

SENATE HEALTH & WELFARE COMMITTEE  
Tuesday, February 9, 2016

ATTACHMENT 3



# LIFEWAYS

HELPING PEOPLE

*We help people in our communities  
achieve and maintain  
emotional well-being.*



# MISSION STATEMENT

*We will help people in our communities achieve and maintain emotional well-being.*

## Our Staff:

To accomplish this mission, we maintain a qualified and professional staff, including psychiatrists, therapists, skills trainers, and case managers, who are trained to assess and respond to the individual needs of our clients. We provide our staff with knowledge through ongoing training, and broad and intensive opportunities for professional growth and advancement. We strive to maintain a friendly and efficient workplace that supports staff in providing creative, committed, and effective service to our clients.

## Our Services will be...

### EFFECTIVE

Mental Health Services at Lifeways are based on the latest advances and best practices in the art and science of psychiatry, psychology, and mental health. We encourage professional excellence by providing our staff with ongoing opportunities for training and study necessary to remain abreast of new developments and best practices. We maintain a rigorous quality assurance and quality improvement process to ensure that our clinical practice is appropriate, effective, and in line with accepted national standards and the state of the art.

### ACCESSIBLE

We provide our clients with appointments and services in ways and at times that are convenient for them. We are committed to responding to all new requests for services with appointments within two weeks of an initial request. We maintain a walk-in clinic to ensure that clients experiencing acute distress receive immediate care. Mental health crisis assessment and intervention services by qualified mental health professionals are available twenty-four hours a day, seven days a week.

### AFFORDABLE

We provide our clients with appointments and services in ways and at times that are convenient for them. We are committed to responding to all new requests for services with appointments within two weeks of an initial request. We maintain a walk-in clinic to ensure that clients experiencing acute distress receive immediate care. Mental health crisis assessment and intervention services by qualified mental health professionals are available twenty-four hours a day, seven days a week.

### ETHICAL

The Mental Health Services staff of Lifeways adheres to the highest standard ethical professional conduct. Our Code of Ethical Conduct is designed to protect clients from harm and to ensure that they receive the services they need in ways that respect their human dignity and individual rights. A copy of the Code of Ethical Conduct is available at the reception desk.

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LIFEWAYS ONTARIO 702 Sunset Drive Ontario, OR 97914 (541) 889-9167	LIFEWAYS PENDLETON 331 SE 2nd Street Pendleton, OR 97801 (541) 276-6207	McNARY PLACE 290 Willamette Street Umatilla, OR 97882 (541) 922-0880	LIFEWAYS HERMISTON 595 N.W. 11th Street Hermiston, OR 97838 (541) 567-2536	LIFEWAYS FRUITLAND 1611 N. Whitley Drive Fruiland, ID 83619 (208) 291-1020	LIFEWAYS CALDWELL 2609 S. 10th Ave. Ste. 102 Caldwell, ID 83605 (208) 454-2766
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At Lifeways, we meet the person right where they are, sometimes in response to crisis, but often just to help get them get back on track. We know life deals many challenges and obstacles, some of which can be debilitating and threatening to your job and relationships. Our holistic approach to mental health is built around a caring, compassionate professional team, with all the skills necessary to assess your challenges, and to collaborate with you on a plan for care to get you on track, back to functioning at your best.

All counseling begins with an assessment and development of a plan with agreed upon goals. Inclusion of the family and supports is encouraged and built in when possible. At Lifeways we treat all aspects of mental and behavioral health.

***Our treatment is based on research and is client centered; we develop your plan of care with you.***

**Areas of expertise include but are not limited to;**

- Attention and Hyperactivity Disorders
- Autism Spectrum Disorders
- Mood and Depressive Disorders
- Obsessive-Compulsive Disorders
- Personality Disorders
- Impulse Control Disorders
- Post-Traumatic Stress Disorder
- Schizophrenia
- Substance Abuse

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**Si Steinberg, MD**, is Double Board Certified in Adult and Child and Adolescent Psychiatry and Neurology. He attended The University of Michigan Medical School. He then attended UCLA for the first two years of his psychiatry residency with the remainder of his residency training at Dartmouth-Hitchcock Medical Center in New Hampshire where he obtained his Child and Adolescent Psychiatry Fellowship.

