



**Coast to Cascades Community Wellness Network (CCCWN)
Regional Mental Health/Substance Use Disorder Coalition
Meeting Summary
Held virtually – Microsoft Teams
September 8, 2025
10:30 a.m. – 11:05 a.m.**

Participants: Heidi May-Stoulil, Chair, Shelagh Baird, Jeannie Davis, Ed.D., Stephanie Dreiling, Marcia Harnden, Albany Chief of Police, Ian Howarth, Danette Killinger, Thien Nguyen, Jesse Noble, James Page, Tanya Pritt, Benjamin Roe, Blue Valentine, Jef Van Arsdall, Benton County Sheriff, Emily Yeast, and Shelley Hazelton

Guests: Elizabeth Hazlewood, Executive Director, Pathfinder Clubhouse, and Kristin Appelt, Member, Pathfinder Clubhouse

Welcome/Introductions:

Heidi May-Stoulil, Chair, welcomed everyone to the meeting and led introductions.

Meeting Minutes:

The committee reviewed the minutes from the August 11, 2025, meeting of the Regional Mental Health/Substance Use Disorder Coalition. **Shelagh Baird moved to approve the meeting minutes as presented, with Emily Yeast seconding. Members present unanimously approved the motion.**

Pathfinder Clubhouse Presentation:

Elizabeth Hazlewood and Kristin Appelt presented information on Pathfinder Clubhouse.

- Pathfinder Clubhouse serves our three counties (Benton, Lincoln, and Linn) with the main a main location in Corvallis.
- State of mental health – current situation – Oregon Health Assessment – 2018:
 - a. Oregon has the highest prevalence of mental illness in the nation.
 - b. Oregon ranked 49th out of 51 states (including D.C.) in mental health outcomes (down from 40th in 2011).
 - c. An estimated 1 in every 4 adults is coping with a mental health condition.
- Our youth have been disproportionately impacted by the pandemic. Young adults need our help.
 - a. Mental Health America ranks Oregon as having the highest prevalence of mental illness among youth in the Nation.

- b. National Survey of Children’s Health report shows a statewide 40% increase from 2016 to 2020 in children with anxiety or depression.
- Mental illness by the numbers:
 - a. 3 in 4 people around the world suffer from mental disorders – more than cancer, diabetes, or heart disease.
 - b. 50% of teens are at risk - half of those with mental disorders show signs of the disease by age 14, but it often takes more than 10 years to get treatment.
 - c. 450 million people worldwide have a type of mental disorder.
 - d. 90 suicides every hour – nearly 2,200 people a day (800,000/year) die by suicide -90% related to mental disorders.
 - e. 360,000 people with mental illness are housed in under equipped U.S. jails; 35,000 are in hospitals.
 - f. Inadequate healthcare – mental illness accounts for 20% of the global burden of disease. Only 3% of the world’s healthcare budgets goes to mental health needs.
 - g. Top ten sources of time lost to disability globally from all medical causes by percentage:
 - Mental and behavioral disorders – 26%. Mental and behavioral disorders account for the most time lost to disability – more than any other kind of disease.
 - Musculoskeletal diseases – 14%.
 - Neurological and sense-organ conditions – 13%.
 - Infectious diseases – 8%.
 - Nutritional deficiencies – 7%.
 - Respiratory diseases – 7%.
 - Injuries – 6%.
 - Endocrine, blood, and immune disorders; diabetes – 4%.
 - Cardiovascular diseases – 3%.
 - Genitourinary diseases – 3%.
- Recovery from mental illness is more than possible...People can thrive living full and meaningful lives.
- Shared the Mission of Pathfinder Clubhouse.
- What is Clubhouse?
 - a. Clubhouses empower people to work through mental illness to overcome barriers and achieve their individual goals.
- Shared the Clubhouse model of psychosocial rehabilitation.
- Pathfinder Clubhouse provides services in areas of:
 - a. Employment.
 - b. Housing.
 - c. Wellness.
 - d. Transportation.
 - e. Education.
 - f. Socialization.
 - g. Life Skills.
 - h. Financial Stability.
 - i. Self-sufficiency.
- Pathfinder clubhouse outcomes (for 2024):
 - a. Total membership: 398.

