

**LETTER FROM THE DIRECTOR****ColumbiaCare Newsletter**

**Spring has sprung and so have new developments in the world of ColumbiaCare!**

**The Gold Beach Bungalows** (2 studio units of transitional housing) are done and awaiting funding and then occupancy. These apartments are a very convenient step-down option from Driftwood Lodge, but are available to any Resident who meets the criteria for that level of care. Facility Administrator, Mike Potvin, has been doing his part to find suitable Residents. We hope to be putting these to use very soon.

We have recently been communicating with Curry County Commissioners and Health and Human Services staff regarding the current Services Agreement and Service Rates for **Hammond House Apartments**. We are glad to be able to continue to provide property management services for the tenants of Hammond House. Tenants there are doing very well and things seem to be running smoothly. Two of the tenants are actively participating in Supported Employment and seem to be up-and-coming community photographers. Congratulations to them!

Facility Administrators, Katherine Parker and Dave McDaniel, have been doing a great job promoting public relations in Coos County over the winter. Dave has been getting the **Secure Transport** program started for the coast. This program is a great help, not only for our own Residents, but also for other community members who take advantage of it.

We have two vacant units at **Bay Apartments** which we are working on filling. We want to make the very best use of the space, and help those who are ready for transitional, supportive housing.

ColumbiaCare staff have begun looking for a suitable place for **SafeHouse**. The purpose of this program is to provide a 3-bedroom home where trained professionals will provide short-term, emergency foster care services to children. These "foster parents" would provide 24-hour care for children who are in need of temporary rehabilitation to reduce symptoms associated with the child's mental or emotional disorder and provide a structured, therapeutic environment. This program is intended to reduce the child's need for psychiatric hospitalization; increase the child's potential for remaining in the community near parents or guardians; restore the child's best possible functional level as quickly as possible, and allow the child to be maintained in the least restrictive setting while they get better. This is such a worthy venture. It is also our first children's program.

Lots of news for the Portland area!

Multnomah County has approved the expansion of **Columbia Rose and Willamette Rose** from 8 beds each to 9 beds each. We have also recently purchased a 3 bedroom, 1 bath house which is located right next door to the Roses which we have named **Rosebud**. We are currently remodeling to transform it into a 1-bedroom residential treatment home with 24/7 awake staff. We have identified our first client who will move in late this month.

We recently submitted a Letter of Interest in response to an invitation from Addictions and Mental Health Division to develop a 3-4 bed, very intensive program in Portland. The working name for the project is **The Quad**. This facility will specialize in Borderline and/or DBT or other specialty projects.

As a part of the increase in beds and facilities in Multnomah County, we have promoted Sheryl Peterson to Multnomah County Residential Supervisor. She has an amazing skill set which she will use to help all three Roses, Fairview Firs, and possibly the new Multnomah County project. She will still be available to all the other facilities for



training and support, particularly around nursing. For the time being she will remain the ½ time Administrator of Columbia Rose, but that is hoped to be temporary.

Congratulations Sheryl!!

Kari Alexander has been promoted to Interim Administrator of Willamette Rose and we have hired a new Facility Administrator in training Robert Bailey. Robert is an MSW from Portland State, and a recent PERS retiree from the state in DD. Robert brings years of professional training, experience and management skills. Robert spent his first week at the Roses, has spent some time training with the Administrative Staff in Medford, and will take a tour of Curry and Coos facilities on his way back to Portland. He will continue to intern at Portland with side trips up to Creekside and Columbia River Ranch.

**Creekside (formerly Mill Creek)** crisis beds have been providing quality services at an amazing cost savings to our partners. So much so, that we are looking at expanding our crisis services from 3 beds to 5 with 2 possibly being licensed hold rooms. Together with Facility Administrator, Andrew Axer, will be submitting a proposal to Wasco County.

**Columbia River Ranch** Facility Administrator, Matt Bergstrom, and his staff have been doing an excellent job in general, and specifically with a new Resident who has needed some specialized treatment and support. The new Resident has been at “the Ranch” temporarily until we can develop The Quad or other temporary housing in Multnomah County. We are trying very hard to make that temporary housing happen within a few weeks. Meanwhile, our proposal for a bed capacity increase from 9 to 11 has been approved by the state. In the very near future we will finish the remodeling in the garage, which enables us to create a new crisis room in that space, and convert the old crisis area into two new permanent bedrooms.

Construction continues on **Iris Apartments** in Lewiston, Idaho. We have just hired our Apartment Manager and hope to have the transitional, supportive housing open this summer. We are also in the discussion stage with Idaho about a 2-bedroom children’s crisis facility.

