

Pwarata pworous fan iten atonggeom kewe non fansoun an fis watten osukosuk

Ew ourour fan iten sam me inn
me chon tumwun nupwen
fansoun repwe nomw non
ewe nenien emergency non pioing



Ekkewe famini ir ra fen piin sapeseni ei sokkun watten osukosuk ren nour kewe semirit seni ese nifinifin ier ir minne ra forata ei ourour. Ekkei sokkun omwokut mei pwarata auchean an epwe foruta angangen weweiti pwarata pworous non ei pekin health system ikenai.

Ekkewe chon nemeni ekkewe famini ir ra aninis non pworous ren met kunaier me ikei pwe epwe tongeni pwan aninisi inn me sam me pwan ekkewe chon tumwun ar repwe:

- Tufichin apworousa met kunaier me masowen ar ekiekk,
- Tufichin tour ngeni sokkun pworous me aninis,
- Weweiti met ar pwuun usun ir chon safei me pwan an famini pwung me chon aninis ngenir,
- Kaeo ngeni met sokkun kapas ir mei nounou non ewe nenien pekin emergeny, me pwan
- Kaeo ngeni pwan ekkoch sokkun mettoch repwe tongeni finata non pwan ew kinikinin.

Ekkewe mei angangeoch non pekin health esapw ir minne re makkei ei ourour. Kosapw nounou ei ourour an epwe ekkesiwini met an chon angangen pekin pioing aninis ren tumwun ika kapasen ouour.

Feito ngeni ewe rumwen emergency pwokiten an ewe semirit nomw non osukosuk ika mei feiengaw esapw och mettoch sam me inn mei pwapwaiti. Chommong famini ra fen pworous ngeni kich pwe ar weweiti met sokkun angangen me kapas eis me non ewe pioing epwe tongeni anisi ngenir ar repwe pwan weweiti met mei fis me fori an epwe mecheres ngenir sokkun kokkot repwe finata. Sia fen anomwu non ach ekiek ena memef mei tonongiwe sia forata ei aninisin ourour pwe epwe tongeni anisuk ne pworous fan iten atongeom we me pwan tongeni pwonueta sokkun met mei murino epwe fis fan iten omw we famini.



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ren Aninis Ngeni Famini**

833-732-2467

www.reachoutoregon.org

Met epwe fis ngonuk me non ewe kinikinin pekin emergency

Chon angang non ewe nenien emergency repwe:

- Fori ne anisi ewe mei semwen an epwe kinamweti (noum we semirit)
- Fianta ika pwe mei nomw non watten osukosuk ren sokkun ekielin angangen angeiano manawan ika mei tongeni an epwe pusin efeiengawa ika efeiengawa ekkoch
- Fori kokkotun pekin safei ren an epwe niwin sefan ngeni piong ren aninisin an epwe chikar sefan

Ika pun epwe tufich, uwei emon epwe pwan fituk ika epwe eto ngeni ewe nenien emergency an epwe pwan nomw reom. Ena aramas mei tongeni an epwe anisuk me pwan makketiw met pworous mei auchea. Ika epwe fis ena iwe kopwene tongeni omw kopwe chok fokkun ounusa omw nonnomw ngeni noum we semirit.

Check-in

- Awewei ika met me fis, pwata ke nomw ikewe ie me met aninis ke menei.
- Uwatiw sokkun pworous ururun kopwe awora. Pchenong iit, address me insurance.
- Epwe wor ekkei mettoch reom me non ewe kinikinin pekin emergency:
 - Meinsin sokkun safei, ika iteiten sokkun safei, noumw we semirit mei nomw won
 - Pworousen an noumw we semirit pekin safei
 - Iten me napan fon ren noun noumw we simirit tokter, therapist, me pwan ekkoch chon angangen pekin piong.

Ika kese uwei ekkei porous, kokkori emon epwe uwei ngonuk.

Awora ekkei porous non ew fuuto en mei tongeni uwei fetan, mwittir ne angetiwei ika annomwu reomw ika kopwe aea nesor me peonon.

Asesmen ren pekin safei

Chon angangen non ewe pekin emergency repwe fori angangen asesmen ewe epwe fan iten ekkei ruanuw kinikin:

- 1. Asesmen ren unusen pekin safei**
 - Cha feita, tempuchu, pwan ekkoch.
- 2. Ifan usun nonnmwun unusen inisin**
 - Ei mei pachenong pekingawen safei ika pwan ekkoch sokkun safei
- 3. Nikinikin mochen angeiano manawan**
 - Met noum we semirit e fori an epwe pusin efeiengawa inisin
 - Pworousen an mochen pusin efeiengawa me mwan
- 4. Unusen nonnomwun an ekielin**
 - Ika pwe mei wor taropwe mei makei fan iten an epwe angeiano manawan
 - Epwe met mei forata an epwe ekielin mochen angeiano manawan (nefinan me chiechian, sukun, famini, pwan ekkoch.)

Angangen pekin safei ren emergency

Noum we semirit epwe tongeni an epwe safei akkaewin ren ifan usun nonomwun inisin. En mei tongeni kopwe rongorong ar repwe nounou ngeni ei fos “angangen pekin safei.”

Asesmen ren nonnomwun an ekiek

Ekkewe chona ngangen pekin health repwe asesini ifan koukun atapwanapwanen an epwe safei ika pwe epwe nomwono ren fan iten nonnomwun an ekiek. Emon ika nap seni me nein ekkei ina repwe tingor ngonuk pwe repwe pworous ngonuk non ew rumw mei chok imwuno:

- tokter ren pekin emergency
- tokter Psychiatrist
- kangof ren pekin psychatric
- Chon angangen pekin aninisin mental health

Fan iten tumwunun noum we semirti, ina rpew utiwit non ew rumwen utuwit ren pekie psychiatric nge utiwitin ewe angangen asesmen ren pekin mental health. Ekkei rumw ir mei chok peenuno. Chon angangen pekin safei ina repwe kapas eis ngeni ewe semirit ar repwe siwini ufouf goun, ufen kangof me pwan nounou chori sikan sikanong pechech non.

Kapas eis seni ewe aramas chon wisen fori ewe asesmen iei epwe pachenong:

- Pwata ka wato noum we semirit ngeni ewe emergency ikenai?
- Mei wor met mei sakono ikenai seni met mei kan fifis me mwan ika non ekkewe wiik ra tou seni?
- Noum we semirit mei piin fori an epwe ita pusin angeiano manawan me mwan?
- Noum we semirit mei piin wor an epwe fori mettoch mei pusin efeiengaw ngeni inisin me mwan (rei poun, nununo ukukun safei epwe unumi chok fan ew, unumi druk me sakaw)?
- Mei pwan wor ekkoch sokkun mettoch mei keran chok fis ika non ekkan ran mwach ewe mei aweiresi noum we semirit?
- En mei sinei ika mei wor mettoch minne mei forata an epwe ani ewe sokkun ekiek?
- Mei wor angangen eriafou ika nikinikin pwe mei wor angangen eriffou, pachenong angangen turunufas? Mei fis me non sukun, non imwom ika pwan ekkoch neni?
- Ifan usun an noumw we semirit pekin kaeo me non sukun?
- Mei pwan wor pworousen me mwan fan iten famini ren semwenin non mokur, ar uwesiwesin angei ekkewe mettoch mei efeiengaw ika mochen pusin angeiano manawer?
Mei pwan wor safei epwe anisi ewe chon non omw we famini?

Ika ke eponuwa an chon angangen imerechensi kapas eis, achocho ne ammwocha pponuwan. Chon angang, ir mei eusening ngeni kapas auchea. Ei porous epwe anisir ne awora ngonuk tumwun ngeni noumw semirit. Epwe anisir ne nonnomweoch, nennengeni me ekieki met epwe fis me mwirin.

Asesmen ren efeiengawen angeiano pusin manawer

Ewe chon angangen pekin emergency epwe asesini ifan ukukun efeiengawen an noum epwe pusin angeiano manawan. Ei mei nap seni angangen kapas eis chok ngeni noum we semirit ika pwe ir mei wosesen ekieki ar repwe fori. Emon semirit mei tongeni an esapw wor an epwe ekiekin nieno pusin manawan me non ewe pioing. Iwe nge, ir mei tongeni epwe efeiengaw ngenir ren ar ekiekin repwe pwan fori sefani me murin ar niwinin sefaniti imw ika non sukun. Ewe angangen asesmen epwe pachenong:

- Nengeni sefani met safei mei nomw won iei, pachenong sokkun sakaw ika sokkun safei repwe angei
- Forano fansoun epwe niwin sefan, pachenong:
 - Ar tufichin repwe pusin tumwunuechu inisir
 - Ir mei menei ar repwe pusin tumwunuechur
 - Pwan ekkoch sokkun kinikin me non community
- Ekieki met epwe tongeni fis me murin ewe angangen chuno non nenien emergency. Ei mei pachenong niwin sefan ngeni imw ika mwokut ngeni ew sokkun angangen.

Naman kopwene piin rongorong ekkei efeiengawen napanapen aramas ika mettoch kose mwo sinei pworous. Rongorong ngeni ei mei tongeni epwe amairu. Sotuni omw tongeni omw kosapw pwarano ifan usun napanapom ika kapas eis ren tichikin pworous. Iwe nge, chechemeni pwe ena kokkot ren pekin tumwun epwe pachenong metewe napanap mei fis. En mei tongeni wor omw chance omw kopwe pworous pusin won omw memefin mairu me mochen kapas eis ren met mei fis me murin sokkun osukosuk mei fis.

Ifan usun omw kopwe kapas fan iten en me noum we semirit non ei fansoun

Kopwe fatafateochu ika ifan pwopun om nomw non ach we emergency me pwan met ke mochen ren noum we semirit. Kapase eis won ewe kokkot ren pekin tumwun me angangen follow-up. Ika pwe ewe pioing a mochen epwene atou noumw we semirit ren an epwene no ngeni imwan me ika pwe kese mefi pwe kopwe tongeni anisi ngenir ar repwe tumwun resapw osukosuk, iwe mei och kopwe pwan pusin nenengeni met en mei mefi. Aweweochu metena pwopun mei wor reom. Noum we semirit epwe tongeni efeiengaw ngeni pusin ii ika pwan ekkoch? Noum we semirit mei tongeni an epwe pusin akanamenuno chok won an fan ekkoch neran ika nepwin?

Ika kose nukuw pwe noum we semirit epwe tumwun esapw osukosuk, kosapw sainei ewe taropwen an epwe tou meren ewe chon ewe nenien emergency.

Muttir kokori ewe pekin advocate ren mei semwen non pioing me ewe chon chosa seni Oregon Health Authority. Fori taropwe omw oututur fan iten metewe kese tipeew ngeni.

Me mwen omw kopwe no seni ewe pioing

Tou seni ewe nenien emergency

Anongonong won met angangen pekin evaluation ren noum we semirit, ina epwe wor fitu sokkun anapanap epwe kawor ngonuk ren met kopwe fori. Noum we semirit epwe tongeni epwe an epwene no ngeni imwan, no ngeni ew nenien tumwunun mei semwen an epwe nonnomw non, ika epwe no ngeni ekkewe program an community ar repwe anisi ngonuk met omw kokkot ren met epwe akanisi non fansoun nakatam ren an epwe tufichin chikar sefan. Ika pwe ke nomw non imwom nge ese tour ngonuk ponuen omw kewe kapas eis me fan, ese wor ngawen omw kopwe pwan kori sefani ewe nenien emergency om kopwe kapas eis ngenir.