- b. Average daily attendance: 19.
- c. Total members housed: 23.
- d. Total member visits this month: 316.
- e. Total community partnerships: 74.
- f. Employment obtained in 2024: 47.
- Pathfinder Clubhouse serves our most vulnerable.
 - a. 37% members identify as LGTBQIA2S+.
 - b. 21% of members identify as Black, Indigenous, People of Color (BIPOC).
 - c. 100% of members live with a disability.
 - d. 98% of members live in extremely low income.
 - e. 16% of members are young adults.
 - f. 25 members have returned to higher education.
- What makes a Clubhouse different?
 - a. Members and staff work side-by-side as colleagues learning valuable transferable employable skills.
 - b. Pathfinder Clubhouse provides members the direct skills to secure employment, stable housing, and financial security while overcoming barriers and building independence and self-sufficiency.
- Clubhouses address all social determinants of health in a holistic strengths-based approach.
 - a. Connectedness – A place to belong.
 - b. Access to and help with needed social services.
 - c. Safe, stable, and affordable housing.
 - d. Supported education.
 - e. Employment (avoiding poverty).
 - f. Access to and help with participating in quality healthcare.
 - g. Promoting wellness and healthy lifestyles.
 - h. Friendships, a social network, building, and maintaining healthy relationships.
- Clubhouses increase employment outcomes.
 - a. 86% of adults living with a diagnosed mental illness in Oregon have reported the desire to work while only 4% are working.
 - b. There are 42% employment rates at Accredited Clubhouses annually are nearly double the rate for people in the public mental health system and about one-third of the cost of the traditional IPS Employment model.
- Clubhouses offer three different levels of employment – Independent employment, supported employment, and transitional employment.
- Shared example of employable skills members learns in the work-ordered day – restaurant skills, bistro skills, reception skills, and business skills with examples underneath.
- Pathfinder Clubhouse supports members in maintaining their benefits. As a SNAP STEP provider, offer work readiness training that qualifies as work hours for SNAP recipients in Benton County that as of September 1, 2025, may need 20 hours per week to maintain benefits. This will also count in 2027 when may Medicaid recipients will have work requirements as well.
- Pathfinder Clubhouse works with local hospitals and medical centers as an integral part of the discharge planning process for patients being discharged from inpatient and partial hospitalization programs to fill the gap in support and treatment after discharge.
- Clubhouses in Oregon have proven to reduce hospitalizations by 96% (Research done in partnership with Asante Rogue Regional Medical Center Behavioral Health Unit).

- Preliminary research from Good Samaritan Regional Medical Center released in 2023 and 2024 on Pathfinder clubhouse Pilot, shows significant reductions in hospitalizations. This research will continue through 2026 tracking the efficacy of the program.
- Clubhouse services:
 - a. Open to adults living with a mental illness.
 - b. Voluntary.
 - c. Services are free of charge.
 - d. Open to anyone regardless of income or insurance status.
 - e. Lifelong membership.
- Kristin Appelt shared her story.
- Clubhouses are part of an international model.
 - a. Today there are 340 member Clubhouses in 34 countries, 36 U.S. states plus DC and currently more than 60 new Clubhouse start up groups.
 - b. Locations in Oregon include Roseburg-Chadwick Clubhouse, Medford-Compass House-, Portland-NorthStar Clubhouse, and Corvallis-Pathfinders Clubhouse.
 - c. Over 100,000 people receive help each year.
 - d. Over \$200 million in local and public and private funding is leveraged by local Clubhouses each year in support of people with mental illness.
 - e. Membership in a Clubhouse program has resulted in fewer hospitalizations and incarcerations.
- Clubhouses fill the urgent gap in needed nonclinical services helping everyone thrive.
- Clubhouses empowers people to take back their own lives by helping people help themselves and creating a community rooted in strengths.
- A Clubhouse helps to reduce recidivism, hospitalizations, improve employment and housing rates saving the community in preventative healthcare costs, improving lives, and creating a better community.
- **Heidi May Stoullil, Samaritan Health Services** – Is part of the Board for Pathfinder Clubhouse. Thanks for sharing. Can you discuss the referral process and substance use disorder and how can we help support?
 - a. **Elizabeth Hazlewood** – Transportation is a program covered by Rideline. Anyone on Medicaid is eligible. The referral process is super easy. It is a one-page referral process. Those that qualify must be 18 years of age or older living with a mental illness. Excludes those that pose a significant and current threat to the safety of the community such as predatory, hate crimes. Referral information on website. You can reach her via email as well – elizabeth@pathfinderclubhouse.org
Also, has a grant to help people get back to employment.
- **Tanya Pritt, Milestones Family Recovery** – Was impressed with the presentation. Would love to get together and partner more.
- **Jef Van Arsdall, Benton County Sheriff** – Agrees with Tanya Pritt. Has spent time with Elizabeth Hazelwood and Kristen Appelt. This is an amazing resource. It is great to see folks having success and a great take care opportunity.
- **Elizabeth Hazlewood** – Anyone is welcome to come in and tour the facility.

Update – Regional Overdoses:

Discussions followed around regional overdoses.

