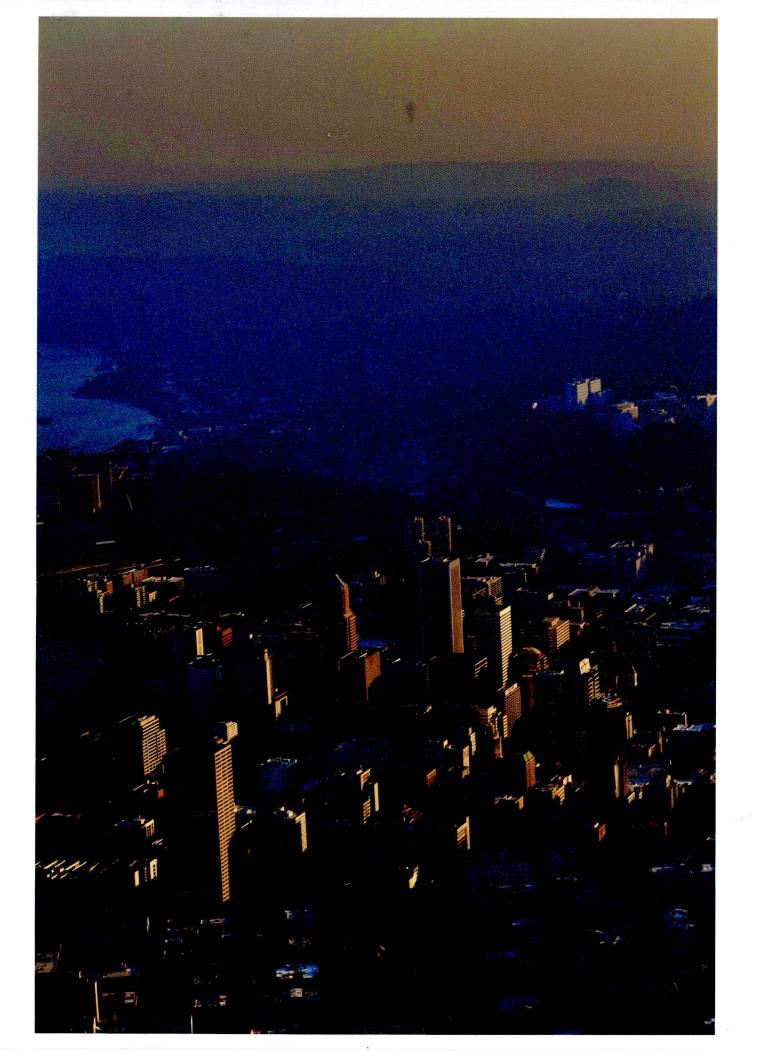
Real world ideas that might help solve Portland's Homeless Issues



Ideas respectfully submitted by
Feed The Mass • feedthemass.org
a 501c3 Located in Old Town, Portland
Jacob Valentine • 503 839 4023
Mark Kronquist • 503 750 8235





Homelessness is not empowering and it is expensive. According to a KGW Report from 2021, cleaning a single camp cost \$11,347. This camp also generated over 1,000 complaints.



News

Weather

Near Me

VERIFY

Watch





WHAT'S IN A NAME?

LET'S GET OUT THERE

RIGHT NOW

J.

ADVERTISE WITH US

KGW INVESTIGATES

THE STORY

WICKED WEST

Portland, OR »

INVESTIGATIONS

complaints, endless conflict \$18,347 in cleanup, 1,000+ Impact of a single homeless camp:

KGW spoke with neighbors, business owners and those experiencing homeless encampment. homelessness to better understand the widespread impact of a single



Band-Aids and Plans are great but, so far, they have not helped solve the problem. This report outlines actionable ideas with real-world examples that exist in Portland and Oregon today and, with proper resources, can be quickly scaled up to make a start on a permanent solution.

Maslow said it best regarding human needs

Food
Shelter
Clothing
Belonging
Esteem
Self Actualization

Food...

Feed The Mass is a part of the solution whom, with proper resources, can deliver 2,500 healthy, delicious, ready to eat meals a day...these delicious, nutritious meals cost \$8 each.











