

Drug counseling offered in county

The Clackamas County Mental Health Program has employed two counselors to provide services for persons 14-years or older with drug problems, according to Paul Jarrett, drug treatment specialist.

Services include lab tests, physical assessment, psychological testing, medications and personal or family counseling from the counselors, who each have over five years of experience working with adults, families and adolescents.

"In some cases we will provide outpatient supervision for withdrawal if needed," Jarrett said. "The program excludes primary alcohol problems or people who are on Methadone maintenance. However, for someone who uses alcohol along with other drugs this program may be appropriate."

"Some people associate counseling with head shrinking or severe emotional crisis, or some other form of medieval torture," he said. "However, this is not necessarily so, particularly for people who are using drugs and want to stop. Counseling can include the simple act of encouragement to cut down on the amount of drugs used, or for someone who wants to stop completely, advice and techniques on how to do this with the least possible pain."

One of the counselors gives

what he calls 'Training in Guilt Reduction'. Many people feel guilty about having ever used drugs, and don't understand why they started. In many cases, the drug used served a purpose at one time, he said.

"For example, for some people it relieves anxiety after a crisis," he said. "Unfortunately, the drug use itself becomes another focus of crisis, and this begins a vicious circle. Breaking this vicious circle isn't always easy but it is usually worth it."

Another technique the clinic uses is what is called 'Training in Positive Imagery'. This is training a person to seek out what is positive in life so that the body and the mind automatically seek experiences that are helpful and life giving.

"Also, training in how to use a crisis is important," Jarrett said. "A crisis in one's life is often a time of drastic change. Turning this to advantage by being able to step back and look at yourself with new eyes, with new appreciation for the strength that you have, sometimes requires the aid of someone who is an interested listener."

For more information about the drug counseling program contact Jarrett at the McLoughlin Center, 655-8401 or Sandra Srofe at the Marylhurst Center, 635-4491 for personal questions.



Another harbinger of spring, the Horticulture Club's annual plant sale was held last Friday. The sale gives the community an opportunity

to benefit from the horticulture students' labors and expertise. Another sale is planned for later in the spring.

Workshops set for annual Equinox gathering

By Cyndi Bacon
Of The Print

Silver Falls State Park, Silverton, is the site of the annual Equinox gathering April 27 through 30.

Billed as the conference for the Northwest network of non-profit and cooperative groups, the conference, sponsored by the Cascadian Regional Library (CAREL) will feature workshops on crafts, energy, heating, politics in law, spiritualism and food, to name a few, according to Marshall Landman, executive director of CAREL and coordinator of the conference.

"Essentially we have seen in the past five years a tremendous growth in communities toward cooperative types of businesses and non-profit community oriented groups and citizens based groups doing projects that are appropriate in scale," Landman said. "It's an expected gathering for people in community based projects to discuss progress, failures and future aspects."

The four-day conference opens Thursday with orientation. Friday will deal with organization and common interest workshops. Education and new age politics will be the

focus of Saturday, with hoots, a six-piece band and Ashland, entertaining in the evening. Sunday will complete the cycle with a planning day to state goals and objectives, prepare for the coming year.

Space must be reserved to attending. The pre-registration cost is \$15 for all and \$12 for two days, half-price for children under 12 years. Deadline for registration must be mailed in by Friday, April 21. Meals of lacto-vegetarian type will be provided at a cost of \$8.

For more information contact CAREL at (503) 485-0100.

Workshops to discuss bestsellers

Community Services at the College is offering two new workshops entitled Bestseller Reviews. These workshops will take an in depth look at new ideas as they are presented in bestselling books.

"Sleep Positions: the Night Language of the Body," by Samuel Dunkell, M.D. will be reviewed by Jane Rickenbach on Wednesday April 26 at 7 p.m. in the Community Center.

The second workshop will review "Death, the Final Stage of Growth" by Elizabeth Kubler Ross. The workshop will be conducted by Bernie Nolan and Larry Forsythe and will be held on Tuesday, May 16 at 7 p.m. in the Community Center.

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STAR WEEVILS



classifieds

"WANT TO SPEND THIS SUMMER SAILING THE CARIBBEAN? THE PACIFIC? EUROPE? CRUISING OTHER PARTS OF THE WORLD ABOARD SAILING OR POWER YACHTS? BOAT OWNERS NEED CREWS! FOR FREE INFORMATION, SEND A 13 CENT STAMP TO SKOKO, BOX 20855, HOUSTON, TEXAS 77025"

FOR SALE: 1964 Ford 1/2 ton pickup 360-V8, good shape, \$750 or best offer. 656-8422 after 5:00.

Page 12

OREGON CITY: Part Time position available for the next two months as a dietary aide (working in dish room and pantry), will train. For more information on hours and rate per hour, contact the Placement Center building. Ext. 213.

S.E. PORTLAND: Custodial work available 2 1/2 hours every other night at \$3.00 per hour, could work into more hours if interested. For more information contact the Placement Center in the Community Center building located by Counseling and

Financial Aide. Ext. 213.

OREGON CITY: Full time and part time restaurant positions available in the local area, rate per hour ranges from \$2.65 to \$4.00 per hour. For more information contact the Placement Center in the Community Center Building. Ext. 213.

TIGARD: Working in package pick-up area of large department store, hours are variable at \$3-\$3.25 per hour. For more information contact the Placement Center in the Com-

munity Center Building. Ext. 213.

SUMMER JOB OPPORTUNITY: Would you be interested in working full time or part time for Timberline Lodge this summer? If so, contact the Placement Center in the Community Center Building. Ext. 213.

LAKE OSWEGO: Part time service station attendant needed for afternoon hours at \$2.65 per hour plus commission. For more information contact the Placement Center in the Community Center building. Ext. 213.

WEST LINN: Part time or full time Cook's Assistant needed between hours of 9:30 and 6 p.m., at \$2.00 per hour to start (rate of pay will be based on experience). Ext. 213.

MILWAUKIE: Full time temporary position available for the next few weeks to do delivery work for hospital. For more information contact the Placement Center in the Community Center Building. Ext. 213.

GLADSTONE: General office position needed from 1:30-on, M-F, \$3.00 per hour to start, should have typing and filing skills. For more information contact the Placement Center. Ext. 213.

ATTENTION MACHINIST STUDENTS: The Boeing Company will be here on Thursday, April 21, to recruit interested students. Check with the Placement Center for more information. Ext. 213.

Clackamas Community College

