

## NORTHWEST news

ment programs such as De Paul's base treatment on research outcomes. She explains that De Paul employs what is called a "strength-based approach; rather than [one based] on pathology or 'what is wrong with you.'"

Adds North: "Everyone has within them health. People have within them what they need, but it has been hidden from them because of their experiences."

She says that De Paul "works with people's health rather than their sickness. It's really a common-sense approach to people."

In addition to psychological theory, addiction treatment is also grounded in spirituality. Accepting the spiritual portion of human nature is helpful to some folks in treatment because, North says, it "helps people feel they don't have to do it all themselves."

Another goal, McKee notes, is to assist clients with finding meaning in their lives.

Le Jeune adds that treatment is a gradual exploration.

De Paul's founders believed that addiction is a progressive, potentially fatal disease that can be successfully treated. However, an individual may undergo treatment several times before he or she recovers from the addiction.

ment for young people with no financial resources, as well as adult outpatient and residential services. The agency has 80 residential adult and 26 residential youth beds. (According to McKee, De Paul's queer-related services are currently directed to adults, not youths.)

With a staff of 102, De Paul treats about a thousand adults and roughly 350 youths per year and has an annual budget of \$3.8 million. Treatment for those unable to pay is funded mainly by government contracts.

The agency has expanded services over the years, offering gender-specific services to chemical-dependent women and culturally specific services to African American, Hispanic and Asian American clients.

Offering substance abuse treatment to the sexual minorities community fits well into the philosophy of De

Paul Treatment Centers.

"We devote resources to culturally specific services," North says. "Staff needs to reflect the population that they treat. The principal idea is to make people feel welcome."

The Harvey Milk Group is still in its growing stages. McKee and Le Jeune say that De Paul intends to expand substance abuse treatment services for the gay, lesbian, bisexual and



Terry Le Jeune

***De Paul's founders believed that addiction is a progressive, potentially fatal disease that can be successfully treated. However, an individual may undergo treatment several times before he or she recovers from the addiction.***

"We're talking about something that is chronic. Like diabetes, addiction isn't unrelated to relapse. It's a long-term disease that requires long-term care," explains Gibbs.

Unlike most chronic diseases, which are recognized as requiring ongoing monitoring and treatment, society often views substance addiction and relapse as moral failings.

Says North: "It's the only disease where people expect you to get it right the first time."

De Paul offers intensive residential treat-

trans community as the number of clients increases.

■ The HARVEY MILK GROUP meets two times a week, on Tuesday and Thursday evenings, at the De Paul Treatment Center for adults, 1312 S.W. Washington St., Portland, OR 97205. For more information, call (503) 535-1171.

T.K. MANTESE is a free-lance writer based in Portland.



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