FEED THE MASS

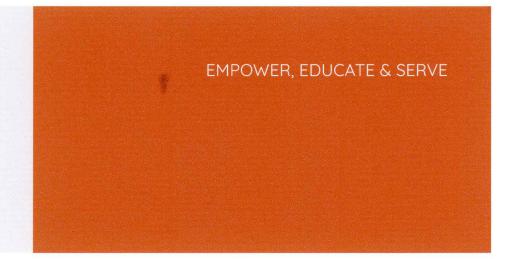
Our Beginning

Jacobsen Valentine was born in Hawaii and was raised in Hilo, Hawaii. He was raised by his mother and grandmother for most of his childhood. They taught him the importance of taking care of each other and their community. In his family the way they showed love to one another was through food. His grandmother, who became a chef after the passing of his grandfather, was Jacob's inspiration for knowing how to cook. Almost every weekend, the neighbors in the community would come around to cook, connect, and share food. These are the roots of where Jacob learned the importance of food.

Jacobsen moved to Oregon at age 11 and grew up in Gresham. The community was foreign and different, but one thing that hadn't changed was his ability to cross lines and build community through food. After graduating high school Jacobsen went to school for business and culinary arts. At age 28, Jacobsen had a career in the food industry and was working as a youth leader in a local church. While teaching teens he learned that not only were they not being taught how to cook in school, but their entire nutrition education was only a 2 week class. The need for food education was dire in his community, so he started Feed the Mass. He opened his door and taught anyone and everyone who wanted to learn. Through teaching cooking he taught the importance of coming together and becoming a community, just like his family taught him.

Last year at the beginning of the pandemic, the cooking classes closed. Feed the Mass only had \$500 in the bank, so Jacobsen decided again to take care of his community through food. He used the skills and supplies he had to prepare meals to give away for free to people who needed them. The community responded, and started coming to help. They understood the importance of feeding those in need. With that, the FED Program began. The success of the FED Program has kept Feed The Mass going, and we have re-launched the cooking classes, which are now able to be broadcast to the world.

All this started because Jacobsen wanted to remind the community of how food can empower, educate, and serve everyone.



Who We Are

Feed The Mass is a 501c3 nonprofit organization that has been operating in Portland since 2016. Founded on the belief that everyone deserves access to reliable, high quality nutrition, we function to empower and connect the people of Portland through food.

We are proud to deliver multiple sustainable solutions to combat food insecurity in the Portland metro area. Our food education program offers accessible cooking workshops to Portland kids, putting the power of meeting their nutrition needs directly into their own hands. Our FED program serves our city's hungry and combats food waste by turning donated food into high quality, nutritious meals that are served to our most vulnerable neighbors.

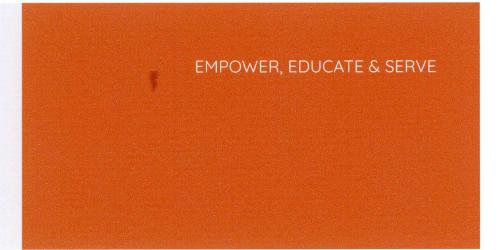
The Problem

Food insecurity has been a growing problem throughout the pandemic across the US, in Oregon, and especially in Multnomah county. The USDA reports that 13.8 million US households were food insecure in 2020, and estimates that this number has grown in 2021. An estimated 1 million Oregonians - close to 1 in 4 people - experienced food insecurity in 2020 (Edwards, 2020). 1 in 7 of these Oregonians is a child (Feeding America, 2021). According to data collected by the Oregon Food Bank, Multnomah county has the highest number of food insecure people in the state: 133,230 individuals (2020). Juxtaposing this data is the sobering reality that an estimated 31% of food is wasted each year in America, translating into 96 billion pounds of food and \$165 billion in lost economic value (Evans & Nagele, 2018).

Our Solution

Our programs exist to fight food insecurity and food waste at their source. We develop, cook and serve healthy meals to members of our community in need, utilizing excess food supply to prevent waste. We also empower Portland kids to feed themselves and others by teaching them to cook simple and inexpensive yet nutritious and delicious foods.

To date our program has served 170 thousand meals to our Portland neighbors, and rescued 115 thousand pounds of food from being wasted. In 2021 our collaborations with Portland Public Schools and Level Up brought eight-week cooking class workshops to 104 local kids and their families.



How We Excel

Our community driven, replicable programming combines the powerful perspective of a cross-cultural collaboration with the working expertise of a skilled team of local chefs and educators. We've come together to share great food and the story behind each dish, celebrating our own unique cultures and the collective food culture of the city with each meal. In collaboration with IRCO and SE Works, we provide workforce training and internship opportunities to further empower our community members to support themselves and others. Our programming promotes equality, dignity, and compassion for all by connecting us through the universal love language of food.

