



# The Resource Guide

Licensed and Relative Caregivers, Social Workers and Tribal Social Workers, and Youth we hope you find this list of resources helpful. Should you find any of these links and/or resources to be outdated, please notify the Fostering Well-Being program (FWB) so that we can update this list. Additionally, if you know of important resources that should be added to this list, please provide that information to us and we would be happy to update this document.

You can email FWB at: [FWB@dshs.wa.gov](mailto:FWB@dshs.wa.gov)

Visit our website: <https://www.dshs.wa.gov/fwb>

- Health & Education articles
- Program flyers
- Referral documents
- A copy of this Resource Guide
- And more!



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## General Information, Support, Resources & Training

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
ABA LAUNCH (Learning about Autism and Understanding Neurodiversity in Children) Program	<p>The University of Washington Autism Center's ABA LAUNCH Program is a clinic-based, short-term, comprehensive and intensive early intervention program for children up to six years of age with a diagnosis of Autism Spectrum Disorder (ASD). This program offers an initial foundation of evidence-based, high-quality, Applied Behavior Analysis (ABA) services and parent education/support to families currently waiting to receive ongoing therapy services.</p> <p>There is enrollment criteria (see website or flyer for the full list), which includes: Lives within approximately 30-40 minute radius from either our Seattle or Tacoma clinic</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Program Flyer</a></p>	<p>Email us at <a href="mailto:abalaunch@uw.edu">abalaunch@uw.edu</a> or call us at 206-543-8379</p>
Affordable Connectivity Program	<p>The Affordable Connectivity Program (ACP), which provides eligible households \$30 per month off their internet bills. ACP-eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.</p>	<p><a href="#">Click Here</a> (English)</p> <p><a href="#">Click Here</a> (Spanish)</p>	<p>(877) 384-2575</p>



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	<p>ACP eligibility prongs particularly relevant to families with kids:</p> <ul style="list-style-type: none"> <li>• Anyone in household receives Free or Reduced Price Lunch—including a child who attends a Community Eligibility Provision school where all students automatically get free meals;</li> <li>• Anyone in household receiving a Pell grant in the current school year</li> <li>• Anyone in household receives SNAP OR WIC;</li> <li>• OR household makes up to 200% Federal Poverty Level (\$55,500 for a family of four)</li> </ul>		
<p>Alliance of Dental Hygiene Practitioners</p>	<p>We are a network of practitioners committed to improving the oral health of our communities by providing cost-effective oral hygiene services. We are committed to advancing evidence-based practices, expanding access to care, and educating our members and patients on oral health care.</p> <p>We serve patients in a variety of settings including senior centers, adult family homes, hospitals, schools, and nursing homes. ADHP members are advocates for consumer choice and strong community-based partnerships.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here for a List of Services</a></p> <p><a href="#">Click Here to Find a Provider</a> (If you cannot find a Provider in your area on the list, please send a message with your location to see if they have any new Providers in your area or to see if a Provider is willing to travel to your area)</p>	
<p>AL TSA (Aging and Long-Term Support Administration)</p>	<p>Raising Children: Talking with other relatives raising children can be a tremendous source of information and support. Find a support group.</p>	<p><a href="#">Click Here</a></p>	



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<p>Amara</p>	<p>Amara is committed to positive long-term outcomes for children and families. We drive systemic change, promote healing, racial and LGBTQIA+ equity, by offering programs and services to families engaged in foster care, and to adoptees and families, post-adoption</p> <p>Amara’s Family Resource Center (Tacoma Office) provides families with immediate help such as food*, diapers, and clothing, as well as connections to other resources such as healthcare, baby necessities, transportation, and parenting supports.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here for Family Resource Center</a></p> <p><a href="#">Click Here for Concrete Goods Information (may help with utilities, housing, medical supplies and vehicle repairs)</a></p>	
<p>American Indian and Alaska Native Resources</p>	<p>Various resources &amp; services</p>	<ul style="list-style-type: none"> <li>• <a href="#">Native Resource Hub</a> is a phone line and centralized information center (Food/Housing insecurity, mental health needs, legal challenges, finding a job and more). Call 866-491-1683</li> <li>• <a href="#">National Indian Health Board</a></li> <li>• <a href="#">Urban Indian Health Institute Resources</a></li> <li>• <a href="#">Indian Health Service</a></li> <li>• <a href="#">The Central Council of the Tlingit &amp; Haida Indian Tribes of Alaska (Tlingit &amp; Haida)</a></li> <li>• <a href="#">American Indian Health Commission for WA State (AIHC)</a></li> </ul>	



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- [Seattle Indian Health Board](#)
- [SAMHSA \(Substance Abuse and Mental Health Services Administration\): Mental Health Resources](#)
- [ALTSA Tribal Affairs](#)
- [Department of Social and Health Services](#)
- [DCYF Indian Child Welfare Administration for Children & Families](#)
- [Federally Recognized Indian Tribes in Washington State \(Governor's Office of INDIAN AFFAIRS\)](#)
- [Native and Strong](#)
- [NPAIHB- Native Boost education/information](#)
- [National Congress of American Indians](#)
- [Working with Tribal Communities](#)
- [Suicide Prevention Resource Center: American Indian/ Alaska Native](#)
- [Centers for Disease Control and Prevention \(CDC\): Tribal Health Website](#)
- [CDC Eagle Books & More](#)



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		<ul style="list-style-type: none"> <li>• <a href="#">Rural Health Information Hub: Tribal Health</a></li> <li>• <a href="#">MedlinePlus</a></li> </ul>	
Angel Flight West	<p>Angel Flight West’s network of volunteer pilots provide free medical transportation to people in need.</p> <p>Transportation challenges create one of the most daunting barriers to healthcare—a barrier second only to the cost. Every day, Angel Flight West’s volunteer pilots fly people to their medical appointments <i>at no cost to the passenger</i>.</p> <p>On the ground, Earth Angels drive passengers from the airport to the medical facility, also free of cost.</p> <p>Though we’re best known for linking passengers to valuable medical resources, we also provide transportation for other humanitarian purposes, such as individuals and families escaping domestic violence, disaster relief, therapeutic programs for veterans, and children’s specialty camps.</p>	<a href="#">Click Here</a>	<p>PNW Outreach Coordinator: Jen Cooper, 206-235-3397 <a href="mailto:jenniferc@angelflightwest.org">jenniferc@angelflightwest.org</a></p> <p>General Contact Information: 310-390-2958 <a href="mailto:info@angelflightwest.org">info@angelflightwest.org</a></p>
Apple Health (Medicaid) Transportation Services (nonemergency)	<p>Health Care Authority (HCA) covers nonemergency transportation for eligible clients to and from covered health care services through transportation brokers. The brokers schedule the transportation for qualifying clients. Currently, eligible clients are those in Apple Health (Medicaid and CHIP) and other state-funded medical assistance programs that include a</p>	<a href="#">Click Here for more information and for a list of County specific Service Providers (Transportation Brokers)</a>	



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	<p>transportation benefit. Transportation may be approved for individuals that do not have transportation for health care appointments.</p> <p>The most common types of transportation available include: public bus, taxi, wheelchair van, airplane, gas vouchers, ferry tickets, and reimbursement for vehicle mileage.</p> <p>Eligibility Requirements: To qualify for transportation assistance you must:</p> <ul style="list-style-type: none"> <li>• Have a current ProviderOne services card</li> <li>• Have no other way to reach your health care appointment</li> <li>• Ensure that the appointment is covered by your Apple Health program</li> </ul>		
<p>ArrayRx Card</p>	<p>The ArrayRx Card provides prescription drug discounts for those who don't have prescription drug coverage.</p> <p>All Washington State residents can sign up for free and receive the ArrayRx Card. There are no age or income restrictions. The discount card does not cover prescription drugs prescribed to animals.</p>	<p><a href="#">Click Here for HCA ArrayRx Card Information</a></p> <p><a href="#">Click Here to sign up (English)</a></p> <p><a href="#">Click Here to sign up (Spanish)</a></p>	
<p>AS360</p>	<p>Helping Navigate Autism</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Search for Resources</a></p>	



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	AS360 wants to ensure people with ASD in Washington State have healthier, happier lives. We do this by sharing how to access providers, resources, education and community.		
Autism Center of Excellence and Applied Behavior Analysis Therapy (ABA)	Autism Centers of Excellence (COE) are a crucial resource necessary for children to obtain an autism diagnosis. A COE could be any medical practice, psychology practice, multidisciplinary assessment team, or individual provider who has either received COE training through the HCA or has been judged by the HCA to be qualified to diagnose autism and write a prescription for ABA services	<a href="#">Click Here for COE Information</a>  <a href="#">COEs by County</a>  <a href="#">ABA Information</a>	
Big Red Safety Box	The Big Red Safety Box is a free-of-charge toolkit given to autism families in need as a means to educate, raise awareness and provide simple tools that may assist them in preventing, and responding to, wandering-related emergencies.	<a href="#">Click Here</a>	
BreatheWell Inspiration (BWI)	Tracheostomy   Ventilator   Medically Complex Medication & Feeding  Become a highly-skilled caregiver of medically complex patients. Learn in a classroom, practice in a simulation lab and perform with confidence to help your patients survive and thrive.	<a href="#">Click Here</a>	Call: 425-615-1940  Email: <a href="mailto:hello@breathewellinspiration.com">hello@breathewellinspiration.com</a>





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	<p>Medically complex patients need caregivers who have been educated with an adequate amount of hands-on practice, but this kind of education has been hard to find—until now. At BreatheWell Inspiration, our classroom and simulation lab delivers an in-person experience that will help any caregiver of medically complex patients become competent with routine and emergency care.</p>		
<p>CaRES: Kinship Resources</p>	<p>The Alliance works to increase the capacity of Washington’s social workers, partners and foster caregivers to support community wellness. We provide education and programs in a variety of modalities so that each learner can retain the skills needed to continue to succeed.</p> <p>This work started in 2010, when the Washington State Department of Children, Youth, and Families (then called Children’s Administration) invited three of the state’s leading universities — the University of Washington, University of Washington Tacoma, and Eastern Washington University — to come together to form a partnership to improve the expertise of those working in the child welfare system.</p> <p>The Alliance CaRES Program is a partner of the Department of Children, Youth, and Families offering support to caregivers around the state. Our local Mentors are dedicated to working alongside caregivers</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Caregiver Trainings</a></p> <p><a href="#">Courses</a></p> <p><a href="#">Support Groups &amp; More</a></p>	



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	<p>at every stage of your journey, providing guidance, access to resources, and support groups on specific topics where you can learn and interact with peers. We also offer robust learning opportunities through the <a href="#">The Alliance for Professional Development, Training, and Caregiver Excellence</a>. such as trainings and individual support sessions. We are here to answer your questions and offer help when you need it! We can help you find resources, problem-solve, connect you locally, and offer advice in special areas including Kinship care, caring for LGBTQ+ youth, caring for medically complex youth, and more. Please reach out!</p>		
Carina	<p>A free, care matching service</p> <p>Carina is an easy-to-use website where care professionals can match with those seeking home care and child care.</p>	<a href="#">Click Here</a>	
Center for Children & Youth Justice (Early Childhood Courts and Safe Babies Court Team)	<p><a href="#">Safe Babies Court Team</a><sup>TM</sup> (SBCT) approach is a community engagement and systems-change initiative focused on reducing trauma and improving how courts, child welfare and child-serving organizations work together to support young children in, or at-risk of entering, the child welfare system. Pierce County has led the way in Washington with the <a href="#">Pierce County Early Childhood Court Program</a> (Formerly Best for Babies Program), and through new</p>	<a href="#">Click Here</a>	



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	funding opportunities, CCYJ has expanding the SBCT approach in four additional counties: Kitsap, Thurston, Spokane, and Clark since September 2020		
Children and Youth with Special Health Care Needs Program (CYSHCN)	The program promotes an integrated system of services for infants, children and youth up to age 18 years who have or are at risk for chronic physical, developmental, behavioral, or emotional conditions and require health and related services of a type or amount beyond what is generally needed	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here for Program PDF</a> (English)</p> <p>Answers for Special Kids (ASK) Line: 1-800-322-2588 (<a href="#">Help Me Grow Washington</a>) or 1-800-883-6388/TTY</p> <p><a href="#">CYSHCN Local Agency Coordinators and Support Staff Information</a></p> <p><a href="#">Click Here for CYSHCN Coordinators and ESIT Programs Contacts &amp; Agencies</a></p> <p><a href="#">Click Here for the CYSHCN Care Coordination Toolkit</a></p>	
Child Welfare Information Gateway	Promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more.	<a href="#">Click Here</a>	



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<p>Community Health Care: Foster and Adoption Clinic (Tacoma)</p>	<p>Trauma-informed medical, dental &amp; behavioral health care For families &amp; children touched by foster care, kinship care &amp; adoption We offer a multidisciplinary center and medical home for children, young adults and their care families that are part of the Foster/Adoption community. The Foster and Adoption Clinic offers medical, dental and behavioral health care, as well as pharmacy and lab services in one convenient location. Our goal is to create a trauma-minimizing environment that is sensitive to the needs of foster/adoption families and makes it easier for them to access the special care they need. Our team has a deep understanding of the child welfare system and will work with families and child welfare agencies to ensure children in foster care receive the best possible care.</p>	<p><a href="#">Click Here</a></p>	<p>253-722-1771  253-922-4778 – After Hours Nurse Advice Line for current patients</p>
<p>COVID (Coronavirus)-19</p>	<p>Information &amp; resources regarding COVID-19</p>	<p><a href="#">CDC</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Search for No-Cost COVID-19 Testing</a></li> <li>• <a href="#">Flu and COVID Coadministration</a></li> </ul> <p><a href="#">DOH</a></p> <ul style="list-style-type: none"> <li>• <a href="#">TestAndGo (COVID &amp; Flu Kiosk)</a> <ul style="list-style-type: none"> <li>○ <a href="#">Read more on the TestAndGo Kiosks (no</a></li> </ul> </li> </ul>	



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[cost Covid-19 and Flu testing\)](#)

- [COVID-19 Vaccination for Children: Checklist for Parents/Caregivers](#)
- [Pediatric COVID-19 Vaccines: What Parents/Guardians Should Know](#)
- [COVID-19 Vaccine Booster Doses Reference Guide for All Ages](#)
- [Care Connect Washington](#)
- [Frequently Asked Questions](#)
- [COVID-19 Vaccine Information](#)
- [What to do if you have COVID-19 symptoms \(decision tree\)](#)
- [What to do if you were potentially exposed to someone with COVID-19](#)
- [COVID-19 Vaccines: Common Worries and Facts](#)
  - [Behavior Health Resources and Recommendations](#)



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		<ul style="list-style-type: none"> <li>• <a href="#">WA State Response</a></li> <li>• <a href="#">Free Telehealth for COVID-19 Treatment</a></li> <li>• <a href="#">WA State COVID Testing Locations</a></li> <li>• <a href="#">Vaccine Locator</a></li> <li>• <a href="#">Vaccine Provider Locations</a></li> <li>• <a href="#">Greater Than COVID</a></li> </ul> <p>Other:</p> <ul style="list-style-type: none"> <li>• <a href="#">DCYF</a></li> <li>• <a href="#">Get Medication for COVID-19</a></li> <li>• <a href="#">Find a Health Center</a></li> <li>• There are more COVID-19 resources located throughout this resource guide</li> </ul>	
Culturally Competent Care	Various resources	<p><a href="#">Open Doors</a>: provides culturally and linguistically relevant services and education to diverse families of persons with developmental and intellectual disabilities.</p> <p><a href="#">EthnoMed</a>: provides convenient social and cultural details relevant to clinical care. They offer resources</p>	



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		and information on cultural beliefs, medical issues, and other topics related to the health care of immigrants in the US.	
Department of Children Youth & Families (DCYF)	<p>Get Support: Scroll down in the website for Crisis Support Lines for Foster Parents &amp; Relative Caregivers</p> <p>Information: Every parent and caregiver encounters times when they need support. Learn about the supports available to foster parents and kinship caregivers including becoming a foster parent, questions or concerns from current foster parents (including licensed kinship caregivers), or questions or concerns from unlicensed kinship caregivers who are not licensed.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Evidence Based Practices</a></p>	
DCYF Caregiver Support Plan (CSP)	<p>This plan is developed to assist the caregiver in meeting the day to day needs of the child as well as establish a plan for emergency situations.</p> <p>*Please talk to your Social Worker to get a CSP in place</p>	<p><a href="#">Click Here</a></p>	
DCYF Child Welfare Early Learning Navigators	<p>One of DCYF's critical tasks is to strengthen the linkages between our state's child welfare and early learning systems. Evidence suggests that early learning and family support programs can help families prevent maltreatment, reduce entry into foster care, and improve well-being, but fewer than half</p>	<p><a href="#">Click Here</a></p>	



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	<p>of Washington's eligible families involved with Child Protective Services (CPS) were reaching these programs.</p> <p>The goal is to promote long-term positive outcomes for children, and decrease subsequent reports of abuse or neglect and out-of-home placements for families with active child welfare cases. DCYF collected and analyzed data to identify opportunities to better serve families and children through child welfare, early learning, and family support connections. Those connections are made by DCYF Child Welfare Early Learning Navigators, or CWELNs, who collaborate with CPS caseworkers to support and connect families with young children to high-quality early learning and family support experiences.</p>		
<p>DCYF Complex Needs Trainings</p>	<p>DCYF is offering trainings to support childcare providers who support children with complex needs. These trainings will be facilitated by the UW Haring Center and focus on deepening the provider's knowledge in several areas related to individualizing instruction, supporting social emotional learning and positive behavior support, partnering with families and navigating special education services.</p>	<p><a href="#">Click Here</a></p>	<p>Please email Phoebe Yeung at <a href="mailto:pcyeung@uw.edu">pcyeung@uw.edu</a> if you have any questions</p>
<p>DCYF Dental Information</p>	<p>This document provides information on meeting dental treatment needs for children and youth in out-of-home placement</p>	<p> Meeting Dental Treatment Needs for</p>	





