

# Clackamas County Peer Support Service Center

Iron Tribe's Peer Support Service Center was established to provide a supportive space for adults in Clackamas County that are in need of peer support.

Often a person can feel as if they have been thrust into a system and have to navigate many hurdles, expectations and obstacles. This can become overwhelming.

The goal of the Iron Tribe Peer Support Specialist is to walk with each individual as they navigate through the challenges they face in areas such as:

- DHS Re-Unification with Children
- Dual- Diagnosis
- Recovery & Wellness
- Resources & Basic Needs
- Building Relationships & Community

# Multnomah County ATR Peer Services

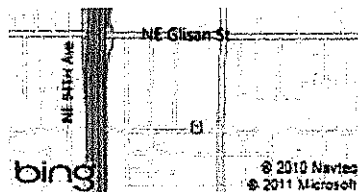
Iron Tribe is a proud partner the Oregon Health Authority and Impact Northwest in offering Peer-to-Peer Services to adults residing in Multnomah and Clackamas County under the Access To Recovery (ATR).

### We Invite You

Iron Tribe invites you to take advantage of our Peer-to-Peer Support Service by requesting your own Peer-to-Peer Support Specialist today.

### What Steps Do I Take?

**Step 1:** Contact **Impact Northwest** at (503) 988-6000 and request an intake interview with an intake specialist.  
**Step 2:** Show up, Interview & Sign up for services that interest you. **Step 3:** Request an Iron Tribe Peer Support Specialist.



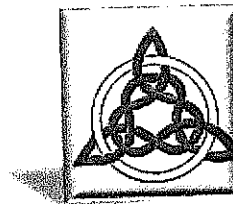
## Weekly Hope and Recovery Meetings Saturdays 6:30pm-8:00pm 6:30 pm to 8:00 pm

SE 82nd		
SE 72nd	SE Knight	SE Wood-

**Tremont Activity Center**  
7119 SE Knight Street, PDX

**Childcare available**

**We look forward to seeing you at our next meeting!**



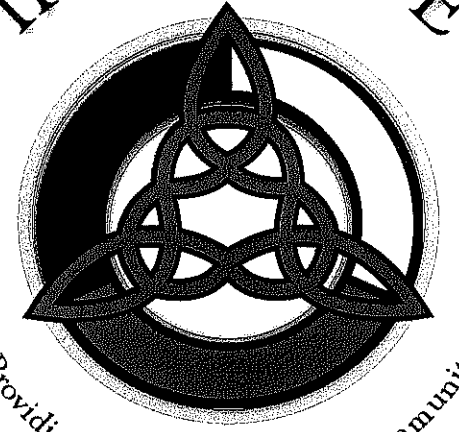
## IRON TRIBE'S Peer Support Service Center

16641 SE 82nd Drive Suite #202  
Clackamas, Oregon 97015  
(503) 344-6710

FOR SUPPORT LOG ONTO:  
THE RECOVERY NETWORK  
[www.irontribenetwork.org](http://www.irontribenetwork.org)

Check out our Web-Site at: [www.irontribenetwork.org](http://www.irontribenetwork.org)  
On Facebook at Iron Tribe  
E-mail: [contact.irontribe@gmail.com](mailto:contact.irontribe@gmail.com)

# IRON TRIBE



*Providing Support, Building Community*



**"We make mistakes but we are not a mistake!"**

**- Bear Cubbedge -**

## Providing Support - Building Community

### Our Mission

is to provide support and guidance for the releasing ex-con and his or her family for their successful integration into society.

**Iron Tribe** is made up of men and women who have been incarcerated and are now engaged in a program of living that is based upon recovery, peer support and building community.

**Iron Tribe** encompasses all nations, tribes, ethnicities, lineages and religious preferences. We celebrate the diversity that is contained within each individual, moving beyond simple tolerance to understanding that each individual is unique and encourages each member in a safe, positive, and nurturing environment.