Currently, Dr. Steinberg is the Medical Director at Lifeways in Malheur and Umatilla Counties in Oregon. He is also the consulting psychiatrist at Cherry Gulch Therapeutic Boarding School and Novitas Therapeutic High School, both in Emmett, Idaho. In addition he serves as the prescriber's supervisor for several group homes for adults and children with developmental disabilities.

Dr. Steinberg regularly conducts trainings for prescribers, other mental health professionals and the general public in the areas of diagnosis and treatment of mental disorders with particular emphasis on differential diagnosis, childhood trauma, Post-traumatic Stress Disorder, and medication management.



**Amy Boudreau, MD, Ph.D.**, is Board Certified in Psychiatry and Neurology. She completed her residency at UCLA Semel Institute for Neuroscience and Human Behavior.

Dr. Boudreau attended Rosalind Franklin University of Medicine and Science where she earned a Doctorate of Philosophy with Distinction in Neuroscience and a Doctor of Medicine. Additionally, she has spent years in research and therapy in the fields of addiction and geriatric treatment.

Currently Dr. Boudreau practices in Umatilla County, Oregon.



**Sandy Lare, DO**, is Board Certified in Psychiatry and Neurology. She graduated Cum Laude from the University of Richmond in Virginia. She attended The University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine and awarded the Outstanding Pediatric Award.

Dr. Lare completed her internship and residency in Psychiatry at the Medical University of South Carolina. While at MUSC she was Chief Resident. Dr. Lare has worked in public mental health clinics in California and North Carolina. In North Carolina she served as a Medical Director and owned her private practice The Wilmington Wellness Group.

Currently Dr. Lare practices in Umatilla County, Oregon.



**John Bates, MD**, is Board Certified in Psychiatry and Neurology. He began his career with an associate degree in Nursing from Treasure Valley Community College and earned his bachelor's degree from Albertson College of Idaho. He graduated medical school and his residency training at Oregon Health & Sciences University in Portland, Oregon.

Dr. Bates has extensive experience with treating chronic mental illnesses, patients in psychiatric crisis, providing psychoeducation, psychiatric medication management and treatment of patients under the PSRB (Psychiatric Security Review Board).

Currently Dr. Bates is the Residential Medical Director with Lifeways Recovery Center and provides out-patient care in Lifeways facilities in Idaho.

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The Lifeways Medical Department is committed to excellence in mental health, beginning with a thorough assessment and ongoing assistance in every aspect of psychiatric medication management. Our success is evident in our many patients who daily, find relief from depression, gain control over behaviors, or are able to sustain recovery from a range of psychiatric conditions. At Lifeways we integrate science-based treatments, utilizing leading research and compassionate, personalized care. Seeking assistance with a psychiatric difficulty can be frightening.

***With that in mind, here is some of what you can expect from the Medical Department:***

- Assessment and careful consideration of your needs
- Review your history of what has worked and what has not
- Treatment Plan we can agree on that ensures your best chance of success
- Adjustments to your medication when needed and tools to help you manage
- Compassionate professionals who treat you with respect and commit to your care

Last year our Medical Department team served 667 patients led by our Psychiatrist, along with several Physician Assistants and Registered Nurses, and provided more than 3,500 service contacts.

*We know we are making a difference because our patients tell us so:*

*"For the first time in my life medication is really working well for me. I am productive again and held the same job for almost two years."*

*"I am happy for the first time ever! I am so thankful for the caring staff at Lifeways, they figured out what I needed and encourage me at each step along the way."*

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# RESIDENTIAL SERVICES BY LOCATION

## ONTARIO:

**Lifeways Recovery Center:** 35 bed  
Adult Addiction Treatment Facility

**North Oregon:** 5 bed  
Women's Transition Residential Addiction Treatment

**Burdic House:** 5 bed  
Supported Housing

## UMATILLA:

**McNary Place:** 16 bed  
Non Hospital Acute Secure Residential Treatment Facility

## PENDLETON:

**Hilltop House:** 5 bed  
2 Psychiatric Security Review Board  
3 Residential Treatment

**Riverstone:** 8 bed  
Premier Addiction Treatment Center

**1st Street House:** 8 bed  
Men's Transition Residential Addiction Treatment

**4th Avenue:** 5 bed  
Psychiatric Security Review Board Facility

## HERMISTON:

**Aspen Springs:** 16 bed  
Projected opening 2016  
Acute Psychiatric Hospital

**McKay House:** 5 bed  
Supported Housing

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Lifeways has a Prevention Specialist who will come to your school or organization and present a program adapted to the audience.

