

# KAIRS

The moment when change is possible

## Welcome to Cadenza



## Young Adult Handbook

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# Kairos

## Mission, Vision, Values, & Strategic Priorities

**We Value**  
*Dignity, respect, and appreciation for those we serve and each other.*

**We Value**  
*Opportunity for understanding, healing, and growth.*

**We Value**  
*Safe and stable environments.*

**We Value**  
*Individual voice and diversity.*

**Priority**  
*Service development and collaboration.*

**Priority**  
*Public education and awareness regarding the mental health challenges faced by young people and families.*

**Priority**  
*Organizational capacity for clinical effectiveness, business efficiency, and sustainability.*

**Priority**  
*Workforce development.*

### VISION

*A region of communities that understands and values mental and emotional wellness, in which all youth and their families have appropriate support and care.*

**We Value**  
*Excellence & achievement.*

**We Value**  
*Identifying options when none seem available.*

**We Value**  
*Innovation.*

**We Value**  
*Lifelong learning.*

**We Value**  
*Resilience and recovery.*

**MISSION**  
*We collaborate with young people, families, and communities to provide intensive mental health services and supports, promote mental wellness, and instill hope.*

## Cadenza Vision

We aspire to provide sanctuary while supporting the individual's pursuit of independence.

## Cadenza Mission

Together we create a foundation of hope for people to reach personal goals and maintain success in the world



# Welcome to Cadenza

## What is Cadenza?

Cadenza is a residential treatment home for young adults 17 to 24 years of age. The 5 bed home was designed and built in 2015 specifically for the program. It is located east of I-5 in Salem. Cadenza is staffed 24/7. Your team consists of the Program Manager (holding roles as Individual and Family Therapist and Case Manager), Assistant Program Manager, Skills Coaches, Peer Support Specialist, Psychiatric Provider, and Office Manager.

## What will Cadenza do for me?

- Skills Training.
- 24-hour crisis support.
- Therapy for you and your family.
- Peer Support for you and your family.

## What makes Cadenza special?

- We help you learn Independent Living Skills
- We support your connection with your community partners and family who are in support of your journey.
- We help you connect with new community resources.
- Partnership with Youth ERA.
- Individualized Treatment.
- Supportive Community Partners.

This handbook should answer some questions about what your time at Cadenza will be like and help you get on the path to get the most out of your treatment. You'll notice that we refer to "family" throughout this handbook. For some that might mean biological relatives. For others that might be foster or adoptive family and for others, that might be a team of professional caregivers who work hard to make sure you have what you need. We know that family isn't always about biology – it's about connections and caring. For simplicity's sake, we will refer to your unique group of people as your "family."

## What former clients have said:

- *"This house makes me smile."*
- *"I wish I had worked more on my independent living skills before I moved into my own apartment."*
- *"I haven't felt this safe in a long time."*
- *"If we always do what we have always done, we will always be who we have always been."*



# Treatment Philosophy

Cadenza bases its treatment philosophy on the Recovery Model. Treatment approaches include, but are not limited to Collaborative Problem Solving, Animal Assisted Therapy (dogs), mindfulness and somatic based techniques.

## Recovery Model

“Mental health recovery is a journey of healing and transformation that enables a person with a mental health problem to live a meaningful life in the community of his or her choice and to strive to achieve his or her full potential.”

## The 10 Fundamental Components of Recovery

1. **Self-Direction:** Consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life. By definition, the recovery process must be self-directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.
2. **Individualized and Person-Centered:** There are multiple pathways to recovery based on an individual’s unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.
3. **Empowerment:** Consumers have the authority to choose from a range of options and to participate in all decisions—including the allocation of resources—that will affect their lives, and are educated and supported in so doing. They have the ability to join with other consumers to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations. Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.
4. **Holistic:** Recovery encompasses an individual’s whole life, including mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services, addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.
5. **Non-Linear:** Recovery is not a step-by step process but one based on continual growth, occasional setbacks, and learning from experience. Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the consumer to move on to fully engage in the work of recovery.
6. **Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals. By building on these strengths, consumers leave stymied life roles behind and engage in new life roles (e.g., partner, caregiver, friend, student, employee). The process of recovery moves forward through interaction with others in supportive, trust-based relationships.

7. **Peer Support:** Mutual support—including the sharing of experiential knowledge and skills and social learning—plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and community.
8. **Respect:** Community, systems, and societal acceptance and appreciation of consumers—including protecting their rights and eliminating discrimination and stigma—are crucial in achieving recovery. Self-acceptance and regaining belief in one’s self are particularly vital. Respect ensures the inclusion and full participation of consumers in all aspects of their lives.
9. **Responsibility:** Consumers have a personal responsibility for their own self-care and journeys of recovery. Taking steps towards their goals may require great courage. Consumers must strive to understand and give meaning to their experiences and identify coping strategies and healing processes to promote their own wellness.
10. **Hope:** Recovery provides the essential and motivating message of a better future— that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. “Hope is the catalyst of the recovery process. Mental health recovery not only benefits individuals with mental health disabilities by focusing on their abilities to live, work, learn, and fully participate in our society, but also enriches the texture of American community life. America reaps the benefits of the contributions individuals with mental disabilities can make, ultimately becoming a stronger and healthier Nation.”

[www.commongroundsb.org/recovery\\_principles.ppt](http://www.commongroundsb.org/recovery_principles.ppt)

*“Everyone is a genius, but if you judge a fish on its ability to climb a tree, it will live its entire life believing it is stupid.”*

*Albert Einstein*



# What Does My Treatment Look Like?

## Treatment Services

You are expected to participate in Skills Training, Peer Support, and Therapy.

- 30 hours/week (4.5 hours per day)\* unless different in your Service Plan.
- 20 hours/week (3 hours per day) when working or in school\* unless different in your Service Plan.

Here is a breakdown of what your treatment week looks like:

- Attend and engage in Community Outings on Saturdays and/or Sundays for a minimum of 3 hours.
- Attend and engage in Individual Therapy, at least, 1x per week.
- Attend and engage in Skills Training Group or Peer Support Group, at least, 1 x per week.
- Attend and engage in Activity Therapy Group, at least, 1 x per week.
- Attend and engage in Community Meeting, 1 x per week.
- Attend and engage in meeting with Psychiatrist for Medication Management, 1 x per month.
- Attend and engage in Care Team Meetings, 1 x per month.
- Leave of Absences (LOAs) are up to 4 days per month. An exception can be made on a case by case situation.

## Treatment Schedule \*will be updated based on the residents' needs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Clean Room, Do Personal Hygiene, Medication, Breakfast						
<b>8:30 am</b> Check in Plan Your day	<b>11:00 am</b> Check in	<b>11:00 am</b> Check in				
<b>4:00 pm</b> Skills/Peer Group					3 hours of Community Outings	
<b>5:30 – 6:30 pm</b> Dinner and Chores						
<b>After Dinner</b> Check in						
						<b>7:00 – 8:00 pm</b> Community Meeting
						<b>8:00 pm</b> Deep Clean
<b>10:00 pm</b> Quiet Time						

## Your Treatment Team and Services

### Treatment Schedule

- *Skills Coaches:* Skills Coaches are available 24/7. Your Skills Coach may get to know you the best during your treatment at Cadenza. They will work with you multiple times each week to help you learn skills that you can use in your daily life.
- *Peer Support Specialist:* A Peer Support Specialist is available as well. Your Peer Support Specialist is a person who has also been in treatment for mental health. They are here to support you in the treatment progress, answer your questions, and help you make sure your voice is at the heart of every part of your treatment. Your Peer Support Specialist is there to help you get the most out of your treatment and to provide you with the kind of support that only another person who has been in treatment can give.
- *Program Manager:* The Program Manager is your Individual and Family Therapist and your Case Manager as well. The Program Manager meets with you a minimum of once per week for individual therapy and once per month for your Treatment Care Team Meetings. The Program Manager works on site and has an open door policy.
- *Psychiatric Provider:* The Psychiatric Provider meets with you once per month at Cadenza. The Psychiatric Provider helps you with your Medication Management.