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<p>DCYF Naloxone: Caregivers &amp; Youth</p>	<p>In order to reduce deaths due to opioid-related overdose, DCYF caregivers may administer Naloxone (common brand name Narcan) if an individual appears to be experiencing an overdose.</p> <p><a href="#">WAC 110-148-1565</a> allows caregivers to store Naloxone, where it is easily accessible in case of an emergency. Youth are allowed to carry Naloxone on their persons. It is preferred that DCYF Caregivers receive training before administering Naloxone; however, training is not required in an emergency.</p> <p>In an attempt to make opioid overdose reversal medication available to as many individuals as possible, the Washington State Department of Health (DOH) has a <a href="#">standing state order</a> for the purchase and use of opioid overdose reversal medications. This means an individual can go directly to the pharmacy and use their private insurance, Medicaid coverage, or cash to purchase Naloxone. Children and youth can obtain Naloxone in the following ways:</p> <ul style="list-style-type: none"> <li>• Purchase Naloxone directly at a local pharmacy with their Medicaid card.</li> <li>• Be provided Naloxone as they exit a hospital, inpatient, or other treatment setting.</li> </ul>	<p>*Ask FWB for a copy</p> <p>Video - How to administer Naloxone:  <a href="#">Opioid Overdose - Administering Naloxone video</a></p> <p><a href="#">Prescribe to Prevent: Naloxone Videos, Training &amp; More</a></p>	<p>James Vallembois; Substance Use Disorder Program Manager  <a href="mailto:james.vallembois@dcyf.wa.gov">james.vallembois@dcyf.wa.gov</a></p> <p>Trishia Benshoof, Integrated Health Services Administrator  <a href="mailto:trishia.benshoof@dcyf.wa.gov">trishia.benshoof@dcyf.wa.gov</a></p>
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	<ul style="list-style-type: none"> <li>• Obtain a prescription for Naloxone from a medical provider. <ul style="list-style-type: none"> <li>◦ A child/youth may need a doctor’s authorization to carry Naloxone or have it readily available in certain settings such as a school or group home.</li> </ul> </li> </ul> <p>Caseworkers should work with caregivers to support and assist children and youth in obtaining Naloxone if they so desire.</p> <p>DOH Overdose Education and Naloxone Distribution: <a href="#">Click Here (website)</a></p> <p><a href="#">DOH: Prevent Overdose WA</a></p>		
<p>DCYF Naloxone Guidelines for Social Workers</p>	<p>Voluntary Training for and Administration of Opioid Overdose Reversal Medications (Naloxone) for all DCYF Child Welfare Staff</p>	 <p>Naloxone Guidance - Training and Administ</p> <p>*Ask FWB for a copy</p>	
<p>DCYF:</p> <ul style="list-style-type: none"> <li>• Online support group</li> <li>• Parenting Resources</li> <li>• Other Various Services</li> <li>• Foster Parent &amp; Kinship Care Resources</li> </ul>	<p>The Caregiver would need to reach out to see if they are still doing these or not</p> <p>Substance Use Prevention, Treatment, and Recovery Services</p> <p>Foster Parent &amp; Kinship Care Resources</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Thriving Families</a></p>	



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<p>DCYF TRS, <i>Targeted Recruitment Specialists</i></p>	<p>DCYF Staff, who help with retention of caregivers, placements and more</p>	<p><a href="#">Click Here</a></p>	<p>Codie Veitenheimer, <i>Caregiver Recruitment and Retention Program Supervisor</i>          codie.veitenheimer@dcyf.wa.gov          360-701-9100</p>
<p>DCYF Youth Missing from Care</p>	<p>DCYF 4550 policy that also includes:</p> <ul style="list-style-type: none"> <li>• Commercially Sexually Exploited Children (CSEC)</li> <li>• Youth Run Prevention Plan 10-484</li> <li>• Resources like: Run prevention Tips for Staff, How to Help a Youth Who is at Risk to Run, Prevention Tips for Caregivers</li> </ul>	<p><a href="#">Click Here</a></p> <p><a href="#">Regional Mission from Care Leads and Locator Staff (Click Here)</a></p>	
<p>Department of Health (DOH): Strong Start (Washington State’s Universal Developmental Screening System)</p>	<p>Strong Start (A Strong State for Children) is a free and secure data system where parents, legal guardians, and health care providers can enter and access screening information in one place.</p> <p>Strong Start lets parents, legal guardians, and providers:</p> <ul style="list-style-type: none"> <li>• easily store and share the screening information with each other</li> <li>• plan ways to best support a child’s development</li> </ul> <p>It creates an opportunity for families, healthcare providers, and early learning partners to work together to help children thrive.</p> <ul style="list-style-type: none"> <li>• Is FREE to use statewide</li> </ul>	<p><a href="#">Click Here</a></p>	<p>Questions? Reach us at <a href="mailto:strongstart@doh.wa.gov">strongstart@doh.wa.gov</a> or call 833-887-0195 (toll-free; English and Spanish).</p>



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	<ul style="list-style-type: none"> <li>• Tracks developmental screenings of children birth through age 5</li> <li>• Is safe, secure, and confidential</li> <li>• Creates a lifetime screening record that parents can share with health care providers and early learning partners</li> </ul>		
Department of Social and Health Services (DSHS), Developmental Disabilities Administration (DDA) & DCYF	Care Provider Resources & Finding Child Care	<a href="#">Care Provider Bulletins, Videos, Positive Behavior Support for Children and More</a>  <a href="#">Finding Child Care</a>  <a href="#">DCYF Child Care Finder &amp; Early Learning</a>	
Developmental Disabilities Administration (DDA)	<p>What is a developmental disability in Washington State?  <a href="#">RCW 71A.10.020(5)</a> defines a developmental disability as Intellectual Disability, Cerebral Palsy, Epilepsy, Autism or another neurological or other condition similar to Intellectual Disability.</p> <p>The disability must:</p> <ul style="list-style-type: none"> <li>• Have originated before you turned eighteen,</li> <li>• Continued or can be expected to continue indefinitely, and results in substantial limitations</li> </ul> <p>The Developmental Disabilities Administration (DDA) offers five Home and</p>	<a href="#">Click Here</a>  <a href="#">Click Here</a>  <a href="#">DDA Resource List</a>	
		<a href="#">DDA Waivers Information</a>	



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	<p>Community Based Services (HCBS) Waivers:</p> <ul style="list-style-type: none"> <li>• Basic Plus</li> <li>• Children's Intensive In-home Behavioral Supports (CIIBS)</li> <li>• Community Protection</li> <li>• Core</li> <li>• Individual and Family Services (IFS).</li> </ul>		
<p>Developmental Disabilities Endowment Trust Fund</p>	<p>The DD Endowment Trust Fund is a supplemental special needs trust program. The DD Endowment Trust Fund allows individuals with developmental disabilities, or their families, to set aside funds for future use without affecting their eligibility for government services and benefits, such as Supplemental Security Income (SSI) and Medicaid.</p> <p>Funds can be withdrawn from the trust and used for many services not covered by other benefits, including recreation, therapy, clothing and transportation.</p>	<p><a href="#">Click Here</a></p>	
<p>Developmental Individual-Differences and Relationship-Based Model (DIR)</p>	<p>DIR is rooted in the science of human development and can sound very technical at times. However, it is also very simple. It is a pathway to promote healthy development in a respectful manner that builds connections, understanding, love, communication, and engagement.</p>	<p><a href="#">What is DIR and DIRFloortime (Floortime)</a></p> <p><a href="#">What is DIR PDF</a></p> <p><a href="#">DIR Directory (search for DIRFloortime Practitioners)</a></p>	



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The objectives of the DIR model are to build healthy foundations for social, emotional, and intellectual capacities rather than focusing exclusively on skills and isolated behaviors.

Understanding DIR can help us promote healthy development in all children, but it is especially powerful in helping children on the autism spectrum or with other developmental or emotional challenges.

DIRFloortime® (Floortime) is the application of the DIR® model into practice.

While the DIR® model helps us understand and promote the positive development of all children, DIR and DIRFloortime are most commonly utilized with children with educational, social-emotional, mental health, and/or developmental challenges. DIRFloortime has become most widely known as an approach to support children with Autism Spectrum Disorders (ASD)

Disability Pass

Washington State Parks and Recreation Commission offers the Disability pass to all Washington State residents who are legally blind, profoundly deaf, developmentally

[Click Here](#)

Call 360-902 8844 to see if you qualify



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	<p>disabled or who meet the disability definition used by the Social Security Administration.</p> <p>Benefits of this pass include:</p> <ul style="list-style-type: none"> <li>• Free entry to state parks</li> <li>• Free watercraft launch</li> <li>• Free trailer dump</li> <li>• 50% discount on nightly camping or moorage fees</li> <li>• Ability to reserve ADA accessible campsites</li> </ul>		
<p>Department of Health (DOH)</p>	<p>DOH Website</p> <p>COVID-19 Parent and Caretaker Resources and Recommendations</p> <p>Find a Genetics Clinic</p> <p>Care-A-Van (immunizations, click on website and scroll down for a list of upcoming events)</p> <p>The Care-a-Van is a mobile health clinic that serves people across Washington state. We work closely with community partners and local health jurisdictions (LHJ) or departments to increase access to vaccine for priority communities.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p>	
<p>Department of Social and Health Services: Community Based Organizations (CBOs)</p>	<p>Community Based Organizations (CBOs) by Alphabet</p>	<p><a href="#">Click Here</a></p>	







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	<p>intervention and treatment services for families and their young children ages Birth to 5 who have experienced substantial stress and/or complex trauma. ECLIPSE services are included with ECEAP programming</p> <p><a href="#">Holding Hope</a> - Infant and Early Childhood Mental Health Consultation (IECMHC) services offered to <a href="#">Early Achievers</a> participants through Child Care Aware of Washington (CCA of WA).</p>	<p><a href="#">Holding Hope Flyer</a></p>	
<p>Financial Services &amp; Resources</p>	<p>Various financial resources/services</p>	<p><a href="#">SSI: Child Disability Report</a></p> <p><a href="#">Ben's Fund: Autism</a></p> <p><a href="#">United Healthcare Children's Foundation: Grants</a></p> <p><a href="#">NeedyMeds: Find help with the cost of medicine</a></p> <p><a href="#">Washington Autism Alliance &amp; Advocacy: Grants</a></p> <p><a href="#">HCA Premium payment program</a></p> <p><a href="#">Seattle Children's Hospital: Financial assistance</a></p> <p><a href="#">Sacred Heart Hospital: Financial assistance</a></p>	



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		<a href="#">MultiCare: Financial assistance</a>	
Find a Dentist & Other Providers	<p>DentistLink helps everyone. Whether you have insurance, including Apple Health, or not. Get connected to a Washington state dentist for the dental care you need to be healthy</p> <p>Find a Provider search tool: This is a directory of providers who have registered as accepting new Apple Health clients. If a provider is no longer accepting Apple Health—but has not updated their information—they may appear in the directory.</p>	<p><a href="#">DentistLink</a></p> <p><a href="#">Find a Provider Search Tool</a></p>	Dental: Need immediate assistance? Call 844-888-5465 to reach one of our referral specialists directly.
Foster Family Program: Washington State Parks	<p>Offered to Washington State residents who provide in-home care to children experiencing foster care.</p> <p>Program Benefits:</p> <ul style="list-style-type: none"> <li>• Free camping (1 site per night).</li> <li>• Free day-use entry in Washington state parks.</li> </ul> <p>Starting June 1, 2023, foster and kinship caregivers can directly apply for a pass from Parks and, if approved, receive a physical Foster Family pass card.</p>	<p><a href="#">Click Here</a></p> <p>Foster parents and kinship caregivers can apply by completing Foster Family Application Form P&amp;R A-474 or emailing <a href="mailto:infocent@parks.wa.gov">infocent@parks.wa.gov</a></p>	Ask questions or request assistance by contacting the State Parks information center at 360-902-8844 or <a href="mailto:infocent@parks.wa.gov">infocent@parks.wa.gov</a>



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	Additionally, Parks is extending the program to informal kinship caregivers. The physical pass will ease the reservation process and provide proof of eligibility to Parks staff including rangers.		
Foster Parent Alliance of WA State	<p>This page has resources which include toll-free hotline number where Caregivers can talk to veteran caregiver, support group information and more</p> <p>Today FPAWS is a support and advocacy organization representing adoptive/foster/kinship and birth parent voices at the Regional, State and National levels.</p>	<a href="#">Click Here</a>	<p>24/7 Support Hotline 1-800-391-CARE (2273)</p> <p>Email: fpaws@fpaws.org</p>
Free Haircuts & More Southpaw Barber Shop & Friends of Southpaw	<p>Southpaw Barber Shop is offering free services like haircuts to Foster Kids! (please note that the whole barber shop is participating in the free haircuts for foster kids and it does not have to be on a Sunday)</p> <p>From Southpaw Barber Shop, comes “Friends of Southpaw”, a coalition of businesses who support Foster Kids and Foster Families since 2023.</p> <p>Friends of Southpaw was started by the owner of Southpaw Barbershop LLC in West Seattle. He has been offering free haircuts to foster families for years, but was inspired by the distances that foster families drove to get to West Seattle to start a collaboration of</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Search for Services</a> (through Friends of Southpaw)</p>	<p>Call Southpaw Barber Shop at: 512-595-9545 or email at: <a href="mailto:southpawbarbershop206@gmail.com">southpawbarbershop206@gmail.com</a></p>



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<p>Rain City Barbershop</p>	<p>venues who could provide services throughout the region. This great cause spread and now is open to any children's services.</p> <p>Rain City Barbershop offers free haircuts for those in foster care on Sundays. Call or email to schedule!</p>	<p><a href="#">Click Here</a></p>	<p>Call: <a href="tel:2065356658">(206) 535-6658</a>  Email: <a href="mailto:ceo@percythebarber.com">ceo@percythebarber.com</a></p>
<p>Mattice Beauty Supply: Hair care tips and kits</p>	<p>Sometimes when a child of color enters the foster system, it is hard to find ways on how to manage their hair, especially children of color. Mattice's hair tips and kits will provide details on how to upkeep hair as well as simple hairstyles for on the go or when to look your best.</p> <p>This kit is designed for either foster children of color or their adoptive parents who have no knowledge on maintaining black hair.</p> <p>Any foster youth former or current living in the area of Pierce County or Puget Sound County are able to receive free hair care kits and tips, when kits are available (please call to make sure)</p>	<p><a href="#">Click Here</a></p>	<p>For more information, please contacting Mattice Beauty Supply at (253) 327-1147 or <a href="mailto:mattice@matticebeautysupply.com">mattice@matticebeautysupply.com</a></p>



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Free or Reduced Price  
Museums, Aquariums and  
More

Websites that have free or reduced price  
museums, aquariums and other activities

Did you know that iFoster also partners with  
local and national resources and  
organizations to offer discounted rates for  
theme parks and other activities. See our  
iFoster section or call 1-855-936-7837

Some examples include:

- Wild Waves Theme Park Discount
- Low Cost Movie Tickets
- Discount Baseball Tickets
- Discount and/or Free museum and arts center
- And More!

Some local YMCAs also offer free  
memberships or discounts for kids/youth in  
foster care, call your local YMCA to find out  
if they offer this!

## [Museums for All](#)

(Through Museums for All, those  
receiving food assistance (SNAP  
benefits) can gain free or reduced  
admission to more than 1,000  
museums throughout the United  
States simply by presenting their EBT  
card and a photo ID. Search below by  
museum name or state to find a  
participating museum near you!)

