

# Family Living

The Portland Observer

## Counseling For Families And Youth

### Service Description:

Janus Youth and Family Services provides mental health services to children, teen and families. Services currently provided include individual, group, family and psychopharmacological therapy and individual skills training for kids.

Skills training is offered on an outreach basis to kids at home, on buses, at job sites and elsewhere in the community. At Janus they literally go the extra mile to reach out to kids and families.

The mission of JYFS is to provide high quality, culturally competent mental health services to underserved and underserved children, adolescents and their families.

Janus views quality as a continuous process of evaluation and improvement based on feedback received from clients, and all who are involved in their care.

Janus relates to their clients and constituents as partners in the mission to create safety, healing, growth and recovery for children, teens and families in need. They provide individualized supportive services to all clients.

Services are provided by a team of mental health care professional that includes a board certified child/adolescent psychiatrist, licensed psychiatric nurse practitioner, registered art therapist, licensed professional counselors, and a licensed clinical social worker. All services are reviewed and approved by a physician. JYFS is certified by the State of Oregon to provide mental

health services to children and families.

### Area of experience and expertise:

Janus has been providing mental health services to adolescents and their families since 1977. They are skilled in working in the following areas:

- Emotional and behavioral problems resulting from psychological, physical and/or sexual abuse
- Affective disturbance (I.E. depression, anxiety)
- Grief and loss issues
- Thought disorders
- Anger management problems
- Family conflict and communication problems
- Youth who respond to art therapy

Janus is a subcontractor of Multnomah County providing Title XIX funded services through the E.P.S.D.T. (Periodic, Screening, Diagnosis, and Treatment) program/ This means that an AFS/Title XIX (Medicaid) medical card can be used to pay for our counseling and therapy services. They also provide services to clients who wish to use private insurance.

Janus has a limited number of service slots available for self pay clients who would like a sliding fee based on financial hardship.

### How to make a referral:

They are available to respond to questions and take telephone referrals at (503) 233-6090 x133. Please ask for Doug Pullin. Messages can be left at any time, day or night, seven days a week.

## Shriners Reach Out To Help Children

Children who possibly need medical attention for diseased or injured bones, joints or muscles or plastic surgery for cleft lip/palate or burn scars can receive a free medical check-up during a special clinic at the Portland Shriners Hospital.

Staff doctors will give the medical exams to children up to age 18 on Saturday, Oct. 28 from 8 a.m. to 2 p.m. If accepted for medical care, patients are not charged for any of their care. The hospital is supported 100 percent by donations.

No appointment is necessary. Shriners Hospital for Crippled Children is located at 3101 S.W. Sam Jackson Park Road, next to Oregon Health Sciences University. It is not part of Deernbecher Children's Hospital.

"Throughout the year we hold screening clinics around Oregon, Washington, Idaho and Alaska, but we never hold them here in Portland," said Phyllis Newton, Shriners community outreach director. "But we know there are kids in this area who need our help."

Newton said the hospital wants to make sure that no child fall through the cracks and particularly children from minority groups.