Together we are collectively known as:

**IRON TRIBE**

### Weekly Hope in Recovery Meetings

Iron Tribe begins its support by providing a weekly "talking circle" called **Hope & Recovery**. The meeting takes place every Saturday night at 6:30 p.m. at 7119 SE Knight Street, Portland OR 97206. One can hear the Big Drum playing at around 5:30 as people in recovery start to file in to the old church that hosts the Hope in Recovery Talking Circle. One can expect a warm welcome, smudge, hugs and an opportunity to share their experience, pain, strength and hope. Varying topics of recovery are shared such as: criminality, mental health, addiction and recovering our humanness. (See Map & Directions on Back).

### Multnomah County Recovery & Wellness Housing

Iron Tribe currently operates six family Recovery & Wellness properties in Multnomah for ex-cons & persons in recovery, providing support for the men and women (with children) releasing from county or state facilities and residential treatment programs. Our goal is to provide a sacred and nurturing environment for persons residing in our homes.

For information about **Recovery and Wellness Housing**

Contact Shawn Bower 503-431-9182

### Clackamas County Male Transition House

In partnership with Clackamas County, Iron Tribe operates a 9-Bed Short Term Transition House for Adult Males transitioning out of Clackamas County Jail and state facilities back into the community. A staff of peers support each individual in meeting their basic and ongoing transition needs within a safe and accountable environment. The six month program is based on the Seventh Direction (the human being).

### Iron Tribe's Seventh Direction Program

**Based on the human-being** and their successful transition into the community, Iron Tribe works with those in recovery to establish individual recovery action plans that address health, financial and spiritual wellness needs.

**Peer Directed**, Iron Tribe provides housing and support from the day of release. Each new individual is paired with an ex-con in recovery. This transition navigator is someone who has faced similar challenges and is there to walk new members through the process.

### Clackamas County Talking Circles

Iron Tribe currently takes both male and female talking circles into the Clackamas County Jail. It is a moment to share the story of recovery and hope to the brothers and sisters that are currently incarcerated. The talking circles represent our sacred hoop of unity and family. It is within these circles that pain and joy are shared. It is within these talking circles that the common understanding is shared for the struggles in life and recovery not only from criminality, addiction and mental differences; but, recovering our humanness and becoming better human beings. It is our greatest honor as a tribe to spend time with our people in this way.

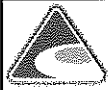
**Iron Tribe  
Founders  
Shawn Bower  
And  
Harold "Bear"  
Cubbedge**



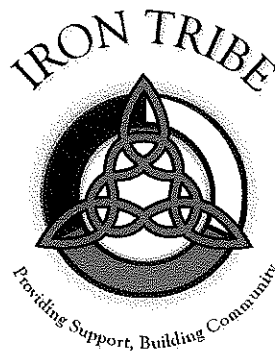
**IRON TRIBE  
A COMMUNITY OF EX-CONS  
IN  
RECOVERY**

16641 SE 82nd Drive Suite #202  
Clackamas, OR 97015

Check out our Web-Site at:  
[www.irontribenetwork.org](http://www.irontribenetwork.org)  
On Facebook at Iron Tribe  
E-mail: [contact.irontribe@gmail.com](mailto:contact.irontribe@gmail.com)



CLACKAMAS COUNTY



ACCESS TO RECOVERY

Oregon Health Authority



### History

Iron Tribe is a 501c3 non-profit peer-run organization established in 2009 that delivers peer services to the tri-county area. Over 40 Iron Tribe AMH trained Peer Wellness Specialists have delivered peer support, programming, transitional housing and outreach the past three years to over 7500 Oregonians that have: co-occurring disorders, criminal justice, addiction and/or Child Welfare involvement.

Iron Tribe was founded on an innovative community urban-tribe model for Recovery and Wellness. Iron Tribe consists of men, women, children, youth and community members that have been affected by criminality, mental health and addiction that have established a program of living that is based upon recovery, peer support and building community. The "Community of Belonging" of over 350 individuals that the Iron Tribe has developed represents a standard of in-community recovery

### Mission

Our Mission is to provide support and guidance for individuals affected by criminality, addiction and/or mental health as they transition to a program of living that is based on recovery, peer support and building community.

