



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6 Pathways CLOSES at 3:15	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 LHC CLOSED For Holiday	26	27	28	29	30
31	January 1 LHC Closed For New Years Day	2	3	4	5	6

# Pathways



## December 2017

Laurel Hill Center Celebrates 45 Years



2145 Centennial Plaza  
 Eugene, OR 97401-2421  
 P: 541-485-6340  
 F: 541-984-3124  
 Email: info@laurel.org  
 www.laurel.org  
 www.facebook.com/laurelhillcenter/

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## OUR MISSION

Laurel Hill Center is committed to helping people with psychiatric disabilities make choices and acquire skills that increase their self-reliance and ability to live and work in the community.

## Laurel Hill Center Services and Programs

Tailoring our efforts to reflect each individual's strengths and challenges to better assist them to explore options, make meaningful choices, and achieve their goals. Working with staff, participants determine the services they need to reach their recovery goals. Laurel Hill Center services adapt evidence-based practices with proven effectiveness in helping people with serious mental illnesses recover.

- Community Support Services
- Supported Employment
- Supported Education
- Pathways Learning & Wellness Center
- Assertiveness Community Treatment
- Medication Management
- Support in Crisis
- Wellness Program
- HUD Subsidized Housing

**Lane County Behavioral Health**

2411 Martin King Luther Blvd, Eugene, OR 97401  
541-682-3608 [https://lanecounty.org/government/county\\_departments/health\\_and\\_human\\_services/behavioral\\_health/child\\_and\\_adolescent\\_mental\\_health\\_services/](https://lanecounty.org/government/county_departments/health_and_human_services/behavioral_health/child_and_adolescent_mental_health_services/)

**National Alliance on Mental Illness of Lane County**

(NAMI) 541-343-7688 [www.namilane.org](http://www.namilane.org)  
2411 Martin Luther King Jr. Blvd  
Eugene, OR 97401-5824

**ShelterCare**

499 West 4th Avenue  
Eugene, OR 97401  
541-686-1262 [www.sheltercare.org](http://www.sheltercare.org)

**Whitebird**

341 E 12th Avenue  
Eugene, OR 97401 [www.whitebirdclinic.org](http://www.whitebirdclinic.org)  
541-342-8255 541-687-4000  
Toll free 1-800-422-7558

**Crisis Centers**

**After-hours psychiatric emergency:**

**Laurel Hill Center** 2145 Centennial Plaza, Eugene  
541-913-4421 [www.laurel.org](http://www.laurel.org)

**Crisis Assistance Helping On The Streets (CAHOOTS)**

Eugene 541-682-5111 Springfield 541-726-3714

**Hourglass** 71 Centennial Loop Suite A, Eugene, OR 97401 541-505-8426 [www.columbiacare.org](http://www.columbiacare.org)