*“If you really want to do something, you will find a way. If you don’t, you will find an excuse.” E. James Rohn*



# Program Expectations

## Maintain a Safe Living Environment

Cadenza is committed to being a safe, violence-free environment. Cadenza values creative problem solving which may involve managing intense feelings at times. However, violence and threats of violence toward oneself or others is not tolerated and may result in immediate discharge.

## Respect Yourself and Others

Cadenza values respect for oneself by getting enough sleep, good nutrition, keeping good boundaries, and taking care of oneself. Cadenza values respect for others by encouraging respectful interactions, cooperation, and investment in others.

## Participate in Daily Expectations

When you reside at Cadenza, you are living in a community environment which means that you are expected to contribute to the well-being of the community. Daily expectations include:

1. Keeping yourself, your room and the common areas clean.
  - Given that all the residents live here and share the same living environment, everyone is expected to help keep the house clean. Residents participate in daily house cleaning and a deep clean once a week.
  - Residents are expected to bathe, brush hair, brush teeth and change into clean clothes at least once a day.
  - Residents are expected to wash their own laundry.
2. Respecting personal and community boundaries. This includes avoiding unwanted touch, avoiding romantic relationships with the other residents at Cadenza.
3. Resisting impulsive reactions.
4. Resolving conflict using good communication skills and seeking staff support as needed.
5. Participate in daily chores and cooking as scheduled.

## Invest in Your Treatment

When you reside at Cadenza, you are making a commitment to changing your life. This means you are expected to be focused on your treatment including:

1. Attending and participating in Cadenza's therapeutic groups and activities.
2. Attending school if working toward a diploma, GED, or college degree.
3. Participating in individual therapy sessions.
4. Working with staff to develop daily agendas that focus on meeting your treatment goals and discharge plan.



## Transportation

- Becoming independent with transportation is a focus of Cadenza's skills training.
- Staff may transport you to medical and other appointments or you may be expected to find your own way to these appointments depending on your treatment plan.
- Skills coaches will support residents to acquire a bus pass, available at a reduced rate for those qualifying for disability status.
- Walking is an effective method for getting around different parts of Salem.
- Staff will assist with brainstorming solutions for specific transportation needs.
- Cadenza's two agency vehicles may be used, if approved by staff for resident needs.

## Cadenza Recreational Opportunities

Off campus activities like shopping, video rentals, volunteering as a group, weekly planned activities, use of "rec" room, TV, computer, individual recreational time in the community.

## What is expected in order to take advantage of these opportunities?

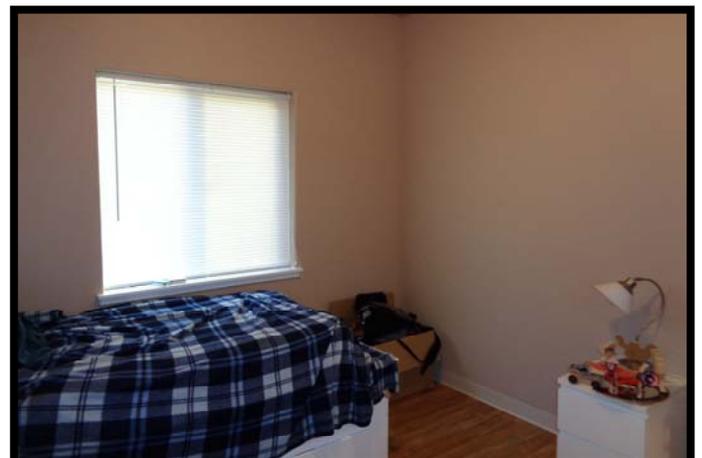
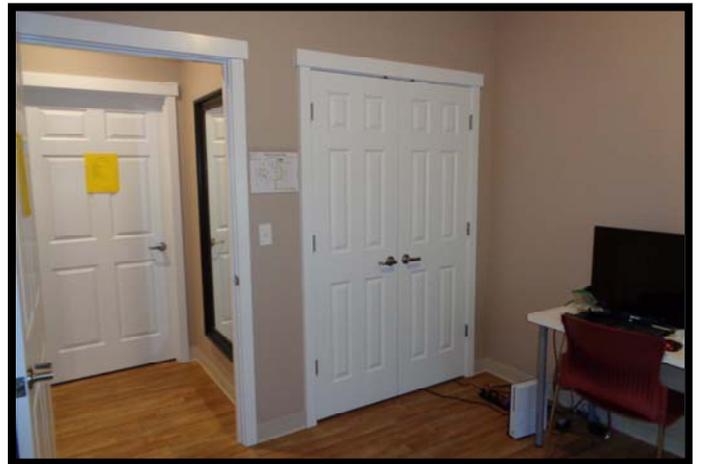
Your investment in your treatment and completing daily expectations.

## Things You Can Have at Cadenza

- Approved for Room
  - ◆ Appropriate clothing
  - ◆ Approved art materials
  - ◆ Bed linens, pillows
  - ◆ Journals
  - ◆ Radio, clock, CD player, headphones
  - ◆ Stuffed animals
  - ◆ Approved posters
- Med Room
  - ◆ Meds (of course)
  - ◆ Pocket knives
- Sent Home
  - ◆ Clothing that is too tight, too low cut, too short, low hanging pants, etc.
  - ◆ Profane, sexual, drug related, gang related, violent graphics on clothing, books, posters, notebooks, etc.
  - ◆ Items you feel are too expensive or are irreplaceable and you do not want to risk having in your room.
  - ◆ All items that cannot comfortably be stored in your room
- Referred to Law Enforcement
  - ◆ Alcohol
  - ◆ Drugs, drug paraphernalia
  - ◆ Guns and other kinds of weapons

## What Does My Room and Living Space Look Like?

You have your own room and share the bathroom. You are welcome to decorate and rearrange your room. There are some Health and Safety concerns that you will need to take into consideration though. We are happy to help you to become as comfortable as possible at Cadenza.



## Am I Ready to Discharge? Check List

Taking the step and moving forward from your current living situation to an Independent Living Program takes a lot of courage! Congratulations for checking Cadenza out!

- ◇ Is my SSI/SSDI setup with the Social Security Office?
  - ◇ Application Completed and Submitted
  - ◇ Rep Payee Identified You/ Family member/ Friend/ Government Agency
  
- ◇ Do I have my Food stamp application finished?
- ◇ Do I have my housing information completed?
  - ◇ Application fees
  - ◇ Key fees to view the apartment
  - ◇ Average electric bill price for location
  
- ◇ Do I have security deposits secured?
  - ◇ Rent—First/Last and Security Deposit
  - ◇ Electric—First time user fee/security deposit
  - ◇ Water/Sewer—First time user fee/security deposit
  - ◇ Cable TV/Internet—Set-up fees/ first and last month deposit
  
- ◇ Do I have my transportation needs secured?
  - ◇ Public—Cherriots, Trip Link, Gold Star, Willamette Valley, and Taxi
  - ◇ Private/ work related—Friends, Family
  - ◇ Private/ Daily needs—Friends for moving, grocery stores, entertainment needs
  
- ◇ Do I have all of my professional documents in order?
  - ◇ Birth Certificate
  - ◇ OR Identification (ORID) card
  - ◇ Medical Card
  - ◇ Social Security Card (physical card not memorized)
  - ◇ High School Diploma/ GED Certificate
  
- ◇ Do I have a Personal Care Physician (PCP)?
  - ◇ Doctor – Check-up/sick

- ◇ Do I have a Dentist?
  - ◇ Psychiatric Provider
  - ◇ Pharmacy location
  
- ◇ Do I have a support team in place?
  - ◇ Family
  - ◇ Friends
  - ◇ Wrap Around Team
  - ◇ Youth Move
  - ◇ Mission Transition
  - ◇ Community Integration Initiative
  - ◇ Therapy Animal
  
- ◇ Do I have Emergency financial resources in place?
  - ◇ Rent Help—Marion County Assistance/ St Vincent De Paul
  - ◇ Churches
  - ◇ Missions—Union Gospel/ Simonka Place
  - ◇ Outreach—Recovery Outreach/ Salem Outreach Shelters/ Stitch’s Shelter
  - ◇ Food Share
  - ◇ Electric Help—LIHEAP/OEAP
  - ◇ Water/Sewer Help- Utility Customer Assistance Fund
  - ◇ Cell Phone Help—Lifeline Assistance
  
- ◇ Do I have financial resources in place; apartment reduction, first/last month rent assist, free cell phone, free public transportation?

