

# Options clinic now in Cave Junction

**By Laura Mancuso**  
*IVN Staff*

Mental health is a big topic in our national and local news. Did you know that Cave Junction now has its own mental health clinic? Last August, Options for Southern Oregon opened its doors at 319 Caves Highway (where the Illinois Valley Medical Center used to be).

Options provides an array of mental health programs in Josephine and Jackson counties and was established in 1981 as a (501)(c)(3) nonprofit. Additionally, they serve as Josephine County’s Community Mental Health Program.

When it comes to mental health needs, Options serves people of all ages in the Valley. Their missions states that their holistic approach addresses housing, advocacy, community integration, crisis intervention, therapy, co-occurring issues, education, work and economic well-being. They foster the development of mental and emotional health in children, adults and families.

According to Karla McCafferty, executive director for Options of Southern Oregon, “We knew that the community had been asking awhile to have a permanent site in Cave Junction. A lot of folks need services and had to go into Grants Pass to get them. It just made it more accessible to have the services in Cave Junction.”

There are therapists and skills trainers available in all three Illinois Valley public schools. Counselors are available at Illinois Valley High School full time, and they are at the Lorna Byrne Middle and Evergreen Elementary schools multiple days of the week.

McCafferty explained that Options partners with the Siskiyou Community Health Center and helps students with a range of issues. “We help with basic issues that children deal with in growing up, like relationships, bullying, things that happen at home, anxiety and more difficult situations like depression, for example.”

She also said, “We work with families as well; students may invite their family in and we keep them informed and

knowledgeable about the situation. Family is the most important support system for a student.”

When McCafferty was asked how students knew about the services she said, “They can come in for services because a staff member or teacher might introduce them. Or a student’s friend may suggest they come in. We work with the schools, family and friends to ensure their success in school. One of our main goals is for students to be able to graduate.”

Options also provides services to the community outside of school. “We meet with families at the Illinois Valley Family Coalition or at the Options clinic,” McCafferty said.

The services provided include mental health therapy, psychiatry, peer support, employment help, skills training that includes parenting, managing emotions, getting along with others and coping strategies for anxiety and stress.

McCafferty also explained that Options can help adults with budgeting, how to access food, healthy eating and how to

manage medications.

“Most of people we see -probably 75 – 80 percent - have OHP (Oregon Health Plan), but private insurances can contract with our private health practitioners.”

McCafferty was pleased to announce that Options has cutting edge mental health technology available. It is called “Telehealth Solutions” and it provides psychiatry services over the computer in a secure manner that meets all federal and state standards. “This is a preferred and recommended practice to ensure rural areas have access to the health care they need.”

Community members that need help can walk into the clinic at 319 Caves Highway on Mondays and Wednesdays from 8:30 – 5:30 p.m. and ask for an appointment. Appointments are available at the I.V. Family Coalition on Tuesdays and Thursdays and all appointments can be made by calling 541-476-2373.

Options also has a 24-hour Crisis Hotline you can call at 541-474-5360 and you can learn more about services at [www.optionsonline.org](http://www.optionsonline.org).

# Oregon pot shops caught selling to underage buyers

PORTLAND, Ore. (AP) — Nearly 20 percent of state-licensed marijuana retailers in a recent undercover operation sold pot to underage buyers, according to Oregon authorities.

The Oregon Liquor Control Commission told The Oregonian/OregonLive in a story on Saturday that 16 of 86 shops sold marijuana to people younger than 21 during the December decoy visits.

Oregon Liquor Control Commission Executive Director Steve Marks says the results are unacceptable.

“Oregonians who voted for legalizing recreational marijuana implicitly told the cannabis industry to abide by public safety laws,” Marks said in a statement. “Clearly they’re not.”

