

# Adult ADHD Research Study-Resource List

Oregon Health & Science University, 3181 SW Jackson Park Rd., Mailcode: UHN90R1  
Portland, OR 97239-3098, 503.418.5508, ohsuADHD@ohsu.edu

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## CRISIS RESOURCES

### County Crisis Lines

#### **Clackamas County Crisis Line**

503-655-8585

#### **Clark County Crisis Line**

360-696-9560 or 800-626-8137

#### **Multnomah County Crisis Line**

503-988-4888

#### **Washington County Crisis Team**

503-291-9111

### Hospitals and Mental Health Urgent

#### Care/Walk-In Services

#### **Cascadia Behavioral Healthcare Urgent Walk-In Clinic**

4212 SE Division St., Suite 100

Portland, OR 97206

#### **PeaceHealth Southwest Medical Center**

400 NE Mother Joseph Pl., emergency entrance

Vancouver, WA 98664

360-514-2000

#### **Providence Hospital**

*Providence Portland Medical Center*

4805 NE Glisan St.

Portland, OR 97213

503-251-1111

*Providence St. Vincent*

9205 SW Barnes Rd.

Portland, OR 97225

503-216-1234

#### **Unity Center For Behavioral Health**

1225 NE 2<sup>nd</sup> Ave.

Portland, OR 97232

503-944-8000

### Other Phone-based Crisis Resources

#### **Dial 211 (Guide to health and Social services in Oregon and Southwest Washington)**

[www.211info.org](http://www.211info.org)

#### **Alateen/Alanon**

803-344-2666

#### **Alcohol and Drug Help-line (24 hour)**

503-244-1312 or 877-533-TEEN (8336)

#### **Child Welfare Hotline**

503-731-3100

#### **Clackamas Child Abuse Hotline**

971-673-7112

#### **Clackamas County Connections Hotline**

503-655-8401 or 888-651-8401

#### **Gay & Lesbian Youth Hotline**

800-347-8336

#### **Lines For Life**

800-273-8255

#### **Mid-Valley Women's Crisis Service**

866-399-7722

#### **Multnomah Child Abuse Hotline**

800-509-5439

#### **Multnomah Dept. of County Human Services**

503-988-4888

[www.co.multnomah.or.us.dchs.mhas](http://www.co.multnomah.or.us.dchs.mhas)

#### **Narcotics Anonymous**

503-393-7281 or 800-766-2437

#### **National Child Abuse Hotline**

800-4-A-CHILD (442-4453)

#### **National Domestic Violence Hotline**

800-799-SAFE (7233)

#### **National Runaway Hotline**

800-621-4000

#### **National Youth Crisis Line**

800-448-4663

#### **Non-Emergency Police Line - Portland**

503-823-3333

#### **Oregon Partnership**

Suicide Lifeline: 800-273-TALK (8255)

Substance Helpline: 800-923-HELP (4357)

The Youth Hotline: 877-553-8336

[www.orphnership.org](http://www.orphnership.org)

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### **Oregon SafeNet**

800-SAFE-NET

*Information/referrals for low-cost child services*

### **Portland Women's Crisis Line**

503-235-5333

[www.pwcl.org](http://www.pwcl.org)

### **Trevor Project**

866-488-7386

<http://www.thetrevorproject.org/>

*National organization providing crisis intervention and suicide prevention to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13-24*

### **Veteran Crisis Line**

800-273-8255, press 1

Text to 838255

### **Washington County Health Connections Hotline**

503-655-8401 or 888-651-2134

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## ADHD SERVICES (*Alphabetical*)

### **Center for Communication & Learning Skills**

371 6th Street  
Lake Oswego, OR  
503-699-9022

[www.commlarningskills.com](http://www.commlarningskills.com)

*Provides ADHD specific services including assessment, counseling, focus and memory skill building*

### **Executive Functioning Success**

7743 SW Capitol Hwy  
Portland, OR 97219  
503-482-8194

<http://executivefunctioningsuccess.com/>

*Help with time management, planning, and organization. Teaches executive functioning skills to families, children, and adults.*

### **Gretchen Randolph, Ph.D., PMHMP**

13635 SW 115<sup>th</sup> Ave  
Tigard, OR 97223  
503-968-1155

[www.adhdportland.com](http://www.adhdportland.com)

*Offers ADHD medication management*

### **Harriet Steinberg, RN**

503-970-6969  
Lake Oswego

[www.overallorganizer.com](http://www.overallorganizer.com)

