



## CITY COUNCIL

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### Work Session Meeting Minutes September 12, 2022

Mayor Drotzmann called the work session meeting to order at 6:00pm. Present were Councilors Hardin, Spicerkuhn, Peterson, Duron, Myers, Barron, and Myers. Councilors Davis and Primmer were excused. Staff members in attendance were: City Manager Byron Smith, Assistant City Manager Mark Morgan, City Attorney Richard Tovey, Chief Edmiston, Finance Director Mark Krawczyk, Planning Director Clint Spencer, Hermiston Energy Services (HES) General Manager (GM) Nate Rivera, Parks and Recreation Director Brandon Artz, Court Administrator Jillian Viles, and City Recorder Lilly Alarcon-Strong. Youth Advisory Members were not in attendance.

#### **Broadband Survey Results**

HES GM Nate Rivera presented the Council (PowerPoint presentation attached) with information regarding the Broadband Survey Results, to include: broadband community goals, connectivity and speed, reliability, price points, demand, current providers, community demographics, broadband differences between households and businesses, and more.

After some discussion the Council instructed City staff to move forward with continued research and information to connect city facilities to broadband.

#### **Adjournment**

Mayor Drotzmann adjourned the work session meeting at 6:57pm and stated the Council will take a short break before starting the regular City Council meeting at 7:03pm.

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# Hermiston Broadband

# eCheckup Data Collection

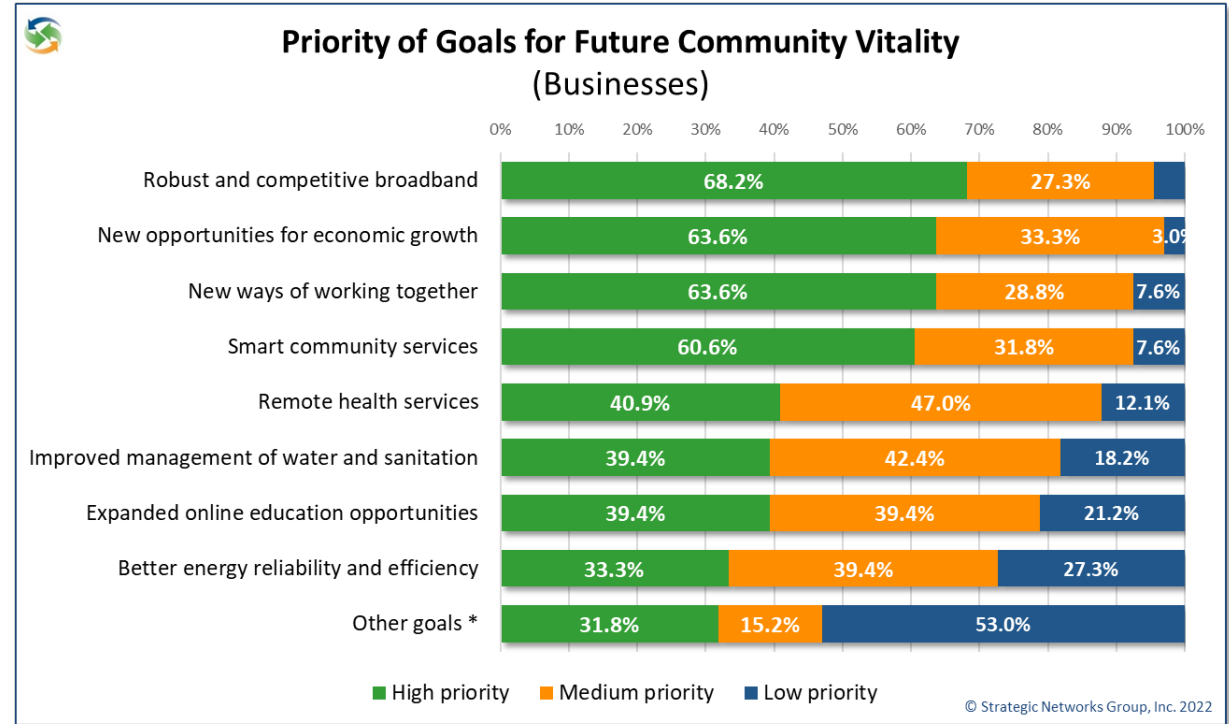
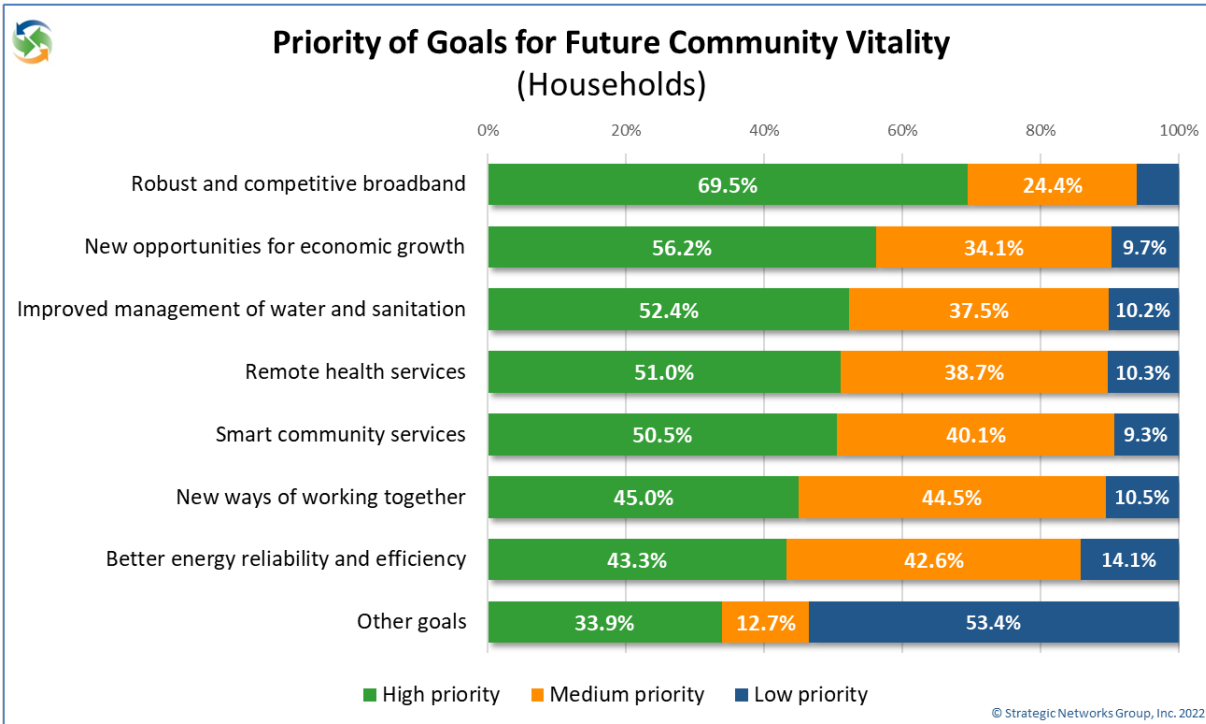
## Preliminary Findings

September 12, 2022

- Start with understanding digital goals, needs, and readiness (DNRA)
- Community planning to raise awareness and drive engagement
- Outreach to community through stakeholders and mailing lists
- Residents and businesses invited to take an online eCheckup that takes 20-30 minutes to complete
- Data is analyzed for user needs and service demand and benchmarked against SNG's Digital Economy Database
- Data collection ran from January 26th through May 15th, 2022
- Responses received from 827 households and 66 businesses

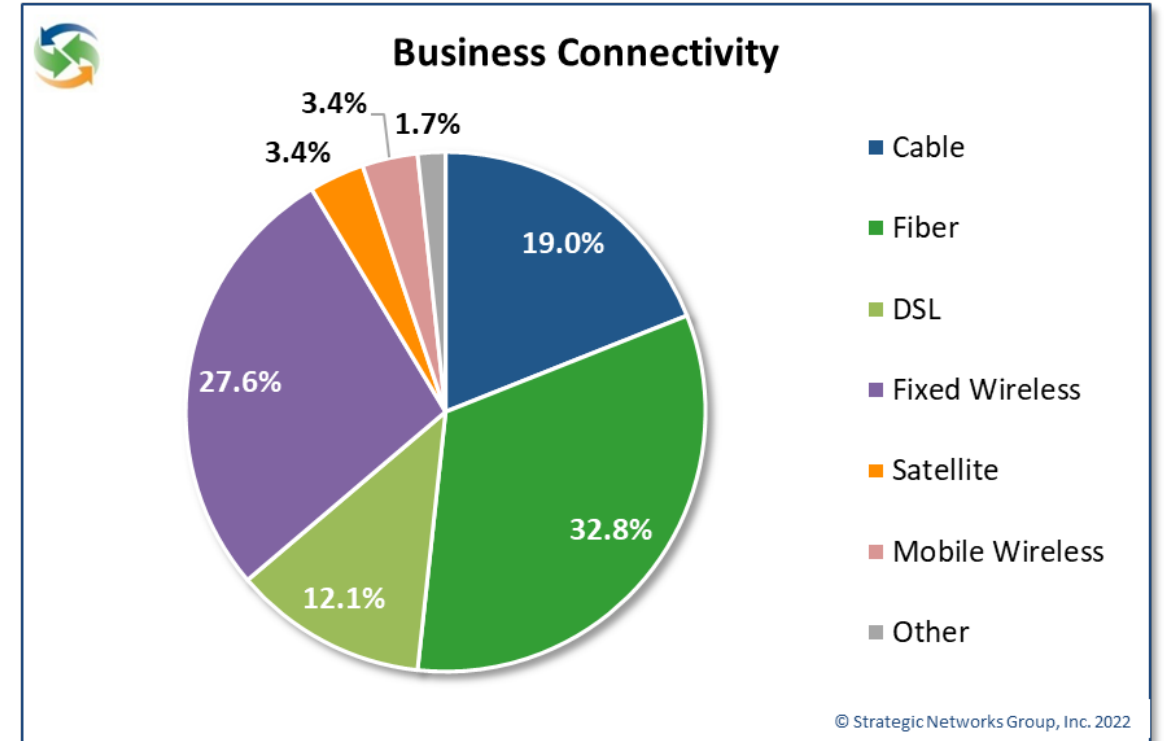
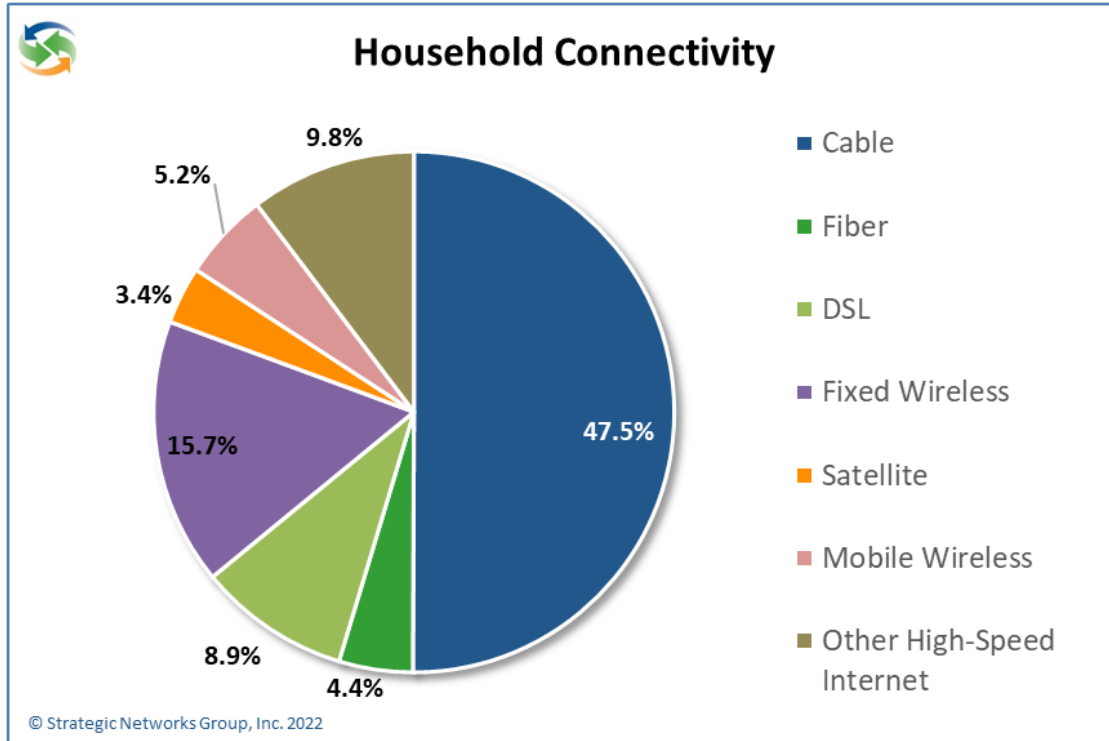
## Households

## Businesses



**Robust, competitive broadband and new opportunities for economic growth are the top priorities for Hermiston residents and businesses**





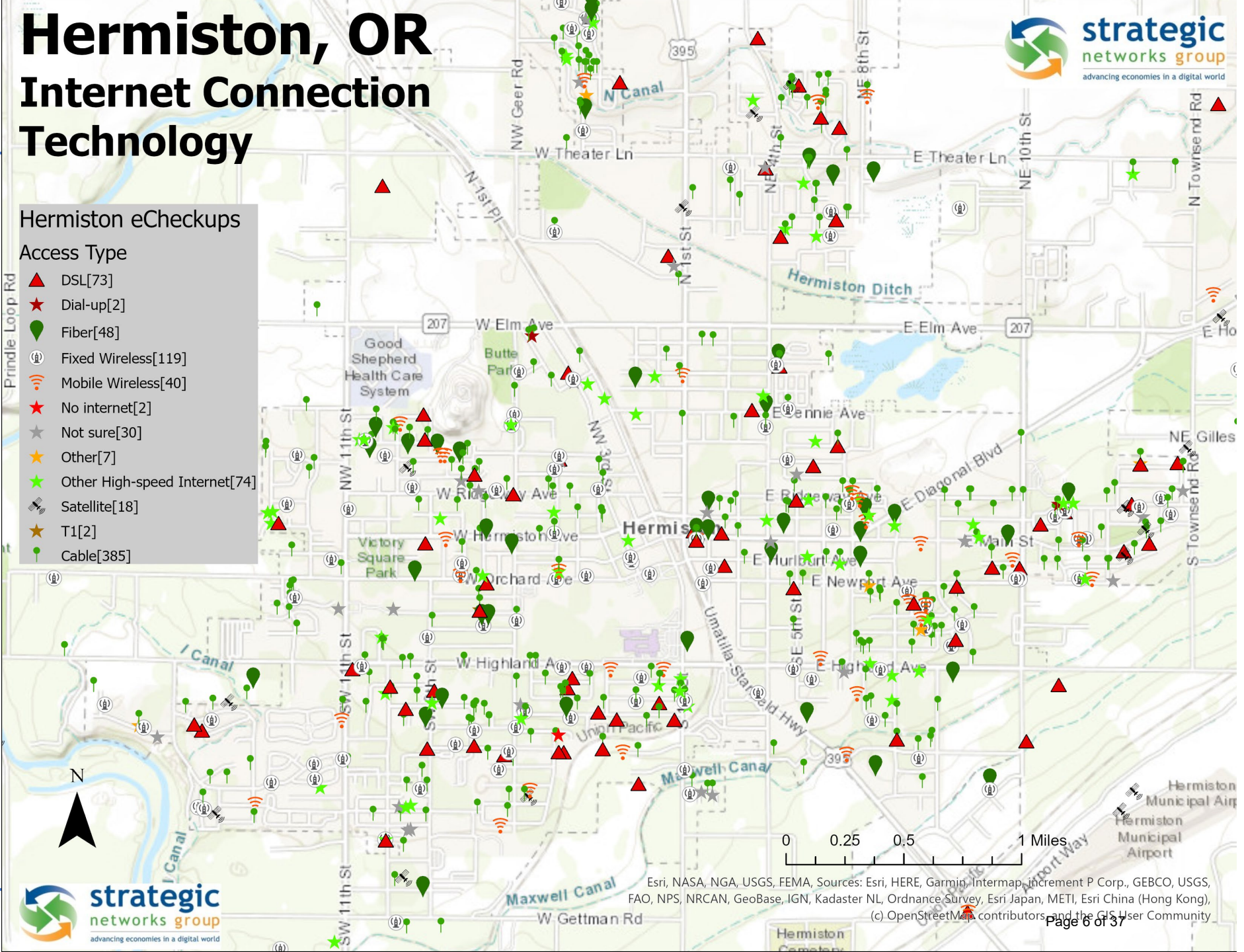
**The majority of Hermiston residents use Cable technology (47.5%)  
Businesses primarily use Fiber for internet access (32.8%)**

# Hermiston, OR Internet Connection Technology

**Hermiston eCheckups**

**Access Type**

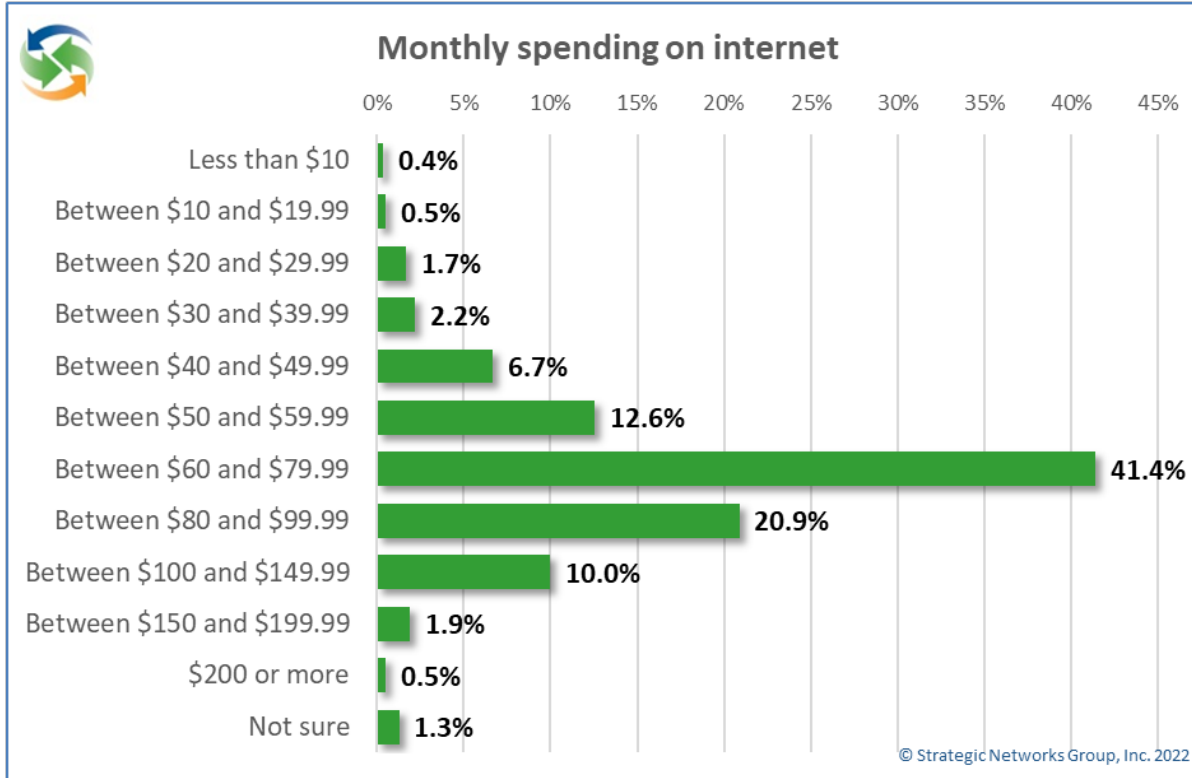
- ▲ DSL[73]
- ★ Dial-up[2]
- Fiber[48]
- Ⓜ Fixed Wireless[119]
- 📶 Mobile Wireless[40]
- ★ No internet[2]
- ★ Not sure[30]
- ★ Other[7]
- ★ Other High-speed Internet[74]
- 📶 Satellite[18]
- ★ T1[2]
- Cable[385]



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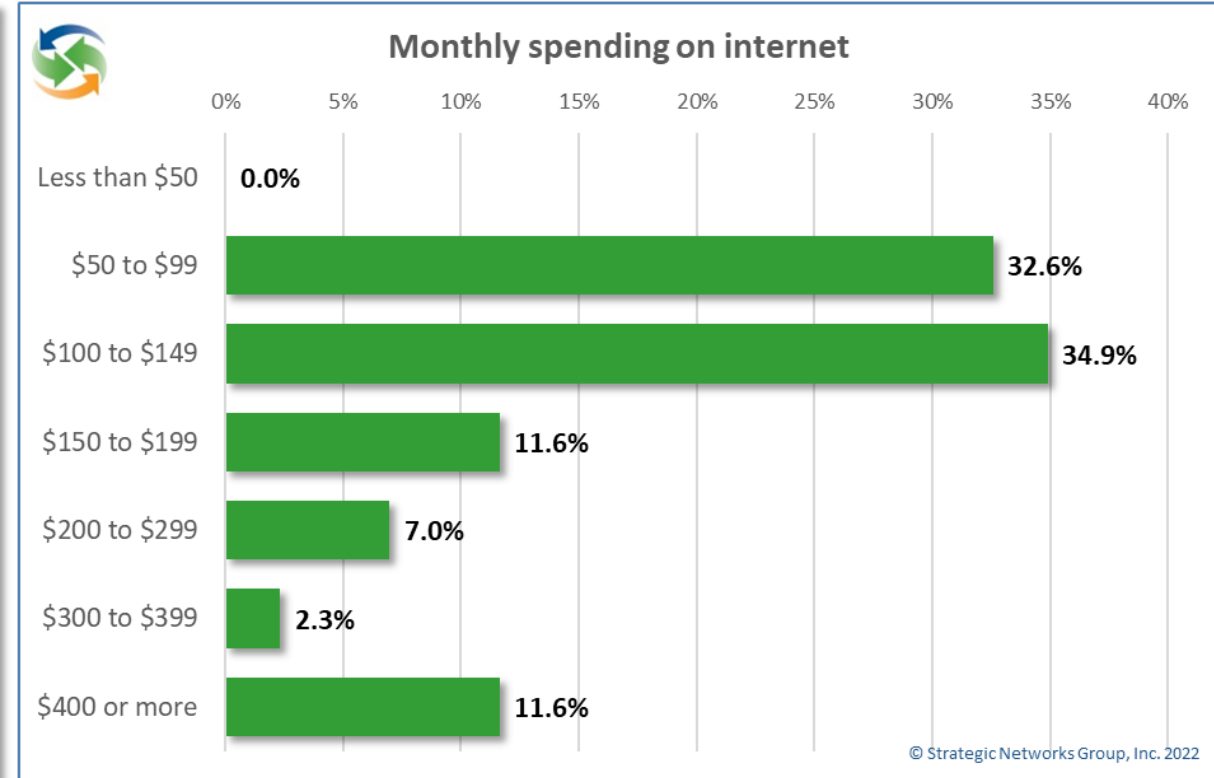
# Monthly Spending on Internet