**Upcoming Events**



**Holiday Closures**

- December 25: LHC **CLOSED**
- January 1: Happy New Year LHC **CLOSED**

**Classrooms:**

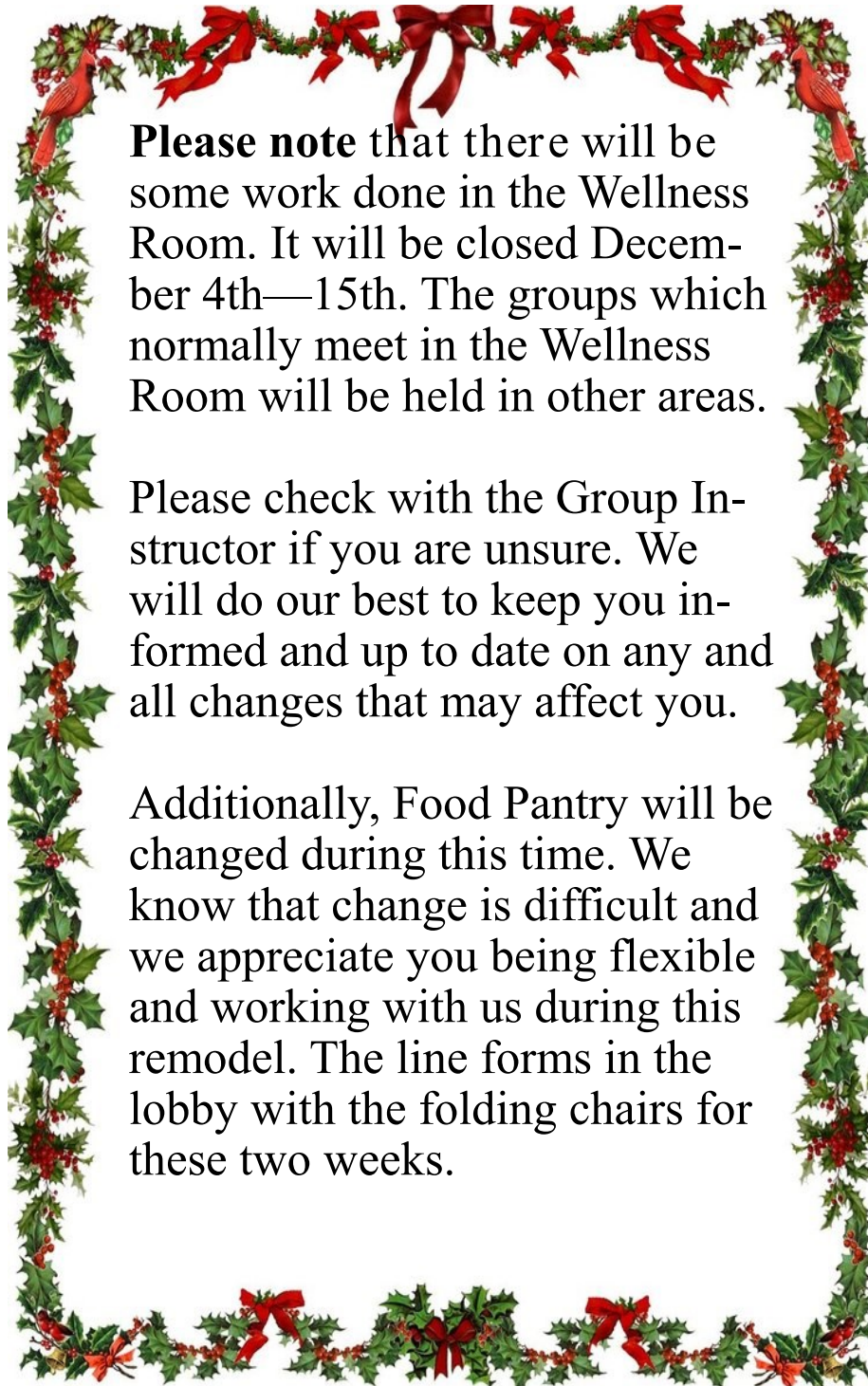
**Spring Walls** are painted green.

**Wellness** Through the double doors in Pathways.

**Pathways Library** Bookshelves with books.

**Pathways Quiet Area:** Near the Resource Table

**Eating Area** Linoleum area.



**Please note** that there will be some work done in the Wellness Room. It will be closed December 4th—15th. The groups which normally meet in the Wellness Room will be held in other areas.

Please check with the Group Instructor if you are unsure. We will do our best to keep you informed and up to date on any and all changes that may affect you.

Additionally, Food Pantry will be changed during this time. We know that change is difficult and we appreciate you being flexible and working with us during this remodel. The line forms in the lobby with the folding chairs for these two weeks.

**Campbell Senior Center**

155 High Street, Eugene 541-682-5318 [www.eugene-or.gov](http://www.eugene-or.gov)

**Downtown Initiative for the Visual Arts (DIVA)**

280 West Broadway, Eugene 541-344-3482  
[www.diva.proscenia.net](http://www.diva.proscenia.net)

**Eugene Parks and Recreation**

100 W 10th Avenue, Eugene 541-682-5333 [www.eugene-or.gov/139/recreation](http://www.eugene-or.gov/139/recreation)

**Hilyard Community Center**

2580 Hilyard, Eugene 541-682-5311 [www.eugene-or.gov](http://www.eugene-or.gov)

**Lane Community College (LCC)** [www.lanecollege.edu](http://www.lanecollege.edu)

DOWNTOWN: 101 West 10th Avenue, Eugene 541-463-6250  
CAMPUS: 4000 East 30th Avenue, Eugene 541-463-3000

**Lane Independent Living Alliance (LILA)**

20 East 13th, Eugene (corner of 13th and Willamette)  
541-607-7020 [www.lilaoregon.org](http://www.lilaoregon.org)

**Maude Kerns Art Center**

1910 East 15th Avenue, Eugene 541-345-1571  
[www.mkartcenter.org](http://www.mkartcenter.org)

**Tamarack Pool**

3575 Donald Street, Eugene 541-686-9290  
[www.tamarackwellness.org](http://www.tamarackwellness.org)

**University of Oregon (UO)**

EMU Craft Center 541-346-4361  
<http://craftcenter.uoregon.edu>

**Willamalane Adult Activity Center**

215 West C Street, Springfield 541-736-4444  
[www.willamalane.org](http://www.willamalane.org)

**YMCA**

2055 Patterson, Eugene 541-689-2069  
[www.eugeneymca.org](http://www.eugeneymca.org)

## Available Daily

**Alpha-stim:** A device producing alpha waves in the brain that works well for treating anxiety, depression and other mental issues.

