



# REPORTS

SPRING 2008

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United Way of Lane County

## From The Executive Director

I recently attended a political rally in which a member of Congress jokingly commented that it would be nice to have an elected official *“who didn’t seem like he should be in remedial education.”*

I was angered, as were others with whom I later spoke, to hear such an insensitive remark coming from a congressman for whom I have high regard. I’m similarly dismayed when I hear the trendy use of *“you’re so retarded”* in pop culture or people making jokes about kids taking the *“short bus.”* For me, this type of humor has the same net worth as racist, sexist or other damaging language that demeans people for aspects of their life that are outside their control. It’s a sad fact that hurtful and ignorant choices of language pop up all too frequently in our daily lives, particularly in regard to disability, ethnicity, religion, sexual orientation and gender.

Some language is obviously not okay. Other language requires a deeper understanding to be pegged as problematic. I was recently with a close friend who was bristling over the use of the term *“confined to a wheelchair”* in a local publication. She wondered out loud if the author thought that she couldn’t get out of the chair and that her *“backside (not her exact choice of words) was welded to the seat.”* The term *“confined to a wheelchair”* is used all the time in place of *“uses a wheelchair.”* For most people, the use of a commonplace phrase like *“confined to a wheelchair”* isn’t intended to be annoying but just reflects ignorance.

This is often the case with offensive terms or language — we don’t intend our casual remarks to be rude or antagonistic. Good intentions, however, don’t justify bad effects. If we want to align our intentions with our effect, we need to take the time to learn appropriate and respectful language and also to become aware of and not use terms that are annoying or upsetting. Likewise, when we hear others use offensive terms in conversation or in jokes, we need to find ways of letting them know without attacking their intentions.

Many of us were taught the *“Golden Rule”* early in life: *“do unto others as you would have them do unto you.”* While basically a good idea, the *“Golden Rule”* assumes that everyone wants to be treated the same way that we do. The *“Golden Rule”* is a good standard that is further improved upon in the *“Platinum Rule”* which says: *“do unto others as they want to be done unto.”* The adjustment, while apparently slight, obligates us to learn more about how people wish to be treated rather than assuming that they want the same treatment that we do. Learning about people and their preferences brings us closer to them and reduces the likelihood that we will unwittingly offend.

Getting our language right, and not tolerating with silence language that humiliates or offends, will help us to create a community and world that is welcoming to all.

**Marshall Peter**

## ***Cognitive & Behavioral Therapy for Insomnia***

*Max Mibok can't sleep. Max can't get to sleep — he lies in bed coiled like a serpent ready to strike. Max can stay this way for hours at a time. If he does drift off, he doesn't stay asleep — he awakens after a few hours and cannot fall back to sleep. Sometimes Max wakes up too early — way too early. He lies there, stewing, and listens — dogs bark, birds raise a ruckus, doors slam, cars fire up and drive off, his own well rested family begins to stir. Max Mibok has not slept well and the dreaded day begins. "I'll be tired all day," Max says to his weary grey self in the bathroom mirror. "I can't wait to get to bed," he says — too tired to notice the irony.*

Max Mihok has insomnia. He is not alone. We are a sleep deprived nation. We're tired. We're stressed. We're not having a lot of fun. One in four people experiences some degree of insomnia. One in ten experiences chronic insomnia. Insomnia is typically defined as difficulty getting to sleep, remaining asleep, or waking earlier than planned — at least 3 nights per week — resulting in daytime distress or impairment.

Max has had insomnia for most of his adult life.

He has never said, "I'd like to become a good sleeper."

He has taken sleeping pills and antihistamines — but he takes these because he can't sleep — not to become a good sleeper. There is a difference. What if Max did decide that he wanted to become a good sleeper? Is it reasonable to think that an insomniac could become a good sleeper?



As a matter of fact, it is —cognitive behavioral therapy offers effective interventions for developing expert sleep skills.