#### TALKING POINT OVERVIEW

- The OHA Addictions and Mental Health Division (AMH) works with service population stakeholder groups to develop strategies to increase the use and availability of peer delivered services
- AMH recognizes the indisputable value of PDS in transforming the mental health and addiction service delivery system that is based on a recovery model which increases the quality and lowers the cost of health care for Oregonians.
- Seventeen training programs are providing certification training for (NTHW) peer support and peer wellness specialists. 47 Iron Tribe Peer Wellness Specialists have over 100 hours of AMH training including workshops.
- (84%) of individuals "engaged" in Iron Tribe Peer Support Services after being referred to the program. This is attributed to equal footing that individuals feel when being introduced to peer services and the mutuality of common experience that Iron Tribe Peer Support Specialists provide. 77% of Peer Wellness Staff hours are spent face to face supporting the Oregonians they serve.



The Iron Tribe Hope in Recovery Talking Circle



Iron Tribe Peer Wellness Specialists and family outside two Iron Tribe Recovery & Wellness Homes.

- To present, Iron Tribe Peer Services has supported 24 parents in recovery navigate the Child Welfare System and reunify with their children. Imagine the systemic cost savings?
- The Iron Tribe Seventh Direction Transition Program that serves dually-diagnosed justice involved adult males has produced the following recidivism rates: 2011-12:(11.7%); and, 2012 to present: (4%).
- The AMH staff has taken the initiative to visit our Peer Support Center, Transition Housing and weekly Hope in Recovery Talking Circle of over 150 persons in recovery.

We welcome you to learn more about Iron Tribe by visiting our website at [www.irontribenetwork.org](http://www.irontribenetwork.org) or touring our Peer Support Center and Iron Tribe Non-Profit Eatery at 16641 SE 82nd Drive, Clackamas, Oregon 97015 by calling (503) 344-6710.



Iron Tribe

"Providing Support - Building Community"

A. O. Box 98384, Portland, Oregon 97208

503.241.0000 / 503.241.0001

## Overview

**IRON TRIBE** is a Community Organization of Ex-Cons in Recovery. We are men and woman who have been incarcerated and are now engaged in a program of living that is based upon recovery, peer support and building community. Our mission is to provide support and guidance for the releasing ex-con and person in recovery in their successful integration back into society.

**IRON TRIBE** encompasses all nations, tribes, ethnicities, lineages and religious preferences. We celebrate the diversity that is contained within each individual, moving beyond simple tolerance to understanding that each individual is unique and encourages each member in a safe, positive, and nurturing environment.

Together we are collectively known as: **IRON TRIBE**

**IRON TRIBE** supports each member on an individual basis with their transition back into their families, work and education. Our organization also promotes the building of positive relationships among our members and the community in which we live. **IRON TRIBE** accomplishes this through a wide range of programs, services and activities, including:

- **Peer Mentoring:**

Iron Tribe offers a unique model of mentoring to its members. We socially mentor our members as a group. Every member mentors each and every other member as an equal, contributing a unique set of experiences, life skills and relationships to the tribe. We rally around each member as they face their distinctive challenges in life. The releasing member benefits from peer support in navigating the maze of challenges that the releasing ex-con faces. Iron Tribe members know which organizations and resources that have worked for them and are quick to connect new members to those that are beneficial. Having this network of experience and emotional support to draw from and contribute to, continue the cycle of peer support. Building inter-dependent relationships amongst the tribe and staying actively involved in various group and community events enables Iron Tribe to cultivate and maintain a healthy and positive circle of influence.

- **Life Aim Development:**

Iron Tribe encourages all of its members in developing a Life Aim. The Iron Tribe Chieftains assist in counseling new releasing members in their quest to discover their true strengths, interests and talents. The Chieftains then provide assistance in directing them to various employment or educational opportunities and support them as they navigate through the process of securing funding, entry, and admissions into corresponding schools or employment training. Iron Tribe also has an active tutor program in various levels of Math and English. Developing personal and life aims are an integral part of establishing a successful pro-social program of living.