*Provides ADHD coaching*

### **Northwest ADHD**

*East Portland Office:*

1011 SE Division St., Suite 203  
Portland, OR 97266  
503-255-2343

*Tualatin Office:*

18840 SW Boones Ferry Rd., Suite 208  
Tualatin, OR 97062  
503-427-2394

### **OHSU Adult ADHD Clinic**

3181 Sam Jackson Park Rd.  
Portland, OR 97239  
503-494-6176

*Provides outpatient ADHD services for adults*

### **Portland Anxiety Clinic**

1130 SW Morrison St., # 619  
Portland, OR 972

503-894-9630

*Provides comprehensive assessment for children and adults for ADHD*

### **Western Psychological and Counseling Services (various locations)**

*Beaverton*

9670 SW Beaverton-Hillsdale Hwy  
Beaverton, OR  
503-626-9494

*Hillsboro*

8280 NE Mauzey Ct.  
Hillsboro, OR 97124-9327  
503-439-9531

*Portland NE – Conexiones*

3500 NE MLK Blvd., Suite 200  
Portland, OR 97212  
503-327-8205

*Portland SE*

12636 SE Stark St., Plaza 125, Building J  
Portland, OR 97233  
503-253-4600

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*Vancouver*  
7507 NE 51<sup>st</sup> Street  
Vancouver, WA 98662  
360-906-1190

[www.westernpsych.com](http://www.westernpsych.com)

*Provides outpatient mental health care including  
ADHD/ADD, chemical dependency, and EAP  
services to families, adults, and children*

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## GENERAL COUNSELING (*Alphabetical*)

### **A Better Way Counseling**

818 NW 17<sup>th</sup> Ave.  
Portland, OR 97209  
503-226-9061  
www.abwcounseling.com  
*General counseling-some free services*

### **Avel Gordly Center For Healing (OHSU)**

621 SW Alder St., Suite 520  
503-418-5311  
<http://www.ohsu.edu/xd/education/schools/school-of-medicine/departments/clinical-departments/psychiatry/divisions-and-clinics/avel-gordly-center/>  
*Multicultural mental health services for diverse communities*

### **Caremark Behavioral Health Services**

10123 SE Market St  
Portland, OR 97216  
503-251-6390  
www.adventisthealthnw.com/services-and-programs/caremark-mental  
*Inpatient/outpatient, assessments, interventions*

### **Carol Walnum, M.A., M.B.A., LPC**

NE Sandy Blvd  
Portland, OR 97213  
503-224-6559  
www.counselingneportland.com  
*Counseling services*

### **Cascadia Behavioral Health**

*Cascadia Plaza*  
4212 SE Division, Suite 100  
Portland, OR 97206  
503-238-3763

#### *Clackamas*

17070 SE McLoughlin Blvd.  
Portland, OR 97267  
503-303-4000

#### *Woodland Park*

10373 NE Hancock St. Suite 200  
Portland, OR 97206  
503-253-6754

### **Cascadia Behavioral Health, *continued***

www.cascadiabhc.org  
*Mental health & addictions treatment services*

### **Charles Harrison, Ph.D**

1020 SW Taylor, Ste 745  
Portland, OR 97205  
503-975-0014  
*General counseling*

### **Clackamas County Behavioral Health**

2051 Kaen Rd.  
Oregon City, OR 97045  
503-742-5335  
www.clackamas.us/behavioral/outpatient.jsp  
*Outpatient services of children & adults*

### **Community Services Northwest**

*39<sup>th</sup> Site – The Wellness Center*  
317 E 39<sup>th</sup> St.  
Vancouver, WA 98663  
360-546-1722  
  
*4th Plain Site – Center for Community Health*  
1601 E 4<sup>th</sup> Plain Blvd, Bldg. 17, Suite B222  
Vancouver, WA 98661  
360-397-8484

#### *Battleground (Center Point)*

11117 NE 189<sup>th</sup> St., Suite 202  
Battleground, WA 98604  
360-397-8484

#### *Town Plaza*

5411 E Mill Plain Blvd., Suite 16  
Vancouver, WA 98661  
360-397-8484

www.csnw.org

### **Kartini Clinic**

2800 N. Vancouver, Suite 106  
Portland, OR 97227  
503-249-8851  
www.kartiniclinic.com  
*Specializes in eating disorders*

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## GENERAL COUNSELING (*continued*)

### **Lewis & Clark Community Counseling Center**

4445 SW Barbur Blvd.

Portland, OR 97239

503-768-6320

[www.graduate.lclark.edu/clinics/community\\_counseling](http://www.graduate.lclark.edu/clinics/community_counseling)

*Adult, child, couples and family counseling services; gambling, gaming and substance addiction treatment services*

### **LifeWorks Northwest**

Various locations throughout Portland metro area

503-645-9010

503-617-9194 (family coaching)

[www.lifeworksnw.org](http://www.lifeworksnw.org)

*Adult mental health, Child & family counseling, free drug and alcohol assessments, family coaching*

