

what is... Open Services

Treatment Services for
Mental Health, Substance
Abuse, and Problem
Gambling.

Open Services offers:

- Mental Health Services-
Assessment, Counseling
and Medication
Management
- Alcohol and Drug
Assessment and Treatment
- Individual, family and group
counseling
- DUII and Alcohol and Drug
Education
- Problem Gambling Services
- Naturopathic Medical
Services

why Open Services?

- Quick access to services
- Most insurances including OHP
accepted
- Free alcohol and drug treat-
ment available for qualifying
residents of Multnomah County
- Services available in English
and Spanish

Call for an appointment:
Phone: 503-961-6088

10564 SE Washington St
Portland, OR 97216
(in Plaza 205 near MAX and bus lines)

Volunteers of America Oregon – InAct
10564 SE Washington St.
Portland, OR 97216

www.voaor.org



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Volunteers of America
OREGON

PHQ-4

| Over the last 2 weeks, how often have you been bothered by the following problems? (Circle the number to indicate your answer) | Not at all | Several days | Nearly half the days | Every day |
|--|------------|--------------|----------------------|-----------|
| 1. Feeling nervous, anxious or on edge | 0 | 1 | 2 | 3 |
| 2. Not being able to stop or control worrying | 0 | 1 | 2 | 3 |
| 3. Little interest or pleasure in doing things | 0 | 1 | 2 | 3 |
| 4. Feeling down, depressed, or hopeless | 0 | 1 | 2 | 3 |

_____ + _____ + _____ + _____ = _____

Scoring: Add scores in each question and if you have a score of 4 or more, you may benefit from a mental health assessment.

The PHQ scales were developed by Drs. Robert L. Spitzer, Janet B.W. Williams, and Kurt Kroenke and colleagues. The PHQ scales are free to use.



“The program has helped me tremendously. It’s nice to have the counselor as a resource. It’s helped me to evaluate myself, to think clearly, and to plan better.” – Martin E.

*“My counselor there,
is the greatest.”*
– Kira W.

Drinking levels that could harm your health:

| | drinks per week | drinks per day |
|-------------|-----------------|----------------|
| Men | 14 | 4 |
| Women | 7 | 3 |
| All age >65 | 7 | 3 |

Surprised? So were we. Learn why.

Harm to health could include:

- Diabetes
- Liver problems
- Heart problems

All services provided by Master’s prepared clinicians.