Prevention Services are a proactive approach to substance abuse in our community. We pay extra attention to the younger population, because that will have the greatest impact on the largest number of people.

Children and teens face incredible obstacles to resisting substances. Movies, television, magazines, music, friends, and even some adults promote smoking, alcohol and drug use. There are substances available to them now that were not available several years ago, and those substances are much more dangerous and addictive.

Treatment is late in the game — our best treatment is prevention. There are many articles and links on this site, and contacting us will provide answers to your questions.

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# MENTAL HEALTH TREATMENT

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- Post-Traumatic Stress Disorder
- Substance Abuse
- Autism Spectrum Disorders
- Obsessive-Compulsive Disorders
- Impulse Control Disorders
- Schizophrenia
- Eating Disorders

***What some of our clients say about treatment:***

*"I didn't believe counseling would work for me. Last year I was hopeless but my counselor patiently led me out of the darkness and helped me feel like I really matter."*

*"When my wife died I lost control of my life and did not have anyone to turn to. I learned new ways of coping and after a lot of feet dragging joined the Grief Group. Life isn't perfect but I am doing so much better."*

*"As a veteran and a senior I didn't have mental health problems. Being in treatment mostly helped me tell myself the truth about my life and the fact that I need people. My family has really seen the difference."*

*"My son has learned to identify his emotions and ask for help when he starts losing control. As a family we are no longer hopeless, we now have the tools to help him get through the rough times."*

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# PROBLEM GAMBLING SERVICES

There are many forms of problem gambling. If any kind of gambling is interfering with your life and relationships, chances are you or your loved one is a problem gambler. . .

**A problem gambler might exhibit one or all of the following warning signs:**

- Preoccupied with gambling and unable to stop
- Restless and irritable when not gambling
- Borrowing money for gambling
- Has frequent unexplained absences
- Losing work time because of gambling
- Jeopardizing a significant relationship or job by gambling
- Bragging about gambling, exaggerating wins & minimizing losses
- Gambling to “feel better”
- Lying to hide time spent gambling or unpaid debts
- Chasing losses (gambling to win back losses)
- Doing something illegal to get money for gambling

**When Their Problem is Your Problem:**

If you are the spouse or family member of a problem gambler, it is important for you to take care of yourself, stay in touch with your feeling and realize that you are not responsible for the gambler’s behavior. There are specific things you can do to help you bring up the subject when you want to talk to someone about their gambling problem. **Call 889-9167 for the support and education you need. It’s free.**

**Responsible Gambling Guidelines:**

*Has the game become more than just a game for you? If you’re playing for more than fun, try using these guidelines to moderate your play.*

- Think of the money you lose as the cost of your entertainment. Consider any money you win a bonus.
- Set a dollar limit and stick to it.      • Set a time limit and stick to it.
- Leave when you reach your limit, whether you’re winning or losing.
- Understand that you’ll probably lose, and accept the loss as part of the game.
- Don’t borrow money to gamble.
- Don’t let gambling interfere with or become a substitute for family, friends or work.
- Don’t chase losses. Chances are you’ll lose even more trying to recoup your losses.
- Don’t use gambling as a way to cope with emotional or physical pain.
- Know the warning signs of problem gambling.

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## ELDERLY SUPPORT SERVICES

The mental health needs of seniors are often quite vague and different from the needs of younger populations; and their mental health problems are often complicated by increasing difficulties with physical health and loss of mental acuity.

Seniors Treatment Services can address these concerns and differences and, therefore, has a service delivery system that is able to utilize all the other agency components, as well as individualized services that enhance a person's care and/or independence in the community.

Lifeways works with many partner agencies in the community, such as Aging and People with Disabilities (APD), hospitals and assisted living.

