



**Citizens Helping
Citizens in Crisis**

503.940.7997
24 Hour Number

Citizen Resource Guide



2020 - 2021
Volume 14

4800 NE 122nd Avenue
Portland, OR 97230
Office 503.823.3937

www.tipnw.org

IMPORTANT INFORMATION



**24-Hour Number
503.940.7997**

Key in your return phone number or leave a voice message for an immediate call back.

▶ TIP Volunteer(s) _____

▶ Agencies Involved _____

▶ Important Phone Numbers _____

▶ Notes _____

What is TIP?

Trauma Intervention Program (TIP) is a group of specially trained and thoroughly-screened citizen volunteers who provide emotional and practical support to survivors of traumatic events and their families in the first few hours following a tragedy. TIP Volunteers are called through the emergency response system — by police, firefighters and hospital personnel.

TIP is a national non-profit, tax-exempt organization. Services are provided to survivors and their families free of charge and are made possible by donations from local government, businesses and individuals.

Trauma Intervention Program NW was founded in 1992. 180 local volunteers are available to respond immediately to crisis situations on a 24-hour, 365 days-a-year basis.

You Matter to Us

We'd like to hear from you.
Please visit us online to give
feedback, ask questions
or get more resources.

www.tipnw.org



TIP Northwest



TIPNW



TIPNW

TABLE OF CONTENTS: RESOURCES AND ARTICLES

What is TIP	2	Understanding & Coping with Grief	17
Contact TIP	2	Developmental Stages of Traumatized Children . .	18
Crisis Lines	4	Talking with Traumatized Children	19
Dougy Center	4	Checklist Following a Death.	20
Community Resources.	5 – 8	Dealing with Tragedy in Workplace Checklist	21
Dealing with Media	8	Medication Disposal	22
Common Signs and Signals of Stress	9	ABC's of Disposition	23
Things to Try After a Death	10	Things to Consider	24
Children & Trauma Suggestions for Parents . . .	11	Required Information for Death Certificate. . .	25 – 26
Effective Ways of Coping	11–12	General Information in Oregon & Washington . . .	27
10 Things to Do and Not Do	13	Listing of Funeral Homes in Multnomah, Clackamas and Clark Counties	28 – 30
Coping with Suicide	16	Memorial Contributions	30
Clichés - What Not to Say	16		

The biggest funeral regret

“ Mom’s funeral was generic and ordinary, not at all a true reflection of her life. We all felt empty afterwards. ”

It’s hard enough losing someone you love. It’s worse when the way you say goodbye is ordinary. Generic. Templated.

That’s not how you wanted it to go, but there seemed so few options for creative expression and personal touches. So in the end, the whole thing followed a formula, and looked like every other funeral farewell that had used the same template.

But your mom wasn’t a template.

Nor was your son. Or husband. Friend. Wife. Mate. Uncle...They were one-of-a-kind people and should have been farewelled in a way that reflected that truth. It should have been different then. It can be different now.

A new way to arrange a funeral

Great-Goodbyes.com was formed to inspire and encourage the creation of wonderful funerals. To equip people with the knowledge and skills to plan unique farewells for the people they love.

Great Goodbyes is a portal

- To find the right funeral home
- To connect you with a wide range of creative suppliers
- To enable you to quickly compare prices and offerings in private and without any pressure
- To understand the full range of creative options that are legally available to you (the venue possibilities alone will surprise you).

Don’t let your goodbye be ordinary

We get one chance to say goodbye to the ones we love.

Great-goodbyes.com will help you make your farewell extraordinary.



Go to great-goodbyes.com

(Trauma Intervention Program NW cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)

CRISIS LINES 24/7 SUPPORT/HELP WHEN YOU NEED IT

CLACKAMAS COUNTY

503-655-8585

24-7 crisis and support line

<https://www.clackamas.us/behavioralhealth>

CLARK COUNTY

800-626-8137

Behavioral health crisis services are available 24/7

<https://www.clark.wa.gov/community-services/clark-county-crisis-services>

MULTNOMAH COUNTY

503-988-4888

24/7 crisis counseling by phone, with translation services for non-English speakers.

<https://multco.us/mhas/mental-health-services>

SKAMANIA COUNTY

Mental Health and Public Health / 24 Hour Crisis Line

509-427-3850

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

community-health/homepage/mental-health/

WASHINGTON COUNTY

503-291-9111

24/7 help for people experiencing a mental health crisis.

Interpreters provided

<https://www.co.washington.or.us/HHS/MentalHealth/index.cfm>

MILITARY CRISIS LINE

888-457-4838

Press 1, or access online chat by texting 838255.

<https://www.militaryonesource.mil/health-wellness/mental-health/suicide>

LINES FOR LIFE

Call 800-273-8255

24/7 365 days a year

<https://www.linesforlife.org/>

If you do not know which county you are in, please call any crisis line number and they will assist you.



The right place when nothing feels right.



In our community, 1 in 17 children will have a parent or sibling die before they turn 18. Dougy Center serves these children, teens, young adults, and their adult family members through peer grief support groups in the Portland Metro area, including through virtual groups during the pandemic.

Dougy Center also provides resources and training world-wide to schools, organizations, and individuals seeking to assist children in grief.

Dougy Center's services are completely free for families. We rely on the generosity of individuals, businesses, and foundations to support our programs.

Dougy Center | 503.775.5683 | dougy.org | help@dougy.org

(Trauma Intervention Program NW cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)

COMMUNITY SERVICES

ADOLESCENTS

- Angels In The Outfield503-313-8122
Helping 18 and younger impacted by crime or abuse
www.theangelsintheoutfield.org
- Children's Home Society
of Washington/Vancouver
Family Resource Center360-695-1325
www.childrehomesociety.org/home
- Clackamas County
Juvenile Department503-655-8342
www.clackamas.us/juvenile
- Clark County
Juvenile Department360-397-2201
www.clark.wa.gov/juvenile-court/juvenile-court-
contact-information
- Harry's Mother ... 503-233-8111/800-914-9706
Shelter for 9-17 year olds and Crisis Intervention
janusyouth.org
- Homeless Youth Services503-233-6090
janusyouth.org/programs/homeless-youth
- Insights Teen Parent Program503-239-6996
insightstpp.org/programs
- Lines for Life877-968-8491
- Multnomah County Juvenile
Services Division503-988-3460
multco.us/dcj-juvenile
- National Runaway Safeline800-786-2929
1800runaway.org
- Porch Light Street
Light Youth Services503-432-3986
- SMYRC - Sexual & Gender Minority
Youth Resource Center503-872-9664
pdxqcenter.org and www.smyrc.org
- Trevor Project -
Teen Suicide Prevention866-488-7386
thetrevorproject.org
- Youthera -
Clackamas County Drop971-334-9295
www.youthera.org
- Youthline (Lines for Life)877-968-8491
or text "teen2teen" to 839863
Call for information. Online chat is available at
OregonYouthline.org

ALCOHOL/DRUGS

- Al-anon Information
(Portland)503-292-1333
- Al-anon Information
(Vancouver)360-693-5781
- Al-anon/Al-ateen
Information Service888-425-2666
al-anonportlandoregon.org
- Alcohol and Drug Hotline503-244-1312
Toll Free800-923-4357
- Alcoholics Anonymous
Portland503-223-8569
Vancouver360-694-3870
aa.org
- Cocaine Anonymous503-256-1666
caorwa.org
- Families Anonymous800-736-9805
familiesanonymous.org

- Narcotics Anonymous503-345-9839
na.org
- Lifeline Connections
for Clark County360-397-8246
lifelineconnections.org
- Lines for Life -
Alcohol and Drug Help800-273-8255
or text "273TALK" to 839863
linesforlife.org
- National Helpline 800-662-HELP (4357)

ANIMAL ASSISTANCE

- Animal Aid503-292-6628
animalaidpdx.org
- Bonnie L. Hays Animal Shelter ...503-846-7041
co.washington.or.us/HHS/AnimalServices/
- Clackamas County
Animal Control503-655-8628
clackamas.us/dogs/
- Critter Gitter503-253-5584
- Dignified Pet Services/Tigard503-885-2211
Milwaukie503-783-6115
dignifiedpetservices.com
- Dove Lewis Emergency
Animal Hospital503-228-7281
dovelewis.org
- House Of Dreams -
No Kill Cat Shelter503-262-0763
kittydreams.org
- Meowhaus Cat Boarding
and Assistance 503-281-0222
meowhaus.biz
- Multnomah County
Animal Services503-988-7387
multcopets.org
- Oregon Humane Society503-285-7722
oregonhumane.org
- Dove Lewis (24-hours/
Pet Loss Groups)503-234-2061
dovelewis.org
- Second Chance Companions360-687-4569
sccpets.com
- SW Wash. Humane Society360-693-4746
southwesthumane.org

BEREAVEMENT

- Many bereavement groups can be found
at local churches and hospitals.**
- Community Home Health
and Hospice360-253-4626
Grief Support Services360-703-0300
chhh.org
- Brief Encounters
Message Phone503-699-8006
Miscarriage, stillborn and newborn death
briefencounters.org
- Compassionate Friends877-969-0010
and503-307-8450
For parents who have lost a child of any age,
for any reason
compassionatefriends.org

- Dougy Center for
Grieving Children503-775-5683
Toll-free866-775-5683
Bereavement support and counseling for children
dougy.org
- First Candle Grief
Support Line800-221-7437
Support group for parents who have lost a child to SIDS
firstcandle.org
- Now I Lay Me Down to Sleep877-834-5667
and720-283-3339
Remembrance Photography
nowilaymedowntosleep.org
- Parents of Murdered Children ...503-656-8039
Bereavement support and counseling for children
pomc.org
- Precious Moments360-696-5120
Miscarriage, stillborn and newborn death
peacehealth.org/sites/default/files/Documents/
Bereavement-Brochure.pdf
- Sesame Street Bereavement
www.sesamestreet.org/grief
- Stepping Stones/Hope
Bereavement Services360-696-5120
Support and counseling
peacehealth.org/southwest/services/hospice/
bereavement-services/
- Survivors of Suicide Support
Group Portland503-200-0382
www.sbsnw.org
- Victims of Violent Crime
and their Families & Friends855-484-2846
victimssupportservices.org