[Pacific Science Center](#) (*Unlimited  
free admission to PacSci's permanent  
exhibits for youth under the age of 14  
plus any caregiver of a youth  
experiencing homelessness and any  
youth (14-21) in foster care or  
experiencing homelessness*)

[Seattle Aquarium](#) (*In partnership with  
the Washington State Department of  
Social and Health Services and Child,  
Youth & Family Services,  
complimentary one-time-use  
admission tickets and discounted  
annual memberships are available to  
qualifying foster and kinship  
families.*)

[Click Here](#)

[Click Here](#)



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		<a href="#">Click Here (Chance 4 Kids)</a>	
		<a href="#">Click Here</a> <a href="#">Click Here</a>	
Go Ask Alice	Alice! is not one person, but a team. The Go Ask Alice! site is supported by a team of Columbia University health promotion specialists, health care providers, and other health professionals, along with a staff of information and research specialists and writers. Our team members have advanced degrees in public health, health education, medicine, counseling, and a number of other relevant fields.		
Hands & Voices	It's a parent organization dedicated to supporting families of children who are deaf or hard of hearing (DHH) — including those who are deaf-blind — from birth through high school.	<a href="#">Click Here</a> <a href="#">Click Here for locator/chapters</a>	
HEAL UW	HEALWA assures affordable, anytime, online access to current, authoritative clinical information and educational resources to eligible health care practitioners in Washington State. We do this in partnership with the Washington State Department of Health.  Some information/ resources you might find: <ul style="list-style-type: none"> <li>• Information on diseases</li> <li>• Information and videos on skills</li> <li>• Competencies</li> <li>• Drug information</li> </ul>	<a href="#">Click Here</a> <a href="#">Click Here for a list of eligible professions</a>	



# The Resource Guide



	<ul style="list-style-type: none"> <li>• Toolkits</li> <li>• E-Books/ Journals</li> <li>• Continuing education</li> <li>• Resource Database</li> <li>• And More</li> </ul>		
Health Home	<p>Health Home seek to address complex health issues by offering:</p> <ul style="list-style-type: none"> <li>• Comprehensive care management;</li> <li>• Care coordination;</li> <li>• Health promotion;</li> <li>• Comprehensive transitional care and follow-up;</li> <li>• Individual and family support; and</li> <li>• Referrals for community and social services support.</li> </ul>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here (flyer)</a></p>	
Hearing Aids: Over-The-Counter	<p>For people 18 years and older with mild-to-moderate hearing loss, you can now buy hearing aids at a store or online without a prescription, exam, or audiologist fitting.</p> <p>Some retailers may include:</p> <ul style="list-style-type: none"> <li>• Walgreens</li> <li>• CVS</li> <li>• Walmart &amp; Sam’s Club</li> <li>• Best Buy</li> <li>• Hy-Vee</li> </ul>	<p><a href="#">Click Here</a></p>	
Help Me Grown (Part of Within Reach)	<p>Across the nation, Help Me Grow offers families seamless access to community services and supports so they can easily connect to the resources they need, when they need them.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Plan of Safe Care (Click Here)</a></p> <p><a href="#">Flyers &amp; Materials</a></p>	



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	The Help Me Grow Washington network represents a growing, powerful coalition of communities and individuals invested in building an organized system of community resources to help children grow up healthy.		
HeyPeers	<p>Meetings: Join your peers in this rapidly growing Community. This site has group meetings, 1 on 1 coaching and “HeyPeers Certified” meetings.</p> <p>Meetings could include:</p> <ul style="list-style-type: none"> <li>• Caregiver</li> <li>• Parenting</li> <li>• Brain Injury</li> <li>• Grief and Loss</li> <li>• Substance Use</li> <li>• Anxiety, Depression, Bipolar</li> <li>• Chronic Illness</li> <li>• And More</li> </ul>	<a href="#">Click Here</a>	
Indian * County ECHO	<p>Tell your Provider about this FREE service:</p> <p><a href="#">Indian Country ECHO</a> is now offering FREE one-on-one, confidential consultations with our faculty for clinicians, healthcare providers, and others involved in wellness care delivery for Indigenous Two Spirit, Indigiqueer, trans, or gender-diverse patients. Clinicians can request a consultation focused on medical, behavioral health, or cultural questions (or a mix of these) on de-identified cases (please do not</p>	<p><a href="#">Click Here</a></p> <p><a href="#">List of ECHO Programs</a></p> <ul style="list-style-type: none"> <li>• Child &amp; Adolescent Mental Health</li> <li>• Diabetes</li> <li>• Oral Health</li> <li>• Trans &amp; Gender Affirming Care</li> <li>• Substance Use Disorder</li> <li>• Cardiology</li> <li>• And more!</li> </ul>	





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	<p>share Protected Health Information (PHI). Experts including community members, MDs, and licensed professional counselors will respond to your request within 2 business days.</p>		
<p>Information on Medical Conditions, Medications, Rare Diseases and more!</p>	<p>Information from credible resources on medical conditions, medications, rare diseases, videos and more!</p>	<ul style="list-style-type: none"> <li>• <a href="#">Seattle Children’s Hospital “Conditions Search”</a></li> <li>• <a href="#">Rare Diseases (Information)</a></li> <li>• <a href="#">Mayo Clinic Diseases and Conditions</a></li> <li>• <a href="#">Mayo Clinic Drugs and Supplements</a></li> <li>• <a href="#">Up-To-Date “Patient Education Topics”</a></li> <li>• <a href="#">CDC</a></li> <li>• <a href="#">CDC Easy to Read Immunization Schedule</a></li> <li>• <a href="#">Bright Futures (American Academy of Pediatrics)</a></li> <li>• <a href="#">Recommendations for Preventive Pediatric Health Care (Bright Futures)</a></li> <li>• <a href="#">Healthy Children from American Academy of Pediatrics</a></li> <li>• <a href="#">Department of Health (DOH)</a></li> <li>• <a href="#">DOH School and Child Care Immunization</a></li> </ul>	



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		<ul style="list-style-type: none"> <li>○ <a href="#">Information for Families</a></li> <li>• <a href="#">More resources, programs, education and support can also be found through your local Health Department</a> <ul style="list-style-type: none"> <li>○ <a href="#">Childhood vaccinations: A Toolkit for Child Care and Early Learning Providers in Washington State</a></li> </ul> </li> <li>• <a href="#">Krames Online: Health Sheets, Medications, Health Videos and More (Coordinated Care)</a></li> </ul>	
Informing Families, Today and Tomorrow	Supporting real lives across the life course  Resources for age groups: 0-3, 3-6, 6-14, 14-21 and on. Variety of resources and topics: Autism, assistive technology, Caregiver alerts, community guide map, DDA, Mental Health and more!	<a href="#">Click Here</a>  <a href="#">Resources</a>	
Kinship Care	As a grandparent, other relative, or family friend raising children you are a kinship caregiver. In Washington state, there are services for kinship caregivers and their families.	<a href="#">Click Here</a>  <a href="#">Click Here</a>	
Kinship Care (LAARK)	LAARK provides legal advice to kinship caregivers in Washington on matters related	<a href="#">Click Here</a>	



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	to the children in their care. Topics include minor guardianship, the child welfare system, education, housing, and public benefits		
Lummi Tribe, Sche'lang'en Village Lummi Nation Housing Authority	The Sche'lang'en Village provides 45 units where those seeking a transformational change can access a convenient “wrap-around” array of housing, educational, social, and health services, including behavioral health services such as medication assisted treatment.	<a href="#">Click Here</a>	
Maxillofacial Review Boards (MFRBS)	Located in reach region in Washington and serve as a multidisciplinary team for infants and children born with oral facial anomalies like cleft lip and cleft palate. Each team has a nurse that serves as the team coordinator and supports families to schedule children for team review, facilitate visits as necessary, and summarize information and recommendations prior to the MFRB team review.	<a href="#">Click Here</a>	
Medication Safety and Disposal	Various websites and resources on medication safety and disposal	<ul style="list-style-type: none"> <li>• <a href="#">Med-Project: Medication Education, Safe Storage, Mail-Back Medication Disposal &amp; More!</a></li> <li>• <a href="#">Take Back Your Meds: Drop-Box Locator</a></li> <li>• <a href="#">Department of Health: Safe Medication Return</a></li> </ul>	You can locate the nearest drop-off site <a href="#">online</a> or by calling, toll-free, 844-482-5322 (844-4-TAKE-BACK), TTY 71



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		<ul style="list-style-type: none"> <li>• <a href="#">Seattle Children’s Hospital: Safe Medicine Storage and Disposal to Prevent Misuse</a></li> <li>• <a href="#">Up and Away: Medication Safe Storage, Education and Resources</a></li> <li>• <a href="#">CDC: Medication Safety Program &amp; More</a></li> <li>• <a href="#">U.S Department of Justice: Controlled Substance Public Disposal Locations- Search Utility</a></li> <li>• <a href="#">Safe.Pharmacy: Drug Disposal (Locator Tool for permanent drug disposal boxes in your area)</a></li> </ul>	
Monkeypox virus (MPV)	People across Washington can now call 1-833-829-HELP for the latest information on Monkeypox virus (MPV). This call center is an expansion of DOH’s efforts to expand information to Washingtonians	<p><a href="#">Click Here (DOH)</a></p> <p><a href="#">DOH Monkeypox</a></p> <p><a href="#">CDC Monkeypox</a></p> <p><a href="#">CDC Schools &amp; Child Care</a></p>	Call 1-833-829-HELP
MultiCare Mary Bridge Children’s	Mary Bridge Children's Hospital & Health Network provides comprehensive care for children throughout Western Washington and across the Pacific Northwest. Our programs and services include pediatricians	<a href="#">Click Here</a>	



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for your child's day-to-day health, as well as doctors with advanced training in a wide range of medical and surgical specialties focused on the unique needs of children.

**Complex Primary Care**  
For some families, coordinating multiple pediatric specialists for your child’s complex conditions — combined with medical equipment and hospital stays — requires a dedicated team to provide the best care possible. At Mary Bridge Children’s, we understand how challenging this can be for families. We have a specialized pediatric primary care team that manages and coordinates care for children who have complex medical needs. Our team includes pediatricians, a nurse care manager, a care coordinator, a clinic nurse as well as other clinical and social support.

We are the primary “medical home” for children in our program and work closely with your child’s specialists, community, home health and school teams.

[Click Here](#)

Please call 253-403-7380 to inquire about a child’s eligibility for Complex Primary Care. We will let you know if our providers have openings, as sometimes they are closed to new patients. If we are not accepting new patients and you remain interested, please call back every three months to check on availability.

Music Therapy

What is music therapy:

- “[Music therapy](#) draws on the power of music in a therapeutic relationship to manage a range of conditions and improve your quality of life. A music

Helpful websites that explain more about Music Therapy, the benefits and how to get this therapy for an infant/child/youth:



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- |  |  |   |  |
|--|--|---|--|
|  | <p>therapist tailors sessions to your needs”</p> <ul style="list-style-type: none"><li>• “<a href="#">Music therapy</a> is an established health profession that uses the effects of music to achieve non-musical treatment goals”</li><li>• How can Music Therapy be accessed:<ul style="list-style-type: none"><li>○ Can be part of an infant’s IFSP</li><li>○ Can be part of the child’s/youth’s IEP</li><li>○ Can also be part of an infant/child/youth’s outpatient therapy</li></ul></li><li>• How does it help:<ul style="list-style-type: none"><li>○ Improving behavior, self-regulation, and coping skills</li><li>○ Decrease agitation</li><li>○ Improve receptive and expressive language</li><li>○ <a href="#">And much more!</a></li></ul></li><li>• How do I know if an infant/child/youth would benefit from <a href="#">Music Therapy</a>:<ul style="list-style-type: none"><li>○ They love and respond to music</li><li>○ Interest and enjoyment of music</li><li>○ Higher social engagement when music is involved</li><li>○ Expressing one’s emotions and self through music</li></ul></li></ul> | <ul style="list-style-type: none"><li>• <a href="#">American Music Therapy Association, Inc.: Music Therapy in Special Education</a></li><li>• <a href="#">Earth Tones: How to Get Music Therapy on an IEP: A Child’s Legal Right (Part 1)</a><ul style="list-style-type: none"><li>○ <a href="#">Earth Tones: How to Get Music Therapy on an IEP: A Child’s Legal Right (Part 2)</a></li><li>○ <a href="#">Music Therapy Assessment Request for Student on an IEP</a></li></ul></li><li>• <a href="#">Developing Your Child’s IEP</a></li><li>• <a href="#">Music Therapy Can Be Included as an Early Intervention Service</a></li><li>• <a href="#">Find a Music Therapist in your area</a></li><li>• <a href="#">Art and Music Therapy at Seattle Children’s Hospital</a></li><li>• <a href="#">Art and Music Therapy at Providence Sacred Heart Children’s Hospital</a></li></ul> |  |
|--|--|---|--|



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	<ul style="list-style-type: none"><li>○ Calming to music when distressed</li><li>○ Increased motivation to complete activities when music is involved</li><li>● How do I get Music Therapy for an infant/child/youth:<ul style="list-style-type: none"><li>○ Music Therapy can be part of an IEP and/or IFSP<ul style="list-style-type: none"><li>▪ Ask the School District or ESIT/Birth to Three Program to do an evaluation/assessment</li></ul></li><li>○ Music Therapy can also be done as outpatient therapy through a hospital, clinic or by a therapist that has their own practice<ul style="list-style-type: none"><li>▪ You may need to get a referral from the infant/child/youth's PCP</li></ul></li></ul></li></ul>		
MyLifePlan	It's a tool to help you create a vision that's based on strengths, skills and interests, and to set goals and identify supports to make that vision a reality. You can share your plan with anyone who is a helpful person in your life Ages: 0-62+	<a href="#">Click Here</a>	



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	The Person Centered Planning Guide is for anyone who is a client of the Developmental Disabilities Administration (DDA). You don't need to be receiving a paid service in order to use this tool.		
National Clinician Consultation Center	<p>Tell your Provider about this FREE resource!</p> <p>The National Clinician Consultation Center is a free telephone advice service for clinicians, by clinicians.</p>	<p><a href="#">Click Here</a></p> <ul style="list-style-type: none"> <li>• HIV/AIDS Warmline: 800-933-3413</li> <li>• Hepatitis C Warmline: 844-HEP-INFO or 844-437-4636</li> <li>• PrEPline: 855-HIV-PrEP or 855-448-7737 (HIV Pre-exposure prophylaxis)</li> <li>• Perinatal HIV Hotline: 888-448-8765</li> <li>• Substance Use Warmline: 855-300-3595</li> <li>• PEPLINE: 888-448-4911 (Occupational &amp; nonoccupational exposure management)</li> </ul>	
NFPA National Foster Parent Association	Is a non-profit organization established in 1972 to address the concerns of several independent groups of foster parents and child welfare professionals to provide foster families with opportunities for advocacy, networking, and education	<a href="#">Click Here</a>	
National Institutes of Health (NIH)	NIH STEM Teaching Resources	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p>	





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Neurodevelopmental Centers of Excellence (NDCs)	The Neurodevelopmental Centers of Washington are a group of 19 community non-profit and hospital-based agencies who provide therapy and related services to young children with neuromuscular or developmental disorders. The centers are located across the state, each one meeting needs specific to its community.	<a href="#">Click Here</a>  <a href="#">Children and Youth with Special Health Care Needs (CYSHCN) Non-Profit Development Center and Support Staff</a>	
Nutrition Network	Our project supports nutrition services for children and youth with special health care needs (CYSHCN) and their families in Washington State.  Registered dietitian nutritionists, nurses, primary care providers, occupational therapists, physical therapists, speech therapists, educators, social workers, and others working with the pediatric special needs population will find useful information, available services, resources, publications, and links to related websites.	<a href="#">Click Here</a>	
Out2Enroll (Out 2 Enroll)	Out2Enroll is a national initiative launched in September 2013 to connect our communities—LGBTQ people and our families, friends, and allies—with the new health insurance coverage options available under the Affordable Care Act.	<a href="#">Click Here</a>	
Out of State Immunizations & Immunization Translation (VaxRef)	Resources for obtaining out of state immunizations	<a href="#">Click Here</a>  <a href="#">Immunization Translation</a>	



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	Need immunizations translated into English? An application by the Department of Minnesota Can help!	<a href="#">More Immunization Translation</a> (select the language in the drop down, under “Choose Language”)	
Palouse Resource Guide	Online Resource Guide database, you can also search by category	<a href="#">Click Here</a>	
Pandemic Child Care Resources	Key child care resources available for Washington state families	<a href="#">Click Here</a>	
Parents As Teachers	Parents as Teachers builds strong communities, thriving families and children who are healthy, safe and ready to learn by matching parents and caregivers with trained professionals who make regular personal home visits during a child’s earliest years in life, from prenatal through kindergarten	<a href="#">Click Here</a>  <a href="#">Program Locator</a>	
Parent Support Program	Families often express how helpful it is to talk with another caregiver who has had similar experiences. Seattle Children’s Parent Support Program is here to connect you with a support caregiver who has been where you are.	<a href="#">Click Here</a>	
Parent Trust	The Family Help Line is a toll-free number from anywhere in Washington State, available to parents, caregivers, and anyone who has an interest or questions about a child in their community. We can help you find resources, parenting classes, community events. We are also here to talk and problem solve with you.	<a href="#">Click Here</a>  <a href="#">Child &amp; Teen Services</a>  <a href="#">Search for Services/Resources</a>	1-800-932-HOPE (4673)
PAVE	PAVE provides support, training, information and resources to empower and give voice to individuals, youth and families impacted by disabilities.	<a href="#">Click Here</a>	



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Peace NW	<p>PEACE NW was incorporated as a 501(c)(3) Non-Profit organization in April of 2016. To create, nurture and build an organization that honored best practices regarding services and supports focused on individuals with intellectual &amp;/or developmental disabilities (I/DD) and their families. PEACE NW provides this through a variety of ways, including but not limited to:</p> <ul style="list-style-type: none"> <li>• System Navigation and connection</li> <li>• Planning and development – home life, work and community</li> <li>• School to Work preparation, planning and development</li> <li>• Leadership Development for families <ul style="list-style-type: none"> <li>• Intervention, education and enlightenment regarding the current service delivery system</li> <li>• Leading, commenting on and building improvements in communication between the essential individual parties, agencies and providers involved in the service delivery process</li> </ul> </li> <li>• Fostering a process of supporting parents, families and grass roots groups in improving inclusive and natural supports in their communities</li> </ul>	<a href="#">Click Here</a>	
Project ID Spokane	Project id is a nonprofit organization established to provide recreation, socialization, work, personal development, and transitional opportunities to adults with	<a href="#">Click Here</a>	



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	<p>intellectual and developmental disabilities in Spokane County. Based on a unique combination of faith, business, mental health, and sports principles, our goal is to build a vibrant and thriving community of people with intellectual and developmental disabilities. We aim to provide education, life enhancing experiences, and treatment support for people with intellectual and developmental disabilities in a safe and nurturing environment.</p>		
School and Medical Autism Review Team (SMART)	<p>SMART is a model that builds on and expands community capacity in rural and underserved communities that do not have access to a local multidisciplinary diagnostic center.</p>	<a href="#">Click Here</a>	
Seattle Children’s Hospital (SCH): Access Dashboard	<p>Tell your Provider or Specialist about this!</p> <p>The new <a href="#">Access Dashboard</a> provides visibility into Seattle Children’s ambulatory clinics’ wait times. Page 1 lists wait times by specialty. Page 2 lists conditions or symptoms considered urgent for scheduling purposes.</p> <p>The Access Dashboard can help community providers make decisions about referring to Seattle Children’s versus referring elsewhere or managing a patient in their medical home.</p>	<a href="#">Click Here</a>	
SCH: Programs & Classes	<p>Some of the various programs &amp; Classes that SCH offer</p>	<p><a href="#">Autism Center</a></p> <p><a href="#">Cerebral Palsy Program</a></p>	



