

Partnership *W*

2005 SPRING NON-PROFIT PREVIEW

See profiles inside for some of Portland's most dynamic non-profit organizations:

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BOY SCOUTS OF AMERICA • SOLV
THE SALVATION ARMY • HELP
GOODWILL • DOUGY CENTER

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Special Olympics
Oregon



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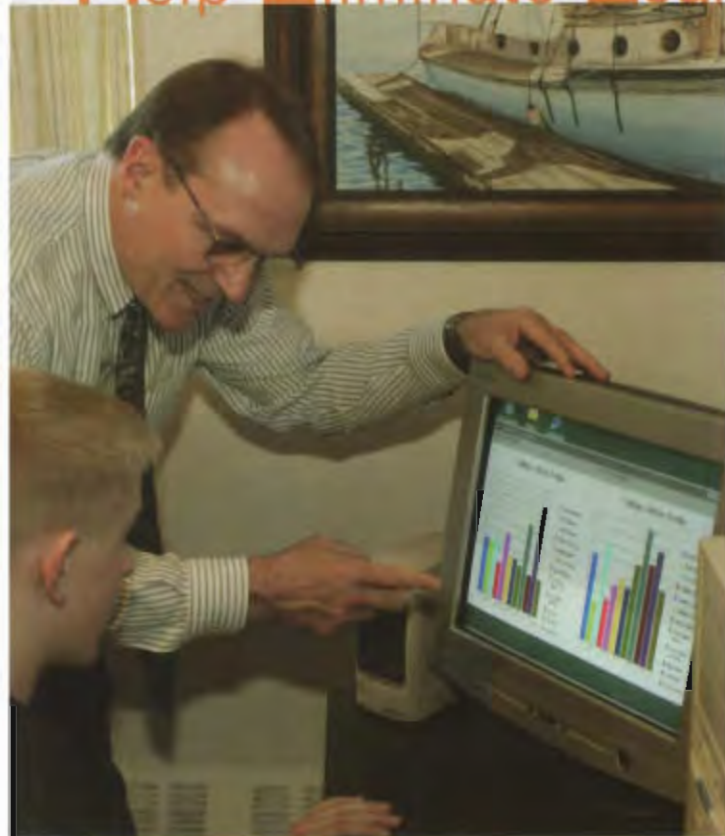
WEST WOMEN'S & CHILDREN'S SHELTER:

"A safe place to begin again."

Located in Northwest Portland, the West Women's and Children's Shelter has been serving homeless women and their children for more than 24 years.

HELP

Help Eliminate Learning Problems INC.®



WHY DO SMART KIDS
STRUGGLE OR FAIL IN SCHOOL?

WE CHANGE THE WAY YOU LEARN

You've heard of learning disabilities and ADHD and you know about the growing number of school children on Ritalin or Cylert to temporarily control the problem, but DID YOU KNOW THERE IS A SUCCESSFUL DRUG FREE TREATMENT RIGHT HERE IN YOUR OWN BACK YARD? It's HELP, Inc. on the campus of the beautiful historic Marylhurst University near Lake Oswego, Oregon.

Do you or someone you know have problems with poor reading or comprehension, dyslexia, organizational and study skills, time/test stress, hearing discrimination, difficulty remembering or concentrating, ADD, ADHD, short attention span, difficulty with math, poor spelling, difficulty following directions or sequencing information, behavioral problems, or poor self image? If the answer is yes, to any of these, then call today at 503-635-3389 and take the first step to getting real help.

DID YOU KNOW THERE IS A SUCCESSFUL DRUG FREE TREATMENT RIGHT HERE IN YOUR OWN BACK YARD?



Help Eliminate Learning Problems, Inc. is a private, not for profit agency serving both children and adults who have learning difficulties. The treatment method or approach is quite different from tutoring people in reading or math. Often the failure to learn how to read, write or compute math is a symptom of problems in processing, storing, and retrieving information. HELP tests and evaluates a client's information-processing ability and identifies those basic cognitive functions that are under-developed. The MAP test is the most advanced and objective computerized assessment available fully standardized and normed by age. The test takes about two hours and is followed by an immediate oral and printed evaluation explaining the findings. The cost is still just \$98.00. The test results often shed light on the reasons behind a client's learning difficulty. Then, steps can finally be taken to do something about it at the source.