*“Anyone who has never made a mistake has never tried anything new.”*

*Albert Einstein*



## Questions and Answers

### **Do I get to go off campus anytime that I want?**

Answer: Cadenza's recommendation is that new residents can't leave campus alone during the first 30 days upon admission. Restrictions are determined by the guardian (when applicable) and in collaboration with you and your treatment team.

### **Do I get to have a television and game console in my room?**

Answer: Yes

### **Do I get to eat food anytime that I am hungry?**

Answer: Yes

### **Do I have to attend groups?**

Answer: Yes

### **Do I get to bring my own car or motorcycle? If I do, can I leave at any time I want?**

Answer: Please check during your interview on the most recent status.

### **Is anyone going to enter my room when I am not there?**

Answer: No—except for staff in an emergency.

### **Are we allowed to have pets?**

Answer: No

### **Can I smoke cigarettes/cigars/E-cigs?**

Answer: Yes. 21 years of age and off property in specific areas.

### **Can I have friends/family come over to visit?**

Answer: Yes and please refer to the most up to date visitor policy.

### **Can I have job?**

Answer: Yes. Cadenza encourages and assists with a job.

### **Is there internet/WIFI there?**

Answer: Yes Internet, on the two designated resident computers, No WIFI.

### **Do I get money for chores or work on the property?**

Answer: Yes, please refer to the most up to date policy.

### **Can I have a refrigerator in my room?**

Answer: No

### **Can I smoke marijuana if I have a medical card?**

Answer: No

# Questions and Answers

## **Am I allowed to have “R” rated movies in my room?**

Answer: Yes and they are strongly discouraged

## **Special Diets—(Vegan, Gluten-free, vegetarian, diabetic)**

Answer: Yes, all specific diets are respected.

## **Is there a curfew?**

Answer: Yes, we follow curfew rules based on your age, City of Salem, and guardian requirements. Cadenza strongly encourages 10:30 pm weekdays; 11:00 pm weekends (Friday and Saturday).

## **Are cell phone/MP3 or electronic device allowed?**

Answer: Yes. Appropriate use encouraged

## **Can I pursue college/high school/GED/On-line/Trade school/ Job Core/ Work Study?**

Answer: Yes and is encouraged.

## **Can I keep personal food in my room?**

Answer: No.

## **Is there transportation available for any of my needs?**

Answer: Yes. What that looks like will be developed with you and your treatment team.

## **Do I have to cook?**

Answer: Yes. There is no Chef or meal preparation cook available. Meals are individually prepared and planned. Assistance is encouraged and provided.

## **Do I have to go grocery shopping?**

Answer: Yes. Independent living skill of shopping is encouraged.

## **Can I have energy drinks? Rockstar, Monster, Voltage, etc....**

Answer: Cadenza discourages the purchase and use of energy drinks. Independent living is encouraging understanding the health concerns one may confront in life.

## **Are there both girls and boys?**

Answer: Yes, the house is open to all gender identities.

## **How much free time do I have every day?**

Answer: The amount of free time is individualized with your IFT and Service Plan. Plan on engaging in treatment for 30 hours per week when you are not in school or working. Plan on 20 hours per week when you are working or going to school.

## **Do I get to make phone calls?**

Answer: Yes, House phones are located in two separate locations for privacy and convenience.

## **Are my friends/family allowed to call me?**

# Minor Rights: Access and Consent to Health Care

*A resource for providers, parents and educators*



## *Not a legal document.*

This resource is intended to provide basic information about minors' ability to consent to health care services, as well as how health care information is treated in Oregon. It is not intended to be a legal document or a substitute for legal advice or direction on specific client or health care provider questions related to the topics covered in this publication. Adults will want to be aware of minors' consent rights in order to support good communication with the youth in their lives. The information in this guide summarizes and references, to the best of our understanding, federal laws and Oregon state laws (e.g., Oregon Revised Statutes or ORS), and not those of other states. The document also does not attempt to address other physician "best practices," recommended standards of care or institutional policies related to client decision-making. To find the most current versions of these laws, refer to the links provided throughout the publication.

**Oregon**  
**Health**  
Authority

PUBLIC HEALTH DIVISION  
Adolescent Health Program

## The dilemma

The process to ensure health care access, confidentiality and privacy can be quite complex when it pertains to minors. Every day, health care providers are attempting to figure out: (1) which services a minor can obtain without parental consent; (2) when a parent can access a minor's health information; and (3) when minor consent must be obtained before the provider can share the minor's health information. State statutes, federal laws and regulations provide a complicated patchwork of requirements that often do not fit neatly together and may be challenging to interpret and implement.



Unfortunately, no single rule can be applied to all situations. However, a good place to start is with a resource like this that compiles all the requirements. Great care has been taken to present accurate information that is as clear as possible with citations to the entire text of the law or regulation. We encourage anyone wrestling with these issues to use this document as a starting place while establishing a process that will encourage minors to seek care while maximizing their confidentiality and privacy.

## Who is considered a minor and why does this matter?



Under Oregon law, anyone under the age of 18 is considered a minor (ORS 419B.550 [definition of minor] and ORS 109.510 [age of majority]). However, if a minor has been formally emancipated by the courts, some laws pertaining to minors are waived (ORS 419B.552 [emancipation of a minor]). See ORS 419B.550 through 419B.558 for further details.

In general, a minor's age determines whether he or she is able to access health care services independently or if parental or guardian consent is required. Additionally, some services that a minor can access independently can be kept confidential, while others cannot. This can be helpful information in order to plan the most appropriate health services for children and youth.

**Minor**  
Any person under  
the age of 18.

## Understanding consent

### What is consent?

Consent is an acknowledgement (usually in writing) of any or all of the following:

- The patient understands the treatment he/she will receive.
- The patient authorizes the treatment.
- The patient understands how private information will be shared.

All consent should be **informed consent** (ORS 677.097). Informed consent for health services should be verbal or in writing and includes: a description of the treatment the patient will receive, a description of alternative treatments and a description of any risks involved with the treatment.

Below are some examples of when **written consent** is needed:

- If someone outside of your health care system requests your health records; or
- If you want someone else to have access to your health information.

Minors may be able to request certain levels of confidentiality or consent to various health care matters depending on their age. Health care professionals may be able, or even required, to disclose certain health information about minor patients (such as reportable diseases or suspected abuse or neglect).

## Common health services and consent

Although many adults help minor children make health care decisions, there can be times when a minor child does not need or want this involvement. Below is a brief (not exhaustive) list of common services and their consenting requirements in Oregon.

### Medical and dental services (ORS 109.640)

Minors who are 15 years or older are able to consent to medical and dental services without parental consent. This includes hospital care, as well as medical, dental, optometric and surgical diagnostic care. This would include services such as:

- Treatment for illnesses or injuries (colds, sprained ankle);
- Sports or camp physicals;
- Dental visits (check-ups, cleanings, fillings);
- X-ray services;
- Emergency room visits;
- Vision care (except for first time contact lens visit); and
- Immunizations.



### Mental health and chemical dependency (ORS 109.675)

A minor who is 14 years or older may access outpatient mental health, drug or alcohol treatment (excluding methadone) without parental consent. These services may include:

- Seeking help from a psychiatrist or psychologist;
- Seeking mental health therapy from a doctor or social worker; and
- Seeking help for drug or alcohol use.

Providers are expected to involve parents by the end of the minor's mental health, drug or alcohol treatment unless:

- The parent refuses involvement;
- Clear clinical indications to the contrary exist and are documented in the treatment record;
- There is identified sexual abuse; or
- The minor has been emancipated and/or separated from the parent for at least 90 days.

For mental health and chemical dependency services, the provider may disclose health information to a minor's parent or guardian per ORS 109.680 if:

- It is clinically appropriate and in the minor's best interests;
- The minor must be admitted to a detoxification program; or
- The minor is at risk of committing suicide and requires hospital admission.