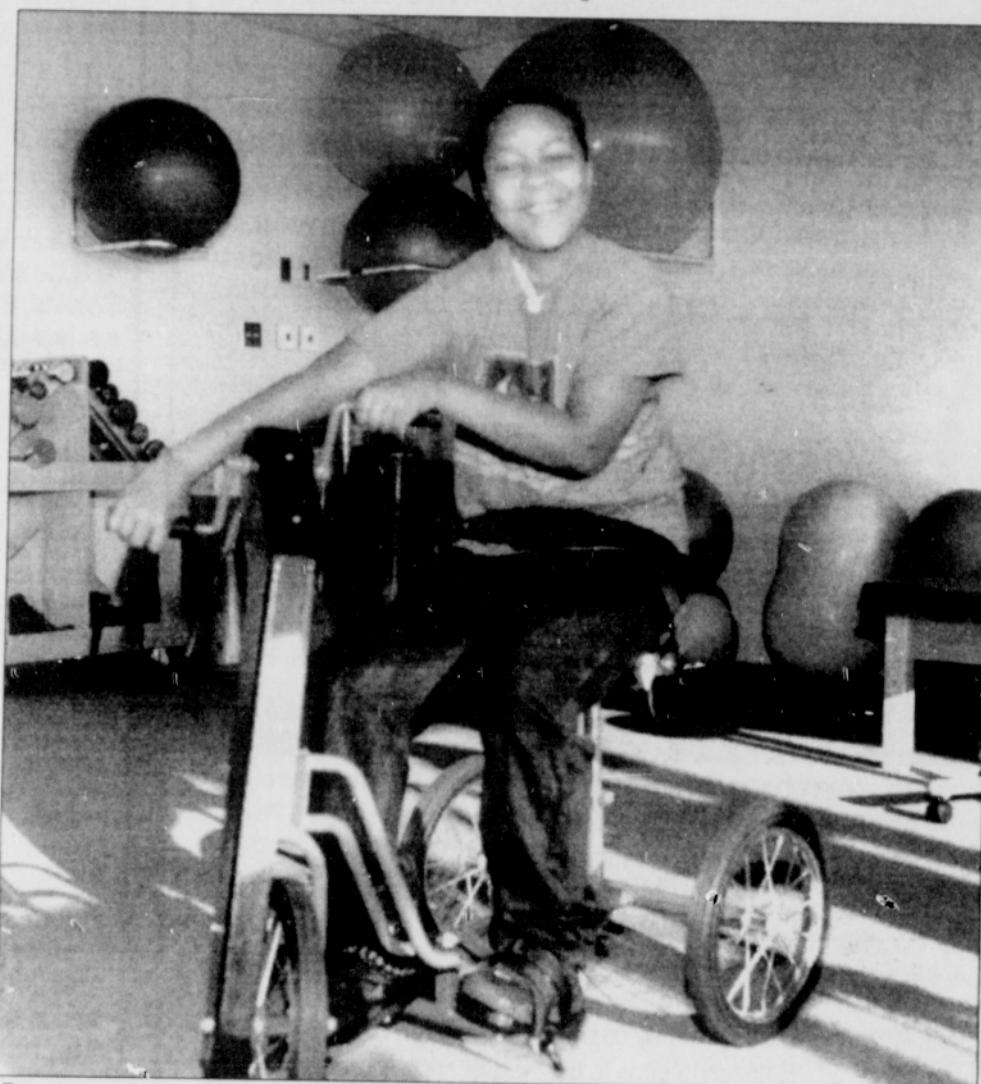
"We hope to see at least 100 child at the screening clinic," Newton said.

Although the hospital always has a waiting list, it is shorter now than it has been in several years. New patients accepted by the hospital will likely be able to begin their care within 4 to 6 weeks. Children needing surgery can usually be scheduled within three months or soon if care is needed urgently, officials said.

Shriners Hospital specializes in orthopedic care of children with chronic diseases and disabilities. The medical center provides inpatient and outpatient care including diagnosis, surgery, rehabilitation and orthotics/prosthetics.

Most of the 6,300 children who go to Shriners have one of the following conditions:

Cerebral palsy, spina bifida, muscular dystrophy, scoliosis, hip dysplasia, missing



Demitron Rhone-Spears of Portland uses a specially-designed bike as part of his rehabilitation-physical therapy at the Portland Shriners Hospital.

limbs/extremities, legg-perthes disease, bone tumors, club foot, leg length discrepancies, spinal cord injuries, skeletal growth abnormalities, marfan syndrome, hand disorders, abnormal gait (walking), burn scars, cleft lip/palate and trauma rehabilitation.

"This is a unique opportunity for families to bring in their child for a free medical evaluation from one of our doctors," said Newton. "We'll also open up key areas of the

hospital for families who want to tour the facilities and ask questions of the staff."

If the screening clinic becomes crowded, Shrine clowns will be on hand to entertain the kids. Snacks and refreshments will also be provided throughout the day. Those who ride Tri-Met will be given a free return trip voucher. For more information about the clinic or how to apply to Shriners Hospital, call 241-5090.

## "The American Experience" Documentary Airs On PBS



(Photo Credit: Library of Congress)

Between 1856 and 1929, thousands of neglected and orphaned children were taken from lives of urban poverty and sent by train



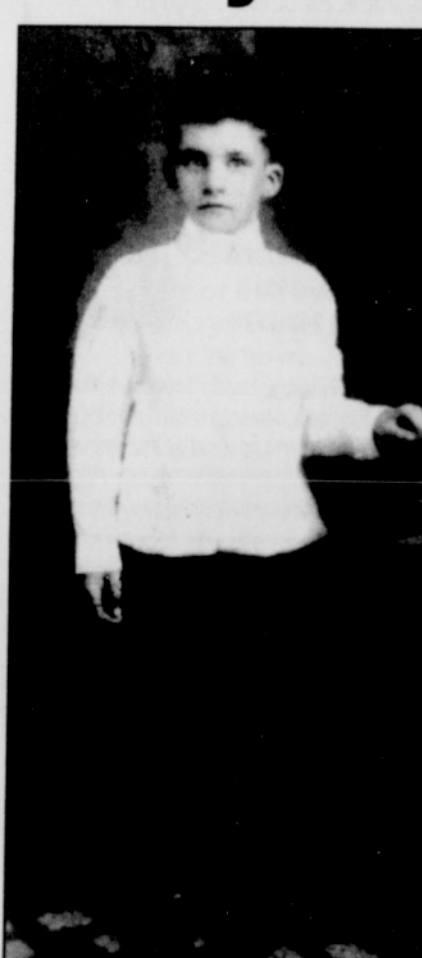
(Photo Credit: Kirk Pearce)

to farming communities to start new lives with new families.

