

# POIC+RAHS

Portland Opportunities Industrialization Center + Rosemary Anderson High School (POIC + RAHS) is committed to the success of at-risk youth and adults, providing the highest quality services in education, mentoring, family outreach, employment training, and placement.

Established in 1968 in North Portland, POIC + RAHS serves more than 3,000 students, work trainees, and families annually (80% are Black or Latinx). We reconnect alienated at-risk youth and adults affected by poverty, family instability, and homelessness to education, career training, and culturally-specific wraparound programs, including services for families impacted by the criminal justice system.

POIC + RAHS staff teach that mental health is as important as physical health. Now that in-person learning is back, the POIC + RAHS Mental Health team is on campus to support students. Their on-staff therapists have adapted to provide in-person and telehealth services for students and their families throughout the COVID-19 pandemic. The Mental Health Team knows it's crucial to keep the lines of communication consistent and open to provide essential support.

Areas of focus include:

- Managing depression, anxiety and stress
- School dropout prevention
- Anger management and peer conflict
- Interpersonal skills and setting healthy boundaries
- Dealing with grief