BOARD UP/RESTORATION

- 1-800-Board-Up800-262-7387
1-800boardup.com
- BELFOR503-408-8880
24/7 Emergency Number800-856-3333
belfor.com
- Cornerstone Disaster Repair503-295-0108
cornerstonerepair.com
- F.I.R.E - Fire Industry
Restoration Experts503-305-7285
firexperts.net
- ServPro of Clark County360-254-0049
servproevancouverclarkco.com
- ServPro of Gresham,
Oregon City and Sandy503-665-7752
servprogresham.com

BODY & ANATOMICAL DONATION

- Educational Body Donation503-404-4114
educationalbodydonation.org
- OHSU Body
Donation Program503-494-8302
ohsu.edu/body-donation
- Medcure - Body Donation
for Medical Research866-560-2525
medcure.org
- Science Care -
Whole Body Donation800-417-3747
sciencecare.com

COMMUNITY SERVICES

CHILDREN/YOUTH RESOURCES

- CARES NW503-276-9000
Multidisciplinary prevention, medical evaluation, and ongoing treatment of child abuse and neglect
caresnw.org
- Child Abuse Hotline.....800-422-4453
childhelp.org
- Child Protective Services - Oregon503-731-3100
- Child Protective Services - Washington888-713-6115
- Dougy Center for Grieving Children503-775-5683
dougy.org
- Oregon Youthline877-968-8491 or text "teen2teen" to 839863
OregonYouthline.org

- Stepping Stones/Hope Bereavement Services360-696-5120
Support and counseling
peacehealth.org/southwest/bereavement-services
- Youth Hotline503-224-4339
Support and resources for foster, at-risk, and homeless youth aged 14-24
newavenues.org

CLEAN UP/BIO-HAZARD

- BioManagement NW 855-206-6906
bionw.com
- Heartbeat Medical & Safety503-544-2650
- Rapid Response Bioclean503-477-8765
rapidresponsebioclean.com
- ServPro of Clark County360-254-0049
servproevancouverclarkco.com
- ServPro of Gresham, Oregon City and Sandy503-665-7752
servprogresham.com
- STOP Oregon.....503-966-4131
stoprestoration.com/portland

COMMUNITY RESOURCES

- Catholic Charities503-231-4866
catholiccharitiesoregon.org/
- Clackamas County Urgent Mental Health Walk-in Clinic503-655-8585
Crisis services available to anyone living in Clackamas County, regardless of ability to pay or insurance plan
11211 SE 82nd Ave, Suite O, Happy Valley, OR
clackamas.us/behavioralhealth/urgentmentalhealth
- Catholic Community Services.....360-567-2211
Resources and support for sheltering, housing and homelessness; families and youth services; immigrants and refugees; seniors; mental health and addiction and recovery
ccswww.org
- Oregon Dept. of Human Services503-945-5600
oregon.gov/dhs
- Friendly House.....503-228-4391
Non-profit community center and social services agency
friendlyhouseinc.org

- Neighborhood House503-246-1663
County youth and family service center, serves all of West Multnomah County
nhpdx.org
- Northwest Family Services.....503-546-6377
Programs for youth, counseling, couples classes, parenting, money management, job readiness/placement
nwfs.org
- Peer and Family Support Services (Clackamas County).....503-655-8585
clackamas.us/behavioralhealth/support.html
- Street Roots
Comprehensive list of services for people experiencing homelessness and poverty in Clackamas, Multnomah and Washington counties
rosecityresource.streetroots.org

COMMUNITY SUPPORT

- CaringBridge
caringbridge.org
- Catholic Community Services....360-567-2211
ccsww.org
- Household Item Pick Up
www.pickupplease.org
- Lotsa Helping Hands
Email.....info@lotsahelpinghands.com
lotsahelpinghands.com/about-us/
- Meal Train
mealtrain.com
- Spoonful of Comfort - Get Well Packages
spoonfulofcomfort.com

CRIME VICTIM SERVICES, ASSISTANCE & RESTRAINING ORDER INFORMATION

- Clackamas County Victim Assistance Program503-655-8616
clackamas.us/da/victimassist.html
- Clark County Victim Assistance564-397-2261
clark.wa.gov/prosecuting-attorney/victim-assistance
- Legal Aid/Family Law503-224-4086
- Lutheran Community Services NW (Portland/Vancouver - Crime Victim Advocates)
Portland503-924-2448
Vancouver360-694-5624

CRISIS SERVICES

- Adult Mobile Crisis Intervention - Clark County (Community Services NW)800-626-8137
- Call to Safety Crisis Line888-235-5333
calltosafety.org
- Clackamas County Mental Health Crisis Line503-655-8585
- Clackamas County Urgent Mental Health Walk-in Clinic503-655-8585
clackamas.us/behavioralhealth/urgentmentalhealth
- Clark County Crisis Line.....800-626-8137
- La Linea de Crisis503-232-4448
Additional Portland Line503-291-9111

- Lifeline Connections Wellness Center.....360-205-1222
lifelineconnections.org
- Multnomah County Crisis Line ..503-988-4888
- National Alliance on Mental Illness (NAMI)800-950-6264
- Oregon Child Abuse Hotline855-503-7233
- Project Respond.....503-988-4888
- Rainier Springs Mental Health Services.....360-869-0144
rainiersprings.com
- Suicide Crisis Line of Clark County.....800-626-8137
- Wash. County Crisis Line503-291-9111
- Washington State Dept. of Children, Youth and Families.....888-713-6115
- Youth Mobile Crisis Intervention - Clark County (Catholic Community Services).....360-567-2211
ccsww.org/get-help/child-youth-family-services

DOMESTIC VIOLENCE

- Clackamas Women's Services.....888-654-2288
cwsor.org
- Gateway Center (Domestic Violence).....503-988-6400
portlandoregon.gov/gatewaycenter/
- Men's Resource Center503-235-3433
portlandmrc.com
- National Domestic Violence Hotline.....800-799-SAFE (7233)
thehotline.org
- Call to Safety Crisis Line888-235-5333
calltosafety.org
- Raphael House (collect calls ok).....503-222-6222
raphaelhouse.com
- SafeChoice Women's Shelter (YWCA Vancouver).....360-695-0501
Toll-free800-695-0167
- Washington County Domestic Violence Resource Center/ Crisis Line.....503-469-8620
dvrc-or.org
- Washington State Coalition Against Domestic Violence WSCADV206-389-2515
wscadv.org
- West Women & Children's Shelter (Salvation Army)503-731-3900
westwomens.salvationarmy.org
- YWCA Vancouver360-696-0167
ywcaclarkcounty.org
- YWCA Portland.....503-294-7400
ywcapdx.org

EMERGENCY SUPPLIES

- American Red Cross - Portland..503-284-1234
- American Red Cross - SW Washington.....360-693-5821

COMMUNITY SERVICES

Francis Center503-775-6784
Serves area north of Powell from 60th to 82nd and south of Powell from 39th to 136th
Provides emergency clothing and food
www.franciscenterpdx.org

Mainspring Portland
(Fish Emergency Services503-233-5533
mainspringpdx.org

St. Vincent DePaul
Portland503-235-8431
svdppdx.org
Vancouver360-694-5388
svdvpancouverusa.com

Salvation Army
Portland971-340-4010
portland.salvationarmy.org
Vancouver360-892-9050
vancouver.salvationarmy.org

SnowCap503-674-8785
Provides clothing and emergency food.
Fire - Support Services
snowcap.org

HIV/AIDS

Cascade AIDS Project
(Portland).....503-223-5907
cascadeaids.org

Cascade AIDS Project
(Clark County).....360-750-7964
cascadeaids.org

Partnership Project503-230-1202

HOSPITALS

Doernbecher
Children's Hospital503-346-0640
700 SW Campus Drive, Portland

Emanuel and Randall
Children's Hospital503-276-6500
2801 N. Gantenbein Street, Portland

Kaiser Sunnyside.....503-256-0556
10180 SE Sunnyside Road, Clackamas

Legacy Good Samaritan.....503-413-7711
1015 NW 22nd, Portland

Legacy Salmon Creek.....360-487-1000
2211 NE 139th St., Vancouver

Legacy Meridian Park
Medical Center503-692-1212
19300 SW 65th, Tualatin

Legacy Mt. Hood
Medical Center503-674-1122
24800 SE Stark Street, Gresham

Oregon Health Sciences
University/Doernbecher503-494-8311
3181 Sam Jackson Park Road, Portland

Peacehealth Southwest
Washington Medical Center360-256-2000
400 NE Mother Joseph Place, Vancouver

Portland Adventist
Medical Center503-257-2500
10123 SE Market, Portland

Providence Portland
Medical Center503-215-1111
4805 NE Glisan, Portland

Providence Milwaukie503-513-8300
10150 SE 32nd Avenue, Milwaukie

Providence St. Vincent
Medical Center503-216-1234
9205 SW Barnes Road, Portland

Providence Willamette Falls503-656-1631
1500 Division Street, Oregon City

LEGAL

Clark County Volunteer
Lawyers Program360-695-5313
ccvlp.org

Disability Rights Oregon503-243-2081
droregon.org

Legal Aid Services of Oregon503-224-4086
Serving both Multnomah and Clackamas County
lasoregon.org

Oregon Elder Law503-284-6778
oregonelderlaw.com

Oregon Law Center.....503-981-0336
oregonlawcenter.org

LGBTQIA

Friendly House.....503-228-4391
friendlyhouseinc.org

Metropolitan Community Church
(MCC)503-281-8868
mccportland.com

Q Center.....503-234-7837
pdxqcenter.org

SAGE (Services and Advocacy
for LGBT Elders)503-224-2640

Sexual and Gender Minority Youth
Resource Center (SMYRC).....503-872-9664
smyrc.org

MEDICAL EXAMINER

Clackamas County ME Office503-655-8380

Clark County ME Office.....564-397-8405

Multnomah County ME Office...503-988-0055

Washington County ME Office ..503-846-3575

MENTAL HEALTH

Emergency 911

Adapt Behavioral Health
Day Hospital Program.....360-696-5300

Cascadia.....503-674-7777
cascadiabhc.org

Clackamas Crisis Line and
Urgent Walk-in Clinic.....503-655-8585
clackamas.us/behavioralhealth/urgentmentalhealth

