“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/

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/

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

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-
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.

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.


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:
 Tuesday . . . . . . . . . .10am-8pm
 Wednesday . . . . . . . .10am-8pm
 Thursday . . . . . . . . . .10am-6pm
 Friday . . . . . . . . . . . .10am-4pm
 Saturday . . . . . . . . . .10am-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.
• 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
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: 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)