**Beading:** Create your own design for you or a friend.

**Bio feed-back:** Manage and reverse the effects of too much stress in your life. With this technology, you get to see your rhythm change patterns on the computer screen.

**Board games and cards:** Uno, Basic Cards, Chess, Backgammon, Scrabble, Monopoly and Checkers.

**Coloring:** Crayons, markers, and color pencils available.

**Computers:** Internet available. Create resumes, email account. We also have headphones.

**Library:** Books, magazines, audio cassettes, CD's and VHS movies are available to take home. You can also contribute.

**Puzzles:** Available for everybody.

**Spanish:** Books and flash cards.

## Categories

**Pathways Classes** are designed to aid in your recovery, improve your health, help you learn new tools to promote wellness, get support in reducing substance abuse, be more comfortable socially, or learn to help you live independently.

**CS COPING STRATEGIES** Includes a range of things you do to promote your own mental and emotional health. These can include mind-body activities like yoga, working on your Action, Recovery, and Prevention plan, or developing other strategies for managing mood or disruptive thoughts.

**DD DUAL DIAGNOSIS** Pathways has classes and groups to help you reduce substance use or maintain abstinence. These are big and challenging goals so it is a good idea to get support from others who are also doing this hard work.

**DL DAILY LIVING** Independent living takes a lot of skills. Learn a new skill or join a discussion group to get support.

**H HEALTH** Improving physical health is an important recovery goal for many people. Taking good care of your body helps you to live a longer, healthier life. It often makes you feel better emotionally as well.

**OPEN GROUP** These groups allow you to attend without having to "sign up" for them ahead of time. They allow Open Attendance.

**SH SELF HELP** These groups are "free attendance" which means they don't count against your billing.

**SL SOCIAL LEISURE** Choosing to do fun activities and to enjoy the company of other people is really important for your mental health. If it is sometimes hard for you to join in, activities can be a great way to start. There are a wide range of classes and discussion groups.

**LHC CLOSED 12/25 & 1/1**

10:00-10:45 Morning Check-in with Steve (SL)

Let's discuss important issues going on with you. Steve will provide orange juice and coffee.

Classroom: *Eating Area*

10:00-10:45 Finding & Keeping Employment Successfully with Scott & Holly (DL) Come attend this high energy class, learning how to present your best self to employers in a professional manner. We will cover topics such as: on the job skills, communication, stress management, problem solving skills, and moving forward in employment.

Open Group

Classroom: *Spring Room*

12:00-12:45 Crockpot with Darian & Sherri (DL) Starts 11/27-Ends 12/18. Learn to cook with a crock-pot. Receive a free crock-pot at the end.

Must attend all classes.

Classroom: *Wellness Room (Spring Room during renovation.)*



1:00-1:45 Supported Education with Sarah Chapman (DL) 2nd Friday every month. An informational class on LHC's Supported Education Program. This month's focus will be getting a GED or a certificate.

Open group

Classroom: *Spring Room*

1:00-1:45 PSW Job Club with Holly (DL) 3rd Friday every month. We will enhance your PSW skills.

Open group

Classroom: *Spring Room*

1:00-1:45 Employment Services Job Club with Holly (DL) 4th Friday every month. Learn how to be a better job seeker, set goals, and make connections..

Open group

Classroom: *Spring Room*

1:30-3:30 Sewing for the Adventurous w/ Jess (SH) Instruction on how to work a machine, hand sewing, how to read a pattern, how to make a spare pattern, and general projects.

Open group

Classroom: *Wellness Room (Pathways Big Table during renovation.)*

2:00-3:00 Dual Diagnosis Anonymous (Hosted by LHC) (DD) Steps that focus on mental health and substance abuse.

Drop-in community group

Classroom: *Spring Room*

10:00-10:45 Morning Check-in with Steve (SL) Topic varies. Juice and coffee by Steve.

