

**Mission Statement:**  
"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".

O.R.B.S.

JUNE 2007 NEWSLETTER

## LETTER FROM THE DIRECTOR

Robert C. Beckett

Greetings from the ORBS Administrative Office! We are excited to present the first ORBS Newsletter for 2007. **GROWTH** seems to be the operative word at ORBS over the past year. **GROWTH** brings wonderful opportunities, as well as unique challenges. **GROWTH** gives us the capacity to expand the continuum of care for our residents, and enables us to serve more people in need. **GROWTH** can also make it a bit more difficult for all of us to stay connected. In an effort to stay "in touch" with all of you, we will continue to add information to our website that may be of interest to you. It is also one of the reasons behind developing this newsletter. We hope to use this newsletter as a communication tool to share the exciting things happening within the organization from the perspective of the Board of Directors, Administration, staff, and residents. We will also report mental health news from around the state. Guest articles from our community partners, mental health advocacy groups and other mental health professionals may also be included.

The ORBS Administrative Office staff has changed some and I would like to take a moment introduce ourselves.

**Bob Beckett**, Executive Director  
**Gary McConahay**, Clinical Director  
**Stacy Beaumont**, Administrative Program Manager  
**James Brown**, Quality Manager  
**Jennifer Jones**, Executive Assistant  
**Kyla Austin**, Accounting Specialist  
**Michelle Gibson**, Human Resource Specialist  
**Lindsey Moore**, Office Assistant  
**LaDonna Sykes**, Accounts Payable

Most of us from the Administrative Office travel to the facilities on a regular basis, so please make sure to introduce yourself while we are there. And, if you have additional ideas for articles, feel free to send them to us.

I hope you enjoy the ORBS Focus Newsletter! -Bob



## New Facility Update: Fairview Firs

**WELCOME HOME.** ORBS is currently developing several new facilities, in both Oregon and Idaho. We are proud to announce that we will be opening our first Secure Residential Treatment Facility for clients who have psychogenic polydipsia called Fairview Firs in Fairview, Oregon.

We will have 4 new residents coming from the State Hospital to live in this beautiful home located just north of Portland in an extremely charming neighborhood surrounded by trees. We hope to have a grand opening sometime in June or July and hope many of you can make it.

**Psychogenic Polydipsia** is an uncommon clinical disorder characterized by excessive, sometimes insatiable, water-drinking in the absence of a physiologic stimulus to drink. This excessive drinking can become so out of control that the person gains as much as 20 lbs in a single day just from water weight. The obsessive water consumption has many characteristics of an addictive behavior. Medication is flushed through the system lessening the effectiveness of the medication. Excessive water intake causes electrolyte in-balance. Behavioral symptoms such as aggressiveness often occur. The untreated result can even be death. Management is achieved by strictly controlling and limiting the amount of fluids to a normal level.

**"You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins."  
-Jim Stovall**



## Residents Write

Leif LeFebre, Hammond House

*Photo: Leif displaying his award-winning photograph.*

My name is Leif LeFebre. I am a resident of Gold Beach and Curry County and I am a lifelong photographer and have been taking pictures for over 20 years. I started taking pictures while living in Portland, Oregon and Seaside in Clatsop County. Prior to arriving in Gold Beach, I lived in the Eugene area for almost 5 years before coming to Curry County and Gold Beach June 1<sup>st</sup>, 1995. During my time I had my share of ups and downs, but things are really coming together. I just won an honorable mention ribbon for a photo that was on display at the Spring Art and Flower Show here in Gold Beach. Early in May, I had pictures on display during the Art Seafood and Wine Festival, have had pictures displayed at the Chamber of Commerce and several small businesses here in town.

I am a member of the Chamber of Commerce, Cannon Beach Arts Association, Curry Arts, Inc., Ellensburg Theater Co., Mental Health Advisory Board, and Coast Redwoods Arts Association. I have also had my pictures published in the Gold Beach Visitor's Guide, and the JBH Newsletter.

My personal accomplishments have come as a result of people like you supporting me, believing in me, and not giving up on me. Without you, none of these accomplishments would have been possible. So I thank you all for helping me get through those good and bad days. Your support means so much to me.

Sincerely,  
Leif LeFebre  
Gold Beach, Oregon

## NAMI GRADES THE STATES

NAMI, the National Alliance on Mental Illness, presented their first comprehensive state-by-state analysis of mental health care systems in 15 years. Every U.S. state has been scored on 39 specific criteria resulting in an overall grade and four sub-category grades for each state. The national average grade is D. Five states receive grades in the B range. Eight receive Fs. None received As. Oregon received an overall grade of a C+. A few of the standards, among many, that made the list for a high quality state mental health system are: **Supported Employment, Crisis Intervention Services, and Access to Acute and Long-Term Care Treatment.** ORBS will continue to do its part by developing a full continuum of quality care for the residents we serve.

# ORBS Expands Supported Employment Program

The ORBS treatment philosophy focuses on the whole person first, and then how mental illness affects the person. We seek to provide our residents a pathway to achieving the same things all humans need to not only feel safe and well taken care of, but to contribute and thrive.

Employment is a primary way that people in our culture contribute to their community and can be a vital component of mental health treatment for many people with serious and persistent mental illness. Not only can earned income lessen devastating "side effects" of mental illnesses, such as poverty, hunger and isolation, but it can provide opportunities to utilize one's talents, to make friends with similar interests, and to feel proud of one's accomplishments.

During the 2006-2007 fiscal year, ORBS was awarded an Establishment Grant by the Office of Vocational Rehabilitation Services to implement a supported employment program on the Southern Oregon coast (Curry and Coos Counties). Several accomplishments have been achieved during the year, including:

- Obtaining Community Rehabilitation Program (CRP) status;
- Hiring and training an Employment Specialist in the Coos/Curry area;
- Increased understanding and collaboration between the local OVRs offices, ORBS and County Mental Health programs;
- Better understanding and use of benefits planning and Social Security Work Incentives;
- Increased community placements.

As a result of the successes achieved, and lessons learned, ORBS is applying for another grant to expand these efforts statewide. This proposal outlines a strategy for establishing and expanding employment services in each ORBS site.

## EMPLOYEE HIGHLIGHT

Lindsey Moore, Office Assistant

Lindsey has been working for ORBS since October of 2006. She enjoys her job and considers feeling needed and being helpful the best part.

Her short and long-term personal goal is to be a good mom (she is expecting her first child June 5<sup>th</sup>).

Her long-term professional goal is to become a psychiatrist.

Lindsey considers her dad to have been a hero and mentor as he was a hard worker and never gave up on anything worth trying for.