Clark County Crisis Line.....360-696-9560

Clark County NAMI
(Vancouver)360-695-2823
namiswwa.org

Columbia River Mental
Health Services.....360-993-3000
crmhs.org

Human Services Council360-694-6577
hsc-wa.org

Multnomah County
NAMI (Portland)800-950-6264
nami.org

Multnomah County Mental
Health Call Center503-988-4888

National Alliance on
Mental Illness (NAMI)800-950-6264
nami.org

Oregon Psychological
Association Referral800-541-9798
opa.org

Providence Behavioral
Health Services.....503-215-7080

Unity Center
for Behavioral Health503-944-7102
unityhealthcenter.org

ONLINE FUNERAL SERVICES

Great Goodbyes
www.great-goodbyes.com

POLICE

Emergency 911

Camas Police Department360-834-4151

Clackamas County
Sheriff's Office.....503-655-8211

Clark County
Sheriff's Office.....360-397-2211

Gresham Police Department.....503-618-2318

Lake Oswego.....503-635-0238

Multnomah County
Sheriff's Office.....503-988-4300

Portland Police
Central Precinct.....503-823-0097

Portland Police East Precinct.....503-823-4800

Portland Police North Precinct ..503-823-5700

Troutdale Police503-665-6129

Vancouver Police East Precinct..360-487-7500

Vancouver Police
West Precinct360-487-7355

POPULATION SPECIFIC SERVICES

IRCO - Immigrant and Refugee
Community Organization.....503-234-1541
irco.org

El Programa Hispano
Portland503-944-7102
www.elprograma.org

Native American Youth and
Family Center503-288-8177
nayapdx.org

Russian Oregon Social
Services (ROSS).....503-777-3437
emoregon.org/ross/

COMMUNITY SERVICES

SENIORS

Area Agency on Aging & Disabilities
of Southwest Washington888-637-6060
helpingelders.org

Alzheimer's Association800-272-3900
alz.org

Clackamas County Aging and
Disability Resources Collective..503-650-5622

Clackamas County
Senior Services503-655-8640

Elder Care800-677-1116
eldercare.acl.gov

Family Caregiver
Support Program.....503-988-3646
The Family Caregiver Support Program offers services
that can take some of the burdens off of unpaid
caregivers caring for someone

Oregon Elder Law503-284-6778
oregonelderlaw.com

Lutheran Community Services NW
Portland503-231-7480
Vancouver360-694-5624
lcsnw.org

Multnomah County Aging and Disability
Helpline (Gatekeepers)503-988-3646
multco.us/ads/gatekeeper-program

Salvation Army /
Silvercrest Senior Housing503-988-3646
salvationarmyusa.org/usn/love-the-elderly/

Senior Loneliness Line.....503-200-1633
seniorlonelinessline.org

SEXUAL ASSAULT/RAPE

Call to Safety Crisis Line888-235-5333
calltosafety.org

Lutheran Community Services NW
Portland503-231-7480
Vancouver360-694-5624
lcsnw.org

Rape Victims Advocate/
Victim Assistance Program.....503-988-3222

Restore Hope503-667-1189
Helping children with child sexual abuse
and adult survivors
restoretheirhope.org

SHELTERS

Bradley Angle House for Women
and Children.....503-281-2442
bradleyangle.org

Call to Safety Crisis Line888-235-5333
calltosafety.org

Immediate Shelter Inquiries211
24 hr shelter line for Mult County,
Mon-Fri, 8-6 for all other counties
211info.org

Streetlight/Janus
Youth Shelter503-380-7200
Overnight shelter for youth age 16-24

Ticket Home211
Resource for transportation back to family for homeless
individuals, 211 does the screening process
211info.org

Vancouver Emergency Shelter ..360-695-9677
vhausa.com/emergency-housing

SIDS - SUDDEN INFANT DEATH SYNDROME

Brief Encounters.....503-699-8006
Support for Bereaved Parents of Pregnancy/Infant Loss
briefencounters.org

First Candle.....800-221-7437
Support group for parents who have lost a child to SIDS
firstcandle.org

Hayden's Helping Hands
Support/Funds for Stillborn Baby Hospital Bills
haydenshelpinghands.com

Now I Lay Me Down To Sleep.....877-834-5667
Remembrance Photography
nowilaymedowntosleep.org

SUICIDE

Lines for Life800-273-8255
24-hour hot line - suicide hotline, military
help line, and youthline
linesforlife.org

Emergency 911

Clackamas Crisis Line and
Urgent Walk-in Clinic.....503-655-8585
clackamas.us/behavioralhealth/urgentmentalhealth

Clark County Crisis Line.....360-696-9560
Multnomah County/

Portland Crisis Line503-988-4888

National Hope
Line Network.....800-442-4673
hopeline.com

National Suicide
Prevention Lifeline800-273-8255
suicidepreventionlifeline.org

Survivors of Suicide
Support Group503-200-0382
sbsnw.org

Survivor Outreach Program
(American Foundation for
Suicide Prevention).....503-479-8754
Email.....hccoregon@afsp.org
afsp.org/SOP

Teen Line310-855-4673
Toll-free800-852-8336
teenlineonline.org

Trevor Project (Teen Crisis/Suicide
Prevention for LGBTQ Youth).....866-488-7386
thetrevorproject.org

VETERANS/MILITARY

Military Help Line888-457-4838
militaryhelpline.org

VA Mental Health Services/
Vet Combat Call Center877-927-8387
vetcenter.va.gov

(Trauma Intervention Program NW cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)

DEALING WITH THE MEDIA

If you have been involved in an incident of public interest, you may encounter the media. It is important that you know your rights and know that you have a choice regarding sharing the details and/or feelings with the general public. You do not have an obligation to speak with the media, however if you do, you may find the following information helpful.

YOU HAVE THE RIGHT TO:

- Say "NO" to an interview.
- Select the spokesperson or advocate of your choice.
- Select the time and location for media interviews.
- Request a specific reporter.
- Refuse an interview with a specific reporter even though you have granted interviews to other reporters.

- Say "NO" to an interview even though you previously granted interviews.
- Release a written statement through a spokesperson in lieu of an interview.
- Exclude children from interviews.
- Refrain from answering any questions with which you are uncomfortable or feel are inappropriate.
- Know in advance what direction the story about your victimization is going to take.
- Ask for a review of your quotations in a story line prior to publication.
- Avoid a press conference atmosphere and speak to only one reporter at a time.
- Demand a retraction when inaccurate information is reported.

- Ask that offensive photographs or visuals be omitted from airing or publication.
- Conduct a television interview using a silhouette or a newspaper interview without having your photograph taken.
- Give your complete side of the story related to your victimization.
- Refrain from answering reporter's questions during trial.
- File a formal complaint against a reporter.
- Grieve in privacy.
- Suggest training about media and victims for print and electronic media in your community.
- Be treated with dignity and respect by the media.

DEALING WITH STRESS

CRITICAL INCIDENT STRESS INFORMATION

You have experienced a traumatic event or a critical incident (any event that causes unusually strong emotional reactions that have the potential to interfere with the ability to function normally). Even though the event may be over, you may now be experiencing or may experience later, some strong emotional or physical reactions. It is very common, in fact quite normal, for people to experience emotional aftershocks when they have passed through a horrible event.

Sometimes the emotional aftershocks (or stress reactions) appear immediately after the traumatic event. Sometimes they may appear a few hours or a few days later. And, in some cases, weeks or months may pass before the stress reactions appear.

The signs and symptoms of a stress reaction may last a few days, a few weeks, a few months, or longer, depending on the severity of the traumatic event. The understanding and the support of loved ones usually causes the stress reactions to pass more quickly. Occasionally, the traumatic event is so painful that professional assistance may be necessary. This does not imply craziness or weakness. It simply indicates that the particular event was just too powerful for the person to manage by himself/herself.

Here are some common signs and signals of a stress reaction:

Physical*

chills
thirst
fatigue
nausea
fainting
twitches
vomiting
dizziness
weakness
chest pain
headaches
elevated bp
rapid heart rate
muscle tremors
shock symptoms
grinding of teeth
visual difficulties
profuse sweating
difficulty breathing
etc...

Cognitive

confusion
nightmares
uncertainty
hyper-vigilance
suspiciousness
intrusive images
blaming someone
poor problem solving
poor abstract thinking
poor attention/decisions
poor concentration/
memory
disorientation of time,
place or person
difficulty identifying
objects or people
heightened or
lowered alertness
increased or
decreased awareness
of surroundings
etc...

Emotional

fear
guilt
grief
panic
denial
anxiety
agitation
irritability
depression
intense anger
apprehension
emotional shock
emotional outbursts
feeling overwhelmed
loss of emotional
control
inappropriate emotional
response
etc...

Behavioral

withdrawal
antisocial acts
inability to rest
intensified pacing
erratic movements
change in social
activity
change in speech
patterns
loss or increase of
appetite
hyper-alert to
environment
increased alcohol
consumption
change in usual
communications
etc...

***Any of these symptoms may indicate the need for medical evaluation.
When in doubt, contact a physician.**

DEALING WITH STRESS

THINGS TO TRY

- **WITHIN THE FIRST 24-48 HOURS** — periods of appropriate physical exercise, alternated with relaxation will alleviate some of the physical reactions.
- Structure your time; keep busy.
- You're normal and having normal reactions; don't label yourself crazy.
- Talk to people; talk is the most healing medicine.
- Be aware of *numbing* the pain with overuse of drugs or alcohol, you don't need to complicate this with a substance abuse problem.
- Reach out; people do care.
- Maintain as normal a schedule as possible.
- Spend time with others.
- Help your co-workers as much as possible by sharing feelings and checking out how they are doing.
- Give yourself permission to feel rotten and share your feelings with others.
- Keep a journal; write your way through those sleepless hours.
- Do things that feel good to you.
- Realize those around you are under stress.
- Don't make any big life changes.
- Do make as many daily decisions as possible that will give you a feeling of control over your life, i.e., if someone asks you what you want to eat, answer them even if you're not sure.
- Get plenty of rest.
- Don't try to fight reoccurring thoughts, dreams or flashbacks — they are normal and will decrease over time and become less painful.
- Eat well-balanced and regular meals (even if you don't feel like it).