## Households



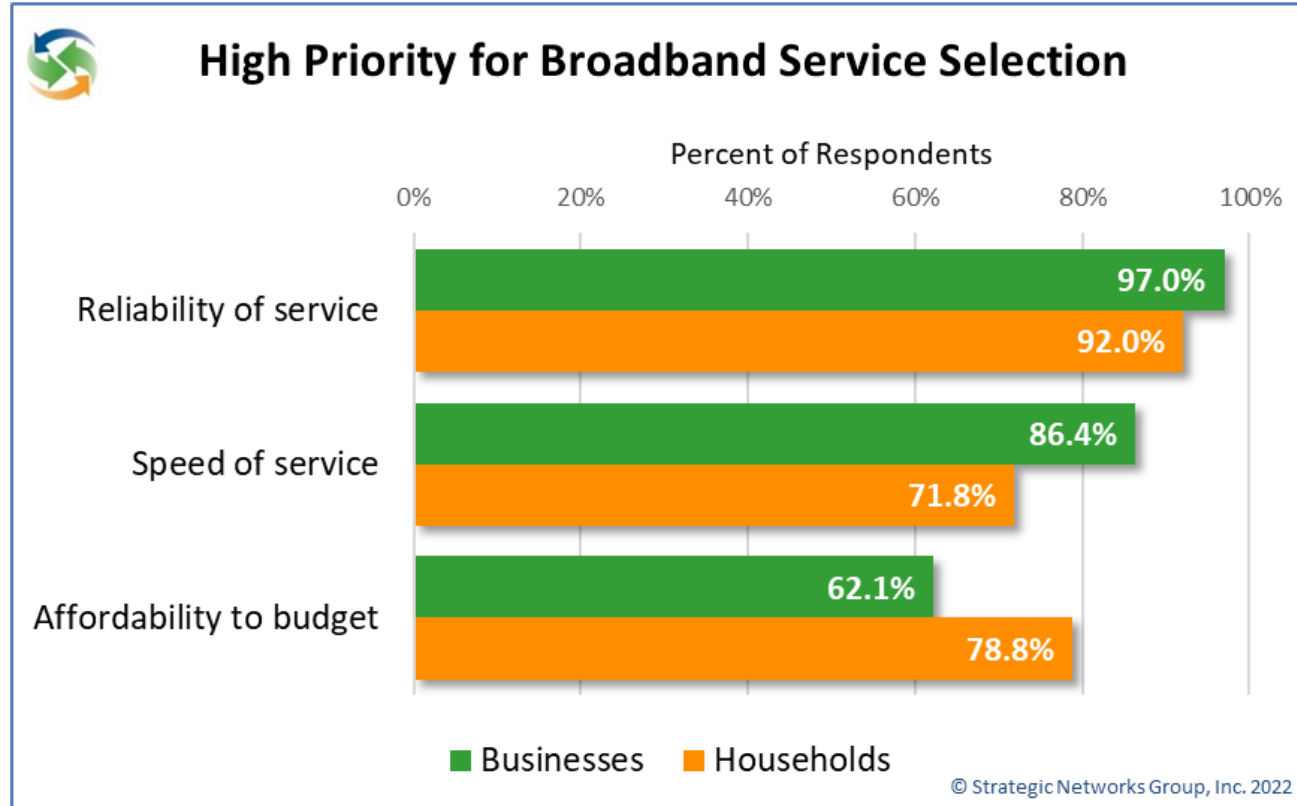
**Most households spend between \$60 and \$79.99**

## Businesses



**Over 20% of businesses spend more than \$200 per month**

# Priorities for Broadband Service

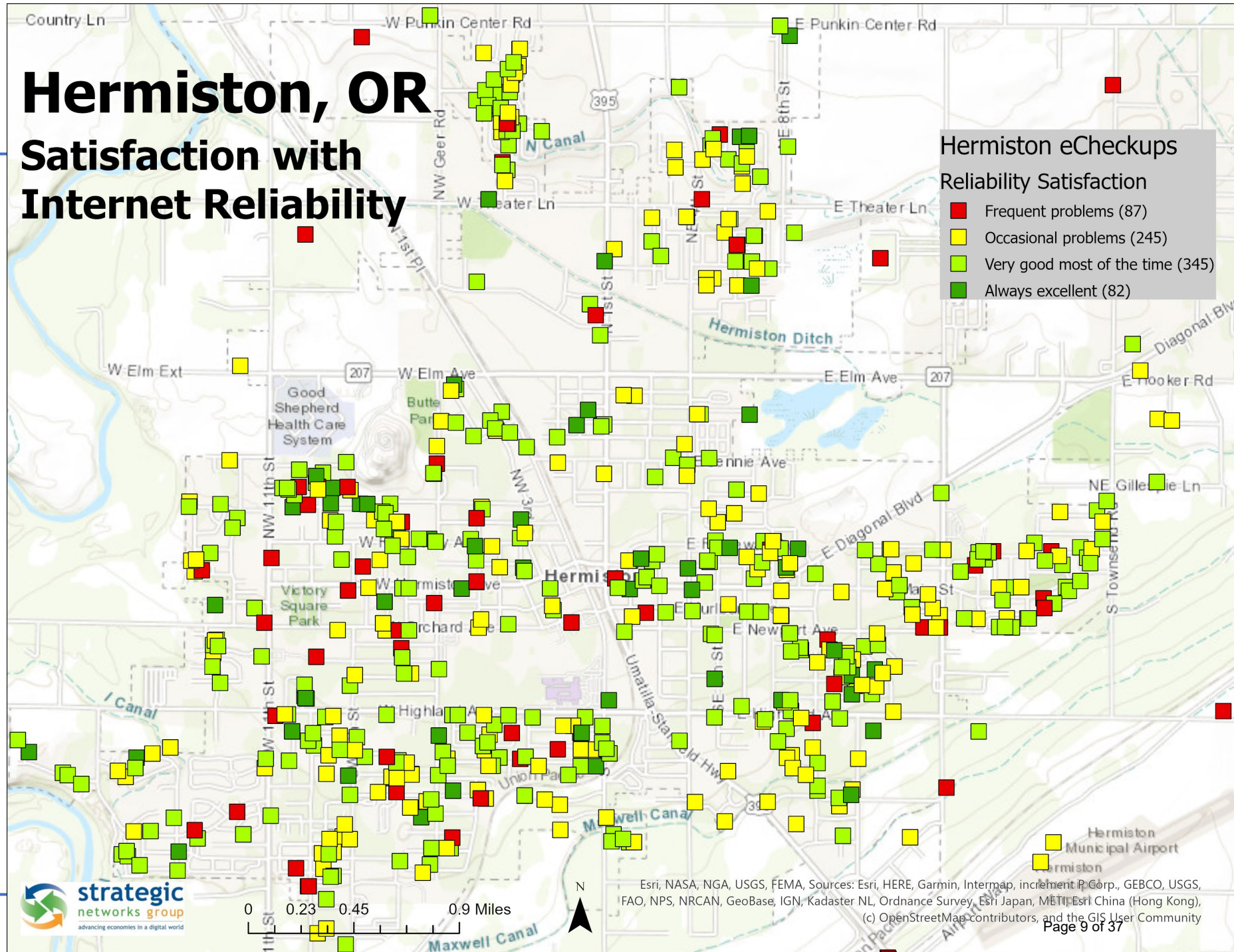


**Reliability is the most important factor for broadband service selection for both households and businesses**



# Hermiston, OR

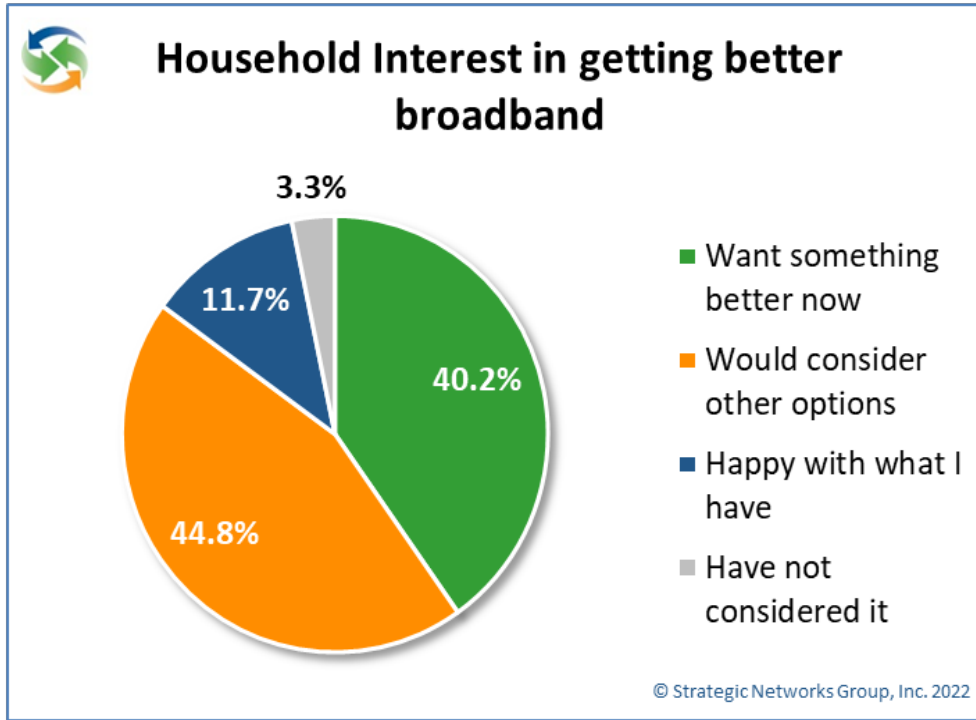
## Satisfaction with Internet Reliability



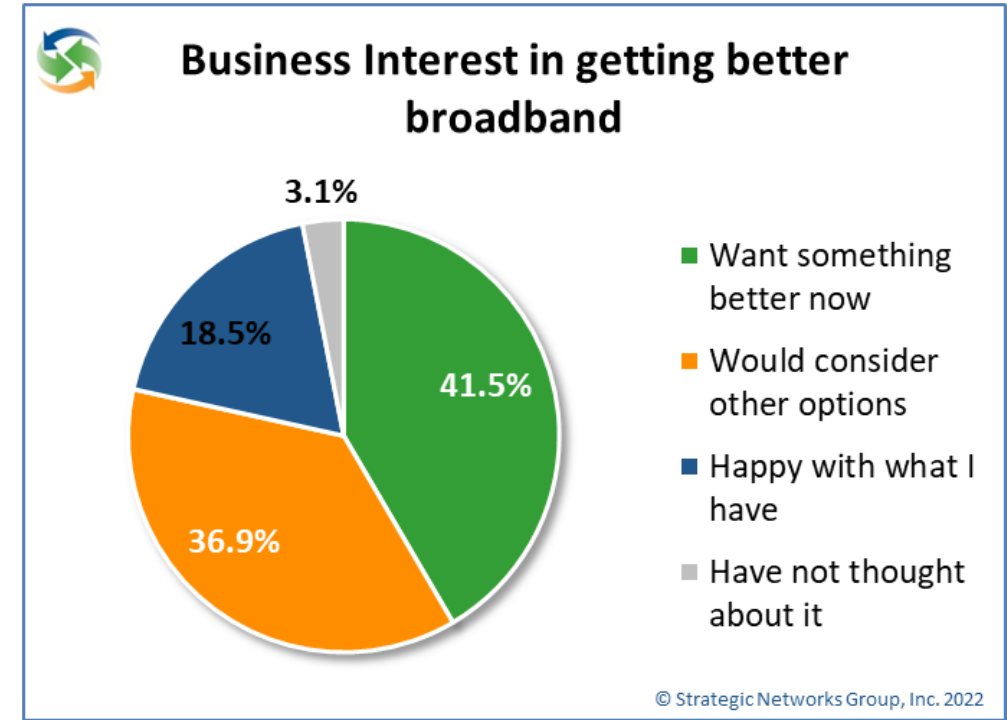
*Where Life is Sweet*

# Demand for Better Broadband

## Households



## Businesses

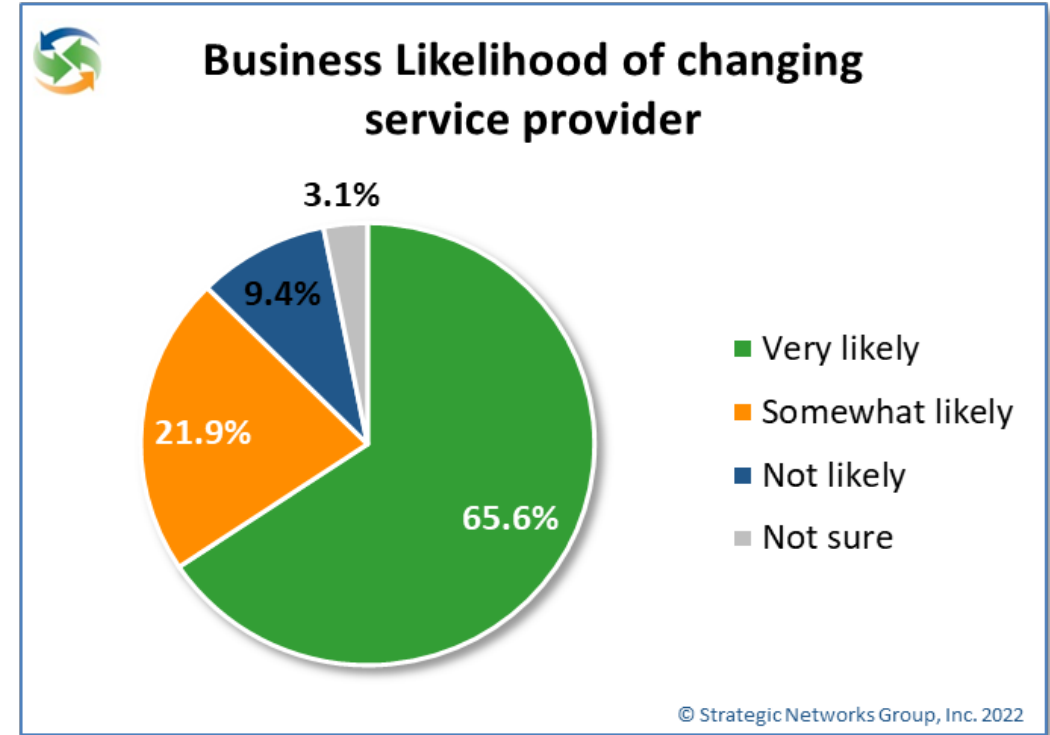
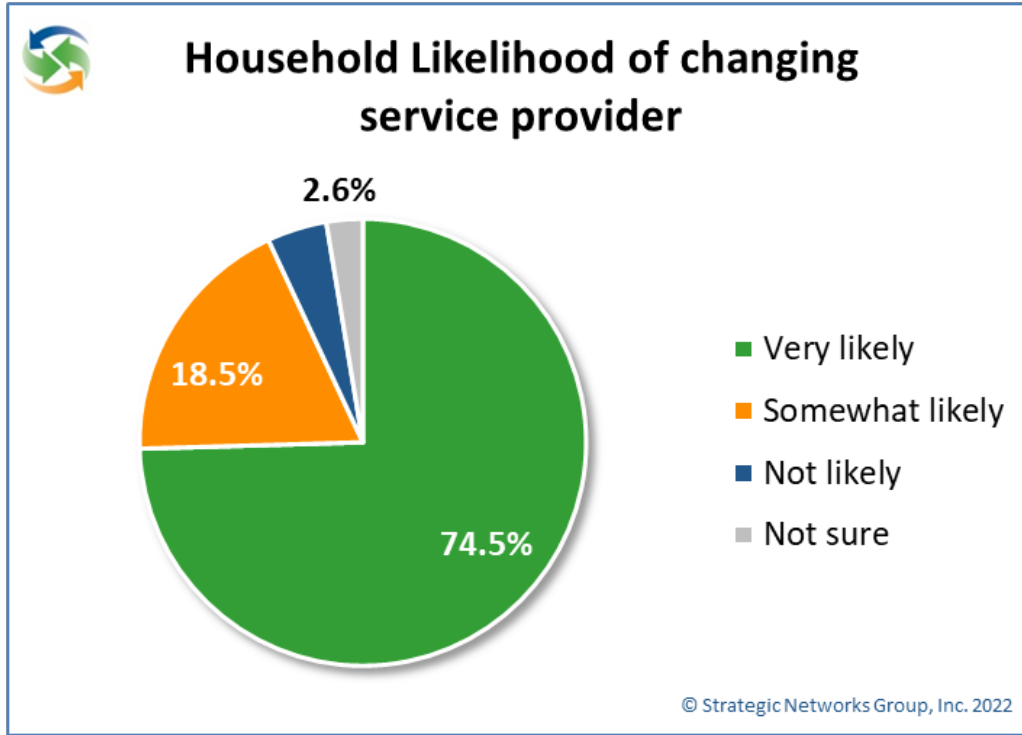


**A majority of households would consider other options for broadband, while most businesses want better broadband *immediately***

# Likelihood of Changing Service Provider

## Households

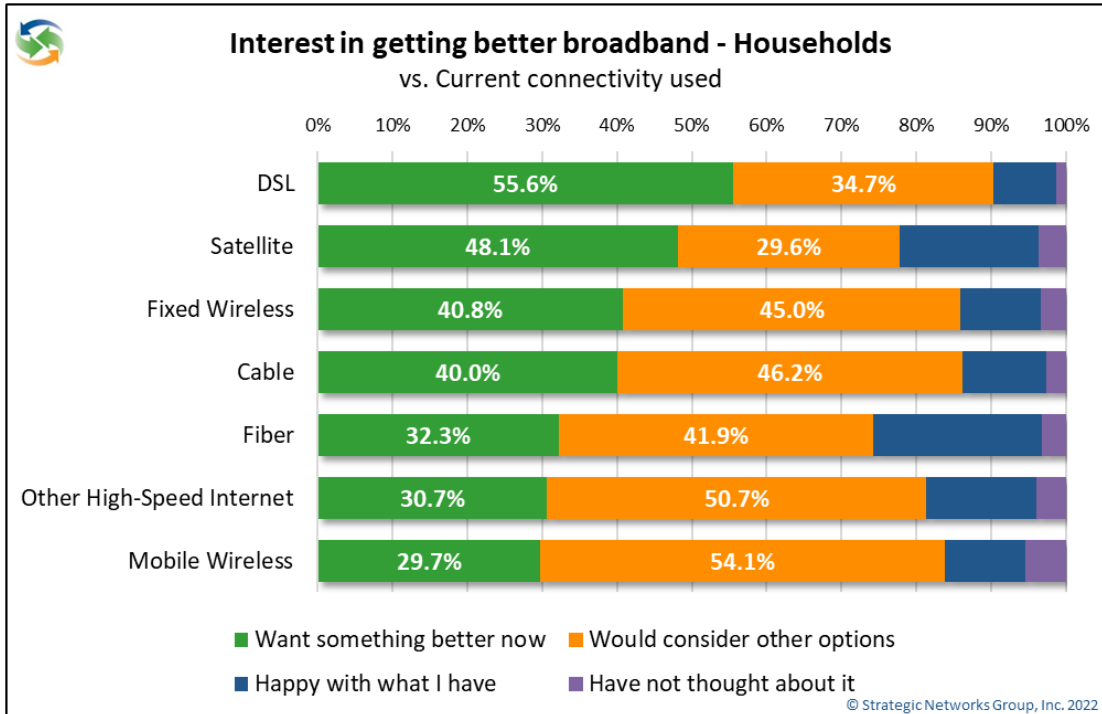
## Businesses



**Very high likelihood (willingness) for residents and businesses to change current service provider**

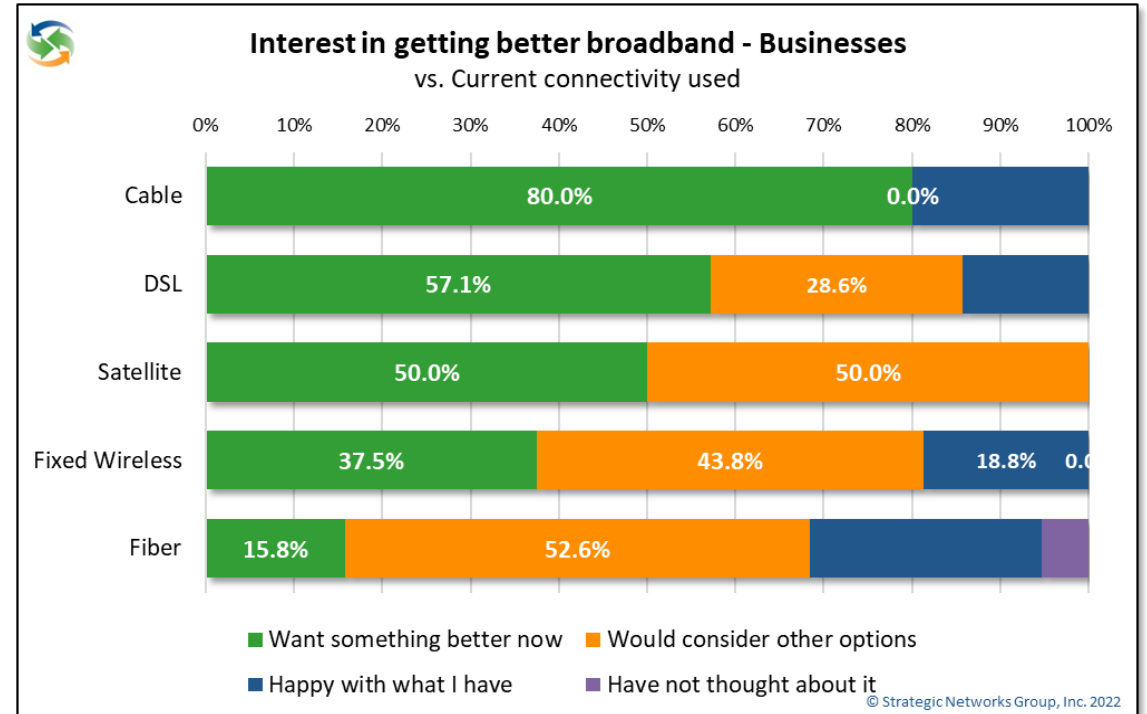
# Interest in Better than Current Connectivity

## Households



- Households with fiber broadband report the largest percentage of “Happy with what I have”
- DSL and Satellite households show most want something better now

## Businesses



- 80% of businesses using cable technologies want something better now
- Many DSL users also want something better