New York's Children's Aid Society and

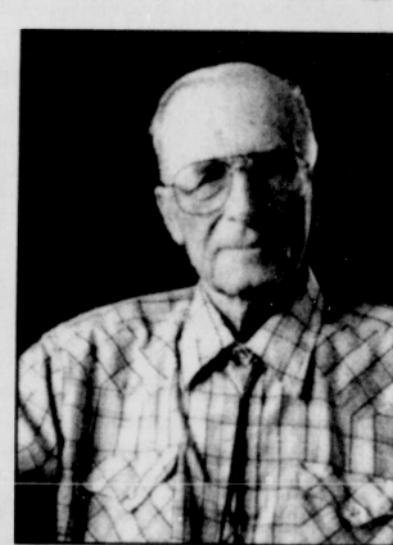
other east coast charities placed the youngsters in homes in rural America.

Elliott Bobo, who was 8 years old when



(Photo Courtesy of the Bobo Family)

he rode an "orphan train" to Berryville, Arkansas, is one of the elderly Americans who describe their remarkable childhood jour-



(Photo Credit: Edward Gray)

**From Left To Right:** Children found in a shanty in an alley; Children with escorts from the Children's Aid Society, Lebanon, Missouri, 1909; Elliott Bobo, age 8, Berryville, Arkansas, 1915; Bottom right Elliott Bobo, age 86, 1993.

neys on The American Experience: The Orphan Trains, airing on PBS Monday, November 27 at 9pm ET.

## Cultural Journey For Kids Covers

Journeys For Kids And Their Families, an innovative geography, culture and history program, will run in 1,200 middle school classrooms in 24 cities over the next three years.

The program is sponsored by Holiday Inn Worldwide and its more than 1,600 hotels in the United States in alliance with USA Today.

More than 200 educators, administrators, school board members, and public officials have attended special workshops hosted by Holiday Inn hotels to learn more.

"For a company with a history of welcoming families on the move for 43 years, and with more than 2,000 hotels around the world, it was natural for Holiday Inn Worldwide to get involved in this program," said John Sweetwood, executive vice president and chief marketing officer of the company.

"We are encouraging young people today to investigate their geographic and cultural connections in the hopes they can better appreciate who they are and where they are going." More than 36,000 fifth and sixth grade children will receive the Journeys program materials throughout the year, along with weekly copies of USA Today.

The fall curriculum will allow students, with the help of their families, to trace their heritage following the five geographic themes of location, place, movement, human-environment interaction and regions. The spring curriculum, "Journey to the Olympics," will expand upon the geographic and cultural knowledge the students gained in the previous semester. The Journeys For Kids And Their Families program begins this week in classrooms across the country, and runs throughout the school year.

## Time Tested Phonics Helps Children Read

In an effort to halt the decline of children's reading skills, California's top educators are recommending a corrective course for schools, the reintroduction of phonics, a time-tested approach, to early education reading curriculums. Augmenting this trend, LeapFrog's new Phonics Desk and Phonics Traveler, learning aids which allow parents to teach phonics and reading skills to their children at home, are making a timely appearance in the marketplace.

Public and professional reaction to LeapFrog's new teaching toys has been nothing short of enthusiastic. Among the country's foremost educators, Dr. Robert Calfee, of Stanford

University's Graduate School of Education, said, "Learning to read and write is the door to success in school. To ensure success in reading and writing, parents should read stories to their children and introduce them to the basics of print - letters, sounds, and words."

LeapFrog's Phonics Desk uses modern technology to help parents introduce the basics to their children in a playful way, while ensuring that learning is effective.

Based on 50 years of research, the Phonics Desk teaches letter names (the best predictor of reading success), letter sounds (the second best predictor of reading success), and word families. Children learn to read and to spell at the

same time - and it's fun.

"Parents will find the Desk an engaging activity and may learn a few things themselves. The Desk complements story reading, and leads the child to a skill level where he or she can not only read but write. And all of this in a hi-tech package within a price range that all parents can afford. "I am very pleased with what LeapFrog has accomplished - and so are the parents, grandparents, and teachers who have tried the program with young children - 'My kids won't leave it alone!' - high praise for an educational program."

The Phonics Desk is available at specialty retailer stores and Toys 'R Us stores nationwide.