FOR FAMILY MEMBERS & FRIENDS

- Listen carefully.
- Spend time with the traumatized person.
- Offer your assistance and a listening ear if they have not asked for help.
- Reassure them that they are safe.
- Help them with everyday tasks like cleaning, cooking, caring for the family, minding children.
- Give them some private time.
- Don't take their anger or other feelings personally.
- Don't tell them that they are "lucky it wasn't worse;" a traumatized person is not consoled by those statements. Instead, tell them that you are sorry such an event has occurred and you want to understand and assist them.

CHILDREN & TRAUMA: SUGGESTIONS FOR PARENTS

by Wayne Fortin, Founder and CEO,
Trauma Intervention Programs, Inc.

CHILDREN ARE TRAUMATIZED BY A WIDE variety of events which include but are not limited to: natural disasters, crime, auto accidents, serious illness, community violence, hostage situations, violence in the home and the death of a parent or loved one.

Parents play a vital role in their child's successful recovery from a traumatic event. Following are ways parents can help their child following a traumatic event:

- Reassure your child that he/she will be taken care of, loved and cherished just as they were before the traumatic event.
- Nurture your child. Children who have been traumatized need physical contact. Cuddling, rocking, massaging and reading quietly help relieve stress and anxiety.
- Pay special attention at bedtime. Nighttime is particularly difficult for traumatized children. It may help to read to your child, rub their back, play music and leave a light on.
- Encourage your child to tell his/her story. Your child may need to tell their story repeatedly. Listen attentively and allow your child to talk about the traumatic experience at his/her own pace.
- Provide physical outlets. Your child may have pent up anger/energy in their body. Provide appropriate, fun and physical activities for your child.
- Give your child choices and help him/her develop a sense of control.
- Provide consistent, predictable patterns for your child. If something new is about to happen, explain to your child before hand what they can expect.
- Be tolerant and patient. No set timetable exists for the recovery of children. Some recover quickly and others may take more time. Don't compare your child to other children who have experienced the same event.

- Protect your child from repeated news coverage.
- Make it clear to your child that you are "in control". It is very frightening and confusing for a child to sense that parents themselves are disorganized, confused and anxious. If your own response to the event interferes with your ability to care for your child, ask for help! Professionals who specialize in working with traumatized children can be very helpful.

**For more assistance,
please call 503-823-3937.**

EFFECTIVE WAYS OF COPING AFTER A TRAUMATIC EVENT

1. Accept the fact that you have been a victim and accept the feelings that result. Remember: others may not validate your feelings. In fact, they may minimize your experience: "You were only a witness", or "You were really lucky", or "It has been two weeks! Why are you still bothered?"
2. Accept all the feelings you are having as normal reactions to an extraordinary event. You are not "crazy". You are reacting normally to a "crazy" event. Be patient with yourself. It takes time to recover emotionally from a traumatic event.
3. Combat any guilt you might have by:
 - Accepting it as normal.
 - Talking to others about your role or their role in the event. You are probably not alone in your reaction to this event.
 - Realizing you were a victim and are not a trained rescuer.
 - Recognizing what you "did right"!
 - Recognizing the extenuating circumstances related to the event — the suddenness, the dangers, etc.
4. Don't revert to "bad habits" (alcohol, drugs, overeating) to cope. They will only make matters worse.

EFFECTIVE WAYS OF COPING continued...

5. Maintain normalcy. Go about your daily routines and "take care of business."
6. Attempt to understand what happened by getting the facts.
7. Ventilate. TALK and write about the event.
8. Thank those who helped you and apologize to those you hurt during and since the tragic event.
9. Help each other.
 - Reach out to those who are particularly traumatized.
 - Respect each other's ways of coping.
 - Don't victimize each other by judging other's individual coping style. Let the "grievers" grieve and allow the "doers" to do.
10. Decide as a group how you want to help:
 - The victim
 - The family
 - Each other
10. If a death has occurred:
 - Implement or participate in a "saying goodbye" ritual
 - Attend services
 - Contribute to a memorial fund
 - Establish a memorial on scene
 - Wear a symbol on clothing

HELPFUL HINTS

Some of the following ideas might help you or others alleviate some of the aftershocks of a traumatic event.

FOR YOURSELF

- Try to rest a bit more
- Contact a friend
- Have someone stay with you for at least a few hours or periods of time for a day or two.
- Recurring thoughts, nightmares and flashbacks are normal — don't try and fight them. They will decrease over time and become less painful.

- Maintain as normal a schedule as possible.
- Eat well-balanced and regular meals. (Even if you don't feel like it!)
- Try to keep a reasonable level of activity.
- Fight against boredom.
- Physical activity is often helpful.
- Reestablish a normal schedule as soon as possible.
- Express your feelings as they arise.
- Talk to people who love you.
- Find a good counselor if the feelings become prolonged or too intense.

FOR FRIENDS AND FAMILY

- Listen carefully!
- Spend time with the traumatized person.
- Offer your assistance and a listening ear even if they have not asked for your help.
- Reassure them that they are safe.
- Help with everyday tasks like cleaning, cooking, caring for the family and minding the children.
- Give them some private time.
- Don't take their anger or other feelings personally.
- Don't tell them that they are "lucky it wasn't worse" — traumatized people are not consoled by those kinds of statements. Instead, tell them that you are so sorry this event has occurred and you would like to understand and assist them.

If you find that you are still suffering severe symptoms (sufficient to disrupt any of your normal functioning) after six weeks, professional counseling may be indicated.

Contact your employee assistance program, physician, or a mental health professional in your community for a referral to a therapist who specializes in this kind of work.

Additional Resources can be obtained at www.sesamestreet.org/grief

WHEN TRAGEDY STRIKES

10 THINGS TO DO AND NOT TO DO

All of us face dilemmas when something bad happens to someone we know. Many times we inadvertently say the wrong thing and increase the hurt they're already feeling. Or, we don't do or say anything for fear that we'll be in the way. So here's a practical list of 10 do's and don'ts when it comes to helping someone who's just experienced a death or trauma.

1. **DO** listen. As a rule, if you're talking more than they are, you're not being helpful.
2. **DON'T** tell your story. It's not about you. "When my father died ..." language isn't helpful. Don't try and relate your pain — that's essentially emotional theft. No matter how similar your story is, it's not theirs. Their experience is different and happening right now. Let the focus be on them.
3. **DO** send a note. It may seem insignificant to you, but a thoughtful, short, handwritten note can mean the world to someone in a particular kind of hell. Even if it's months after the death, that note will mean a lot.
4. **DON'T** use platitudes like, "It was God's will," or "She's in God's hands now," or "At least he had a good life," or "You can have other children," Such loss is devastating and so are the mental wounds from such mindless platitudes. Discounting statements like "at least ..." hurt because nothing is going to make this situation okay. Instead, simply acknowledge the loss and express your sadness at the pain they are going through.
5. **DON'T** be vague. "Call me if there's anything I can do" is practically useless. They're not going to call; they're too overwhelmed and too upset to even remember the offer. To someone in the immediacy of a trauma, the phone weighs 2,000 pounds and is simply too heavy to pick up for any reason, including asking for help.
6. **DO** be specific. Tell your friend; "I'm cooking dinner at your house on Thursday at 6 p.m." The smells of cooking can be extremely comforting and calming. Offer to pick up friends or relatives from the airport. Take the kids to school or babysit after school. Vacuum their house. Take their trash to the curb on trash day. Imagine what you would least like to do in their situation — then volunteer to do it for them.
7. **DON'T** bring by a lasagna. People under extreme duress do not eat meals, they snack. Bring fresh fruit, vegetables, cheese and crackers — foods that you can eat with your fingers that don't require cooking or clean up. Stress shuts down the digestive system. Heavy meals that require prep and clean up just add to the stress.
8. **DO** bring essentials. The three things that people most need immediately after a death or trauma are tissues, bottled water, and toilet paper. As family members, friends, and neighbors arrive they all need tissues and water. Water bottles eliminate the need for cups and clean up. More people means more bathroom visits so the need for more toilet paper becomes essential.
9. **DO** be human. If you see this person at the grocery store, don't duck behind the soup display because you can't think of anything to say. This just makes the person feel alienated and lonely. Acknowledge what happened by saying something like, "I'm so sorry this happened." You don't have to save them or provide a counseling session. They might want to talk, they might not. Your lack of comfort will only make them feel more alienated. A simple hug goes a long way.
10. **DON'T** judge. No matter what your feelings about the situation, use neutral language, "I remember Mike's smile. He was also so helpful to us. I'm sorry. How are you doing?" In fact, a simple "How are you doing?" can go a long way. These situations are uncomfortable — for everyone. But with a little thought we can avoid increasing the hurt and even help when the worst happens to people we know.

For more information on how to help visit www.whentragedystrikes.org



BIO MANAGEMENT NORTHWEST



Professional Trauma Services
Suicide-Unintended Death
Cleanup Services

Bio Management Northwest works with insurance companies and is able to waive deductibles and provides sliding scale programs

1-800-408-2226

www.BioNW.com

BIOHAZARD REMEDIATION SERVICES

SERVING WASHINGTON & OREGON STATE



NOW OPEN

GETHESEMANI FUNERAL HOME
PASTORAL & COMPASSIONATE CARE



Happy Valley
GETHESEMANI FUNERAL HOME *CREMATORY
located on the grounds of
GETHESEMANI CATHOLIC CEMETERY
11666 SE Stevens Road
Happy Valley, OR 97086
503-659-1350

Portland
MT. CALVARY CATHOLIC CEMETERY
333 SW Skyline Blvd.
Portland, OR 97221
503-292-6621

GETHESEMANI FUNERAL HOME
located on the grounds of
GETHESEMANI CATHOLIC CEMETERY
11666 SE Stevens Rd., Happy Valley, OR 97086
503-659-1350

MT. CALVARY CATHOLIC CEMETERY
333 SW Skyline Blvd., Portland, OR 97221
503-292-6621



Owned & Operated



ccpdxor.com



Southwest Washington **CRISIS LINE**

Having an urgent mental health or substance use need? Give us a call. Free and available 24/7.