**Lifeways is an approved Medicare provider.**

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## *Will My Insurance Cover Treatment?*

There are many providers of alcohol and drug treatment insurance. At Lifeways we want to make sure you have the best solution for your unique clinical needs. When inquiring about our premier services, we have qualified experts that work hard with your provider to ensure that you receive the maximum benefit available.

We know insurance can be confusing and complicated. We want to help you navigate through understanding what your insurance benefits are. We are here to walk with you through this process. Please call us at **541-889-2490** so we may begin to work with you on what your insurance carrier will do for you or a loved one. With your permission we are happy to contact your provider for you.

Lifeways addiction treatment programs promote quality of life for people through integrated healthcare services focused on prevention, intervention and wellness. Our holistic services are based on solid research and evidence based practices.

Our core philosophy is based on the recognition of addiction as a progressive and debilitating condition that has been scientifically proven to be overcome through treatment. Our highly trained professional staff at Lifeways use proven state of the art treatment approaches. We operate from a strength based model in conjunction with motivational interviewing to insure that everyone we treat gets the individualized program to meet their needs.

**Call us any day, any time to ask questions or to begin the admission process.  
541-889-2490**

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# CRITICAL INCIDENT STRESS DEBRIEFING

Critical incidents, which are threatening, overwhelming, or potentially traumatizing are an unfortunate part of some of the work we do, regardless of the industry we work within. Their occurrence can impact staff emotions, productivity, and cause turnover in highly taxing situations. Critical Incident Stress Debriefing (CISD) is a well-known and widely used process to reduce the emotional trauma individuals experience in these situations offered within the broader framework of Critical Incident Stress Management (CISM). CISM offers a variety of interventions to effectively respond to particular situations or group needs. The cornerstone of CISM is the stress debriefing process. Using the straight forward, non-therapeutic debriefing process in a timely manner following an incident can greatly reduce post-traumatic stress that individuals may experience after an incident. CISD seeks to enhance resistance to stress reactions, build individuals' resiliency or the ability to "bounce back" from a traumatic experience, and facilitate both a recovery from traumatic stress and a return to normal, healthy functions.

In the past year, Lifeways has made an effort to expand the number of trained staff able to provide Critical Incident Stress Debriefing and plans to offer the service free of charge to the communities within the Treasure Valley and Umatilla regions. Response time is important and each region has a complement of trained staff able to respond to a request for debriefing within 48 to 72 hours of the incident.

Our agency would like to further develop our CISD response teams by including trained individuals from a variety of community agencies. Individuals trained in CISD usually do not have mental health training but are part of a professional group such as police, fire, education, emergency services, medical, and the like. This provides a multidisciplinary, peer-led context to the stress debriefing, improving effectiveness. Training is offered by the International Critical Incident Stress Foundation at various sites throughout the year. If your organization would like to develop an individual to respond to critical incidents within and outside of your agency, I would hope that you would contact us with your interest. You can find further information about the CISD foundation at [www.icisf.org](http://www.icisf.org).

*If your organization would like to receive CISD services, these are accessed through our crisis line (Ontario 541-889-9167, Pendleton 541-276-6207). Please contact us as soon as possible after the incident occurs. We are pleased to be able to help.*

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# DEVELOPMENTAL DISABILITIES SUPPORT

Lifeways, Inc. serves adults and children in Malheur County who have disabilities attributable to mental retardation, Autism, Cerebral Palsy, Epilepsy, Asperger's, Traumatic Brain Injury, Fetal Alcohol Syndrome/Effect, Fragile X, Rhett's Disorder, Prader Willy, Tourette's Disorder, or any other neurological handicapping condition which requires training or support similar to that required by individuals with Intellectual Disability.

## Eligibility and Services

Developmental Disability services are best secured while the client is a minor, because there are more records available when they are still in school. However, clients whose condition originated before age 22, can apply for services any time. Eligibility criteria are established by Federal and State law. Remember that these services are in addition to services you may be receiving from Social Security and are not based on income.

There is an application form on this site for you to print and submit to the DD program for review. There may be an eligibility screening, additional testing, and additional documents gathered. You can get more information by e-mail or by calling Lifeways at (541) 889-9167.