Kapas eis kopwe eis ngeni ewe aramas chon wisen fori ewe asesmen:

1. Ngeni tokter ika kangof: Inet fansoun epwe tongeni wor emon psychiatrist ika chon angangen pekin behavioral health epwe fori angangen asesmen ren mental health won eni we semirit?
2. Nei we semirit a fen sainei taropwen an epwe tongeni tou pworousan ngeni ekkewe chon aninis ren an epwe tongeni pworous me pwan ekkoch (noun tokter, chon awora aninis, sukun, pwan ekkoch)?
3. Ouwa fen fori angangen asesmen ren efeiengawen angeiano pusin manawan? Met pungun ar angang won?
4. Met ir mei kuna seni? Met sokkun pwopwun (repwe anisi ngeni) me pwan sokkun angangen aninisin ar repwe echikara?
5. Nei we semirit epwene niuing non pioing ika non ew ekkewe bedin mei osukosuk non mokurer? Met sokkun angangen aninis epwe kawor ngeni non fansoun nakatam?
6. Nei we semirit mei menei epwe angei pwan sokkun safei? Epwe ifan tamen an nei we semirit epwe angei?
7. Upwe pwan uwei ngeniei naloxone ai upwe ounu nupwen epwe overdose ren opioid? Ifan usun ai upwe aea? lan upwe angei me ian?
8. Mei wor ion epwe refer ngeni ekkewe ir mei angangeoch non ekkewe sokkun nikinikin samwaau?
9. Met upwe fori ai upwe anisi ngeni tumwunun nei we semirit? Mei wor ekkoch esisanan upwe tumwuneoch ngeni ren ai upwe tumwunuw seni an esapw pusin angeiano manawan?
10. Met upwe tongeni fori ika pwe uwa kuna an epwene pwan fis ew osukosuk ika pwan uwa mefi pwe a nikinikin epwene pwan fori och osukosuk? Ion upwe tongeni kokori?
11. Ifan usun ai upwe aninis ngeni nei we semirit ren an epwe tongeni eochueno nonnomwun non ekkan ran? Mei wor kapas eis upwe tongeni eisini nei we semirit?
12. Mei wor emon **chon angangeoch non pekin aninis ngeni famini** me non ei kinikin? Ika pwe mei wor, a wor a fen pworous ngenir pwe repwe anisi ai ei famini? Ifan usun ai upwe tour ngeni emon?
13. Met sokkun aninis ika angangen aninis mei kawor ika pwe aipwe utiwit ngeni ar repwe angang won nei we?

- Mei wor omw pwung ne kapas eis ngeni emon tokter ika pwan emon chon angangen tumwun ar repwe makkei porousen an noumw semwen me met kopwe fori me mwirin.
- Mei pwan wor pwungun omw kopwe eisini pwan emon tokter ika aneani noun ena pioing taropwen katou ika taropwen ennukun katou.
- Ewe nenien imerechensi mei soun osukosuk nge mei pwan chommong porous minafo.
- Mei ok omw kopwe kapas eis ika kese wewe eoch ika, kese tipeew ngeni met mei fforutiw pwe kokkotumw.

Aramas mei kaeo ngeni me wor ar pekin angangen tumwunun semirit mei wor ar semwenin netip me me wor nour setifiket ar famini ne kuna ewe anepwung aninnis me emwenir pwisin. Non ekkoch nenien non ei state, mei pwan wor ekkan **soutipachem non osukosuken enuwon me fopwun** ir mei nomw me kaeo ngeni, wor nour setifiket me sinei. Ir mei tongeni fetan unukkun noumw non ar chikar sefan. Pworous ngeni noun noumw tokter ika emon **soutipachem non aninnisin famini** ar repwe kokkori **emon soutipachem non an semirit osukosuk** non neniomw.

No ngeni imw

Ika pwe kopwe niwin sefan ngeni imw, epwe wor pworousen kokkot epwe maketiw ren met angangen pekin aninis me murin, tumwunun me met kunaeir me pwan foruta angangen aninisin follow up me murin.

Chechemeni epwe wor pwopworous won:

- **Ew kokkot ren pekin tumwunun seni osukosuk** fengen me iowe aramas chon wisen fori ewe angangen asesemen ren pekin mental health, ren noum we semirit, me pusin en ika pwan emon chon tumwun. Nengeni fichi pwe epwe wor nampan fon fan iten ami me noum we semirit oupwe tongeni kokori ika pwe mei wor ami kapas eis ika fatefatengaw.
- **Pekin tumwuneoch** — akkaewin ren kokkot won epwe ifan ami oupwe nokkeino, omwokutano ika fori pwe och mettoch esapw tongeni efeiengaw ngeni an noum we epwe ekiekin pusin angeiano manawan. Ei mei pachenong nikesuk, safei, drug, sakaw, saan, chemical, pwan ekkoch.
- **Pworousen** angange tumwunuw noum kewe mei achengecheng me murin ar ekiekin pusin angeiano manawer.
- **Ew angangen follow-up ren appointment** non ekkei wiik sipwe tonong non. Ei mei tongeni pwe epwe ren emon therapist ika ren ekkewe kumi mei foruta me non community, ika pwe mei wor.
- **Taropwen unuman safei** — Tumwunuw pwe ewe ewin taropwen unuman safei epwe amasow me mwen oupwe tou seni ewe pioing ika me murin chok. Me pwan, tumwunuw pwe kopwe weweiti ika ekkewe safei ren fan iten met me pwan met pekingawan minne mei auchea oupwe tumwuneoch ngeni.
- **Epwe wor an epwe tongeni fiti sokkun aninis meren chiechian ika pwan ekkoch sokkun pekin aninis mei wor non community** — Ei mei tongeni epwe pachenong emon **specialist ren pekin aninis ngeni famini** fan itom ika **emon specialist fan iten aninis ngeni serafo** fan iten noum we semirit.

Tumwuneochu pwe kopwe epponuwa meinisin ekkei kapas eis me mwen omw kopwe tou me non ei pioing:

1. Epwe ifa ussun nikiniki ngeni nei ika uwa no ngeni imwei? Met upwe fori ika upwe ara?
2. Met sokkun esissin ren noniinen upwe nennengeni?
3. Met upwe for ika u ekieki pwe nei ese tumwun ngeni?
4. Met kokkot ren met an nei epwe fori ika ara ika pwe rese mefi pwe mei wor tumwun?
5. Ion nei e mochen an epwe fiti ren met pwe fisino mwirin?

Nenengeni ewe page ren kokkotun pekin tumwuneoch me non ei taropwe ren pwan sopwosopwun pworousan.

Ika pwe noum we semirit mei nomw non ewe nenien emergency nap seni ukukun 24 awa an epwe utiwit ngeni an epwe wor bed, kokori ewe Unit ren Semirit me Famini ren pekin Behavioral Health me non ewe Oregon Health Authority, 503-957-9863.

Ika pwe ke era pwe kosapw eniwini sefani noum we ngeni imw pwokiten omw ekieki an epwe tumwun, ina repwe kokori ewe pekin Child Protective Services (CPS). Ika pwe a fis ei, fokkun achocho ngeni ne pusin ekinamweok. Ewe pekin Child Protective Services ese pwan mochen epwe anomwu emon semirit fan an tumwun ika pwe mei wor emon epwe tongeni wisen tumwunur. Kapas eis ngeni ewe chon angangen CPS ren an epwe anisi ngonuk omw kopwe fori angangen etipeew fengen ne fori ew kokkot ren pekin tumwuneoch me ewe chon angangen ewe nenien emergency me/ika wanong tingorun **emon specialist ren angangen aninis ngeni famini** ewe epwe tongeni anisi ngonuk omw kopwe angang ngeni pwan ekkewe ekkoch kinikinin.

Fansoun omw ka menemeneoch ren aninis

Me mwen omw kopwe amasowa ewe taropwen otutun ika met en mei ani osukosukan, sotuni ne wanong tingorun angangen aninis en mei menei seni ewe chon angangen pioing ika emon chon angang ngeni sokkun osukosuk mei fis. Ewe Bill of Rights ren Mei Semwen ra tongeni repwe anisi ngonuk tichikin pworousan. Ewe chon angangen pioing ika emon **specialist ren aninisin famini** ir mei tongeni repwe wisen anisuk ne kutta ika ka tongeni kopwe kuna me non ewe “U.S. Bill of Rights ren mei Semwen.”

Amasowa taropwen met en mei aani osukosuk ika otutur

Ew otutur ina och mettoch mei osukosuka omw ekiok ren ew me nein ekkewe kinikin ren aninisin pekin health ika ngeni ewe pekin health insurance. Fan ekkoch mei pwan iteni kapasen etipisi. Ekkeoch awewe mei pachenong:

- Omw churi sokkun nikinikin aninis meren chon angang en mei mefi pwe rese pwan nifini nikinikin ar angang, ir mei tuuwenewen ika ir rese pwan afani nikinikin ar aninis
- Sokkun aninis en mei wanong tingorun ese fis ika pwonueta
- Ese pwung angangen aninis mei kawor ika sokkun safei
- Nikinikin nonnomwun ewe neni
- Wosesen nakatam fansoun utiwit ese wor pwopun
- Rese mochen repwe awora emon chon epwe wisen aninis ne chiaku ika tingorei emon menuun ewe famini epwe wisen chiaku

Amasowa taropwen omw ettipisi emon nge ew sokkun angang epwe awora aninnis ngonuk nesor me peonon. Siiwin ren met sokkun aninnis ika angang esapw mwittir ne fis. Ina epwe tori ew fansoun an epwe tour omw memmef me omw kopwe kuna siiwin, nge achocho ngeni chok. lei feffetannin an epwe eochuno angangan.

Oregon Health Authority mei wor nour chon wiisen fori angangen chosani ekkena sokkun angang ese pwung epwe tongeni anisuk. Ewe chon wiisen fori angangen chosa ii emon mei nomw fan iten ese nifinifin an epwe tongeni pworousei met mei angang won ne chosani ren masowen ewe otutun me pwan aninis won an epwe wesino ewe angang. Kokori **1-877-642-0450** (nampa ese kamo) ika kokori ika text ngeni **(503) 957-9863**.

Fori taropwen ewe mettoch en mei ani osukosukan meren omw we coordinated care organization (CCO) ika ewe chon aninis seni ewe Oregon Health Plan

Ew me ew **coordinated care organization (CCO)** mei wor nour taropwen angangen etipisi mei makketiw ina epwe nomw won ar iwe website. En mei tongeni ewe pekin aninis ngeni kastomer ika tingor aninis ngonuk. Ewe nampa mei nomw won noum we card ren insurance. Mei pwan murinno ika pwe mei mak non taropwe ren tingor ika otutur. Ika pwe ke tinano echo omw tingor ika otutur mei mak non taropwe, ewe CCO mei tongeni epwe ponueni sefan ngonuk non taropwe, napengeni ekan murin 5 ranin angang.

Amasowa taropwen omw osukosuk ren noumw we pusin insurance

Ew me ew ekkewe insurance an private mei pusin wor pwan nikinikin ar angangen wanong taropwen otutur. Katon won ar iwe website me pwan kutta ewe foos “angangen etipisi” ika “otutur.” Ka pwan tongeni omw kopwe fori taropwen metewe omw osukosuk fan iten omw we kompanien insurance ren state me non ewe Kinikinin Consumer me Business Services (DCBS) won <http://dfr.oregon.gov/gethelp/Pages/file-a-complaint.aspx> ika kokori **888-877-4894**.

Fori taropwen otutur ren state fan iten met kese kinamwe ngeni ewe pioing won

Ika pwe ke fori taropwen otutur ren omw we CCO ika ewe chon aninis ren health plan me kese pwan menemeneoch ren met angang mei fis me murin, ka tongeni wanong omw we otutur ngeni state ren em me nein ewe Pekin Advocacy an Ofesin Kepina ika ren ewe Oregon Health Authority won <http://www.oregon.gov/oha/HSD/OHP/Pages/Complaints-Appeals.aspx>

Fori taropwen met kese kinamwe ngeni fan iten ewe Child Protective Services ika ewe pekin aninis ngeni semirit ir mei wor ar tufichingaw non mirit ika mamarita

Putain Human Services, Pekin Advocacy an Ofesin Kepina (8 nesosor–5 nekunion): 1-800-442-5238

Ika pwe mei wor omw kapas eis ika met omw osukosuk, kutta aninis seni ewe specialist ren aninis ngeni famini an epwe wisen anisiuk non ewe angang ika kokori an state ewe Pekin Semirit me Famini Behavioral Health won nampa 503-957-9863.