(800) 626-8137 | TTY: (866) 835-2755

wa.beaconhealthoptions.com

Text HOME to 741741 to access the National Crisis Text Line.

(Trauma Intervention Program NW cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)

FIRE ◦ INDUSTRY ◦ RESTORATION ◦ EXPERTS



Your Restoration Experts
24-HOUR
EMERGENCY RESPONSE

24-HOUR SERVICES

- Board Up
- Shoring Stabilization
- Tree Removal
- Temp Fence
- Electrical Safe-Off
- Fire Scene Protection

24-HOUR EMERGENCY CONTACTS

Greg Philo | 503-317-3295

Office | 503-305-7285

Fax | 503-305-7284

FIREXPERTS.net

Find us on Facebook ● www.facebook.com/pages/fire-restoration

COPING WITH SUICIDE AS A FAMILY

It is important to sit down together to talk, cry, feel rage, guilt and even be silent.

Communication is the key to survival in the aftermath of suicide. At the same time, there should be respect for each person's individual way of handling grief. Some family members will grieve privately, others openly, and others a combination of these two styles. In many ways, each family member must grieve alone. Here are some suggestions to help with family grief.

Pay attention to your family members when you are with them. Let them know that you love them. Be sensitive to how other family members feel. Listen to what is meant as well as what is being said. Accept the other person and what they say.

Don't give each other the silent treatment. This has many negative effects. Sit back and listen. Let other family members have an opportunity to talk. Be sure to hug and touch each other at every opportunity. Recognize that anniversaries, birthdays, and holidays will be difficult for each member of the family.

Remember, you can't help anyone if you're falling apart. Do what you can do for yourself – and get help for what you can't do. If depression, grief, or problems in your family are getting out of control, seek the advice of a counselor.

Studies show that a bereaved person's self-esteem is extremely low. Survivors should work on their image of themselves, and to help each family member to think and feel good about them.

If there is a suicide note, discuss as a family what to do with it. If you think it will only bring you pain, then have a private burning and commit its contents to God or a higher power.

www.afsp.org

CLICHES – WHAT NOT TO SAY

Well-meaning people who don't know what to say often use cliches. Sometimes they cause more aggravation than comfort. Here are a few that shouldn't be said in time of grief:

- I know how you feel
- Calm down
- It will be better tomorrow
- It's God's will
- They are better off
- They're happier in heaven
- You will get married again
- Time heals all wounds
- It was part of God's plan
- I just don't know how you are so strong
- I don't know what I would have done if it had been me
- Don't cry, it's ok
- You don't want to do that
- Don't feel
- They will never hurt again
- Had they lived, they would never be the same
- You will/can have another child
- You have other children
- It's time to get on with your life
- Life goes on
- It is divine to forgive
- Call me if you need me

UNDERSTANDING AND COPING WITH YOUR GRIEF

Most people find the loss of a loved one the most intense and difficult experience of their lives. To lose someone is a universal experience. To mourn is a universal emotion, yet many people, both members in the helping profession and the bereaved themselves, are confused about the nature of mourning. Many of those who grieve try to hide their sorrow. Many in our culture believe that mourning should be suppressed. We now know that to suppress our sorrow; to thwart the mourning process, further disorients us and makes us more at risk for both emotional and physical illness.

If you are newly bereaved, you may find it very difficult to concentrate on what you are reading, and that is perfectly normal. We will discuss specific topics in depth to be used when it's not so difficult to think. Let me mention some errors many mourners make.

THE MOST COMMON ERRORS

The most common errors made by mourners usually begin with the people believing that mourning should be over in a short period. We know, on the basis of specific polls, for example, that a majority of the people believe mourning should be over in 48 hours to two weeks. **THIS ASSUMPTION IS FALSE.** Loss of your loved one will have a measurable and visible impact on you well beyond a year's time.

A second common error is that many people believe that they can suppress their sorrows, at least to other people's eyes. They try to use alcohol or tranquilizing drugs or magical thinking to suppress their emotions. They inevitably fail. Our emotions and their expressions are the only means we have to reorient ourselves after major change in our lives. It is important for your emotional, physical health to express emotions in non-destructive ways. One of the most effective ways of recovering from sorrow is to cry. Whether you are a man or a woman, to cry seems to be necessary for your health. To cry with others who grieve makes the task of reorientation easier.

A third common error of mourners is to try to make their sorrow a private matter. A famous poet, John Donne, was quite correct when he wrote, "No man is an island unto himself." No matter how overwhelmed, lonely or impotent you feel, your loss is other's loss

also. It is very important that you include, not exclude, others in mourning your loss.

A fourth common error is an attempt to escape the pain of loss by making even more changes in their lives; selling the house, changing jobs, going on long trips. All of these may be appropriate in time; not when we mourn. Like our shadows, our feelings of sorrow cannot be run away from. Buying binges...radical changes in living habits...taking flight from our routines of care...these are but a few examples of how we can erroneously try to avoid sorrow. What is important for you is to make as few changes in your circumstances of living as possible. While there will be many changes you cannot avoid, postpone as many as you can.

A fifth common error of mourners is to ignore their own health. For some, it seems to be going to the extreme of feeling the best way of honoring the dead is to die with them. For others, it is to abandon self-esteem. Whatever your reason, you need to care for your own health.

Taken from video tapes by Dr. Glen Davidson, Ph.D., and produced by Twenty-Twenty media, a subsidiary of Dodge Chemical Compy, Cambridge, Massachusetts.



Simple. Affordable. Caring.

We've been committed to serving Clark County families with professional, compassionate care since 1993. Call today speak with a dedicated associate 24/7.

Davies

CREMATION & BURIAL SERVICES
301 E McLoughlin Blvd., Ste. E | Vancouver
360-693-1036

DEVELOPMENTAL STAGES OF TRAUMATIZED CHILDREN

When talking to your child, please consider their age, maturity, personality and cognitive ability.

AGE

TRAUMA RESPONSES

Infant to 2 years

- Sleeping/eating disturbance
- Fussiness, whining
- Clinginess
- Sense of change

2 to 5 years

- Sleeping/eating disturbance
- Regressive behaviors
- Death/traumatic experience seen as reversible, not permanent
- Brief, intense responses
- Fearful
- Clinginess

5 to 8 years

- Magical thinking – child’s words or actions caused the traumatic event
- Death seen as reversible, not permanent
- Repetitive questioning
- Nightmares
- Aggressive behaviors
- The child worries who will take care of him or her

9 to 12 years

- Understand the finality of death
- Joking inappropriately about death/traumatic event
- Want complete details – morbid curiosity
- Aggressive behaviors
- Problems in school – changes in grades and/or behaviors

13 to 18 years

- Similar to adults, but fewer coping skills
- Risk-taking behavior – behaves impulsively
- Delayed grief work
- May prefer to talk with people outside the family
- Depression, anger, guilt
- Problems in school – changes in grades and/or behaviors
- May assume the role of the deceased

TALKING WITH TRAUMATIZED CHILDREN

COMMON QUESTIONS

Children must be told the truth. Start by saying: "A very sad thing has happened..." "I have some very sad news I need to share with you..."

Be straightforward. Use correct words: "Died" instead of "passed away": Killed in a car accident. Died from Cancer.

ANSWER CHILDREN'S QUESTIONS HONESTLY AND OPENLY

What does dead mean? Dead means your body has stopped working. It is not breathing, it doesn't need to sleep or eat.

What is cremation? The dead body is placed in a room with a high temperature that turns the body into ashes (cremains). These ashes can be put in a special container called an urn. They can also be scattered in a favorite location.

Why is their body cold or hard? The body is warm when it is working correctly. The person has died so the body doesn't need to stay warm anymore.

Why did my loved one die? That is a hard question to answer, just say honestly - "I don't know."

Will this happen to you? (addressed to parent/guardian) "I am hoping to live a long time; we just don't know when we will die."

Who will take care of me if this happens to you too? Share with them a relative or friend will take care of them, but you are hoping to live a long time.

Children may ask questions regarding their safety. Listen to your child, reassure them, provide a daily routine, and let them express their fears.

BEHAVIORS THAT SUGGEST A CHILD IS ANXIOUS OR STRUGGLING

- Quiet and withdrawn
- Acting out
- Overachieving
- Refusing to go to school or child care
- Changes in eating and sleeping habits (depression)
- More active and restless
- Unrealistic fear for personal safety
- Any significant changes in personality

**This information provided by Jodi Wicks, MS.,
Bereavement Manager Hospice SW/ "Stepping Stones"**

CHECKLIST FOLLOWING A DEATH

- Decide on type of Service.
- Check Pricing. Make appointment to meet with a funeral director. Make funeral or memorial service arrangements.
- Decide on a time and place for the funeral and/or memorial service.
- Make a list of immediate family, close friends, and employer or business colleagues. Notify each by phone.
- If flowers are to be omitted, decide on appropriate memorial to which gifts may be given (a church, library, school, or charity).
- Write an obituary. Normally, the mortuary does this, but you may wish to consult with them. Include age, place of birth, occupation, college degrees, membership(s) held, military service, outstanding work, list of survivors in immediate family. Give time and place of services. Fax a copy to deceased's hometown.
- Purchase a Guest Book.
- Notify insurance companies (including automobile insurance) of immediate cancellation and request any refund.
- Check carefully all life and casualty insurance and death benefits, including Social Security, credit union, trade union, fraternal, military, etc.
- Check also on income for survivors from these sources.
- Arrange for family members or close friends to take turns answering the door or phone, keeping careful record of calls.
- Arrange hospitality for visiting relatives and friends.
- Arrange appropriate childcare.
- Coordinate special needs of the household, e.g. cleaning, grocery shopping, etc., which might be done by friends.
- Select who will conduct the service, give the eulogy, speakers, music, and reception, if any.
- Select pall bearers and notify them (avoid men with heart or back difficulties, or make them honorary pall bearers).
- Notify the lawyer and Executor of the Will. Get several copies of the death certificate.
- Plan for disposition of flowers after the funeral (can be given to a hospital or rest home).
- Prepare a list of distant persons to be notified by letter and/or printed notice and decide which to send each.
- Prepare a list of persons to receive acknowledgements of flowers, calls, etc. Send appropriate acknowledgements (can be either written notes or printed acknowledgements).
- Check promptly on all debts and installment payments. Some may carry insurance clauses that will cancel them. If there is to be a delay in meeting payments, consult with creditors and ask for more time before payments are due.
- If the deceased was living alone, notify utilities and landlord and tell the post office where to send mail. Take precautions against thieves.