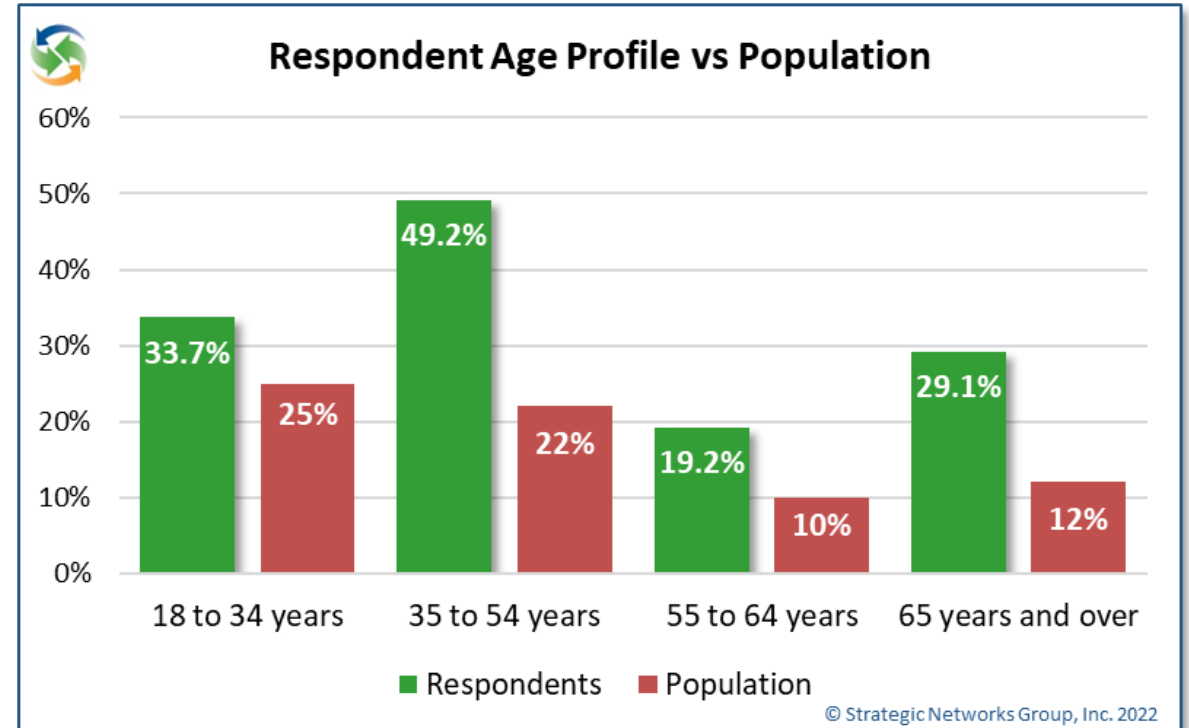
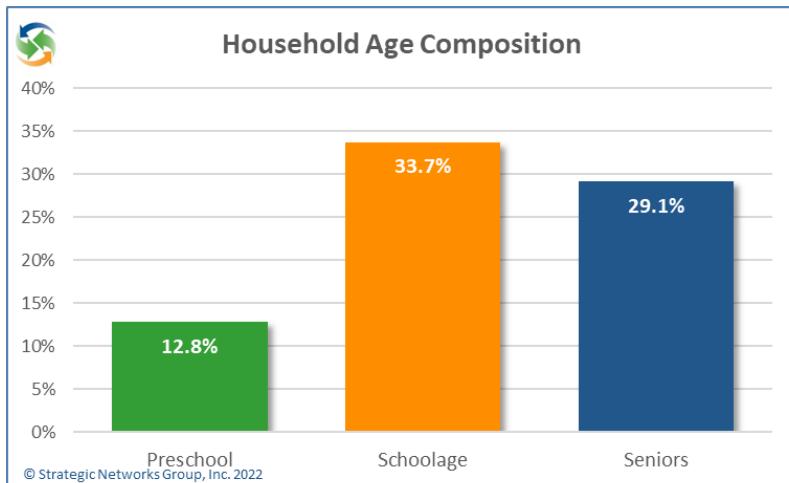
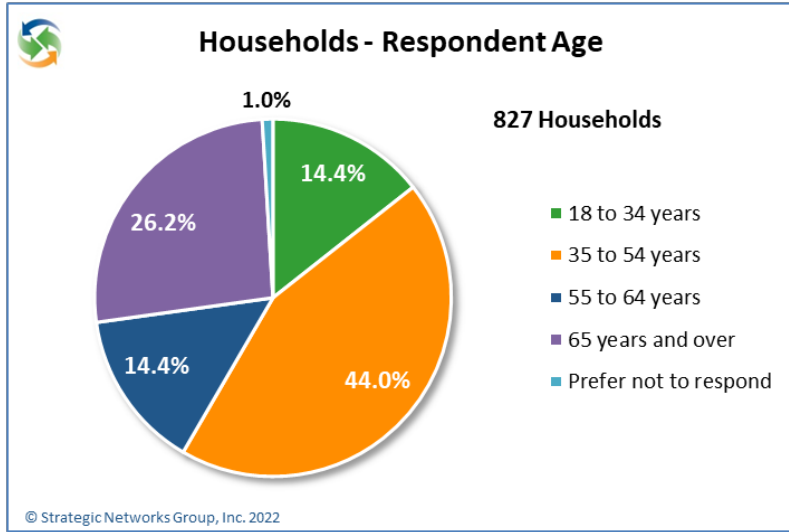


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# Hermiston Broadband Data Collection Findings

## Household Results

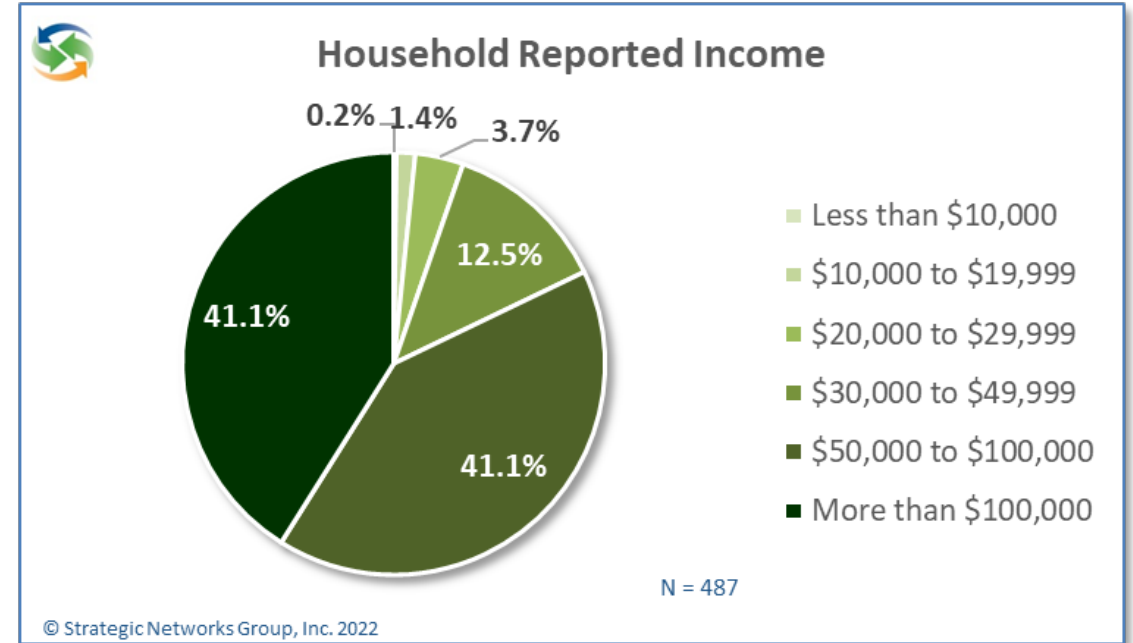
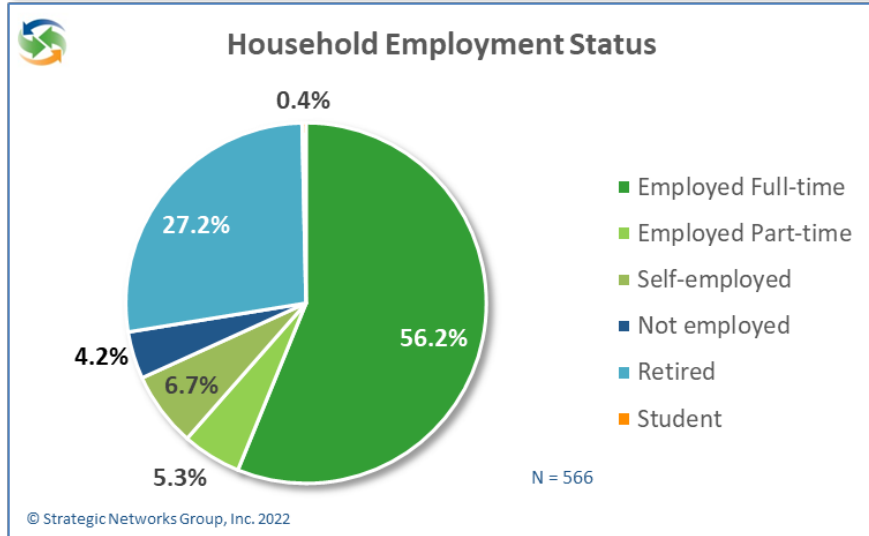
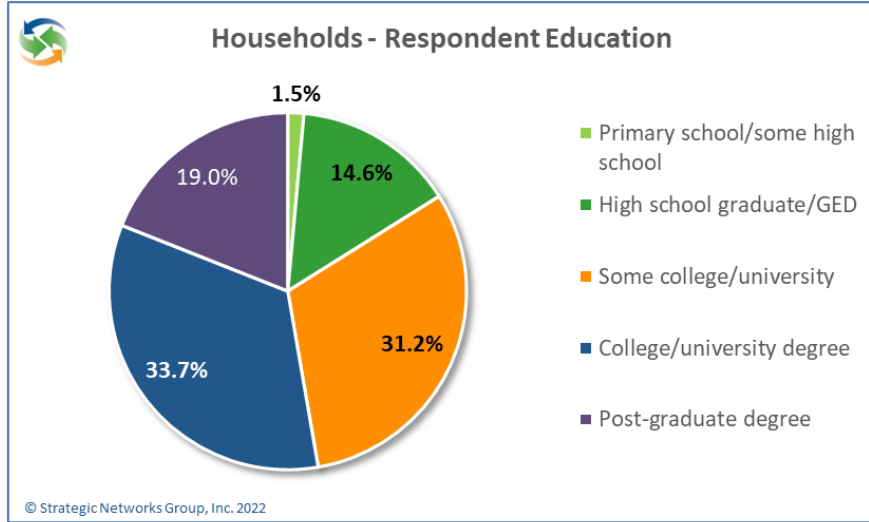
# Household Respondent Age



- Respondent profile slightly older than overall population
- Almost one in four households have school age children

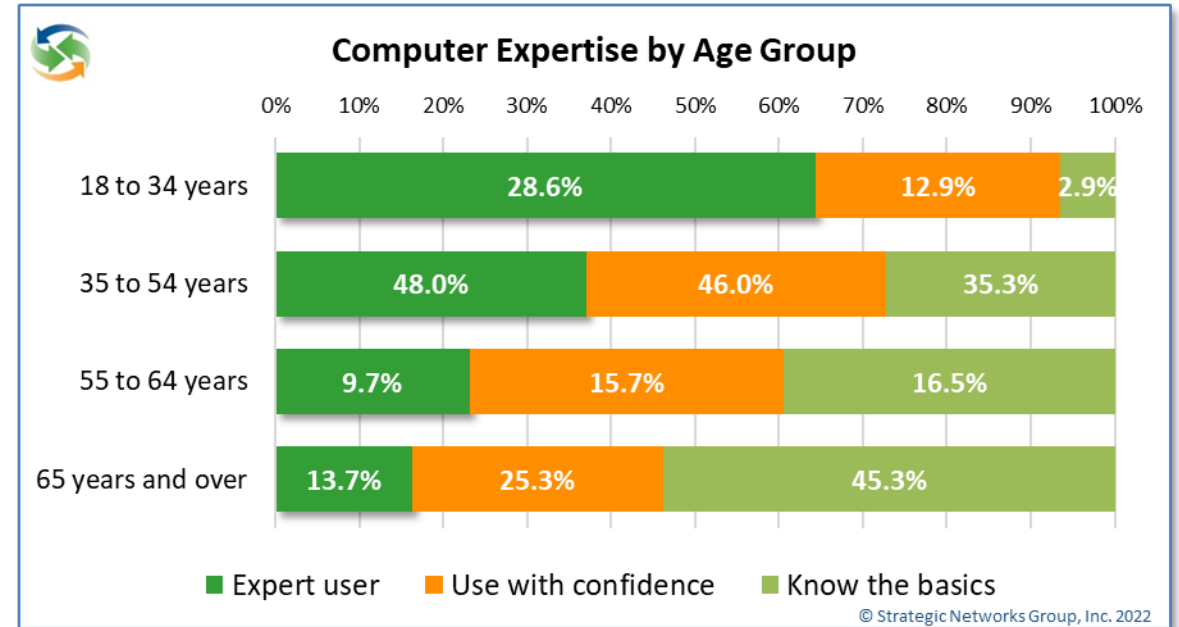
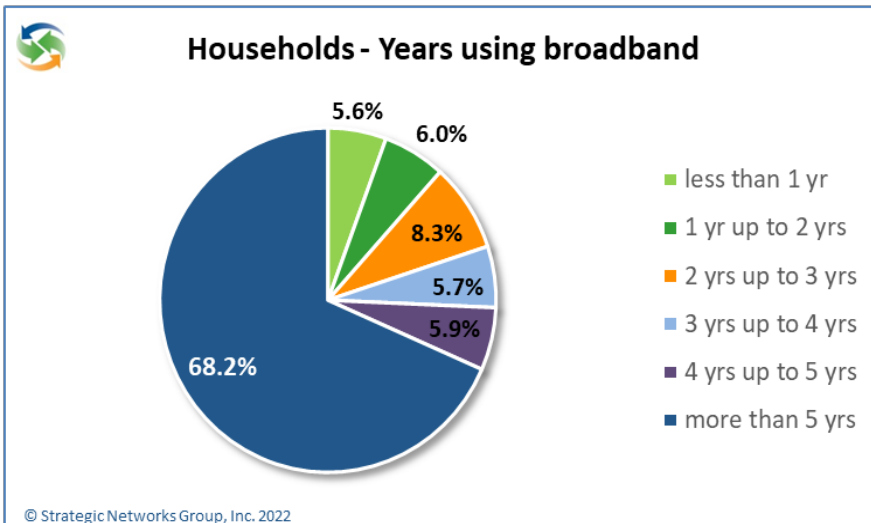
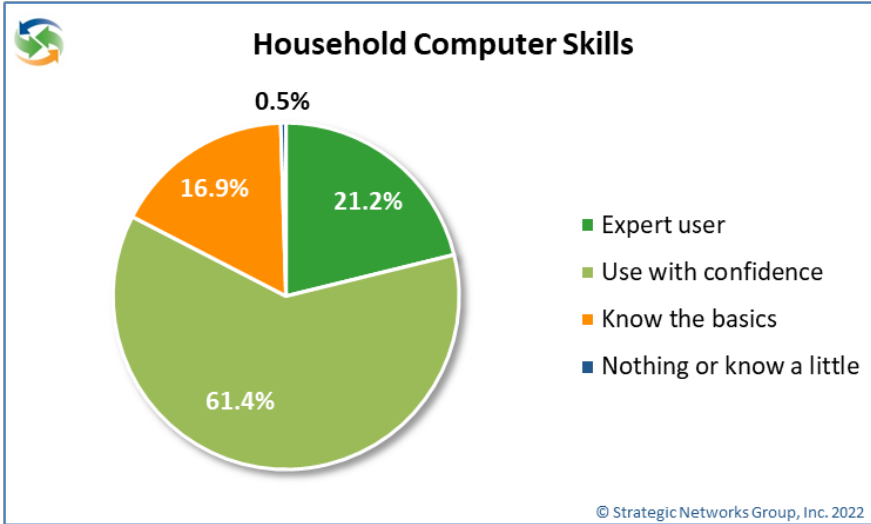
Population Data from Data USA, sourced from Census ACS 2020 – Age (<https://datausa.io/profile/geo/hermiston-or/>)

# Household Income, Education, and Employment



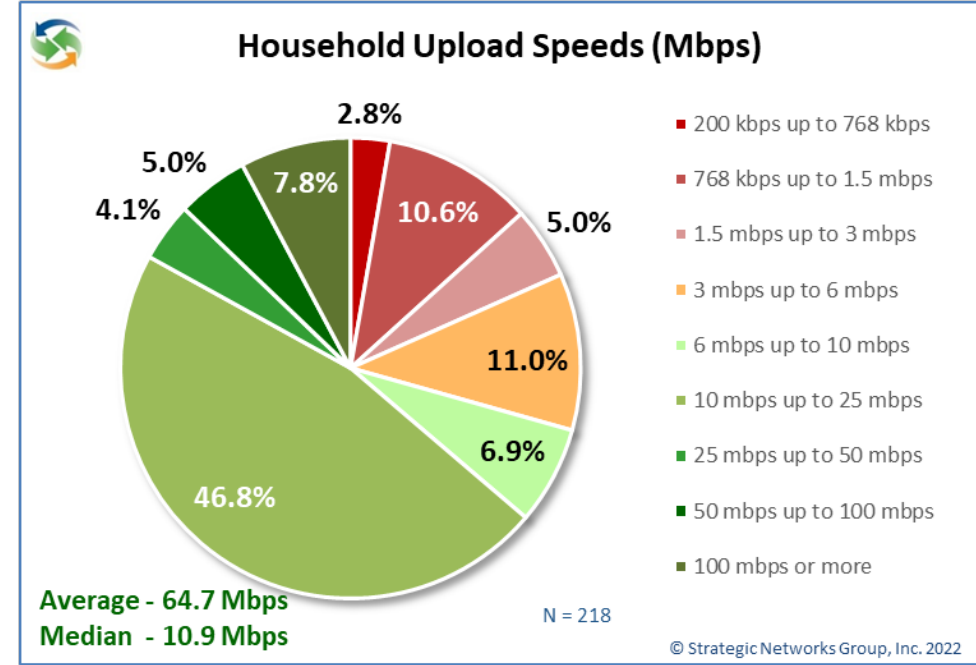
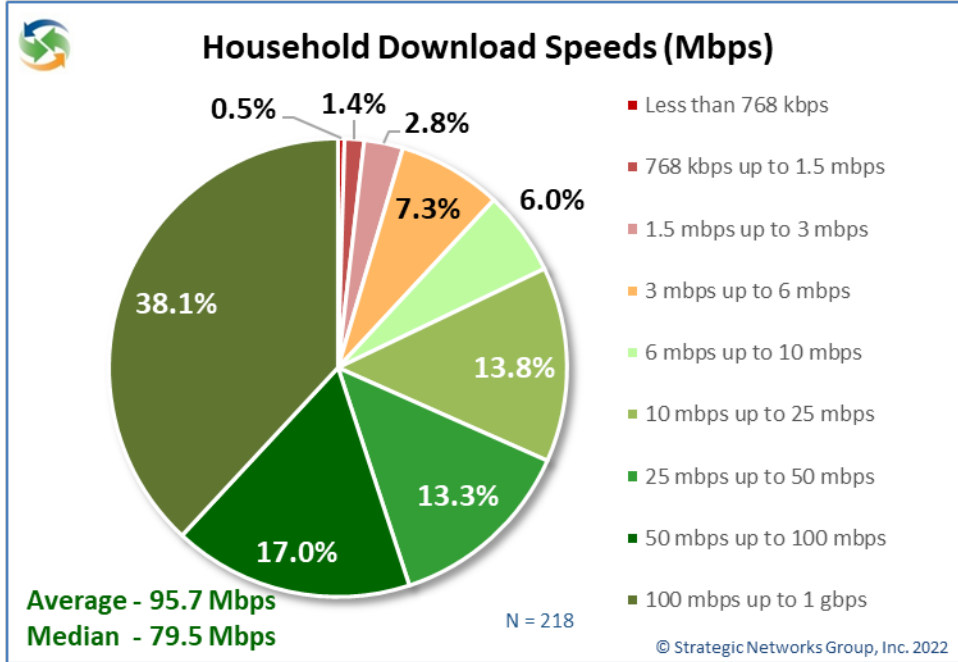
- **82% of households report earning more than \$50K annually**
- **52.7% have a college/university degree**
- **68% are employed**

# Internet and Computer Experience



- Generally high level of computer skill across younger age groups
- More than 88% have been using broadband internet for at least 2 years

# Measured Speeds – Households



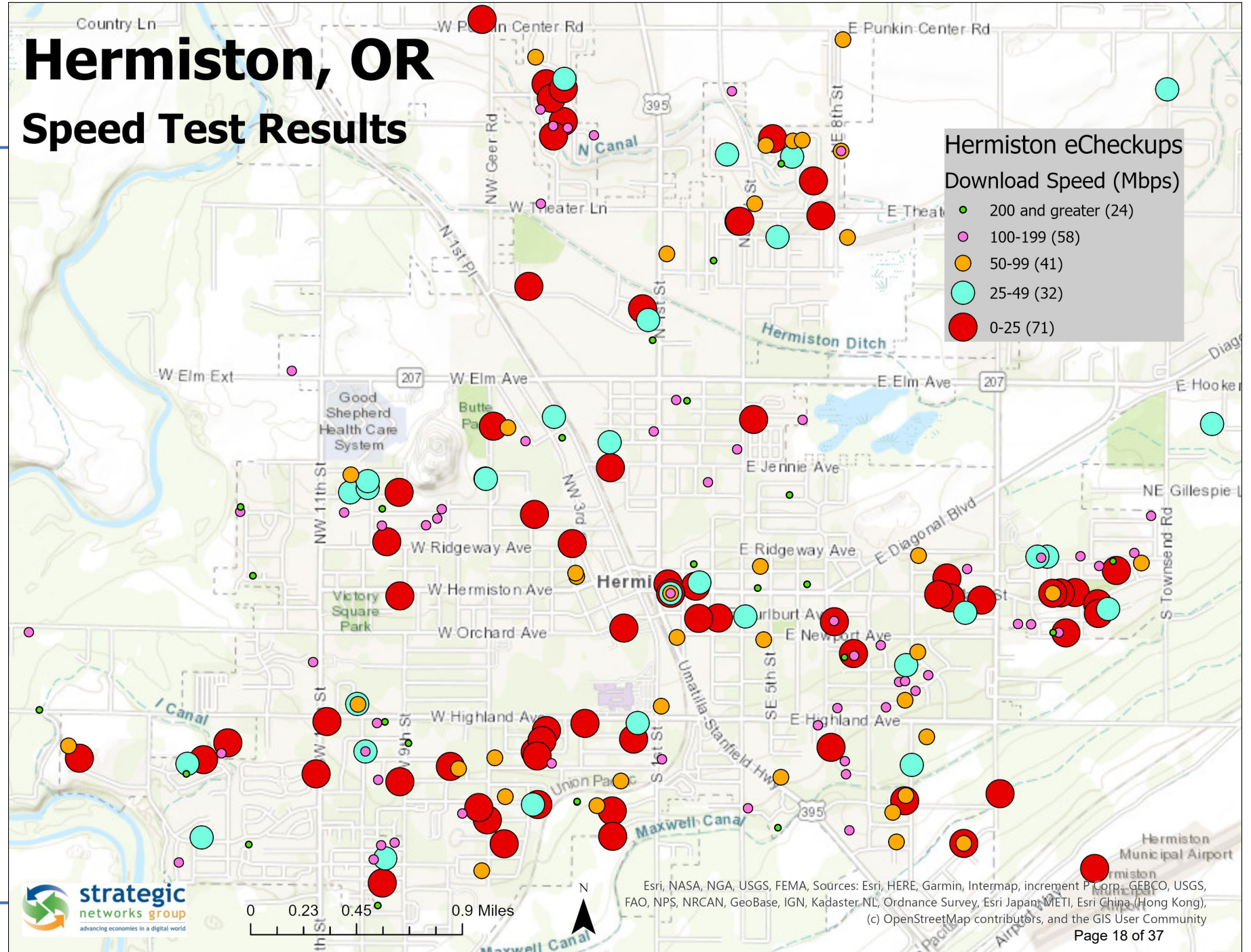
- 55% of households have more than 50 Mbps download speed – this is good
- 31.8% have less than 25 Mbps download speed – not good
- Average speeds 95.7 Mbps down and 64.7 Mbps up – this is good overall, but there are a significant % of underserved