- **Health & Wellness:**

Iron Tribe encourages its members to be involved in a program of exercise and diet. Many members were committed to a program of exercise during their incarceration and Iron Tribe promotes the benefits of continued exercise and maintaining a regimen of good nutrition. Many members exercise together on a regular basis; where fitness training is provided, as well as referrals to nutrition counseling. Iron Tribe partners with La Fitness who offers discounted memberships and free passes upon their release. Iron Tribe conducts centerings in the gym saunas throughout the week for physical cleansing and prayer. Iron Tribe maintains a sweat lodge for spiritual cleansing on a monthly basis and encourages its members to participate. Engaging in these principles is a vital component in the pursuit of physical, mental and spiritual health to achieve centering for total wellness.

- **Relational Projects: Reaching in to At-Risk Youth & Persons in Recovery**

Iron Tribe reaches out to recovery centers, middle schools and homeless youth to share kinship, stories and experiences; providing a sounding board for the pressures they are facing. Iron Tribe members are trained in relational meeting methods & Intentional Peer Support. Iron Tribe begins each meeting with an optional smudging ceremony for those that wish to participate.

- **Community Healing Events:**

Iron Tribe is actively involved in reaching out to the community with various projects and events which include:

- Fundraising Events- Spaghetti Feed Fundraiser-March 19<sup>th</sup>, 2011
- Recovery Events- The City of Roses Resource Festival- July 29<sup>th</sup>, 2010
- Volunteer Events- Oregon Food Bank, Salvation Army Food Drive, and;
- Community Events

## **IRON TRIBE HOUSING:**

IRON TRIBE currently offers the opportunity for long term Clean & Sober Housing for its members and individuals engaged in active programs of recovery. Establishing a clean and sober living community for our tribal members and persons in recovery offers a unique model for this type of living.

Thank you for taking the time to get to know us. You can learn more about IRON TRIBE, our programs, projects and events by visiting our website at:

[irontribenetwork.org](http://irontribenetwork.org)

Or by contacting us by email at:

[contact.irontribe@gmail.com](mailto:contact.irontribe@gmail.com)

Or give us a call at:

“Bear” 503.754-3495 or “Shawn” 503.431-9182

We welcome you to listen to our audio documentary at [documentaryaudio.com](http://documentaryaudio.com)

# DELIVERY



HOURS  
All Hours of  
Operation

MINIMUM  
ORDER  
10.00

DELIVERY  
FEE  
1.50

# CATERING



MINIMUM  
GROUP  
SIZE

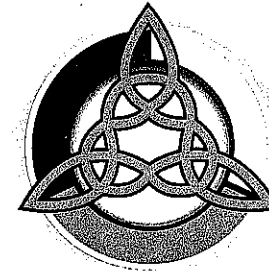
10 People

**503-305-8570**

16641 SE 82nd Drive #102  
Clackamas, OR. 97015

Delivery

Catering



OPEN  
Mon - Fri  
10a.m. - 10p.m.  
Sat  
10a.m. - 4p.m.

# IRON TRIBE EATERY

Food That Builds Community



The majority of proceeds from Iron Tribe Eatery go directly towards funding Iron Tribe's programs and peer services that support your local community and persons in recovery. The best kept secret in Clackamas!  
Thank you for your support!

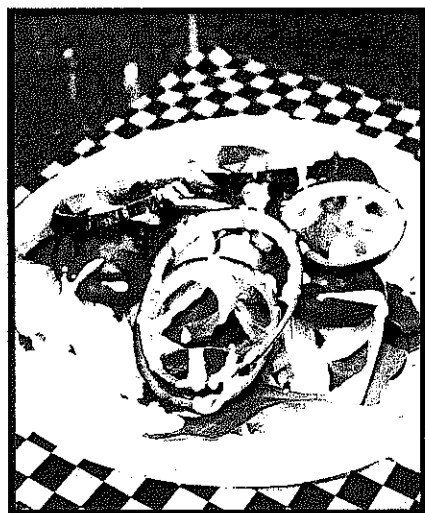


**503-305-8570**

16641 SE 82nd Drive #102  
Clackamas, OR. 97015

# SOUPS, SALADS & SIDES

	Classic 8oz
Potato Salad	2.50
Macaroni Salad	2.50
Garden Salad	2.50
Soup of the Day	3.00
Chips	1.00
Dessert of the Day	Varies Daily



## FOCACCIA SPECIALS



\*White or Wheat Bread

\*All focaccia sandwiches are served Hot or Cold.