We would like to announce new members of our Administrative Staff team; Gail Burns (Payroll Clerk/Housing Specialist), Mara Owens (Quality Manager), Kathleen Kinzie (Clinical Supervisor), and Janet Stevely (Supported Employment Supervisor). Please make sure to read the featured article on our Clinical Program.

Speaking of the **Administrative Office**, we have been working with our developer, engineer, and architects on designing a new one! We are certainly outgrowing the offices we are currently in (bursting at the seams is a better way to put it). We hope to break ground this summer.

Finally, last but certainly not least, Fred Borngasser, our Board Chairman, has been appointed by the Governor to serve on a committee which reviews siting for PSRB Facilities. Way to go Fred!

Until next time! — Bob



## CLINICAL PROGRAM UPDATE

ColumbiaCare Services uses a multi-tiered system to provide a comprehensive continuum of care for our Residents. We employ QMHAs (Qualified Mental Health Associates) who work with our Residents on a daily basis, helping them meet the goals they set in their individualized treatment plans. These activities include learning and improving life skills, education, meeting medical needs, and arranging outings in the community. Our QMHAs are supervised and trained by graduate-level mental health clinicians (QMHPs-Qualified Mental Health Professionals). Our QMHPs provide comprehensive mental health assessments for each of our Residents, which are then used to develop an individualized treatment plan reflecting services needed to reach each person's goals. All of our facilities have QMHPs offering group and individual psychotherapy, consultation, family education, advocacy, drug and alcohol treatment referrals and referral/transportation to medical providers.

Our Clinical Supervisor conducts individual supervision with all of our QMHPs for at least one hour monthly, discussing clinical progress of Residents, resources available, and QMHP concerns. Group supervision of all QMHPs is conducted monthly providing an opportunity for QMHPs, Clinical Supervisor and Clinical Director to share information, concerns, and work together to improve service delivery to all Residents.

Our Quality Manager interacts with everyone mentioned above to monitor Resident progress, incident reports at facilities, formulate training programs, performance improvement programs, track service provision and utilization.

ColumbiaCare is especially proud of our ability to offer our Residents Supported Employment opportunities as part of their rehabilitation plan. Employment Specialists in each facility offer individualized services to our Residents. We are especially excited about the addition of our new Supported Employment Supervisor this month. She comes to ColumbiaCare with years of experience and is a highly respected expert in her field. We feel this multi-tiered system provides for the best possible level of care for our Residents, as all of our ColumbiaCare service providers are included in weekly briefings

# CENTER FOR SUICIDE PREVENTION

ColumbiaCare is expanding its suicide prevention efforts in acquiring RESPONSE, a high-school based youth suicide awareness program, and has hired Jill Hollingsworth, MA. Jill is the Program Supervisor of ColumbiaCare's newly established Center for Suicide Prevention and will oversee the promotion of RESPONSE and ASIST workshops and Crisis Resolution Centers with the Center's Director, Gary McConahay, Ph.D. Jill is a Master ASIST Trainer and has worked with schools throughout Oregon over the last 10 years. "I'm thrilled that there is a base of operations for suicide prevention efforts," Jill says. "Historically, prevention activities are sporadic and scattered. ColumbiaCare has provided the opportunity to concentrate our efforts."

For more information on RESPONSE and ASIST, please visit the Center for Suicide Prevention on the ColumbiaCare website, <http://www.columbiacare.org>

or [http://www.sprc.org/featured\\_resources/bpr/PDF/RESPONSE\\_FactSheet.pdf](http://www.sprc.org/featured_resources/bpr/PDF/RESPONSE_FactSheet.pdf)

## EMPLOYEE HIGHLIGHT KATHLEEN KINZIE, M.S.

Kathleen Kinzie, M.S., ABD taught psychology for Southern Oregon University at both the graduate and undergraduate level for the past five years. She worked as a QMHP for Josephine County Mental Health for five years in their Cave Junction office.

As part of her doctoral program at Northern Arizona University, she worked as a school counselor in a traditional Navajo school and has also worked in addictions treatment. Kathleen's interests include multicultural mental health, ethics, supervision of



therapists and program design.

Kathleen has been with ColumbiaCare for one month. She says the best part of her job is getting to utilize the skills she developed during her 18 + years of college and practices.

She likes that her job requires her to continue learning.

Something interesting Kathleen would like to share is that she raises Morgan horses and Pygora goats. Last year she attempted to barrel race for the first time and did not fall off.

Her hero is Virginia Satir.

Kathleen's favorite quote is "Acceptance is not love. You love a person because he or she has lovable traits, but you accept everybody because they are alive and human."  
-Albert Ellis