



Former CEO Judy Cushing retired from her position this year, and officially handed the reins to Dwight Holton, former United States Attorney for Oregon, where he managed the U.S. Department of Justice (DOJ) offices throughout Oregon.

Judy Cushing Retires, Dwight Holton New CEO of Lines for Life After 20 Years, Founder Passes the Baton

Judy Cushing was outraged. The year was 1980 and she'd just learned that LSD was being sold to students at the school her children attended in Medford. A self-described housewife, she decided something had to be done. She just had no idea she'd become a major agent for change over the next three decades.

An irresistible force, Judy Cushing co-founded Oregon Partnership (now Lines for Life) in 1993. In the years to follow we grew from a small nonprofit to one that has had a huge impact on the prevention of drug abuse and suicide both locally and on a national scale. Much of that success can be traced to Judy's indefatigable efforts and vision. Now she enters retirement handing the reins

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Dwight Holton,
New CEO of Lines for Life

to Dwight Holton, former United States Attorney for Oregon, where he managed the U.S. Department of Justice (DOJ) offices throughout Oregon.

As Judy said, “Dwight is passionate about the work we do and has been a strong supporter of Oregon Partnership /Lines for Life for many years.”

Dwight led DOJ efforts to work with the health care industry and others to address the epidemic of prescription drug abuse. He held a summit with the Governor, Lines for Life, the DEA and other regional and national leaders to reduce abuse. This effort served as a model for U.S. Attorneys throughout the nation.

“For fifteen years as a prosecutor, by the time I got there something bad had already happened” said Holton. “At Lines for Life, we flip that to prevent addiction and help people in mental health crisis find a way forward.”

As for Judy, along with her traveling Grandmother role, she's still helping ease the transition for Dwight and our long time partners. And she's still creating positive change in the community.



Dan McMillan and Judy Cushing with KISS band member Tommy Thayer and Amber Thayer

Save the date for next year!
February 20, 2015
to be held at The Sentinel,
formerly the Governor Hotel

Hundreds attended Lines for Life's Love for Life gala event on March 7, making it our largest fundraiser of the year. Thank you to all of our generous supporters and attendees, including Premier Sponsor Taco Bell and Presenting Sponsors: The Standard, FLIR and Alaska Airlines.
{ More inside }

A Note from the CEO

Wow! I am overwhelmed by the support, commitment and effectiveness of the Lines for Life community – and so happy to be a part of it.

Thanks to all of you who made the Gala such a tremendous success – even with the change of date! We couldn't have done it without our tremendous Co-Chairs Tom and Fiona Milligan, our Gala Committee, volunteers, staff and our Board.

Judy and I have been working closely together on charting next steps for LFL. We have several exciting projects underway on a number of fronts.

One of the most exciting projects on our plate is the Oregon Coalition for Responsible Use of Meds – OrCRM – an action group we are forming to build on the Governor's work combating abuse, misuse and overdose from opioids and amphetamines. We are assembling a team from throughout the state representing all the key players from physicians and treatment providers to educators and young people to third party payers, law enforcement, and public health specialists. Together with our community partners, we will host regional summits to develop and implement Action Plans to reduce abuse throughout Oregon.

You are a critical partner in this important work. Please help us spread the word about our anti-bullying work in schools and our crisis lines available 24 hours/day to Oregonians young and old, service members, veterans, and their families.

The staff and I welcome your input. Please come and visit us.



Lines for Life Receives Statewide Innovative Prevention Grant

Seven million Americans misuse or abuse prescription drugs and Oregon has the highest rate of prescription drug misuse of all 50 states. By every measure this is a national epidemic and is recognized as such by the Centers for Disease Control.

That's why Lines for Life was awarded a grant from the State of Oregon to establish a statewide coalition to address this epidemic.

Adolescents are more likely than young adults to become dependent on prescription drugs. Recent national findings show youth are turning away from street drugs and intentionally using prescription drugs such as pain relievers, tranquilizers, stimulants and sedatives to get high. The ultimate goal of

Military Helpline Begins 5th Year



The dedicated Military Helpline celebrates its fourth anniversary this May. The confidential service has given thousands of active duty service members, veterans and their families a first line of defense in dealing with the challenges of deployment, reintegration, post traumatic stress, drug and alcohol abuse, suicidal thoughts and other issues.

As the nation winds down its military activities in the Middle East, it's important for all of us to remember that these men and women deserve our continued support for years to come.

We now offer texting services to those who prefer to use texts instead of voicemail. Conversations are confidential and designed to ensure success for all. The Military Helpline crisis operators are either veterans themselves, or trained in military culture so they can establish rapport and trust when speaking with callers.

With your help, it's an honor and privilege to serve those who have served us so well.

the coalition is the prevention of prescription drug overdose, misuse and abuse among Oregonians ages 12 to 26.

A major function of the coalition is educating Oregonians to help them understand that the use of prescription controlled substances to control pain has limited effectiveness and poses real risks of addiction.

In order to gather the most broad-based support the coalition will be strengthening collaboration among communities, public and nonprofit agencies and state, local and tribal governments.

