

A Word From Our Executive Director

Welcome to the inaugural Columbia Community Mental Health (CCMH) newsletter. Many of those reading this understand what services CCMH provides and who those services are intended to treat. What many may not know is how we got to where we are now. This may seem simple to most people, but there are some broad misunderstandings on what CCMH is supposed to accomplish and for whom.

Community Mental Health Programs (CMHP's) are a product of the deinstitutionalization movement of the 1960's. Especially with the signing of the Community Mental Health Act of 1963 by President Kennedy. Naturally things take time to develop, and it was not until 1974 that CCMH was formed, and services began in 1975. CCMH has been operating ever since.

In 1975, and to some extent still today, CCMH is contracted to provide services to those that historically would have been institutionalized. We focus on those individuals who are severely impacted by mental health conditions such as schizophrenia, bi-polar, major depression, delusional disorders, and a couple of personality disorders. CCMH also works with individuals who have an intellectual and developmental disability diagnosis. This requires that everyone served by CCMH needs to have medical need for our services. Meaning not everyone is eligible for services through CCMH.

What has expanded is the incorporation of addiction. These services started being incorporated into CMHP operations in the 1980's, and to some extent they are still developing today, especially with expanded Medicaid coverage and the surging use of more dangerous drugs.

Now that some background is established, we can look briefly at what the core mandates of CCMH really are. CCMH is funded to keep people out of institutional level of care. People impacted by mental health, intellectual and developmental disability, or addiction, which if left untreated could lead them to being institutionalized or incarcerated, are who CCMH prioritizes for care. Not everyone who comes into services will meet the medical need for our services, sadly these individuals will need to be referred to someone else within the community.

Though CCMH wishes to serve everyone reporting a mental health or addiction issue, not everyone who reports they have one of these conditions meets the medical need for our services. The good news is that is group represents a small percentage of those that walk through our doors for care. Which tells me that our community does know what services we provide and who those services are intended to treat.

Stay well,



In This Issue:

- CCMH Through The Years
- Accessing Services
- Honoring our Team
- Upcoming Event
- What to Expect in Future Issues

CCMH THROUGH THE YEARS: A LEGACY OF COMMUNITY CARE

Honoring our past, shaping our future.



Before mental health was part of everyday conversation, Columbia Community Mental Health (CCMH) was already doing the work—quietly, steadily, and with heart.

Founded in 1974, CCMH began as a small but determined organization, created in response to a growing need for accessible behavioral health care in Columbia County. At the time, mental health services were scarce in rural areas, and those in need often had to travel long distances or go without care. CCMH was born out of a commitment to change that—and to bring hope and healing closer to home.

Over the decades, CCMH has grown alongside the community it serves. What started as a single clinic has expanded into a full continuum of care, including outpatient therapy, peer support, substance use recovery, supported employment, intellectual and developmental disability services, wraparound services, and more.

Throughout it all, our intent has remained the same: to provide compassionate, person-centered mental health and addiction recovery services that empower individuals and strengthen families.

Some key milestones in our journey include:

- The development of specialized services for children and youth
- The expansion of housing and residential programs
- The integration of peer-delivered services and recovery-based models
- A continued focus on trauma-informed, culturally responsive care

CCMH has weathered challenges, embraced change, and remained committed to innovation. We've seen systems evolve, community needs shift, and conversations around mental health become more open and informed, and we've adapted every step of the way.

Whether you've known CCMH for years or are just learning about us, we're glad you're here—and we look forward to continuing this journey, together.

ACCESSING SERVICES AT CCMH: WHAT NEW CLIENTS NEED TO KNOW

Your path to care starts here.



At Columbia Community Mental Health, we know that taking the first step toward support can feel overwhelming. That's why we strive to make accessing care as welcoming, simple, and supportive as possible.

Whether you're seeking help for yourself or a loved one, our Walk-in Intake Clinics provide an easy entry point into our services. No appointment is required, just check in during the times listed below, and we'll walk you through the rest.

Adult Mental Health & Substance Use Assessments (18 and over)

- Mondays & Tuesdays: 1:00 PM – 3:00 PM (check-in begins at 12:00 PM)
- Thursdays: 9:00 AM – 11:00 AM (check-in begins at 8:00 AM)

Youth Mental Health Assessments (17 and under)

- Mondays: 9:00 AM – 11:00 AM (check-in begins at 8:00 AM)
- Thursdays: 3:00 PM – 5:00 PM (check-in begins at 2:00 PM)

Youth Substance Use Assessments (17 and under)

- Mondays & Tuesdays: 1:00 PM – 3:00 PM (check-in begins at 12:00 PM)
- Thursdays: 9:00 AM – 11:00 AM (check-in begins at 8:00 AM)

☎ Have questions or need help finding the right time? Call us at 503-397-5211.