Tou ngeni an epwe ne no ngeni ekkoch pwan kinikinin pekin tumwun

Chommong ngeni kinikinin pekin tumwun mei wor ren an epwe anisi ngeni noum we semirit met mei menei epwe anisi ren safei me pekin behavioral health. Tumwunun noum we semirit ina met mei auchea me non kokkotun met angangen murin ren anisinis noum we semirit. Weweiti met sokkun angangen aninis epwe echikara noumw we epwe tongeni anisuk ren omw kopwe tufichin finata met omw kokkot.

Napengeni serafo ir rekan tou seni ewe nenien emergency fiti met an tokter pesepes ngenir ar repwe follow up me ren ekkewe tokter non community, therapist ika psychiatrist.

Ika pwe noum we semirit ese mwo pochokunen an epwe nomw won ei sokkun aninis, en me ekewe tokter mei tongeni ami oupwe finata ika pwe en mei menei pwan ew kinikinin aninis mei pwan watte seni ewe ren an epwe tongeni anisi noumw we semirit an pwe pochokun sefan. Ika pwe ina met mei fis, ina repwene kutta meni nenien tumwun mei tongen ian epwe anomwu noumw we, iwe ena rekan eita ngeni pwe “bed.” Ika pwe ese wor bed mei peen, noum we semirit mei tongeni epwe niwin sefan ngeni imw tori an a wor ew a suuk ika ir mei tongeni repwene chok nomw non ewe nenien emergency. Ika pwe ew bed ese mwo kawor fansoun ami we nomw chok non emergency, ewe chon angang mei tongeni epwe pworous ngonuk won pekin wa.

Chechemeni kopwe kapas eis ngeni ewe chon angangen non emergency me pwan ewe neni iawe noum we semirit epwe no ngeni ian ren met mei mwumwuta ngenir ar repwe uwei me non ewe neni repwe ne no nomw ian. Ew me ew ekkewe neni mei wor ar onnuk fan iten ufer, met pisekir, cell fon, pwan ekkoch.

Kinikin ren pekin tumwun:

- **Aninis me non outpeisen:** Mei wor prokramen outpeisen fiti sakopaten pwopun ika met sakkun tufich seni. Ekkoch, usun ren ewe Early Assessment me Support Alliance (EASA) me ewe Wraparound, ewe mei fis fan iten ekkun semirit ra keran pwoputani ar angangen pekin kaoo fiti angangen aninis seni community fan iten ekkewe ir mei sakkongaw non mokurer. Ekkei mei tongeni pwan pachenong ren ar repwe echikarer me pwan sokkun angangen osukun epwe fis me non pusin imwom fituw fansoun non ew wiik. Mei wor chon angangeoch ne aninis ren aeangawen ekkewe mettoch mei efeiengaw ngeni aramas, met mei osukosuka non mokurer, ngawen nikinikin ar mongo, me pwan ekkoch.
- **Angangen tumwun:** Non mochomoch fansoun, ngeni mei semwen non pioing fiti ar repwe anisi ngeni met epwe eochuno ren. Pioing non Oregon mei wor nenien tumwunun mei semwen ren osukosuken non mokurer fan iten ekkewe semirit kukun seni 18 ier iwe ekkewe Unity Center ren Behavioral Health non Portland me Providence Willamette Falls non Oregon City.
- **Ekkewe Subacute:** Mei chok mochomoch fansoun, aninis ngenir epwe kawor me non ekkewe nenien tumwunun mei apwangapwang. Serafo mei wor angangen aninis ngenir ren asesmen fan iten sakongawen non mokur me pwan wor ekkewe mei angangeoch non pekin mental health mei awora aninis ngenir. Met ei sokkuna angangen tumwun repwe angang ngeni ar repwe fori pwe epwe eochuno ar behavioral health ren ar repwe amonereta ngeni pwan ewe ew kinikinin angangen tumwun. Ekkewe nenien tumwun non Oregon ir mei awora ewe angangen tumwun subacute iwe ewe Trillium Children's Farm Home, Trillium Parry Center me Albertina-Kerr.

- **Aninis me non ekkewe nenien tumwun:** Mei wor ekkoch pwan center ren nenien tumwunun ir rese etiwa Medicaid, nge ir mei etiwa insurance noun kompeni ika an emon epwe pusin moni. Ir mei awora prokramen nukun imw, prokram ese pwan fiti angangen pioing, ika sokkun angangen aninis meren ekkewe mei angangeoch non ew sokkun angangen aninis ika ren pekin safei. Pworous ngeni emon **specialist ren aninisin famini** ika noun noum we semirit tokter ren pwan sopwosopwun pworous ekkei sokkun aninis.
- **Prokram aninisin echikara seni aeangawen ekkewe mettoch mei efeiengawa aramas:** Non mochomochon fansoun, tumwunun mei semwen non pioing fan iten ekkewe serafo ir mei achocho ngeni repwe chikar seni ar aengaw ne angei sakaw me drug. Ekkei prokram mei awora sakopaten aninis ngenir mei pachenong ar repwe weweiti ar chikar sefan, sinei me weweiti manaw, ar repwe pusin anisir, therapy ngeni ew mwiich me pusin emon me emon, me eppetin ar resapw apwangapwangeno.
- **Nenien ekkewe mei ngaw non mokurer ika Psychiatric residential treatment services (PRTS):** Non mochomochon fansoun, nenien aninis fan iten ekkewe semirit me serafo mei menei ar repwe awora aninis ngenir non ukukun 24 awa ren ar mefi osukosuk ren memefin inisir me mwokutukutur. Semirit me serafo ir mei pachenong non ewe therapy, sokkun mwokutukutun aninis ren therapy me sukun. Ikkei ekkoch ekkei neni me non Oregon, mei pachenong Jasper Mountain, Trillium Children’s Farm Home, Trillium Parry Center me Kairos New Beginnings.
- **Ewe Secure Children’s Inpatient Program (SCIP) me ewe Secure Inpatient Adolescent Program (SAIP):** Ekkewe kookun nenien tumwunun semirit me serafo non pioing an state ekkewe ir mei menei aninisin tumwun ngenir non nakatamen fansoun me epwe pwan watte aninisin therapy ngenir. Semirit me serafo ir mei pachenong non angangen therapy an emon me emon me famini, ekkewe mwiich fan iten osukunen pekin therapy me ir mei pwan no ngeni sukun non ekkewe kinikinin neni. Ewe SCIP ew kinikin me non ewe Parry Center ir mei etiwa semirit 12 ierir ika fen kukkun seni. SAIP ew kinikin me non ewe Children's Farm Home ir mei tumwunuw ekkewe serafo seni 13–18 ierir.

Kokkotun pekin tumwuneoch me non ewe nenien emergency

Nupwen ekkewe serafo repwe eto ngeni ewe nenien emergency fiti ar ekiekin ika mwokutun mochen angeiano manawer, mei eoch epwefor ew “kokkot ren angangen tumwuneoch” me mwen repwe suu seni ewe pioing. Met ewe kokkot epwe angang ngeni epwe affata ifan usun an meinisin repwe tongeni akawor aninis ngenir ren tumwunur seni efeiengawen angeiano manawer ika un safei epwe efeiengawer me pwan anisi ngeni meinisin ar repwe mefi pwe ar repwe niwin sefan ngeni imwer ese wor resapw osukosuk ren.

Emon chon angangen pekin aninis ren osukosuk epwe wisen emweni ewe angangen pworous won forutan ena kokkotun angangen tumwuneoch. Ewe angangen ppopworous pwe pachenong ewe serafo me meinisin chon an iwe famini ion epwe aninis non sakopaten kinikinin ei kokkot. Pwokiten memefin mochen angeiano manawer mei tongeni epwe fis pwan wesino, forutan ewe kokkot ren angangen tumwuneoch epwe anisi ewe serafo me chon an famini ar repwe tongeni fori sokkun anen ar resapw osukosuk fansoun epwe napeno an emon chon ewe famini ekiekin mochen angeiano manawan.

Forutan ewe kokkot ren angangen tumwuneoch fiti noum we semirit

Ewe kokkot ren angangen tumwuneoch epwe for an epwe emwenuk me noum we semirit non fansoun epwe fis ew osukosuk. Fansoun an noum we semirit epwe fiti metekewe kinikinin masowen non ewe kokot, ra tongeni kuna ifan usun nefiner me pwan sokkun mwokutukut epwe anisi ngenir ar repwe nukunuk me fori ar repwe mefi pwe ir mei tumwun. Ewe kokkot epwe mecheres ngeni meinisin ion mei wor wisan me non ar repwe weweiti. Fori an epwe fitacho iwe pwan pacheta non ew neni me non imwom we meinisin repwe tongeni kuna me won, usun ren won asamen omw we reichoko. Noum we semirit epwe wisen emweni ewe ewin kinikin me non ei kokkot. Epwe fan iten met repwe tongeni fori ren ar repwe pusin tumwunur, pachenong pwan ekkei mei tetenitiw:

- 1. Sineni pusin met kewe epwe fis pwe ina esisinen esinesin ngonuk.** Met sokkun ekiek, ningos, memef, mettoch mei fis me mwokutukut epwe tongeni erenuk pwe ew watten osukosuk epwene tongeni fis? Makketiw ekkei non pusin omw kapas.
- 2. Pusin nounou met sokkun mwokutukut kopwe tongeni fori pwe epwe anisuk.** Atetenatiw sokkun mettoch en mei tongeni fori won pusin omw an epwe eppet sonuk omw kopwe fori mettoch minne epwe efisi omw kopwe pusin efeiengawaok.
- 3. Eiteita ion pwan ekkoch repwe tongeni awora ngonuk aninis ren an esapw tongeni fis ngonuk ewe sokkun osukosuk.** Eiteita aramas, chiechiom, mettoch en mei tongeni fori me pwan ekkoch me pwan nenien kukunou epwe tongeni anisuk ren omw kosapw ekieki ekkewe ekiek ika memef mei aweires.
- 4. Affatatiw chon omw famini ika chiechiom ion mei tongeni ar repwe anisuk ne eukatiw ei osukosuk an esapw fis.** Fori ew iteiten ekkewe aramas ion mei aniniseoch me pwan ion en mei mefi pwe kopwe tongeni pworous ngenir nupwen ka mefi omw riaffou.
- 5. Atetenatiw ekkewe chon nipwakeoch non pekin mental health ika ekkewe agency.** Eiteita iter, nampan nour fon me pwan ian neni ian ekkewe chon angangen ekkewe clinic re nomw ian, ekkewe nenien emergency non pusin neniom we me pwan ekkewe hotline en mei tongeni kopwe kokori ren watten osukosukosuk. Wanong ewe nampan Lifeline (800-273-8255) me ewe nampan Oregon Youthline (877-968-8491) non noum we fon. Ren omw kopwe chok text, makkei “teen2teen” ngeni 839863.
- 6. Fori pwe imwom we ika iawe kopwe no ngeni ian esapw wor osukosukan ika epwe tufich.** Mei kan wor omw kopwe ekieki ekkoch sokkun anen omw kopwe pusin efeiengawok? Fori ew kokkot an epwe eukuk omw kosapw tongeni tour ngeni pisekin efeiengaw, poison, safei, pwan ekkoch.

