

# ORBS FOCUS NEWSLETTER

Mission Statement:

August 2007

*“to promote the mental health and welfare of individuals and communities by developing progressive, regional systems of behavioral health care facilities and service programs in collaboration with public and private providers of social, judicial and health care services”.*

## Letter from the Director

Happy August! I so look forward to getting a chance to update everyone on things that have taken place throughout the month at ORBS Headquarters. One very important announcement is the change in staff taking place that will be affecting both Cedar Bay, Coos Crisis Resolution Center, and beyond. Many of you may know that Anicia Peltzer, Facility Administrator for both programs mentioned, will be stepping into a different position. We wish she weren't leaving her current posts, but are positively thrilled to not lose her altogether. Anicia will become the ORBS Supported Employment Specialist for Curry County. Anicia has contributed an amazing amount of professionalism and expertise. We cannot thank her enough.

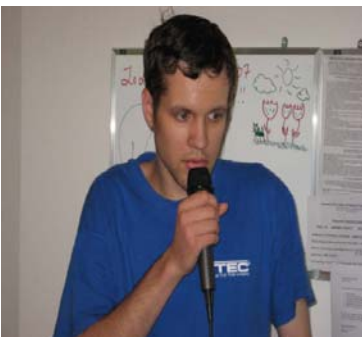


Speaking of employment... ORBS is rolling out its Supported Employment Program across the state. Supported Employment is “a well-defined approach to helping people with mental illnesses find and keep competitive employment within their communities”. ORBS talks often about the importance of providing a full continuum of care, with the goal of stepping clients down through levels of residential care while providing appropriate treatment and teaching valuable life skills that will contribute to their success. Supported Employment is an important component of this goal. An Employment Specialist has been identified in each facility and will soon begin identifying clients who are interested in gainful employment. The first training session for Employment Specialists is scheduled for August 27th and 28th. Thank you to the following people for participating in this very important endeavor. Teresa Rigel, Employment Specialist (Cedar Bay), Venus Jackson, Employment Specialist (Columbia River Ranch), Linda Ensign, Employment Specialist (Mill Creek), Jennifer Kersting, Employment Specialist (Columbia and Willamette Rose), Anicia Peltzer, Employment Specialist (representing Driftwood Lodge), James Brown, Program Coordinator (Administrative Office), Janet Stevely, Consultant

## Residents Write

Raleigh Contreras, Columbia River Ranch

**Yo! My friends from ORBS! I'm Raleigh Contreras and I live at Columbia River Ranch. Normally I'm a shy quiet kinda guy, but give me a mic and I'll sing till the cows come home! Rock music is what I enjoy singing. My favorite song is "Smooth" by Santana and Rob Thomas. I can play the keyboard too! I don't know very many songs but I can guarantee you I'll boogy down! In my spare time I like to read, nap, play chess, take a walk with my friends from the Ranch and go to the Kingdom Hall. In the future I plan to work a little bit and pioneer for Kingdom Hall! This is Religh saying.**



**"Rock On!"**

## ASIST

AN OREGON EVIDENCE-BASED PRACTICE

**ASIST is designed to help all caregivers become more willing, ready and able to help persons at risk of suicide. Suicide can be prevented with the help of prepared caregivers. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid.**

ASIST teaches individuals how to recognize when a person may be thinking of suicide and know what to say and do to keep the person safe until the appropriate level of help can become involved.

ASIST has been reviewed and improved for inclusion on the State of Oregon's Addiction and Mental Health Services' list of Approved Evidence-Based Practices

<http://www.oregon.gov/DHS/mentalhealth/ebp/practices.shtml>

**Suicide is clearly a health issue. More young people die by suicide in Oregon than murder. Suicide is the second leading cause of death for 10-24 year olds in the state, claiming 67 youth lives in 2004. In 2005, 14% of 8th graders and 12% of 11th graders said they seriously considered suicide in the previous 12 months. In 2003, 71.3 of the violent deaths in Oregon were suicides. In 2004, 514 Oregonians took their own lives. Oregon consistently ranks in the top ten in terms of completed suicide rate.**

**ORBS takes suicide prevention very seriously and equips every employee with the skills needed to help them identify risk and develop safe-plans to reduce that risk. ORBS employees attend a two-day ASIST course that is intensive, interactive and practice dominated. To learn more about suicide prevention, visit the following websites:**

[www.livingworks.net](http://www.livingworks.net)

[www.sprc.org](http://www.sprc.org)

[www.orbsinc.org/asist](http://www.orbsinc.org/asist)

## New Facility Update GOLD BEACH BUNGALOWS

Gold Beach Bungalows are ready for residents!



Ideally located close to the ocean, in walking distance of shopping, and directly across the breezeway from Driftwood Lodge are “the bungalows” which are 2 brand new, studio apartments developed for residents who are able to step-down from a residential treatment home or facility, but may not yet be ready to live independently. ORBS has just added the finishing touches to the units and they are very nice! Each apartment has a kitchenette, bathroom, and the units are nicely furnished. A recreation room is conveniently located between the two units adding another optional space to spend time. The attached laundry room is easily accessible for both residents and there is a beautiful, large yard and covered patio area for tenants to enjoy.

ORBS has identified Guiding Principles as part of a

### 5-Year Organizational Plan

ORBS will seek to maintain current operations and develop new programs and facilities in accordance with the ORBS Mission Statement.

1. Is there an **UNMET NEED?**

(As identified by ORBS. As identified by the Customer.)

2. Is it a **DESERVING POPULATION?**

(Behavioral Health. All Ages.)

3. Can we **ENSURE QUALITY?**

(Financial Feasibility. Available Staff. Quality Services. Positive Outcomes.)

4. Do we **HAVE THE CAPACITY?**

(Administrative. Financial.)

## Employee Highlight

**Robert  
Hodkinson**  
Coos Crisis  
Resolution  
Center

Robert has been an ORBS employee for two years. He especially likes to see the staff grow with experience. While working with the residents he has learned to become more insightful with life's challenges and accomplishments.

Robert considers his mother to be one of his heroes as she raised four boys on her own.

Something interesting about Robert is that he is a retired Chief Petty Officer from the U.S. Navy.

His favorite quote is:

“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

-Vincent T. Lombardi

## Hammond House 10-Year Anniversary Celebration



On August 10th, Hammond House held a Bar-BQ to celebrate the 10-year anniversary of the apartments. The turn out was wonderful and the food was fantastic. We took the time to honor two very special guests of honor.

**Leif LeFebre:** Leif was presented with a Special Achievement Award by ex-Commissioner and ORBS Board Chair, Fred Borngasser. Leif was also celebrating a 10-year anniversary. He has been living at Hammond House for a decade! ORBS feels that this shows some real longevity and perseverance

on Leif's part. We are proud of his accomplishment and know he will continue to do well into the future.

**Anna Maria Franciska:** Anna Maria was presented an award by Curry County Commissioner Marilyn Schafer for her hard work and dedication to improving lives in the community. Anna Maria has worked tirelessly on behalf of community members with mental illness. She played a lead role in applying for and obtaining the funds needed to pay for the Hammond House Apartments. ORBS is extremely grateful to her for the benefits she brings to others.