### **Pacific Psychology & Comprehensive Health Clinic**

*Hillsboro Location:*

222 SE 8<sup>th</sup> Ave, Ste 212

Hillsboro, OR 97123

503-352-7333

[www.pacificu.edu/spp/clinic](http://www.pacificu.edu/spp/clinic)

*Offers assessments and counseling*

### **Planned Parenthood**

3231 SE 50<sup>th</sup>

Portland, OR 97206

888-875-7820

3727 NE Martin Luther King Jr. Boulevard

Portland, OR 97212

888-875-7820

[www.plannedparenthood.org](http://www.plannedparenthood.org)

*Provides assistance in making independent, informed decisions about health, sex and family planning. Delivers vital reproductive health care and sex education.*

### **Portland State University Speech and Hearing Clinic**

503-725-3070

[www.pdx.edu/sphr/speech-language-clinic](http://www.pdx.edu/sphr/speech-language-clinic)

*Diagnostic and intervention services for children and adults with speech and language disorders*

### **Ruth Parvin, J.D., Ph.D**

2925 SW Taylor Street

Portland, OR 97214

503-234-5687

[www.aplace2talk.com](http://www.aplace2talk.com)

*Counseling & mediation services*

### **Social Skills Groups**

516 SE Morrison St

Portland, OR 97214

503-481-0020

[www.brookepsychologists.com](http://www.brookepsychologists.com)

*Offers mental health services for individuals, couples, and also provides social skills groups*

### **Trillium Family Services**

Various locations

503-234-7332

[www.trilliumfamily.org](http://www.trilliumfamily.org)

*Counseling for children and their families*

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## VETERANS RESOURCES

### **Clark County Veterans Assistance Center**

1305 Columbia St.  
Vancouver, WA 98660  
360-693-7030  
www.ccvac.net

*Assisting veterans and their families in  
obtaining benefits, services and resources to  
meet their basic needs*

### **Veterans Administration – Portland Health Care System**

*Portland VA Medical Center*  
3710 SW U.S. Veterans Hospital Rd.  
Portland, OR 97239  
503-220-8263

*Vancouver Campus*  
1601 E Fourth Plain Blvd.  
Vancouver, WA 98661  
360-696-4061

*Hillsboro CBOC*  
1925 NE Stucki Ave., Suite 300  
Hillsboro, OR 97006  
503-906-5000

www.portland.va.gov

*Comprehensive inpatient and outpatient health,  
dental and mental health care; homeless support  
services; LGBTQ services; residential and  
outpatient substance use treatment*

### **Veterans Phone Resources**

**David Romprey Oregon Warm Line**  
800-698-2392

**Military Help Line (Non-VA)**  
888-457-4838

**VA Call Center for Homeless Veterans**  
\*Press 0 to bypass the phone tree  
877-424-3838

**Veteran Crisis Line**  
800-273-8255, press 1  
Text to 838255

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## HELPFUL WEBSITES (*Alphabetical*)

### **Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

### **American Association of Suicidology**

[www.suicidology.org](http://www.suicidology.org)

### **American Foundation for Suicide Prevention**

[www.afsp.org](http://www.afsp.org)

### **American Sexual Health Association**

919-361-8488

8 a.m. to 8 p.m. EST, Monday to Friday

<http://www.ashastd.org>

### **Autism Society**

[www.oregonautism.com](http://www.oregonautism.com)

### **Government Benefits**

[www.benefits.gov](http://www.benefits.gov)

### **Healthy Place**

[www.healthyplace.com](http://www.healthyplace.com)

### **Learning Disorders (LD) Online**

[www.ldonline.org/indepth/behavior](http://www.ldonline.org/indepth/behavior)

### **Narcotics Anonymous**

[www.na.org](http://www.na.org)

### **National Alliance on Mental Illness (NAMI)**

[www.nami.gov](http://www.nami.gov)

### **Oregon Mental Health Associates, Inc.**

[www.oregonmentalhealth.org](http://www.oregonmentalhealth.org)

### **Online Asperger Syndrome Information and Support (OASIS) @ MAAP**

[www.aspergersyndrome.org](http://www.aspergersyndrome.org)

### **Oregon Counseling**

[www.oregoncounseling.org](http://www.oregoncounseling.org)

### **Psychology Today**

*Find a therapist*

[www.psychologytoday.com/us/therapists/](http://www.psychologytoday.com/us/therapists/)

### **SAMHSA (Substance Abuse and Mental Health Services Administration)**

[www.samhsa.gov](http://www.samhsa.gov)

### **SMART Recovery**

[www.smartrecovery.org](http://www.smartrecovery.org)

### **Wrong Planet**

*Autism and other psychological conditions*

[www.wrongplanet.net](http://www.wrongplanet.net)