Pwan ekkoch sopwosopwun me non ewe kokkot ren pekin tumwuneoch kopwe pworous ngeni chon om we famini won:

7. **Anen an inom me semwom, chon omw famini, chiechiom repwe tongeni sinei pwe en mei menei aninis:** Met ekkoch sain ir ekkewe aramas ir mei kan kon close ngonuk repwe tongeni kuna nge en kosapw pusin esina won inisum?
8. **Mettoch repwe tongeni aninis ngonuk ren omw kopwe rongorong seni ekkoch aramas ion mei kan kon close ngonuk:** Atetenatiw met kopwe tongeni mecheres ngeni ne rongorong met mefien ekkoch ngonuk.
9. **Things that are definitely not helpful to hear:** Eiteita sokkun foos, mwokutukut ika memef repwe tongeni fori omw kopwe mochen pusin efeiengawok. Tingor ngeni aramas ar repwe kan tumwunuw resapw fori ekkena me pwan fori ekkoch mettoch epwe aniniseoch ngeni ar repwe tongeni pworous ngonuk.
10. **Ion epwe wisen anisi noum we semirit an epwe kokori ekkewe chon pekin health ika ewe hotline ren osukosuk ika pwe rese tufichin ar repwe pusin fori won ar?** Ei mei pachenong pwir kewe ika aramas non ewe nenien tumwunun semirit ion epwe tongeni wisen kokko.
11. **Met epwe tongeni fis me non imw an epwe forata pwe ewe neni mei fokkun tumwun ngeni meinisin chon nonnomw ikewe?** Ei mei pachenong sokkun anen tumwun seni mecheresin angeiano manawan ren an epwe nokkono ika esapw nomw ekkewe mettoch mei efeiengaw ren safei, nikesuk, sakaw, me mettoch mei ken. Mei pwan pachenong eiekin pwin kewe, me chon tumwun me ekkewe pet non ewe fansoun mei wor ewe watten osukosuk.

Ewe kokkot epwe foruta ikenai me non ewe nenien emergency epwe tongeni an epwe pwan ekkesiwin non ekkon fansoun fiti met angangen aninis mei kawor me pwan an chikar sefan. Epwe mecheres ngonuk ekkewe ekkesiwin mei menei epwe fis me pwan fori sefani ese kokkot ika pwe mei menei. Auchean forutan pwe epwe tongeni namwot ewe kokkot ngeni meinisin ar repwe weweiti.

Ekkoch sokkun nikinikin ewe kokkot non taropwe

Ekkewe esisinen pwe epwe wor watten osukosuk epwe fis (ekkesiwin memefin, masowen ekiek, sokkun ningos, met mei fis, mwokutukutun).

1. _____
2. _____
3. _____

Mettoch ngang mei tongeni fori pwe epwe oruka ai ekiek seni metekewe ai osukosuk nge usapw pwan kokori emon aramas (sokkun angangen ekinamwe, met mwokutukut upwe fori, mwokutukut mei apwapwa).

1. _____
2. _____
3. _____

Aramas me pwan nenien chommong minne repwe tongeni oruka ai ekiek:

1. _____
2. _____
3. _____

Mettoch ai we famini mei tongeni apasa ika fori ar repwe anisie:

1. _____
2. _____
3. _____

Mettoch ai famini resapw tongeni repwe apasa ika fori.

1. _____
2. _____
3. _____

Aramas ngang mei tongeni upwe tingor aninis senir:

Itan: _____ Fon: _____

Itan: _____ Fon: _____

Itan: _____ Fon: _____

Chon angangeoch ika agency upwe tongeni kokori ren watten osukosuk:

Iten (ewe therapist) tokter: _____ Fon: _____

Nenien aninis atapwanapwan: _____ Fon: _____

Pekin aninis ika pwan ekkoch agency: _____ Fon: _____

Eppetin Angangen Angeiano Manawom Lifeline Fon: 1-800-273-TALK (8255) | Oregon Youthline: 877-968-8491

Mwonomwonon pworous — Wewefichiti met masowan

HIPAA wewen Health Insurance Portability me Accountability Act. Ei onnukun federal mei foruta fan iten sokkun omwokut an national an epwe tumwunuw mei semwen ren met sokkun pworouser mei nomw noun ewe pekin health rekot. HIPAA mei mwutata an mei semwen repwe tongeni angei pusin ar rekot. HIPAA mei ekis wor wewengaw an ekkoch aramas ngeni.

Wewefichiti ekkei masowen non epwe tongeni anisuk ren met sokkun taropwe mei auchea me pwan met omw pusin kokkotun finata.

Echo taropwe mei sain **Release ren Information (ROI)** ina taropwe mei auchea ngeni an ewe pioing epwe tongeni pworous ngeni pwan emon me nukun sam me inn ika ekkewe chon tumwunuw ewe mei semwen fan iten met pekin safei ren ewe aramas. Mei mwutata an ewe pioing epwe pwan tongeni transferini noun noum we semirit taropwen ar safei ngeni pwan emon chon angangen pekin safei ika mental health. Emon serafo ier 14 ika fen watte seni a tongeni pusin sainei ewe ROI.

Emon minor nge emon ese mwo tori ier 18.

Ren ekkewe serafo kukun seni ier 14

Napengeni ekkena, ekkewe sam me inn ika chon tumwunur repwe wisen wau mwumwutan an epwe tou pworousen nour taropwen pioing. Ren ier 14, emon serafo a tongeni pusin angei me pwan mwutata sokkun angangen tumwun ese pwan menei an same me inn mwumwuta. Iwe nge, ika pwe ewe serafo emon mei chiwen chok ierin kukkun, ewe sam me inn ika chon tumwunuw epwe pwan pachenong non an ewe serafo iwe angangen tumwun me mwen epwe wesino ewe angangen aninis ngeni. Anongonong won ierin, ekkewe mei chok kukkun ierir mei tongeni pusin wanong tingoron an epwe wor met kinikinin epwe mwonomwonono em pwan mwumwutan an ekkoch chon angangen pekin health repwe aninis. Mei och kopwe sinei pwe ekkewe chon angangen pekin health ir mei tongeni, ika mei auchea, ar repwe pwarano ekkoch pworousen pekin health ren ekkewe mei kukun ierir ngeni ekkewe agency an state (usun ren ekkewe ren pekin semwen mei mechersen ne teru ika ir mei kuna pwe mei abuse ika ese tumwun).

Met sokkun pworous mei pachenong non ewe HIPAA?

Ewe Protected health information (PHI) sokkun pworous mei tongeni an epwe affata ewe aramas, ren itan, an address, uputiwan, noun Social Security me nampan noun fon. Mei pwan pachenong sokkun pworous fan iten omw health, met sokkun epwe anisuk ika epwe echikarok. En mei tongeni mwutata an ewe chon anisuk epwe pworous ngonuk won met mei auchea ngonuk nge kosapw pwan tichikietiw met ami mei pworous won me non ewe angangen aninis ngonuk ika ekkewe fansoun therapy.

Taropwen mwumwuta mei sain ina noum ika ekkewe chon wisen tutumwunuk etipeew pwe en:

- Mei weweiti metewe aninis epwe kawor ngonuk
- Mwutata ewe sokkun aninis an epwe kawor ngonuk, me
- Weweiti ifan usun an epwe tou sokkun pworous pusin ren fan itom.

Mwomuta ren pworous fan iten aninisin pekin health repwe pachenong:

- Ewe aweweochun ifan sokkun angangen aninis ngeni ewe mei semwen epwe angei
- Aweweochun pwan ekkoch sokkun aninis ngeni
- Aweweochun met sokkun ngawan me met epwe namwot ngeni ren ewe aninis epwe kawor ngeni.

Mwonomwononon pworous fan iten prokramen aninisin aeangawen ekkewe mettoch mei efeiengaw ngeni aramas (42CFR Part II)

Ei ew onnukun federal, usun ewe HIPAA. Iwe nge, echok tongeni om kopwe nomw won ika pwe en emon mei semwenchon ewe prokram iei ika me mwan ren aeangawen ekkewe mettoch mei efeiengaw ngonuk nge en mei angei monien aninis seni federal. Ewe prokram me pwan ekkewechon angang ngeni rese tongeni ar repwe pwarau ika pwe en emon mei piin nomw non, fen wor omw osukosuk ren aeangawen mettoch efeiengaw.

Met chiinon chok ren pworous mei mwonomwonono — Chon angangen pekin pioing ir mei tongeni repwe apworousa ngeni sam me inn ifan usun nikinikin ar aninis ngonuk ika pwe nonnomwun ewe serafo mei ngaweno, mei auchea epwe ne reirei, mei wor efeiengawen an iwe angangen pusin angeiano manawan ika mei menei pwe epwe nomw non pioing pwe epwe wor aninis epwe kawor ngeni.

Mei och an epwe wor angangen pwopworous non kinamwe fiti noum we semirit me pwan ewechon wisen awora aninis ren an epwe wor sainei taropwen met epwe tou ngeni ekkoch (ROI) ren an epwe affat met sokkun pworousan repwe tongeni ngeni pwan ekkoch. Napengeni taropwen ROI mei kan afata ika metewe pworous epwe tongeni tou ngeni ekkoch, ren ion me ifan ukukun nakatamen fansoun. Pwoporous won ifan usun an epwe anisuk me anisi noum we semirit.

Ese pwan menei kopwe nounou echo ROI ren omw kopwe fori omw kokkotun angangen tumwuneoch ika omw kopwe wau pworous noumw we semirit ngeni pusin chok noun tokter ika pwan ekkochchon angangen pekin safei.

Ren sopwosopwun pworous, won ewe “Minor Rights: Access me Consent ngeni Health Care” ika no ngeni ei website: www.oregon.gov/oha/ph/HealthyPeopleFamilies/Youth/Documents/minor-rights.pdf

Q me A fan iten sam me inn me serafo

Fan iten sam me inn ika chon tumwun

Met upwe tongeni ereni ewe chon awora aninis ika pwe nei we semirit ese mwo sainei ewe taropwen an epwe tou pworousan?

HIPAA me pwan ekkoch onnukun pworous mei mwonomwonono RESE tongeni repwe nemeni met en kopwe apasa fan iten noum we semirit ngeni ewe chon awora aninis ngeni. Echok tongeni nemeni met ewe chon awora aninis epwe apasa ngonuk. Apasa ngeni ewe chon awora aninis met en mei sinei fan iten mwokutun noum we semirit, mettoch mei fifis me non sukun ika pwan ren chiechiean me famini, me pwan met mei fis pwe omw osukosuk fan iten met mei fis non ekkewe me met mei fis iei ika mwokutukutun.

Met ewe chon awora aninis epwe tongeni ereniei ika pwe nei we semirit ese mwo sainei ewe taropwen an epwe tou pworousan?

Ekkewe prokram ren anongonong won ekkewe chemical me fitikokon non famini resapw tongeni repwe apasa ngonuk ika pwe noum we semirit mei pachenong non ar kewe prokram. Iwe nge, chon awora aninis mei tongeni pworous ngonuk ika pwe epwe tongeni anisi noum we semirit. Ewe chon awora aninis mei tongeni epwe emweni ngonuk ifan usun omw kopwe pworous ngeni noum we semirit won ami oupwe fori ew ami kokkot ren tumwun, ew kokkot ren angangen tumwuneoch ika pwan kokkot ren eppetin an esapw apwangapwang. Ir mei pwan tongeni anisngonuk omw kopwe pworous ngeni noum we semirit won namwoten an epwe sainei ewe taropwen an epwe tou pworousan pwe epwe tongeni anisi met sokkun aninis mei menei epwe tour ngeni me pwan pusin anisuk ren omw kopwe sinei inet me ifan usun omw kopwe tongeni pusin anisi. *Chon awora aninis mei tongeni repwe pachekonong ika pwe mei wor osukosuken an epwe angeiano manawan ika nieno emon ika pwe mei menei an epwe muttir kawor ngeni angangen aninis.*

Met upwe tongeni apasa ngeni nei we semirit fan iten an epwe sainei ewe taropwen an epwe tou pworousan?

Epwe tongeni aniniseoch omw kopwe pworousa ngeni won met sokkun pworous ke mochen sinei me pwan met kopwe fori fan iten ekkewe pworous ka sinei. Ew anen an epwe emwenuk omw kopwe tongeni pworous ngeni iwe kopwe anonga won ifan usun ami oupwe tongeni angang fengen pwe oupwe nomw non ami tumwun me pwan met mei menei oupwe fori ika pwe epwe fis ew watten osukosuk. Ese pwan menei om kopwe sinei met epwe epwe fis non therapy, met chok kopwe tongeni fori pwe kopwe anisi an epwe eochuno nonnomwun noum we.

Met auchean an epwe sain ewe taropwen pworousan epwe tongeni tou?

Ewe auchean pwopun ren sam me in me serafo pwe repwe tongeni wor ar pwoporous won met sokkun wiser repwe fori ren angangen tumwuneoch me kokkot ren nonnomweochur, an epwe kisino efeiengaw ngenir me eppetin ar resapw apwangapwang. lei ew anen ar repwe tongeni aninis fengen won met ar osukosuk, enukunukusefani me pwan kokkot won met wiser fengen.