#### Mental health and chemical dependency

- Although minors age 14 and older can access outpatient mental health and chemical dependency services independently, parents are expected to be involved in their treatment at some point.
- Involvement does not mean that adults always have access to a minor's mental health or chemical dependency records.
- Federal regulation 42 CFR 2.14 states that if a minor is able to self-consent for drug or alcohol treatment, the minor's treatment records cannot be disclosed without the minor's written consent (including to the parent or guardian).

## Common health services and consent, cont.

### Family planning/sexual and reproductive health (ORS 109.610, ORS 109.640)

Minors of any age are allowed to access birth control-related information and services as well as testing and treatment for sexually transmitted infections (STIs) including HIV, without parental consent.

### What about consent to sex?

Oregon law does not give individuals the ability to consent to sex until the age of 18; however, there are a few important points to consider. Sexual activity is a normal part of development, and according to the 2009 Oregon Healthy Teens Survey<sup>1</sup> of 11th grade students:

- Forty-eight percent have had sexual intercourse.
- Of those, 58 percent reported using a condom.

Ensuring that young adults have proper resources and information on sexual activity is important for them to make healthy choices.



## Confidentiality of minor health care services



Oregon law does not give minors a "right" to confidentiality or parents a "right" to disclosure. However, federal law may offer additional protections in some circumstances. When a minor self-consents for health care services, providers are encouraged to use their best clinical judgment in deciding whether to share information with the parent or guardian (ORS 109.650).<sup>\*†</sup> However, most people, minors included, expect some level of confidentiality when receiving health care services.

Providers and adolescent patients should discuss usual confidentiality practices, as well the types of information that providers are required to report. This will have an impact on a minor's willingness to seek health care services they may have otherwise avoided. Rules that providers or facilities may have about minor confidentiality and disclosure are not intended to prohibit or discourage minors from accessing needed health care services, but to encourage proper support in the decision-making process.

Oregon law does protect providers from civil liability when a diagnosis or treatment is provided to an authorized minor without the consent of the parent or legal guardian of the minor. (ORS 109.685).

\* For minors who self-consent for drug or alcohol treatment services in certain settings, providers are not permitted to disclose the minor's treatment records to the parent/guardian without written consent by the minor per federal regulation 42 CFR 2.14(b).

† All clinics and/or providers who participate in Title X grant programs must follow federal regulations regarding confidentiality per 42 CFR 59.11.

## Sharing, protecting and accessing health information

Health records include personal health and other identifying information. There are laws in place that help make sure these records are kept as private as possible and are only shared with those who have been authorized to receive this information. Below is a quick overview of different forms of protection related to health records and other private information.

### Confidentiality

Confidentiality is an agreement between the patient and provider to ensure personal information is only shared with those whom the patient agrees to share information with. For the most part, providers are not allowed to share private health information with anyone, unless a signed a release of information is on file stating otherwise. There are also national laws, such as HIPAA and FERPA, that help to protect patient confidentiality. However, there are a few exceptions when health information can or must be shared, called mandatory reporting (see page 4 for more information).

## Sharing, protecting and accessing health information, cont.

### Mandatory reporting

There may be times when a minor's health information must be reported to other entities. Some health information must be shared with local health authorities, including cases of certain infections and communicable diseases (such as tuberculosis, West Nile virus or HIV/AIDS). This information is gathered in order to monitor disease patterns with the goal of preventing further infections or outbreaks. To find out more about Oregon physician reportable diseases and conditions, visit <http://public.health.oregon.gov/diseasesconditions/communicabledisease/reportingcommunicabledisease/pages/index.aspx>.

Other times, appropriate authorities must be notified if there are health or safety concerns regarding a minor child or vulnerable adult, even if the minor provided this information in confidence (such as abuse, neglect, or imminent harm to the minor or another person). Certain health and social service professionals in the community are legally required to report these types of health and safety concerns.

Mandatory reporters include (ORS 419B.005\*):

- Doctors & Nurses
- Social workers
- Teachers
- Day care providers
- Police officers
- Other state employees
- Mental health counselors (in certain circumstances)
- University and community college employees
- Coaches & youth group leaders.

#### Mandatory reporting circumstances

There are times when confidential information must be reported:

- Reportable infectious and communicable diseases;
- Suspicion of abuse or neglect of a vulnerable individual;
- Entering a drug or alcohol detoxification program; and
- Individual is a health or safety risk to themselves or others.

Additionally, if a person is under the age of 18, there are circumstances when providers are allowed to share the minor's health information with a parent or guardian (ORS 109.680). See the mental health and chemical dependency section on page 2 for details.

\* Refer to ORS 419B.005 for a full, detailed list of positions that are defined mandatory reporters and those that are excluded.

## National privacy laws: HIPAA and FERPA

### What is HIPAA?

HIPAA stands for the Health Insurance Portability and Accountability Act. This law created national standards to protect a patient's identifiable information in health records. HIPAA also allows a patient greater access to his or her own records. HIPAA governs privacy policies in health care settings, hospitals and other free-standing clinics, including Oregon's certified school-based health centers.



### What is FERPA?

FERPA stands for the Federal Education Rights and Privacy Act. This federal law is similar to HIPAA, but it applies to the school setting and defines access to and protects the educational record of a student, including a school health record maintained by a school nurse. Under FERPA, the educational record can be requested by parents and some school officials. However, records maintained at Oregon's certified school-based health centers are governed by HIPAA, not FERPA.

Both of these privacy laws are meant to protect confidential information of individuals in different settings where private information is used. It is important to know what information is considered "protected" under both HIPAA and FERPA when providing and accessing health information (see page 5 for links to more information).

## Additional resources

### General resources

Center for Adolescent Health and The Law - [www.cahl.org](http://www.cahl.org)

Confidentiality and Teens - [www.aafp.org/online/en/home/policy/policies/a/adol2.html](http://www.aafp.org/online/en/home/policy/policies/a/adol2.html)

Family Educational Rights and Privacy Act - [www.ed.gov/policy/gen/guid/fpco/ferpa/index.html](http://www.ed.gov/policy/gen/guid/fpco/ferpa/index.html)

Federal regulations on confidentiality of minor drug and alcohol treatment records (42 CFR 2.14) - [edocket.access.gpo.gov/cfr\\_2002/octqtr/42cfr2.14.htm](http://edocket.access.gpo.gov/cfr_2002/octqtr/42cfr2.14.htm)

Health Insurance Portability and Accountability Act - <http://www.hhs.gov/ocr/privacy/hipaa/understanding/>

Minors rights to consent by state - [www.guttmacher.org/statecenter/spibs/spib\\_MACS.pdf](http://www.guttmacher.org/statecenter/spibs/spib_MACS.pdf)

Oregon Adolescent Health Program - [www.healthoregon.org/ah](http://www.healthoregon.org/ah)

Oregon Revised Statutes (ORS) - [www.oregonlaws.org](http://www.oregonlaws.org) and [www.leg.state.or.us/ors](http://www.leg.state.or.us/ors)

### Resources for teens and parents

Adolescent health resources and links - [www.plannedparenthood.org/ppsworegon/resources-cool-links-29023.htm](http://www.plannedparenthood.org/ppsworegon/resources-cool-links-29023.htm)

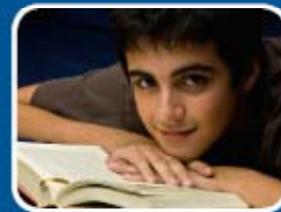
Guide to confidential services and information for teens - [www.cahl.org/PDFs/AGuideforTeensBrochure.pdf](http://www.cahl.org/PDFs/AGuideforTeensBrochure.pdf)

Planned Parenthood - [www.plannedparenthood.org](http://www.plannedparenthood.org)

Sexual health resources for teens written by teens - [www.sexetc.org](http://www.sexetc.org)

## References

- 1 Oregon Healthy Teens Survey, 2009. Data available at [www.dhs.state.or.us/dhs/ph/chs/youthsurvey/ohtdata.shtml](http://www.dhs.state.or.us/dhs/ph/chs/youthsurvey/ohtdata.shtml).