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	<p><a href="#">All Clinics &amp; Programs offered at SCH</a></p> <p><a href="#">List of all Classes &amp; Community Events</a></p>	<p><a href="#">More on the Cerebral Palsy Program</a></p> <p><a href="#">Epilepsy Program</a></p> <p><a href="#">Gender Clinic</a></p> <p><a href="#">Genetics</a></p> <p><a href="#">Neurodevelopmental Program</a></p>	
SCH Support groups	<p>A variety of support groups and gatherings take place at Seattle Children's to help families connect with others who share similar challenges and joys in the care of their children with ongoing health needs.</p> <p><u>Sponsored groups</u> are organized and facilitated by hospital staff or staff/family/community partnerships.</p> <p><u>Hosted groups</u> are organized and facilitated by volunteer family leaders or community organizations.</p>	<p><a href="#">Click Here</a></p>	
SCH: The Chat	<p>The world around us is changing, and the Seattle Children's sponsored Great Conversations programs are all about changes in bodies, emotions, and relationships during puberty. You are in the right place.</p> <p>We believe families are the best place for conversations about puberty, sex, and other growing-up topics. We also know it can be</p>	<p><a href="#">Click Here</a></p>	



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	<p>helpful to have expert resources along the journey.</p> <p>We hope you will join us for this new adventure online, The Chat.</p> <ul style="list-style-type: none"> <li>• The Chat is a series of 5 live, online workshops run by a sexual health expert and a person who can help with tech issues. Each Class is 35-45 minutes, followed by time to answer your questions – they can be anonymous if you like. Our 5-part series is the same content as our in-person class.</li> <li>• The Chat is for 9 to 12-year-olds and a trusted grown-up who attend all 5 workshops together. All families, genders, and sexualities are welcome.</li> <li>• Scholarship funds are available upon request</li> </ul>		
SCH: Transportation Team	<p>Seattle Children’s award-winning pediatric and neonatal transport team is the only team in our five-state region providing critical care transport that is dedicated 100% to kids. Seattle Children’s will transport babies from rural and underserved areas to either one of our locations or to another physician-designated care facility.</p>	<a href="#">Click Here</a>	
Seattle Derby Brats	<p>Seattle Derby Brats is committed to every skater. We won’t ever turn a skater away due to a lack of financial means. About 10% of skaters receive need-based scholarships. SDB has also covered additional costs to</p>	<p><a href="#">Click Here</a></p> <p><a href="#">New Skater Camp</a></p>	



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	<p>ensure that finances are never a barrier to participation.</p> <p>Seattle Derby Brats is the premiere Seattle area junior roller derby league for skaters ages 8-18. We strive to create a safe, fun, and positive environment where skaters can be athletic, increase their self-confidence, obtain new friendships, and be both self-empowered &amp; self-expressive. This is where skaters learn teamwork, good values, discipline, confidence, interaction, and stewardship through the competitive sport of Northwest Competitive Flat Track Junior Roller Derby.</p> <p>Seattle Derby Brats empowers girls and gender expansive individuals to be strong, healthy and confident. We do this through a supportive, inclusive community teaching junior roller derby. Seattle Derby Brats has a philosophy that is designed to instill positive ideals, and help young skaters realize their own potential.</p>		
Sensory Tool House (located in Lacey, WA)	<p>Our products and services specifically support those who are neurodivergent and/or have a disability. Products have specific calming, regulating or learning qualities. You can feel the material, try on vests, test out sensory swings, and see if the tool is right for you!</p>	<p><a href="#">Click Here</a></p>	



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	<p>We also carry adaptive devices, adaptive technology and ergonomic equipment that can help support those with disabilities, and many others.</p> <p>Resources:</p> <ul style="list-style-type: none"> <li>• Sensory Room</li> <li>• Community Room</li> <li>• Store</li> </ul>		
Shayla's List	<p>A menu of resources to support individuals with intellectual and developmental disabilities (IDDs)</p> <p>Example of resources:</p> <ul style="list-style-type: none"> <li>• Prescription for diapers</li> <li>• Diagnosis based assistance program</li> <li>• Telecommunication equipment distribution program</li> </ul>	<a href="#">Click Here</a>	
Sibling Support Project	<p>Founded in 1990, the Sibling Support Project is the first national program dedicated to the life-long and ever-changing concerns of millions of brothers and sisters of people with special health, developmental, and mental health concerns. We are proud to be a program of Kindering.</p> <p>Our work spans books and publications, online communities for teen and adult siblings, and workshops and training. We are best known for helping local communities start Sibshops—lively peer support groups for school-age brothers and sisters of kids with disabilities and health concerns.</p>	<a href="#">Click Here</a>	





# The Resource Guide



## Single Entry Access To Services (SEAS) Program

The Single Entry Access to Services (SEAS) Program supports families and professionals in Whatcom County to find the resources they need.

If you have a child up to 21 years old, or are working with a family who does, our Family Resource Navigators can help you navigate programs and services.

General Interdisciplinary Developmental Evaluation System (GIDES): GIDES is an evaluation service for young children in Whatcom County. At first, GIDES is focusing on children who may have autism.

- The family meets with the GIDES care coordinator and nurse practitioner to talk about the child's health and developmental history and to give other information, as needed.
- When GIDES finds that the child should have a specialist's evaluation, (such as an autism evaluation with Dr. Afridi), GIDES gives the specialist a thorough report, including records that GIDES has gathered from the child's previous evaluations.
- The family receives care coordination to help them find recommended treatment services, no matter what

[Click Here](#)

[Click Here](#)

SEAS Navigator Line:  
(360)715-7485

Referral Fax Line:  
(360)676-6729 seas@oppco.org



# The Resource Guide



	<p>the child’s final diagnosis is found to be.</p> <p>Whatcom ABA Provider Matrix <a href="#">Click Here</a></p>		
<p>Summer Meals (free) Washington Office of Superintendent of Public Instruction</p>	<p>Every year, the federally funded Summer Food Service Program (SFSP) provides nutritious meals to children living in identified areas of high need. The program is available now (June) through the end of August.</p>	<p>Resources in English to find a Summer Meals site near you:</p> <ul style="list-style-type: none"> <li>• Call 1–866–3-HUNGRY (1–866–348–6479)</li> <li>• Text “Food” to 304–304</li> <li>• <a href="#">Find summer meals sites online</a></li> </ul> <p>Resources in Spanish to find a Summer Meals site near you:</p> <ul style="list-style-type: none"> <li>• Call 1–877–8-HAMBRE (1–877–842–6273)</li> <li>• Text “Comida” to 304–304</li> <li>• <a href="#">Find summer meals sites online</a></li> </ul>	<p>For more information, please contact the Child Nutrition Services department within the Office of Superintendent of Public Instruction at 360–725–6200 or email <a href="mailto:summermeals@k12.wa.us">summermeals@k12.wa.us</a>.</p>
<p>TeamChild</p>	<p>TeamChild upholds the rights of youth involved, or at risk of being involved, in the juvenile justice system to help them secure the education, healthcare, housing and other supports they need to achieve positive outcomes in their lives</p>	<p><a href="#">Click Here</a></p>	
<p>The Alliance for professional development, training and caregiver excellence</p>	<p>Through innovative and accessible training and supports, we empower those caring for and serving families and communities to provide anti-racist, culturally relevant, trauma-informed service.</p>	<p><a href="#">Click Here</a></p>	
<p>The Arc Washington State: Parent to Parent (P2P)</p>	<p>Since 1936, The Arc of Washington State has been a leader in the development of</p>	<p><a href="#">Click Here</a></p>	



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	<p>services and programs for people with intellectual and developmental disabilities of all ages and in providing support to their families.</p> <p>They have support groups such as:</p> <ul style="list-style-type: none"> <li>• Virtual Parent Support Meeting</li> <li>• Autism Parent Connect Meeting</li> <li>• Services Offered: <ul style="list-style-type: none"> <li>○ Emotional support for parents of children with special needs.</li> <li>○ Information and referrals to community resources</li> <li>○ Trained Helping Parents whose parenting experience match yours as closely as possible</li> <li>○ Social and recreational events</li> <li>○ Current information on disabilities, medical conditions and community resources</li> <li>○ Training for parents who would like to become Volunteer Helping Parents</li> <li>○ Public awareness and outreach to the community regarding individuals with special needs and/or disabilities</li> </ul> </li> </ul>		
<p>The Wishing Well Foundation: Pierce County</p>	<p>Our mission is to provide the clothing, supplies, and experiences unavailable to most foster kids and to retain quality foster homes in Pierce County by addressing financial barriers to accepting foster placements</p>	<p><a href="#">Click Here</a></p>	
<p>Ticket To Dream</p>	<p>We are dedicated to creating hope and opportunity for foster children across the</p>	<p><a href="#">Click Here</a></p>	<p>Phone: 916-292-9550 Monday-Friday (9am-5pm)</p>



# The Resource Guide



	<p>nation, so they can just be kids. To us, hope starts with having shoes and clothing that fit, lifting their self-esteem. School supplies and access to computers so they have the tools they need to succeed in school. Getting to experience the joy of a gift under the tree, a trip to the zoo or joining a sports team. It's ensuring they receive the life skills and job training, education support, and access to housing services upon aging out that allows them to heal and grow to reach their full potential.</p> <p>Programs/services include:</p> <ul style="list-style-type: none"> <li>• <a href="#">Essentials for foster kids</a> <ul style="list-style-type: none"> <li>• <a href="#">Take Flight</a></li> <li>• <a href="#">Go Play</a></li> </ul> </li> <li>• <a href="#">Laptops for Success</a></li> <li>• <a href="#">Ally for kids</a></li> <li>• <a href="#">Disaster Relief</a></li> </ul>	<p><a href="#">Search for non-profit partners/resources</a></p>	<p>Email: <a href="mailto:info@tickettodream.org">info@tickettodream.org</a></p>
<p>Traditional Tribal Foods</p>	<p>Washington State Farm to School Network</p> <p>Traditional Tribal Foods in Early Care and Education</p> <p>Department of Health (DOH)</p>	<p><a href="#">Farm to ECE: Tribal Traditional Foods and Foodways</a></p> <p><a href="#">Traditional Tribal Foods in Early Care and Education: Food Safety and Crediting Guide</a></p> <p><a href="#">Nutrition Services</a></p>	
<p>Transit (free transit) &amp; Ferries (medical loading preferential)</p>	<p>Kids ride free (age 18 and younger)! Public transit agencies drop youth fares thanks to</p>	<p><a href="#">Click Here</a></p>	



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	<p>Move Ahead Washington transportation package.</p> <p>The Move Ahead Washington transportation package created Transit Support Grants for agencies that implement a zero-fare program for riders 18 and under by Oct. 1. This will include free fare on Washington State Ferries vessels. The Washington State Department of Transportation has thus far received 21 free youth fare policies from the 32 transit systems in the state.</p> <p>Details vary. Young riders may contact their local transit agency for instructions to enjoy free ridership.</p> <p>Our Medical Preferential Load Program provides an exemption from the standard “first-come, first-served” policy when a customer has a medical condition that an extended wait on the dock would cause detrimental risks to their health.</p> <p>To qualify and enroll for preferential loading, customers must work with their health care provider to submit an application certifying the customer can travel without undue health risks but that waiting at the terminal would cause undue health risks.</p>	<p><a href="#">Click Here: ORCA Card (Free Transit)</a></p> <p><a href="#">Click Here</a></p>	
<p>UW Autism Center</p>	<p>Caring for autistic individuals and their families through exceptional clinical</p>	<p><a href="#">Click Here</a></p>	



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	<p>services, innovative scientific research and high-quality training.</p> <ul style="list-style-type: none"> <li>• Clinical Services: diagnosis, assessment, intervention services</li> <li>• Research</li> <li>• Training: high quality training for community professionals, caregivers and students</li> </ul>		
UW Pain & Opioid Provider Hotline	<p>Let your provider know about this resource: The University of Washington Pain and Opioid Provider Consultation Hotline is a free telephone consultation service for health care providers caring for patients with chronic pain issues. Any health care provider in Washington State can receive consultation and recommendations from a pharmacist or physician with specialized expertise in chronic pain care.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p>Providers can call: 844-520-7246 or 844-520-PAIN</p>	<p><a href="mailto:painhotline@uw.edu">painhotline@uw.edu</a></p>
Virginia Mason Franciscan Health: Down Syndrome Program	<p>The Down Syndrome Program at Virginia Mason is the first and only one of its kind in the Pacific Northwest. This unique program offers a wide range of services, including primary care for children and adults, health care maintenance, coordination of subspecialty needs, prenatal consultations and support through the entire life span.</p> <p>This program also provides consultative services and they can do medical reviews, the review will then be sent back to the patient’s Primary Care Provider.</p>	<p><a href="#">Click Here</a></p>	<p>Learn more about The Down Syndrome Program at Virginia Mason by calling our team at <a href="tel:425-557-8000">425-557-8000</a>.</p>



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	<p>Telehealth services are available.</p> <p>The Down Syndrome Program at Virginia Mason welcomes referrals from primary care physicians as well as parents and caregivers.</p>		
Vroom	<p>Vroom helps parents boost their child's learning during the time they already spend together. Vroom meets parents where they are, through the people they already trust and the places they already go.</p> <p>Add learning to mealtime, bathtime, bedtime, or anytime with 1,000+ fun, free activities.</p>	<a href="#">Click Here</a>	
WA 211 & Traumatic Brain Injury (TBI) Resources	<p>2-1-1 helps connect you to community resources statewide.</p> <p>It is also a great resource for people and families who experience traumatic brain injury (TBI).</p> <p>Some service categories include:</p> <ul style="list-style-type: none"> <li>• Employment</li> <li>• Disabilities</li> <li>• Health Care</li> <li>• Transportation</li> <li>• Food</li> <li>• Shelter/Housing</li> <li>• Education</li> <li>• And More!</li> </ul>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here for Video</a></p> <p><a href="#">TBI Resources and Workbook</a></p> <p><a href="#">UW Traumatic Brain Injury - Behavioral Health ECHO</a></p>	



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Wandering Prevention Resources	A research study confirmed what many parents know well: Wandering by children with autism is common, dangerous and puts tremendous stress on families. We also know that people with autism of all ages can have wandering tendencies. Review the resources and information to help you develop a multifaceted safety plan which includes wandering prevention strategies.	<a href="#">Click Here</a>	
Washington Able Savings Plan	A Washington State ABLE Savings Plan allows people with eligible disabilities to save for their everyday needs, invest in a tax-free account and prepare for the future without losing their state or federal benefits.	<a href="#">Click Here</a>	
Washington Assistive Technology Act Program (WATAP)	WATAP partners with local, regional, and national organizations to bring valuable services to Washington State residents. Once individuals have made a decision about the assistive technology that will work best for them, finding a way to obtain the device is the next step. These programs are available to Washington residents to help them acquire devices through nontraditional funding sources	<a href="#">Click Here</a>	
Washington Autism Alliance	We expand access to healthcare, education and services for people with autism and other intellectual and developmental disabilities in Washington State. Services include: <ul style="list-style-type: none"><li>• Family navigation</li><li>• Advocacy &amp; legal services</li><li>• Special education legal library</li></ul>	<a href="#">Click Here</a>	





# The Resource Guide



	<ul style="list-style-type: none"> <li>• Training workshops</li> <li>• Resource directory</li> <li>• Parent support group / Mental health counseling</li> <li>• Activities for adolescents to help transitioning into adulthood and independent living</li> <li>• And More!</li> </ul>		
Washington Communities for Children (WCFC)	<p>Washington Communities for Children (WCFC) is a network of coalitions dedicated to improving the well-being of children, families, and communities. WCFC is made up of 10 regions, each serving their respective counties. <a href="#">Find your region</a> to connect with people and organizations in your local community. There are also statewide WCFC Learning Networks. Learning networks foster opportunities for sharing, connecting, and collaborating across the state, with emphasis in the following areas:</p> <ul style="list-style-type: none"> <li>• Data</li> <li>• Child Care Voice</li> <li>• Equity</li> <li>• Family Voice</li> <li>• Health Provider Voice</li> <li>• Policy and Advocacy</li> <li>• Resource Navigation and Access</li> </ul>	<a href="#">Click Here</a>	
WA Office of Superintendent of Public Instruction	The Foster Care Program at OSPI supports students in foster care by encouraging innovative practices that reduce educational	<a href="#">Click Here</a>	



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	disruptions, strengthen school stability, and improve academic performance		
Washington Poison Center	Our specialists in poison information answer more than 138,000 calls a year from Washingtonians related to poisoning and toxic exposures. We are always here to help, 24/7/365.	<a href="#">Click Here</a> or call 800-222-1222  <a href="#">Health Resources &amp; Services Administration: English Videos</a>  <a href="#">Health Resources &amp; Services Administration: Spanish Videos</a>	
Washington State Drive-In WiFi Hotspots Location Finder	In response to the impacts of COVID-19, <i>Drive-In WiFi Hotspots</i> provide free temporary, emergency internet access for Washingtonians who do not have broadband service to their homes.	<a href="#">Click Here</a>	
Washington State Community Connectors (WSCC)	Connecting families across Washington state to resources, training, and support.  We are a family-driven community of support for caregivers of children with a range of behavioral health needs, including mental health and substance use, as well as other disabilities and challenges within the educational and judicial systems and more.	<a href="#">Click Here</a>  <a href="#">Resources</a>	E-mail: <a href="mailto:Contact@wscsupport.org">Contact@wscsupport.org</a>  Main phone: 253-251-2952
Washington State Fathers Network	A Powerful Voice for Fathers and Families of Children with a Disability or Special Health Care Need.  We do our work by connecting men with each other and with resources and information, by training men to tell their	<a href="#">Click Here</a>	