DEALING WITH TRAGEDY IN THE WORKPLACE

A Supervisor's Checklist

- Have I identified everyone affected by the event?
 - Co-workers
 - Family members
 - Witnesses
 - Clean-up workers
- Have I sent supervisors to all the sites where the survivors are?
- Have I set-up and staffed a "safe room" where employees can support one another and receive the information they need?

Is the "safe room" equipped with:

- Tissue
 - Water
 - Writing Materials
- Have I acknowledged to employees the difficulty of the event?
 - Have I obtained accurate information about the incident and presented it to all employees?
 - Have I ensured that employees will be protected from the media through the aftermath?
 - Have I distributed "How to Cope" resources to employees and given them resources for follow up care?
 - Have I given employees information on how other survivors are coping, i.e. "The family has lots of support.?"
 - Have I given the family members information about how employees care?
 - Have I taken concrete steps if necessary to make employees feel safe? (locks, lighting, etc.,)
 - Have I given employees information about upcoming viewings and memorial services?
 - Have I initiated a planning process for how employees will honor the victim(s)?
 - Have I gotten the company back to "normal"? (Cleaned up, back to daily routines?)
 - Have I followed up on an individual basis with those most affected? ("How are you doing _____?" It's been _____ weeks since the tragedy. I know it was very difficult for you. Are you ok?")

INFORMATION

HOW TO DISPOSE OF UNUSED AND UNWANTED MEDICATIONS

Follow Instructions on the Bottle/Packaging

- Look for drug disposal instructions on the bottle.
- The label may say you can throw the medicines in the trash, crush the medicines and combine and mix them in a substance or you can flush them down the toilet.

Medicine Take-Back Programs

- Contact your city or county government's household trash and recycling service to see if there is a medicine take-back program in your city.
- Go to www.deadiversion.usdoj.gov to find a National Prescription Drug Take Back Days in your area.
- Call your pharmacist to see if they have or know of a medicine disposal program.

Crushing Prescriptions to Throw-Away

- Take the medicines out of their original container – crush them and then mix them with coffee grounds or kitty litter.
- Put this in a sealable bag, empty can or another container to prevent leaking or breaking of a garbage bag.
- Scratch off all identifying information on the medication bottles for your own privacy and health information.

Additional Questions and Information

- Call 1-888-INFO-FDA (1-888-463-6332)
- Visit <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm>



When it's important, we plan for it ahead of time.

Planning and paying for your life celebration in advance will give you and your family valuable peace of mind.

FREE planning guide: DignityMemorial.com

10 LOCAL PROVIDERS TO SERVE
THE GREATER PORTLAND AREA

Every Detail Remembered™ | **Dignity**
MEMORIAL

Lincoln Memorial Park & Funeral Home | 11801 SE Mt. Scott Blvd. | Portland, OR 97086

BIO-ONE CAN HELP

Bio-One is a local family-owned and -operated business. Our crews are caring, experienced, and professional teams available when you need them most.

SERVICES

COVID-19 disinfection for homes and businesses*
Hoarding Sewage Backups
Odor Removal Virus Disinfection
Suicide/Homicide Feces and Bodily Fluid
Undiscovered Death Blood Cleanup/Biohazard

24/7 Emergency Response

We can work with your insurance.
We are here to help.

503-277-8763

BioOnePDX.com | Info@BioOnePDX.com

*Bio-One's cleaning protocol suppresses the spread and threat of coronavirus. However, there is no cleaning method in the world that guarantees total elimination of pathogens.

(Trauma Intervention Program NW cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)

DISPOSITION CHOICES AT THE TIME OF DEATH ABC's - Anatomical Donation, Burial and Cremation

At the time of death, a family has one of three disposition choices, either anatomical donation, burial or cremation.

There is no right or wrong to these choices, only what best suits the wishes of the deceased or the next of kin. It is important to note that the Power of Attorney (POA) ceases at the time of death. Thus, the POA does not have the authority to make decisions regarding human remains.

ANATOMICAL DONATION

Time sensitive decision at the time of death. A person may donate their body or the body of a loved one to an organization who accepts these gifts. Facilities and organizations accept human remains on a case by case basis and have specific procedures and an extensive questioning process to determine if a donation is possible. Depending on the institution, there may be costs to the family associated with an anatomical donation.

BURIAL

Burial usually takes place within a week of the death but in some cases later. (Refrigeration is required by law after 24 hours of the death). Embalming is not required by law but is determined by the type of funeral service the family chooses. It is required when a body is transported via airlines, or burial in an above ground mausoleum (or crypt). There are two types of burial – direct and traditional. Direct burial does not include any viewing, services or family present at the cemetery. The funeral home caskets the body and delivers it to the cemetery. Traditional burial usually includes the following: dressing, viewing, funeral or graveside service. Some funeral establishments are limited by their license as to what services they can provide.

CREMATION

Families or individuals choose cremation for various reasons, but there are still options that can be made within this choice. The most minimal is a direct cremation where there is no viewing or service involving the funeral home. A family can also choose a cremation with a funeral service which takes place at a funeral home. This may include a viewing, dressing, and casketing, either in a rental or cremation casket. Families may also choose a cremation with a memorial service, which may or may not use the funeral home facilities. The cremated remains may or may not be present at the service.

*Simple. Affordable.
Caring.*



At Advantage® Funeral and Cremation Services, you'll find compassionate, professional care at a low price. If you present us with a competitor's current price list that claims a lower price for the same goods or services, we'll match it.



1515 NE 106th Ave. | Portland, OR 97220 | 503-256-0606

AdvantageGateway.com

CLEANUP & RESTORATION

- Commercial and Residential
- Trained, Uniformed Professionals
- Complete Move-Outs
- Restoration Vendor for Insurance Companies Nationwide



Fire & Water - Cleanup & Restoration™

SERVPRO® of

Gresham 503-665-7752

Oregon City/Sandy 503-655-7735

Independently Owned and Operated



24 Hour Emergency Service.

Like it never even happened.®

INFORMATION

THINGS TO CONSIDER WHEN CHOOSING A SERVICE PROVIDER

It's okay to not know what you want. Thinking about the items below can help direct you to the proper funeral service provider. Here are a few initial questions you may want to ask.

FIRST THOUGHTS

- What type of service do you need (or want)?
 - Burial or Cremation
- Do you want to have a visitation?
- Are there charges for viewing?
- Is the location of the viewing at the funeral home?
- Do you want to have a service? Is there a place for the service?

LOCATION

- This is important. Consider that you may have to go to the funeral home several times.

- What is the distance to the funeral home?
- Are there charges for transportation of the body? After hours?

CREMATION

- What does your cremation package include?
- What is the cost of the cremation container?
- Are Death Certificates included?

BURIAL

- What does the burial package include?
- What is the price range of caskets?
- Are Death Certificates included?



Dwight & Amy Terry
Owners/Funeral Directors

“Dedicated to providing excellent service
and superior care of your loved one”

Funeral Home staff available 24 hours

503-249-1788

Terry Family Funeral Home
2337 N Williams Ave
Portland, Or 97227

www.terryfamilyfuneralhome.com

A TRADITION OF CARING FOR MORE THAN 68 YEARS

Caring Staff • Convenient Location • Beautiful Grounds

PERSONALIZED
PRICES AND
SERVICES FOR ALL
NEEDS

FUNERAL CHAPEL,
CEMETERY AND
ON-SITE CREMATORY



1101 NE 112TH AVENUE, VANCOUVER, WA
360.892.6060
EvergreenMemorialGardens.com

(Trauma Intervention Program of Portland/Vancouver, Inc. cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)

DEATH CERTIFICATE

REQUIRED INFORMATION FOR A DEATH CERTIFICATE

Arrangements for: _____
First Name Middle Name Last Name

Date of Birth: _____ **Birthplace:** _____ **Sex:** _____
M/F

US Veteran: _____ **Served in a Combat Zone?** _____ **Social Security #:** _____
Y/N Y/N

Marital Status: _____ **Spouse's Name:** _____
Married, Divorced, Widowed, Never Married If Married/Widowed, include Maiden Name

Race: _____

White or Caucasian	Black or African American	American Indian/Alaska Native-Tribe _____
Asian Indian	Chinese	Filipino
Japanese	Korean	Vietnamese
Other Asian (specify)	Native Hawaiian	Guamanian or Chamorro
Samoa	Other Pacific Islander (specify)	Other (specify)

Hispanic Origin: _____

Not Hispanic	Mexican, Mexican American, Chicano	Puerto Rican
Cuban	Other Spanish/Hispanic/Latino (Specify)	

Education: _____

8th grade or less	9th-12th grade, no diploma	High School Graduate or GED	Some college credit, no degree
Associate's degree	Bachelor's degree	Master's degree	Doctorate degree

Usual Occupation: _____ **Industry:** _____

Residence Address: _____
Street Address

City County State Zip Code Inside City Limits?

Father's Full Name: _____
First Middle Last

Mother's Full Name: _____ **Mother's Maiden Name:** _____

Next of Kin/Responsible Party Name: _____

Address: _____

Phone Number: _____ **Relationship:** _____

Method of Disposition: _____
Burial Cremation Whole Body Donation Removal from State

DEATH CERTIFICATE

Name and Relationship of Family Members:

Name:

Relationship:

Address & Phone:

Names of Organizations/Lodges etc. to be contacted:

Place and Type of Service:

Some families choose to have no service. Your funeral service provider should honor and respect all of your wishes. A service can be an important time for those who are left to grieve. A service doesn't have to be formal or expensive, but a time to commemorate a life well lived.