# Oregon Health Authority

PUBLIC HEALTH DIVISION  
Adolescent Health Program  
800 NE Oregon, Suite 805  
Portland, OR 97232  
Telephone: 971-673-0249  
[www.healthoregon.org/ah](http://www.healthoregon.org/ah)

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Adolescent Health Program at 971-673-0249 or 1-800-735-2900 for TTY.

September 2012

# IT IS YOUR RIGHT

WHEN IT COMES TO PSYCHOTROPIC MEDICATIONS, IT IS YOUR RIGHT TO:

## KNOW YOUR RIGHTS.

HAVE ALL INFORMATION ABOUT YOUR PERSONAL HEALTH KEPT PRIVATE AND CONFIDENTIAL.

## UNDERSTAND YOUR TREATMENT OPTIONS.

Talk to your health practitioner\* about the different types of treatment that may help you, as well as any possible risks, problems or side effects. Make sure your health practitioner explains things clearly so that you understand.

## ASK FOR A SECOND OPINION.

You should not be made to feel uncomfortable when asking for another opinion. If you are not happy with the information your health practitioner gives you, talk to the people who care for you about seeking a second opinion.

## ACCEPT OR REFUSE TREATMENT.

Before you say yes or no to medications or another type of treatment, you should learn as much as you can about it, so that you make the best decision for yourself. It is your decision to take it or leave it, if you are capable. Make sure you understand what may happen if you decide to take the medications or not.

## PSYCHOTROPIC MEDICATIONS ARE:

- Serious medications that affect a person's mind, emotions and behaviours. Like many medications, these can be powerful.
- Prescribed to help you feel better and to be able to do the things you enjoy.

Some examples:

- Anti-anxiety and sleep medications
- Antidepressants
- Mood stabilizers
- Stimulants
- Antipsychotics

Although this brochure is focused on psychotropic medications, these rights apply to all medications and treatments.

## CHANGE YOUR MIND ABOUT TREATMENT.

It is your right to stop treatment if you want to, as long as you are capable and you can understand the information that your health practitioner has given you, including the possible risks of not taking the medications. This is a **BIG** decision. Talk to the adults in your life about what makes most sense for you. It is important to ask your doctor or health practitioner about how to stop medications, how to avoid serious side effects, and other treatment options.

IF YOU HAVE QUESTIONS ABOUT YOUR RIGHTS, ABOUT WHERE TO FIND INFORMATION, AND ABOUT WHO YOU CAN TALK WITH TO BETTER UNDERSTAND YOUR LEGAL RIGHTS RELATED TO PSYCHOTROPIC MEDICATIONS, THIS BROCHURE MAY HELP. IT'S IMPORTANT THAT THE ADULTS IN YOUR LIFE ALSO KNOW AND UNDERSTAND YOUR RIGHTS. ASK QUESTIONS. YOU ARE IN CHARGE OF YOUR BODY AND YOUR HEALTH. IT'S YOUR RIGHT TO MAKE INFORMED DECISIONS ABOUT MEDICATIONS.

\*Health Practitioner includes: doctors, nurses and other health practitioners listed under the Health Care Consent Act.

## Who CAN HELP ME STAND UP FOR MY RIGHTS?

Talk to your Children's Aid Society (CAS) worker, your Probation Officer or staff from your residential program about your rights. As well, the following organizations could help to explain and stand up for your rights:

- Psychiatric Patient Advocate Office: [www.ppao.gov.on.ca](http://www.ppao.gov.on.ca), 1-800-578-2343
- Consent and Capacity Board of Ontario: [www.ccboard.on.ca](http://www.ccboard.on.ca), 1-866-777-7391
- The Ontario Ombudsman: [www.ombudsman.on.ca](http://www.ombudsman.on.ca), 1-800-263-1830
- Legal Aid Ontario: [www.legalaid.on.ca](http://www.legalaid.on.ca), 1-800-668-8258
- Justice for Children and Youth: [www.jfcy.org](http://www.jfcy.org), 1-866-999-JFCY (5329)
- The Office of the Provincial Advocate for Children and Youth: [www.provincialadvocate.on.ca](http://www.provincialadvocate.on.ca), 1-800-263-2841

## HELPFUL

## Resources:

- **Focus on the Facts:** Information for youth about [www.youthfocus.ca](http://www.youthfocus.ca)
- The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO has developed a youth-oriented resource with information and tools to help manage your medications. To learn more visit [www.onthepoint.ca](http://www.onthepoint.ca)
- Kids Help Phone: [www.kidshelpline.ca](http://www.kidshelpline.ca)
- Here to Help: [www.heretohelp.bc.ca/publications/factsheets](http://www.heretohelp.bc.ca/publications/factsheets)
- Teen Mental Health: [www.teenmentalhealth.org/](http://www.teenmentalhealth.org/)
- Mental Health Medications: [www.nimh.nih.gov/health/publications/mental%2Dhealth%2Dmedications/index.shtml](http://www.nimh.nih.gov/health/publications/mental%2Dhealth%2Dmedications/index.shtml)
- Children's Mental Health Ontario: Talk to your Children's Aid Society (CAS) worker, your Probation Officer or staff in your residential program, or contact one of the many child and youth mental health agencies in the province for support (see [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca) for organizations near you).
- Canadian Mental Health Association: [www.cmha.ca](http://www.cmha.ca)
- YouthNet/ReseauAdo: [www.youthnet.on.ca/](http://www.youthnet.on.ca/)
- Centre for Addiction and Mental Health (CAMH): [www.camh.net](http://www.camh.net) or 1-800-463-6273 (toll free)
- Telehealth Ontario: 1-866-797-0000 (toll free)
- MCYS Youth Connect: [www.youthconnect.ca](http://www.youthconnect.ca)
- Mind Your Mind: [www.mindyourmind.ca](http://www.mindyourmind.ca)

## When WOULD SOMEONE ELSE NEED TO MAKE A TREATMENT DECISION FOR ME?

Sometimes, a health practitioner may administer psychotropic medications without getting your consent. This may happen when:

- 1 It is an emergency, for example, when you are at risk of serious personal harm if you don't get treatment.
- 2 If you are in a psychiatric care facility and you need to be restrained for your own safety and the safety of others.

In some cases, your health practitioner may decide that you are incapable of making an informed treatment decision. This may happen if you are not able to understand the information that the health care practitioner has given you, or if your health care practitioner does not think that you fully understand what might happen if you take the treatment or decide not to take the treatment.

This can be temporary, and can apply to certain treatments and not others.

When you are not able to make your own decision about a certain treatment or medication, your health practitioner will ask someone else to make decisions for you. This person is called a substitute decision maker, and will likely be your parent or, if you are involved with the children's aid society, your child welfare worker. This person will have the legal right to make treatment decisions for you that are in your best interests, but only when you can't.

If you are 16 or older, you may do this by signing a document called a Power of Attorney for Personal Care. If you are 16 or older, you also have the right to apply to the Consent and Capacity Board of Ontario for a hearing to appoint a representative of your choice if it is your doctor's opinion that you are not capable of making your own decisions regarding treatment.

## Now what HOW DO I USE MY RIGHTS?

### TALK TO YOUR HEALTH PRACTITIONER.

Your doctor/nurse or other health practitioner should all know about your treatment options and your rights.

### ASK QUESTIONS.

Write them down ahead of time so that you are prepared at your appointment.

### TAKE SOMEONE WITH YOU.

It may be helpful to have someone you trust with you when you go to your health practitioner to help you ask questions.

### SPEAK UP.

If you have questions, or concerns,

## IT'S YOUR RIGHT.

This document was created by The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO (the Centre) with financial support from the Ministry of Children and Youth Services. For more information, contact the Centre at (613) 737-2297 or visit [www.onthepoint.ca](http://www.onthepoint.ca).



# Community Resources

## Mid-Valley Behavioral Care Network

<http://www.mvbcn.org/>

Mid-Valley Behavioral Care Network is a managed behavioral healthcare organization serving Oregon Health Plan (OHP) Members. We are directed by a partnership of consumer-advocates and service providers who offer a range of mental health and chemical dependency services in Marion and Polk Counties. It is our vision that this innovative partnership results in accessible, high quality and cost effective services for OHP Members.