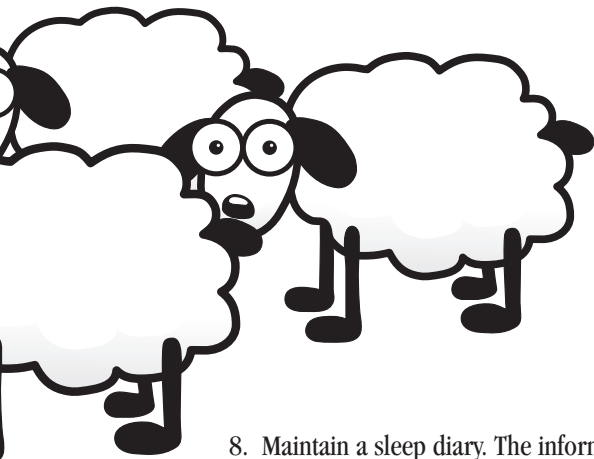
Insomnia can be caused by a number of factors: illness, injury, stress, changes in major life events. Insomnia is maintained by bad habits associated with actions, thoughts, and emotions related to sleep. Cognitive behavioral interventions enable you to develop new habits that help you become a good sleeper.

The goal of therapy is to make sure that sleep is easy to initiate and re-initiate — to make sure that you sleep efficiently — to enable you to sleep at least 90% of the time you are in bed.

*What are the interventions that can help you become a good sleeper?*

1. Decide that you want to become a good sleeper. Say it out loud. You may find that you need to say it to someone who can help you — perhaps your doctor or a knowledgeable mental health practitioner.
2. Set specific times for going to bed and for waking.
3. Commit to doing nothing in bed other than sleeping or sex.
4. If you are in bed after your bed time and not sleeping, get up. You can go back to bed when you feel drowsy. You may need to repeat this step — if you again find yourself in bed and not sleeping.
5. You may — for a short time — need to limit your time in bed to an amount equal to your average sleep time. So, for example, if you are sleeping 5 hours now, you set sleep and wake times that allow you 5 hours in bed. As your sleep becomes more efficient, you can add sleep time. Eventually, you will sleep 7 to 8 hours — without interruption.
6. Worry and rumination lead to agitation, negative emotions, and behaviors that run counter to sleep. Practice letting your worry and rumination go.
7. Examine your thoughts about sleep and about sleep deprivation. The good news is that if you have experienced insomnia for any length of time, you are thinking extreme, distorted, and discouraging thoughts. This is good news because you can learn to change your thoughts.





8. Maintain a sleep diary. The information you record will help you chart your progress and it will help identify the obstacles to progress.

9. Takes steps to reduce the stress you experience during the day. Eat well. Get exercise. Limit caffeine and alcohol — especially late in the day or evening.

10. Make a commitment to do all of these things — pretty much forever (if that's how long you want to be a good sleeper).

Can you do this on your own? You can. You can get a good book on beating insomnia. You can find helpful web sites. Let's be clear, however, that the process of becoming a good sleeper involves a combination of (a) the acquisition and practice of a number of new skills and habits and (b) the discipline and will-power to resist falling back into old habits. If the problem persists and if you have tried to intervene on your own, you may want to seek professional help. You can call a mental health practitioner and ask if he or she uses cognitive behavioral therapy to treat insomnia. Your primary care physician may be able to help you find such a therapist.

*And what about Max? Max did in fact take action. He participated in group therapy for insomnia. Max was at first resistant to the idea that he should limit his time in bed to 6 hours. "I can't get by on 6 hours of sleep. I won't get 6 hours," he said. "I'll be lucky to get 3 hours. This is crazy. I'll lose my job." His therapist helped him realize how extreme and discouraging his thinking about all this was. His fellow group members supported him through the first couple of weeks of restricted sleep. The efficiency of his sleep improved. His attitude improved. Max is beginning to enjoy sleeping again. Is Max Mibok a good sleeper now? He's on his way.*

Cognitive Behavioral Therapy for Insomnia is not indicated for individuals who have an underlying unresolved medical or psychiatric condition.

Jay Buckley, Ph.D.  
Clinical Co-Director  
Direction Service Counseling Center

## ***Counseling Center***

### ***Salute to Denise Sprengelmeyer***

After more than 10 years of exemplary service Denise Sprengelmeyer is leaving the Direction Service Counseling Center. Denise is moving on to an exciting new venture. She is the new owner of Modern — the fashion and style emporium located across from 5<sup>th</sup> Street Public Market. We wish Denise the very best and on behalf of her many colleagues and clients we want to thank her for her incredible contributions to the Counseling Center.