**Almost one third of households do not meet FCC 25/3 Mbps standards**



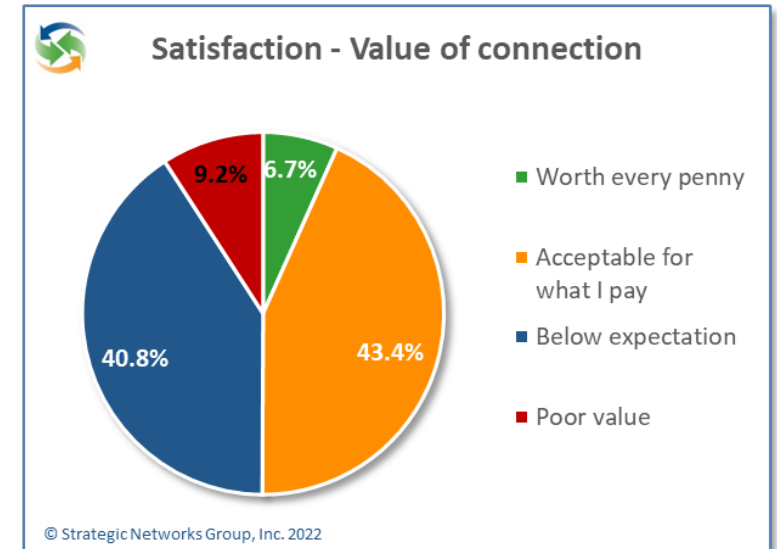
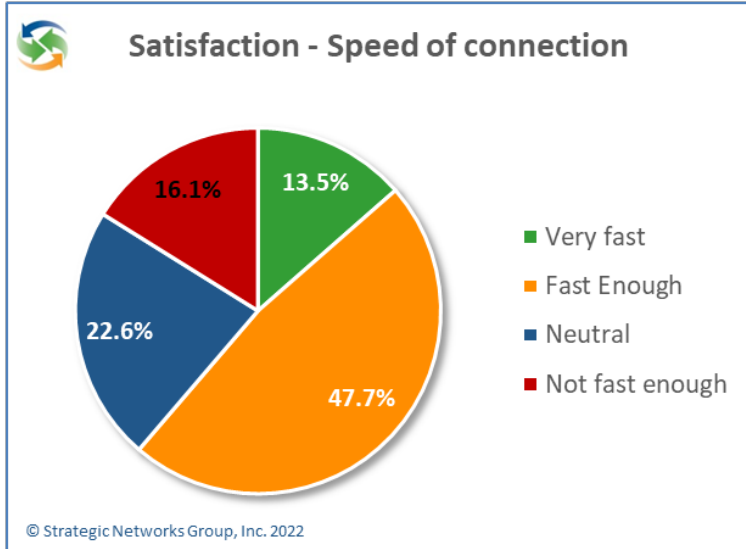
# Hermiston, OR

## Speed Test Results



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# Satisfaction with Connectivity – Households



**Households are least satisfied with the value of their internet connection.**

**Reliability is an issue as over 40% of residents report occasional or frequent problems with internet.**

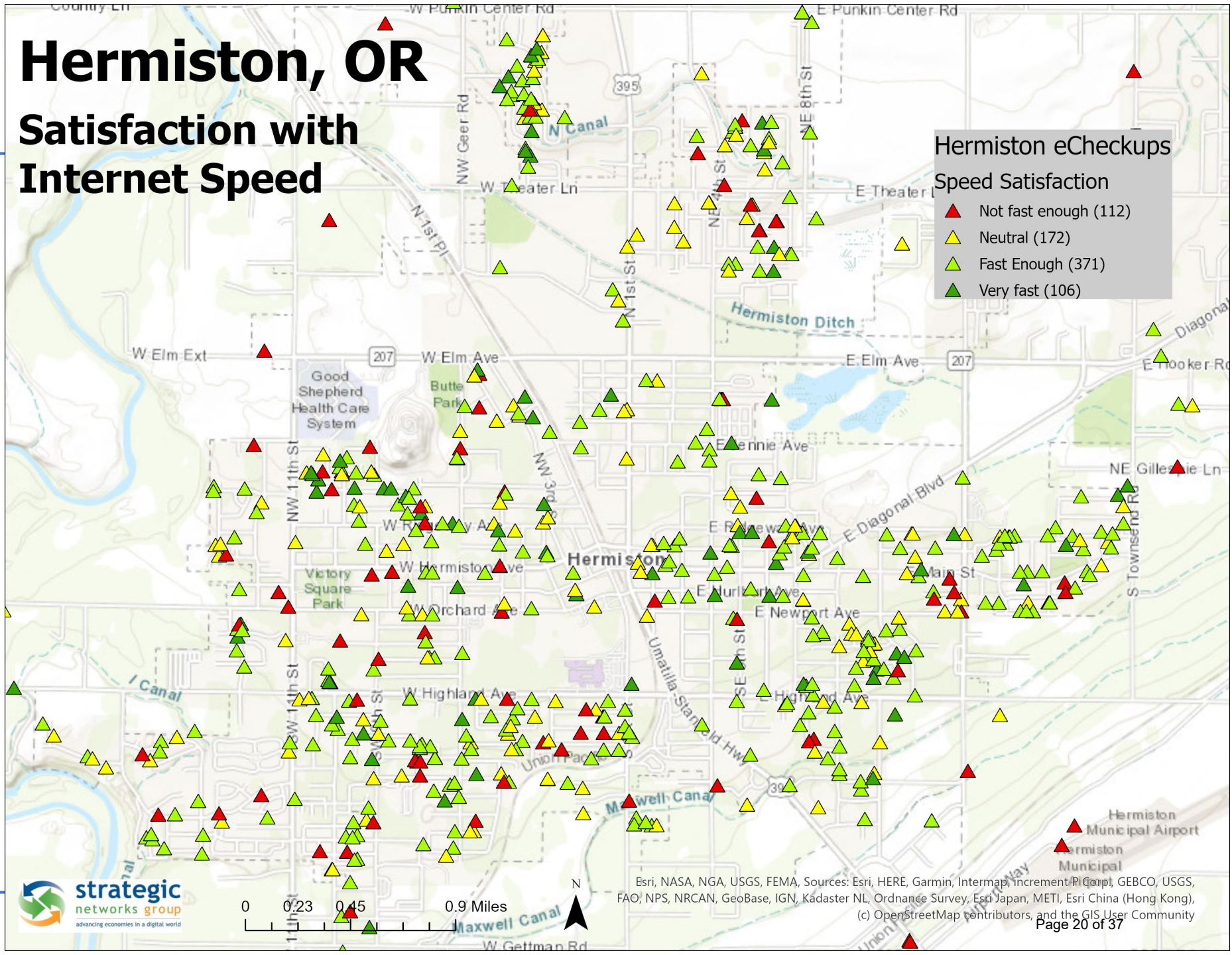


# Hermiston, OR

## Satisfaction with Internet Speed

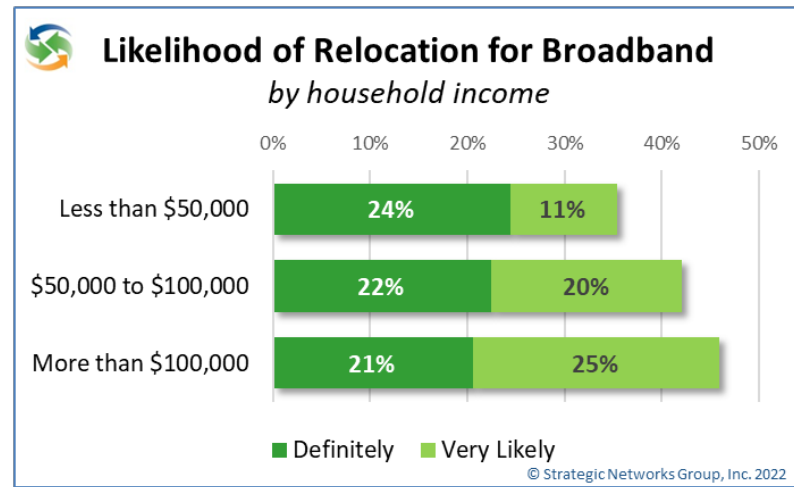
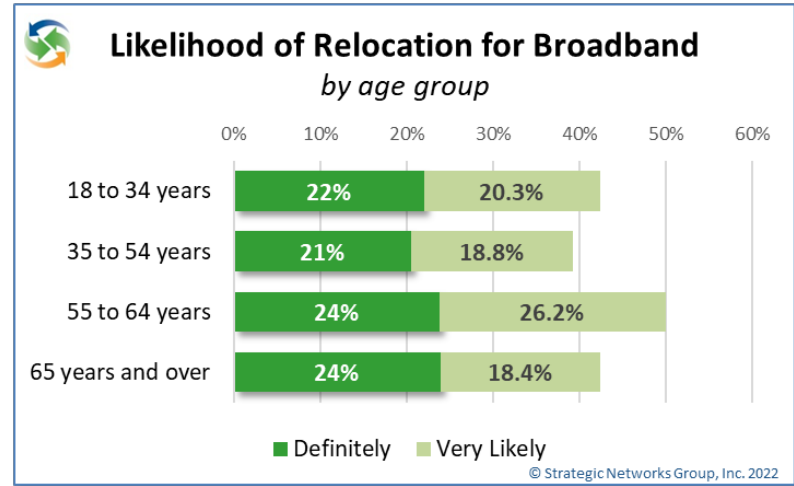
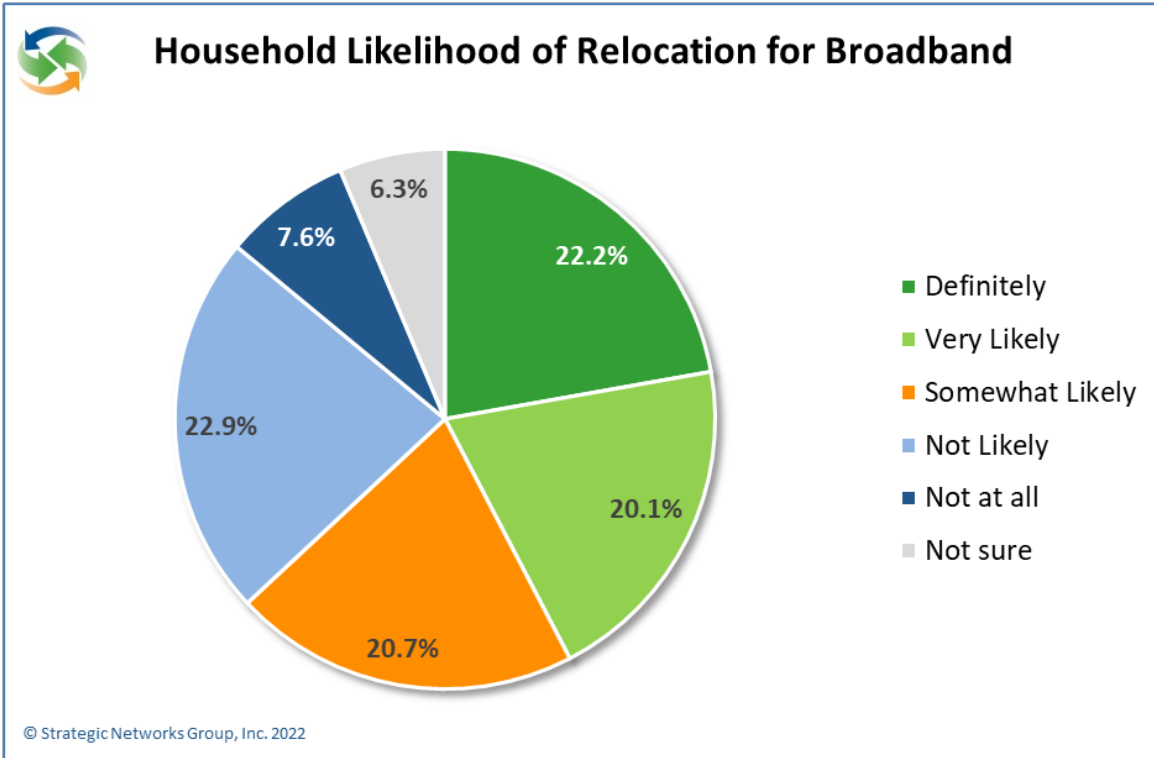


*Where Life is Sweet*





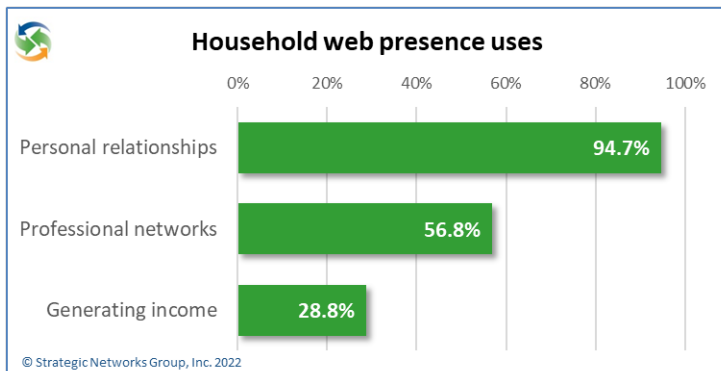
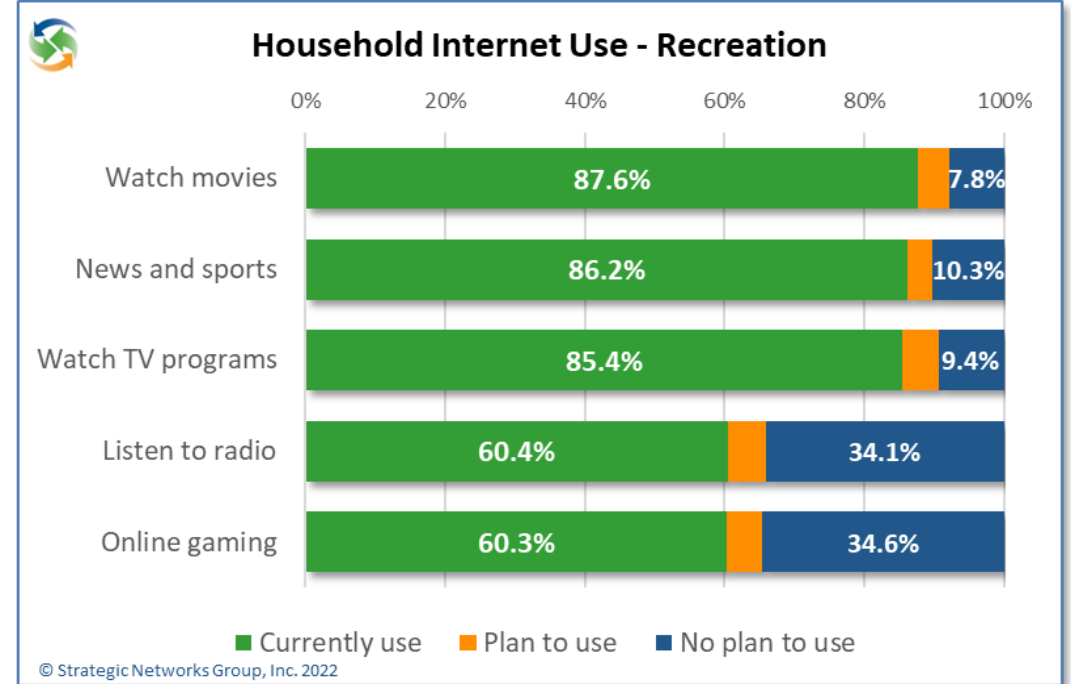
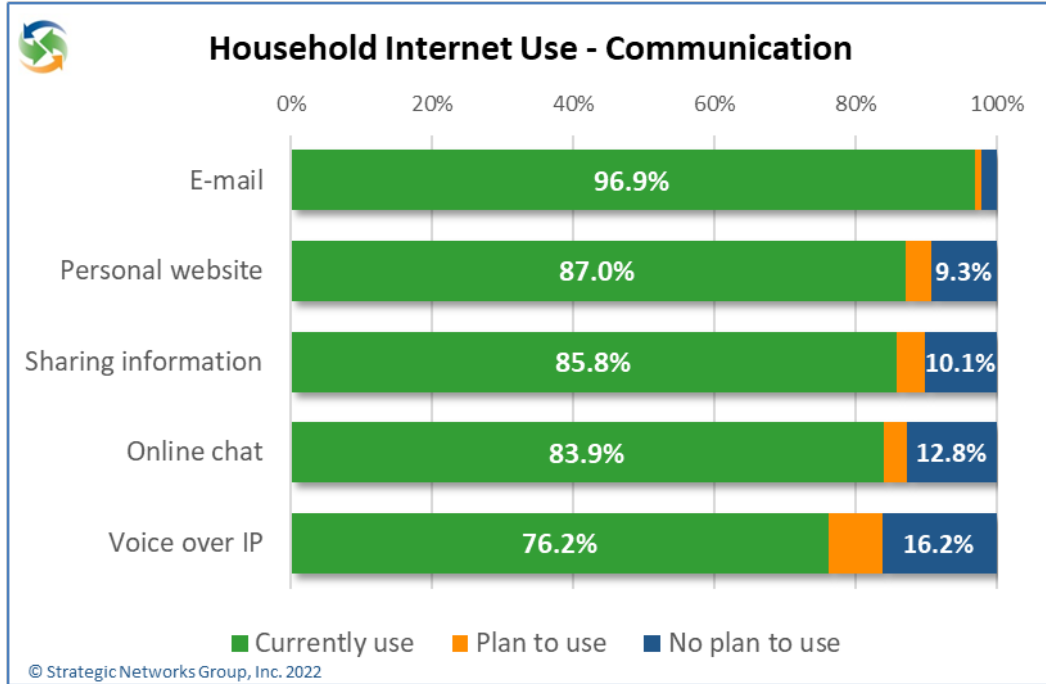
# Broadband Impact on Living Location



Despite overall happiness in the community, over *one third* of residents would consider relocating for broadband

- High income earners are slightly more likely to relocate

# Household Utilization – Communication and Recreation

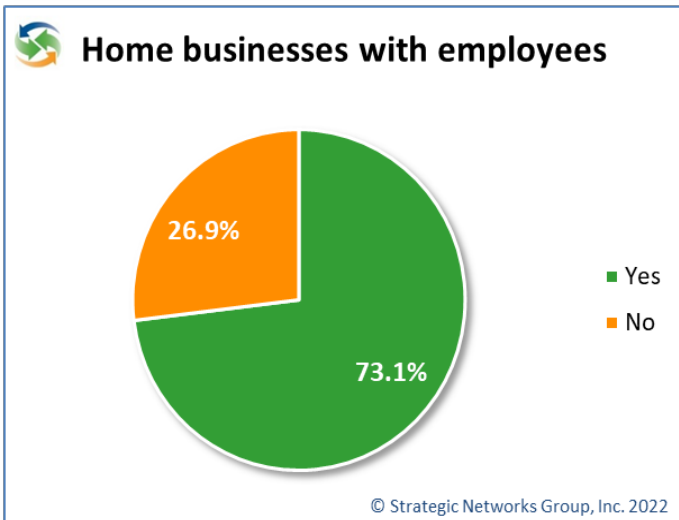
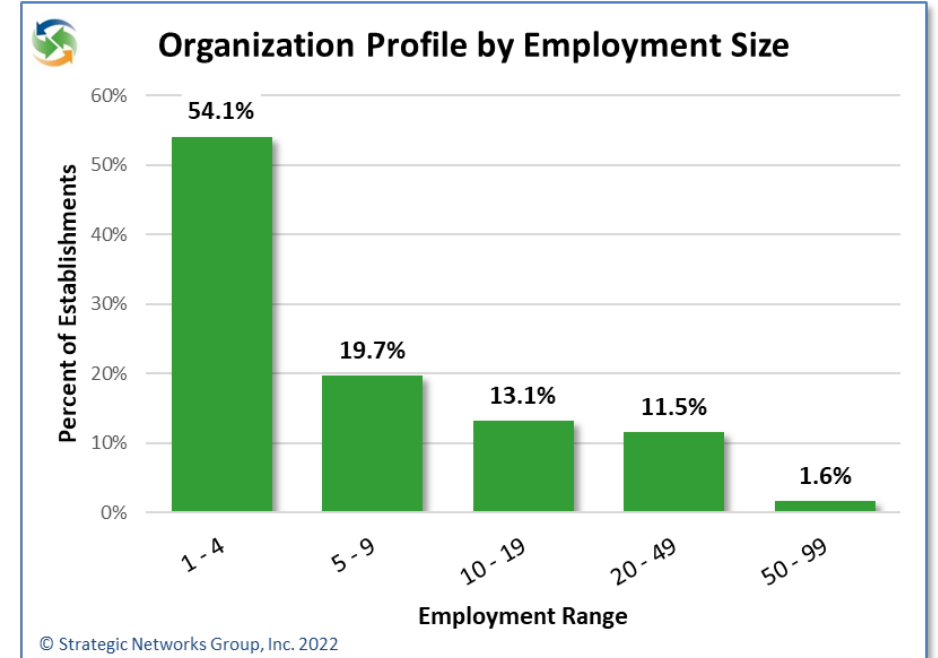
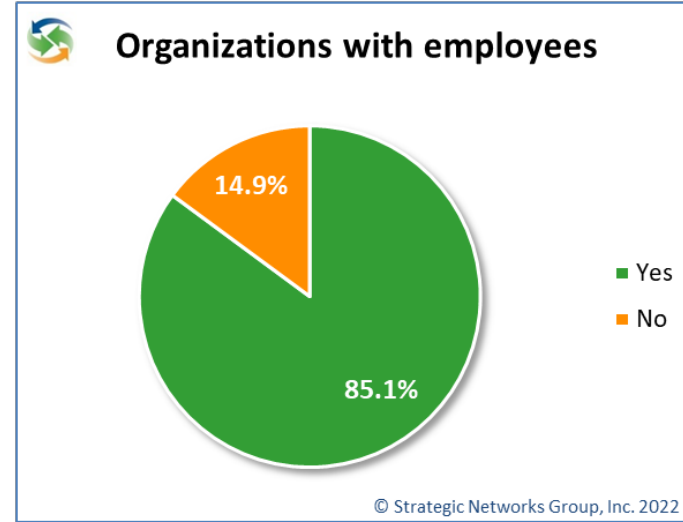
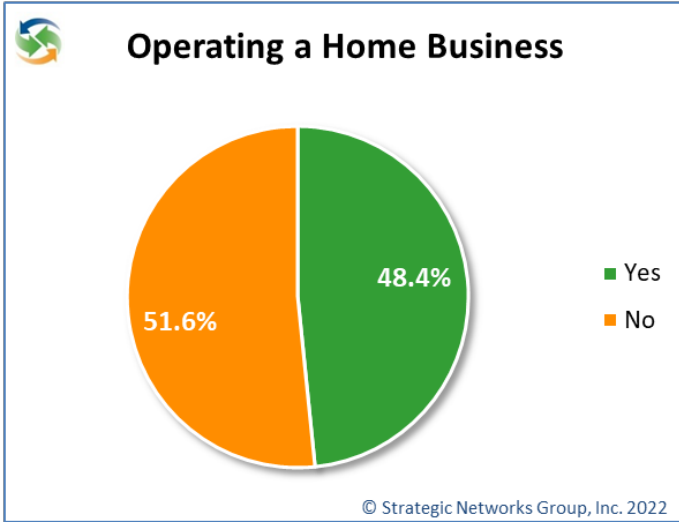