Met upwe tongeni fori ika pwe uwe ekieki pwe ewe chon awora aninis mei atai ewe pwuung meren HIPAA ika ese tipeew ngeni an epwe afona metewe tingor fan iten sokkun pworous?

Fori taropwen etipisi fiti afata iten ewe agency me ewe state. Ka tongeni kuna ekkei taropwe online ika ren ewe front desk me non ewe agency ika kapas eis won ifan usun omw kopwe kokori ewe **specialist ren aninisin famini ika specialist ren aninisin serafo.**

Fan iten serafo

Pwata ekkewe chon awora aninis mei menei ar repwa uwau pworous fan iten?

Chon awora aninis repwe nounou met kewe pworousom ren ar repwe angang fengen nefiner fan iten aninis epwe murinno ngonuk. En mei tongeni kopwe afatatiw ika ion en mei mwut ngeni me pwan ifan ukukun tamen fansoun. Ekkoch awewe ren met pworous epwe nounou ngeni mei pachenong:

- Noum we chon wisen awora aninis ngonuk mei menei epwe pworous ngeni noum we psychiatrist won met sokkun safei pwokiten mei tongeni pwe ekkoch ese och ar repwe chu fan ew omw kopwe angei.
- Ewe chon wisen fori kokkotun tumwunum mei mochen an epwe fori pwe meinisin aramas ion en mei sisinei non manawom repwe fiti ngeni met repwe erenir repwe fori.
- Inom kewe me semom ika chon om famini mei mochen repwe aninis ne fori ew kokkotun tumwunum ika kokkotun omw kosapw apwangapwang ren ar repwe sinei ika ifan usun omw mochen repwe anisuk.

Met upwe sinei ren ika ion mei mwumwuta ngeni an epwe tongeni wau pworous fan itei?

Ren napengeni unusan, ika pwe ka nap seni 14 ier, ka pusin tongeni sainei ewe taropwen an epwe tongeni tou pworous fan itom (ROI). Ei taropwe mei apasano pwe ka mwutata an noum we chon awora ngonuk aninis epwe tongei pwan pworous ngeni pwan ekkoch chon aninis ika aramas, usun ren inom me semom. Pwan wewen pwe en mei tongeni euku met sokkun pworous repwe uwau ika eukatiw ewe ROI ese nifinifin fansoun.

Nge ika use watiw mwumwutan?

Chon awora aninis repwe fori met en mei apasa fan iten toun pworous fan itom me nukun chok ika pwe ewe pworous mei menei epwe mwonomwonono epwe tongeni awora ngonuk osukosuk ika ngeni pwan ekkoch. Ewe chon awora aninis epwe uwau pworous met epwe anisi ngonuk me pwan ekkoch ami oupwe tumwun ren.

Inet fansoun ekkewe chon awora aninis repwe pworous ngeni sam me inn?

Chon awora aninis mei tongeni pworous ngeni sam me inn inet a tufich ngeni fan iten angangen pekin safei me pwan inet mei urureoch ngeni ewe aninis mei kawor ngonuk. Ei epwe tongeni pachenong tichikin met en mei apasa non fansoun mei kawor aninis ngonuk. Ei aninisin atoura pworous epwe tongeni anisuk me inom me semom ami oupwe weweiti ifan usun angangen aninis ngonuk om kopwe chikar sefan. Pachenong inom kewe me semom mei fakkoun auchea ngeni fansoun omw ka tonong non ewe nenien anins ren safei (pachenong omw kopwe nimenimoch seni ekkewe mettoch en mei akangei) ika nupwen a wor osukosuk ren an emon epwe angeiano manawan. Nupwen chon awora aninis repwe ekieki pwe epwe wor watten osukosuk, repwe tongeni wau ekkoch pworous fan itom ngeni iowe a wisen mesemes won tumwunum. Ew awewe ren ei iwe ika pwe ke pacheta won social media ew kokkotun omw kopwe pusin efeiengawaok ika ekiekin angeiano manawom.

Angangen tumwuneoch non imw me non sukun

Nonimwom

Epwe wor sakonon mettoch me non imwom we. Niwin sefan ngeni imwom me murin omw ekiengin angeiano manawom ika nonnomw non pioing mei watte efeiengawan. Mei wor wewechun omw mochen kopwe tumwunuw noum we semirit ika eppetireno seni osukosuk. Iwe nge, mei pwan auchea me ina met epwe apochokuna ngeni noum we semirit an epwe fis pwe ii nukanapen ewe angangen tumwunun me eppetireno seni osukosuk. Ika pun epwe tufich, sotuni ne aninis ne angang fengen. Non an a tou kapasen ena, mei pwan wor ekkoch auchean mettoch en mei tongeni fori omw kopwe tumwunur.

- Anomwu ekkei mettoch ian resapw tongeni torir me ian ika pwe pwe ewe minafon neni epwe weires ngonuk:
 - Nikesuk— Ekieki pwe noum we semirit mei sinei an epwe kutta ian epwe nomw ian ewe key ngeni nenien noumw we pistor. Mei fokkun auchea pwe meinisin pistor repwe mwokut seni imwom we, non chok ew mwochomwochen fansoun. Ika pwe rese tongeni omw kopwe uweireno ekis, anomwu non omw ekieng pwe kopwe isoni ekkewe pistor me foun kewe repwe imwu fesen non nenier.
 - Taropwen safei minen un, watten rumwen safei en mei chok tongeni pusin moni, safei ren pekin urumwot
 - Keyen toraku
 - Mettoch mei ken mesan
 - Poison, pachenong sarasko me pisekin enimenim
 - Mettoch mei tongeni forata an epwe wor ekkei, usun ren gas
 - San me senin fifi, senin chachin fon, me nektai.
- Pworous fengen won met mei auchea ngeni ekkesiwinin memef me mwokutukut, unun sakaw ika drug, ika ekiengin angeiano manawer fengen me noun noum semirit iwe chon wisen anisi an epwe chikar sefan.
- Affatatiw met sokkun mettoch mei fis ika a fen piin fis mei forata ar repwe mepi riaffou, akkaewin ekkewe mei awora ngenir ar repwe netipengaw ren. Nenengeni ifan usun nikinikin ar mwokutukut me pwan memefir non ekkena fansoun. Ukutiw seni omw kopwe fori ekkewe mettoch tori an noum we semirit epwe wor ion specialist ren pekin behavioral health epwe awora aninis ngeni. Ren ekkewe kose tongeni ukutiw seni, kopwe fori omw kopwe achocho ngeni pwe kosapw osukosuk me pwan kosapw anapano an noumw we semirit epwe wattenno an riaffou me weires.
- Kapas eis won ifan usn omw kopwe aninis. Ifan usun ar mochen kopwe aninis ika pwe rese mepi pwe ir mei chiwen tumwun?

Ika pwe noum we kukun serafo a fen nomw won ekkewe opioid (ekkewe drug ese och ika ekkewe mei mak meren tokter), anomwu non ekieng pwe kopwe uwou naloxone. Ka tongeni moni me non ekkewe pharmacy nge esapw pwan wor taropwe seni tokter. Ika pwe epwe wor fansoun epwe nuuno ukukun safei epwe angei, ewe spray mei tongeni epwe anisi noum we semirit an epwe ngasangas tori an epwe wor chon pekin paramedic repwe tori

Ew kokkot ren eppetin angeiano manawan epwe pachenong ifan usun an omw we famini epwe osueno sokkun mettoch seni imwom we minne repwe tongeni aea ngeni ar repwe angeiano manawer pwe noumw we esapw tongeni epwe tori. Osueno sokkun mettoch noumw we semirit epwe aea ne angeiano manawan me mwun noumw we semirit epwe niwin ngeni imw ika nupwen chok fansoun ka tour ngeni imwom we. Ika pwe en mei tufichin tour ngeni ewe **specialist ren aninisin famini**, pworous won metewe omw kokkot ren omw kopwe omwokutu ekkei mettoch.

Sukun

Ewe kokkot ren tumwunun fan iten sukun epwe pwan sakono seni ewe mei foruta me non ewe nenien emergency. Niwin sefan ngeni sukun epwe tongeni pwan aweires ngeni noumw we semirit, akkaewin ika pwe pwin kewe ir mei pwan fiti ewe sukun. Mei wor ekkoch anen an ewe sukun epwe awora aninis non ei fansoun. Nupwen ewe sukun epwe sinei pwe noumw we semirit mei ekiekin epwe angeiano manawan, mei osukosuk ika mei nomw non pioing, ewe counselor non ewe sukun, kangof, sense, ika chon nemeni ewe sukun repwe aninis ngeni nupwen ewe chon sukun epwe niwin sefan ngeni sukun

En me noum we semirit ami mei tongeni pworous won ion epwe wisen tour ngeni ewe kokkotun tumwunun noumw we semirit. Chon angang non sukuun ir mei fiti ei pekin mwokutukut ren tumwun auchea ar repwe sinei wiisar, nge ese pwan menei porousen an noumw semirit mwokutukut. Ena pekin mwokutukut ren tumwun esapw nomw non an noumw fuuto non sukuun. Ei, ren an esapw wor ion epwe tongeni kuna ika ese wor ar mwuumwuuta.

Ewe Pwungun an Famini Osukuun me Ennukun Privacy (FERPA) nge ew ennuke an chon federal repwe tumwunu pwe an chon sukuun rekort epwe mwonomwonono non meinsin ekkei sukuun mei nounour noun federal mwoni. Auchean, ekkei sukuun epwe wor ar mwuumwuuta non taropwe ar repwe tongeni atourau porousen an chon sukuun rekort. Nge, ena sukuun mei tongeni atourau porous non an ese wor mwuumwuuta non ekkoch fansoun, pachenong:

- Porous mei auchea ren tumwunun health ika pekin tumwun ngeni chon sukuun ika aramas
- Chon meinapen sukuun mei wor ar ennetin mochen sinei porousen sukuun ika
- Ngeni pwan ew imwen sukuun ena chon sukuun epwene fiti.

Ika chon angang non sukuun mei sinei met noumw semirit e menei, ir mei tongeni eponuwa echuu ika e wor siiwin non ar napanap ika ar noniinen. Chon sukuun repwe pwan tongeni esinna met epwe wor osukosuk ren pokiten ir mei sinei, nap seni ar rese sinei. Ekkan chon porous ngeni chon sukuun ika emon chon angang epwe emon chon esinesin me kapas ngeni famini ren porousen nonomwun nour chon sukuun me ifa ussun ar sukuun.

Mei auchea pwe met porous mei tour ngeni chon angang non sukuun epwe wor mwiich won me mwuumwuuta meren ena chon sukuun. Noumw semirit mei weweiti nonomwun chon angang non an sukuun me non ar imwen sukuun na sonuk, iwe mei auchea omw kopwe eppi ngenir pwe mei wor ar pochokkun non ei sokkun mwokutukut. Met sokkun me ifa ukuukun porous epwe tour ngeni chon sukuun epwe anongonong won an noumw epinukunuk, ina epwe sissiwini non ekkei fansoun mwan.

Pokiten famini, ina kopwe chok mochen omw kopwe ereni ena sukuun pwe mei wor terin noumw ena, iwe repwe chok kokkoruk ika pwe noum ena e mochen ar repwe kokkoruk. Erenir repwe epinukunuk pwe noun noumw ena tokter mei sinei terin, me mei ara pwe mei tongeni fiti sukuun. Iwe, kopwe pwan tumwunu pwe mei wor noumw tengwa pwe kopwe tongeni eponuwa an noumw kokko ika text.

Pota nenien an nei sukuun epwe pwan sinei porousen fansoun ar nomw non imerechensi?