Open group

Classroom: *Eating Area*

10:45-1:45 PSW Orientation with Holly (DL) 1st Friday  
Every month Start 12/1 The only requirement is that you must want to be a PSW.

Open group

Classroom: *Spring Room*

11:00-11:45 Bingo with Darian (CS) Learn Self Help Strategies, share what has worked for you, and Win prizes.

Open group

Classroom: *Pathways*

12:00-12:45 Arts and Crafts with Brenda (CS)

Open group

(1st Friday Pathways long table)

December 1	<b>Water Color Snow Scene</b>
December 8	<b>Book Marks</b>
December 15	<b>Ornaments/Wreaths</b>
December 22	<b>Wrap Presents &amp; Make Cards</b>
December 29	<b>Watercolor</b>

Classroom: *Wellness Room (Spring Rm during renovation.)*

1:00-1:45 Seeking Safety with Sarah (CS) We will work to establish safe behaviors that will help manage symptoms of trauma/PTSD and substance abuse. Participants will learn how to increase or gain safety in relationships, thinking, behavior, and emotions.

Open group

Classroom: *Spring Room*

1:00-2:30 Dialectical Behavior Therapy with Carmen (DBT) (SL) Each week, two skills will be introduced and practiced. Handouts will be available for those who want them.

Must be referred

Classroom: *Wellness Room (Meeting Room #2 during renovation.)*

2:00-2:45 Social & Emotional Skill-Building Workshop with Darian (DL) Starts 10/30-Ends 1/8. This 8 week class takes a closer look at Social and Emotional Wellness. Learn various skills and techniques that will help increase social and emotional awareness/wellbeing.

Must attend all classes

Classroom: *Spring Room*



**10:00-10:45 Morning Check-in with Steve (SL)** Topic varies. Steve will provide orange juice and coffee.  
Classroom: *Eating Area*

**10:00-10:45 Self Soothing with Sherri (CS) Starts 11/14-Ends 1/2** This 7 week group focuses on using our five senses to reduce stress and anxiety.  
**Must attend all Groups**  
Classroom: *Spring Room*

**10:30-11:15 Gentle Yoga with Kim & Shelley (CS)**  
By using breath awareness, basic yoga poses, and guided meditation, we will gain strength, balance, and flexibility for both the body and mind. Helpful for managing stress.  
**Open group**  
Classroom: *Wellness Room (Pathways Library during renovation.)*

**11:00-11:45 Famous People with Mental Illness with Randy (CS)** Learn about celebrities who suffer from mental illness, their struggles, and how they made accomplishments.  
**Open group**  
Classroom: *Spring Room*

**12:00-12:45 Anxiety Reduction with Dawn (CS)** Learn new techniques to help reduce your anxiety.  
**Open group**  
Classroom: *Spring Room*

**1:00-1:45 Sit, Lift & Be Fit with Randy (H)** Learn how to exercise using light weights. While staying seated in your chair. This is beneficial for those with problems doing regular exercises. Bring your water bottle.  
**Open group**  
Classroom: *Wellness Room (Pathways Quiet Area during renovation.)*

**1:00-3:00 Knitting & Crochet with Elena (SH)** You are encouraged to attend class and continue your project on your own. Create fun and useful items.  
**Open group**  
Classroom: *Pathways*

**2:00-3:00 Dual Diagnosis Anonymous (Hosted by LHC) (DD)** Steps that focus on mental health and substance abuse.  
**Drop-in community group**  
Classroom: *Wellness Room (Meeting Room #2 during renovation.)*

**2:00-3:30 Hearing Voices with Erica and Tirsa (CS)** Share experiences about hearing, seeing, and believing things that others **don't** and learn strategies on how to cope with them.  
**Open group**  
Classroom: *Spring Room*



**Thursday 10:00-4:00**

**9:30-10:30 Food Bag Distribution:** Please enter food pantry in Wellness room through hallway by Sweep Optical. If you miss picking up your food, contact your case worker.

**Bring your empty food bags.**

Classroom: *Wellness Room (Pathways during renovation.)*

**10:00-10:45 Morning Check-in with Steve (SL)** Let's discuss important issues going on with you. Steve will provide orange juice and coffee.

Classroom: *Eating Area*

**11:00-11:45 News Group with Randy (SL)** This is a great opportunity to review and discuss local, national, and global news items with others.