Once eligibility is established, the client is assigned a case manager who will assist with coordination of all services available through our program and other community programs, including advocating for those services and supports:

- Residential Services  
(including Group Homes and Adult Foster Homes)
- Vocational Services  
(supervised work experience, based on the individual's need)
- Family Support
- Crisis Diversion
- Protective Services
- Brokerage services
- Skills Training
- Personal Care Services

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# SUPPORTED EMPLOYMENT PROGRAM

Supported Employment is an evidenced-based practice that helps people with psychiatric and/or substance disorders, find and maintain competitive jobs of their choice. Supported employment helps people find jobs in their communities with rapid job search, assistance with placement, integrated service support, personalized benefits planning and time un-limited support. Eligibility for this program is based upon client choice. No one is excluded because of prior work history, hospitalization history, substance use, symptoms, and personal decisions about medications, personal appearance, missed appointments with Mental Health Practitioner or other factors. Every person is encouraged to think about employment, and all interested people are referred to the SE Program at Lifeways.

### *Supported Employment Services:*

- Develop Resources
- Assist in finding a job
- Assist in keeping the job
- Recovery Oriented Treatment
- Treatment Team Services...

### *Develop resources for consumer employment:*

- Nurture community partnerships and potential agency resources
- Engage the community at large in the supported employment concept
- Develop competitive job opportunities

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# COMMUNITY SUPPORT SERVICES

Community Support Services (CSS) is an outreach based team serving the seriously mentally ill adult population. Services include supported housing, supported employment, homeless outreach, intensive case management, outreach, psychiatric and nurse medication management, therapy, skills training, case management, daily structure and support, dual diagnosis treatment, peer-run programs, and a variety of therapy groups including Dialectical Behavioral therapy. CSS follows an evidence-based practice model which promotes empowering our consumers to realize their full potential and to recognize that recovery is possible for everyone.

## Severe Mental Illness Support

### *Community Support Services*

“CSS” is a longstanding Lifeways program of wraparound services for persistently and severely mentally ill people. The Malheur County Lifeways program is renowned in the state as being a model for other counties. Wraparound services are anything that a specific client needs and may include financial management, medication management, supported employment, or daily living tasks such as shopping, cooking and cleaning, family education, and housing.

*You can contact the CSS Program Manager by e-mail or by calling your regional office.*

*This is also a good starting place if:*

- You are a family member who needs support/education for your loved one’s mental illness;
- You want to attend a monthly provider meeting, to learn more about caring for mentally ill people;
- If you are interested in becoming a personal care provider or adult foster home provider

***We encourage you to visit our online Resource Center for specific information about mental illness.***

*We will help people in our communities achieve and maintain emotional well-being.*

<b>LIFEWAYS ONTARIO</b> 702 Sunset Drive Ontario, OR 97914 (541) 889-9167	<b>LIFEWAYS PENDLETON</b> 331 SE 2nd Street Pendleton, OR 97801 (541) 276-6207	<b>McNARY PLACE</b> 290 Willamette Street Umatilla, OR 97882 (541) 922-0880	<b>LIFEWAYS HERMISTON</b> 595 N.W. 11th Street Hermiston, OR 97838 (541) 567-2536	<b>LIFEWAYS FRUITLAND</b> 1611 N. Whitley Drive Fruitland, ID 83619 (208) 291-1020	<b>LIFEWAYS CALDWELL</b> 2609 S. 10th Ave. Ste. 102 Caldwell, ID 83605 (208) 454-2766
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# PEER SUPPORT SPECIALIST PROGRAM

The peer support specialist program is a program designed to help clients in all stages of recovery. We have first-hand experience with mental illness and the challenges that come with it. Despite those challenges we have come to know the reality of wellness. We believe recovery is possible for everyone and our hope is to reach out to our peers.

As Peer Support Specialists, we help clients develop their own recovery by recognizing personal strengths and setting goals. As clients, we too have gone through this process and now share a unique empathy and perspective.

