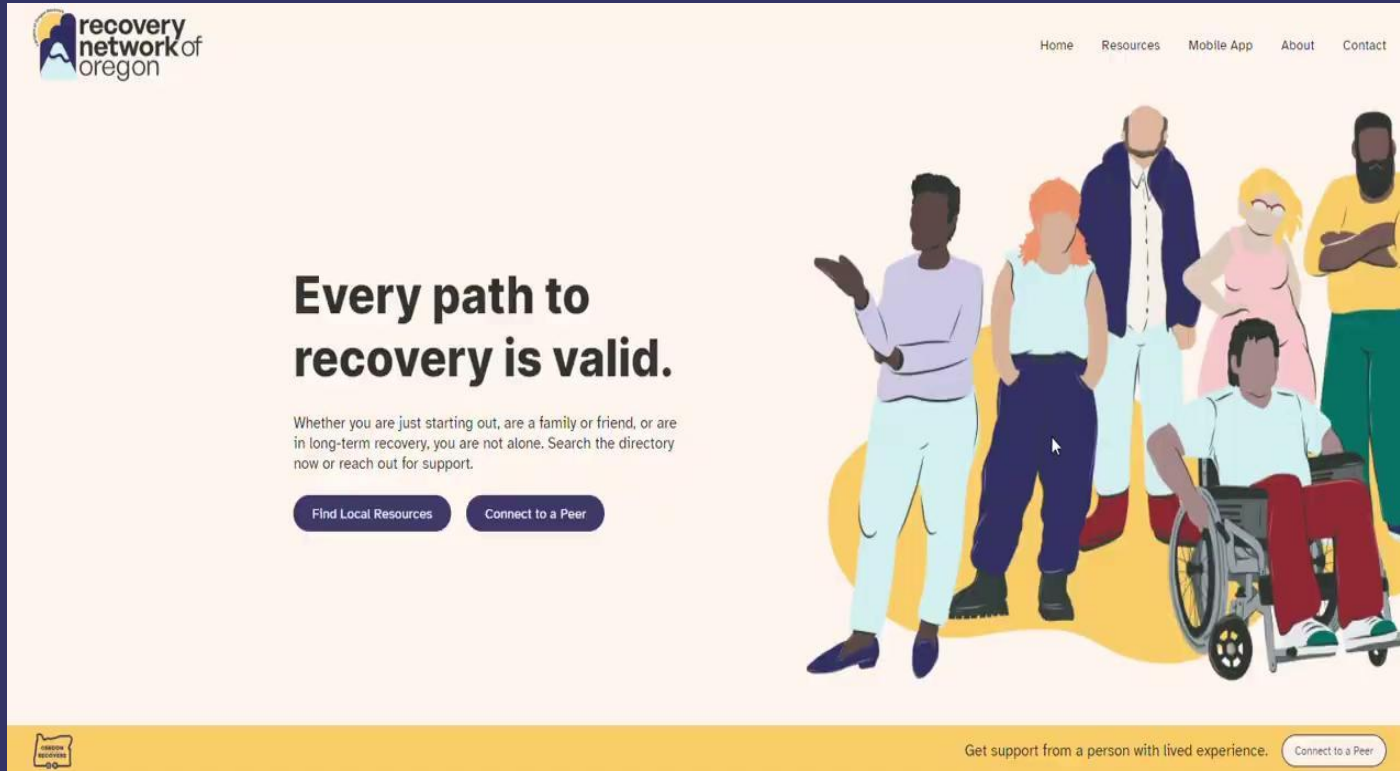
Abstinence based, Advocacy, Apps, Assessments, CCO Resources, Celebrate Recovery, Certifications, Chemical Testing, Communicable Disease Testing, Corrections, Counseling, Credit Repair, Dental Care, Detox, Dieticians, Domestic Violence, Dual Diagnosis, DUI, Expungement, Food Resources, Jobs, Laundry, MAT, Mental Health, Outpatient, PHP, Primary Care, Registered Sex Offenders, Rental Assistance, Safe-use supplies, Second Chance Employers, Showers, Skills Training, Sobering Center, Technology Assistance, Telehealth, Transportation, Workforce trainings.

Communities

Asian, BHRN, BIPOC, Black, Families, Friends/Loved Ones, Indigenous/Native American, Justice-Impacted, Latinx, LGBTQIA2s+, Men, Pregnant People, Refugee/Asylum, Seniors, Sex Workers, Undocumented, Veterans, Women, Young Adult, Youth (under 18).



The Website



The screenshot shows the homepage of the Recovery Network of Oregon. The top left features the logo with the text "recovery network of oregon". The top right has a navigation menu with links for "Home", "Resources", "Mobile App", "About", and "Contact". The main content area has a large heading "Every path to recovery is valid." followed by a paragraph: "Whether you are just starting out, are a family or friend, or are in long-term recovery, you are not alone. Search the directory now or reach out for support." Below this are two buttons: "Find Local Resources" and "Connect to a Peer". To the right is an illustration of six diverse people, including one in a wheelchair. The bottom of the page has a yellow bar with the text "Get support from a person with lived experience." and a "Connect to a Peer" button. A small "Oregon Recovers" logo is in the bottom left corner.

recovery network of oregon

Home Resources Mobile App About Contact

Every path to recovery is valid.