## Peer Recovery Service - Oregon State Hospital

2600 Center St NE, Salem, OR 97301

The Peer Recovery Department at Oregon State Hospital is comprised of employees with lived experience with mental health and/or co-occurring conditions who are trained in peer support. We work side by side with people who are residing in the state psychiatric hospital. We are here to ensure that their voices about their recovery goals & desires are heard, recognized, & honored throughout their stay here.

## Marion County Community and Provider Services

<http://www.co.marion.or.us/HLT/CAPS/>

3876 Beverly Ave NE Bldg G, Salem, OR 97305; (503) 585-4977 fax (503) 361-2782

Marion County Community and Provider Services offers peer support in our Community Integration Initiative (CII); our Peer Wellness Program for individuals and our Rental Assistance Program (RAP). We also provide trained volunteer facilitators in Consumer Care Partnerships (CCP) who support individuals in a team approach based on Wraparound philosophy and principles.

## Recovery International

<http://www.recoveryinternational.org/>

Recovery International provides peer led weekly self-help meetings where we learn practical cognitive-behavioral tools to manage angers, anxieties, phobias, fatigues, hopelessness and more so that we might lead more peaceful productive lives. Our meetings are a safe, confidential place of support among peers.

## Recovery Outreach Community Center

<http://www.roccsalem.org/>

1154 Madison St NE # C, Salem, OR 97301; (503) 393-4273

Run for peers and by peers ROCC (Recovery Outreach Community Center) has built a vibrant community around mental health recovery including addiction and trauma. For ROCC recovery looks very different for different people, this means that we provide support groups where people build lifelong connections and friendships, but also strive to provide a wide and ever changing variety of free activities ranging from making art and poetry, going on beach or mountain trips, playing boardgames, and watching movies. Additionally ROCC has a drop in community center where you can stop by to chat, use the computer or watch some TV, and generally stay involved in the mental health recovery community. Check out our current calendar on the website!

### **The Office of Consumer Activities**

<http://www.oregon.gov/oha/amh/Pages/oca.aspx>

The Office of Consumer Activities was created to address many issues important to individuals who receive behavioral health services. Among these issues are: Providing a designated consumer voice within Oregon Health Authority's Addiction and Mental Health Services; Providing technical assistance for peer-run programs; Developing a statewide network of Peer Run Organizations (PROs) to facilitate the sharing of mutual support and best practices.

### **The David Romprey Oregon Warm Line**

<http://communitycounselingsolutions.org/warmline.php>  
(800) 698-2392

The David Romprey Oregon Warm Line is designed and provided by persons who have or had challenges in mental health and are able to support their peers who are struggling with a variety of mental health issues, who are experiencing huge and painful feelings. The David Romprey Oregon Warmline is grounded in the principles of personal responsibility, mutuality, reciprocity, respecting others thoughts and beliefs as valid and important, growth beyond stigma, shame, and limits placed upon those living with mental illness.

### **Youth ERA**

<https://www.youthera.org/>

Youth ERA (motivating others through voices of experience) is a state wide, youth led non profit devoted to helping young adults ages 14-25 successfully transition into adulthood. YMO has leadership groups, Drop in centers and youth support partners on wraparound teams to assist and empower young adults as they work to navigate and improve youth serving systems.

### **The Oregon Family Support Network**

(503) 363-8068

The Oregon Family Support Network is a statewide organization serving the needs of parents or direct caregivers raising a child, youth or young adult experiencing emotional, behavioral or mental health challenges. Through one-one peer support services, training/education and advocacy, OFSN works to strengthen and empower families to use their voice to achieve the services and supports they need, and to influence a more responsive system of care for children and families in Oregon.

### **National Alliance on Mental Illness**

*Peer Connection Group (971) 227-2079*

*Family Support Group (503) 364-1077*

National Alliance on Mental Illness' mission is to improve the quality of life for individuals living with mental illness, as well as their families and loved ones, through education, support and advocacy.

### **Mental Health America of Oregon**

<http://www.mhaoforegon.org/>

Mental Health America of Oregon (MHAO) is a peer-run state affiliate of Mental Health America. Mental Health America of Oregon has been in existence in various capacities since the 1970s. MHAO is currently a 501(c)(3) organization, with more than 35 years of experience as a consumer-run advocacy, education and networking organization.

## **Project ABLE**

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

1599 State Street, Salem, Oregon; (503) 363-3260

Project ABLE provides peer-led programs and services that offer opportunities for personal learning and growth, camaraderie, mutual support, volunteer services and other diverse and meaningful community roles. These supports & services embrace human dignity, the capacity for individuals to recover and promote lifelong empowerment.

## **HOAP**

[www.northwesthumanservices.org/HOAP.html](http://www.northwesthumanservices.org/HOAP.html)

694 Church St NE, Salem, OR 97301; (503) 588-5827

HOAP is Salem's only centrally-located community mental health drop-in resource center that provides outreach, advocacy, and support to adults experiencing the effects of emotional distress and/or mental health issues associated with chronic or at-risk homelessness. Since 1986, HOAP has supported Salem's adult homeless population, directly addressing immediate needs including medical, dental, food, showers, clothing, peer support, and case management provided in a safe environment that allows individuals to connect with peers through valuable social activities and support groups.

## **Clearwater Center**

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

Clearwater Center for Healing offers support, growth, and community for women who have experienced trauma with an 8-week evening program that meets three times a week for three hours each night. In becoming part of the evening program, women make an eight week commitment to one another to join together on their path of recovery.

## **Dual Diagnosis Anonymous**

<http://www.ddaoforegon.com/>

Dual Diagnosis Anonymous (DDA) is a peer support group based on an authorized version of the 12 Steps of Alcoholics Anonymous plus an additional 5 Steps that focus on mental illness and substance abuse. DDA's unique 12 Steps Plus 5 Program offers hope for achieving the promise of recovery.

## **Planned Parenthood**

<https://www.plannedparenthood.org/>

3825 Wolverine St., NE, Salem, OR 97305; (888) 875-7820

## **Marion County Youth and Family Crisis Services**

<http://www.co.marion.or.us/HLT/MH/Pages/YouthandFamilycrisisservices.aspx>

555 Court St NE, Suite 5232, Salem, OR 97309; (503) 576-4673

Home & Community Mental Health Crisis Screening and Services

*“Healing has nothing to do with fixing anything, and has everything to do with remembering the wholeness that already exists within you.”*

*Anonymous*

# Education

## High School Diploma

- **McKay High School:** located within a 10 minute leisurely walk from Cadenza.  
<http://mckay.salkeiz.k12.or.us>
- **Roberts High School:** provides non-traditional educational programs in the Salem-Keizer School District. Rather than a centralized campus, Roberts High School consists of departments at different sites in Salem and Keizer, Oregon .
- Or continue at your current High School if transportation is available.

## GED

- **Winema High School Completion:** complete your GED through Chemeketa's Winema High School Completion program. The Winema Campus is located 2.3 miles from Cadenza. You can take the bus from the bus stop located one block from Cadenza to get to the College.  
<http://www.chemeketa.edu/basicskills/highschoolpartnerships/winema.html>

## Job Skills

- **Community Transition Program:** The Independent Living Program within the Community Transition Program is a 2-3 year program for young adults who completed high school with a Modified or Extended Diploma or Certificate of Attainment. Classes are small and focus on teaching job skills on job sites. If you have questions, contact Student Services at 503-399-3101.