Ewe sukuun mei tongeni awora ekkei, pachenong pwan ekkoch:

- Komwoch unumen noumw safei non an kangof ofes me awora fansoun an epwe wuun.
- Awora ew nenien asoso, esapw wor ekurang, ian noumw epwe tongeni kinamwei non an akkanaemon.
- Awora noun headfon an epwe rongorong keon ika pwan pisekin aninnis an epwe manamaneno netipan.
- Attamano fansoun an epwe awesi an tess ika asaimen.
- Siwini an project ika pwe ena asaimen epwe achemata an nuwokkus.
- Siwini kunokun an noumw epwe sukuun.
- Awora fansoun an noumw epwe tou nukun an epwe kukkunou ika taiso pwe epwe atourau an osukosuk.

Met semirit re mochen an inar me semar me nour chon tumwun repwe sinei

Met sokkun ourour kopwe anounou ngeni pwan ekkoch iin me saam me ar famini ika re nomw non ew osukosuk? Met mei etipetipa netipomw omw ewe nomw non riaffou? Met mei auchea ome kopwe rong meren ekkewe chon anisuk?

Ikkei ekkei kapas eis am mei eisini ekkewe enuwon me fopwun nn unusen ei state. Meininis am mei kapas eis ngeni mei piin wor ar osukosuken semwenin non ar ekiek minne-ka mei wuwei ngenir fansoun non nenien imerechensi. Nge ren ekkoch, ena fansoun mei fis ngenir non ewe chok ier, nge ren ekkoch, a engon ier me napeno. Met mei taitap nefiinar meininis nge ren ar mochen anisi ekkewe enuwon me fopwun me ar famini fansoun ar nonnom non ar osukosuk. Fan ei, mei wor epponuwen ekkei kapas eis, mei mmak sefan ren ukuukun taman me fatafatan.

- Eusening me aucheani ai memmef me met u mochen. Ina upwe mochen kapas ngeni chon angangen imerechensi non ai akkanaemon pwe meni use mwo monnota ai upwe apasa ngonuk.
- Ika ke kon noniinen omw kopwe anisi ei non ewe nenien imerechensi, tingorei emon ar repwe fitieinong non rroomw. Nikit ngeni ei, ion u mochen ar repwe mommot rei.
- Apwetetei netipomw. Nikit ngeni ei ai upwe sapengeni ai osukosuken netip. Chechemeni, pwe mei ttam fansoun an emon epwe chikar.
- Uwei och mettoch ngeni ena nenien imerechensi epwe anisi ei ne tumwunungaweno, ussun ew fitio game ika puken kaner, ika mei mwuumwuuta.
- Tumwunu ngeni ei pwe epwe unus ar cheki inisi me ai semwenin non ekiek. Ena tokter mei tongeni tunano ika amwanii an ekiek ren met u aani osukosuk.
- Ngang mei epinukunuk omw kopwe tumwunu ei. Kapas wenechar ren met epwe fis, me nomwongeni ei ika mei mwuumwuuta.
- Efisi kinamwei. Kopwe uti ngeni. Kosapw etipisi ei ika asawa ei. Kopwe sinei eoch.
- Etipetipa ei. Eusening ngeni ei. Weweiti ai memmef. Nikiti ai upwe eusening ngeni keon ika met u mochen.
- Kosapw soun kapas eis, kopwe chachari ei nge kosapw ouwesi ei!
- U mochen omw kopwe sinei pwe use mochen fori met upwe angei manawei ren pwe aramas repwe tongei ei.
- Kosapw aporoussa ai mochen angei manwei me mwun omw kopwe kapas ngeni ei akkomw. U mefi ai nuwokkus me saaw, iwe mei metek an epwe pwano ai osukosuk ngeni aramas.

- Kosapw epwungu ei. Nengeni ei pwe ngang emon aramas fengen me pota u nomw non osukosuk.
- Ekinamwei netipomw me eusening ngeni ei.
- Ngang mei sinei pwe en mei nowokkus non omw iin, saam/chon tumwun, nge chechemeni pwe mei pwan wor ai osukosuk nge ika kopwe song ika arochongaw, ina esapw anisi ei. Ika ew, ina epwe fen awatteno osukosuk. Achocho ne ekinamwei netipomw me chemeni pwe meni kese tongeni weweiti met u nonnomw non.
- Kopwe etipetipa ei non omw kopwe tipetekison. Kapas ngeni ei ren met en mei sinei pwe u saani. Met chok kopwe etipetipa netipei ren, ina ena aninnis.
- Anisi ei ne tou me non ai osukosuk pwe usapw mefi pwe ngang mei akkanaemon.
- Eisini ei, “Met kopwe tipetipeoch ren non ei fansoun?” Eusening ngeni met ai epponu me achocho ne kutta met mei tufich ngeni kich me ruomon.
- Tumwuneochu pwe ngang mei eusening ngeni met ke aani kapas ngeni nei tokter fan itei, pwe upwe pwan tongeni kapas eis me nomw non kokkotun met epwe fis.
- Ika ke kapas ngeni ei, epwe wenewen omw kapas. Anisi ei ne kuuta emon mei sinei eoch ai ei semwen me tumwunu ne tukumi seni aramas me nukun. Eusening ngeni ei me anomwu ngonuk ai memmef.
- Nikiti ei ika u mochen akkanaemon. Forano omw angang me nikit ngeni ei ai usapw soun nomw non omw ekiekin noniinen.
- Kopwe aninniseoch non ai pekin safei. Ei, epwe aninniseoch ne foreochu mwkutukutun ai niwin ngeni imwach. Kaworen chon aninnis ne awora met u menei, epwe pwan awora ew neni mei tumwun, mei menemeneoch me awora fansoun chikar sefan. Ika kese tongeni awora aninnis ngeni ei, anisi ei ne kutta ai nenien kut aninnis. Ai tou me non pioing, esapw wewen pwa a taweno angang.
- Amo ita inei me semei kewe re sinei pwe ei, esapw tipisi ika met u finata. U mochen an inei me semei repwe pwar ngeni ei pwe ir mei tongei ei non an wor ai semwenin non ekiek, nge esapw ika mwo mei wor.
- Nomwongeni ei me emweni ei non ai pekin tumwun. Nuku met u apasa ngonuk. Kosapw song ngeni ei ika etipisi ei.

1. Ese pwung: Porousen an emon angei manawan ika omw eisini emon ika mei ekieki pwe epwe angei manawan, epwe efisi ena mwokutukut.

Pwungun: An emon epwe angei manawan ina ena nampa ruu wewen an emon maano me nein enuwon me fopwun ier 15–24. Kapasen an emon epwe angei manawan ese efisi met epwe fisino ren. Ika ew, emecheresi omw kopwe kapasen an wor memmef ren noniinen pwe ina ena epwe pesei an emon epwe mochen manaw ren. Ena fansoun aporous epwe poputa omw eisini emon ika ir mei ekieki pwe repwe angei manawar. Afeiengawan, mei nomw non omw kese kapas eis ika pwe ke mefi pwe epwe fis.

2. Ese pwung: Ika emon fopwun ika enuwon e ekiekin angeimanawan, epwe ina ussun non unusen manawan.

Pwungun: Napengeni ekkana enuwon me fopwun re ekiekin angei manawar, epwe chok ina ussun non ew mochomochon fansoun. An epwe kouno, osukosuka ar ekiekin angei manawar non omw awora ew mwokutukut ika pwapwa non chiechieoch. Pesei ngeni semirit ar repwe chiechi ngeni aramas, ew mwokutukut ika nomw non ew neni epwe orukano ar ekiekin angei manawar. Ika mei wor aninnis, ir mei tongeni chikar me nonnomw eoch nonar manaw mei murinno.

3. Ese pwung: Aramas re ara repwe angei manawar re chok mochen an aramas repwe tonger.

Pwungun: An emon angei manawar, ew mwokutukut emon e fori pwe ir mei riaffou nge ra mochen an epwe wesino ar metek. Ei mwokutukutun angei manaw sipwe kuna pwe ew mwokutukut an emon e mochen maano. Emon tokterun semwenin non ekiek epwe mwittir ne nengeni me eponuwa.

4. Ese pwung: Use tongeni anisi emon enuwon ika fopwun mei aea pisekin drugs.

Pwungun: An epwe nuuno an emon wuun ekkana pisekin drug, ina ena nampa unungat popwun maano nein enuwon me fopwun ier 15–24. Ussun ren omw mefi pwe emon mei ekiekin angei manawar, kopwe emecheresi netipomw omw kopwe kapas ngeni emon ke ekieki pwe ese aeaeoch sakaw me drug. Kosapw uti ar repwe aress ika “nomw non ar osukosuk.” An wor pesepes meren chon tong, ina ena nampa ew popun an emon kutta met repwe chikar ren. Nge, chmeni pwe aramas ir mei tongeni niwiniiti sefan fitu maram me mwirin ar wes ne aea ekkana pisek. Fansoun an emon efeiengawa inisir, awewe ren ar reir ika aea drug, ew sokkun angangen angei manaw, mei wor fansoun ar repwe angei manawar ika pwe emon a fen wes ne aea ekkana pisek. Tumwunochu pwe kopwe kapasen tumwun me nonnomweoch re emon atongomw.

5. Ese pwung: Aramas re saani ar repwe wuun safeian eunuun ika wuunummong sakaw rese taitap ngeni armas re aea pisekin drug

Pwungun: Ir meinisin mei wor fansoun ar repwe sou mochen aea ekkana pisek me mwarei tipisir me ar saaw. Aean ekkei sokkun pisek, ew sokkun semwen ussun semwenin ngasangas, maan suke ika kanser. Aean ekkei pisek esapw ew fansoun fanafaneno. Ew sokkun semwenin non ekiek epwe awora fansoun mwokutukutun chikar seni.

6. Ese pwung: Ach mwittir ne kuna pwapwa sefan non manawen emon enuwon me fopwun mwirin ar fori angangen ar repwe angei manawar ika netipechou, wewen pwe ra chikar seni.

Pwungun: Sossorun, ina epwe fen ina pwungun. Ei mwokutukutun angei manaw sipwe kuna pwe ew mwokutukut an emon e mochen sopweno ne sossot. Mei anoniinen ei fansoun, unungat maram me mwirin an emon sossot ne angei manawar. Ach kuna pwe ese chiwen wor osukosuk, wewen pwe ena aramas a foreochu an kokkot ne angei manawan, iwe a mefi an pwapwa pwe epwene taweno. Sopweno ne aea ei mwokutukutun pekin tumwun me sopweno angangan ika mei wor siwinin.

7. Ese pwung: Ika emon fopwun ika enuwon e ekiengin angeimanawan, ese tongeni tingor aninnis ren ar osukosuk.

Pwungun: Sossorun, ina epwe fen ina pwungun. Mei wor pisekin pwarata pwe ir mei esissin non 70% fansoun. Ekkkan enuwon me fopwun meni ir mei tingor aninnis non ar mwokutukut ika esissin. Ika re apasa “Ina kosapw chiwen osukosuk ika use nomw” ika, re mefi pwe ese wor namwotar ika re mefi pwe re chok awora osukosuk, ina ena esissinen angei manaw.

8. Ese pwung: Pwiir kukkun ina resapw sinei pwe mei wor osukosuk.

Pwungun: Pwiir kukkun, pachenong mwonukon, ir mei mefi met an aramas non ar famini memmef. Ina pwe pwan wor ar memmef, nge rese tongeni ar repwe apasau. Pokiten ar rese tongeni apasau, ina epwe wor siiwin non ar mwokutukut esapw ren met mwokutukut e fis nein ar famin. Siiwin non ar fansoun mour, fansoun mwongo ika nikinik mei tongeni fis. Omw kuna an emon mwonukon memmef me awora fansoun omw kopwe chacharir, ina ena mwokutukutun tumwunun ar health me nonnomwun non ei fansoun osukosuk.

Kapas ngeni famini me chiechiomw an wor osukosuk

Me mwen omw kopwe kapas ngeni emon, mwot ngeni noumw pwe kopwe porous won ion epwe sinei me ifa ukuukun ar repwe sinei. Eisini noumw ika met re mochen omw kopwe apasa ika aramas re eis pota re mochen angei manawar.

Mei ok omw kopwe aporoua omw memmef ngeni emonchon anisuk. Nge, mei auchea omw kosapw aporoua an noumw memmef ika ew kinikinin porousar noumw ena ese awora omw mwuumwuuta ne aporoua.