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	<p>story and advocate for change, and by working to promote inclusion.</p>		
<p>Washington State Medical Home Partnerships Project</p>	<p>Tell your Provider about this resource!</p> <p>This website brings together practical and current tools, strategies, and information designed to help physicians and other health care providers in Washington State care for children and youth with special health care needs and their families.</p>	<p><a href="#">Click Here</a></p> <p>Easy to Read Patient Materials: <a href="http://Familydoctor.org">Familydoctor.org</a></p> <p><a href="#">Medline Plus</a></p>	<p>For a list of WA State Refugee Coordinator and Health Coordinator: <a href="#">Click Here</a></p>
<p>Washington State Parks: ADA Recreation</p>	<p>The state of Washington has long been a leader in providing accessible outdoor recreation. From ADA-compliant campsites, to restrooms, trails and docks, Washington State Parks is committed to making outdoor recreation accessible to all people.</p> <p>The website also has an interactive map, which shows accessible options in WA State Parks.</p>	<p><a href="#">Click Here</a></p>	<p>Washington Relay Service: (800) 833-6388</p> <p>Reservations: (888) 226-7688</p> <p>Information Center: (360) 902-8844</p>
<p>Within Reach &amp; ParentHelp123</p>	<p>WithinReach is a private non-profit organization that has been connecting families and service providers to health and food programs, resources and information for over 24 years. We serve families and providers across Washington State and have a long standing public-private partnership with the Washington State Department of Health and the Department of Social and Health Services.</p> <p>Helps people across the state navigate complex health and social service systems.</p>	<p><a href="#">Click Here (Within Reach)</a></p> <p><a href="#">Click Here (Parent Help123)</a></p> <p><a href="#">Resource Finder</a></p> <p><a href="#">Benefits Finder</a></p> <p><a href="#">Flyers &amp; Materials</a></p> <p><a href="#">Immunity Community (Why Do We Vaccinate?)</a></p>	



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	With more than 6,000 resources in our database, we connect people every day to the community supports they need	<a href="#">Plan of Safe Care (Click Here)</a>	
Worth a Shot	Worth a Shot is a community effort to raise awareness about the COVID-19 vaccine, answer questions, and help build herd immunity.	<a href="#">Click Here</a>	

## Mental/Behavioral Health, Victim Support/Services, Substance Use Disorder Resources & Other Resources

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
A Common Voice	<p>We help families to cope with the special needs of their child by moving them through the process of acceptance.</p> <p>We promise to never let parents feel alone but to instead equip them with skills &amp; strategies. Every child has a unique purpose and we work to help find and nurture their purpose.</p>	<a href="#">Click Here</a>	
A Mindful State- Find Help. Connect. Help Others	The past years have had an impact on our mental and emotional health. This is a place for all of us to come together, share our stories, get some useful advice and help each other build resilience. A Mindful State	<a href="#">Click Here</a>	



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	is of, by and for the people of Washington State. Everyone is welcome here!		
Adolescent Opioid Use Disorder Learning Collaborative	<p>The goal of the monthly online learning collaborative is to help people talk to each other about adolescent Opioid Use Disorder (OUD). This on-going, highly interactive learning collaborative is designed to bring together people who are working with adolescents to support development of clinical skills and best practices. The sessions will be case-based and include time for consultation with the group.</p> <p>3rd Wednesday of every month October 2023-July 2024   12-1pm PST</p> <p>The collaborative will be a group-led experience with facilitation shared by Alexis Ball MD MPP, Addy Adwell RN and Paul Barry LICSW.</p>	<a href="#">Click Here to read the flyer and learn more!</a>	Ali Lenox at <a href="mailto:alilenox@uw.edu">alilenox@uw.edu</a>
American Academy of Child & Adolescent Psychiatry	<p>Suicide Resource Center</p> <p>List of All Resources (Mental/Behavioral Health, Substance Use...)</p>	<a href="#">Click Here</a>	
Anxiety & Depression Association of America (ADAA)	<p>Triumphing Through Science, Treatment, and Education</p> <p>Resources include:</p> <ul style="list-style-type: none"> <li>• Find your therapist</li> <li>• Types of therapy</li> <li>• Telemental health/ Providers</li> <li>• Peer-to-peer support communities</li> </ul>	<a href="#">Click Here</a>	



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	<ul style="list-style-type: none"> <li>• Webinars</li> <li>• Other resources/books/tips</li> </ul>		
API Chaya	<p>API Chaya believes in survivors. We are a survivor-led organization focused on serving survivors of sexual violence, human trafficking, and domestic violence from Pacific Islander, Native Hawaiian, Asian, and South Asian communities. To center those at the margins, we keep young people, faith-based communities, queer and Trans Black, Indigenous, and people of color, people with disabilities, and immigrants at our core.</p> <p>Culturally specific support services help survivors move from crisis to healing and thriving. Our free and confidential wraparound services include intensive case management, safety planning, emotional support, legal services, and therapy. Our advocates work closely with survivors to reach safety and independence.</p>	<a href="#">Click Here</a>	
Asian Counseling and Referral Service (ACRS)	<p>ACRS promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing and advocating for innovative, effective and efficient community-based multilingual and multicultural services. (King County and Surrounding)</p>	<a href="#">Click Here</a>	



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Asian Mental Health Collective (AMHC)	AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.	<a href="#">Click Here</a>	
Behavioral and Educational Skills Training (BEST)- Spokane WA	<p>BEST is a therapist led, hospital-based day treatment program that provides intensive therapeutic treatment for children 8-12 years old. The program is designed for children who have behavioral and emotional problems related to past trauma or mental health issues. The program works to individually meet the needs of the child while improving their relationships with family and friends and school performance. Attendance ranges two to five days per week, based on the needs of the child.</p> <p>We work closely with your family, local mental health providers, schools and other professionals to provide a program that meets the individual needs of your child. While enrolled, your child will work with professionals dedicated to their well-being, including a psychiatrist, registered nurse, licensed therapist, social worker and a Spokane Public School teacher.</p>	<a href="#">Click Here</a>	
Betterhelp	A paid online portal that provides access to mental health services, including online counseling, phone, and text communication.	<a href="#">Click Here</a>	



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BEAM (Black Emotional and Mental Health Collective)	Imagine a world where there are no barriers to Black healing. Together, we can heal through education, training, and advocacy. <ul style="list-style-type: none"> <li>• Training</li> <li>• Community Events</li> <li>• Peer Support</li> <li>• Grants</li> </ul>	<p><a href="#">Click Here</a></p> <p><a href="#">Get Help Now</a></p>	
Bullying Resources	Various resources to help stop bullying	<ul style="list-style-type: none"> <li>• <a href="#">StopBullying (stop bullying)</a></li> <li>• <a href="#">CyberBullying</a></li> <li>• <a href="#">WERNATIVE (We R Native) Bullying Prevention</a></li> <li>• <a href="#">Stomp Out Bullying (Help Chat Crisis Line)</a></li> </ul>	
CaRES Drop-In Discussion: Walking Through Grief	Alliance CaRES is hosting a drop-in discussion group for caregivers that walk through grief. <p>The group offers a safe place for caregivers to share their experiences, offer support to fellow caregivers, and talk about strategies to navigate the grief that comes with fostering.</p>	<p><a href="#">Click Here</a></p> <p>The group is held:  Fridays from noon to 1 p.m.  Zoom: 966 4600 6596  No registration is required  This group does not offer training hours</p>	For questions, email: <a href="mailto:srburres@uw.edu">srburres@uw.edu</a> or <a href="mailto:christa6@uw.edu">christa6@uw.edu</a>
Chance 4 Children	Foster Care Programs: BRS, receiving care, and respite care	<p><a href="#">Click Here</a></p>	
Childhelp National Child Abuse Hotline	If you are being hurt, know someone who might be hurting, or are afraid you might hurt another, call or text the Childhelp National Child Abuse Hotline. Your voice on the phone, your voice in text, or your	<p><a href="#">Click Here</a></p> <p>1-800-4-A-Child (422-4453)</p>	





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	online voice chatting with one of our professional crisis counselors will be a first step in breaking the silence and getting help.		
Child Mind Institute	<p>The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive.</p> <p>We're the leading independent nonprofit in children's mental health, operating three Mission Areas that work together for greater impact: Care, Education and Science.</p>	<a href="#">Click Here</a>	
Child Study and Treatment Center	The Child Study and Treatment Center is the only state-operated and funded psychiatric hospital for children and youth ages 5-17 who have psychological and safety needs that cannot be met in their communities.	<a href="#">Click Here</a>  <a href="#">Video</a>	
Children's Behavioral Health Statewide Family Network	<p>Projects Funded by this grant are:</p> <ul style="list-style-type: none"> <li>• Children's Behavioral Health Summit</li> <li>• Patent Training Weekend</li> <li>• Technical Assistance to FYSPRT's</li> <li>• Every other month Open Network Meetings</li> <li>• Every other month workgroup and committees project network meeting</li> </ul>	<a href="#">Click Here</a>	



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<p>Crime Victim Advocacy Network</p>	<p>We are a network of advocates working with those hurt or harmed by crime in Mason, Thurston, Lewis, Grays Harbor and Pacific Counties. We work to protect the rights and dignity of crime victims by providing them with support, referrals and advocacy in a compassionate, proactive and empowering manner.</p>	<p><a href="#">Click Here</a></p>	<p>Victim Helpline for Thurston County: 360-786-5601</p>
<p>DCYF</p>	<p>Support &amp; Resources including:</p> <ul style="list-style-type: none"> <li>• Crisis support lines for Foster Parents &amp; Kinship Caregivers</li> <li>• On-Going Support</li> <li>• Community Organizations</li> <li>• &amp; More</li> </ul> <p>Substance Use Prevention, Treatment, and Recovery Services</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p>	
<p>Department of Health (DOH)</p>	<p>Behavioral Health Resources and Recommendations (COVID-19 &amp; More)</p> <p>Behavioral Health Agencies</p> <p>Drug Overdose Prevention, Recognition, and Response</p> <p>Youth Suicide Prevention Resources</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p>	
<p>DSHS Victim/ Witness Notification Program</p>	<p>Who can enroll: Those who are victims, parent/guardian of a minor victim, or next of kin may qualify for this program.</p>	<p><a href="#">Click Here</a></p>	



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	<p>Assists victims and witnesses of sexual assault or violent crimes and tracks the location of the person who victimized them. Those who enroll in the program will remain in the program as long as the individual is under the supervision of DSHS.</p> <p>DSHS' program helps notify victims and witnesses when people who committed crimes against them are released, transferred or escape from a DSHS facility.</p>		
<p>Domestic Violence and Sexual Assault Resources</p>	<p>Various Resources and Supports</p> <p>*Please note there are other resources for domestic violence and sexual assault listed in this resource guide like information about RAINN</p>	<p><a href="#">CDC Sexual Violence Resources</a></p> <p><a href="#">DOH Sexual and Domestic Violence Resources</a></p> <p><a href="#">Healthline, Sexual Assault Resource Guide</a></p> <p><a href="#">Thurston County Victim Advocate</a></p> <p><a href="#">National Sexual Violence Resource Center (NSVRC)</a></p> <p><a href="#">Washington's Sexual Assault Kit Tracking System (Information)</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Click Here to sign in or create an account</a></li> </ul> <p><a href="#">WA "End the Backlog" Information</a></p>	



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Eating Disorders Resources and Supports	Various resources, supports and education	<p><a href="#"><u>National Center of Excellence for Eating Disorders (NCEED)</u></a></p> <p><a href="#"><u>National Alliance for Eating Disorders</u></a>(free clinician-led support groups/resources) <b>1 (866) 662-1235</b> (free helpline)</p> <p><a href="#"><u>National Association of Anorexia Nervosa and Associated Disorders</u></a> (support groups and mentorship program) 1-888-375-7767 (free helpline)</p> <p><a href="#"><u>Project HEAL</u></a> (free assessments, insurance navigation, treatment placement, cash assistance, meal support)</p> <p><a href="#"><u>Families Empowered And Supporting Treatment for Eating Disorders (FEAST)</u></a> (Global community offering support, education and empowerment to families of people affected by eating disorders)</p> <p><a href="#"><u>MEDA</u></a> (Dedicated to the prevention &amp; treatment of eating disorders- provide clinical services for</p>	



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		individuals and families, educational programs for the community and training for professionals)	
Forefront Suicide Prevention	Is a Center of Excellence at the University of Washington focused on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change, and restoring hope	<a href="#">Click Here</a> <a href="#">Click Here for: LEARN® Saves Lives Suicide Prevention Training for Parents/Caregivers</a>	
Freedom Network USA	Freedom Network USA is the nation’s largest coalition working to ensure that trafficked persons have access to justice, safety, and opportunity	<a href="#">Click Here</a>	
Get Smart About Drugs: A DEA Resource for Parents, Educators & Caregivers	Be Informed. Search for information about a drug and more <ul style="list-style-type: none"> <li>• <a href="#">Search</a></li> <li>• Trending Topics</li> <li>• News &amp; Headlines</li> <li>• Videos</li> <li>• Useful Links</li> <li>• <a href="#">Find Help</a></li> <li>• And More!</li> </ul>	<a href="#">Click Here</a>	
Harborview Foster Care Center of Excellence	The Harborview Foster Care Center of Excellence launched in October 2020. We work in partnership with caregivers and other providers to help foster children achieve their fullest potential. We are a trauma informed primary care medical home for children involved with the child welfare system. We provide entry	<a href="#">Click Here</a>	



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	<p>into care exams as well as routine primary care for children and their siblings. We also have a specialty foster care consultation clinic service to provide a comprehensive, evidence based plan to promote health and development of children in foster care.</p>		
<p>Harborview Injury Prevention &amp; Research Center: Opioid Overdose Prevention Toolkit</p>	<p>The toolkit includes videos and information for both teens and parents. Most importantly there's a unique section dedicated to how parents can initiate a conversation with their teens around opioid use</p>	<p><a href="#">Click Here</a></p>	
<p>HCA (Health Care Authority) Wraparound with Intensive Services (WISe)</p>	<p>Wraparound with Intensive Services (WISe) is an approach to helping children, youth, and their families with intensive mental health care. Services are available in home and community settings and offer a system of care based on the individualized need of the child or youth. WISe is a voluntary service that takes a team approach to support you and your family in meeting your goals.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Provider List (Fee-for-Service)</a></p> <p><a href="#">WISe: Information for Families</a></p> <p><a href="#">WISe: Information for Youth</a></p>	
<p>HCA</p>	<p>Various services, programs and supports through HCA</p>	<ul style="list-style-type: none"> <li>• <a href="#">Child and Youth Behavioral Health Services: Main Website</a></li> <li>• <a href="#">Mental Health Crisis Lines</a></li> <li>• <a href="#">Substance Use Treatment</a></li> <li>• <a href="#">Substance Use Disorder (SUD)</a></li> </ul>	



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- [Opioid overdose reversal medications information and more \(2SSB 5195\)](#)
- [Opioid Use Treatment](#)
- [WA State Opioid Treatment Program Guide](#)
- [Friends for Life \(Prevent Overdose\): Facts about fentanyl and how to use naloxone](#)
- [Substance use disorder prevention and mental health promotion](#)
- [Focus On \(preventing underage use of alcohol and marijuana\)](#)
- [Youth Substance Use Disorder Treatment Services \(outpatient or inpatient\)](#)
- [Children's Long-Term Inpatient Program \(CLIP\)](#)
- [Family Initiated Treatment](#)
- [First Episode Psychosis- New Journeys \(outpatient\)](#)
- [Intensive Outpatient \(IOP\) Partial Hospitalization Pilot](#)



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- [Mobile Response and Stabilization Services \(MRSS\)](#)
- [Mental Health Toolkit \(resources\)](#)
- [Children’s Long-Term Inpatient Program \(CLIP\)](#)
- [Early Signs of Psychosis & New Journeys \(program\)](#)
- [Services Supporting Youth & Young Adults \(Fentanyl & Opioids\)](#)
- [Residential Crisis Stabilization Program \(beginning 2024\)](#)
- [Youth Mental Health Toolkit \(resources\)](#)
- [Infant-Early Childhood Mental Health Services](#)
- [Prenatal, Child, and Young Adult Behavioral Health Services](#)
- [Services Supporting Youth & Young Adults: Fentanyl & Opioids](#)
- [Children and Youth Behavioral Health Work Group \(CYHWG\)](#)





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- [Family Youth System Partner Round Table \(FYSPRT\)](#)
- [The Center of Parent excellence \(COPE\) Project](#)
  - The COPE project is staffed by lead parent support specialists, hired for their lived experience as a parent/caregiver. If you are a Washington State parent/caregiver of a child/youth who may benefit from assistance accessing and navigating behavioral health services, please [contact your regional lead parent support specialist](#)
  - Youth Behavioral Health Navigators:
    - [Kid's Mental Health Southwest Washington](#)



