

“Finding Help in Tough Times”

http://extension.oregonstate.edu/emergency/tough_times.php

February 2009

OSU Extension list of Douglas County social services.

1. Employment

Oregon Employment Department

Roseburg Office

846 SE Pine Street

Roseburg 97470

Phones: Employment Services (ES)

(541) 440-3344 - ES

(541) 440-3498 - ES FAX

Phones: Unemployment Insurance (UI)

(877) 728-7970 - UI Toll Free

(866) 345-1878 - UI FAX

Webpage:

<http://findit.emp.state.or.us/offices/>

Check the webpage above to find other local training & job placement services.

Umpqua Training & Employment, Inc.

760 NW Hill Ave

Roseburg, OR 97470

Phone: 541.672.7761 Fax: 541.672.2216

Email: info@ute1stop.org

Webpage: <http://www.ute1stop.org/>

2. Food, Cash, Housing

Assistance Programs

Oregon Department of

Human Resources

Webpage:

<http://www.oregon.gov/DHS/assistance/>

Local:

District 6 (Douglas County)

Field Services

Children, Adults And Families Division

Human Services, Department Of

1937 W Harvard Blvd

Roseburg, OR 97471

Ph: (541) 440-3301

TTY: (541) 440-3308

Public Schools

Free & Reduced Student School Meals from

Roseburg Public School Nutrition Services:

<http://www.roseburg.k12.or.us/depts/nutrition/>

Contact your child's local school office for complete details.

3. Emergency Services available in Douglas County including Food, Shelter, Medical, and more

Webpage (check for many more links):

<http://www.co.douglas.or.us/dccf/Resources/emergency.htm>

(The) Fish of Roseburg 541-672-5242

St.Vincent de Paul - Roseburg 580-0680

St.Vincent de Paul - Sutherlin 459-3394

Salvation Army 541-672-6581

Samaritan Inn 541-672-5387

Dorcus - Seventh Day Adventist Community

Service. Provides clothing, bedding, small household items, and food to those in need.

Phone: 541-672-1542 (Roseburg); 541-459-0449

(Sutherlin); 541-839-4051 (Canyonville); 541-863-

7244 (Myrtle Creek)

UCAN: Umpqua Community Action Network

<http://www.ucancap.org/index.php>

CHESS: Case Management, Housing &

Emergency Support Services

Case Management and Housing - Stabilization

program provides families and individuals with

skills needed to empower them to become self-

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reliant. Housing counseling for landlord/tenant problems, rent/mortgage default, home repair assistance, home weatherization measure for low income households, first time homebuyers, finding and keeping a rental, development of low-income housing, transitional housing (up to 2 years of affordable housing with intensive case management services).

Emergency Support Services - Provides short-term emergency shelter, rent/mortgage assistance, blankets/clothes/food and personal hygiene items for families in crisis, utility assistance, energy conservation information, and community information (*including your community food pantry & kitchen*) and referral.
Phone: 541-672-3421 Roseburg or 1-800-301-8226

4. Financial services available in Douglas County

Douglas County—Commission on Children and Families—Financial Assistance

Call for information: 541-957-4622

Webpage with many resource links:

<http://www.co.douglas.or.us/dccf/Resources/financial.htm>

5. Housing

Douglas County Commission on Children & Families

Resource Directory webpage:

<http://www.co.douglas.or.us/dccf/resourcesdirectory.htm>

Hours: 8:00 a.m. - 5:00 p.m., Mon-Fri

1036 SE Douglas, Room 7

Roseburg, OR 97470

Email: ccfadmin@co.douglas.or.us

Phone: 541-957-4622

Fax: 541-957-4648

6. Help for senior citizens

Douglas County Senior Services Division / Health & Social Services

Elder Abuse Reporting; Adult Protective Services; Medical and Financial Assistance, Food Stamp Program.

Social Services - Legal Assistance, Health Promotion and Respite Care

Nutrition Services - Senior Center Meal and Home-delivered meals (Meals on Wheels)

Medicaid, Financial and Social Services - Medical Assistance - Medicaid Eligibility Case Management - eligibility, assessment, service planning

Care Giver Registry - screening, referral.

Care Giver Support Groups - Roseburg, Reedsport

In-Home Services - home care, personal care

Adult Foster Homes - license, referral

Residential Care/Assisted Living Facility - referral

Room & Board Facility - registration information

Phones:

541-440-3580 or 1-800-234-0985, Ext 3580

541-271-4835 (West County Office)

541-836-7311 (North County Annex)

541-839-4495 (South County Office)

7. Health

Douglas County Health and Social Services Community Health Services

Webpage: <http://www.co.douglas.or.us/health/>

Adult & Women’s Health - 440-3521 Call for information and schedule.

Women’s Health/Family Planning - Physical exams, information, education, birth control methods, pregnancy testing and counseling.

Pre-natal Clinic - Comprehensive prenatal care, physical exam, health education, home visits.

Communicable Disease Control - 440-3521

Sexually transmitted diseases clinic, follow-up for diseases that are required to be reported to the Department, and services to prevent the spread of common communicable diseases.

Confidential AIDS testing and counseling.