### Peer Support Specialist can help with:

- Appointments
- Assistance with paperwork
- Cooking classes
- Employment search assistance
- Housing resource
- Life skills building
- Outreach services
- Recreational activities
- Art and music activities
- Benefits acquisition
- Education on recovery
- Goal setting
- Interpersonal skill-building
- Orientation to mental health center
- Pathways to recovery
- Socialization

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# CHILD PARENT PSYCHOTHERAPY

## C P P

**Child-Parent Psychotherapy** is a treatment for children **age 0 to 5** who have experienced a traumatic event (abuse, exposure to domestic violence, sudden or traumatic death of someone close) and/or are experiencing mental health, attachment, or behavioral problems, including PTSD.

### GOALS OF CPP:

- Support & strengthen relationship between child & caregivers in order to improve child functioning,
- Help caregivers understand how the child's and caregiver's experience with trauma may affect the child's functioning and development.

*The Child and Adolescent Services Program at Lifeways offers a number of options for struggling families.*

Call **541-889-9167** to schedule an assessment with a mental health specialist who will help you identify the right program for your family.

**How do I find out more about PCIT and CPP in my area?**

Call **Lifeways at 541-889-9167** and request that a **PCIT or CPP** therapist contact you by phone.

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# PARENT CHILD INTERACTION THERAPY PCIT

**Parent Child Interaction Therapy** is an evidence based treatment for children **age 2 to 7** experiencing emotional and behavioral problems.

## KEY FEATURES:

- We work with parents and children together to improve the quality of daily interactions.
- We provide parents with direct coaching during live practice managing their child's behavior.
- We work with parents, foster parents, grandparents; anyone in a caregiving role.

## GOALS OF PCIT:

- Improve family relationships,
- Increase caregiver self-confidence and reduce parenting stress,
- Improve child listening & minding, self-esteem, social skills, and attention skills,
- Improve child's ability to handle frustration and other strong emotions,
- Services available in English and Spanish.

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# ASSERTIVE COMMUNITY TREATMENT

Assertive Community Treatment (ACT) is an Evidence-Based Practice Model designed to provide treatment, rehabilitation, and support services to individuals who are diagnosed with a severe mental illness, and whose needs have not been well met by more traditional mental health services.

The ACT team provides services directly to an individual that are tailored to meet his or her specific needs. The ACT team is multi-disciplinary and include members from the fields of psychiatry, nursing, psychology, social work, substance abuse and vocational rehabilitation. Based on their respective areas of expertise, the team members collaborate to deliver integrated services of the recipients' choice, assist in making progress towards goals, and adjust services over time to meet recipients' changing needs and goals.

*The staff-to-recipient ratio is small (one clinician for every ten recipients),  
and services are provided 24 hours a day, seven days a week,  
for as long as they are needed.*

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# LIFEWAYS INTEGRATION FOR TREATMENT LIFT

Living well with chronic medical issues while recovering from mental illness is a difficult task. We understand that achieving wellness means a person's physical and mental health must both be cared for in a thoughtful and individualized manner. Our bodies and minds work together in complex ways, and the professionals caring for you should too. Guided by a care coordinator, the LIFT Demonstration Project brings together your mental health and physical health care providers to create a plan for your care.

**Your goals are important to us, so you are a critical part of this team.**

**In the LIFT project, you should expect:**

- To set and achieve goals leading to positive outcomes in your mental and physical health
- Access to preventative and community based services to help you achieve wellness
- A team individually created to fit you and your family's healthcare needs; your care team is made up of people who you choose to invite to participate
- Professional help from registered nurses, physicians, dentists, pharmacists, dieticians, drug & alcohol, and mental health professionals
- To actively participate in LIFT Team meetings to identify your needs and concerns, and develop a plan with you at the center
- Consistent support from your LIFT Team members to help you progress in your plan of care.

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# SUBSTANCE ABUSE TREATMENT

People needing to access Alcohol and Drug Treatment Services can walk-in Monday through Thursday, 9am to 3pm to complete the intake process and be seen by an Alcohol and Drug Counselor for the purposes of completing an Assessment. Appointments can also be made for an Assessment, if needed, after the intake process has been completed.

Alcohol and Drug Treatment consists of but is not limited to Individual Counseling, Group Counseling, and Monitoring of abstinence from mood altering chemicals through random testing and Case Management Services with referral sources with the written permission of the client.