### ***Welcome aboard!***

**Natalie Forsyth** recently joined the staff at the Direction Service Counseling Center. She received a Master's degree in Marriage and Family Therapy from the University of Oregon. Since graduating from the program she has worked in both residential and outpatient settings with the Children's Farm Home. Recently her areas of counseling interest have included working with adolescents and their families dealing with severe depression, anxiety and self harming behaviors from a Dialectical Behavioral Therapy perspective. Outside of work she loves to spend time with her partner and friends playing with their two Golden Retrievers, running and traveling.

**Kristi Benz** recently joined the staff of the Family Support and Service Coordination Program. Kristi obtained her Master's degree in Early Intervention/Early Childhood Special Education from the University of Oregon in 2002. She has worked with a variety of families and children during her nearly 14 years of working in the human service field in Lane County. In her free time, Kristi enjoys outdoor activities, biking with her son who has special needs, and spending time with friends.

## ***CADRE Presents Keys to Access Award***

Sharman Davis Barrett of PACER Center ([pacer.org](http://pacer.org)) received a prestigious national award from the Consortium for Appropriate Dispute Resolution in Special Education (CADRE) on Friday, Feb. 1, 2008 in Washington D.C. for her work on behalf of persons with disabilities. CADRE, a program of Direction Service, gives the Keys to Access Award to an individual or entity that has nationally supported special education programs, early intervention services, and persons with disabilities and has:

- *Promoted the welfare of society and supported peaceful and welcoming communities.*
- *Demonstrated the value of diversity in policy, practice and perspective.*
- *Encouraged cooperative processes among institutions in our society.*
- *Supported collaborative relationships between individuals with the goal of achieving an inclusive society.*
- *Promoted justice, equity and respect for all individuals.*
- *Embodied in professional and personal relationships those qualities that foster and support full participation and self-determination.*



*Sharman Barrett, co-director of the Technical Assistance ALLIANCE for Parent Centers with Marshall Peter, Director, CADRE*

Barrett is the co-director of the Technical Assistance ALLIANCE for Parent Centers a program at PACER Center, a Minnesota-based national parent center for families of children and young adults with all types of disabilities and special health needs. PACER provides varied resources such as publications, workshops, and individualized assistance.

It helps families make decisions about education, vocational training, employment, and other services for their child with disabilities.

In making the presentation, Marshall Peter, Director of CADRE, praised Barrett for her work. "In her capacity at PACER, and then as co-director of the ALLIANCE where she has coordinated multicultural outreach, Sharman has repeatedly demonstrated her absolute commitment to the well-being of underserved children and their families," he said.

"CADRE particularly wants to acknowledge Sharman's leadership in making dispute resolution processes and their effective utilization more easily understood by parents, especially her co-authorship of parent guides and a video related to mediation, IEP facilitation, and resolution meetings," Peter added.

"She isn't just a soldier for social justice," said Phil Moses, Assistant Director of CADRE. "Sharman's a captain, an admiral, a commander-in-chief for social justice. There isn't any individual who has done more to encourage the use of collaborative approaches for resolving special education disputes about children who live in underserved communities than Sharman."

"We're delighted that Sharman's tireless work has been recognized," said Paula F. Goldberg, PACER Center's Executive Director. "In 21 years of working at PACER, Sharman has made a difference in the lives of many parents and children, in Minnesota and nationwide."

Barrett has advised CADRE as a member of its National Advisory Board. She has also served on many other boards, including the IRIS Project at Vanderbilt, Family Voices, Howard University's Research and Training Center, and the Heath Resource Center.

Past recipients of the Keys to Access Award include: Myrta Cuadra and Richard M. Lash, Sinergia; Mobility International, U.S.A.; Professor John Paul Lederach; National Center for Cultural Competence at Georgetown University; Professor Floyd D. Weatherspoon, Capital Law School; and the Hon. Robert M. Bell, Chief Judge, Maryland Court of Appeals.