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# Hermiston Broadband Data Collection Findings

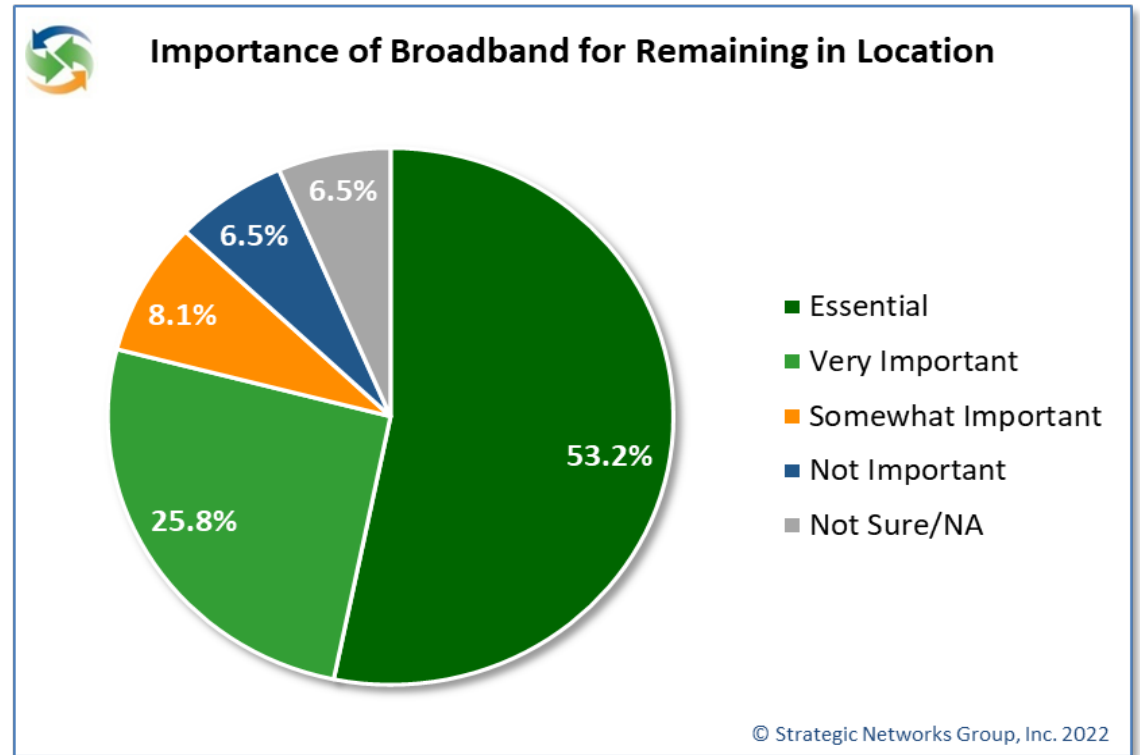
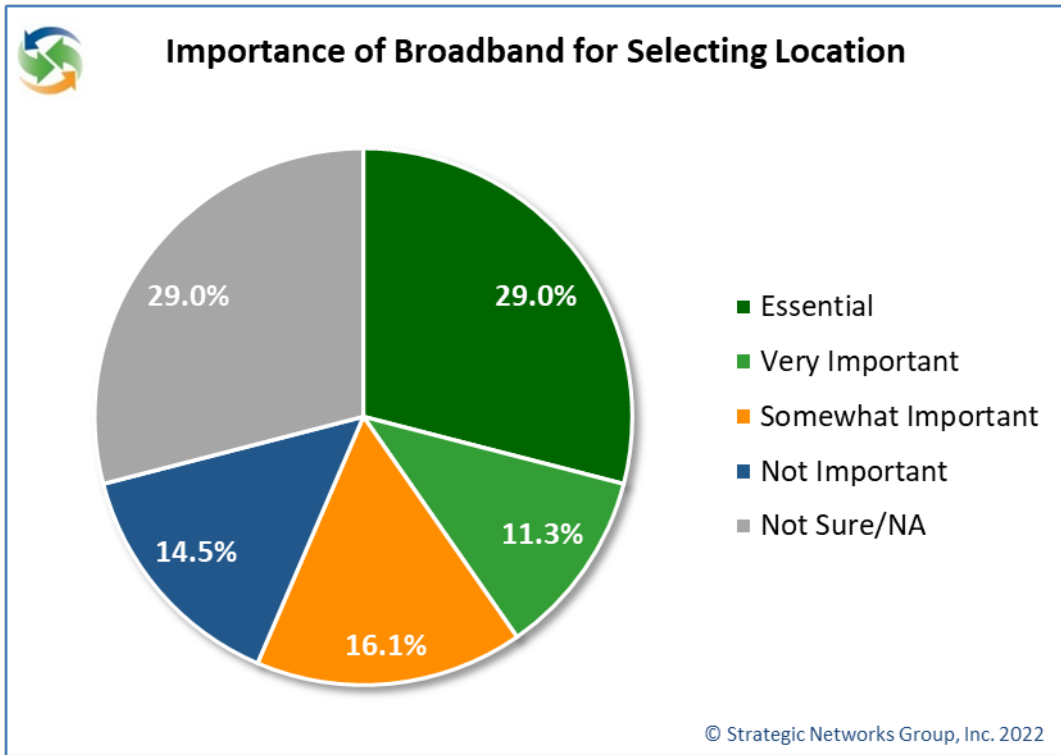
## Business Results

# Business Profile



- **54% of organizations have fewer than 5 employees**
  - 14% of organizations do not have employees (sole-proprietorship)
- **48% of respondents operate a home business**
  - 73% of those home businesses have employees

# Importance of Broadband for Business Location

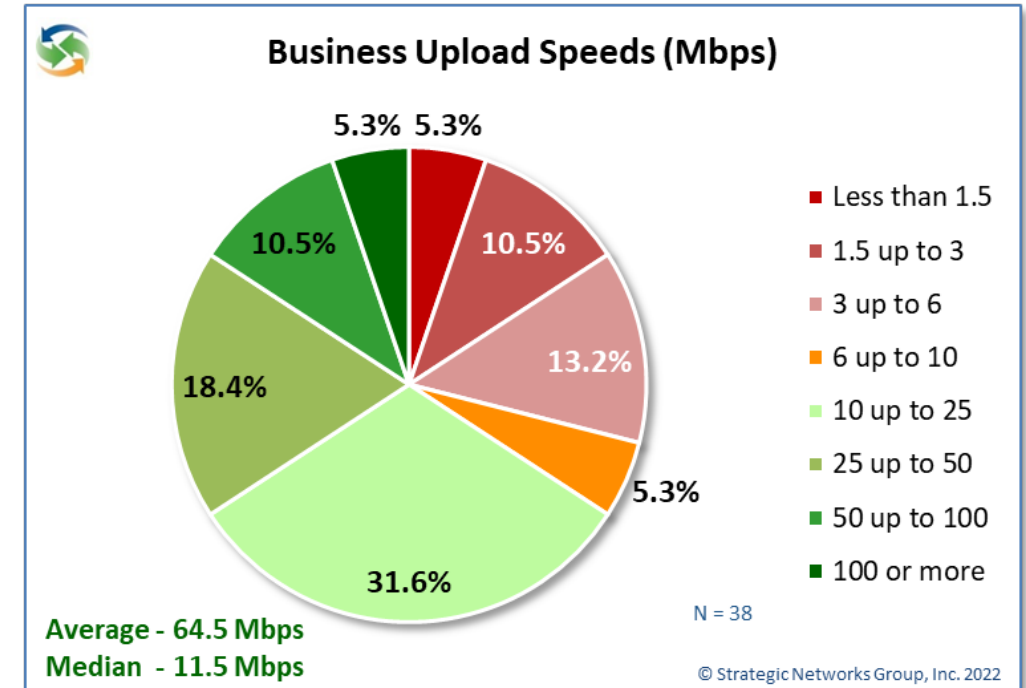
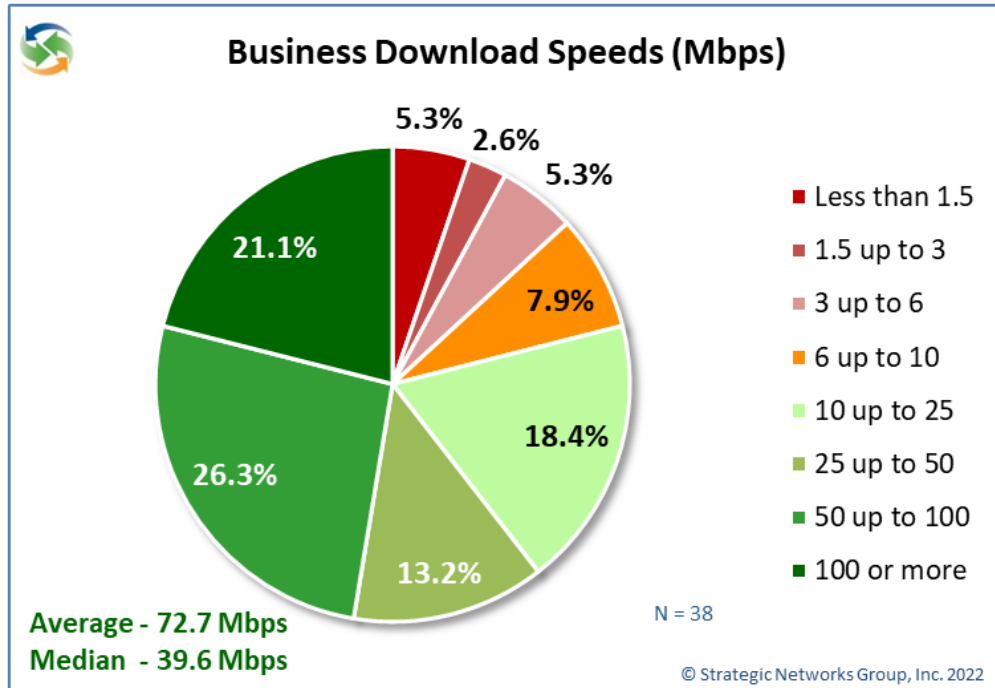


- Over one-third of businesses consider broadband a very important/essential factor in selecting business location

- More than *two-thirds* of businesses consider broadband very important/essential to remaining in their business location

**Risk of business relocation out of Hermiston without better broadband**

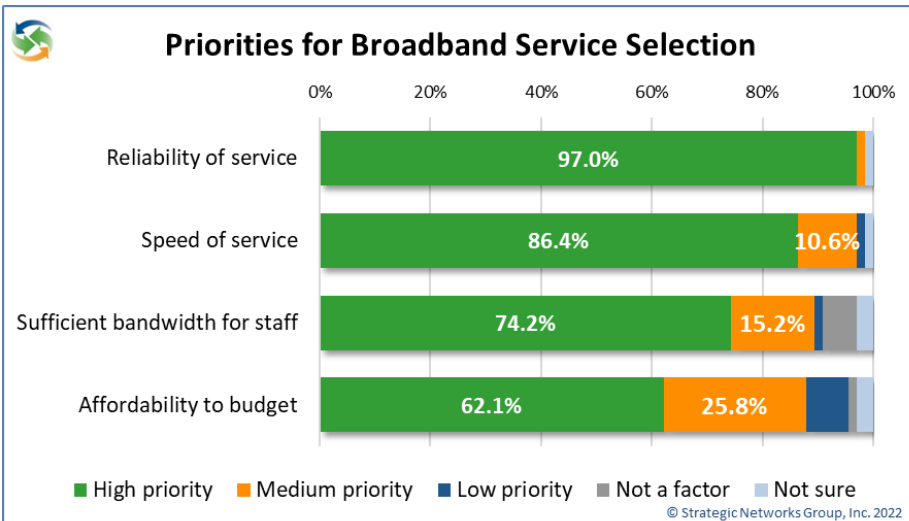
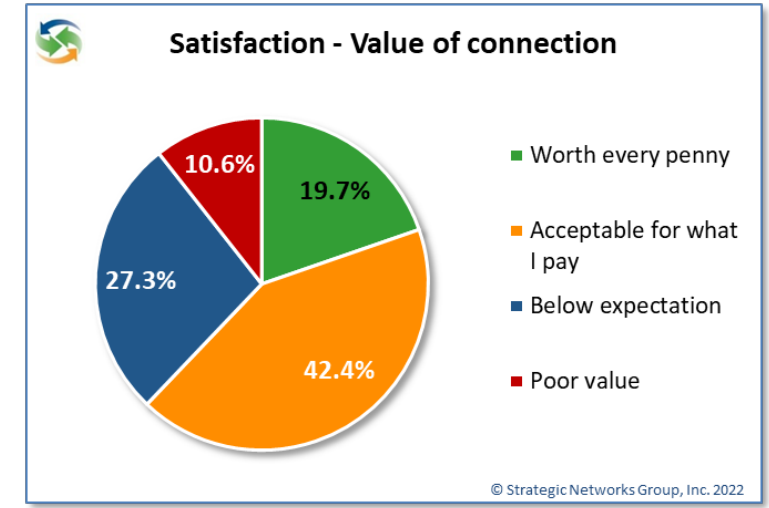
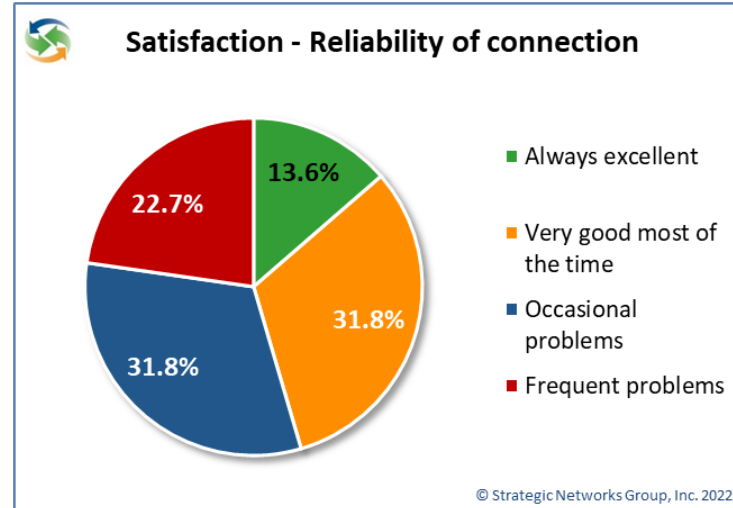
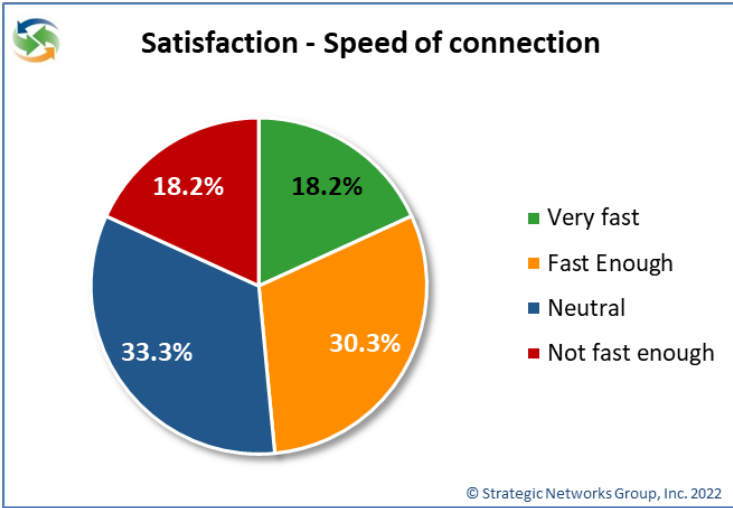
# Measured Speeds – Businesses



- 47% of businesses have more than 50 Mbps download speed – this is good
- 39.5% of businesses have less than 25 Mbps download speed – not good
- Average speeds 72.7 Mbps down and 64.5 Mbps up – this is good overall, but there are a significant % of underserved

**Over one third of businesses do not meet FCC 25/3 Mbps standards**

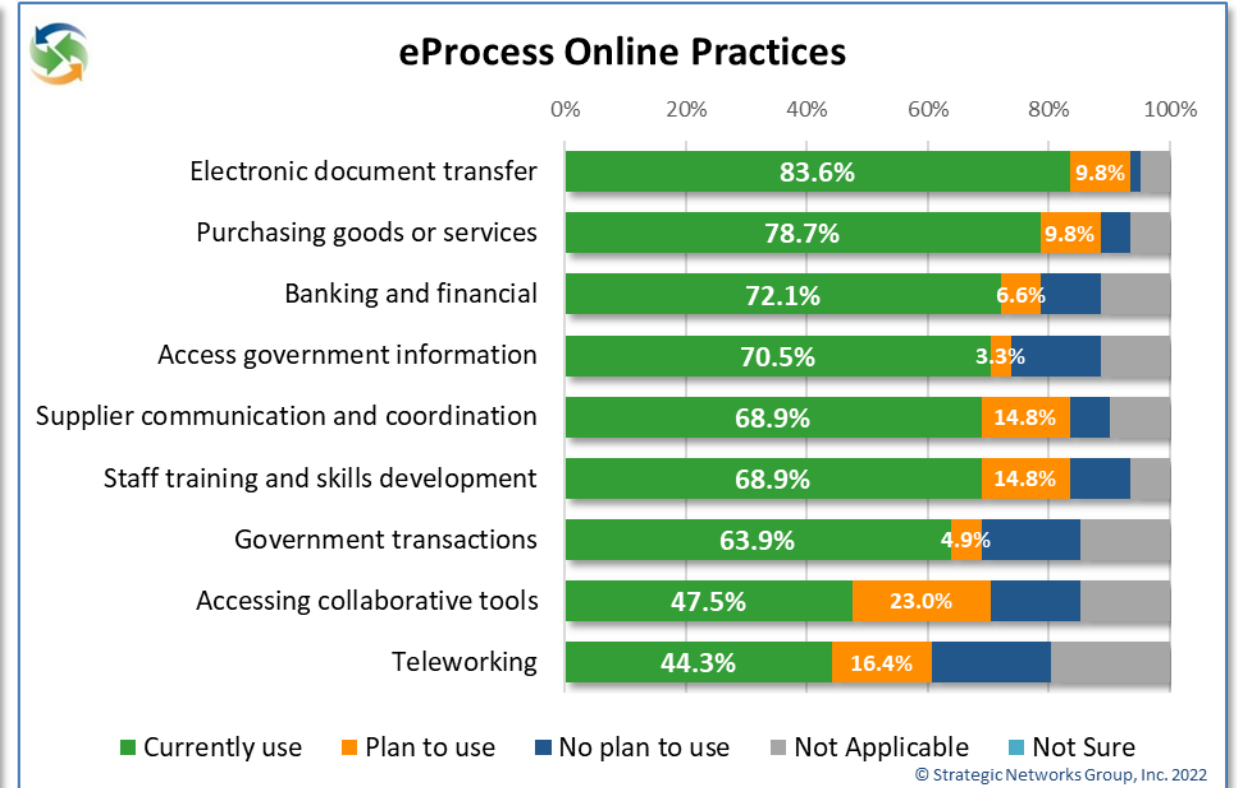
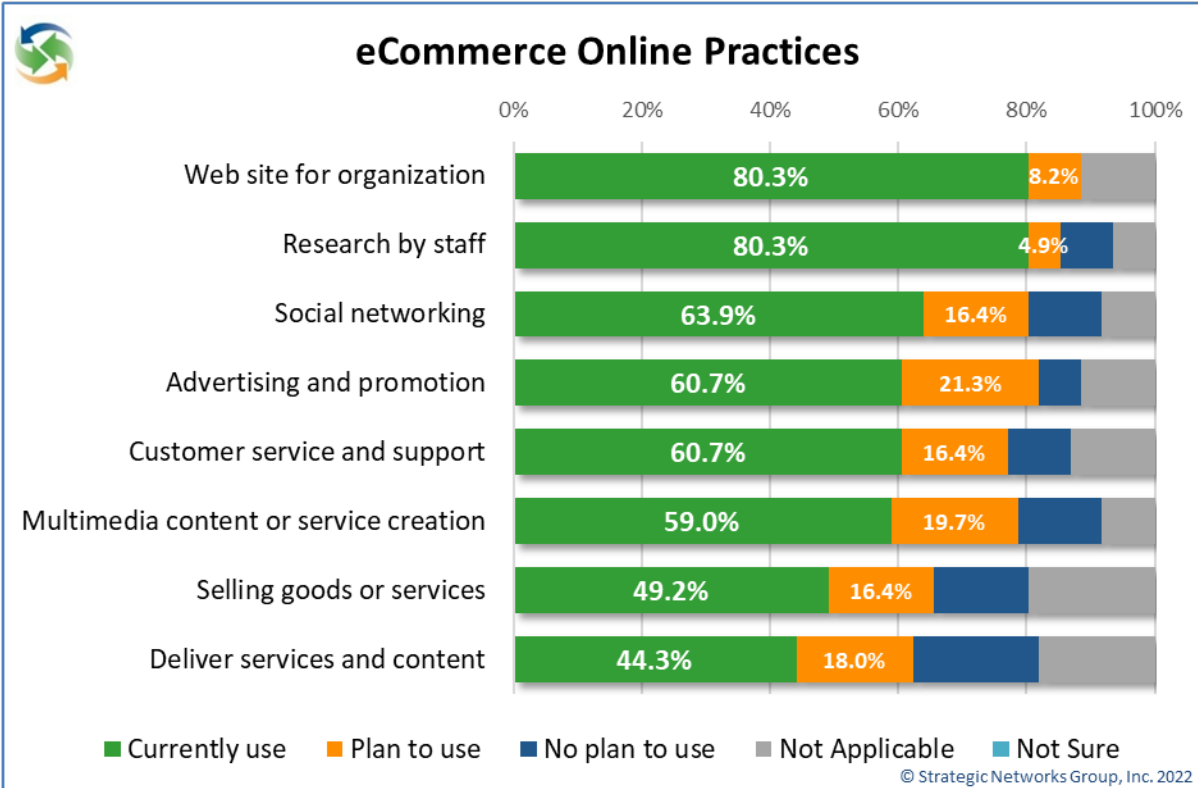
# Business Satisfaction with Connectivity