Optimally Positioned to Serve

Our holistic approach to food systems management and growing network of local collaborations has brought us to an exciting point in our ability to serve our community. As levels of food insecurity in Portland reach unprecedented heights and the funding sources that many have relied on to meet basic needs during the early stages of the pandemic disappear, the outpouring of practical and moral support from our neighbors continues to strengthen and inspire us. Our already powerful food sourcing network continues to expand, increasing the amount of ingredients we can access to create our meals. In addition to providing meals directly to individuals and families in need, we partner with a growing number of local mutual aid organizations to serve the people within their spectrum of care.

Citations

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New Projections Reveal Worsening Food Insecurity in Pandemic's Wake. (2020). Oregon Food Bank. Retrieved from: https://www.oregonfoodbank.org/new-projections-reveal-worsening-food-insecurity-in-pandemics-wake

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www.feedthemass.org





Food Education









EMPOWER, EDUCATE & SERVE

Gallery of Delicious Foods









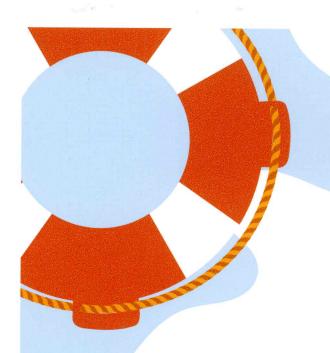














Sponsor Our Students Event December 15th, 6PM-9PM

Briq Studio 209 Northwest 4th Avenue suite 300 Portland, OR 97209

Feed the Mass is hosting a fundraising event on Thursday, December 15th at 6:00 pm to fund our 2023 youth program.

Join us for an evening of giving and empowerment! Enjoy music, hor d'oeuvres, and wine with community members passionate about education and service in Portland.

There will be a sponsorship drive and an auction to reach our funding goal. Save the date to be a part of this exciting event! While we hope you can attend in person, we will be live-streaming as well.

Come see how we've carried out our mission throughout 2022 as we highlight our youth summer participants and share our latest documentary and announce our Great Giving Recipients and more.

Purchase your ticket(s) to be apart of this exciting event and our mission to empower, educate and serve our city through food.

Cocktail attire requested for the evening.

Please note, our online sponsorship drive goes live on Nov. 25th and we will have a live appeal and sponsorship matching drive the night of the event.

Feed the Mass info@feedthemass.com 971-350-8291 https://www.eventbrite.com/e/sos-sponsor-our-students-fundraising-event-sponsorship-drive-tickets-445635857847 S



Scan me for tickets



Shelter...

Buildable space is out there.

We just need to find it.

The City of Portland is establishing a Land Bank, The Oregon Department of Transportation has maps of spare land as do other agencies.

Let's look and look hard. And what of Expo Halls A and B. Unused since the gun shows



Contact Us

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Main

LOWER LOT 3

UPPER LOT 3

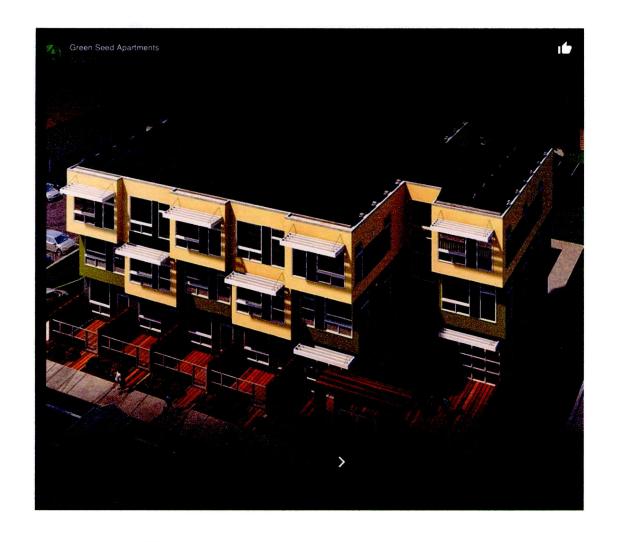
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E2 54,000 sq ft

EXPO ROAD

Shelter...