Students at HELP work one to one with staff teachers who are trained in a technique designed to strengthen and stimulate growth in the underdeveloped processing areas. The technique is multi-sensory in nature, and

employs challenging cognitive tasks simultaneously matched with gross and fine motor activities. The student progresses through a series of gradually more complex tasks making his or her mental imagery much sharper and more dependable.

Typical results after twenty-four weeks of daily sessions include but are not limited to the following. 1- The increased ability to collect and process accurate information, e.g. to comprehend what is heard or read and use it appropriately. 2- The accurate sorting and storing of data according to class, e.g. similar things together in the same mental file with an address connected so that retrieval can become more rapid and precise. This greatly improves memory while at the same time reduces the student's distractability, allowing him or her to stay on task and follow through. 3 - Perhaps the most significant area of change is that of application or response. A student is typically able to have more options of response from which to choose. These responses are more appropriate and acceptable both academically and socially. An increase in self-esteem also typically follows.



IS THERE HOPE FOR ADULTS WITH LEARNING PROBLEMS AND ADULT ADHD?

Among the millions of American adults with learning problems, many grew up in an era when there wasn't even a name for the problem, much less a solution. Tragically, a great number still do not know why they have such difficulty with words. Their work history often records long lists of failure. Since most good jobs require paperwork and information processing, they are found long after closing, struggling to hold on. A bright salesman said, "I always lived in fear my employer would find out how dumb I really was." Even among those who know they have a learning problem most still believe that only the young have any chance for help. This is not true. The HELP program is equally effective with adults or children.

HELP's founder and president, Bill Hartner, struggled with learning problems growing up in the 1950's. "In those days, no one knew much about learning disabilities or processing problems", Hartner says. "If a person couldn't read because he couldn't see, then people understood. There was an obvious reason. But if you could see and couldn't read, then you were just considered dumb. Unfortunately to some degree, that attitude still prevails."



"Like millions of others with similar learning problems, I had to work twice as hard in school to get half the grade. I became one of the first adults to successfully complete this treatment program in 1980. You're never too old to get help. Our oldest graduate was in fact 74 years old."

HOW CAN YOU HELP?

One of Hartner's goals for HELP is to establish pilot projects with local agencies to deal with the learning difficulties of high school dropouts, juvenile delinquents, and those with drug and alcohol problems.

"I find what I do very rewarding," Hartner says. "I'm proud to say we have successfully treated over 2,000 students and administered over 5,000 tests." Since they are a true not-for-profit school, they have kept their program affordable. eg. In 1984, their three hour test and consultation cost \$98.00 and they still charge the same today though comparable testing costs \$300 - \$500 elsewhere in the area. Hartner says, "Even though we've kept our operating costs low, we receive no state, federal or United Way funding. So when our money from private charitable gifts runs out, we must put low income families on a waiting list. I've seen many single moms leave in tears because it was still out of reach for them.