\*Cheeses: Cheddar, Mozzarella, Provolone, Swiss

	Classic 6oz	Honkin 8oz
<b>Annie Oakley</b> (Provolone, Roast Beef, Onion, Sweet Peppers, *Marinara Sauce optional)	5.75	7.75
<b>Billy The Kid</b> (Pepperoni, Genoa Salami, Mozzarella)	5.75	7.75
<b>Buffalo Bill</b> (Roast Beef, Swiss Cheese, Mushroom)	5.75	7.75
<b>Calamity Jane</b> (Tuna Melt, Cheese "your choice")	5.50	7.50
<b>Crazy Horse</b> (Peppered Turkey and Ham)	5.75	7.75
<b>Doc Holliday</b> (Roasted Teriyaki Chicken, Jalapino Cheese)	5.75	7.75
<b>Jesse James</b> (Turkey, Cream Cheese, Cranberry Sauce, Sprouts)	5.75	7.75
<b>Sitting Bull</b> (Ham, Swiss Cheese or Cheddar Cheese)	5.50	7.50
<b>Wyatt Earp</b> (Artichoke Heart, Pesto, Feta, Tomato, Lettuce)	5.50	7.50

## MEALS



\*Add price to any sandwich to make a meal

<b>Regular</b> Add 16 oz. Soft Drink and choice of Classic Soup OR Classic Salad to any sandwich	2.50
<b>Large</b> Add 24 oz. Soft Drink and choice of Classic Soup AND Classic Salad to any sandwich	4.00

# PIZZA



## TOPPINGS

\*Extra Cheese, Meat, Veggies 1.00

<b>Cheeses</b>	Provolone, Mozzarella, Romana, Cheddar
<b>Meats</b>	Pepperoni, Genoa Salami, Ham, Marinated Chicken Teriyaki, Garlic Chicken, Spicy Italian Sausage, Canadian Honey Ham
<b>Vegetables</b>	Banana Pepper, Mushroom, Onion, Olive, Jalapino, Pineapple

**\*\* OREGON TRAIL \*\***

Personal Three Topping 6" Pizza w/16oz Soft Drink  
5.50

## MINI FOCACCIA PERSONAL PIZZA

(Vegetarian)

6"	4.25
8"	5.25

## NEW YORK STYLE PIZZA

	12"	14"	18"
<b>Alamo</b> (Ultimate Supreme)	11.00	14.50	18.50
<b>Deadwood</b> (Teriyaki Chicken)	10.00	13.50	17.50
<b>Dodge City</b> (Garlic BBQ Chicken)	10.00	13.50	17.50
<b>Gold Rush</b> (Three Cheese Pizza)	8.00	11.50	14.50
<b>Lonesome Dove</b> (Hawaiian)	10.00	13.50	17.50
<b>Tombstone</b> (Pepperoni Lovers)	10.00	13.50	17.50

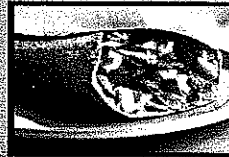
## BEVERAGES

	12oz	16oz	20oz	32oz
<b>Soft Drinks</b>	-	1.25	1.50	2.00
<b>Orange Juice</b>	2.00	2.30	-	-
<b>Milk</b>	2.00	2.30	-	-
<b>Hot Chocolate</b>	1.00	1.25	-	-
<b>Coffee</b>	1.25	1.50	-	-
<b>Cappuccino</b>	1.50	1.75	-	-
<b>Latte</b>	1.75	2.00	-	-
<b>Mocha</b>	2.00	2.25	-	-

# BREAKFAST

## SOUTH OF THE BORDER

Breakfast  
Burrito  
w/choice of  
meat  
\*add Steak 1.00



5.00

## GUNSLINGER

Steak and Eggs  
w/hashbrowns  
and biscuit



7.50

## LONE WOLF

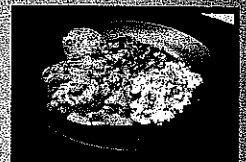
3 Egg Omelet  
w/choice of  
meat  
w/hashbrowns  
and biscuit  
\*add Steak 1.00