## College

- **Chemeketa Community College:** located within 2.3 miles from Cadenza. You can take the bus from the bus stop located one block from Cadenza to get to the College.  
<http://www.chemeketa.edu>
- **Corban University and Willamette University:** two private Universities in town. For more information check out their webpages on <https://www.corban.edu> and <http://willamette.edu>

*"I am not what happened to me. I am what I choose to become."*

*Carl Jung*

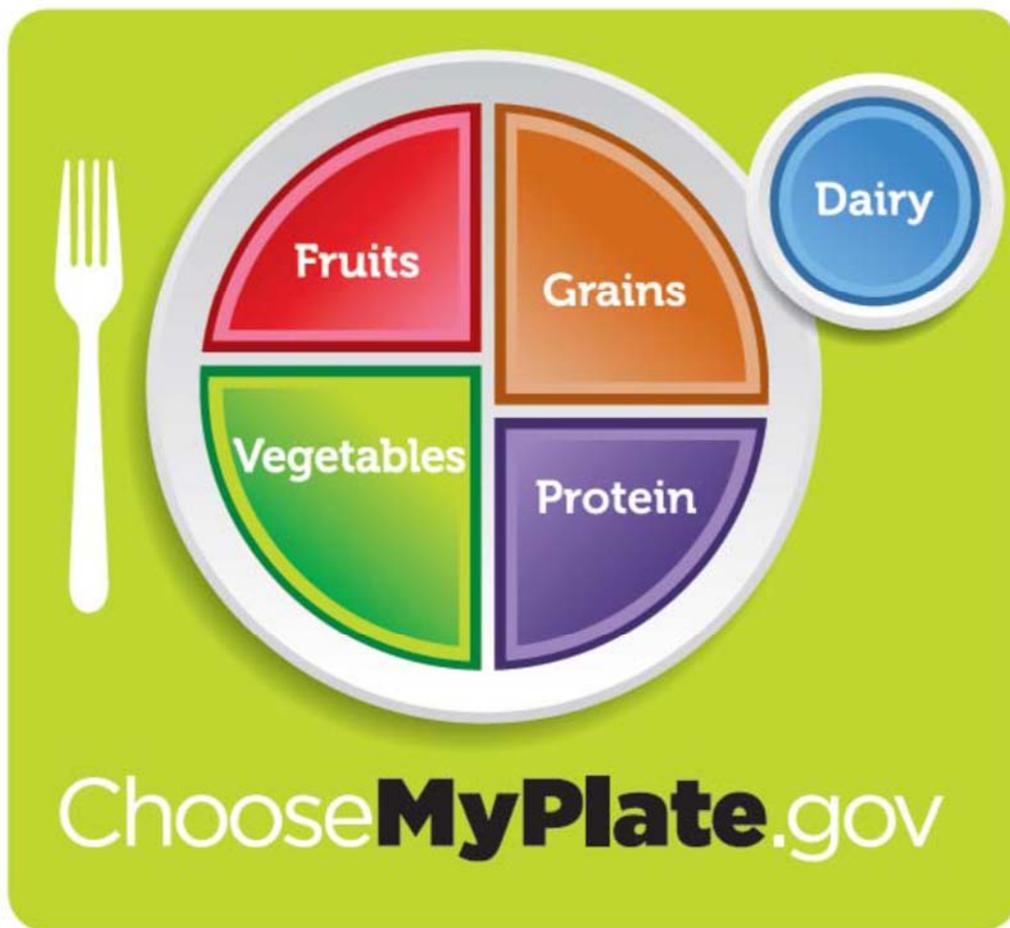


## Nutrition

Eating the right nutrition is not only important for your physical wellbeing but it influences the health of your brain very strongly as well.

At Cadenza we encourage you to eat healthy foods. Whether it's pesticide and herbicide free vegetables and fruit grown in Cadenza's garden or shopping for organic, non-processed, or natural foods.

Diets are specific to each person and it can be looked at through many different lenses. We encourage you to meet with a dietician. Our psychiatric provider may make some recommendations as well.



## Fitness

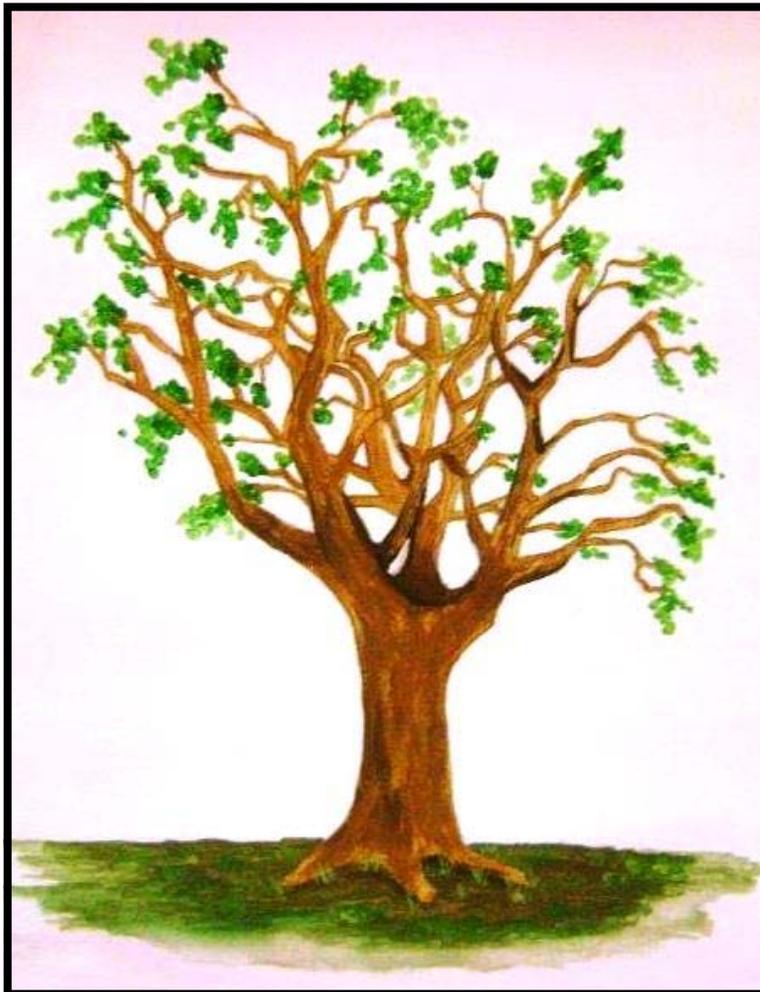
### Planet Fitness

Open 24/7 and is located 1 mile from Cadenza.

### The Northwest Hub

A nonprofit full service bicycle shop, bike reclamation program and training center. Proceeds from our cycling center directly serve neighbors in need of transportation who "purchase" a bike through service to our community. Through recycling, reclamation, training and redistribution, the NW Hub provides affordable services and sales to the general public and free bicycles, locks, parts, repair training and vocational rehabilitation to adults and at-risk youth. The Northwest Hub is located 3 miles from Cadenza.

**“Your past mistakes guide you, not define you.” Anonymous**



# Activities and Helpful Handouts

## A Practice

Rick Hanson is a professor at the University of California Davis. He helps lots of people feeling happier in their lives. He formulated many small practices that we can include in our daily lives that improve our overall wellbeing.

**Here is one practice: Notice you are all right right now.**

**Why?** To keep our ancestors alive, the brain evolved an ongoing internal trickle of unease. This little whisper of worry keeps you scanning your inner and outer worlds for signs of trouble.

This background of unsettledness and watchfulness is so automatic that you can forget it's there. So see if you can tune in to a tension, guarding, or bracing in your body. Or a vigilance about your environment or other people. Or a block against completely relaxing, letting down, letting go. Try to walk through an office or store that you know is safe without a molecule of wariness: it's really hard. Or try to sit at home for five minutes straight while feeling undefended, soft in your body, utterly comfortable in the moment as it is, at peace: this is impossible for most people.

The brain's default setting of apprehensiveness is a great way to keep a monkey looking over its shoulder for something about to pounce. But it's a crummy way to live. It wears down well-being, feeds anxiety and depression, and makes people play small in life.

And it's based on a lie.

In effect, that uneasiness in the background is continually whispering in your mental "ear": You're not safe, you're surrounded by threats, you can never afford to lower your guard.

But take a close look at this moment, right now. Probably, you are basically all right: no one is attacking you, you are not drowning, no bombs are falling, there is no crisis. It's not perfect, but you're okay.

By "right now," I mean this moment. When we go into the future, we worry and plan. When we go into the past, we resent and regret. Threads of fear are woven into the mental tapestries of past and future. Look again at the thin slice of time that is the present. In this moment: Are you basically okay? Is breathing okay? Is the heart beating? Is the mind working? The answers are almost certainly yes.

In daily life, it's possible to access this fundamental sense of all-rightness even while getting things done. You're not ignoring real threats or issues, or pretending that everything is perfect. It's not. But in the middle of everything, you can usually see that you're actually all right right now.

