

Too often, people with disabilities experience challenges related to trauma, housing, relationships, health care, transportation, employment and other important life areas. DART believes that people have strengths and resources within themselves to empower, heal, and lead productive lives. People with disabilities are at higher risk for abuse and can be lost amidst a myriad of services. DART advocates provide peer-based guidance and advocacy to navigate those complex systems. DART is a place to find encouragement and to recognize and appreciate life lessons learned from disability, trauma, and loss.

Contact DART:

Jill Tucker, Contact
 Confidential Office Voice Mail:
 (503) 988-6481 Ext.86481
 Email Us:
 project_dart@aol.com

Address:
 Gateway Center
 10305 E. Burnside St
 Portland, Or 97216

DART advocates provide services in a variety of communication methods to meet the needs of consumers: in-person, telephone, text message, and email.

DART was founded by Lizzi McNeff



WHO TO CALL

AGING DISABILITY HELPLINE

[24 HOURS] 503-988-3646
 TTY 503-988-3683

PORTLANDS WOMEN'S HOTLINE

503-235-5333
 TTY 503-419-4357

TRI-MET LIFT

503-802-8000

RADIO CAB

503-227-1212
 TTY 800-735-2900

NON-EMERGENCY[24 HOURS]

POLICE & FIRE 503-823-3333
 Information Line 503.823.4636

DOMESTIC VIOLENCE SHELTERS

WEST WOMEN'S 503-224-7718
 RAPHAEL HOUSE 503-222-6222

LEGAL

DISABILITY RIGHTS OREGON
1-800-452-1694
 TTY 711

RESOURCES

ARC OF MULTNOMAH 503-223-7279
 TTY 800-735-1232

CENTERS FOR INDEPENDENT LIVING:

Portland Metro (ILR) 503-232-7411
 TTY 503-232-8408
 Eugene/Lane (LILA) 541-607-7020

CENTERS FOR INDEPENDENT LIVING

ILR <http://www.ilr.org>
 LILA <http://www.lilaoregon.org/>
 Abilitree <http://www.abilitree.org/>
 EOCIL <http://www.eocil.org/>
 HASL <http://www.haslonline.org/>
 UVDN <http://www.uvdn.org/>
 OREGON SAFE-NET [24 HOURS]

800-723-3638
 TTY 800-735-2900
 NATIONAL DOMESTIC VIOLENCE HOTLINE
 Voice 800-799-7233
 Live Chat thehotline.org
 SEXUAL ASSAULT HOTLINE 800-656-4673
 SUICIDE PREVENTION LIFELINE
 NATIONAL 800-273-TALK(8255)
 OREGON 800-716-9769
 503-988-4888



DART is a group of advocates and volunteers with disabilities who join together to provide advocacy and support to people with disabilities in the Portland Metropolitan area.



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Are you a person with a Disability?

Have you experienced mistreatment of any kind - emotional, physical, financial, sexual, and/or by a care provider?

Are you dealing with trauma or other life challenges?

DART - Disability Awareness Resource Team - provides comprehensive advocacy and support for people with disabilities.

DART provides services such as:

- Information, Referral, and Advocacy
- Peer Counseling and Support
- Advocacy within the Criminal Justice and Social Service Systems
- An Online Support Group and Monthly Empowerment Classes and Groups
- Independent Living Skills Referrals
- Safety and Crime Awareness Resources & Education
- Resources on Managing Caregiver Relationships and Dealing with Abuse from Caregivers
- Assistance w/ SSI Process
- Volunteer Opportunities
- Suicide Bereavement Support Group

Who are DART Advocates and Volunteers?

DART advocates have expertise in advocacy and support for people with disabilities dealing with criminal justice and social service systems. They have knowledge about supporting people to empower themselves in managing abuse, trauma, and life challenges, including dealing with abuse from caregivers. They have expertise in abuse and safety, mental health self-care, and crime awareness for people with disabilities.

DART volunteers provide personal support in stressful and complicated circumstances.

DART advocates and volunteers work together to coordinate services and resources that promote the independence, empowerment, and well-being of people with disabilities.

DART does not provide legal advice.

Advocates

Jan Campbell-Group Leader
Patricia Alvarez-Disability Etiquette
Jill Tucker-Lead Advocate
Roxie Mayfield-Website & Online Support
Sue Winfree-Volunteer Coordinator

No one with a disability deserves to be hurt. DART believes everyone has the right to:

- be safe
- take care of themselves
- access safe places and people in their lives
- avoid situations and people that aren't safe to be around
- lead a healthy life free of trauma, abuse, and fear
- say "No!"

Online DART Resources:

DART Support Online:

<http://health.groups.yahoo.com/group/dartprojectsupport/>

DART Project Inc. Home:

<http://projectdartpdx.org/>

See Us on Facebook:

<http://www.facebook.com/group.php?gid=124500377595105>

Contact our Website Mistress:

Project_dart@aol.com

If you have been abused or are worried about being abused, talk with someone. Keeping abuse a secret does not help anyone.