The where is one question the how is another. Bill Reed, Seeds Construction has built LEEDs Platinum Class Transitional Housing on marginal land at 161 E Burnside in 18 Months for \$150 sq. ft. With land and resources this can be easily replicated.



This complex of
Transitional Housing was
completed in 18 months
and full on day one.
Here is what Bill Reed
says

I know that sometimes it is difficult working with a visionary who sees the world a little different than the average developer/builder. We are going to own this building and as such we are looking at the short term and the long-term viability. We are diligently working on finishing the few unfinished items to get our CO. The ones left are supply chain and city engineering approvals. I thought you might like to understand the depth that we are going to, to make sure the building functions wholistically. As a building owner we are very interested in both the operations and vacancy costs. We are on track to be the most energy efficient multifamily building west of the Mississippi. Once we get our PV on the roof, we will exceed all expectations for the 2050 requirements of net ZERO.

What is really exciting is how the architecture, purpose and culture are weaving together to create a fabric environment for both the building and neighborhood.

Understanding how we view the world and the actions we are taking to implement our vision hopefully will give you an insight into us.

We have talked a lot about the environment in terms of being the best in energy and carbon saving. But a well-constructed building has many dual features that are good for both the physical and social environment.

High energy efficenicy has many positive emotional benefits.

- a. The rooms are extremely quiet, which allows for a peaceful haven.

 After a busy day it is nice to relax without the outside world bombarding you with noise (chaos).
- a. We have installed insulating black out curtains; this allows the tenants to participate in their own comfort but more important it allows the residents to sleep soundly in a dark room, good sleep is extremely important to your health and light destroys sleep.

b. The spacious hallways 8.5 ft wide and open stairs give both a residential feel (home) and space, so your neighbor is not continuously intruding into your space when you pass in the hall. This allows your neighbors to be friends because they are not intruding into your space. The hallway acts more like a street giving the opportunity to know your neighbor.

c.Lots of green Gardens and Planter boxes give the feeling that our outside belongs to the tenants not to the blow and go landscapers. Ownership allows for feeling of stability, not just visiting.

d.Allowing for as much of the working of the buildings to be exposed gives the tenant the ability to have ownership of their environment.

e.Pride, ownership. It is important that there are memorable features in a building that allows/encourages tenants to describe where they live with pride and ownership. The design has to have rhythm and notability to it. The color has to be both unique and positive. The mantra for them should be notable (energy efficiency, carbon neutral) and if lucky community proud.

Our tenant selection process is based on how they will fit into the mosaic of a community. Natural communities take many years to achieve, we believe that we have been able to accelerate this process.

Identity

The ability to form an identity from everyday experience is necessary for a positive group dynamic within a diverse population such as an apartment complex.

Almost every resident at Green Seed Apartments has moved through some form of crisis and is coming out the other side. For example, they could have been homeless, exited an abusive relationship, or left home for the first time. Their perception of crisis, moreover, moving through it, creates a shared reality among the residents. They are 'separately together,' not 'together separately.'

Diversity

We have worked at diversity socially, economically and ethnically. Diversity facilitates the community acting more holistically where residents have different backgrounds and experiences and are able to help each other.

Environment

An environment shapes behavior, behavior makes beliefs, and beliefs form identities that support the community.

The Green Seed environment deliberately creates a neighborhood within the building. Please look at the website <u>greenseedapartments.com</u> for some of the details.

Stability

Stability is formed between respect (care) and acknowledgment of that care. Care is how both expectations and process are melded into design and how built to accommodate the needs and desires of the residents.

The residents are acknowledged and respected. They feel stable when acknowledged with respect. Providing stability is the core purpose of any housing, especially sustainable, affordable housing. When we talk about affordable housing, we are not talking about government subsidized housing but market rent. A section of the market that is void of developers. It is very difficult to build cost effectively when most of the people we interface with are not concerned about how their decisions drive costs. We filled our building in a month and have a 10 person waiting list, a testament to how the building fits their needs.

After the first month we interviewed most of our residents to make sure we are doing our job and the systems are functioning as design.

Here are some comments from our tenants during that interview that we got when surveying them for improvements, air quality and general needs.

IB: "I feel at home. It's peaceful. No one bothers me." Living here is good, man. I love it.

D: "Actually, on the inside it's extremely quiet. it's been quiet and provides stability for me. It helps my mental health."

R: "Everyone's friendly. No one is bitter - everyone gets along. Everyone is close, like a family."