- Reliability is the highest priority for service selection for most businesses
- 22% of businesses have frequent reliability problems with their connections
- 18% of businesses say their connection is not fast enough

**Most businesses are less than satisfied with their connectivity**

# Online Business Practices



- **Over 20% of Hermiston businesses plan to use the internet for advertising and promotion**
- **80% of businesses report currently having a web site for their organization**

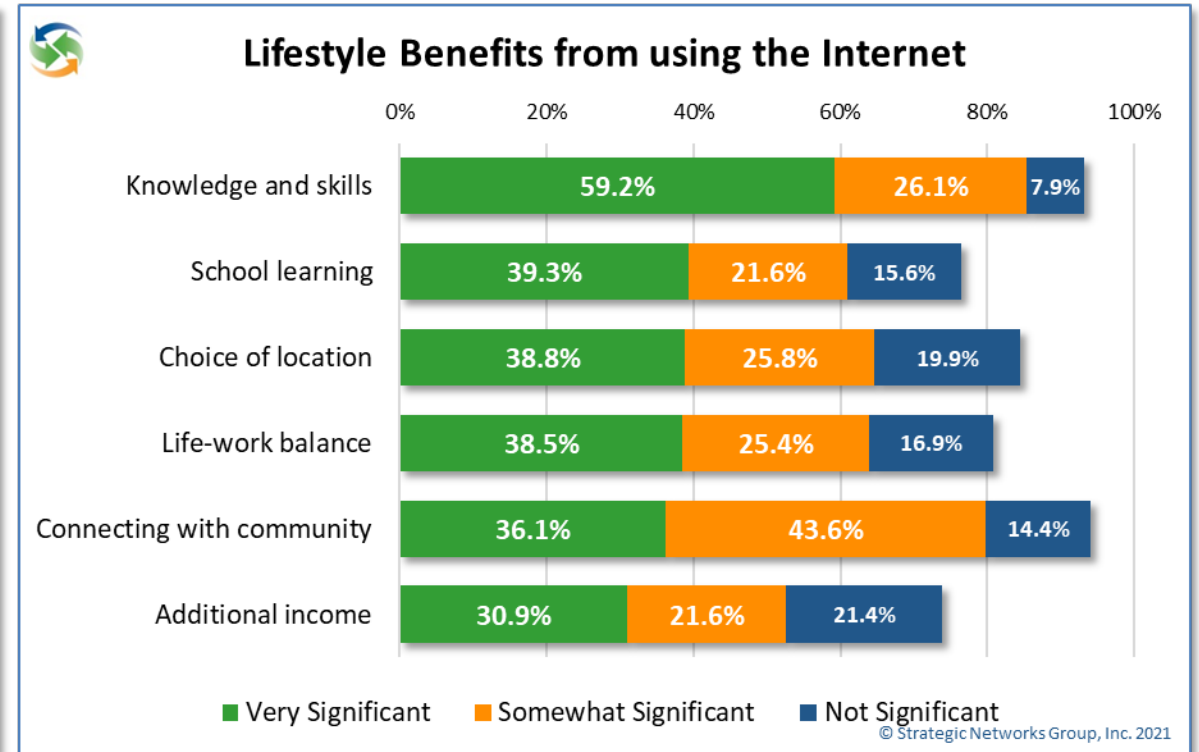
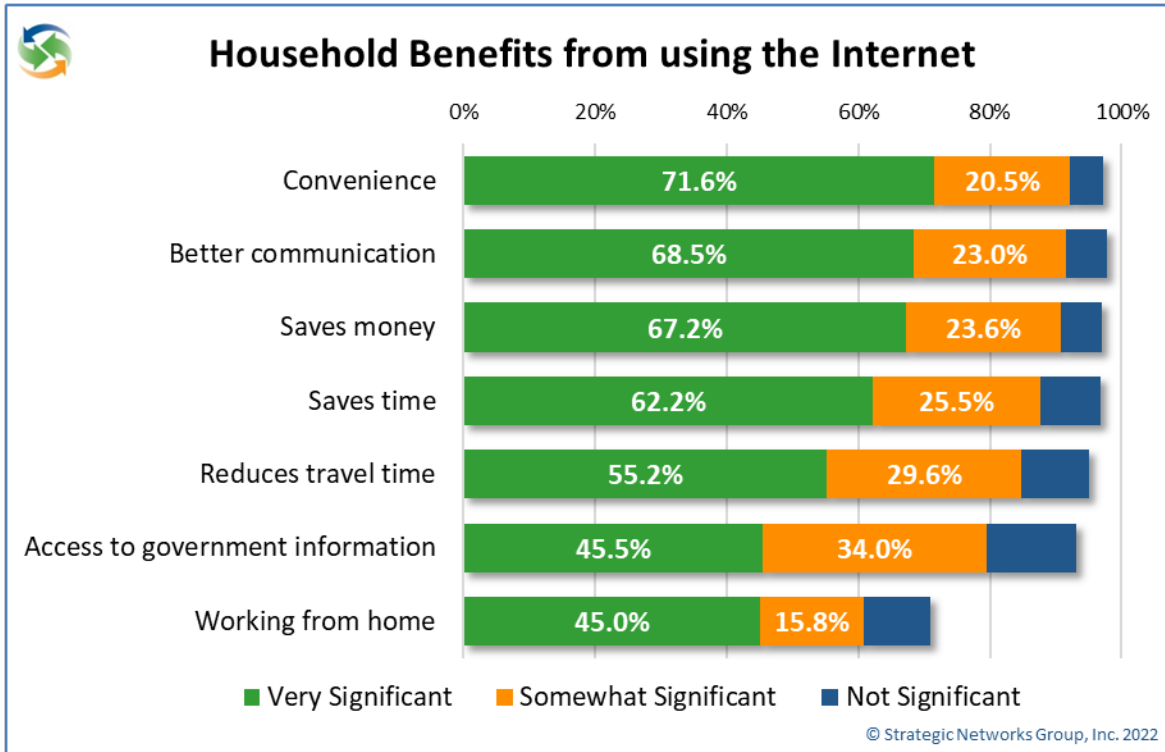


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# Hermiston Broadband Additional Findings

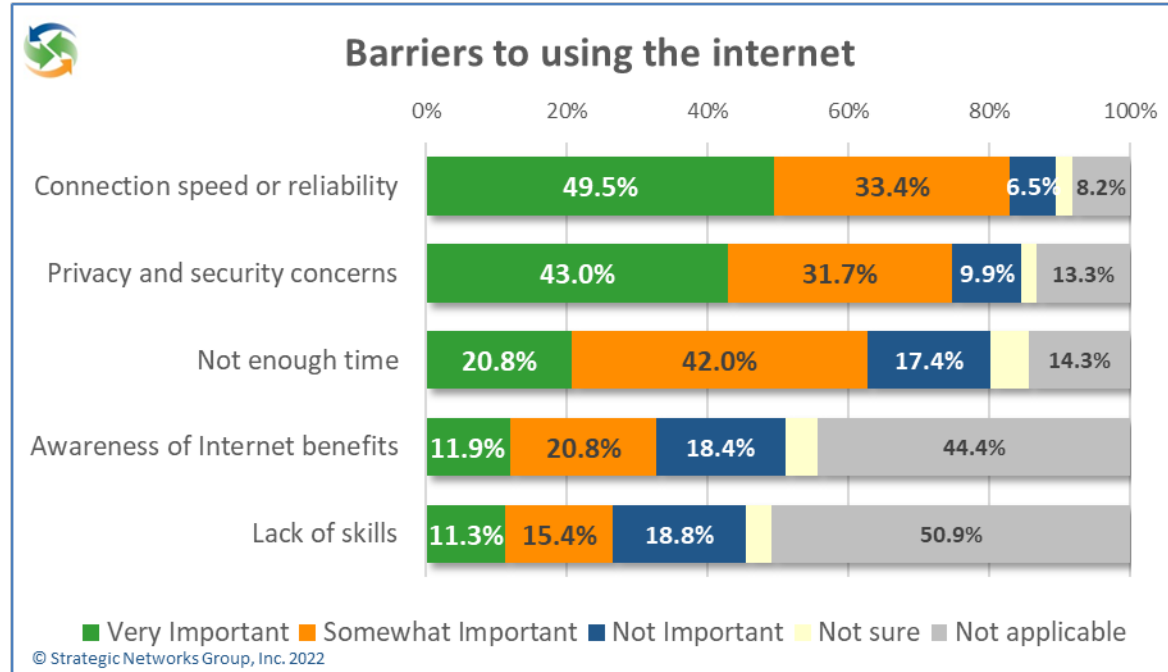
## Household Results

# Households Benefits from Online Usage



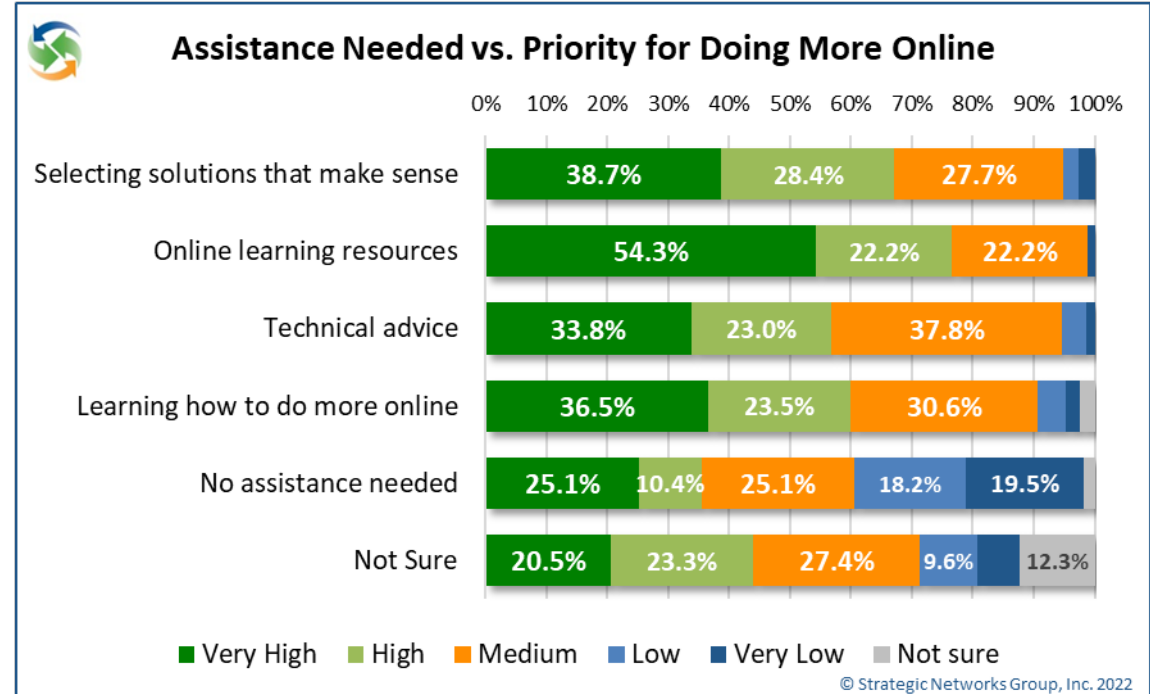
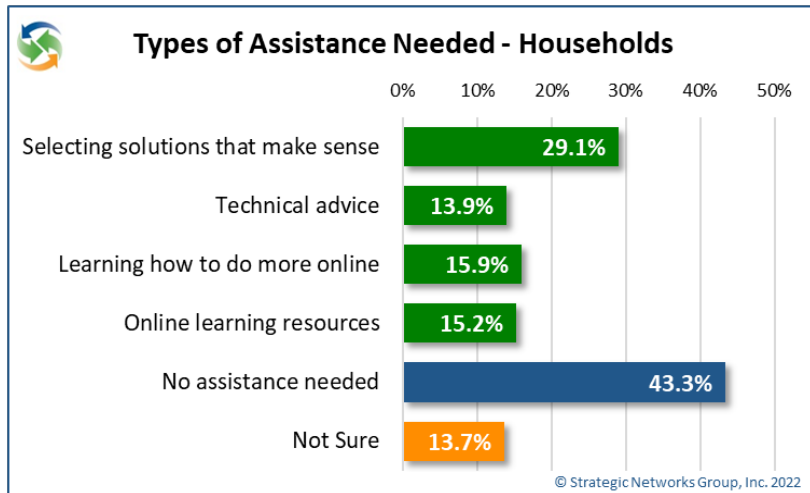
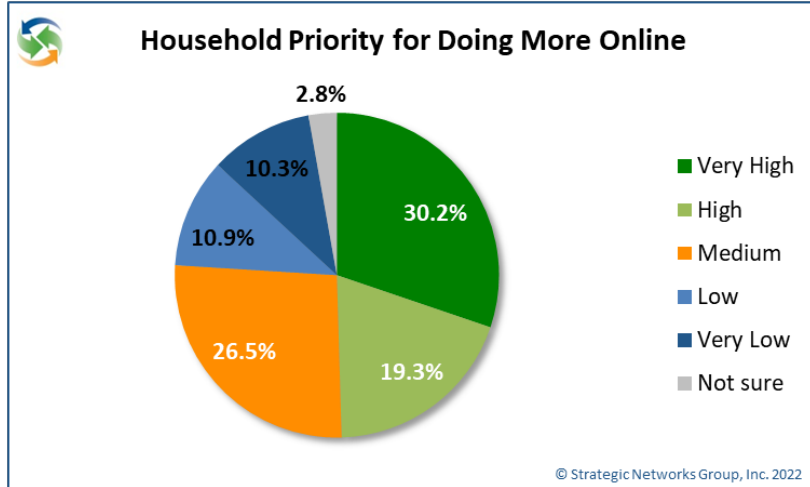
- Convenience, Communication, and Cost Savings were the main benefits reported from Households
- Many respondents credit online utilization to increasing their knowledge and skills

# Barriers to Households Internet Usage

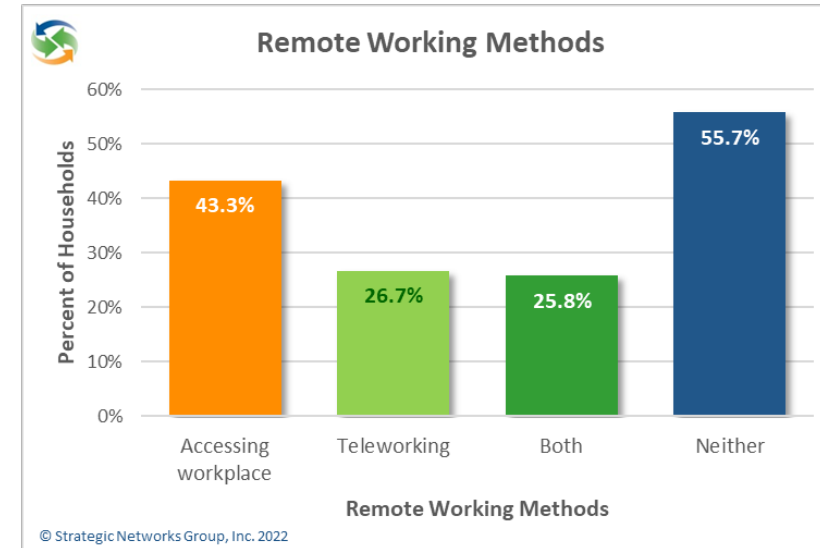
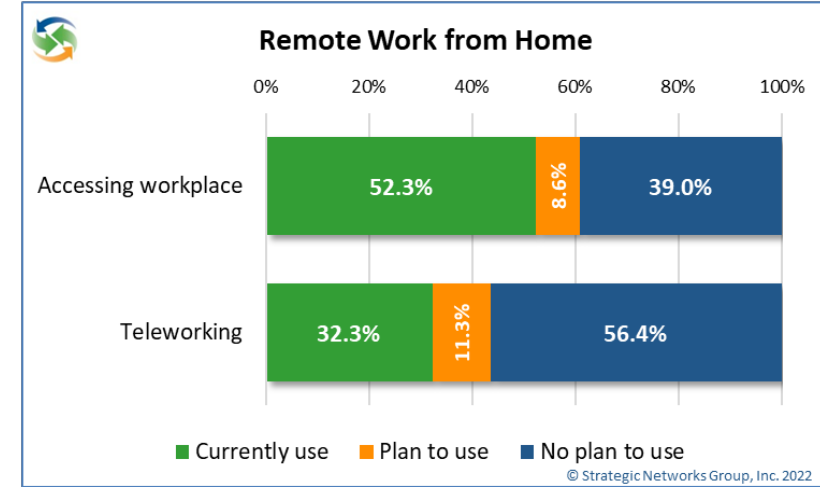
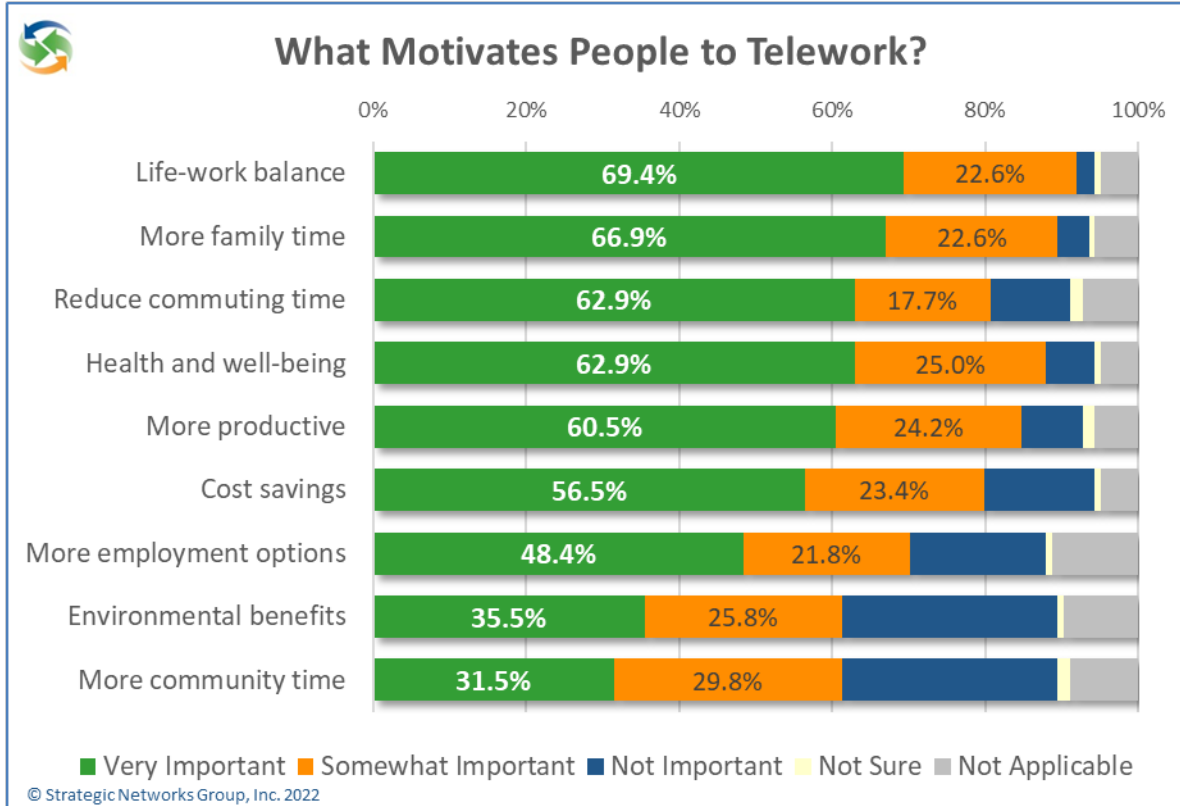