Lifeways Prevention & Recovery Services are certified by the State of Oregon to provide a wide range of Alcohol and Drug Treatment Services. We provide education and treatment in the effects of Drugs and Alcohol. Cognitive change as it relates to the use of drugs and alcohol and Relapse Prevention Planning. Intensive Outpatient Treatment is also offered 5 days per week.

DUII Treatment Services for those needing to satisfy a court requirement for treatment for Driving Under the Influence of Intoxicants in the State of Oregon are also provided. Lifeways Prevention & Recovery Services provides services in both English and Spanish.

Lifeways has funding to underwrite a sliding fee for treatment for Oregon residents allowing the cost of treatment to become more affordable. Application for reduced fees is required to be completed in order to qualify for reduced fees.

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# Lifeways

Rebuilding Lives

# Welcome To Lifeways



702 Sunset Drive | Ontario, Oregon 97914  
Phone (541) 889-9167 | Fax (541) 889-7873  
[www.lifeways.org](http://www.lifeways.org)



When an individual, couple or family wishes to make positive changes in their life, they may need the assistance of an experienced professional to help guide them in making those changes. A counselor can help ease this process by getting to know the background(s), personality and goals. Additionally, he or she can help to uncover and determine factors or traits that keep individuals from achieving and completing the necessary steps in order to be successful.

You are who you are. By the time a person comes to counseling, they most likely have developed habits, thoughts and ideas over the course of their lifetime. Because these have affected their life over a long period of time, carefully planned counseling needs to slowly occur in order to find permanent solutions and determine ways to make healthy changes.

Counseling can, with commitment and hard work, be a very effective tool to improve countless lives for those dealing with dysfunctional relationships, addictions, trauma, anxiety, depression, troubled marriages or compulsions.

Are you ready to move in a new direction with your life? Let us help you discover your true potential and acquire the skills, attitudes, and resources necessary to pursue a productive and satisfying life.

Lifeways is the largest behavioral health care provider in the region with nearly 250 employees at all locations. Lifeways is licensed to serve in Idaho and is certified to provide mental health and addiction services by the State of Oregon. The agency holds a Certificate of Credentialing from Greater Oregon Behavioral health Inc., and is a member of the National Council of Community Behavioral Health Care as well as the National Association of County Behavioral Health Care.

### Medical & Psychiatric Providers

- Amy Boudreau, MD & PhD  
*Hermiston*
- Si Steinberg, MD  
*Medical Director*
- John Bates, MD,  
*Lifeways Recovery Center  
McNary Place & Caldwell*
- Morris Smith, MD  
*Lifeways Recovery Center*
- Alexander E. Horwitz, MD  
*Telepsychiatry*
- Sandra Lare, DO  
*Umatilla County*



## Comprehensive Mental Health and Addiction Services

Servicios de transición (Español)



"We will help people in our communities achieve and maintain emotional well-being."

## OUR SERVICES

## RESIDENTIAL SERVICES

## OUTPATIENT SERVICES

### Outpatient Mental Health Services:

- Assertive Community Treatment (ACT)
- Adult Foster Home – six state licensed homes
- Community Support Services (CSS)
- Developmental Disabilities (DD)
- Employee Assistance Program (EAP)
- Early Assessment Support Alliance (EASA)
- Forensics Case Management & Treatment
- Intensive Outpatient Counseling
- Lifeways Integration For Treatment (LIFT)
- Medication Management
- Psychiatric Security Review Board Services
- Supported Employment (SE)
- Transportation Services – Umatilla

### Outpatient Addiction Services

- Alcohol and Drug Prevention Services
- Gambling Treatment Services
- Prevention Services
- Mental Health Services
- DUI

### Children and Adolescence Services

- School Based Services
- Mental Health Services
- Addition and Mental Health Services
- Child Parent Psychotherapy (CPP)
- Parent Child Interaction Therapy (PCIT)