Ika noumw ena ese mochen emon epwe sinei, kapas ngenir ren met re ekieki me met re mefi ren ar rese mochen an emon epwe sinei pwe re ita angei manawar. Ina resapw mochen apwarano unusen ar memmef ngonuk. Kopwe weweiti. Etiwa ar memmef me wenechar pwe meni ke mochen aporoua ngeni emon ren ar repwe anisuk. Pii ika mei wor ew pekin met porousar noumw mei mochen an aramas repwe sinei. Porousar ina esapw taitap, mei anongonong won ion e eis.

Kapas ngeni chon non famini ese taitap ngeni omw kapas ngeni aramas me nukun. Pwiir, pachenong mwonukon, ir mei tongeni mefi ika mei wor met mei fis, nge ina repwe osukosuk, niw ika kechiw. Ekkan semirit ra ekis watte ina

repwe pwan mefi pwe e mwannino ar angang. Tumwuneochu pwe repwe sinei pwe ese wor tipisir. Porous ren omw kokkot ren pekin tumwuneoch me met tufichin ngeni emon me emon non omw famini. Erenir met ir mei tongeni fori me apasa an epwe anisi noumw me unusen non omw famini.

Omw tongeni kapas ngeni chon non omw famini ren angangen angei manaw mei tongeni anisir ne weweiti met ar memmef me mwokutukut fengen me ra tongeni sapeseni ar tipis. Sinei ifa itiitin om kopwe kapas won mwokutukutun angei manaw ika fansoun osukosuk pwe epwe wor wewe ngeni semirit pwe mei auchea. Kut omw aninnis meren noumw tokter ren nenien ourour me aninnis ren ifa ussun omw kopwe kapasen mwokutukutun angei manaw ngeni semirit. Omw osukunna chon non omw famini ren mwokutukutun angei manaw ika osukosuk, ina repwe tongeni weweiti met noumw ena e nonnomw non ar repwe anisi ne chikar seni.

Met kopwe ekieki me mwen omw kapas ngeni semirit...

Kapas wenechar. Ika kopwe kapas ngeni semirit, aea kapas re tongeni weweti. Kosapw konnien aporoua met e fis non ena fansoun angei manaw ika wuunumong safei. Mwuut ngeni ar kapas eis an epwe afatana ami porous. Monnota ne eniwini omw kapas. Semirit mei tongeni eniwini ar kapas eis fan fite non ar resin apacha me weweiti met e is.

Eusening. Rongorongoch ar noniinen me memmef. Kopwe eniwini metre ara pwe kopwe pwar ngenir pwe en mei rong ar kapas. Awora ngeni epinukunuk, nge kosapw pwan ren met kese tufich ngeni.

Mwonnota ngeni mwokutukut me memmef sokkopat. Ekkoch ina resapw pware ar memmef, ekkoch ina repwe mochen akkanaemon ika ekkoch ina resapw mochen akkanaemon.

Awora fansoun kukkunou. Semirit ir mei kan apwari porous, ekis me ekis. Mei auchea an epwe wor ar fansoun pwapwa, kunou me fori pwan och mettoch. Eisinir met ir mei menei me fitano met re ara. Ekkoch porousen met mei fis ngeni semirit ina epwe pwano atun ar kukkunou. Mei murinno ar ei sokkun weweiti met mei fis ngenir.

Awora kinamwei. Ren mwonukon me semirit, achocho ne soun awora mwokutukutun non famini. Achocho ne awora fansoun akkoporous non ekkei mwokutukut. Omw famini epwe menei fansoun me aninnis ar repwe weweiti met ar memmef. Porous wenechar an wor chon mochen angei ar manaw ngeni mw famini me pwarata met omw nuwokkus pwe ina akkomwen poputan omw weweiti. Ekieki omw kopwe kutta chon porous ika tokterun semwenin memmef ar repwe anisuk ren ekkei porous.

Kapas ngeni chon nukun omw famini

Aninnis mei feito seni neni sokkopaat. Mei auchea ne sinei pwe fansoun ekiekin angei manaw me napanapen angei manaw me non omw famini, chiechiomw, aramas en mei sinei ika me won media mei epochokkunano mochenin an emon epwe angei manawan. Ei sokkun napanap si kan eita ngeni cheuno. Omw kopwe sinei met kopwe fori atun omw nuwokkus ren an wor chon mochen angei manawar non omw community ika me won media mei auchea pwe ekkei sokkun sinenap epwe anisi ekkoch ar resapw eppuru enneka sokkun napanap.

Achocho ne soun porous non omw community. Aramas ina repwe mochen sinei met e fis fengen me pwan wenechar ne eisinuk me sokkun mwokutukut e fis. Sorei ami porous seni etipisin emon fengen me ennetin porousen an emon mochen angei manawan. Asepa ngeni met mei och, mettoch epwe awora ngonuk omw community me pwan met e fis nesor me peonon. Anisi pwan ekkoch iin me saam ar repwe ifa ussun ne kapasen mwokutkutun angei manaw ngeni nour.

Pesei ngeni enuwon me fopwun non omw community ar repwe kutta aninnis. Chiechien noumw ina repwe osukosuk ika chommong ar memmef. Ina repwe mefi pwe mei wor met ita repwe tongeni fori ne eppet an emon mochen angei manawan. Tingorer ar repwe kapas ngeni emon e tongeni anisir ar repwe weweiti ar mwokutukut me memmef.

Kapas ngeni emon soutipachem non osukosuken famini. Porousen mwokuukutun angei manaw, konnien omw memmef me met en mei piin sapeseni, ina epwe weires. Emon **soutipachem non osukosuken famini** mei tongen aninnis pwe napengenir, ir mei piin sapeseni ekken sokkun mwokutukut non ar famini. Ir mei tongeni eusing non ar resapw epwungu emon, weweutuk, awora met aninnis eppwe anisuk non fansoun an weires ngonuk om kopwe kapas. Ir mei pwan tongeni kutta ngonuk pisekin aninnis, osukuun me chon wewe-eoch.

Ekis me ekis, omw sinei ina epwe napeno

Non ekkei fansoun mwan, an noumw a wakkatteno me wor wiisan ren tumwunun ar health me chiechiar, porousen weiresin ikenai ina epwe siwin. Mei ok om kopwe emwochu porous epwe aninnis ren kefinin met epwe fis nesor me peonon. Mei pwan ok om kopwe nikitano ekkoch porous ese chiwen namwot. Kich meinisin mei auchea ach sipwe aucheani kih pwe sipwe tongeni manaw ngeni met manawach nesor me peonon nge esapw wor chon esinna met kich mei piin fori.

Mwirin ew osukosuk — Kokkotun atun netipechou me weires

Ew mwokutukutun angei manaw, wuunumong safei ika ew fansoun osukosuken non ekiek mei tongeni angawa nonnomwum me noumw. Ina kosapw kinamwei, noniininen ika emwochanong mefiomw. Ina esap weneweneoch omw ekiek ussun an weneweneoch non fansoun an ese wor osukosuk. Noumw ina epwe mefi an song, saaw ika ese chiwen mochen nomw reomw. Esinei ngenir pwe mei ok ar repwe fos ngonuk nge resapw kon kapas eis paat, konnin ewe kapas eis “pota”, usun ren en “Pota ke fori en angang?”.

Apasa met ke mefi nge pwan rongorong. Mei weires me anoniinen omw kowe rong an emon porousen met re ekieki ren ar mochen angei manawar. En mei tongeni esinei ngenir pwe mei weires om kopwe rong porousen ar metek me kuna ar riaffou, nge en mei sinei pwe mei auchea an epwe wor ion repwe fos ngeni. Ika kese monnota omw kpwe rong ar ekiek ika rese mochen ar repwe porous ngonuk ren ena, pesei ngenir ar repwe kapas ngeni pwan emon ika ra pwan ekiekin angei manawar. Aporoua ion ena aramas ka ion ekkena.

Ren noumw semirit

- Kospaw atapwan. Tumwun me fansoun chikar ese mwittir. Awora ngeni noumw semirit fansoun re menei.
- Achocho ne awora wenechar me porous ese nifinifin ngeni noumw, pwiir me pwan aramasen non famini. Rongorong non omw chachari me wewe-eoch. Sinei pwe noumw mei tongeni eppungaokou akkomw non ar resin ne ekieki met e fis.
- Ereni noumw pwe ir mei auchea ngonuk, en mei tonger me ir mei fokkun namwot.
- Anisir non omw nomwongenir. Fan ekkoch, ina epwe mecheresingaw omw kopwe tumwunu seni noumw ar mwokutukutun pwisin afeiengawar. Omw nomw nge aninnis mei auchea, ussun chok pwan omw kaeo ngeni met kopwe fori omw kopwe anisir ne ekinamwei netipar. Ika mei kinamwei netipomw, mei awora ngenir fansoun ar repwe fori angangen tumwun ngenir pwisin.
- Anisi noumw ar repwe tumwunur, pachenong an epwe unus ar mour, mwongo anno, wuun konik me taiso.
- Anisir ne awora fansoun och me och mwokutukut: “U chok mochen ai upwe manaw ngeni nesor, pwan ew awa, pwan ew minich, pwan ei seken.”
- Kosapw pwon pwe mettoch meinisin nesor me peonon ina esapw wor osukosukan.
- Awora ngeni noumw emon soutipachem non an semirit osukosuk ika emonchon anisi semirit ika mei wor.
- Soun cheki omw mwokutukutun tumwun me mwokutukutun chikar sefan.

Achocho ne esinna ika aucheani ew mwokutukut mei eoch an noumw e fori iteien ran.

Reomw pwisin

- Kosapw ettipisi noumw ika ettipisuuk. Mei weires, nge mei auchea. Omw netipechou ika mefi tipis ese aninnis ren fansoun chikar sefan.
- Ekieki omw mwokutukut nesor me peonon. Mei tongeni an epwe kukkun, nge fini met en me omw famini repwe pwapwaiti. Mei wor eochun an epwe wor met epwe fis nesor me peonon, mei pwan tongeni anisi noumw ar repwe chikar sefan me ekieki met mei eoch.
- Kopwe aucheanuk. Aninnis ngeni ekkoch mei tongeni asongaok me apekkusuuk. Mei ok omw kopwe awora keukun fansoun mw kopwe anisi atongomw.
- En me noumw ouse tongeni akkanaemon ne fatan non ami fansoun. Katon ewe “Aninnis” peich non ei fuuto ren porousen ekkei organization mei tongeni anisuk ne forata omw network.

Mei ok omw kopwe unneni ekkoch aramas. Achocho ne kutta fitu aramas en mei epinukunuk non ren fansoun ese nifinifin, pachenong ar repe uweuk, awora mwongo, aninnis ren pwiiumw, fansoun omw weires non fansoun ese nifinifin.

Ifa ussumw?

Ina epwe weires ngonuk me ke mefi ren mettoch meinisin e fis. En me omw famini ina oupwe mairu, kechiw ika pwan netipechou.

- **Netipechou** nge ew sokkun memmef aramas re mefi non fansoun an wor osukosuk watte ese nifinifin. Ese ngaw ngeni aramas. Ese ngaw ei memmef iin me saam re mefi ika nour re fori mwokutukutun ar angei manawar.
- Meinisin aramas non omw famini ina repwe mefi netipechou nge ese taitap ngeni ekkoch.
 - Ina kopwe mefi omw netipechou, noniinen, tipis, koput, saaw, song ika nuwokkus.
 - Met e fis fansoun an emon netipechou mei pachenong kechiw, metek mokur, ese mefi an echik, ese tongeni ekiek, ese kinamwei ne mour, menunu, pekkus, metek ika esissinen semwenin flu.
 - Ina kopwe mefi och sokkun netipechou itan “mwiichan” ika “taifuun” (mwittir ne tori me achou emon ar memmef ika mwokutukut) ika och achechem a piita sefan ran an emon kapas, ew neni, ew mwokutukut ika anchang.

Met mei fis ngonuk ina epwe pwan amairu ngeni meinisin mei pachenong non.