The agency said Portland area shops had the worst results, while none of the central Oregon stores sold to

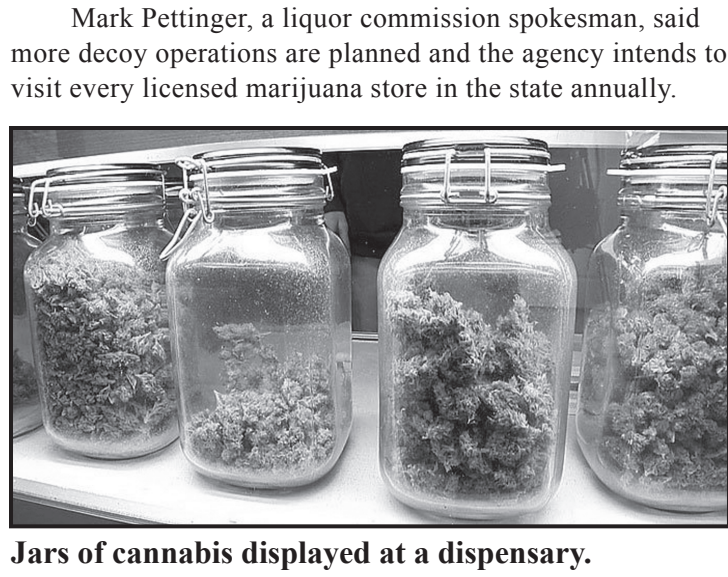
underage visitors. The agency issued citations to the shops that broke the law in a process that could result in fees or a temporary suspension of their licenses.

Anna Schrab, owner of AmeriCannaRX in Portland, was among the shops the state said sold to an underage customer, a result she called “embarrassing.”

She said she fired the employee who did the transaction and is buying a device that scans the identification of buyers. She also said she’s offering employees a bonus if they catch underage buyers.

Dan Morse owns a marijuana store in Portland that wasn’t visited by inspectors in December. He said the underage sales were likely the result of a lack of training for employees.

“It’s a matter of training and making sure people are doing their jobs trying to catch people coming in who are underage,” he said.



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520 E. River Street, CJ  
IV Senior Center  
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**STUMP GRINDING**



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Contact Terry 541-660-9880

LICENSED and INSURED

**ILLINOIS VALLEY  
LITTLE LEAGUE  
2018 Registration**



**DATES/TIMES**

Little League Office

25320 Redwood Hwy. inside IV Golf Clubhouse

Saturday and Sunday

January 27<sup>th</sup> & 28<sup>th</sup> from 11-1

February 3<sup>rd</sup> & 4<sup>th</sup> from 11-1

|                                               |                       |  |
|-----------------------------------------------|-----------------------|--|
|                                               | \$75.00 thru February |  |
| All Divisions Tee Ball through Big League     | Ages 4-18             |  |
| Late registration after March 1 <sup>st</sup> | \$85                  |  |

**What To Bring?**

All parents/guardians must bring a birth certificate and 3 document proofs of residency, dated between

February 1, 2017 and February 1, 2018

For more information contact Player Agent Tabby @ 541-219-1391

or League President Shelly@541-415-1718



**Count Her In!**

Empowering Women & Girls Right Here at Home!

COALITION FOR KIDS invites you to a **FREE, ONE OF A KINDEVENT**, where together we will learn about the issues impacting us, in both positive and challenging ways. Local programs, ideas and opportunities will be shared to guide us in ways to **EMPOWER WOMEN (OF ALL AGES)&TEEN GIRLS RIGHT HERE IN OUR VALLEY!** Middle & High School teens from Cave Junction are invited to travel together to Grants Pass by bus\* to talk with other teens about:

- Social Media & Cyberbullying Relationships
- Red Flags about Dating
- Taking Care of Yourself

\*Permission slips for teens to ride the bus must be turned into schools by Feb. 1<sup>st</sup> For carpooling from Cave Junction, contact Susie@541-592-5332 (IllinoisValley Safe House)

**Count Her In! Sunday, February 11<sup>th</sup> 2018**

\*2:00-4:30 PM

Program Presentation 2:00-3:15 pm

Followed by:

- Refreshments
- Community Connections
- Teen Breakout Sessions

\*For Teens taking the free bus 12:30 – 7:00 PM

Bus leaves at 12:30 from Lorna Byrne

Includes a free PIZZA PARTY!

Grants Pass High School Performing Arts Center  
830 NE 9<sup>th</sup> St.

Call (541)218-4481 by Feb. 2 to



“Fifty percent of people won’t vote, and fifty percent don’t read newspapers. I hope it’s the same fifty percent.”

Gore Vidal  
Writer, intellectual, newspaper enthusiast



YOUR HOMETOWN NEWSPAPER SINCE 1937

**Illinois Valley News**