**Connection Speed or Reliability is the most inhibiting factor to increasing online adoption**

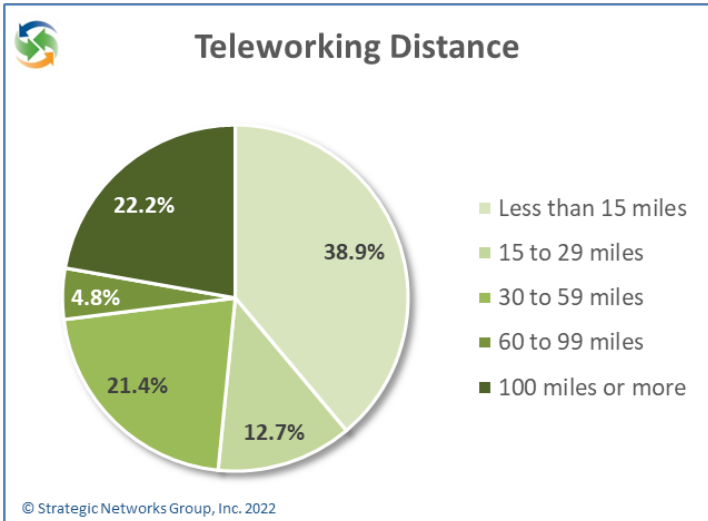
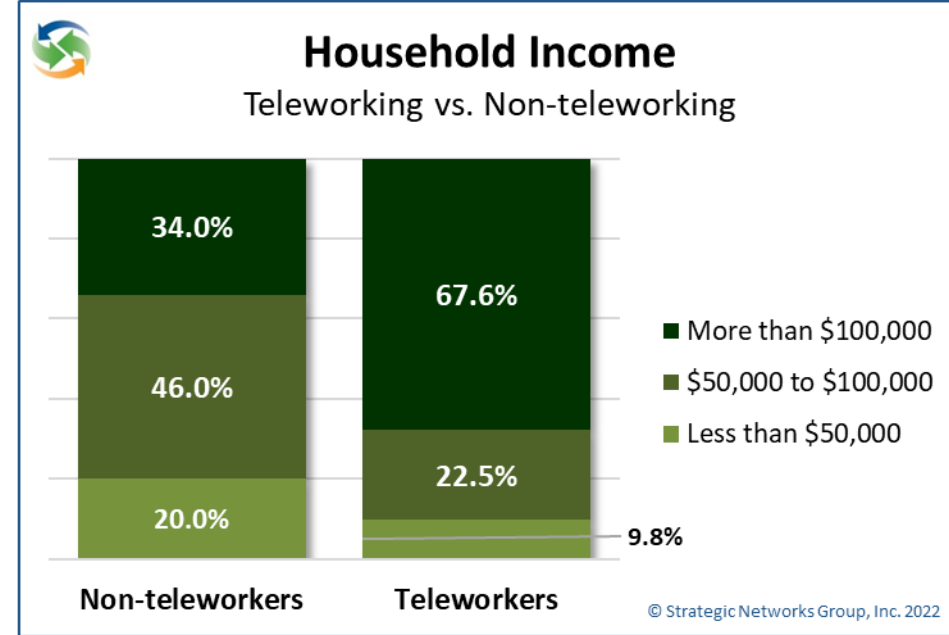
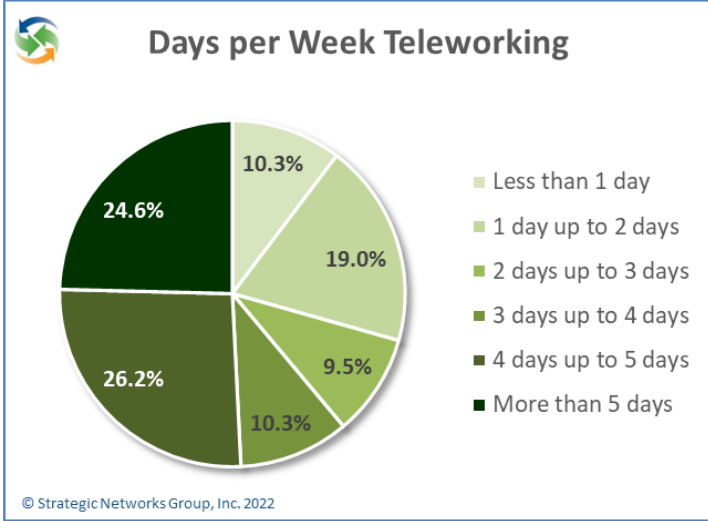
# Getting Households Online



- **Of those interested in doing more online- Online Learning Resources is the most viable way to increase adoption**
- **Respondents need help selecting online solutions that make sense**

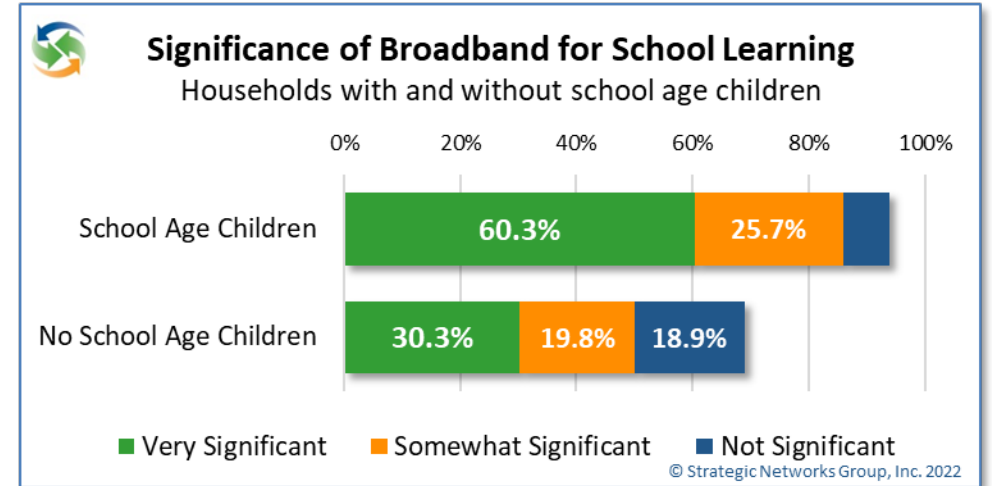
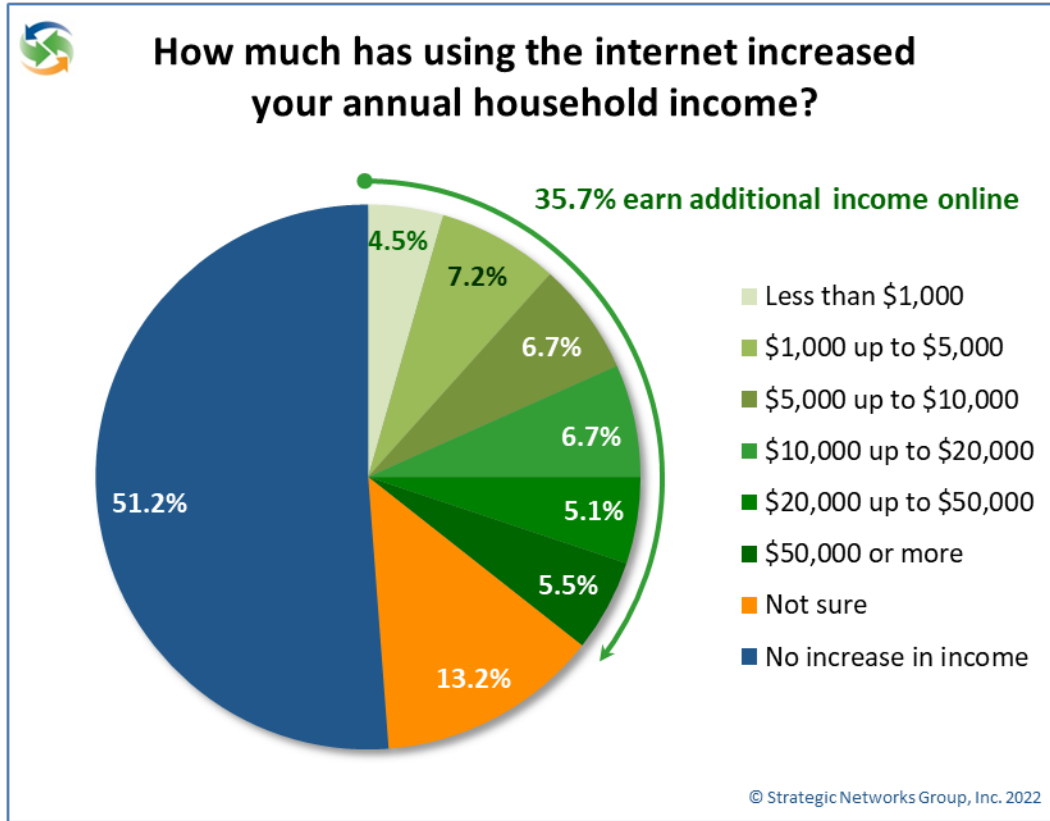


- **126 total respondents reported using the internet for Teleworking (15%)**
- **Lifestyle Benefits and More Family time are largest motivations**



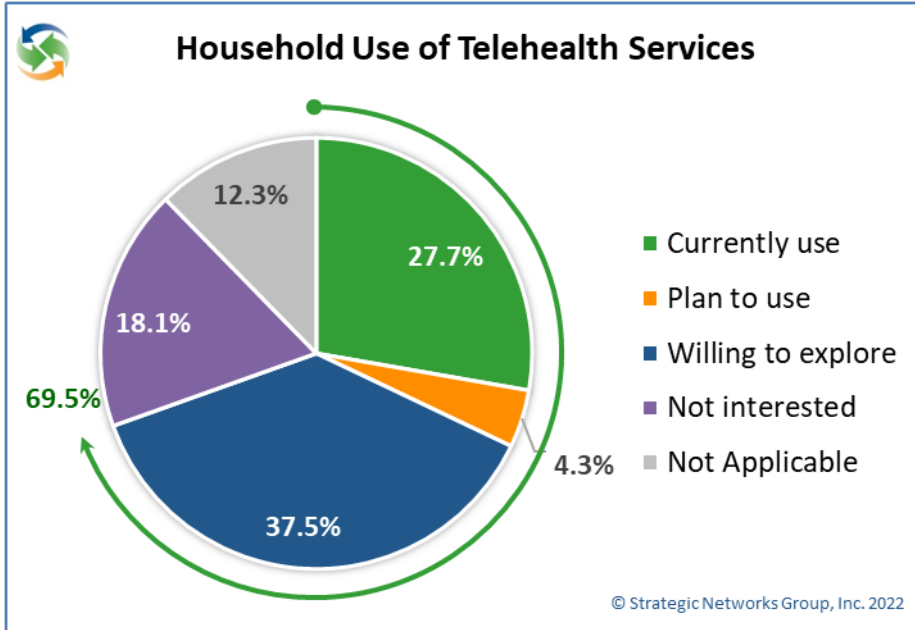
- About one fourth of Teleworkers do so for 5 days a week
- Teleworkers are averaging significantly higher incomes

# Households Income and Education

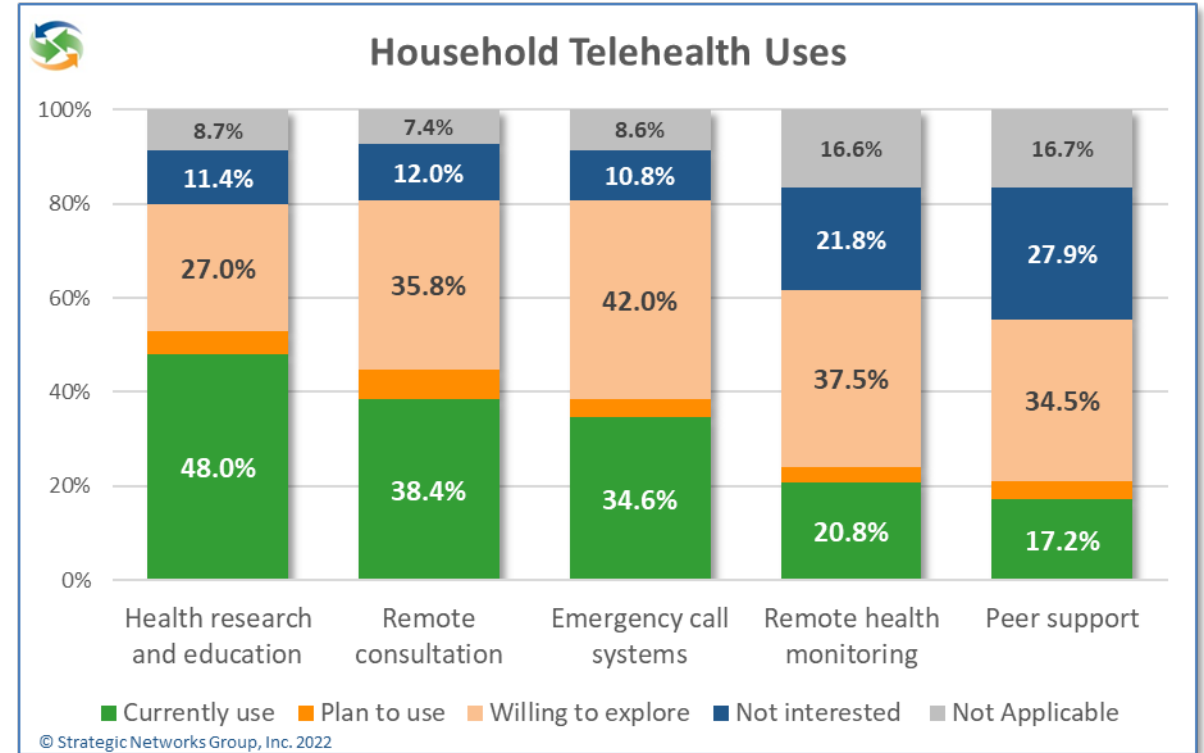


- **35.7% of respondents are earning additional income online**
- **Families with school age children (179) consider broadband highly significant for learning**

# Telehealth Utilization



- A majority of respondents are willing to explore Telehealth services
- There is most interest in Emergency Call Systems





# Thank You

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# Questions



# CITY COUNCIL

## Regular Meeting Minutes September 12, 2022

Mayor Drotzmann called the regular meeting to order at 7:00pm. Present were Councilors Hardin, Spicerkuhn, Peterson, Myers, Barron, and Duron. Councilors Primmer and Davis were excused. Judge Creasing was in attendance, as well as staff to include: City Manager Byron Smith, Assistant City Manager Mark Morgan, City Attorney Rich Tovey, Chief Edmiston, Finance Director Mark Krawczyk, Parks and Recreation Director Brandon Artz, and City Recorder Lilly Alarcon-Strong. Youth Advisory Members were not in attendance. The pledge of allegiance was given.

### **Presentation- Hermiston School District Updates**

Assistant Superintendent Jake Bacon gave HSD updates, to include: Elementary school ribbon cutting ceremonies, High School construction and parking, monitoring air quality for outside activities and events (due to smoke), student enrollment numbers, currently over 300 students are involved in extracurricular activities, 7<sup>th</sup> and 8<sup>th</sup> grade sport will be incorporating soccer, softball and baseball this year, student dress code, Amazon's Think Big Space Program partnership with BMCC and HSD, and the recent elementary school boundary changes.

### **Presentation- Community Counseling Solutions Update**

Executive Director Kimberly Lindsay gave CCS information (attached) regarding: Their one-year anniversary providing addiction services in Hermiston, December will mark a one-year anniversary for providing mental health services in Hermiston; staff shortages, including bilingual staff needs, and the financial opportunities given to those who want a career in Counseling; the high demand and lengthy waiting list time frames for all services due to the lack of providers; Suicide statistics; CCS has partnered with Oxford House to provide it's first Home in Hermiston for recovering addicts; homelessness and their partnership with Stepping Stones; their work to purchase a building in Boardman specific to housing children 12 and under in foster care so they won't be transferred out of state due to the lack of foster care homes in the area, and more.

After some discussion, the Council thanked CCS and all their staff for all of their work providing these services to those who need it the most in our community.

### **Citizen Input on Non-Agenda Items**

Umatilla County Commissioner Candidate Susan Bower spoke regarding her candidacy, business and leadership skillset, the County's growth, enhancement of Latino community, and homelessness resources, and stated she is hopeful to serve the community as County Commissioner (business card attached).

L-APS, Inc. President and Founder Amy Young gave information (attached) regarding the non-profit established by her and her husband that helps individuals going into, coming out of, or deciding to try other services to help with addiction, health or other behavior recovery as they noticed there was a lapse in care in for these services in the community. Having gone through recovery themselves, they knew what care was available and the help they could provide to those in need.

### **Consent Agenda Items**

Councilor Spicerkuhn asked to remove item E as it was a conflict of interest. Councilor Spicerkuhn moved and Councilor Barron seconded to approve Consent Agenda items A-D to include:

- A. Committee Vacancy Announcements



# CITY COUNCIL

## Regular Meeting Minutes September 12, 2022

- B. Recommendation of Appointment to the Airport Advisory Committee: Ron Linn to position #5, expiring October 31, 2025
  - C. Granting a non-exclusive utility easement across property at the Recycled Water Treatment Plant to MetroDuct Systems VA LLC.
  - D. Minutes of the August 22 Work Session and Regular Meeting
- Motion carried unanimously.

### **Items Removed from Consent Agenda**

- E. Initiate annexation proceedings 4N2804D Tax Lots 1100, 1101, 1102, & 1103- Nobles NW Sjoren Lane  
Councilor Spicerkuhn removed himself from the dais as this item was a conflict of interest.

Councilor Duron moved and Councilor Hardin seconded to approve Consent Agenda Item E. Motion carried unanimously.

### **Resolution No. 2237 – Adoption of Safety Action Grant Application**

City Manager Smith stated this resolution will be used to support the City's efforts to secure grant funding for future transportation related projects as adoption of a Safety Action Plan is required by the funding program.

After some discussion, Councilor Duron moved and Councilor Spicerkuhn seconded to adopt Resolution No. 2237 and lay upon the record. Motion carried unanimously.

### **Committee Reports**

Parks and Recreation Advisory Committee- Councilor Myers gave updates regarding: the Aquatic Center, Riverfront Park, Splash Pad repairs, 4<sup>th</sup> of July Fireworks, and Teen Adventure Park

EOTEC Advisory Committee- Mayor Drotzmann spoke regarding this year's Fair statistics, including possibly moving Latino Night from Friday to Saturday as it has the most attendance and is the most financially generating day of the week, barns are running out of space and how to address it, the continued record-breaking attendance, and more. The Rodeo did not present statistics. Field expansions for HEROS, and the upcoming Fall Festival and Faith & Blue events.

Stepping Stones (not a City Committee)- Councilor Spicerkuhn gave updates regarding: Funding, donations, September 24<sup>th</sup> work party in Umatilla to build huts, seeking employees, and trying to open the facility by winter as the warming station has officially closed.

Faith-Based Advisory Committee- Councilor Hardin stated the Committee welcomed Kaitlyn Wadkins the youth advisor member, the Fall Festival and Faith & Blue events, Soul Care provided by Good Shephard, and adoption of the new Elementary School.

Hispanic Advisory Committee- Councilor Barron stated the Committee will meet next week to discuss the possibly creation of a Hispanic Resource Center. There was also some discussion regarding if the Cinco de Mayo Committee (not a City Committee) would convene to continue this event.

### **Mayor's Report**

Mayor Drotzmann spoke regarding:

- The County's Mayors and City Managers recent meeting
- Encouraged participation in the LOC Homelessness Session on Sept 19<sup>th</sup> at the Community Center



Where Life is Sweet

# CITY COUNCIL

Regular Meeting Minutes  
September 12, 2022

### Council Reports

Councilor Peterson spoke regarding her reappointment to the Woman’s Caucus and encouraged the participation of other in other committees.

Councilor Myers stated she attended the elementary schools ribbon cuttings and they were well attended.

### Youth Advisory Report

None given.

### City Manager’s Report

City Manager Smith spoke regarding:

- The possible rebranding of EOTEC
- City Hall furniture delivery and setup is scheduled for the week of September 26<sup>th</sup>
- Working with Sara Singer-Wilson on Goal Setting dates
- ICMA Annual Conference next week

### Adjournment

Mayor Drotzmann adjourned the City Council meeting at 8:27pm as there was no other City business.



SIGNED:

Dr. David Drotzmann, Mayor

ATTEST:

Lilly Alarcon-Strong, CMC, City Recorder

	<u>Feb 2021 – November 2021 (Lifeways)</u>	<u>December 2021 – August 2022 (CCS)</u>
Total number of mental health assessments	600	1094

Average number of assessments completed per month for 2/21 – 11/21 period: 60  
Average number of assessments completed per month for 12/21 – 8/22 period: 122

The average number of completed assessments per month has doubled.

There has been roughly an **82% increase** in completed assessments completed since December 1, 2021. This presumably would mean an 82% increase in demand for services. The staff have been doing a lot of work, much more work, with fewer clinicians to do the work. I say roughly as the first number is for a 10 month period, and the second is 9 months.