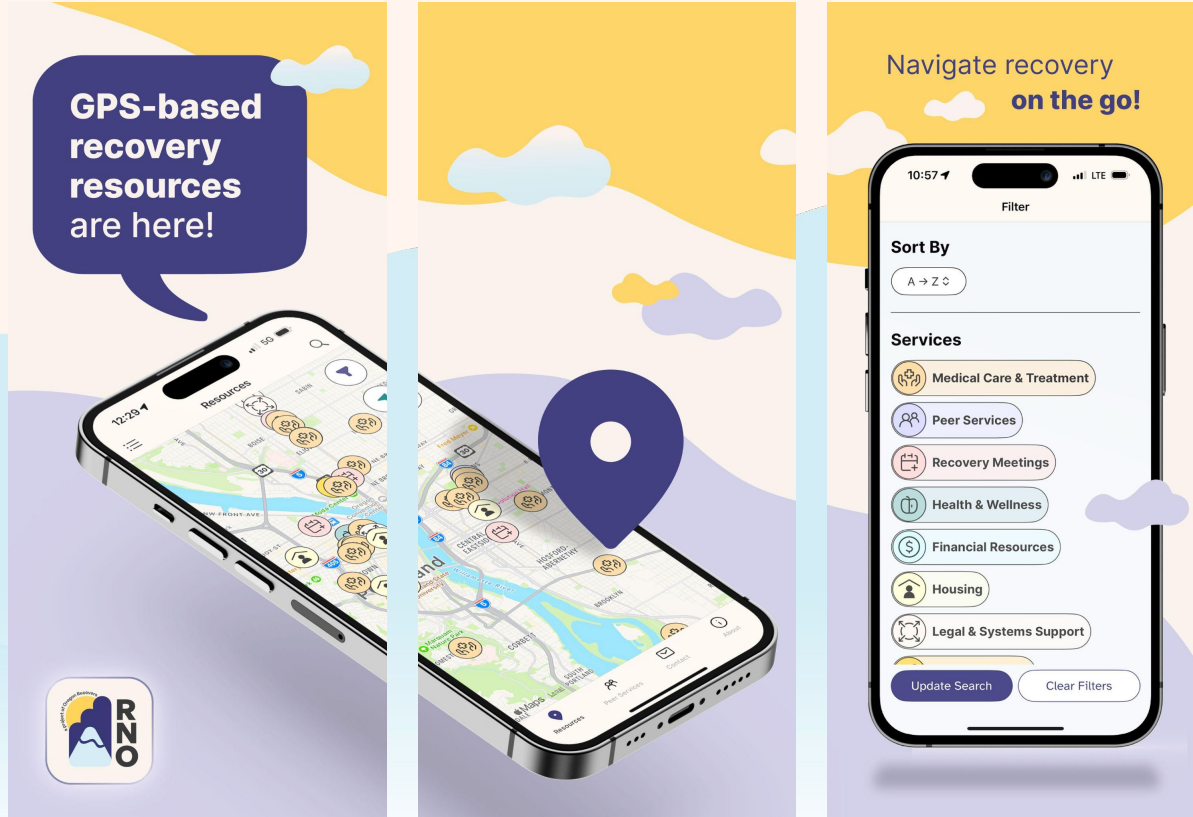
Whether you are just starting out, are a family or friend, or are in long-term recovery, you are not alone. Search the directory now or reach out for support.

Find Local Resources Connect to a Peer

Get support from a person with lived experience. Connect to a Peer

Oregon Recovers

The mobile app



It's never been easier to plan a trip or make a call.

Use the map to find resources near you or filter by need and expand your search.

The mobile app



Collaboration

We developed our tools alongside **BHRN members** in a 16-week planning committee that shaped our language, illustrations, and priorities.



New job
made possible
by **recovery.**

#RecoveryIsPossible 

Call 988 or visit RecoveryNetworkOfOregon.org



Storytime
made possible
by **recovery.**

#RecoveryIsPossible 

Call 988 or visit RecoveryNetworkOfOregon.org

We also joined **Multnomah County** in a media campaign to de-stigmatize addiction and connect people to resources.



Early Results are in...

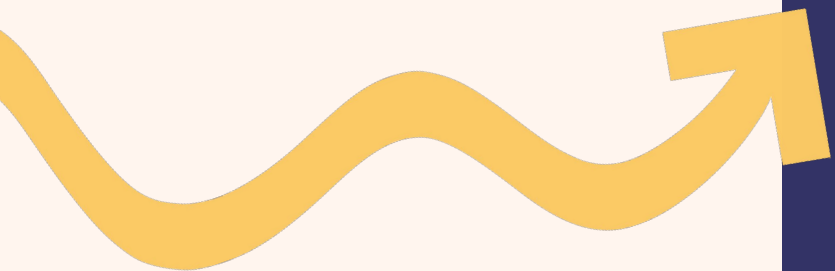
46,000+ *WEB VISITS*

9,000+ *APP DOWNLOADS*

170+ *PEER INTAKES*



Systems are great! *Are they navigable?*



Train your team
*On person-first navigation
and community-specific
barriers*



Instructions

1. Select one **CHARACTER CARD**, and read the text bubble for their specific goal.
2. Select one **ATTRIBUTE CARD** to incorporate an overlapping need or barrier to care.
3. Pick one **LOCATION CARD** to find out the area the character is seeking services in.