**Open group**

Classroom: *Spring Room*

**Tuesday 10:00-4:00 continued**

**12:30-1:15 Art as Therapy with Brenda and Kim (SL)**  
Learn creative activities that help you reduce your stress and anxiety. Wear your glasses.

**Open group**

Classroom: *Wellness Room (Big Table in Pathways during renovation.)*

**2:00-2:45 Enhanced Illness Management Recovery with Sarah (CS)** Learn practical skills for coping with mental illness (and co-occurring substance use). Topics range from building supports to coping with stress. **Open group**

Classroom: *Spring Room*

**2:30-3:15 Tai Chi with Brenda & Suman (CS)**

This is an ancient form of exercise for body and mind. The slow, graceful, rhythmic movements with natural breathing are found to be invigorating, healthful, and improve balance.

**Open group**

Classroom: *Wellness Room (Pathways Library during renovation.)*

**Tuesday Art as Therapy Schedule**

December 5	Draw Self Portraits (Self)
December 12	Holiday Cards (Giving)
December 19	Snowflakes (Gratitude)
December 26	Paint Rocks (Miscellaneous)

**Wednesday 10:00-4:00**

Pathways CLOSES at 3:15 1st Wednesday  
for Staff Meetings .

**10:00-10:45 Morning Check-in with Steve (SL)** The topic varies every day. Steve will provide orange juice and coffee.

Open group

Classroom: *Eating Area*

**11:00-11:45 Self Esteem with Sherri L-V (CS)**  
**Starts 11/8-Ends 1/10** A 10-week group to develop your personal confidence and improve your self esteem.

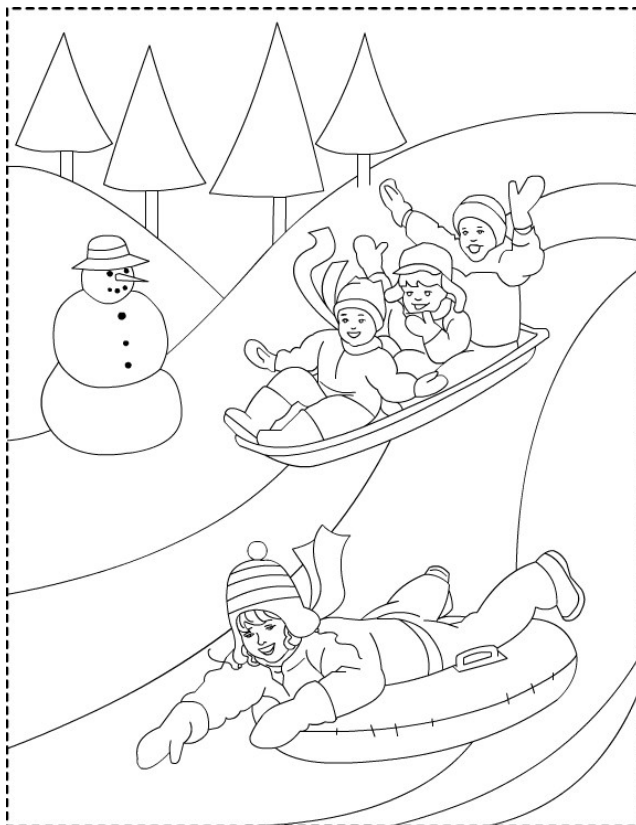
Must come to all sessions

Classroom: *Wellness Room (Meeting Room #3 during renovation.)*

**12:00-12:45 Men Only with Randy (SH)** Explore relevant topics of interest about mental health.

Open group

Classroom: *Spring Room*

**Wednesday 10:00-4:00 continued** 11

**12:00-12:45 Non-smoking Support Group with Brenda (CS)**  
Get ongoing support for your smoking independence. Join Brenda and learn new coping skills, set a quit date, or just talk about how smoking affects your life.

Open Group

Classroom: *Pathways Library*

**1:00-3:00 Food Bag Distribution:** Please enter food pantry in Wellness room through hallway by Sweep Optical. If you miss picking up your food, contact your case worker.

**Bring your empty food bags.**

Classroom: *Wellness Room (In Pathways during renovation.)*

**1:30-3:00 Mindfulness-Based Depression and Anxiety Reduction with Indra (CS)** **Starts 10/4-Ends 12/6 (Will start again 1/3)** This is a closed 8 week group based on referral. Talk to your primary case worker or therapist to be referred. Learn and practice techniques to reduce depressive and anxious symptoms. The techniques are based in cognitive behavior therapeutic approaches.

Must be referred

Classroom: *Spring Room*