- **Osukosuk** ew memmef me mwokutukut ren an wor porousen met e fis mei anoniinen.
- Omw nomw non nenien imerechensi mei tongeni awora osukosuk me met e fis omw kopwe nomw ikena ren.
- Ina kopwe esinna om mfi osukosuk pwe ussun omw mefi mairu. Esissinan ina epwe pachenong: epinukunukungaw, ese nukunuk, rukoruk, mecheresingaw ne ekiek, netipechou, fangeta, song, urumomo, mwittir siiwin omw memmef, noniinen, niw, tipis, saaw, ettipsisuk, keso mochen nomw ren ekkoch, mochen akkanaemonuno me unuun.

Met u tongeni fori?

Ese wor “keukun” fansoun an emon epwe netipechou ika mefi osukosuk. Meinisin aramas ese taitap met re mefi. Eoch sokkun angang, emon me emon repwe pwisin fori angangan non ar tufich ngeni non nour pwisin kunok. lei mei wor ekkoch mettoch epwe fis ren an epwe anisuk non fansoun omw netipechou me osukosuk:

- Weweiti pwe ekkei sokkun memmef ese wor ngawan nge ina epwe ppaneno non fansoun.
- Awora fansoun omw kopwe kefinita met epwe fis. Ika ke mairu, ina esapw fetaneoch omw ekiek. Mei ok omw kopwe unneni emon en mei epinukunuk ren, ar repwe anisuk ne aporoua met omw mochen.
- Wuun konik, mwongo me awora fansoun taiso me asoso. Tumwunu inisumw me apwari omw mwokutukutun tumwun ngeni omw famini.
- Awora fansoun omw kopwe kapas ren ekkei fansoun ngeni chiechiomw ika inen ika semen noumw. Netipechou, niw me osukosuk mei tongeni afeiengawa omw chiechi. Omw awora fansoun aporous nefiinen mwan me fefin non omw famini mei auchea.
- Ika en mei tongeni, kapas ngeni chiechiome, **emon soutipachem non osukosuken famini** ika ekkoch mwiich non omw community, ussun ekkam mwiichen aninnis ika mwiichen namanam. Ei fansou ina epwe apekkus — kosapw akkanaemon ne sapengeni.
- Netipechou me osukosuk ammen aweires. Kose mochen kokkori emochon porous ika tokterun semwenin memmef ike ke nomw non:
 - Weires ne foi omw angangen iteiten ran (no ngeni nenien angang, tumwunuk, me pwan met)
 - Memmefin netipechou
 - Ekiekin pwe ese wor namoten manaw ika mefi omw mochen afeiengawaok
 - Tipis ika kese tongeni wes ne ettipsisuk.

Fan ekkoch, memmef ren tipis ina epwe eppet an iin me saam repwe kapas fengen. Ekkam puppwunu rese tongeni kapas fengen ren ar mefi netipechou, ina epwe mecheresingaw ar repwe kapas ngeni nour semirit. Mei tongeni efisi an puppwunu epwe kaimwu fesen nefiinar. Chon porous ika tokterun semwenin memmef mei tongeni repwe anisuk ren ami oupwe kapas fengen sefan.

Aninnis me wewen kapas

Aninnis

4th Dimension Recovery Center — Aninnis ngeni enuwon me fopwun non ar aea pisekin sakaw

3807 NE Martin Luther King Jr Blvd
Portland, OR 97212
<http://4drecovery.org>

Aninnis ren Netipechou me Semwenin Memmef

800-826-3632
www.dbsalliance.org

An Mei Tter Pwung non Oregon

503-243-2081
www.droregon.org

The Dougy Center — Aninnis ren Fansoun Netipechou

866-775-5683
www.Dougy.org

FACT Oregon — Kapas eis ren an mei tter sukuun

503-786-6082
www.factorregon.org

Lines for Life YouthLine — Porous won Tengwa Fansoun Osukosuk Teen-ngeni-Teen

Kokkori: 877-968-8491 ika Text “teen2teen” ngeni nampa 839863
www.linesforlife.org

Mwiichen Emweni chon Semwenin Ekiek — Aninnis me porousan ren chon non famini/chon tumwun

Kokkori: 800-950-NAMI (6264)
www.nami.org

Mwiichen Emweni chon Semwenin Ekiek Oregon — Kuna chon aninnis non neniomw me chiechiar

Kokkori: 800-343-6264
www.namior.org

Unusen Federation an Famini ren Semirit Semwenin Ekiek

240-403-1901
www.ffcmh.org

Nampan Unusen Chon Aninnis Ren Ekiekin Angei Manaw

1-800-273-TALK (8255) ika Text “273TALK” ngeni nampa 839863
www.suicidepreventionlifeline.org

An Oregon Council won Semirit me Emuwon me Fopwun Semwenin Ekiek

www.occap.org — aninnis ren famini me nour

Oregon Aninnis Ngeni Famini Network — Kaworen chon anisi famini

503-363-8068
www.ofsn.org

Chuufengen ren Drug-Free Semirit

Fosun fonu (Merika/Spanish) lin me Saam Kokkori: 1-855-DRUGFREE (1-855-378-4373)
www.drugfree.org

Trevor Project — LGBTQ Osukosuk me Aninnis

TrevorLifeline: 1-866-488-7386
www.thetrevorproject.org

Warmline — Oregon Enuwon me Fopwun Aninnis – aninnis ngeni mwan me fefinmei wor ar osukosuken ekiek

800-698-2392
www.communitycounselingsolutions.org/warmline

Enuwon me Fopwun ERA — Aninnis Ngeni Enuwon me Fopwun

971-334-9295
www.youthera.org

Awewen Kapas

Chon tumwun

Ekkei aramas ese wor ar pwungar repwe fini met epwe fis ngeni nour aramas non pioing. Ina epwe iir chiechi, chon non famini, chon tumwun ika emon e nonnomw ren semirit non nenien imerechensi nge epwe tumwunu ena semirit non ekkei ran mwirin an wor osukosuk.

Coordinated Care Organization (CCO)

Non Oregon, CCO nge chon fori angangen tumwunun health me fan nurun state nge esapw fan nurun kafomonun federal. Ir chon no ngeni ekkan network ren chon tumwun ren health non ar community ar repwe angang ngeni aramas re fitir me fan ewe Oregon Health Plan (Medicaid).

Chon porous

Emon esap emon tokter, nge mei wor noun naisen mei emon soutipachem non semwenin ekiek ika chon sou-sakaw.

Nenien imerechensi

Pwan itan rumwen imerechensi pioing.

Chon Anisi Famini

Aramas mei kaeo ngeni me wor nour setifiket ar pekin angangen tumwunun semirit mei wor ar semwenin netip me aninnis ngeni iin me saam me nour ...me anisir ne kuna ewe anepwung... aninnis me emweni ar famini.

Non semwen

Och sokkun safei epwe tori 24-awa tumwunun nonew nenien tumwun ka pioing; emon tokter epwe makkei taropwen an epwe niwing ena chon semwen.

Chon kapasen pisek mei afeiengaw

Ainnis ngeni famini me aramas ren ar repwe ifa ussun ne kuna me mwoneno pisek mei afeiengaw an emon epwe aea ne angei manawan.

Oregon Health Plan (OHP)

OHP nge an Oregon ewe prokram ren Medicaid mei kawor ngeni ese nifinifin.

Nukun semwen

Ew neni en mei tongeni angei aninnis ren semwenin netip ika tess nge ese pwan menei omw kopwe niwing non pioing. Ei, mei pachenong nenien imerechensi, ofesin noumw tokter, ew lab ika nenien safei.

lin me saam

Ren aean non ei ourour, nge ren chon tumwunu nour enuwon me fopwun.

Tokterun semwenin ekiek

Emon tokter mei kaeo ngeni semwenin ekiek. Tokterun semwenin ekiek, chon safeni semwenin ekiek, chon aporous ngenir.

Kokkotun tumwun

Non mmak, ew tetten mei makketiw non an semirit me famini aninnis ar aporoussa ar ifa ussun ne pochokkun ar sapengeni osukosuk me aninnis ren an epwe kisikisitiw an emon mochen angei manawan, imerechensi ren semwenin ekiek, ika sakaw me wuunamong safei.

Manamaneoch non rumwen imerechensi

Chon angangen non ewe nenien imerechensi repwe fori angangen an epwe manamaneoch nonnomwun ewe enuwon ika fopwun. Wewen pwe epwe tumwuneochu pwe ena enuwon ika fopwun mei neno, mei ngasangas me wor pichipichin ngasangasan mei eoch me mwen an epwe sopweno an angang. Iwe, repwe fori angangen an epwe kukkunutiw ekiekin angei manaw, wuunamong safei ika imerechensi ren semwenin ekiek ar repwe eunuur safei me awora ar pisekin pekin tumwun pwe ewe enuwon ika fopwun epwe tongeni niwin sefan ngeni imwan ika ew nenien tumwun.

Fangeta manaw, ekiekin angei manaw

Feffetannin an emon epwe angei manawan; ekiekin ei sokkun mwokutukut ika tumwunungaw ren ar ekiekin angei manawar.

Unuseoch

Ew kumien chon angangen tumwunun health, tokterun semwenin ekiek, me aninnis ren tumwunun semwenin netip mei pachenong nenien asoso, chon angangen tumwun, soutipachem non aninnisin famini me chon soutipachem non aninnisin enuwon me fopwun.

Soutipachen non aninnisin enuwon me fopwun

Ekkan enuwon me fopwun ir mei kaeo ngeni me wor nour setifiket ren met ir mei piin sapeseni pwe repwe anisi chiechiar ne kuna ar aninnis me emwenir non ar fansoun.

Ei taropwen ourour mei auchea ngonuk?
Mei wor met mei auchea ngonuk ne ese nomw non ei taropwe?
Mei wor ew kinikinin ika porousan ese kon ffat ngonuk?

Kose mochen atouranong omw memmef ngeni ikei:

Email

frances.s.purdy@state.or.us

Kokko ika text

503-957-9863

Posto

Attn: Frances Purdy
Oregon Health Authority
500 Summer St., 3rd Fl.
Salem, OR 97301

Ach ennetin kinisou chapur epwe no ngeni ekkewe re anounou kich ar sinei, fansoun me pwan met ir mei awora ren an epwe wor nouch ei taropwen ourour pwe epwe anisi chon famini non Oregon fansoun an wor ar osukosuk, pachenong Mary Buzzell, Hilary Harrison, Ann Kirkwood, Julie Magers, Karen Meadows, Joyce Maitland, Shelly Minthorn, Laura Rose Misaras, Frances Purdy me Jill Robinson. Pwan kinisou chapur ngeni Harly Coleman, Shannon Marble, Kelsey Moreland, Elizabeth Perkins, Rohan Phillips, Jessi Wilcox, Shelbie Wolfe, Blaise, Nina me meinisin ekkewe enuwon me fopwun non unuse Oregon minne-ka porousar me ar ourour mei aninnis non fofforun ei taropwen ourour. Aupwe pwan apasa ach kinisou ngeni meinisin chon wor fesiniar non ei angang: Hilary Harrison, Kirk Wolfe, Sherri Alderman, Teri Pettersen, ewe Children's System Advisory Council me ewe Oregon Alliance to Prevent Suicide. Ewe chon citation ren kaworen ei taropwe nge:

Chon citation:

Purdy, Frances and Robinson, Jillian (2018). Emweni Atongomw non Fansoun Osukosuk: Ew ourour fan iten Saam me lin me Chon Tumwun Non Nenien Imerechensi me non Pioing. Oregon Health Authority, State of Oregon. Salem, OR.

Saam me lin– Namapan Aninnis

833-732-2467

www.reachoutoregon.org



En mei tongeni angei ei taropwe non fosun fonuwomw, echo mei mesemmong makkan, makken braille ika met napanap ke mochen. Kokkori ewe Kinikinin Health Systems won nampa 800-527-5772. Kich mei etiwa meinisin chon kokko ika en mei tongeni kokori 711.

OHA 8282 (12/2021) CHUUKESI