

RHIP and COVID-19 MINI-GRANT PROJECT SUMMARIES

RHIP Mini-Grant Final Report for Cascade Peer and Self Help Center “Cascade Peer and Self Help Center” Reviewed by the Substance and Alcohol Misuse Workgroup

Summary of Results:

- As Cascade Peer and Self Help Center (CPASHC) had to consolidate their services to the Downtown site from the closed Masonic Lodge site, this project maintained contact with clients who had been referred to Substance Abuse programs and encouraged to maintain their treatment.
- In addition, during this period, some clients were referred to treatment with follow-up.
- In some cases, the initial referral and contact was to be taken for detox and then encouraged to enter treatment after detox.
- The primary referral agencies were Deschutes County Mental Health and Best Care Substance Abuse Program.
- CPASHC was seen as a resource for both entering detox and for treatment referral and support.
- This ongoing support and contact increased the ongoing participation of clients in their treatment.
- There was also coordination with Peer Support Specialists from Deschutes County Mental Health and the staff at Best Care which enhanced support for those needing Substance Abuse treatment.
- The main challenge was with supporting the unhoused clients to maintain their sobriety and treatment.
- While living outdoors many people who are unhoused encounter numerous barriers to their sobriety such as social contact with people who are using, poor environmental conditions such as cold weather, and mental health issues which are unresolved.
- One focus of CPASHC is to continue to maintain relationships with people facing these challenges and being willing to maintain our support.

Story:

One of the most difficult situations was with a man who had been assisted to go for detox several times. He was resisting going to treatment for a long time. Finally, he agreed to go to treatment, and we were able to enroll him in Best Care addiction treatment. With continued support he has been able to stay in treatment and he has expressed much appreciation for how people did not give up on him.