

HEALTH — SPECIAL

Multnomah County Alcoholism and Drug Treatment System

Multnomah County provides a variety of treatment services for substance abusers, with priority for low income County residents. Funds are a combination of Federal, State, and local dollars, including revenue from Beer and Wine Tax (House Bill 2145.)

Services are provided through contracts with private service organizations which must be licensed to provide the particular type of service for which they have a contract. To be licensed, an agency must meet specific standards set forth in the Oregon Administrative Rules pertaining to that type of service. These govern client rights, confidentiality, quality of care, staff qualifications, and administrative practices. An agency must pass an on-site review every two years to maintain their license, in addition to meeting all local fire, health, and safety standards.

Cost

Most agencies offer a sliding fee scale. DUII convicted clients are, by law, not allowed to have their treatment subsidized through tax-funded programs and therefore generally pay for their own treatment, unless they can be certified as food-stamp eligible or meet set criteria to be considered partially indigent. The latter clients must pay a partial fee.

Types of Services

1. Community Intensive Residential Treatment (CIRT)

(14 beds for adult treatment; 10 beds for youth under 18.)

Twenty-four hour supervised residential care offering full day treatment.

Target group: Middle to late-stage alcoholics needing intensive care and support, and unable to pay for their treatment.

2. Residential Care

(97 alcohol beds including 11 targeted for Black and 24 for Native American clients; 43 drug beds)

Twenty-four hour residential service offering a sober environment, evaluation, weekly group counseling, and individual counseling as needed. Clients usually work or seek work during the days and attend group or AA in the evenings. Some alcohol programs offer day programming; drug residential programs are full-day programs that preclude client employment, at least during the first six months.

Target group: Serious to chronic alcoholics needing a sober environment, counseling, and support to establish sobriety; drug abusers requiring constant peer group and counseling support to establish drug-free living.

3. Outpatient Treatment

(Funded capacity of 676 alcohol clients in a given month, including specialized programs for youth, women, Blacks, Hispanics, Native Americans, and public inebriates; 333 drug slots including specialized programs for youth, women, Blacks, and Native Americans.)

Client resides outside the program; services include evaluation, group and/or individual counseling based on a treatment plan; minimum contact monthly, usually weekly. Drug outpatient programs generally require more frequent contact than alcohol programs.

Target group: Persons needing support in maintaining sobriety or drug-free living while able to maintain themselves in the community.

4. Adolescent Day Treatment

(12 slots for alcohol and/or drug abusers under 18.)

Client resides outside of program; services are similar to outpatient, but intensity is at least four hours a day, five days per week. This service is part of a continuum for youth that also includes CIRT and outpatient services for Multnomah County adolescents.

5. Non-Hospital Detoxification

(47 alcohol beds; 2 drug beds.)

A five-day residential program, non-hospital based, that provides evaluation, motivation counseling, alcohol education, and referral to alcohol treatment.

Target group: Persons needing detoxification from recent alcohol abuse, in preparation for referral to a treatment program.

6. Acupuncture Assisted Detox

Provides acupuncture to individuals addicted to alcohol or other drugs of abuse to alleviate discomfort associated with withdrawal or abstinence syndrome. Services provided for clients in inpatient program at Hooper Detox and at two outpatient clinics.

7. Methadone Services

(259 clients in a given month.)

Methadone therapy maintain or detoxify opiate abusers who are not appropriate for drug-free treatment services. Includes counseling, drug education, and methadone administration.

Target group: Opiate abusers who are unable to benefit from drug-free treatment options.

8. Driving Under the Influence of Intoxicants (DUII) Services

Evaluation, alcohol or drug education, and counseling services on an outpatient basis.

Target group: First-time DUII offenders with a court petition to enter a diversion program; or persons convicted of DUII and mandated to a certified DUII program for treatment.

9. Inebriate Emergency First Responder and Transport Services (CHIERS)

Utilizes a specially equipped van and trained staff to patrol designated areas of downtown Portland looking for individuals who are intoxicated to the point of incapacity. Transports intoxicated individuals to sobering station. (Inebriate Emergency First Responder Services also funded by the City of Portland.)

The sobering facility admits intoxicated individuals 24 hours per day, seven days per week. Trained staff medically screen individuals admitted, provide a safe environment to sober up, and refer clients to a detoxification program.

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POST® FRUIT & FIBRE CEREAL PEACH COFFEE CAKE

With lots of sweet peaches and healthy high-fiber flakes, this recipe takes the cake.

- 1 cup all-purpose flour
- 1 cup firmly packed brown sugar
- 1 1/2 tpsps. CALUMET® Baking Powder
- 1/2 tsp. cinnamon
- 1/4 tsp. salt
- 1/2 cup (1 stick) butter or margarine
- 2 cups POST® FRUIT & FIBRE® Whole Wheat and Bran Cereal with Peaches, Raisins and Almonds
- 1/2 cup milk
- 1 egg, slightly beaten

Combine flour, sugar, baking powder, cinnamon and salt in bowl. Cut in butter until mixture is crumbly. Add 1 1/2 cups of the cereal. Measure 1/2 cup of the mixture, set aside. Add milk and egg to remaining flour mixture, blend thoroughly. Pour into greased and floured 8-in. square pan. Mix measured crumb mixture with remaining cereal and sprinkle on batter. Bake at 350° for 35 to 40 min., or until cake tester inserted in center comes out clean. Serve warm.



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VOA offers care

Western States Chiropractic College and the volunteers of America Oregon, Inc. (VOA), will provide chiropractic care for low income and handicapped seniors in Portland beginning July 25.

An open house to celebrate this new service will be held on July 22 from 11 a.m. to 3 p.m. at the VOA Senior Center, 537 SE Alder. The event, which is free and open to the public, will feature free spinal exams, refreshments, speakers and entertainment.

Chiropractic interns, under the supervision of Lily Roselyn, D. C., will join a podiatrist and four medical physicians two afternoons a week. The chiropractic services will include a physical exam, thorough health assessment, spinal screen, and a treatment

program for seniors.

"Western States is very pleased to expand chiropractic care to the senior population and to work with the Volunteers of America. The elderly need chiropractic care," stated Dr. Roselyn.

Western States is the third oldest chiropractic college in the world and the only chiropractic teaching institution in the Northwest. The college, which offers a four-year program leading to a doctor of chiropractic degree, has 400 students.

VOA Oregon, Inc., is part of one of the nation's largest social service agencies and sponsors a variety of programs including a shelter for homeless women and their children, a drug and alcohol treatment program, and day and child care programs.

There's only one way to come out ahead of the pack.

QUIT

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Protect Their Rights

Residents of nursing homes and adult foster homes need YOU to become an advocate.

Volunteers DO make a difference

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Multnomah County residents call 796-5269
Elsewhere in Oregon call 1-800-522-2602

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