## ***Resource and Information***

### ***One place to call for all your early childhood connections!***

The Parent HelpLine is a FREE, CONFIDENTIAL telephone resource in Lane County for parents and caregivers of children ages 0 to 6. Callers can:

- Talk about parenting, child development and behavior, family stress, and more.
- Find out how to join a playgroup or parent support group.
- Be directly transferred to available services in your neighborhood.

Parents should contact their children's physician for medically related questions.

The Parent HelpLine number is 485-5211, six days a week, Sunday - Friday, 9 a.m. to 4 p.m. The toll-free number is 1-888-485-5211 for areas in Western Lane County.

### ***One place to locate Summer Camps and other Activities!***

- *Find Educational Services, Employment Programs, Diagnostic and Treatment Services*
- *Locate Respite Care and Support, Recreation Opportunities, Camps for specific disabilities and needs.*

Call Direction Service at 686-5060 for referrals and contact numbers or visit the Direction Service website for the Summer Directory at [directionservice.org](http://directionservice.org).

**One place to search for services and opportunities in Lane County!**

211Lane provides online information about local social services and volunteer opportunities in Lane County. Users can locate agencies that provide disability information, food relief, crisis intervention and more. Also available are specific opportunities to assist the community. For more information visit [211lane.net](http://211lane.net).

**Grant Award**



**SPIRIT MOUNTAIN**  
COMMUNITY FUND

Direction Service, Inc.'s Family Support and Service Coordination Program has been awarded a grant of \$18,168 from the Spirit Mountain Community Fund.

This funding will expand current outreach efforts and supports to Latino and rural families.

The Spirit Mountain Community Fund is the philanthropic arm of the Confederated Tribes of Grand Ronde. Each year the Tribe invests nearly \$5 million in communities through the Fund. "This is an exciting project. As a tribal organization, we strongly believe in inclusivity and making sure that every community member has the supports to reach their potential. We are proud to support Direction Service's work in Lane County," said Director Shelley Hanson.

**Development**

**6TH ANNUAL CELEBRITY ROAST!**

On March 5<sup>th</sup>, over 200 attendees celebrated an unforgettable evening of hilarious fun and laughter as we held the Direction Service 6th Annual Celebrity Roast at the Eugene Hilton. Our distinguished Celebrity, University of Oregon President, Dave Frohnmayer, got roasted and lambasted by an all-star cast of Roasters and Emcees, Rick Dancer and Dennis Nakata. The All-Star Roasters included: Ray Davis, Bill Gary, Allan Price and Marla Rae Watson.



(from L to R) Dennis Nakata (emcee), Ray Davis, Allan Price, Bill Gary, Rick Dancer (emcee), Marla Rae Watson, President Dave Frohnmayer

Thanks to the generosity of event hosts, Cow Creek Band of Umpqua Tribe of Indians and Eagle's View Property Management, and event sponsors Eugene Hilton & AVMS, KEZI 9 News and Umpqua Bank, as well as other event contributors, the Celebrity Roast is an event that is continuing to grow in popularity year after year. Particular thanks for their "behind-the-scenes" efforts to those who volunteered their invaluable time to make this event a success!!! — Bill Green (pianist), James Cloutier (caricatures), Tim Mercer (photography), Kelly Nation (office volunteer) the Direction Service Board of Directors and our dedicated staff!

**2009 CELEBRITY ROAST!**



We'd now like to officially announce the 2 main courses we'll be serving for our 7<sup>th</sup> Annual Celebrity Roast! We hope you'll join us (date to be announced) when we roast two titans of tantalizing tastes:

**Bob Bury**  
(Euphoria Chocolate)  
&  
**Stephanie Pearl Kimmel**  
(Marché & Marché Provisions)

If you are interested in host or sponsorship opportunities for our 7<sup>th</sup> Annual Celebrity Roast, please contact Roger Durant, Director of Development at (541) 686-5060.

**Celebrity Roast Sponsors, Hosts and In-Kind Contributors**

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 at (541) 686.5060).*

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 (541) 485-8022 [www.bourlandprinting.com](http://www.bourlandprinting.com)

**Phase II**  
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 (541) 465-1515 [tkelly@cm-spring.com](mailto:tkelly@cm-spring.com)

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