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		<ul style="list-style-type: none"> <li>▪ <a href="#">Kid’s Mental Health Pierce County</a></li> <li>▪ <a href="#">Salish Behavioral Health Administrative Services Organization</a></li> </ul>	
Health Resources & Services Administration (HRSA)	<p>The National Maternal Mental Health Hotline provides 24/7, free, confidential support before, during, and after pregnancy. The Hotline offers callers:</p> <ul style="list-style-type: none"> <li>• Phone or text access to professional counselors</li> <li>• Real-time support and information</li> <li>• Response within a few minutes, 24 hours a day, 7 days a week</li> <li>• Resources</li> <li>• Referrals to local and telehealth providers and support groups</li> <li>• Culturally sensitive support</li> <li>• Counselors who speak English and Spanish</li> <li>• Interpreter services in 60 languages</li> </ul>	<a href="#">Click Here</a>	1-833-TLC-MAMA (1-833-852-6262) – National Maternal Mental Health Hotline
Human Trafficking	National Human Trafficking Hotline & WA State Resources	<a href="#">Click Here For More Information &amp; Live Chat Option</a>  <a href="#">Washington Anti-Trafficking Response Network (WARN)</a>	National Human Trafficking Hotline: 1-888-373-7888 or text 233733 or <a href="#">chat</a>



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		<a href="#">WA State Trafficking Help</a>	
Inclusive Therapists	<p>Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist. La forma mas Segura y sencilla de recibir terapia</p> <p>Care from a therapist who gets you Terapia con un profesional que te entiende Find a therapist that celebrates your identity</p> <p>Some services include:</p> <ul style="list-style-type: none"> <li>• Individual therapy</li> <li>• Family therapy</li> <li>• Therapy for children</li> <li>• Therapy for teens or adolescents</li> <li>• Medication management or prescription</li> <li>• Coaching</li> <li>• Virtual services or teletherapy</li> </ul>	<a href="#">Click Here</a>	
King County: Children’s Crisis Outreach Response System (CCORS) & Intensive Stabilization Services (ISS)	CCORS helps families achieve stability, helps prevent future crises, and helps children remain in their home	<a href="#">Click Here</a>	Access to CCORS is available through the Crisis Clinic at 206-461-3222 or 1-866-4CRISIS
King County: Crisis and Commitment Services (CCS)	King County Crisis and Commitment Services offers evaluation of people with behavioral health disorders for involuntary detention in psychiatric and secure	<a href="#">Click Here</a>	



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	<p>withdrawal facilities according to the State of Washington law. The law for adults is <a href="#">RCW 71.05</a>. For youth 13 through 17 years of age the law is <a href="#">RCW 71.34</a>.</p>	<p>Crisis and Commitment Services are available 24 hours a day, 365 days a year:</p> <ul style="list-style-type: none"> <li>• Phone: <a href="tel:206-263-9200">206-263-9200</a></li> <li>• Fax: 206-296-0582</li> </ul>	
King County Sexual Assault Resource Center	<p>Get free, confidential support-whenver you're ready. Prevention &amp; education, services, resources and more</p>	<p><a href="#">Click Here</a></p>	
Laced & Lethal: Talking to Teens about Fentanyl	<p>King County is facing an unprecedented rise in overdoses caused by fentanyl, an extremely deadly opioid that is often laced into pills and powders. This discussion guide is designed to help you talk with the teens around you about fentanyl in a way that empowers them to make safer choices.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p>	
LGBT National Help Center	<p>Whoever you are, wherever you are. You deserve support. You'll find it here.</p> <p>All of our support volunteers identify as part of the LGBTQIA+ family, and are here to serve the entire community, by providing free &amp; confidential peer-support, information, and local resources through national hotlines and online programs.</p>	<p><a href="#">Click Here</a></p> <p>LGBT National Hotline: 888-843-4564</p> <p>LGBT National Youth Talkline: 800-246-7743</p> <p>LGBT National Coming Out Support Hotline: 888-688-5428 (888-OUT-LGBT)</p>	



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		LGBT National Senior Hotline: 888-234-7243	
Mary Bridge Complex Primary Care	<p>For some families, coordinating multiple pediatric specialists for your child’s complex conditions — combined with medical equipment and hospital stays — requires a dedicated team to provide the best care possible.</p> <p>At Mary Bridge Children’s, we understand how challenging this can be for families. We have a specialized pediatric primary care team that manages and coordinates care for children who have complex medical needs. Our team includes pediatricians, a nurse care manager, a care coordinator, a clinic nurse as well as other clinical and social support.</p> <p>We are the primary “medical home” for children in our program and work closely with your child’s specialists, community, home health and school teams.</p>	<a href="#">Click Here</a>	Please call 253-403-7380 to inquire about a child’s eligibility for Complex Primary Care. We will let you know if our providers have openings, as sometimes they are closed to new patients.
Mary Bridge services for children and families	<p>MultiCare Mental Health Programs for Children and Families</p> <p>Care for your child, support for your family</p>	<a href="#">Click Here</a>	
Mental Health America	We believe that mental health conditions should be treated long before they reach the most critical points in the disease process, and we're committed to addressing mental health B4Stage4.	<a href="#">Click Here</a>	If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat



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		<p>988lifeline.org. You can also reach Crisis Text Line by texting MHA to 741741.</p> <p>If you've been impacted by a disaster and are experiencing emotional distress or other mental health concerns, you can also call or text the SAMHSA Disaster Distress Helpline 1-800-985-5990.</p>	
Mental Health is Health	Our emotional health can range from thriving to struggling. No matter what you're experiencing, there are ways to take action to support yourself and those around you.	<a href="#">Click Here</a>	
MultiCare	Sexual Assault Services	<a href="#">Click Here</a>	
Mary Bridge Children's	Child Abuse Intervention Department (CAID), Children's advocacy center, resources and more	<a href="#">Click Here</a>	
Multicultural Counselors (Washington Counselors of Colors Network)	The Washington Counselors of Color Network serves an array of ethnic clients needing counseling and therapy from providers who understand the specific needs of people of color and various cultures. As licensed therapists and counselors, we have a variety of backgrounds, experiences, ethnicities and language skills needed to assist many ethnicities in Washington.	<a href="#">Click Here</a>	If you have any questions about using this site, please contact us at (425) 310-2356 or e-mail <a href="mailto:admin@multiculturalcounselors.org">admin@multiculturalcounselors.org</a>



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<p>Multicultural Mental Health Care</p>	<p>This guide is designed to outline the steps teens and young adults can take to find a provider that suits their needs.</p> <p>There are a lot of things you can't do when you're 13: vote, drive a car, legally watch an R-rated movie in a theater. But in Washington, a 13-year-old can seek an appointment and receive mental health services, treatment for a substance use disorder or withdrawal management support without the consent of a parent or guardian.</p> <p>The Seattle Times Education Lab partnered with members of King County Public Health's <a href="#">Social Media Ambassadors</a> and Soar youth programs to create a resource for young people seeking mental health support services.</p>	<p>Scan this QR code to read more and access online mental health services or <a href="#">Click Here for the website</a></p> <div data-bbox="1123 391 1430 696" data-label="Image"> </div> <p><a href="#">Click Here for "Asian Counseling and Referral Service"</a></p> <p><a href="#">Click Here for "Black Girls Smile"</a></p> <p><a href="#">Click Here for "Consejo Counseling and Referral Service"</a></p> <p><a href="#">Click Here for "Muslim Behavioral Health Network"</a> Facebook or email: muslimbhnetwork@gmail.com</p> <p><a href="#">Click Here for "WA Therapy Fund"</a></p>	
<p>Naloxone</p>	<p>Naloxone Program- Kelley-Ross Pharmacy Group</p>	<p><a href="#">Click Here</a></p>	
<p>National Alliance on Mental Illness (NAMI)</p>	<p>Support groups and resources</p>	<p><a href="#">Click Here</a></p>	<p><a href="#">National Alliance on Mental Health (NAMI) Helpline</a></p>



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		<p><a href="#">NAMI National Warmline Directory</a> (A Warmline is a peer-run hotline that offers callers emotional support and is staffed by volunteers who are in recovery themselves.)</p> <p><a href="#">Black, Indigenous &amp; People of Color Mental Health Resources (BIPOC)</a></p> <p><a href="#">Kids, Teens and Young Adults</a></p>	<p>Available Monday Through Friday, 10 A.M. – 10 P.M., ET. Call <a href="tel:1-800-950-NAMI">1-800-950-NAMI (6264)</a>, text "HelpLine" to <a href="tel:62640">62640</a> or email us at <a href="mailto:helpline@nami.org">helpline@nami.org</a></p> <p>Teen &amp; Young Adult Call <a href="tel:1-800-950-6264">1-800-950-6264</a>, or <a href="#">chat</a>, or text "Friend" to <a href="tel:62640">62640</a>, or email <a href="mailto:helpline@nami.org">helpline@nami.org</a> to connect with us.</p>
National Asian American Pacific Islander Mental Health Association (NAAPIMHA)	The mission of the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) is to promote the mental health and well being of the Asian American, Native Hawaiian, and Pacific Islander communities. NAAPIMHA strives to raise awareness of the role of mental health in an individual’s health and well-being, especially in Asian American, Native Hawaiian, and Pacific Islander communities throughout the country.	<a href="#">Click Here</a>	
National Drug Information Treatment & Referral Hotline	Find Help, Find Treatment, Crisis information Disaster Distress Helpline, Buprenorphine Practitioner Locator, Opioid Treatment Program Directory & More	<p><a href="#">Click Here</a> (Find Help)</p> <p><a href="#">Click Here</a> (Find Support)</p> <p>Call: 1-800-662-4357</p>	
National Center on the Sexual Behavior of Youth (NCSBY)	The mission of NCSBY is to promote better lives, through better choices by youth, caregivers, and professionals for healthier responses to and prevention of problematic sexual behavior of youth.	<a href="#">Click Here</a>	





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	NCSBY provides national training and technical assistance to improve the accuracy, accessibility, and strategic use of accurate information about the nature, incidence, prevalence, prevention, treatment, and management of youth with problematic sexual behavior.		
National Eating Disorders Association (NEDA)	Welcome to the nation’s leading resource hub for eating disorders. Our comprehensive online center offers vital information to help individuals and families navigate through all stages of their journey.	<a href="#">Click Here</a>	
National Helplines	<p><a href="#">Boys Town</a> – Boys Town has a 24/7 national hotline and text line. They have Spanish-speaking counselors and translation services for over 140 languages. There is also a TDD line.</p> <p><a href="#">Crisis Text Line</a> – Text HOME to 741741 to reach a volunteer Crisis Counselor. The Crisis Text Line offers 24/7 emotional support and information support to teens in any type of crisis, including suicide, by trained volunteers via texting. You can text with a trained specialist 24 hours a day.</p> <p><a href="#">Teen Line</a> – Need Help? Teen Line is here.   <a href="#">CALL 800-852-8336</a> Nationwide (6 PM - 10 PM PST) (6 PM - 9 PM PST)   <a href="#">EMAIL US</a></p>		



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The teen line offers peer support by teens for teens through a hotline (6–10 p.m.), a text-line (5:30–9:30 p.m.), a message board, and email. It also provides a blog, information, and resources.

[Umatter](#) – This website's message is that everybody needs help sometimes. If you are having suicidal thoughts or are worried about someone else, don't keep it to yourself. You Matter. You can get help. The website provides information about where to get help and how to talk to someone who might be suicidal and videos from other teens.

[Your Life Your Voice](#) – This site offers four ways to get help – youth can talk counselors 24/7, they can chat Monday – Friday from 6 p.m. to 12 a.m., text from 4–1 a.m. (CST), or send an email. There are tips on coping skills, dealing with grief, and many other important topics, a bulletin board, and videos.

College Specific:

[The Jed Foundation](#) – The foundation wants to promote the emotional health and prevent suicide among college and university students. It has a variety of programs for students, from MUV's college



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	network to social networking sites to tours and events.  <a href="#">Other Helpful Resources for Students</a>		
National Indigenous Women’s Resource Center	Providing national leadership to end violence against American Indian, Alaska Native and Native Hawaiian women by lifting up the collective voices of grassroots advocates and offering culturally grounded resources, technical assistance and training, and policy development to strengthen tribal sovereignty.	<a href="#">Click Here</a>	
National Parent Helpline	Being a parent is a critically important job, 24 hours a day. It’s not always easy. Call the National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent	<a href="#">Click Here</a>	
Native American/ Alaska Native Specific Services	Native American/ Alaska Native Specific Services	<ul style="list-style-type: none"> <li>• <a href="#">StrongHearts</a> Native HelpLine: 844-7NATIVE (762-8483)</li> <li>• National Indigenous Women’s Resource Center: 406-477-3896</li> <li>• Sovereign Bodies Institute: 707-335-6263</li> <li>• Northwest Justice Project-Native American Unit: <a href="#">Click Here</a></li> <li>• Victim Services Tribal Program @ Rural Resources: 877-219-5542</li> </ul>	



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		<ul style="list-style-type: none"> <li>• Innovations Human Trafficking Collaborative: 833-201-0940</li> <li>• The Healing Lodge of Seven Nations: Residential, chemical dependency treatment center: <a href="#">Click Here</a></li> <li>• The Native Project: behavioral health, prevention &amp; wellness, medical and dental: 509-325-5502</li> <li>• Seattle Indian Health Board-Advocacy Program: 206-324-9360</li> </ul>	
Never Use Alone Inc.	<p>National Overdose Prevention Lifeline</p> <p>Meeting people where they are, on the other end of the line, one human connection at a time. No judgment. No stigma. Just love!</p>	<p><a href="#">Click Here</a></p> <p>You can call us (Never Use Alone) at 1-877-696-1996 Contact@NeverUseAlone.com</p> <p>National: 1-800-484-3731</p> <p>Spanish: 1-800-928-5330</p> <p>Mandy’s Line: 800-943-0540 This new service is for people to call when they’re struggling with a substance use disorder, and just need someone to talk to that has been there, and understands. All operators have lived experience with SUD, and can relate to what you’re going through.</p>	



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		<p>We are NOT licensed therapists, or psychologists, and we are not affiliated with any treatment center. We will never try to push you into going to treatment. We're just here to listen, and offer feedback when requested.</p>	
<p>NEXT Distro Stay Alive, Stay Safe</p>	<p>What is NEXT Distro?</p> <p>An online and mail-based harm reduction service designed to reduce opioid overdose death, prevent injection-related disease transmission, and improve the lives of people who use drugs. The site also has Naloxone finder, crisis support, telephone hotline, syringe exchange and more!</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here for Washington Specific Information &amp; Resources</a></p>	
<p>Not A Moment Wasted (DOH &amp; HCA)</p>	<p>For young adults—18 to 20—who live and attend college or university in Washington State. And it exists to encourage healthy lifestyles and discourage harmful behaviors like underage alcohol or marijuana use.</p> <p>If you or someone you know struggles with substance abuse, the <a href="#">Washington Recovery Help Line</a> is here with 24-hour, confidential help. 1-866-789-1511</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here (Help &amp; Resources)</a></p>	
<p>Office for Victims of Crime: Child Victims and Witness Support Materials</p>	<p>For children and youth, participating in the justice system as a victim or witness can be especially confusing, distressing, and even re-traumatizing. Child Victims and Witnesses Support Materials was created to</p>	<p><a href="#">Click Here</a></p>	



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	<p>support children and youth during their involvement with the justice system as a victim or witness to a crime.</p> <p>Based on the input of national experts and lived experience experts, these materials are intended to teach children about how the justice system works, what their rights are, the roles of the different practitioners they'll meet, and how they can cope with the difficult feelings they might have. For children who have to testify, there are also tips to help them prepare for going to court.</p> <p>These materials were specifically designed for children of different age groups. However, you can use whichever set of materials seems most appropriate, given the child's stage of development.</p> <p>Resources for:</p> <ul style="list-style-type: none"> <li>• Family and Dependency Court</li> <li>• Criminal Court</li> <li>• Human Trafficking</li> <li>• Child and Youth in Tribal Communities</li> </ul>		
Office Of Behavioral Health Advocacy	<p>Find your Behavioral Health Advocate</p> <p>We support individuals and their families who are being served and supported in the Washington State behavioral health system. OBHA uses a trauma-informed approach to</p>	<a href="#">Click Here</a>	



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	enhance behavioral health awareness, promote self-empowerment, and increase access to services. We assist individuals, families, and communities across WA State with behavioral health needs and concerns.		
One Journey to Recovery (WA Tribal Opioid Solutions)	WA Tribal Opioid Solutions is designed to inform and educate tribal communities about opioid misuse prevention, overdose response, and treatment. This campaign is funded by the Washington State Health Care Authority (HCA).	<a href="#">Click Here</a>	
Providers Clinical Support System (PCSS)	<p>Tell your Provider about this Resource! The PCSS Mentoring Program is a national network of trained clinicians with expertise in treating substance use disorders, co-occurring mental disorders, and pain management.</p> <p><b>There are <i>three</i> mentoring options available to support your needs, at no cost.</b></p> <p>Option 1: Discussion Forum</p> <p>Option 2: Ask a Clinical Question</p> <p>Option 3: One-on-one Mentoring</p> <ul style="list-style-type: none"> <li>• <a href="#">List of Mentors</a></li> </ul>	<a href="#">Click Here</a>	
RAINN	National Resources for Sexual Assault Survivors and their Loved Ones	<a href="#">Click Here</a>	National Sexual Assault Hotline 800-656-HOPE (4673) to get connected with a trained staff member from a sexual assault service provider in your area.