Service at: Funeral Home Church Private Home Lodge Other

Memorial Service: _____ **Funeral Service:** _____ **Celebration of Life:** _____

Viewing: Yes: _____ No: _____ **Viewing at Service:** _____ **Private Viewing Only:** _____

Details of service: (speaker, special music selections, musician(s), etc.)

Memorial Contributions To: _____

Obituary (List which papers in which obituary(s) is to be placed:

Note: Some papers will charge for this service. Your funeral service provider should advise you if there is a fee.

If available, would you like an obituary on the Funeral Home's website for no fee? Yes No

GENERAL INFORMATION GUIDE

Includes information for Oregon and Washington State

Please note: The information listed below is being provided as a courtesy to you.

All of the information may not apply to your individual situation.

DEATH CERTIFICATES

There is always a fee for the death certificate. Fees vary by state. Certified copies are suggested for insurance, insured loans, stocks and bonds, and any joint ownership, real property in joint ownership, etc. If copies are needed within 10 days of the date of death, please check with your funeral director. After 10 days please use the following:

IN PERSON

Identification such as a current driver's license or I.D. card will be required for all record orders.

Oregon: Vital Records Office

800 NE Oregon Street, Room 205
888-896-4988
Fax 971-673-1203

Washington: Vital Records Office

2000 Fort Vancouver Way
360.236.4313

US MAIL

Oregon
PO Box 14050
Portland, OR 97293-0050

Washington

2000 Fort Vancouver Way
Vancouver, WA 98661

FAX

Oregon only: You may send a fax directly to **971-673-1203**. Please include complete record information, return address, credit card number, expiration date and your daytime telephone number.

INTERNET

For both Oregon and Washington:
www.VitalCheck.com

TELEPHONE

Oregon
971.673.1190

Washington
360.236.4313

You will always need to provide the following information about the deceased:

- Full name of person on the record
- Spouse's name (if applicable)
- Date of death, marriage or divorce (or the time period to search)
- Place of death, county which issued marriage license, or county granting divorce
- Your name and relationship to the person on the record, or
- Your reason for needing the record

SOCIAL SECURITY

Your funeral director will file for SSA-721 "Statement of Death." You must also contact a local Social Security Office to file the lump sum death benefit, if applicable. You can reach them at **1.800.772.1213** or on the web at **www.ssa.gov**.

VETERANS ADMINISTRATION

Your funeral director will secure the flag for you at the time of death for an honorably discharged veteran. Additional benefits apply if the death occurred in a VA facility or of the veteran is under special VA care. The funeral home will assist you in the completion of the burial benefits claim. You will need a copy of the deceased's "DD-214". If you have further questions, contact the Veterans Administration at **1.800.827.1000**.

INSURANCE

If the deceased is a Veteran, contact the Veterans Administration at **1.800.827.1000** for individual insurance coverage. Notify other personal insurance companies or local agents of same on those policies held by the deceased. Also, check for coverage, health and accident insurance, life insurance, savings and checking accounts, and department store and credit card accounts that may have death insurance coverage. If the deceased was a homeowner, check for the possibility of mortgage insurance. A certified copy of the death certificate is usually needed for each policy.

BANKS

Notify the bank of person's death and inquire about checking accounts, government bonds, time saving certificate, etc. If joint account, consider transferring all money accounts to your name and adding additional names to bank accounts and safety deposit boxes for protection.

DEPARTMENT OF MOTOR VEHICLES

Certified copies of the death certificates are required to change a car title. Take one original certified copy of the death certificate and the DMV will make a photocopy. If you can't get a copy of the death certificate, an obituary will suffice.

UNION BENEFITS

Employment could include benefits through a labor organization. Since membership benefits are so varied, it is advisable to check with the individual organizations. A certified copy of the death certificate may be needed for application of benefits.

DEPARTMENT OF REVENUE

For assistance on necessary forms:

Oregon
1.800.356.4222

Washington
1.800.647.7706

INTERNAL REVENUE SERVICE

Contact the office of the IRS by calling **1.800.829.1040** or by going to their office.

Oregon
1220 SW Third, Suite 272
Portland, OR 97204

Washington
500 SW 12th Street, Suite 200
Vancouver, WA 98660

YOUR HOME AND REAL PROPERTY

Contact the County Assessor's office in the county where your home is located. Be sure to have a certified copy of the death certificate available if needed.

Multnomah County ... 503.988.3326
Clark County 360.397.2391
Clackamas County 503.655.8671
Washington County .. 503.846.8741

OREGON PUBLIC EMPLOYEES RETIREMENT SYSTEM (PERS)

If the deceased is or was a member of PERS by being a public, county, state, or public school employee, notify PERS at **888.320.7377**.

WASHINGTON STATE DEPARTMENT OF RETIREMENT SYSTEMS (DRS)
800.547.6657

FUNERAL HOMES

MULTNOMAH/CLACKAMAS COUNTY FUNERAL HOMES & SURROUNDING AREAS

Advantage Funeral & Cremation Services - Gateway <i>www.advantagefunerals.com</i>	1515 NE 106th Avenue	Portland	97220	503-256-0606
Affordable Funeral Alternatives <i>By Appointment Only</i>	135 NW 1st Street #2	Gresham	97030	503-618-9396
Aftercare Cremation & Burial <i>www.aftercarecremationandburial.com</i>	1304 E. Powell Blvd.	Gresham	97030	503-760-3600
Alternative Burial and Cremation of Oregon <i>www.alternativeburialandcremationoforegon.com</i>	8970 SW Tualatin-Sherwood Road	Tualatin	97062	503-925-8685
Attrell's Newberg Funeral Chapel <i>www.attrells.com</i>	207 Villa Road	Newberg	97132	503-538-2191
Attrell's Sherwood Funeral Chapel <i>www.attrells.com</i>	16195 SW 1st Street	Sherwood	97140	503-625-6515
Bateman Carroll Funeral Home <i>www.batemancarrollfunerals.com</i>	520 W Powell Blvd.	Gresham	97030	503-665-2128
Canby Funeral Chapel <i>www.canbyfuneralchapel.com</i>	160 South Grant Street	Canby	97013	503-266-1144
Care Cremation Service (By Appointment Only) <i>www.cremationbycare.com</i>	10754 SE Hwy 212	Clackamas	97015	503-656-9177
Columbia Funeral Home & Cremation Services <i>www.columbiafh.com</i>	681 Columbia Blvd.	St. Helens	97051	503-397-1154
Cornerstone Funeral Services & Cremation <i>www.cornerstonefuneral.com</i>	18625 SE Bakers Ferry Road	Boring	97009	503-637-5020
Cornwell Wilsonville Funeral Chapel & Cremation <i>www.cornwellcolonial.com</i>	29222 SW Town Ctr. Loop E	Wilsonville	97070	503-682-1177
Crown Memorial Center - Milwaukie <i>www.CrownCremationBurial.com</i>	16475 SE McLoughlin Blvd.	Milwaukie	97267	503-653-7076
Crown Memorial Center - Portland <i>www.CrownCremationBurial.com</i>	832 NE Broadway	Portland	97232	503-783-3393
Crown Memorial Center - Salem <i>www.CrownCremationBurial.com</i>	275 Lancaster Dr. SE	Salem	97301	503-581-6265
Crown Memorial Center - Tigard <i>www.CrownCremationBurial.com</i>	12995 SW Pacific Hwy	Tigard	97223	503-783-6869
Crown Memorial Center - Tualatin <i>www.CrownCremationBurial.com</i>	8970 SW Tualatin-Sherwood Road	Tualatin	97062	503-885-7800
Crown Memorial Center - Eastside <i>www.CrownCremationBurial.com</i>	1433 SE 122nd Avenue	Portland	97233	503-783-6865
Donelson Funeral Chapel & Cremation Services <i>www.firlawnfh.com</i>	1070 W Main St.	Hillsboro	97123	503-640-2277
Emily's Cremation & Burial Services <i>www.emilyscremation.com</i>	16475 SE McLoughlin Blvd	Milwaukie	97267	503-652-3357
Estacada Funeral Chapel <i>www.estacadafuneralchapel.com</i>	110 West 1st Avenue	Estacada	97023	503-630-3829
Family Memorial Mortuary <i>www.familymemorialservices.com</i>	1304 E Powell Blvd.	Gresham	97030	503-736-0102
Finley Sunset Hills Mortuary <i>www.finleysunsethills.com</i>	6801 SW Sunset Highway	Portland	97225	503-292-6654
Gethsemani Funeral Home & Catholic Cemetery <i>www.ccpdxor.com</i>	11666 SE Stevens Road	Happy Valley	97086	503-659-1350
Gresham Memorial Chapel <i>www.greshamfuneral.com</i>	257 SE Roberts	Gresham	97080	503-618-8176
Heritage Memorial Cremation Service <i>www.heritagememorial.net</i>	6705 SE 14th Avenue	Portland	97202	503-231-1400
Hillside Chapel <i>www.hillsidechapelffh.com</i>	1306 Seventh Street	Oregon City	97045	503-656-4285
Holman-Hankins-Bowker & Waud Chapel <i>www.waudsfuneralservice.com</i>	715 7th Street	Oregon City	97045	503-656-2661
Holman's Funeral Service <i>www.holmansfuneralservice.com</i>	2610 SE Hawthorne Blvd.	Portland	97214	503-232-5131
Hustad Funeral Home <i>www.hustadfuneralhome.com</i>	7232 N Richmond	Portland	97203	503-286-9663

(Continued on next page)