E: "I love it so far. "I've had a good experience with neighbors. They have been kind, helpful and personable. By far, it's the easiest place I've lived in. I feel comfortable and feel 'at home'."

R: "It's friggin' awesome. Everyone is so friendly, the environment - everything. I feel at home!"

H: "A blessing". It's the people who make it what it is. This is like an island within this area - no fear."

H: "It's stabilizing here and it gave me the chance to be looking at things. I'm starting to feel safe. I love my home.

E: "It's comfortable, quiet. Everyone is cool."

D: "This place enlivens this neighborhood." (commercial renter)

E: "I like the place. Not a lot of waste - it's run by the earth. There's no utilities to pay - it's all one price."

J: "I like the idea of down-sizing from living in my big house. And getting to my age, that feels good - having less weight on my shoulders from material things. There's security everywhere here, and that's important to me."

K: "It doesn't get muggy in the apartment - the air flow is cleaner. After a shower, there is no heavy moisture - the steam clears. I like that. There's good insulation - I can't hear the people in the next apartments."

W: "I like it here. It's a stable place to return to. My neighbors - they're good people - really nice."

G: "I used to have to go to the mall to people watch - now I just come to work." (worker)

S: "I am quite grateful for the opportunity. It's promoting a way of living that promotes our environment better than what we've been doing. It's important for me to have that stability It helps me interact in a compassionate way here in this space."

T: "I'm getting more and more comfortable. Everyday, it's becoming more like home for me. The more I stay here, the more I think it's a good lease. I hope I can renew. It feels familial - not a family not a community. We respect each other mostly. It's a good place to live."

100,000

Thanks, Bill Reed, if you have any questions please call me at 971-506-0151

Clothing...

Clothing, coats, blankets, cots and lots more the State of Oregon and the University System have warehouses full of useful items, new, in many cases, the can be instantly accessed for free by State Agencies and are affordably priced for 501c3 Non-Profits.





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Esteem and Self Actualization...

Oregon decriminalized possession of all drugs under Measure 110. This has lead to an explosion of drug use and stay after study indicates that many people who abuse drugs like Heroin and Crystal Meth/Meth become homeless and cross into law breaking due to their drug seeking behaviors.



Dear community,

As someone who has grown up in Portland, things have changed. The communities that we have built have moved, dispersed, or almost been destroyed. I grew up being able to take a bus or Max as a 13 year old without fear of anything bad happening, knowing my community had my back. I could walk down the street to the local store without fear of being abducted. I could walk into school excited to learn and play. I remember knowing I still had someone watching over me.

Today kids do not have a community they can call safe. They can't go to school without fear. They can not go to the store without fear. They can't walk down the street without fear. Childlike innocence is being robbed from children everyday. And what are the coping mechanisms? Tiktok, Instagram, Porn, cyberbullying, our children have lost trust in the society and community they live in.

Gun violence has grown even more closer to my home as I had to bury a friend this month. He was killed for no reason, just because they could. There was a shooting in front of Jefferson High school, 2 kids got shot. Since 1982, 129 mass shootings have been carried out by men. In Portland in September of 2022, there have been 102 shooting incidents in Portland, mostly by men. As a man myself this is a concern, because there are boys and young men out there who think violence is the only answer, and that joining a gang is the only protection they have. That taking a life is an option to solve their disagreement.

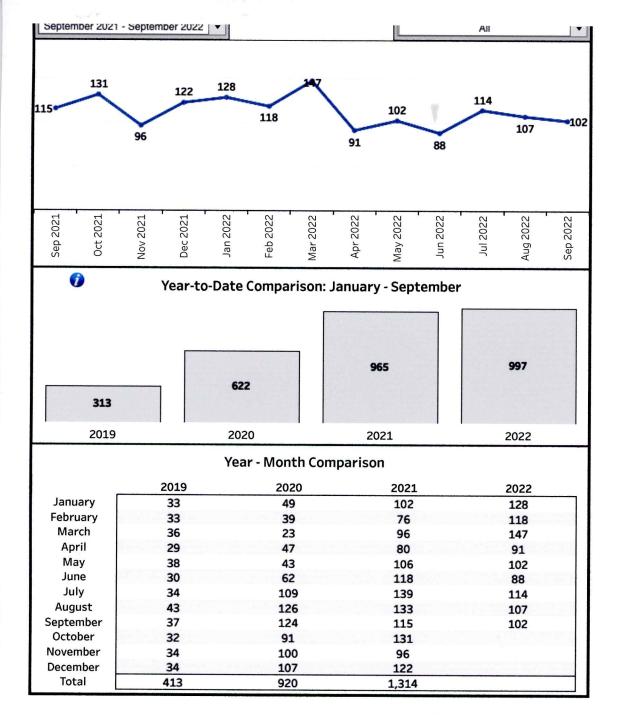
As a man in Portland, I am determined to do more with young men and boys to ensure they feel safe. That means joining more mentor groups, and creating opportunities for young men and boys to connect with healthy, consistent males when they don't have an example. I am committed to ensuring that at Feed the Mass, we create a community that protects those that feel they have no protection. We are committing next year to 120 Scholarships for young boys for our Summer holistic education program. This means, they can be surrounded by people who can give them the tools to communicate, make good decisions, keep them off the streets, and keep them safe.