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<p>Rebuilding Hope Sexual Assault Center (Pierce and Kitsap Counties)</p>	<p>We exist to serve victim-survivors of sexual assault and abuse, and to confront the social dynamics which foster sexual assault and abuse.</p> <p>Programs:</p> <ul style="list-style-type: none"> <li>• Advocacy (Offering immediate assistance and support)</li> <li>• Therapy</li> <li>• Education &amp; Prevention</li> <li>• STEP (24-hour crisis intervention and case management)</li> </ul>	<p><a href="#">Click Here</a></p>	<p>Please call our 24-hour Crisis, Information and Referral line if you or someone you care about is a victim of sexual assault or abuse: 1 (855) 757-7273</p> <p>If you have questions about Commercial Sexual Exploitation, would like to make a referral, or want to connect with a STEP Advocate, call our 24/7 Helpline at 1 (855) 757-7273 or email <a href="mailto:casemanager@hopesacpc.org">casemanager@hopesacpc.org</a>.</p> <p>Office: (253) 597-6424</p>
<p>REST</p>	<p>REST exists to expand pathways to freedom, safety, and hope in order to end sex trafficking. Everyone deserves to be loved.</p> <p>Everyone deserves a life free from exploitation.</p>	<p><a href="#">Click Here</a></p>	<p>206-451-7378</p> <p><a href="mailto:HOTLINE@IWANTREST.COM">HOTLINE@IWANTREST.COM</a></p>
<p>Safe Haven</p>	<p>US Safe Haven Laws allow a parent to anonymously surrender their unharmed infant to a designated Safe Haven provider within a specific time after birth</p>	<p><a href="#">Click Here to find a Safe Haven location</a></p> <p><a href="#">More information</a></p>	<p>For immediate assistance, call or text our <b>24/7 Hotline: 1-888-510-BABY(2229)</b> In case of emergency, call 911.</p> <p>For non-emergent inquiries Office Line: <a href="tel:623-428-1308">623-428-1308</a>   Email: <a href="mailto:contact@nationalsafehavenalliance.org">contact@nationalsafehavenalliance.org</a></p>
<p>SAMHSA (Substance Abuse and Mental Health Services Administration)</p>	<p>Find Treatment Site</p>	<p><a href="#">Click Here</a></p>	<p>Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Hotline</p>





# The Resource Guide



	<p>Welcome to FindTreatment.gov, the confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.</p> <p>Buprenorphine Practitioner Locator</p> <p><a href="#">Facts about Buprenorphine</a></p>	<p><a href="#">Click Here</a></p>	<p>1-877-726-4727</p> <p>Hep Resources: 988 Suicide &amp; Crisis Lifeline (Free and confidential support for people in distress, 24/7. Call or text)</p> <p>National Helpline Treatment referral and information, 24/7 1-800-622-HELP (4357)</p> <p>Disaster Distress Helpline, immediate crisis counseling related to disasters, 24/7 1-800-985-5990</p>
Scarleteen	Sex ed for the real world- inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults	<a href="#">Click Here</a>	
Seattle Children’s Hospital (SCH):	Information and Resources	<a href="#">Click Here</a>	
<ul style="list-style-type: none"> <li>Eating Disorders</li> </ul>			
SCH:	Common mental health problems and resources, symptom checker, how to support, how to get care and more	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Hotlines for Youth</a> (Native Support and LGBTQ+ Support)</p>	
<ul style="list-style-type: none"> <li>Other Mental Health Resources</li> </ul>			
SCH: Mental Health Referral Services for Children and Teens	Referral Line: We connect families with mental health providers in your community who accept new patients, work with your insurance and fit your child’s treatment needs . The Referral Service is accessible	<p><a href="#">Click Here</a></p> <p><a href="#">Flyer (English)</a></p> <p><a href="#">Flyer (Spanish)</a></p> <p><a href="#">Hotlines for Youth</a></p>	Referral Line: Families can call 833-303-5437 or submit an <a href="#">online request form</a>
<ul style="list-style-type: none"> <li>Referral Line</li> </ul>			



# The Resource Guide



<ul style="list-style-type: none"> <li>• SAFES (Supporting Adolescents and Families Experiencing Suicidality) Program</li> <li>• First Approach Skills Training: Behavior Basics</li> </ul>	<p>to children and teens 17 and under living in Washington State</p> <p>SAFES Program: Seattle Children’s wants primary care providers in Eastern Washington to know about a new program called <b>Supporting Adolescents and Families Experiencing Suicidality (SAFES)</b>. SAFES provides rapid psychotherapy interventions to 12- to 18 year-olds in underserved areas of Washington state who are experiencing a suicidality crisis that does not require an Emergency Department (ED) visit. The program is based on the Crisis Care Clinic model developed at Seattle Children’s.</p> <p>In the First Approach Skills Training: Behavior Basics on-demand virtual class, experts from our <a href="#">Behavior and Attention Management Program</a> share best practices and practical tips you can use right now at home to help your child with behavior challenges such as not following instructions, arguing, trying to get negative reactions and more.</p>	<p align="center"><a href="#">Click Here (Website)</a></p> <p align="center"><a href="#">Click Here</a></p>	<p>SAFES Program: Refer a Patient: A patient’s PCP can call to speak with a child psychiatrist at the Partnership Access Line (PAL) at 866-599-7257</p> <p>For more information please email: <a href="mailto:SAFES@seattlechildrens.org">SAFES@seattlechildrens.org</a></p>
<p>SCH:</p>	<p>Our <b>Biobehavioral Program</b> is for kids and teens with intellectual and</p>	<p align="center"><a href="#">Click Here</a></p>	



# The Resource Guide



<ul style="list-style-type: none"> <li>• Therapies for Challenging Behaviors</li> </ul>	<p>developmental disabilities, including autism, who have severe behavior problems. Our team will work with you to assess and understand your child’s problem behavior. We provide brief, focused treatment to reduce this specific behavior and teach behaviors that work better. We help children and teens ages 3 to 21.</p> <p><b>RUBI</b> (Research Units in Behavioral Intervention) is a training program for parents and other caregivers of children ages 3 to 10 with autism and mild-to-moderate behavior problems. We work 1-on-1 to teach you ways to reduce your child’s problem behaviors and improve daily living skills, such as self-care and helping around the house. Experts in the <a href="#">RUBI Autism Network</a> have created and tested this step-by-step training.</p>		
<p>Secret Harbor</p>	<p>Secret Harbor’s people, programs and advocacy provide resources and opportunities to improve the lives of children and families.</p> <p>Services: Foster Care Licensing, Residential Treatment, Case Aide Support &amp; In-Home Support</p> <p>Training Material: With smaller caseloads we can offer a more intimate and</p>	<p><a href="#">Click Here</a></p>	



# The Resource Guide



	<p>supportive environment for our foster parents.</p> <p>Services ranging from counseling to school support, mental health advocacy and recreation, we support every part of the process.</p>		
Snohomish County Crisis, Suicide and Other Resources	Resources for Crisis, suicide, CPS, Recovery, Sexual Assault, Teen Link, Tulalip Tribes- Behavioral Health Mental Wellness and more!	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p>	
Stop It Now!	Stop It Now! Prevents the sexual abuse of children by mobilizing adults, families, and communities through direct support, information, and resources to take actions that protect children before they are harmed	<p><a href="#">Click Here</a></p> <p><a href="#">Help Services</a> - Provides direct help to individuals with questions or concerns about child sexual abuse. We offer help for specific situations through a confidential national prevention Helpline (1.888.PREVENT), email and chat services, an interactive Online Help Center, and our “Ask Now!” advice column.</p> <p><a href="#">Prevention Education</a></p> <p><a href="#">Technical Assistance and Training (Circles of Safety)</a></p> <p><a href="#">Prevention Advocacy</a></p>	
Stop Overdose	Learn about naloxone, compare products, and read the latest research about naloxone.	<p><a href="#">Click Here</a></p> <p><a href="#">WA State Naloxone Finder</a></p>	



# The Resource Guide



<p>Suicide Prevention, Mental Health Distress, Crisis Help &amp; Resources</p>	<p>Phone Numbers &amp; Websites</p>	<p><a href="#">County Crisis Line Numbers</a></p> <p><a href="#">988 Suicide and Crisis Lifeline</a></p> <ul style="list-style-type: none"><li>• <a href="#">988 Website</a></li></ul> <p>988 Fast Facts (<a href="#">Click Here</a>) (call, text or chat 988 to be connected to the National Suicide Prevention Lifeline)</p> <p>Washington launched the Native and Strong Lifeline, dedicated to serving American Indian and Alaska Native individuals who call 988 and press 4 - Calls are answered by Native crisis counselors who are tribal members and descendants closely tied to their communities. The Native and Strong Lifeline counselors are fully trained in crisis intervention and support, with special emphasis on cultural and traditional practices related to healing. For <a href="#">Native and Strong</a> you can also call <a href="tel:800-273-8255">800-273-8255</a> or text “NATIVE” to 741741</p> <p>More 988:</p> <ul style="list-style-type: none"><li>• Spanish speakers may reach the Spanish Language Line by pressing 2</li><li>• Veterans and service members may reach the Veterans Crisis Line by pressing 1</li></ul>	
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- [988 Suicide & Crisis Lifeline Adds American Sign Language Services for Deaf and Hard of Hearing Callers](#)
  - To connect directly to a trained 988 Lifeline counselor in ASL, callers who are Deaf, DeafBlind, DeafDisabled, Hard of Hearing, and Late-Deafened can click the "ASL Now" button on [988lifeline.org](http://988lifeline.org) and follow the prompts. Direct dialing to 988 from a videophone will be available in the coming weeks, and in the meantime, ASL callers can call 1-800-273-TALK (8255) from their videophone to reach ASL services.
- For TTY Users: use your preferred relay service or dial 711 then 988

[BlackLine](#): 1-800-604-5841  
(BlackLine® is a hotline geared



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towards the Black, Black LGBTQI, Brown, Native and Muslim community. However, no one will be turned away from the Hotline. The purpose of the BlackLine is to provide people with an anonymous and confidential avenue to report negative, physical, and inappropriate contact with police and vigilantes. Another component of the BlackLine is to provide immediate crisis counseling to those who are upset, need to talk with someone immediately, or are in distress. For each location in the country, referrals can be given when/if necessary.

Native Youth Crisis Hotline: 1-877-209-1266

[Washington Indian Behavioral Health Hub](#): 1-866-491-1683 -In addition to the Native and Strong Lifeline, the Washington Indian Behavioral Health Hub is a statewide central resource line developed to meet the needs of tribes and tribally affiliated people who may need help navigating the complex behavioral health system. The Hub assists tribal agencies, health care professionals, hospitals, and in-



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		<p>and outpatient programs as well as families and individuals.</p> <p><a href="#">National Suicide Prevention Lifeline:</a> 1-800-273-8255 <a href="#">Lifeline Chat &amp; Text</a></p> <p>Prevención del suicidio Para ayuda, llame o envíe un mensaje de texto al 988, la <a href="#">Línea de Prevención del Suicidio y Crisis</a></p> <p><a href="#">Veterans Crisis Line:</a> call 1-800-273-8255 and press 1, or text 838255</p> <p><a href="#">Crisis Text Line:</a> text 741741</p> <p><a href="#">WA Listens:</a> 1-833-681-0211 24hr crisis line: 866-427-4747</p> <p><a href="#">Teen Link:</a> Call or text 866-833-6546</p> <p>Crisis Connections: Call 866-427-4747 <a href="#">Crisis Connections Community Resources</a></p> <p><a href="#">Washington Warm Line:</a> Call 877-500-9276</p>	
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# The Resource Guide



		<p><a href="#">Trevor Lifeline</a>—The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25, available at 1-866-488-7386. 24/7- that means all day and night, every weekend, every holiday</p> <p>TrevorText—A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention, available daily by texting START to 678-678</p>	
<p>Suicide Prevention Resources and Training Materials for Caseworkers 2021</p>	<p>This document contains a list of resources that can be utilized by caseworkers, foster parents, kinship caregivers, and biological parents to learn about suicide screening and prevention. Each of the resources listed will have a brief description, followed by a link to access the website.</p>	 <p>Suicide Prevention Resources and Trainin (Ask FWB for a copy)</p>	
<p>Take It Down</p>	<p>Take It Down is a free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old. You can remain anonymous while using the service and you won't have to send your images or videos to anyone. Take It Down will work on public or unencrypted online platforms that have agreed to participate.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Get Started Here</a></p>	



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	It's scary when this happens to you, but it can happen to anyone. You've taken the first step, and we're here to help you with the next steps. Take It Down is a service provided by the <a href="#">National Center for Missing &amp; Exploited Children</a> .		
TalkSpace	A paid online text therapy platform that provides 24/7 access to licensed therapists who cover a broad range of mental health services.	<a href="#">Click Here</a>	
Teen Link	<p>Teen Link is a program of Crisis Connections that serves youth in Washington State.</p> <p>Information on how to support a teen in your life.</p> <p>Our teen volunteers are trained to listen to your concerns and talk with you about whatever's on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you're facing. No issue is too big or too small! Calls and chats are confidential.</p> <p>Booklet includes resources for: Physical &amp; Mental Health needs (counseling, eating disorders, grief/loss...), Critical Needs (abuse, rape, bullying...) and Supportive Services (LGBTQIA+, culturally inclusive agencies, education...)</p>	<p><a href="#">Click Here</a></p> <p><a href="#">You Can</a></p> <p><a href="#">Choose You</a></p> <p><a href="#">Where to Turn for Teens English &amp; Spanish Resource Guide (King, Pierce and Snohomish County)</a></p>	1-866-TEENLINK (833-6546)



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<p>Teen Text (Spokane Region Only)</p>	<p>Teen Text gives teens a safe place to chat with someone who understands. This free, confidential service gives youth experiencing mental health and/or substance use challenges someone to talk and engage with that has experienced similar challenges. If you are struggling and need someone to talk to, call, text and connect with a peer who is here to help. This free service is available to any teen or young adults, living within the Spokane Regional Service Area, which includes; Adams, Ferry, Lincoln, Pend Oreille, Spokane and Steven’s counties.</p>	<p>Call or Text 844-814-8336</p> <p><a href="#">Click Here for More Information</a></p> <p><a href="#">Click Here for Flyer</a></p>	
<p>The Puyallup Tribe of Indians: Community Domestic Violence Advocacy Program (CDVAP)</p>	<p>Our vision is to end the violence in our community by assisting victims to obtain safety, and educate the community about domestic violence, teen dating violence and the effects on children. Domestic violence affects everyone in our community and it takes all of us working together to end the cycle of abuse.</p> <p>Example of some services:</p> <ul style="list-style-type: none"> <li>• Support groups</li> <li>• Confidential shelter</li> <li>• Assistance with obtaining an order of protection</li> <li>• And much more</li> </ul>	<p><a href="#">Click Here</a></p>	<p>Main Number/24 hour Hotline - 253-680-5499 or 253-573-7800</p> <p>Email: CDVAP@puyalluptribe-nsn.gov</p>
<p>Therapy for Black Girls</p>	<p>Successful therapy depends on a great client-therapist fit. Find trusted, culturally responsive therapists to provide support and help you navigate life.</p>	<p><a href="#">Click Here</a></p>	



# The Resource Guide



Trauma, Trauma Informed Care	Various Resources	<a href="#">SAMHSA Trauma-Informed Care</a>  <a href="#">Alliance Courses</a>	
Tribal designated crisis responder (DCR)	<p>Tulalip Tribes is the first Indian Nation in Washington State to designate a Tribal DCR for their community. Tribal DCRs are part of the <a href="#">Washington Indian Behavioral Health Act</a> (2020) and <a href="#">Washington Administrative Code 182-125-0100</a> (2022). They represent a partnership between Tribes and the Health Care Authority (HCA) to offer culturally attuned care for Tribal communities.</p> <p><b>Why is a Tribal DCR so important?</b> They:</p> <ul style="list-style-type: none"> <li>• Are a familiar face and trusted expert within a Tribal community.</li> <li>• Have knowledge of a Tribe’s culture and how to provide culturally relevant care for people in crisis.</li> <li>• Provide a quicker response time for time-sensitive and live-saving care. This means people receive the care and services they need much faster than having to call in someone who isn’t familiar with an individual or community.</li> <li>• Understand the complexities and challenges of Native peoples and how to navigate the Tribal health</li> </ul>		Tulalip Tribes or the Tribal DCR, contact Niki Cleary at <a href="mailto:ncleary@tulaliptribes-nsn.gov">ncleary@tulaliptribes-nsn.gov</a> or 360-716-4202



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	care system and available county and state resources.		
VictimConnect Resource Center	VictimConnect Resource Center (VCRC) is a weekday phone, chat, and text-based referral helpline operated by the National Center for Victims of Crime. Services are available for all victims of crime in the United States and its territories. Visitors to the hotline receive strength-based and trauma-informed services and referrals in over 200 languages.	<a href="#">Click Here</a>	<a href="#">Talk to someone now</a> . Call or text directly at 1-855-4VICTIM ( <a href="#">855-484-2846</a> ) or <a href="#">chat</a> online.
Victim Support Services (VSS)	Victim Support Services has been providing peer support and advocacy for victims of crime since 1975. We are the oldest victim advocacy agency in Washington state and one of the oldest in the nation, and continue to provide services free of charge to victims of crime. Victim Support Services is a non-profit agency serving Snohomish, Skagit, and Whatcom counties.	<a href="#">Click Here</a>	425-252-6081 *VSS is located in WA state and serves Snohomish County with limited services in other WA counties (King, Island, Skagit and Whatcom) on a case-by-case basis. Responses may take up to 48 hours during business hours only
Warm Line: Support for Parents (Perinatal Support Washinton)	Our Warm Line was started by parents who never wanted another parent to feel alone and not know what to do. We can help make a plan, find resources, share our stories, and just listen. They also offer support to new Dads and support for partners:  Talk to another dad about your mental health needs during this period as well as gather information about supporting your partner who might be experiencing their	<a href="#">Click Here</a>	Call or text today: 1-888-404-7763 or request a call back ** <i>se habla español</i>