Important Info Before You Arrive

- Arrive early; we recommend getting there at least 60 minutes before clinic time to complete paperwork.
- Clinic slots are first come, first served.
- Scheduled intakes may be available on a limited basis for those unable to attend walk-in hours.

What About Cost or Insurance?

CCMH is committed to serving everyone, regardless of ability to pay.

- We offer a sliding fee scale based on income and family size.
- No one will be turned away due to financial hardship.
- We accept Oregon Health Plan (OHP) and some commercial insurance/Medicare plans on a case-by-case basis.
- We recommend calling your insurance provider ahead of time to check in-network eligibility.

Seeking care is a brave step, and we're honored to be part of your journey. At CCMH, you're not alone. We're here to listen, support, and help you move forward, one step at a time.

HONORING OUR TEAM: CCMH'S ANNUAL STAFF PICNIC AT MCCORMICK PARK

*Celebrating the people who make community
mental health possible.*



Each year, Columbia Community Mental Health (CCMH) takes time to celebrate the dedicated individuals behind our mission by hosting an annual staff appreciation picnic. This summer, we gathered at McCormick Park for three hours of fun, food, and connection, and it was a beautiful reminder of the strong community we've built within our organization.

This year's celebration featured a festive taco bar, lively music, outdoor games, and plenty of space to relax, laugh, and catch up. Staff from across all programs came together to enjoy a well-deserved break and spend time with colleagues in a more casual, sunny setting.

The event included:

- 🌮 A delicious make-your-own taco bar that kept everyone coming back for seconds
- 🎵 Music that brought the vibe
- 🏆 Outdoor games and friendly competition
- 💬 Time to connect across departments and celebrate our shared mission

We are proud of our staff's commitment to providing high-quality care and support to our community. Events like this are just one way we say "thank you" for the compassion, professionalism, and heart our team brings to work every day.

To our staff; we see you, we appreciate you, and we're grateful to have you on this journey.

HONORING OUR TEAM: CCMH'S ANNUAL STAFF PICNIC AT MCCORMICK PARK

Celebrating the people who make community mental health possible.



UPCOMING EVENT

All Abilities Race: Every Person Counts
Sat August 16 2025



Get ready to unleash your inner superhero at the First Annual All Abilities Race!

Hosted by the Intellectual & Developmental Disabilities Program (CCMH), this inclusive event invites people of all ages and abilities to participate. The fun takes place on Saturday, August 16th, at the Scappoose High School Track.

Check-in begins at 9:00 AM, with the races starting at 10:00 AM. Participants can choose from an 800M, 1600M, or 5K race! Not able to make it in person, that's okay! You can join us through a virtual option as well!

The theme is "Unleash Your Inner Superhero," and every person counts! Funds raised will support your local Community Developmental Disabilities Program. Join in for a day of fun, fitness, and community spirit!



<https://runsignup.com/Race/OR/Scappoose/EveryStepCountsAllAbilitiesRace>

WHAT TO EXPECT IN FUTURE ISSUES OF THE CCMH COMMUNITY NEWSLETTER

Staying connected. Staying informed. Staying well.



At Columbia Community Mental Health, we believe that transparency, connection, and communication are essential to supporting the well-being of our community. That's why we're excited to bring you our new community newsletter—a space where you can stay up to date on the people, programs, and progress that make our mission possible.

Here's a look at what you can expect in upcoming issues:

Staff Spotlights

Get to know the compassionate and dedicated team members who power CCMH. From clinicians to care coordinators to behind-the-scenes heroes, we'll shine a light on the people making a difference every day.

Program Spotlights

Explore the wide range of services we offer—from outpatient mental health care to peer support, housing services, wraparound care, and more. Each month, we'll take a closer look at one of our programs and the impact it's having.

Upcoming Projects & Events

Stay in the loop with current initiatives, fundraising events, community outreach efforts, and ways you can get involved. From fundraising events to our annual Mental Health Fair, we'll keep you posted.

Mental Health Tips & Resources

We'll share helpful tools, articles, and self-care strategies to support mental wellness for all ages—because mental health matters every day, not just in crisis.

Volunteer & Donation Opportunities

Discover ways to support CCMH's mission through giving your time, talents, or resources. From yard sales to supply drives, every contribution helps us serve our community better.

We can't wait to bring you along on this journey. Thank you for being part of the CCMH community, where hope lives, healing happens, and connection grows.