We need you to help make this become a reality. We are looking to raise \$240,000 for our scholarships, this pays for mentors, educators, supplies, space, and tools for children to have when they are home to manage their anxiety, stress, and frustrations. If anyone wants to learn more ways of supporting our 2023 camps and keeping our Children safe this summer please reach out to info@feedthemass.com.

EE

Sincerely with love and gratitude, Jacobsen Valentine

feedthemass.org info@feedthemass.com 971-350-8291



You can save a PDF or image copy of this report using the filters you selected. To do so, click the "Download" button the lower-right hand corner of the report. Then click on "PDF" or "Image" and follow the instructions in the pop-up window.

Crime Stoppers of Oregon offers cash rewards of up to \$2,500 cash for information, reported to Crime Stoppers, that leads to an arrest in any unsolved felony crime and tipsters can remain anonymous.

Visit the App Store and download P3 Tips to submit secure and anonymous tips. Online at https://www.p3tips.com/823 (https://www.p3tips.com/823)

Crime Stoppers of Oregon is funded 100% by community donations. To support Crime Stoppers with a donation, please visit http://www.crimestoppersoforegon.com/ (http://www.crimestoppersoforegon.com/)

Drug Treatment...

A part of Measure 110 was the \$1.35 billion set aside coupled with a portion of Marijuana Tax revenues for screening health assessment, treatment and recovery services. Of these allocated funds, according to the OHA website, \$59 million have been allocated to Multnomah County. 335 entities have applied. 44 approved.

M110 BHRN Grantees 2022



Measure 110 is a first of its kind health-based approach to substance use and overdose prevention.

Number of entities subject to change as negotiations progress.

BHRN Approval Progress

Total Entities for Consideration

Total Entities Approved for Negotiation Phase

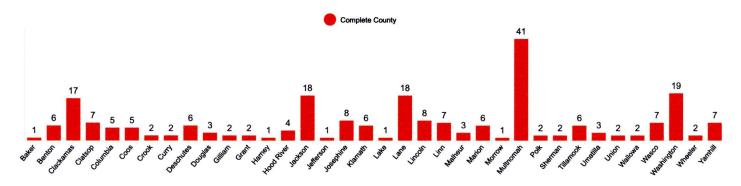
Total BHRNs

335

233

44

^{*} Entities Approved for Negotiation by County



Service Entity Coverage by County

Primary	BHRN Activated	Screening and Comp behavioral health needs	Individual Intervention Planning	Low Barrier Substance Use Treatment	Peer Support, mentoring, etc.	Housing Services	Harm Reduction Intervention	Supported Employment
Baker						2		₩.
Benton				2		2		
Clackamas								
Clatsop								
Columbia	2					2		
Coos								
Crook								
Curry								
Deschutes	2			~		2		
Douglas								
Gilliam				2		2		
Grant	2							
Harney			Z			2		
Hood River			2	2	water to the second	₹		
Jackson			2	2				
Jefferson	2			2	▽ 0.000	∠		
Josephine	2			2				
Klamath								

Key: Service Entity Coverage by County

Blue: Under Negotiation

Orange: Approved and Funded

Approved Service Entity Details

Now Directions NIM	(27)	697)	any3	1873	607)	273	667)
County Baker							
Primary	Screening and Comp behavioral health needs	Individual Intervention Planning	Low Barrier Substance Use Treatment	Peer Support, mentoring, etc.	Housing Services	Harm Reduction Intervention	Supported Employment
Approved Service Entity Details							