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Child Health - 440-3516 Well Child/Medi-check exams, immunizations (children and adults), E.C.H.O. (Early Childhood Outreach Program).
Women, Infants and Children Nutrition Program (WIC) 440-3516 Nutritional assessment providing prescribed nutritional food packages, nutrition education (individual and group classes).
Home Visit Programs - 440-3639 Referral and consultation

- Maternity Case Management: Home Visiting Program for pregnant women by Community Health Nurses.
- Babies First!: Home visiting program providing health and development screening until the baby is three years old.
- CaCoon Care Coordination Program: Home visit program for families with special medical health care needs.
- Healthy Start: Home visiting support program for first time Parents.

Reportable Disease Information & Follow-up - 440-3571

Adolescent Pregnancy Prevention - 440-3577 STARS Program, an abstinence program for students, outreach.

Health Education - 440-3503 Speaker's Bureau, Child's Safety Seats, Tobacco

Prevention and Education 440-3563 HIV/Aids Education, Dental Education, School Health.

Phone: 541-440-3571 and 1-800-234-0985
Division Services Information

Environmental Health Services

Licensing and inspection of all food services, tourist facilities (motels, RV parks, organizational camps), swimming pools/spas. Investigation of suspected food borne and water borne illnesses and animal bites. Responds to sewage and hazardous material spills, radiation or pesticide exposure. Provides educational classes on food service and environmental health issues.

Phone: 541-464-3820 or 1-800-234-0985

8. Education

Umpqua Community College
1140 Umpqua College Road
PO Box 967

Roseburg Oregon 97470

Phone: 541-440-4600

Webpage: <http://www.umpqua.edu/>

Earn a GED, improve basic skills, earn college credit in high school, earn a degree or certificate, or learn something new.

Umpqua Training & Employment, Inc.
(See page 1, Employment for complete information.)

Douglas County Libraries

Webpage: <http://www.dclibrary.us/>

Roseburg (Headquarters):

1409 NE Diamond Lake Blvd.

Roseburg, OR 97470

Phone: 541-440-4305

Fax: 541-440-4315

Hours:

Tuesday10am-8pm

Wednesday10am-8pm

Thursday10am-6pm

Friday10am-4pm

Saturday10am-4pm

9. Mental Health – Crisis Help & Evaluation

Douglas County Health & Social Services
Mental Health

Webpage: <http://www.co.douglas.or.us/health/MH/>

621 W Madrone

Roseburg, OR 97470

Phone: 541-440-3532

Toll Free: 800-234-0985

Fax: 541-957-3790 TTY: 541-464-3810

Provide the following forms of assistance:

- Mental health crisis intervention services are available at local hospitals, secondary schools, and the Douglas County Health Center.

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Center.

- Professionals are on call to handle mental health emergencies 24 hours a day, 365 days a year.
- Services include professional assessments and treatment determinations.
- Client protective service investigations
- Pre-commitment investigation

24-Hour Crisis Help

Call: 541-440-3532

Toll Free: 800-866-9780

10. Spiritual Support & Personal Help

Finding someone to talk to during difficult times may be as close as your local place of worship. There are over 150 telephone directory listings for churches and synagogues across Douglas County. To find, look in the telephone directory yellow pages under “Churches” or “Synagogues” or “Mosques”. Finding someone to talk to can potentially open doors to positive options that lie hidden.

11. Transportation

U-Trans Public Transportation Service

<http://www.umpquatransit.com/index.html>

Formerly called Umpqua Transit, U-Trans is a public transportation service operated by Umpqua Community Action Network and serving the greater Roseburg area, with commuter services to Winston and Sutherlin.

Ph: 541-440-6500 TTY: 541-229-0037

Fax: 541-229-0036

12. Oregon State University - Publications

Many people are worried about how they will get through this recession with the loss of jobs, rising debt, falling housing prices, and rising costs of living. Oregon State University Extension Service has compiled information to help you find the help you need during these

tough times. Addressing these many topics, a webpage has been developed at:
http://extension.oregonstate.edu/emergency/tough_times.php

In addition, many publications are available online at:

<http://extension.oregonstate.edu/catalog/index.php>

The following is a list of publications available to you online or at your local OSU Extension Service Office:

- Managing Between Jobs: Setting Spending Priorities ([EC1391-E](#))
- Managing Between Jobs: Strategies for Spending Less ([EC1392-E](#))
- Managing Between Jobs: Deciding Which Bills to Pay First ([EC1393-E](#))
- Managing Between Jobs: Talking with Creditors ([EC1394-E](#))
- Managing Between Jobs: Keeping a Roof Overhead ([EC1395-E](#))
- Managing Between Jobs: Bartering ([EC1396-E](#))
- Managing Between Jobs: Making the Most of What You Have ([EC1397-E](#))
- Managing Between Jobs: Accepting Your Feelings ([EC1398-E](#))
- Managing Between Jobs: Living Better With Stress ([EC1399-E](#))
- Managing Between Jobs: Identifying Sources of Support and Friendship ([EC1400-E](#))
- Managing Between Jobs: How You Can Help When Your Mom or Dad is Unemployed ([EC1401-E](#))
- Managing Between Jobs: Deciding if Teens Should Work ([EC1402-E](#))
- Managing Between Jobs: Help Children Cope ([EC1403-E](#))