Has a co-occurring disorder

In Lane County

What's Next?



With more funding we are prepared to launch:

Real-time availability

OPEN - How many and what type of bed

WAITLIST - 2 weeks/1 month/3 months

CLOSED - at capacity/after hours

A Recovery Toolkit

Glossary - Common terms and definitions

Mutual Aid - Meetings, AA to Recovery Yoga

Common Pathways - Overcoming barriers

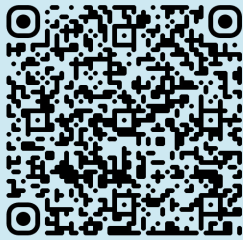
Friends & Family - Lifting up caretakers

Youth Resources - Education, safety, stigma

Thank you for listening!

Contact us

rno@oregonrecovers.org



*download
the app!*



**recovery
network of
oregon**

NAMI CLACKAMAS PRESENTS

ASK THE EXPERT

MENTAL HEALTH IN CLACKAMAS COUNTY

EBONY CLARKE AND MARY RUMBAUGH

Ebony Sloane Clarke, Director,
Behavioral Health Division,
Oregon Health Authority
& **Mary Rumbaugh**, Director,
Health, Housing & Human
Services, Clackamas County



EBONY CLARKE

THURSDAY, FEBRUARY 13TH 6:30PM

The location is TBA in Milwaukie.
Registration is free but required. scan
the QR code to register or go to
<https://linktr.ee/AskTheExpertCC> and
select this event.

REMARKS AND Q&A

Join us in person to discuss mental
health in Clackamas County.



MARY RUMBAUGH





WINTER BLUES



THURSDAY
FEB. 27TH
6:00PM



Zoom



*Learn How To Protect
Your Mental Health
This Winter Season!*

The stress of the holidays may be over but the Winter persists. The weather is still gloomy and the days are still short and it can be hard to feel like yourself.

Luckily there are ways you can protect yourself from falling into the winter blues. This presentation by NAMI Clackamas will give you the tools to do so!

Use the QR code to register or sign up here:
(tinyurl.com/NAMIWinterBlues)



www.NAMICC.ORG | 503-344-5050

House Bill 3321

Sponsored by Representatives WALTERS, SANCHEZ

SUMMARY

The following summary is not prepared by the sponsors of the measure and is not a part of the body thereof subject to consideration by the Legislative Assembly. It is an editor's brief statement of the essential features of the measure **as introduced**. The statement includes a measure digest written in compliance with applicable readability standards.

Digest: The Act tells the ADPC to create a statewide strategy for preventing substance use. (Flesch Readability Score: 65.7).

Directs the Alcohol and Drug Policy Commission to develop and implement a primary prevention state strategy to prevent the onset of substance use. Requires the commission to report to the Legislative Assembly every two years on the implementation of the strategy.

A BILL FOR AN ACT

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Relating to primary prevention of substance use.

Be It Enacted by the People of the State of Oregon:

SECTION 1. (1) **As used in this section:**

(a) **“Indicated prevention” means prevention strategies that focus on individuals who exhibit early signs of substance use or other risk factors but who do not have a diagnosable substance use disorder.**

(b) **“Selective prevention” means prevention strategies that target individuals, or groups of individuals, whose risk of developing a substance use disorder is significantly higher than average.**

(c) **“Universal prevention” means prevention strategies that are aimed at the general public or a whole population group, without identifying individuals who are at particular risk of developing a substance use disorder.**

(2) **The Alcohol and Drug Policy Commission shall develop and implement a primary prevention state strategy to prevent the onset of substance use by:**

(a) **Promoting health and well-being among individuals who have not begun using alcohol, tobacco or controlled substances;**

(b) **Creating environments and conditions that support healthy behaviors and lifestyle choices before any problematic behaviors occur;**

(c) **Focusing on education, building protective factors and reducing risk factors; and**

(d) **Utilizing universal prevention, selective prevention and indicated prevention strategies.**

(2) **In developing a primary prevention state strategy, the commission shall:**

(a) **Conduct, or contract with a third party to conduct, a gap analysis that compares the need for primary prevention services with the current capacity to provide primary prevention services in this state;**

(b) **Conduct, or contract with a third party to conduct, a financial accounting of current primary prevention expenses in this state, including services funded and the funding sources and amounts for those services; and**

NOTE: Matter in **boldfaced** type in an amended section is new; matter *[italic and bracketed]* is existing law to be omitted. New sections are in **boldfaced** type.