# Community Counseling Solutions

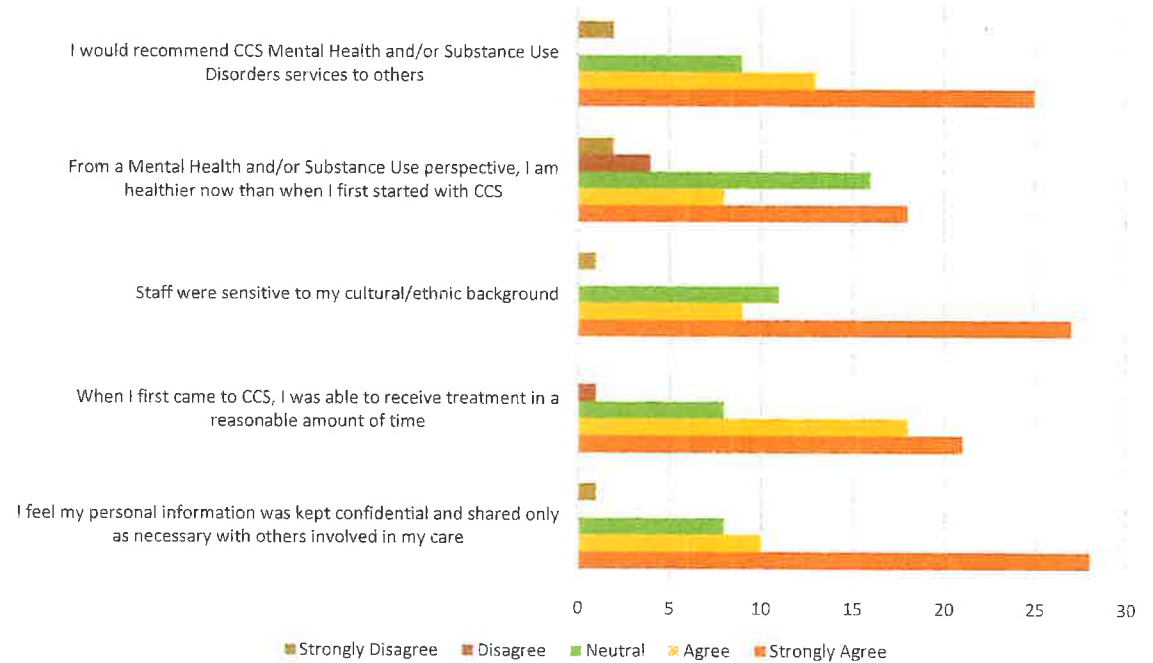


*Changing Lives*



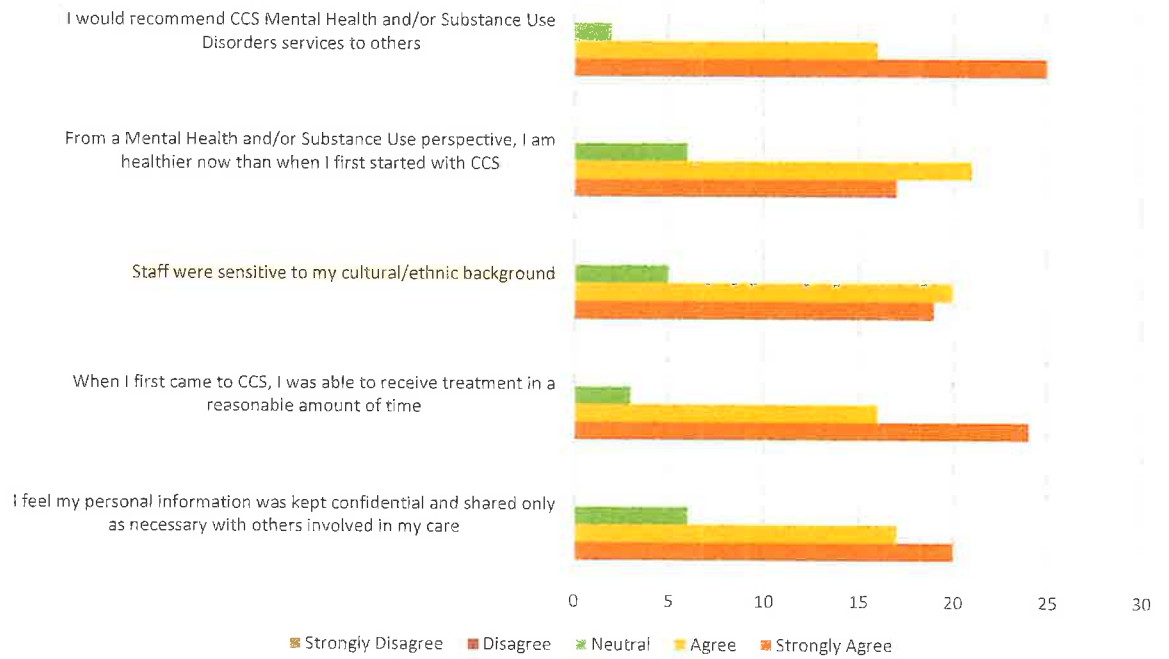
# Umatilla County MH Consumer Survey Results

## Umatilla County MH



# Umatilla County CD Consumer Survey Results

## Umatilla County CD



# People At Risk For Suicide Are Falling Through the Cracks in Our Health Care System

In the month before their death by suicide:

- Half saw a general practitioner
- 30% saw a mental health professional

In the 60 days before their death by suicide:

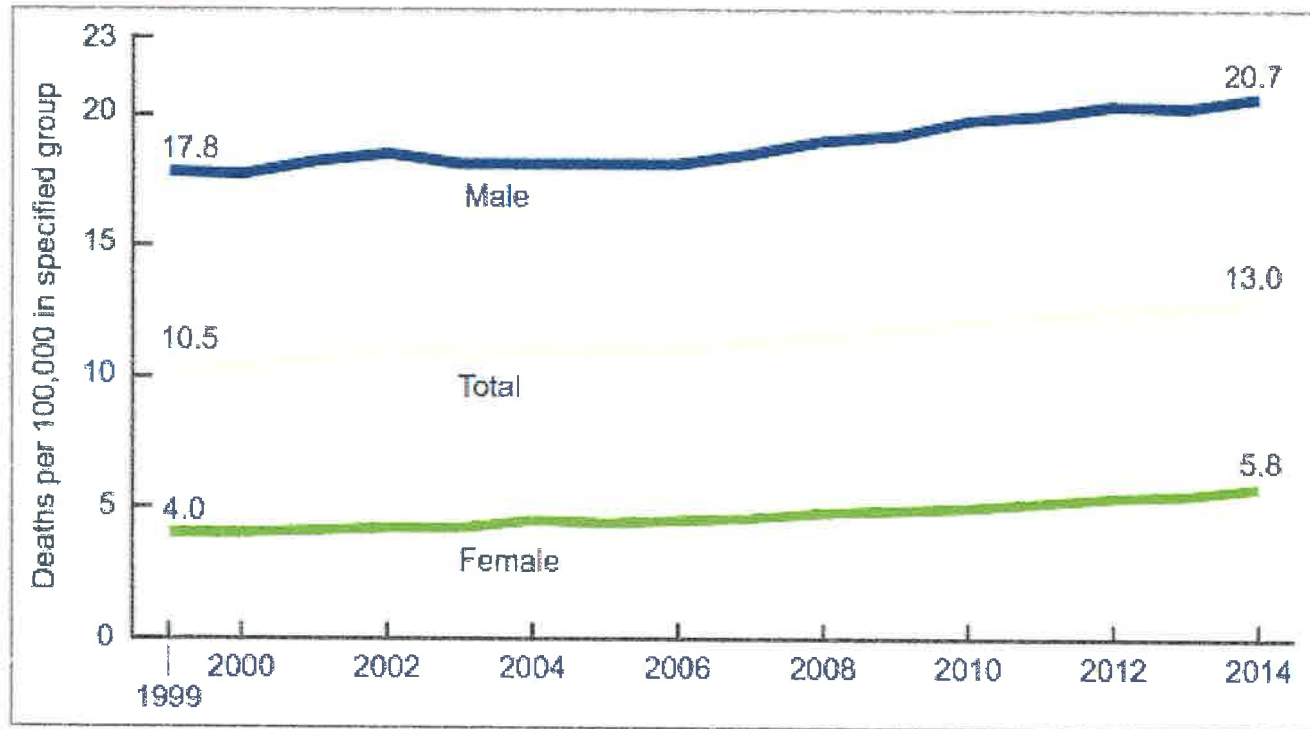
- 10% were seen in an emergency department



## Suicide rates increased from 1999 through 2014, with greater annual percent increases after 2006.

- The age-adjusted suicide rate in 2014, 13.0 per 100,000 population, was

Figure 1. Age-adjusted suicide rates, by sex: United States, 1999–2014



NOTES: Suicide deaths are identified with codes U03, X60–X84, and Y87.0 from the *International Statistical Classification of Diseases and Related Health Problems, Tenth Revision*. Access data for Figure 1 at: [http://www.cdc.gov/nchs/data/data-briefs/db241\\_table.pdf#1](http://www.cdc.gov/nchs/data/data-briefs/db241_table.pdf#1).

SOURCE: NCHS, National Vital Statistics System, Mortality.





## More statistics...

- ❖ Oregon has seen a 28.2% increase from 1999 to 2016.
- ❖ CDC says that more than half of the people who die by suicide do not have a known mental health condition.
- ❖ Over 70% of older adults who died by suicide saw a primary care provider within 1 month of death.



# Suicide Facts & Oregon 2020



On average, one person died by suicide every 10 hours in the state.

More than five times as many people died by suicide in Oregon in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 16,408 years of potential life lost (YPLL) before age 65.



Suicide cost Oregon a total of \$740,356,000 combined lifetime medical and work loss cost in 2010, or an average of \$1,080,811 per suicide death.



## 8th leading cause of death in Oregon

**1st leading**  
cause of death for ages 10-24

**2nd leading**  
cause of death for ages 25-34

**3rd leading**  
cause of death for ages 35-44

**5th leading**  
cause of death for ages 45-54

**8th leading**  
cause of death for ages 55-64

**13th leading**  
cause of death for ages 65+

### Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
<b>Oregon</b>	<b>844</b>	<b>19.02</b>	<b>16</b>
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from [www.cdc.gov/injury/wisqars/fatal.html](http://www.cdc.gov/injury/wisqars/fatal.html) on 3/1/2020).



# Suicide Care in Behavioral Health Care Settings

- Suicide prevention is a core responsibility for behavioral health care systems
- Many licensed clinicians are not prepared
  - 39% report they don't have the skills to engage and assist those at risk for suicide
  - 44% report they don't have the training



# What is Zero Suicide?

- A *priority* of the National Action Alliance for Suicide Prevention
- A *goal* of the National Strategy for Suicide Prevention
- A *project* of the Suicide Prevention Resource Center
- A *framework* for systematic, clinical suicide prevention in behavioral health and health care systems
- A *focus* on safety and error reduction in healthcare
- A *set of best practices* and tools for health systems and providers



### Element #1: Lead

Create a leadership-driven, safety-oriented culture committed to dramatically reducing suicide among people under care. Include suicide attempt and loss survivors in leadership and planning roles.

### Element #2: Train

Develop a competent, confident and caring workforce.

### Element #3: Identify

Systematically identify and assess suicide risk among people receiving care.

### Element #4: Engage

Ensure every person has a suicide care management plan, or pathway to care, that is both timely and adequate to meet patient needs.

### Element #5: Treat

Use effective, evidence-based treatments that directly target suicidality.

### Element #6: Transition

Provide continuous contact and support, especially after acute care.

### Element #7: Improve

Apply a data-driven quality improvement approach to inform system changes that will lead to improved patient outcomes and better care for those at risk.

“It is critically important to design for zero even when it may not be theoretically possible...It’s about purposefully aiming for a higher level of performance.”

*Thomas Priselac*  
*President and CEO of Cedars-Sinai Medical Center*



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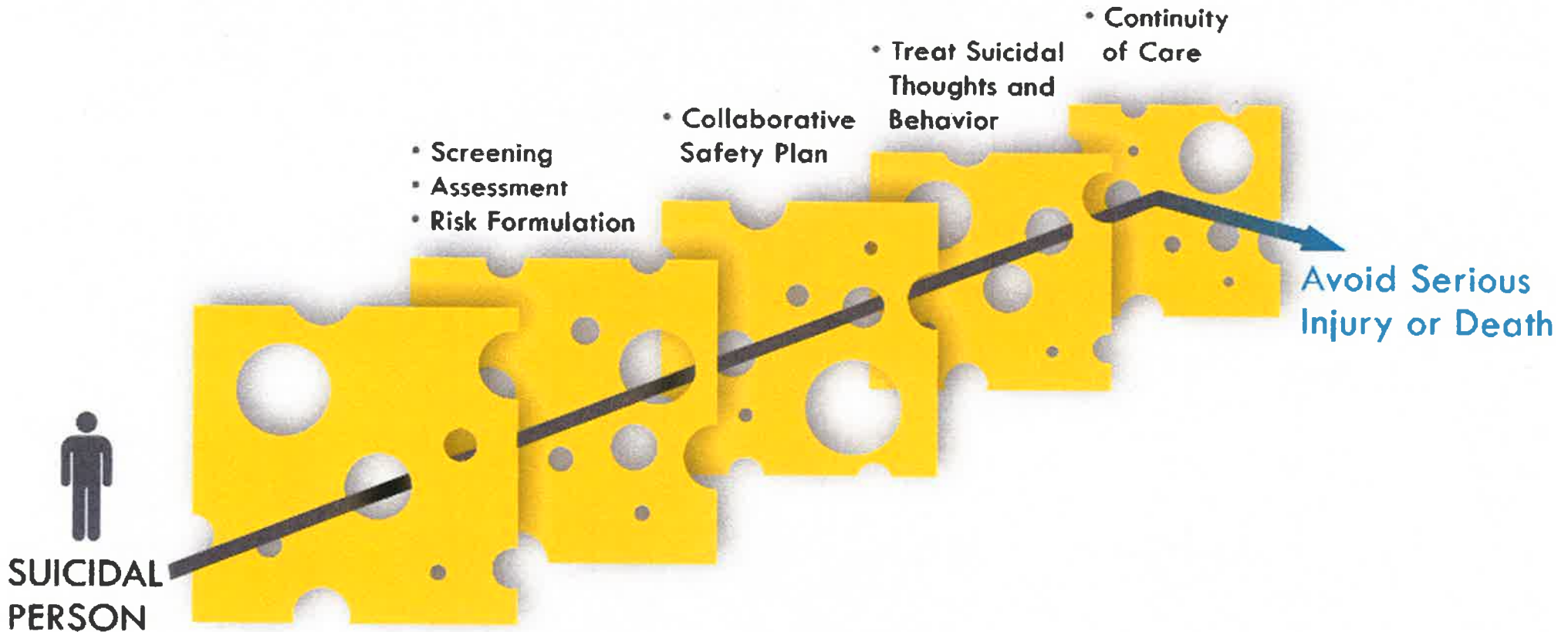
**ZERO**Suicide

IN HEALTH AND BEHAVIORAL HEALTH CARE

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# The Swiss Cheese take...



Adapted from James Reason's "Swiss Cheese" Model Of Accidents

# Whats Different About Zero Suicide

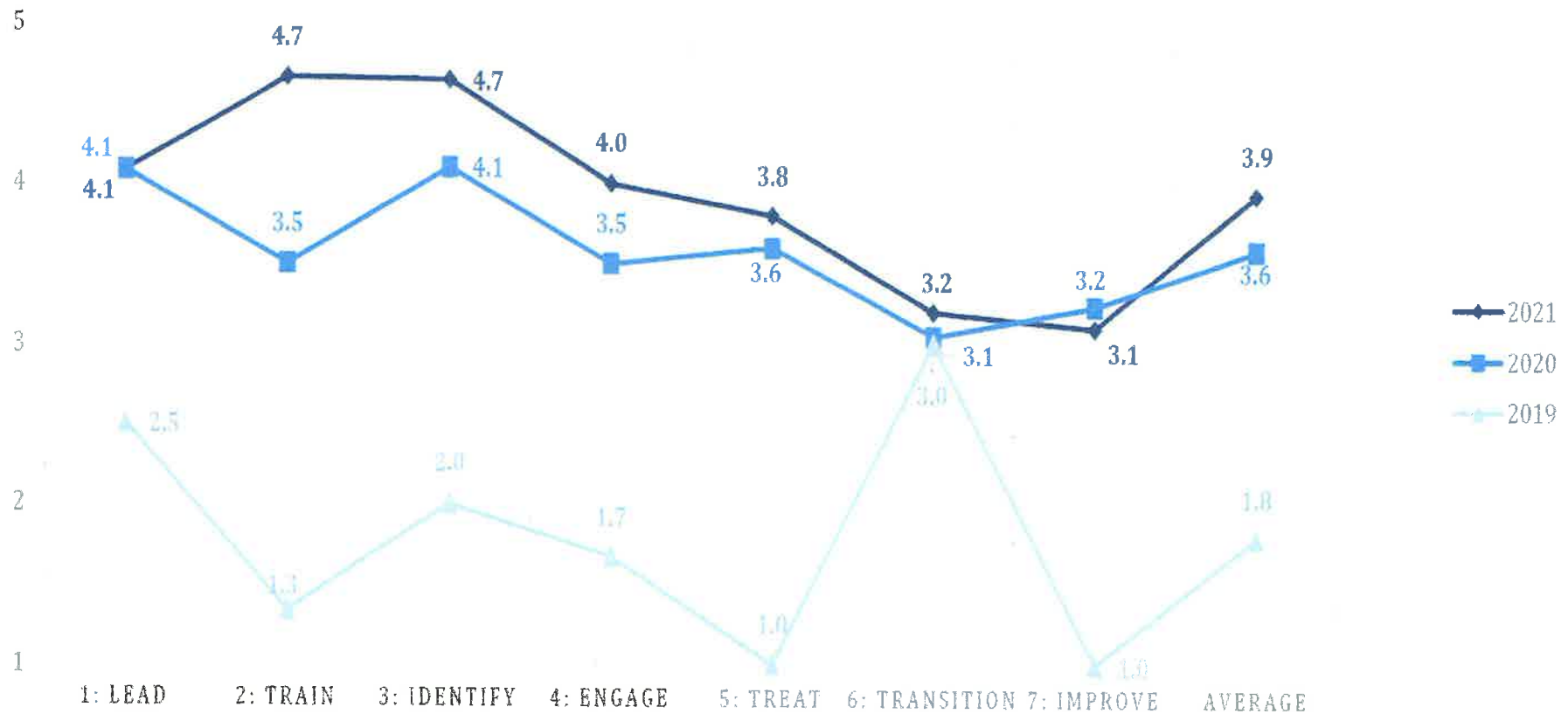
- » Suicide prevention is accepted as a core responsibility of health care
- » Patient deaths by suicides are not treated as inevitable
- » Emphasizes data, best practices, and continuous quality improvement
- » A systematic clinical approach in health systems, not “the heroic efforts of crisis staff and individual clinicians.”



## Community Counseling Solutions Zero Suicide Implementation Change in Scores by Element from 2019 to 2020 to 2021

(Data sources: Organizational Self Study, Zero Suicide Metrics, Conversations with Staff)

Note: Scores from 2019 and 2020 are using the Zero Suicide Institute's Assessment. Scores from 2021 are using the Oregon Zero Suicide Assessment.



# We got this...

- “It isn’t reasonable to ask that we achieve perfection. What is reasonable is to ask that we never cease to aim for it.”

Dr. Atul Gawnade

ELECT  
**SUSAN  
BOWER**  
UMATILLA COUNTY  
COMMISSIONER



Let's Do This ... Together!

**SUSAN BOWER** | FOR UMATILLA COUNTY  
COMMISSIONER

📞 541-215-9252  
🏠 245 SE 4th Street, Pendleton, OR, 97801  
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💻 SusanBower4CountyCommissioner.com

Smart Economic Development  
Responsible Leadership  
Better Quality of Life  
**Elect Susan Bower**





# L - APS, INC.

Learning, Living & Loving

*"Fall seven times, Stand up eight" — Japanese Proverb*

**President/Founder- Amy Jo Young-BS Vice-President/Co-Founder- William "Joshua" Young**  
**Secretary/Treasurer- Tanya Hunt Board Member Tami S. Jackson-Rochelle**

From the Desk of the President:

Hello; My name is Amy Jo Young-BS. It has been a journey since May 14th, 2021, when my husband and I decided to establish a non-profit, L- aPs, Inc. (Learning, Living, and Loving after/along with Programs), that will serve and benefit Morrow and Umatilla County by providing a bridge from lapse support when people are coming out of, going into, in-between, and deciding to try other services for their addiction, life, and/or behavioral health recovery.

This is a non-traditional organization that is enthusiastic about developing program/s that will allow folks to "Belong" while also focusing on building abilities in a new self-directed recovery atmosphere.

With a history of numerous Peer Support Certifications (Family Support, Adult Addiction Support, Adult Mental Health Support, and Employment Support) since October 2014, employed at Lifeways, Inc., Eastern Oregon Recovery Center (EORC), and currently at Maple Star Oregon, as well as my own lived experiences living in recovery for the past 15 years, I am uniquely qualified to support, encourage, empathize, and advocate for others in their self-directed recovery. I am certified through Oregon Health Authority (OHA) as a Traditional Health Worker (THW) and hold a Qualified Mental Health Assistant 1 Certification through the Mental Health & Addiction Certification Board of Oregon (MHACCBO).

My husband and I have both lived experiences with houselessness, addiction, and life recovery from the justice system. We are creating an organization to encourage individuals and community partners to collaborate for the betterment of all those who require the services being explored to support their self-directed recovery. Developing a person-first approach that meets people where they are at and what they need, rather than what one assumes they should work on first. Recognizing that an individual is more knowledgeable about their circumstances than anyone else. Providing options that aid in the progression of the circumstances and knowing that by supporting is powerful. Developing our Mission so that people can "Belong" (noun) to be seen, understood, and be loved without having to change themselves."

We have a vision for this organization for the next ten years. That vision includes the following:

### **2022-2023 Free Mobile Thrift/Community Fridge**

Our organization decided to develop a project that would help the people of Umatilla/Morrow County, who are now experiencing difficulties even getting what they need, let alone something they want.

We all have wanted to buy at yard sales and thrift stores, and visit local fruit stands and farmer markets, yet due to financial limitations at this moment in our economy, those excursions might not be happening.

80542 Paterson Ferry Rd. #44-45 / P.O. Box 673 Irrigon, OR 97844

**Phone:** (541)-571-2417 **Email:** [l-aps@outlook.com](mailto:l-aps@outlook.com)

**Website-** <http://www.l-aps.org> **Facebook:** <http://www.facebook.com/LaPsBelongingIsKey/>

As a brand-new peer-driven organization, we want to engage with the communities, we want to serve and gather goods that can be distributed to those who need what they need for themselves and their homes, whether it be furniture, food, clothing, or assistance finding and comprehending the numerous community resources that can be accessible for supportive services.

### **2023-2024 Online Peer Support Platform**

Online platform for connecting to supportive listening and connecting with other humans who have lived through similar experiences. Our organization has the chance to collaborate with an already established and recognized online platform Hey Peers! which believes peer support should be simple, safe, personalized, and affordable. Hey Peers! is on a mission to assist more people in bettering their lives by combining innovative technologies and evidence-based peer support programs. L -aPs, Inc., wishes to provide this incredible online capability that will be created to be supportive and tailored to Umatilla and Morrow County needs, allowing users to connect to personalized peer support and access groups to join, being convenient and experiencing the ability to connect from your own home, being anonymous or known and sharing what is comfortable to share, and ultimately offering flexible access for those who have difficulty attending site-based support sessions.

### **2024-2025 Community Peer Drop-In Center**

A friendly setting that provides peer support, case management, a community resource center for social activities, job support, and referrals to other agencies. Games, drinks, and the ability to do laundry, take a shower, relax, and revitalize oneself, among other things, are available. Creating that sense of "Belonging" that everyone needs and desires.

### **2025-2027 Working Recovery Farm (1) and Halfway House (2)**

(1) Offering a short-term to long-term living environment for individuals who are recovering from alcohol and addiction. Working and providing a safe environment for people to self-direct their recovery. This will be a non-traditional program where people can find a place to belong and focus on acquiring new skills in their new recovery. Individuals will garden, care for animals, participate in meetings and workshops, build work skills, explore career prospects and community service connections, and participate in self-evaluations to guide their recovery. With both programs, the person is getting time and support to strengthen their recovery choices from the beginning thoughts to the achievement of time within recovery.

(2) Offering a place to rest, renew, and re-integrate self to obtain skills and support to go forward.

Within ten to fifteen years the hope of having our organization within other rural communities tailored to their needs for their communities would be priceless for all that self-direct their recovery from addiction, life, and behavioral health.

Respectfully yours,

*Amy Jo Young-BS*

Amy Jo Young-BS  
PSS/THW/ QMHA1  
President/Founder L -aPs, Inc.







# L - APS, INC.

Learning, Living & Loving

*"Fall seven times, Stand up eight" —Japanese Proverb*

---

## *Our Mission:*

### *Belonging* (noun)

---

**"To be seen, understood, and valued without needing to change yourself"**

## *Values:*

***Believing*** in another person and oneself to have the strength to self-direct recovery

***Empathy*** has the ability to understand and share the feelings of another

***Listening*** to the story and experiences, meeting where another person is at, and supporting the needs to self-direct recovery.

***Opportunities*** become available when growing in hope, health, and wellness

***Nature*** is offered to be embraced and inspiring to give refreshing insight to develop strong relationships, and community and be the first steps in recovery

***Grateful*** to have an experience offered to retreat, relax, & recharge the physical and mental space

***Inspire*** recovery and to be able to be filled with desire, hope, optimism, and motivation

***Novice*** to recovery, a learner to the subject, and new to the work of a new beginning

***Gain*** support, and encouragement, receive practical assistance from others who have shared knowledge and experiences, be taught skills, connect to resources, opportunities, and communities of support & other people

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**President/Secretary-** Amy Jo Young

**Secretary/Treasurer-** Tanya Hunt

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