**How?** Several times a day, notice that you're basically all right.

You may want more money or love, or simply ketchup for your French fries. Or want less pain, heartache, or rush hour traffic. All very reasonable. But meanwhile, underneath all the to-ing and fro-ing, you are okay. Underneath your desires and activities is an aliveness and an awareness that is doing fine this second.

There you are fixing dinner; notice that "I'm all right right now," and perhaps say that softly in your mind. Or you're driving: I'm all right right now. Or you're talking with someone: I'm all right right now. Or doing e-mails or putting a child to bed: I'm all right right now.

Notice that, while feeling all right right now, you can still get things done and deal with problems. The fear that bad things will happen if you let yourself feel okay is unfounded; let this sink in. You do not need to fear feeling all right!

Sometimes you're really not all right. Maybe something terrible has happened, or your body is very disturbed, or your mind is very upset. Do what you can at these times to ride out the storm. But as soon as possible, notice that the core of your being is okay, like the quiet place fifty feet underwater, beneath a hurricane howling above the sea.

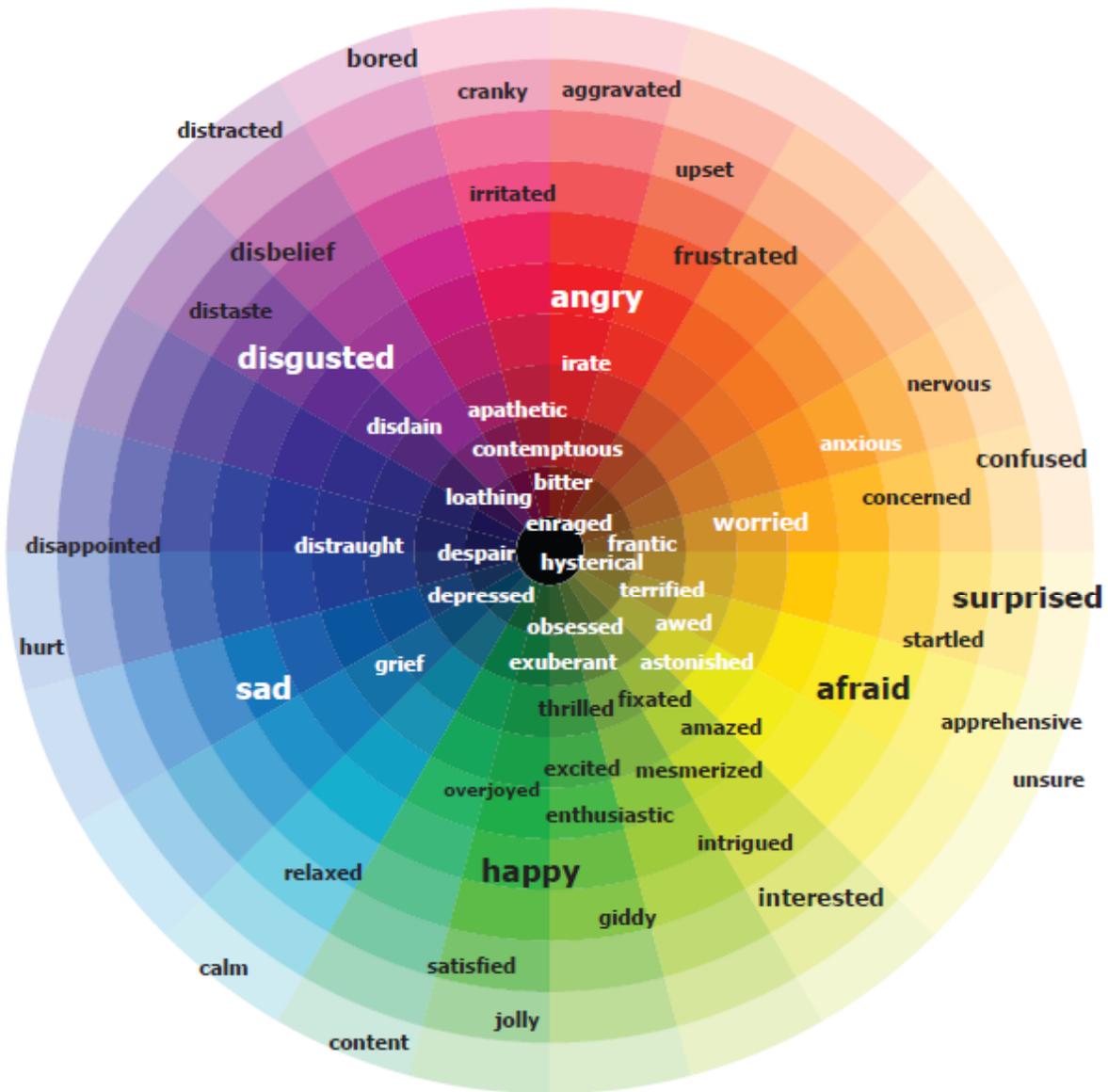
Noticing that you're actually all right right now is not laying a positive attitude over your life like a pretty veil. Instead, you are knowing a simple but profound fact: In this moment I am all right. You are sensing the truth in your body, deeper than fear, that it is breathing and living and okay. You are recognizing that your mind is functioning fine no matter how nutty and not-fine the contents swirling through it are.

Settling into this basic sense of okay-ness is a powerful way to build well-being and resources in your brain and being. You're taking a stand for the truth - and against the lies murmured by Mother Nature.

*“It is important to remember that trauma is not an event, it is our nervous system’s response to an event. Realizing this we are able to approach therapy on the assumption that our naturally resilient nervous system can fully heal, and balance can restored, if properly treated. (...)” A. Duarte*



# Emotions Color Wheel



# an asset checklist

Many people find it helpful to use a simple checklist to reflect on the assets young people experience. This checklist simplifies the asset list to help prompt conversation in families, organizations, and communities.

*NOTE: This checklist is not intended nor appropriate as a scientific or accurate measurement of developmental assets.*



- 1. I receive high levels of love and support from family members.
- 2. I can go to my parent(s) or guardian(s) for advice and support and have frequent, in-depth conversations with them.
- 3. I know some nonparent adults I can go to for advice and support.
- 4. My neighbors encourage and support me.
- 5. My school provides a caring, encouraging environment.
- 6. My parent(s) or guardian(s) help me succeed in school.
- 7. I feel valued by adults in my community.
- 8. I am given useful roles in my community.
- 9. I serve in the community one hour or more each week.
- 10. I feel safe at home, at school, and in the neighborhood.
- 11. My family sets standards for appropriate conduct and monitors my whereabouts.
- 12. My school has clear rules and consequences for behavior.
- 13. Neighbors take responsibility for monitoring my behavior.
- 14. Parent(s) and other adults model positive, responsible behavior.
- 15. My best friends model responsible behavior.
- 16. My parent(s)/guardian(s) and teachers encourage me to do well.
- 17. I spend three hours or more each week in lessons or practice in music, theater, or other arts.
- 18. I spend three hours or more each week in school or community sports, clubs, or organizations.
- 19. I spend one hour or more each week in religious services or participating in spiritual activities.
- 20. I go out with friends with nothing special to do two or fewer nights each week.
- 21. I want to do well in school.
- 22. I am actively engaged in learning.
- 23. I do an hour or more of homework each school day.
- 24. I care about my school.
- 25. I read for pleasure three or more hours each week.
- 26. I believe it is really important to help other people.
- 27. I want to help promote equality and reduce world poverty and hunger.
- 28. I can stand up for what I believe.
- 29. I tell the truth even when it's not easy.
- 30. I can accept and take personal responsibility.
- 31. I believe it is important not to be sexually active or to use alcohol or other drugs.
- 32. I am good at planning ahead and making decisions.
- 33. I am good at making and keeping friends.
- 34. I know and am comfortable with people of different cultural/racial/ethnic backgrounds.
- 35. I can resist negative peer pressure and dangerous situations.
- 36. I try to resolve conflict nonviolently.
- 37. I believe I have control over many things that happen to me.
- 38. I feel good about myself.
- 39. I believe my life has a purpose.
- 40. I am optimistic about my future.

