

# Meet Amber Hambrick, the BHU Mental Health Specialist



## **Amber Hambrick**

ahambrick@lakeoswego.city

**Police Non-Emergency (24 hrs):**

503-635-0238 or 911

**The Clackamas County Mental Health Crisis Line (24 hrs):**

503-655-8585



## **What does BHU stand for?**

BHU stands for Behavioral Health Unit.

## **Who am I?**

I am a trauma informed, licensed professional counselor with 15 years of hands-on experience in mental health and case management. My job is to uphold ethical standards in crisis response.

## **What can I do?**

I am a mental health practitioner who responds to mental health crises on-site in the community where crises arise. I provide a face-to-face therapeutic response. I do not always show up with a police officer, I can arrive with or without police depending on the situation. I do joint outreaches with other local community agencies and work collaboratively with other community agencies to help meet the needs of individuals.

## **What do I do after an incident?**

I intervene during a crisis to ensure community and personal safety and health, and afterward I refer people to transitional housing, resources, mental health services, or back to their own providers. I complete follow up calls as requested or notified by police.

## **Am I a uniformed police officer?**

I am not a police officer, and I wear plain clothes. I do carry a radio for safety reasons and I drive a civilian car.

## **How am I called?**

I respond to calls and referrals directly from our 911 dispatchers, by officers, community agencies, or by self-referral.

## **What don't I do?**

I do not do hostage negotiations, carry or use any weapons, or carry an ongoing caseload of clients as their clinician. I also don't counsel staff of Lake Oswego or West Linn. I don't work 24 hours a day.

# Important Community Resources

## Mental Health

**General Community Resources:** 211

**Clackamas County Crisis Line (24hr):** 503-655-8585

**Clackamas County Mental Health Urgent Walk-In Center:** 11211 SE 82<sup>nd</sup> Ave, Suite O, Happy Valley 97086

**National Alliance for Mental Illness (NAMI):** 503-344-8600

**National Suicide Prevention Lifeline:** 1800-273-TALK (8255)

**Clackamas County Housing Line:** 503-655-8575

## Older Adult

**Lake Oswego Adult Community Center (ACC):** 503-635-3758

**Clackamas County Adult Protective Service (APS):** 971-673-6655

**CC Aging and Disability Resource Connection (ADRC):** 503-650-5622

**Alzheimer's Association 24/7 Helpline:** 800-872-3900

**Senior Loneliness Line:** 503-200-1633

## Domestic Violence

**Clackamas County Victim's Assistance:** 503-655-8616

**Clackamas Women's Services:** 503-654-2288

**A Safe Place Family Justice Center:** 503-655-8600

## Substance Use Issues

**Clackamas County Crisis Line (24 hrs):** 503-655-8585

**Clackamas County Alcohol & Drug Treatment Service (for self or others):** 503-742-5335

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