### Community Services

- Critical Incident Stress Debriefing (CISD)
- Mental Health First Aid

**McNary Place:** *Umatilla*  
16 bed non-hospital Acute Secure Residential Treatment Facility

**Pendleton Stabilization Unit:**  
23 hour Crisis Stabilization & Observation

**Hilltop House:** *Pendleton*  
5 bed; 2 Psychiatric Security Review Board; 3 Residential Treatment

**McKay House:** *Pendleton*  
5 bed Supported Housing

**Lifeways Recovery Center:** *Ontario*  
35 bed Adult Addiction Treatment Facility

**Riverstone :** *Ontario*  
8 bed Premier Addiction Treatment Center

**North Oregon:** *Ontario*  
5 bed Women's Transition Residential Addiction Treatment

**1st Street House:** *Ontario*  
8 bed Men's Transition Residential Addiction Treatment

**Aspen Springs:** *Hermiston*  
16 bed Projected opening 2016  
Acute Psychiatric Hospital

**Burdick House:** *Ontario*  
5 bed Supported Housing

**4th Avenue:** *Ontario*  
5 bed Psychiatric Security Review Board Facility

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Toll Free: 800-995-9169

**PENDLETON** ..... 541-276-6207  
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Pendleton, OR 97801  
Toll Free: 866-343-4473

**HERMISTON** ..... 541-567-2536  
595 NW 11th Street  
Hermiston, OR 97838  
Toll Free: 866-343-4473

**MILTON-FREEWATER** ..... 541-276-6207  
299 N. Columbia  
Milton-Freewater, OR 97862  
Toll Free: 866-343-4473

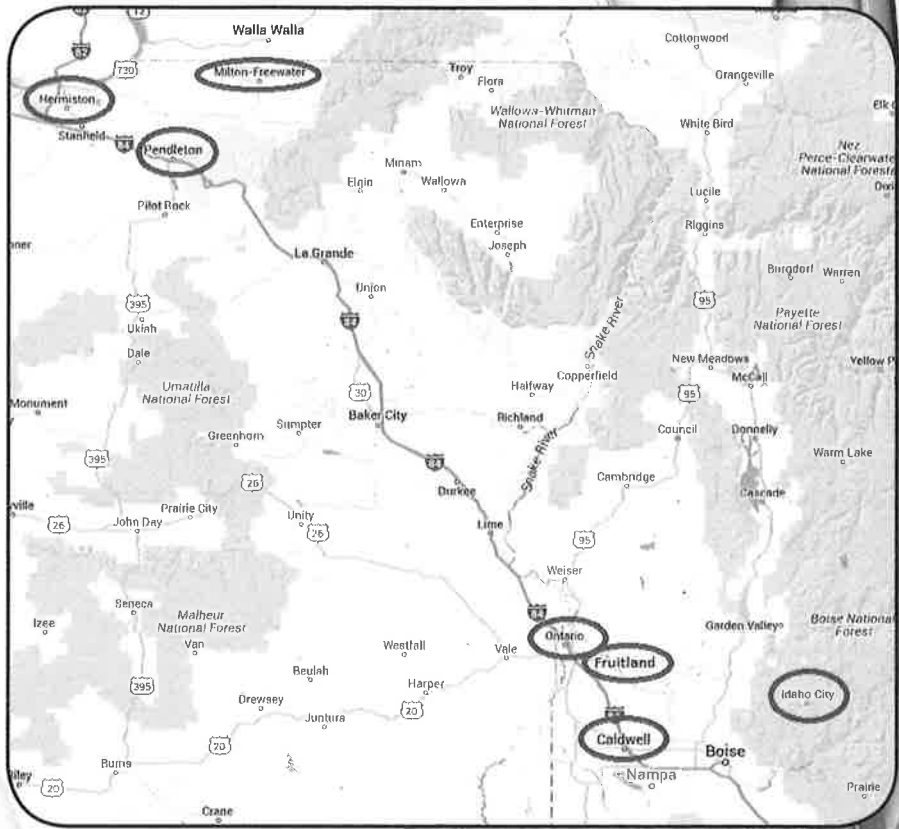
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Fruitland, ID 83619

**CALDWELL** ..... 208-454-2766  
2609 S. 10th Ave. Ste. 102  
Caldwell, ID 83605

**WEISER MEMORIAL HOSPITAL** ..... 208-291-1020  
645 E. 5th Street  
Weiser, ID 83672

**IDAHO CITY** ..... 208-454-2766  
100 Centerville Road  
Idaho City, ID 83631





# LIFEWAYS

HELPING PEOPLE

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