"This is an outstanding opportunity to effect positive results for Oregonians" said Dwight Holton, CEO of Lines for Life and a member of the coalition.

One-third of people aged 12 and over who used drugs for the first time in 2009 began by using a prescription drug non-medically

- Office of National Drug Control Policy

Defrosted Gala a Record Breaking Success

\$323,000 raised to prevent substance abuse and suicide

Getting snowed out of our original Gala didn't stop 460 people from warming to our cause at the re-scheduled event on March 7th at the Portland Art Museum.

Highlights of the event included a tribute to Judy Cushing on her retirement, as well as testimony from YouthLine volunteer Ted Acton, Suicide crisis counselor Caitlin Jones and inspiring words from Taco Bell's Tom Cook. Johnna Wells auctioned off our great packages and then led a very successful paddle raise to support our programs. The lively evening began with visiting great company in the Sunken Ballroom and ended upstairs in the Kridell Ballroom with dancing to the Satin Love Orchestra.

Save the Date: Our 2015 Gala is set for Friday, February 20th at the Sentinel – formerly the Governor Hotel, now completely renovated.



Photos from Love for Life Celebration. Top: Multnomah County District Attorney Rod Underhill, Judy Cushing, Dwight Holton and Portland mayor Charlie Hales; Middle clockwise from left to right: Tom Cook and guests from Taco Bell; Gala Co-Chairs, Tom and Fiona Milligan; Caitlin, a suicide survivor and Crisis Lines volunteer; Satin Love Orchestra; Bottom: Guests mingling at the reception.

News + Updates

DRUG TAKE BACK SATURDAY, APRIL 26

Prescription drug abuse kills more people in Oregon than car wrecks and homicides.

Well, you don't have to worry about that – or do you? Did you know that over 70% of abused prescription drugs come from friends or family, often without their knowledge?

Pills that are left in your medicine chest, purse or cabinets are a prime target for theft and abuse. Opioid prescription pain medications like Vicodin (Hydrocodone), Oxycontin (Oxycodone) and others are highly addictive.

Prescription drug abuse is driving heroin deaths and overdoses. There is very little molecular difference between opioids and heroin and the result is addiction. The addict finds it easier, cheaper and faster to get heroin than a quantity of pain pills.

There's a great opportunity for you to **safely dispose of any unwanted medicines Saturday, April 26 between 10 AM and 2 PM.** For the location nearest you go to www.dea.gov

MAY IS MENTAL HEALTH MONTH

Did you know that nearly half of Americans over age 18 will experience a mental health disorder in their lifetime?¹

At Lines for Life we are deeply connected to the mental well being of all of our callers. Mental health challenges are a common thread in the calls we receive and are often exacerbated by substance abuse as a coping mechanism. When a person has "good" mental health, they deal better with what comes their way.

Please join Lines for Life in erasing the stigma surrounding mental illness and help us bring healing to those who deal with it daily.

1 Kessler RC, Berglund PA, Demler O, Jin R, Walters EE. Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R).

Photography by Annelie Peitkus



Preventing Substance Abuse & Suicide

5100 SW Macadam Avenue, Suite 400
Portland, Oregon 97239



YouthLine Action Saves Teen

The frantic call came in from a Medford girl early on a Monday morning. A friend she was following on Twitter was posting that he was going to end his life at midnight that evening.

“A friend she was following on Twitter was posting that he was going to end his life that evening.”

Our crisis line supervisor went into action. After presenting our credentials, authorities were able to locate the exact computer that the posting came from, which happened to be at a school in Wisconsin. Consequently the youth in Wisconsin decided to

“come out” to his mother rather than to end his life. Follow up calls reveal that his crisis has subsided and, with the support of his mother, he’s working on improving his overall mental health.

YouthLine is a 24 hour service of Lines for Life, with trained teenagers answering the phones between 4pm and 10pm Monday through Friday. Crisis intervention experts answer the line during all other hours. All volunteers are guided by Masters level supervisors at all times. The YouthLine model saves lives.

Call the YouthLine at 1.877.968.8491 or text teen2teen to 839863. Online at OregonYouthline.org

Lines for Life Crisis Lines are funded in part by Multnomah County Department of County Human Services

Your Donation to Lines for Life Yields Positive Results

It’s gratifying to watch the work done on our crisis lines pay off. Whether it’s a person in a mental health crisis, a Veteran tormented by post traumatic stress, a teen desperately trying to deal with bullying or those who call about their struggle with alcohol and drugs, it’s your generous support that allows us to be there in an individual’s moment of need.

Thanks to their dedication and extensive training, our crisis intervention specialists make a real connection with people in crisis. We don’t tell people what to do. Our folks listen carefully and allow the caller to find the best path to follow. And that phone call is not on a timer. We are there for as long as it takes to arrive at a successful outcome.

This lifesaving work is something we do at no cost to our callers. It’s something we can only do thanks to your investment in the people we serve. Thank you.

**Make a secure donation online at:
www.linesforlife.org/content/donate
or call our office at 503.244.5211.**