FUNERAL HOMES

Lincoln Memorial Park & Funeral Home <i>www.lincolnmemorialpk.com</i>	11801 SE Mt. Scott Blvd.	Portland	97086	503-771-1117
Macy & Son Funeral Home <i>www.macyandson.com</i>	135 NE Evans Street	McMinnville	97128	503-472-6151
Molalla Funeral Chapel <i>www.molallafuneralchapel.com</i>	220 E. Main Street	Molalla	97038	503-829-2379
Mt. Scott Funeral Home <i>www.mtsfh.com</i>	4205 SE 59th Avenue	Portland	97206	503-771-1171
National Cremation Service <i>www.nationalcremation.com</i>	9800 SW Shady Lane	Tigard	97223	503-598-9002
Neptune Cremation Services <i>www.neptunecremation.com</i>	11211 SE 82nd, Ave, Suite N	Happy Valley	97086	971-206-5000
OMEGA Funeral & Cremation Services <i>www.omegaservices.com</i>	223 SE 122nd Avenue	Portland	97233	503-231-6030
Oregon Cremation Company <i>www.oregoncremation.com</i>	11667 SE Stevens Rd.	Happy Valley	97086	503-235-3104
Peake Funeral Chapel and Cremation Services <i>www.peakefh.com</i>	1925 SE Scott Street	Milwaukie	97222	503-654-7755
Pegg, Paxson & Springer Funeral Chapel <i>www.dignitymemorial.com</i>	4675 SW Watson Street	Beaverton	97005	503-644-1176
River View Cemetery Funeral Home <i>www.riverviewcemeteryfuneralhome.com</i>	8421 S Macadam Avenue	Portland	97219	503-246-6488
Riverview Abbey Funeral Home <i>www.riverviewabbey.com</i>	0319 SW Taylors Ferry Road	Portland	97219	503-244-7577
Rose City Cemetery & Funeral Home <i>www.rosecityfuneralhome.com</i>	5625 NE Fremont Street	Portland	97213	503-281-3821
Ross Hollywood Chapel and Killingsworth St. Johns Lombard Little Chapel of the Chimes <i>www.rosshollywoodfuneralchapel.com</i>	4733 NE Thompson Street	Portland	97213	503-281-1800
Sandy Funeral Home <i>www.sandyfuneralhome.com</i>	39551 Pleasant Street	Sandy	97055	503-668-6015
Skyline Memorial Garden Funeral Home and Cemetery <i>www.skylinememorialgardens.com</i>	4101 NW Skyline Blvd.	Portland	97229	503-292-6611
Solace Cremation <i>www.solacecares.com</i>	909 NW 19th Ave, Suite E	Portland	97209	503-549-4900
Springer & Son Aloha Funeral Home <i>www.springerandson.com</i>	4150 SW 185th Ave	Beaverton	97007	503-356-1000
Stehn's Family Chapels- Milwaukie Tribute Center <i>www.stehnfuneralhomes.com</i>	2906 SE Harrison Street	Milwaukie	97222	503-654-7717
Sunnyside Little Chapel of the Chimes <i>www.sunnysidechimes.com</i>	11667 SE Stevens Rd.	Happy Valley	97086	503-659-1184
Terry Family Funeral Home <i>www.terryfamilyfuneralhome.com</i>	2337 N Williams Ave	Portland	97227	503-249-1788
Wilhelm's Portland Memorial Funeral Home <i>www.wilhelmportlandmemorial.com</i>	6705 SE 14th Ave.	Portland	97202	503-236-4141
Willamette National Cemetery <i>www.memorial.va.gov</i>	11800 SE Mt. Scott Blvd	Portland	97202	503-273-5250
Young's Funeral Home <i>www.youngsfuneralhome.org</i>	11831 SW Pacific Highway	Tigard	97223	503-639-1206
Zeller Chapel of the Roses <i>www.zellerchapeloftheroses.com</i>	2107 NE Broadway	Portland	97232	503-287-1155

CLARK COUNTY & SURROUNDING AREA FUNERAL HOMES

All County Cremation and Burial Services <i>www.allcountyfunerals.com</i>	605 E Barnes Street #206	Vancouver	98661	360-718-7948
Brown's Funeral Home and Cremation Services <i>www.brownsfh.com</i>	410 NE Garfield Street	Camas	98607	360-834-3692
Cascadia Cremation and Burial Services <i>www.cascadiacremation.com</i>	6303 E 18th Street, Ste A	Vancouver	98668	360-213-2060
Davies Cremation and Burial <i>www.daviescremationburial.com</i>	301 E McLoughlin Blvd, Suite E	Vancouver	98663	360-693-1036

(Continued on next page)

FUNERAL HOMES

Evergreen Memorial Gardens Cemetery, Funeral Chapel & Crematory <i>www.evergreenmemorialgardens.com</i>	1101 NE 112th Avenue	Vancouver	98684	360-892-6060
Evergreen Staples Funeral Chapel <i>www.evergreenstaples.com</i>	3414 NE 52nd Street, Suite 101	Vancouver	98661	360-693-3649
Hamilton-Mylan Funeral Home, Inc. <i>www.hamiltonmylan.com</i>	302 West 11th Street	Vancouver	98660	360-694-2537
Layne's Battle Ground Funeral Home <i>www.laynesfuneralhome.com</i>	16 NE Clark Avenue	Battle Ground	98604	360-687-3143
Peaceful Paws Cremations (Pets) <i>www.peacefulpaws.com</i>	6303 E 18th Street, Ste A	Vancouver	98661	360-213-0323
Straub's Funeral Home Columbia River Cremation <i>www.straubsfuneralhome.com</i>	325 NE 3rd Avenue	Camas	98607	360-834-4563
Vancouver Funeral Chapel <i>www.vancouverfuneralchapel.com</i>	110 E 12th Street	Vancouver	98660	360-693-3633



CROWN

MEMORIAL CENTERS • CREMATION & BURIAL

Simplicity - Convenience - Low Cost

Simple Cremation \$795
Simple Direct Burial \$995
Church Funeral \$2965

MILWAUKIE

16475 SE McLoughlin Blvd
 Milwaukie, OR 97267
503-653-7076

TUALATIN

8970 SW Tualatin Sherwood Rd
 Tualatin, OR 97062
503-885-7800

PORTLAND

832 NE Broadway
 Portland, OR 97232
503-783-3393

TIGARD

12995 SW Pacific Hwy
 Tigard, OR 97223
503-783-6869

EASTSIDE

1433 SE 122nd Ave
 Portland, OR 97233
503-783-6865

SALEM

275 Lancaster Dr. SE
 Salem, OR 97317
503-581-6265

Privately owned cremation facility. Family Owned, Family Focused.

"Easy Online Arrangements"
CrownCremationBurial.com

Forget me Not



*Donations in
 Memory of a
 Loved One may
 be sent to:*



4800 NE 122nd Avenue
 Portland, OR 97230
 Office 503.823.3937

**To Donate Online, Visit us at
www.tipnw.org and Click "Donate"**

(Trauma Intervention Program of Portland/Vancouver, Inc. cannot recommend nor endorse any business. Without their advertising support, this Citizen Resource Guide would not be possible.)



FUNERAL AND CREMATION SERVICE

Serving the Portland Metro Area Since 1990

*Celebrate a Life
Let us Help*

OMEGA is one of Portland's only
family-owned and operated funeral homes

- Affordable Funeral & Cremation Services
- Spacious Chapel, Reception & Viewing Rooms
- Serving Families of Many Faiths & Ethnicities
- We Specialize in Sending Your Loved One Back to Your Home Country or State
- On-Site Crematory
- Pre-Planning Available



Offering Aqua Cremation

Call us for more information

Or visit us online at www.OmegaServices.com

503 231-6030

Follow us on Facebook @ [omegafuneralandcremationservice](https://www.facebook.com/omegafuneralandcremationservice)

Or Instagram @ [omegafhportland](https://www.instagram.com/omegafhportland)

223 SE 122nd Ave., Portland, OR 97233



4800 NE 122nd Avenue
 Portland, OR 97230
 503.823.3937



Citizens Helping Citizens in Crisis

TIP Executive Board of Directors

Karyn Vincent

Senior Head, Global Industry Standards
 CFA Institute

Heidi Yewman

Director, Producer, Author
 BTB Productions

Janette Trussell

Trussell, CPA, LLC

Bill Biggs

Retired, Vice President
 Biggs Insurance Services

Brian Martinek

Executive Director
 Northwest Regional Re-Entry Center

Donna Draper

Founder
 Draper Talent Discovery Solutions, LLC

Jim Forquer

Deputy Chief of Administration,
 Umatilla Fire District #1

June Vining

Executive Director
 Trauma Intervention Program NW

Kim Hamlik

Vice President
 Northwest Precision Tool

Leann Dodge

Agent
 State Farm Insurance

TIP Advisory Committee

Cathy Phelps
Clackamas County Medical Examiner's Office

Chuck Atkins
Sheriff - Clark County Sheriff's Office

Chuck Lovell
Police Chief - Portland Police Dept.

Cory Chase
Port of Portland

Craig Collins
Owner - Portland Cremation

Craig Funk
Fire Chief - Port of Portland Fire Dept.

Dale Jorgensen
Police Chief - Lake Oswego Police Dept.

Don Johnson
Fire Chief - Lake Oswego Fire Dept.

Erin Patrick
Multnomah County Medical Examiner's Office

Fred Charlton
Fire Chief - Clackamas County Fire District

Greg Philo
F.I.R.E. Restoration

Jason Wallis
Police Chief - Port of Portland Police Dept.

Jeff Ingram
Gresham Fire Dept.

Jim McElvain
Police Chief - Vancouver Police Dept.

Joe Molina
Fire Chief - Vancouver Fire Dept.

John Chapman
Chief Criminal Deputy - Clark County Sheriff's Office

Scott Kline
Acting Deputy Chief - Hoodland Fire District #74

John Nohr
Fire Chief - Clark County Fire & Rescue

Jon Harrell
Director - Lake Grove Fire District

Kathy Wentz-Phelps
OMEGA Funeral and Cremation Services

Lindsay Fisher
Evergreen Funeral & Memorial Gardens

Lorianne Fiedler
Vice President - Lewis and Clark Bank

Marcus Mendoza
Public Information Officer - Clackamas County Sheriff's Office

Mike Reese
Sheriff - Multnomah County Sheriff's Office

Mitch Snyder
Fire Chief - Gresham Fire Dept.

Nicole Morrisey
Commander - Multnomah County Sheriff's Office

Robb Milano
EMS Division Chief - Vancouver Fire Dept.

Robin Sells
Police Chief - Gresham Police Dept.

Ross Dunlap
Manager - Les Schwab, Parkrose

Sara Boone
Fire Chief - Portland Fire and Rescue

Wendy Silverthorne
SMART Team Coordinator