- **Jef Van Arsdall, Benton County Sheriff** - There were 9 overdoses for the month of August with 78 total for January through August 2025, including 4 fatalities. Fentanyl and alcohol are the top suspected substances.
- **Blue Valentine** – Due to secondary distribution, not seeing all reports on her end.
- **Shelagh Baird, Samaritan Health Services** – Reported that information from the Samaritan Health Services (SHS) Individual Overdose Report for Reporting Period: August 1, 2025 – August 31, 2025, year-to-date data from January 2025 through August 2025, and SHS overdose data from 2022 to August 2025 was all distributed with the agenda packet prior to the meeting. Looking at the August 2025 SHS report, numbers are as follows:
 - a. Good Samaritan Regional Medical Center (GSRMC) – 3 overdoses.
 - b. Samaritan Albany General Hospital (SAGH) – 11 overdoses.
 - c. Samaritan Lebanon Community Hospital (SLCH) – 4 overdoses.
 - d. Samaritan North Lincoln Hospital (SNLH) – 4 overdoses.
 - e. Samaritan Pacific Communities Hospital (SPCH) – 2 overdoses.
- **Samaritan Health Services – Neonatal Abstinence Syndrome (NAS)/Neonatal Opioid Withdrawal Syndrome (NOW) numbers:**
 - a. Good Samaritan Regional Medical Center (GSRMC) – 0.
 - b. Samaritan Albany General Hospital (SAGH) – 2.
 - c. Samaritan Lebanon Community Hospital (SLCH) – 1.
 - d. Samaritan North Lincoln Hospital (SNLH) – 0.
 - e. Samaritan Pacific Communities Hospital (SPCH) – 0.
- **James Page, Albany Comprehensive Treatment Center** – Can you filter by substances?
 - a. **Shelagh Baird** – Law enforcement sends her data. *With the SHS report, can check to see if this is possible. Will follow up on this.*
 - b. **James Page** – When he was at SHS, there was a way they did it by diagnoses code.
- **Jef Van Arsdall, Benton County Sheriff** – They do break their data down by primary suspected drug.
 - a. Alcohol – 13.
 - b. Benzodiazepine – 4.
 - c. Cocaine – 2.
 - d. Fentanyl – 25.
 - e. Marijuana – 4.
 - f. Methamphetamine – 2.
 - g. Other – 1.
 - h. Over the counter – 6.
 - i. Oxycodone – 1.
- **Marcia Harnden, Albany Chief of Police** – They break down their data as much as possible. Was trending to beat numbers from last year. Their use of Narcan has surpassed 2024. Without a doubt, the drug they are seeing 90% of the time is Fentanyl or poly mix substances (polysubstance). Methamphetamine is still showing up.
- **Jef Van Arsdall, Benton County Sheriff** – They are also seeing polysubstance as well.
- **Tanya Pritt** – Where can we access Narcan?
 - a. **Jef Van Arsdall, Benton County Sheriff** – Blue Valentine does an amazing job and has kits. Blue Valentine would be a good contact.
 - b. **Blue Valentine** – “Yes,” you can contact her. You can also sign up for Safe Life Oregon and she can help with that as well.

- **Jesse Noble** – Has not gotten weekly overdose numbers in yet. Agrees with what others have said. For all three counties (Benton, Lincoln, and Linn) no huge increases or substances related trends or noting as a substance related threat. Is seeing Methamphetamine as well.

Behavioral Health Resource Networks (BHRN) Update:

Coalition members provided Behavioral Health Resource Networks updates.

- **Thien Nguyen – Linn County:**
 - a. Oregon Health Authority hosted a webinar giving an overview of the submittable data reporting platform.
 - b. Family Tree Relief Nursery peer support training program continue to see high attendance, with upcoming classes at capacity. If anyone wants to be added to the waitlist, contact Meredith Schrepfer – mschrepfer@familytreern.org
 - c. Emergence has partnered with United Way and are now able to offer limited resources for up to one year of a post office box, storage unit assistance, and hotel or rental assistance for short term stays. These resources are for Emergence clients who are actively engaged in treatment and demonstrating a commitment to sobriety.
 - d. Communities Helping All Negotiate Change Effectively (C.H.A.N.C.E.) Recovery’s annual Bridges 2 Recovery event is September 13, 2025, from 11:00 a.m. – 4:00 p.m. It is a block party in front of their Albany office on 3rd Avenue. The event will have guest speakers, fee lunch, a resource fair, a DJ, and carnival games. Shared a flyer.

Partner Updates/Additional Business/Announcements:

Coalition partners provided updates, additional business, and announcements.

- **Tanya Pritt** – Watching as they are building their additional women’s program and happy to see that the building looks like it belongs on the street. Will verify the date for the ribbon cutting. Thinks the date is October 8, 2025, at 12:00 p.m. Will provide snacks. Would love to show off the program.

Next Meeting:

Next meeting – October 13, 2025, at 10:30 a.m.

Adjourn:

With no further business to discuss, adjourned the meeting at 11:05 a.m.

Respectfully submitted,
Shelley Hazelton
Grants and Sponsored Programs

(These meeting minutes are the true and accurate record of the meeting.)