6.00

## GRINGO

Biscuits &  
Gravy w/eggs  
and  
hashbrowns



5.50

## LYNCH MOB

Build Your Own!  
(choose three items)

6.00

Eggs (2) Hashbrowns Biscuit and Gravy Bacon (2) Sausage Patty  
Grilled Ham Steak Grilled Turkey Steak Fruit Mix



## SIDES

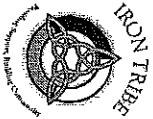
Bacon (4) 2.50  
Sausage Patty (2) 2.50  
Grilled Ham Slice (1) 2.75  
Grilled Turkey Slice (1) 2.75  
Egg (1) 1.25

Hashbrowns 2.00  
Cheddar Cheese Hashbrowns 2.50  
Everything Hashbrowns 2.50  
(Onions, Country Gravy, Cheddar Cheese)  
Biscuit 1.50  
Veggies .75

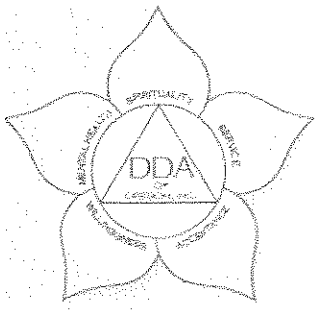
# IRON TRIBE BATTERY

## WINTER HOURS

MONDAY-TUESDAY 6:30AM UNTILL 6:30PM  
WEDNESDAY 6:30AM UNTILL 8:00PM  
THURSDAY-FRIDAY 6:30AM UNTILL 6:30PM  
SATURDAY 10:00AM UNTILL 4:00PM  
SUNDAY CLOSED







## DUAL DIAGNOSIS ANONYMOUS OF OREGON, INC.

P.O. Box 2883 541 SW 11th St. Portland, Oregon 97208  
Phone: 503-737-4126 www.ddaoforegon.com

Dual Diagnosis Anonymous of Oregon, Inc. (DDA) is a peer support program based on a version of the Twelve Steps of Alcoholics Anonymous, with an additional Five Steps that focus on the dual diagnosis of mental illness and substance abuse. DDA's unique Twelve Steps plus Five Program has one primary purpose; "to carry its message of hope and recovery to those who still suffer from the effects of dual diagnosis" (Our 5<sup>th</sup> Tradition).

- DDA provides support for dually diagnosed patients at the Oregon State Hospital in Salem and Portland, as well as for the men and women who are incarcerated in the state prison system and jails. Community based chapters of DDA serves as transitional support for patients and inmates upon their release and/or discharge. DDA has established meetings for underserved populations, including; women; African Americans; Spanish speaking; homeless adults and families; at-risk and homeless youth; and people who identify as gay, lesbian, bisexual, and transgender (GLBT).
- Since its inception in September 2005, DDA of Oregon has experienced incredible growth. Beginning with five local chapters in three counties, DDA has expanded to over 100 local chapters in 32 of Oregon's 36 counties. DDA meetings are attended statewide by an average of 3,560 contacts per month. Over 1100 of these contacts are consumers of mental health services who are currently supervised by the Psychiatric Security Review Board (PSRB), and over 625 are currently incarcerated or on probation/parole.
- Patients who increase their reliance on self help groups lower subsequent health care costs by almost \$5000 per year. (Humphrey's and Moos, Alcoholism: Clinical and Experimental Research, 2001). The average cost per contact in DDA is under \$5.00 providing an effective and economical 'complement to integrated dual diagnosis treatments' (Monica, Nikkel, and Drake, Psychiatric Services Journal, 2010). DDA serves as a safety net for all Oregonians who do not have access to health insurance or other benefits
- DDA was selected by Oregon's Department of Human Services, Addictions and Mental Health Division to receive the 2010 AMH Hope, Resilience, & Recovery Outstanding Community Service Organization Award for its "...outstanding impact in the field of alcohol and drug prevention, treatment, and recovery."

DDA's vision and mission is consistent with Oregon's commitment to provide hope, resiliency and recovery to consumers as they travel on their journey of healing. The DDA motto written by Fyodor Dostoyevsky, who himself was dually diagnosed, further reinforces this philosophical approach:

"To Live Without Hope is to Cease to Live."