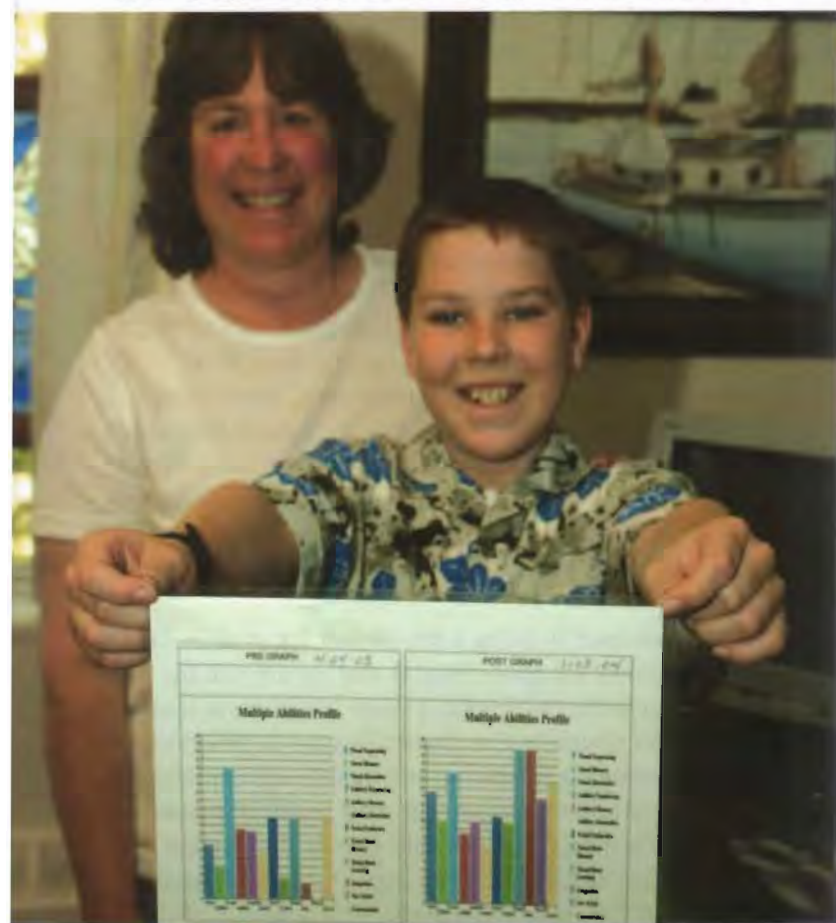
"A big draw back in being a private not for profit school without money for advertising is that we are still the best kept secret in the Northwest. I know that if more local people who routinely give charitable gifts to deserving area programs knew what we are quietly accomplishing here, they would direct some of their financial support our way. Then together we could double the number of students served and of course lives changed." Hartner pauses and then says reflectively, "I've gone full circle from having learning problems to building an effective program to help others with similar difficulties. I hope that long after I'm gone HELP will continue to grow and change lives."



WHAT IS HELP?

- HELP is a private learning clinic approved by the Oregon State Department of Education.
- With over 2000 graduates to date, we have operated a testing and treatment center in the same location since 1984.
- We change the way you learn, from a scattered right-brained, one thing at a time approach, to a more left-brained multi-tasking linear style of learning.
- HELP implements a series of mental exercises designed to encourage the integration of the right and left brain hemispheres, thus facilitating improvement in the processing of all information.
- Pastoral counseling is also available specializing in self-worth issues. Fees are still just \$40./hour.

“WE CHANGE THE WAY YOU LEARN”



WHAT HELP IS NOT

HELP is not a tutorial program. We do not adjust material to the student's learning styles. Rather, our approach utilizes the strengths of the student to build the weak processing areas. Our goal is to graduate a student who is able to function independently without need for accommodation or medication.

WHAT DO OUR GRADUATES SAY?

“If you put your time and energy into it the results are incredible and life changing. I wish that I had found HELP fifteen years ago.” Noah, 23 years old.


“Kit (10) has a much longer attention span, better concentration, easier to live with! Your program has HELPed our whole family!”

Micah (13) became an expert juggler. His frustration has diminished, flare-ups are less frequent. He has more self confidence and is reading better than ever. He can quickly decode words, miss fewer, and retain what he reads.”

“We tell many people how much HELP has helped Malia (13). She is no longer embarrassed by her learning difficulties, for now she sees only the ability! Nothing succeeds like success!”

“I would really recommend the HELP program to any adult struggling with dyslexia. You have nothing to lose and everything to gain. It just takes willingness and dedication on your part to complete it. You may not see the changes all at once, but when called upon to use your improved skills, you will see many changes that have taken place.”

Leslie, age 21



HELP
P.O. Box 126
Marylhurst Campus
Marylhurst, OR 97036
503.635.3389
www.helpadd.com