# The Resource Guide



	<p>own mood or anxiety disorder. Ask to talk to a dad when you call the line.</p> <p>We are experienced in serving same sex partners and LGBTQIA+ families. Call and ask for a parent or professional from the LGBTQIA+ community.</p>		
<p>Washington Helplines and Resources</p>	<p><a href="#">Clark County Teen Talk</a> – The Clark County Teen Talk offers non-judgmental peer-to-peer support on any topic by phone, online chat, message board or email on Monday – Friday 4 p.m. to 9 p.m. and Friday 4 p.m. to 7 p.m.</p> <p><a href="#">Crisis Clinic of the Peninsulas</a> – The Crisis Clinic of the Peninsulas' provides over-the-phone crisis intervention, information referral, and a supportive listening ear to people in the community who are experiencing situational distress. These are 24-hour crisis lines.</p> <p><a href="#">Crisis Clinic of Thurston and Mason Counties</a> – The Crisis Clinic has a main crisis line and a youth help line. Both are available 24/7. From 4 – 8 p.m., they try to have the youth line staffed by youth volunteers. No crisis is too small to make the call!</p> <p><a href="#">ImHurting Crisis Chat</a> – Im Hurting Crisis Chat is a service offered through Volunteers of America Western Washington in the North Puget Sound</p>		



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	<p>region. You can call their crisis line or chat online 24/7.</p> <p><a href="#">SoundCareKids</a> – SoundCareKids is a support program for families with youth who have experienced the death of a significant person in their lives. There are 3 groups for youth: the Littles Group (ages 5-8), the Middles Group (ages 9-12), and the Teens Group (ages 13-18). Contact the SoundCareKids Bereavement Program for meeting information.</p> <p><a href="#">Teen Link</a> – The Teen Link help line offers phone (6–10 p.m.) and chat (6– 9:30 p.m.) support by trained youth volunteers. Youth call for all types of reasons. At Teen Link, no problem is too big or too small.</p>		
WA Portal	<p>Healthier Washington Collaboration Portal A resource for the state's health and wellness professionals</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Pregnant, Parenting, Children, Families and Substance Use Workgroup</a></p> <p><a href="#">Lactation Guidance and Patient Education</a> (This link has Lactation and Substance Use Guidance for Health Care Professionals; Key Resources and Recommended Reading; Patients, Parents, and Family education and more)</p>	



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<p>Washington Anti-Trafficking Response Network (WARN)</p>	<p>WARN is a coalition of non-governmental organizations that provide direct services to victims of human trafficking in Washington State. Since 2004, WARN has assisted survivors of sex and/or labor trafficking to live out their desired lives without re-victimization.</p> <p>WARN provides age, linguistically, and culturally appropriate services, taking a client-driven, trauma-informed approach to our work. WARN offers survivors:</p> <ul style="list-style-type: none"> <li>• Intensive case management</li> <li>• Safe housing, food, and clothing</li> <li>• Immigration and legal assistance</li> <li>• Interpretation services</li> <li>• Criminal justice system and victim rights advocacy</li> <li>• Medical and mental health treatment</li> <li>• Education and job readiness training</li> </ul>	<p style="text-align: center;"><a href="#">Click Here</a></p>	<p>Washington Anti-Trafficking Response Network Victim Assistance Line: 206-245-0782 National Human Trafficking Resource Center 24 hour Hotline: 1-888-373-7888</p>
<p>Washington Perinatal Psychiatry Consult Line (PCL) for WA Providers</p>	<p>Tell your Provider about this resource! Perinatal PCL is a free, state-funded program providing perinatal mental health consultation, recommendations and referrals for Washington state providers caring for pregnant or postpartum patients. Providers in other states can call the PSI Perinatal Psychiatric Consultation Line.</p>	<p style="text-align: center;"><a href="#">Click Here</a></p>	<p>Call 877-725-4666 (PAL4MOM) or email <a href="mailto:ppcl@uw.edu">ppcl@uw.edu</a></p>





# The Resource Guide



<p>Washington Partnership Access Line (PAL)</p>	<p>Tell your Provider about this resource! The Partnership Access Line (PAL) supports primary care providers (doctors, nurse practitioners and physician assistants) with questions about mental health care such as diagnostic clarification, medication adjustment or treatment planning. Our child and adolescent psychiatrists are available to consult during business hours.</p> <p><a href="#">Second-opinion medical review program is also available (Medication Review Program)</a></p>	<p><a href="#">Click Here</a></p>	<p>Call 866-599-7257</p>
<p>Washington Psychiatry Consultation Line (PCL)</p>	<p>Tell your Provider about this resource! Call for free clinical advice from a UW psychiatrist regarding your adult patients with mental health or substance use disorders. Prescribing providers may call any time, 24/7. Non-prescribing providers may call Mon-Fri, 8-5 (excluding holidays).</p>	<p><a href="#">Click Here</a></p>	<p>877-WA-PSYCH (877-927-7924)</p>
<p>Washington Recovery Help Line Resources</p>	<p>24-hour help for substance abuse, problem gambling and mental health</p>	<p><a href="#">Click Here</a></p>	
<p>Washington State Coalition Against Domestic Violence</p>	<p>Support, education, outreach and more</p>	<p><a href="#">Click Here</a></p>	
<p>Washington State Tribal Advocacy Programs</p>	<p>Washington State Tribal Advocacy Programs</p>	<ul style="list-style-type: none"> <li>• Colville Tribe: 24 hour domestic violence &amp; sexual assault hotline 866-826-3221</li> <li>• Confederated Tribes of the Chehalis: “Tsapowum” Behavioral Health Center 360-709-1733</li> </ul>	



# The Resource Guide



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|  |  | <ul style="list-style-type: none"><li>• Cowlitz Indian Tribe Pathways to Healing Program 360-397-8228</li><li>• Kalispel Tribe Kalispel Tribe Citim Assistance Services 509-447-7155; Hotline 877-700-7175</li><li>• Lummi Nation- Lummi Victims of Crime 360-595-5644</li><li>• Muckleshoot Tribe- Victim Services Program 253-876-2910</li><li>• Nisqually Indian Tribe- Wellness Empowerment &amp; Advocacy for Violence's End (WEAVE) 360-459-9503 EXT. 400</li><li>• Puyallup Tribes Of Indians Human Trafficking Project 253-753-4337</li><li>• Spokane Tribe of Indians Family Violence Program Hotline: 509-258-4400; Phone: 509-258-8924 or 509-724-1053</li><li>• Suquamish Tribe- Suquamish Advocacy Program 360-328-6622</li></ul> |  |
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		<ul style="list-style-type: none"> <li>Tulalip Tribe Children's Advocacy Center 360-716-5437</li> <li>Yakama Nation Victim Resource Program 509-864-0937</li> </ul>	
Women Spirit Coalition: Washington State Native American Coalition Against Domestic Violence and Sexual Assault	Washington State Native American Coalition Against Domestic Violence and Sexual Assault serves 29 tribes in WA State, providing technical assistance, consultation, and raising public awareness on issues related to domestic violence, sexual assault, stalking, dating violence and sex trafficking.	<a href="#">Click Here</a> <a href="#">Indigenous Crime Victims Referral &amp; Resource Center brochure</a>  <a href="#">Sayu' X Wey Family Safety Center Brochure</a>	360-681-3701  Victim Services Referral Line Toll Free: 1-888-653-1115
Yes We Can Line	Tell your Provider about this number! Yes We Can Line is provided by Swedish Addiction Services. They answer provider questions about perinatal substance use, including initiating and titrating medications for substance use. They are open Monday - Friday from 8-5	<a href="#">Click Here</a> (Scroll down to "Provider Consultation Lines")	833-937-9326

## Teen Pregnancy, Teen Parent Resources, Sexual/Reproductive Health, Teen Health & More

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
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*Disclaimer: External materials are not a part of the DSHS FWB program. DSHS is not responsible for the content of web sites or documents that are external to DSHS. Linking to a web site does not constitute an endorsement by DSHS of the sponsors of the web site, or the information presented on the web site.*

*DSHS AL TSA Created 7/28/2021 (rev. 3/27/24)*



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ACLU Washington	Transgender Rights: Know YOUR Rights!	<a href="#">Click Here</a>	
Adoption Agencies	Information on adoption agencies and WA specific resources	<a href="#">Click Here</a>  <a href="#">WA Specific Information</a>	
Alexandria’s House	Alexandria's House is a loving home where young women (ages 16-20) get the support and guidance they need to take the first steps to becoming powerful mothers. With the help of our compassionate staff, young mothers learn to create a warm and loving home atmosphere and provide proper care for their babies	<a href="#">Click Here</a>	
All-Options (Pregnancy * Parenting * Abortion * Adoption)	All-Options (formerly Backline) uses direct service and social change strategies to promote unconditional, judgment-free support for people in all of their decisions, feelings, and experiences with pregnancy, parenting, abortion, and adoption. We recognize that these issues are complex, but one thing is certain: Everyone deserves to have all options!	<a href="#">Click Here</a>	1-888-493-0092
AMAZE Org	Real sex ed info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships.  AMAZE is a collaboration between experts in the field of sex education—Advocates for Youth, Answer and Youth Tech Health—to create an engaging, age-appropriate, online sex education resource.	<a href="#">YouTube</a>  <a href="#">Website</a>	



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American Sexual Health Association	Information on: Sexual health, STDs/STIs, relationships, LGBTQ+, pregnancy & parenthood & myths and facts	<a href="#">Click Here</a>	
Ascent: CORE HEALTH YOUTH CENTER	<p>CORE Ascent empowers youth towards upward movement by providing pathways to explore new opportunities, interests and activities; revealing their strengths and untapped potential.</p> <p>Ascent Youth Activity Center provides a safe atmosphere for teens to explore new interests and engage in the community. We provide an access point for pro-social activities in addition to providing emotional and behavioral health services. We believe so strongly in the future of this community and strive to empower and support all of our outstanding youth.</p> <p>Located in Longview, WA</p>	<a href="#">Click Here</a>	
Ayan Maternity Healthcare Support	Ayan Maternity provides perinatal and maternal services in King County by providing birth doulas, postpartum doulas, breastfeeding/lactation support, connection to other social services, and childbirth education and parenting classes. The services are essential for better birth outcomes, to reduce maternal and infant health inequities, and for better treatment of women, particularly women of color.	<a href="#">Click Here</a>	
BLKBRY	BLKBRY is a culturally responsive, evidence and practiced based intervention to	<a href="#">Click Here</a>	



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	mitigate the impacts of structural racism. We share cultural parity with Black folks and families to provide individualized reproductive support, birth planning and education, and support through their reproductive, perinatal, postpartum, lactation and parenting journey.		
CareNet of Puget Sound	Providing parents with support, education and resources through classes and individual mentorship	<a href="#">Click Here</a>	
Centers for Disease Control and Prevention (CDC)	Information for teens on: reproductive health, healthy youth, preventing pregnancies and more	<a href="#">Click Here</a>  <a href="#">Get Tested (National HIV, STD (sexually transmitted diseases) &amp; Hepatitis Testing.</a> <a href="#">Find Condoms</a> <a href="#">Find PrEP</a> <a href="#">&amp; More</a>  <a href="#">Get Yourself Tested #GYT</a>  <a href="#">STD Information</a>	
Center for Independence	Youth Transition Program: CFI works one-on-one with youth to develop and achieve independent living goals such as preparing for employment, college, learning how to get around the community independently, and becoming a strong self-advocate. All services are individualized to reflect each participant’s goals. The CFI staff also works	<a href="#">Click Here</a>	



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	<p>with youth to connect with community resources and apply for other services.</p> <p>Through our federal grants we serve the following counties: Thurston, Pierce, South King, Snohomish, Skagit, Whatcom, Island, San Juan Counties. We may serve other counties on a fee-for-service basis.</p>		
Center for Indigenous Midwifery	<p>Childbirth Education, Moon Medicine and more!</p> <p>Zoom Gatherings for Indigenous Pregnant &amp; Parenting Families, offered every Wednesday</p>	<a href="#">Click Here</a>	
Center for Young Women’s Health	<p>Welcome to the Center for Young Women’s Health, an award-winning health website for young women and members of gender minorities around the world. Here, you can find answers to your questions, health guides on a variety of topics, health chats, and more!</p> <p>The Center for Young Women’s Health (CYWH) is a partnership between the <a href="#">Division of Adolescent/Young Adult Medicine</a> and the <a href="#">Division of Gynecology</a>, at <a href="#">Boston Children’s Hospital</a>. The Center is an educational entity that is committed to providing adolescents and young people with carefully researched health information, educational programs, and community spaces. The mission of our website is to help</p>	<a href="#">Click Here</a>	



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	girls, young women, transgender and nonbinary young people, intersex young people, caregivers, educators, and health care providers to improve their understanding of health and development, as well as specific diseases and conditions. We want to empower young people around the world to take an active role in their own health care.		
Department of Children, Youth and Families (DCYF) Youth and Young Adult Housing Response Team	In 2018, <a href="#">SB 6560</a> put into law that no young person exiting a system of care would be released into homelessness. As a continuation of that work, <a href="#">HB 1905</a> was passed in 2022, requiring relevant state agencies to work together as part of the Youth and Young Adult Housing Response Team (YYAHRT) to coordinate resources to youth and young adults in an effort to secure appropriate housing and other supports as they exit a publicly funded system of care. In addition, services and supports must incorporate youth or young adult voice and choice and be responsive to the individual needs of each young person.	<a href="#">Click Here</a>  <a href="#">Referral Form</a>	Email: <a href="mailto:YYAHRT@dcyf.wa.gov">YYAHRT@dcyf.wa.gov</a>  General Inquiries Only for the Planning and Implementation of the Response Team: <a href="mailto:shannon.quinn@dcyf.wa.gov">shannon.quinn@dcyf.wa.gov</a>
DOH (Department of Health): WA Abortion Information	WA State specific information on abortion and where to find an abortion provider  Washington State Regulation of Health Professionals and Abortions FAQ	<a href="#">Click Here</a>  <a href="#">Click Here</a>	
DOH (Department of Health): Pregnant and Parenting Recovery Resources	This tool is powered by Washington 211 and can help anyone find perinatal services close to them. The service finder is intended to help people connect into and between both	<a href="#">Click Here</a>	





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	community and clinical services, and includes services like substance use and pregnancy care, care coordination, mental health, housing, support groups, food, peer services etc.		
DOH (Department of Health): Teen Health Hub WA	Find links to quality, accurate information on health topics that are important to you. Each link is vetted by DOH’s Adolescent and Young Adult Health Team and reviewed by the Youth Advisory Council.  Topics you might find information on: <ul style="list-style-type: none"> <li>• Dating, Relationships, and Safety</li> <li>• Healthcare Rights and Access</li> <li>• Mental and Behavioral Health</li> <li>• Sexual and Reproductive Health</li> <li>• Whole Body Health</li> </ul>	<a href="#">Click Here (Teen Health Hub)</a>  <a href="#">Care Connect Washington (more local resources)</a>	
Exhale Pro-Voice	Need to talk with someone about your abortion experience? Looking to support your partner, child, or friend after their abortion? Text Exhale Pro-Voice for nonjudgmental after-abortion support.	<a href="#">Click Here</a>	617-749-2948
Free Condoms in Washington State	View the Washington State condom map →	<a href="#">Click Here</a>  More Free condom options in WA: <ul style="list-style-type: none"> <li>• <a href="#">Lifelong</a>: Interested in getting free condoms and lubricant delivered right to your door? Contact our team at</li> </ul>	



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		<p>condoms@lifelong.org to set up your order.</p> <ul style="list-style-type: none"> <li>• Check in with your <a href="#">local Planned Parenthood</a> to see if they offer free condoms and lubricant</li> </ul>	
Get the Facts About Drugs: Just Think Twice	Drug information, true stories, facts & stats, living drug free and more!	<p><a href="#">Click Here</a></p> <p>Call: 202-307-7936</p>	
Global Perinatal Services (Pregnancy, Parenting and Beyond)	<p>Our mission is to provide community based doula services that will educate, respect and empower black, refugee and immigrant families during pregnancy, birth and into early parenting.</p> <ul style="list-style-type: none"> <li>• Doula Services</li> <li>• ASQ-3</li> <li>• Black Bundle of Joy</li> <li>• Mom’s Corner</li> <li>• Father to Father Support Group</li> </ul>	<p><a href="#">Click Here</a></p>	
Health Connected: Sex ED Starts Here	<p>Resources for Youth</p> <p>Sexual health resources for teens (age 12-18), including information and resources on: Bodies, birth control &amp; STI (sexually transmitted infections); gender &amp; sexual identities; teen pregnancy &amp; parenting; relationships &amp; sexual safety and mental health support</p>	<p><a href="#">Click Here</a></p>	
Hummingbird Indigenous Family Services	Hummingbird Indigenous Family Services launched in 2019 with the mission of healthy Indigenous babies being born into healthy Indigenous families being supported by	<p><a href="#">Click Here</a></p>	



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	<p>healthy Indigenous communities. Hummingbird is the first and only Indigenous agency in King, Pierce, and Snohomish Counties to exclusively serve Indigenous babies and families from zero to three.</p> <ul style="list-style-type: none"> <li>• Indigenous Birthkeepers (full-spectrum doula program)</li> <li>• The Nest</li> <li>• Story Telling</li> <li>• Family Spirit Home Visiting</li> </ul>		
iFOSTER	<p>iFoster’s mission is to ensure that every child growing up outside of their biological home has the resources and opportunities they need to become successful, independent adults. We provide a free platform of resources for foster care youth, caregivers, and organizations.</p> <p>We create solutions driving collaboration and efficiencies across the child welfare system, and engage the community outside of child welfare to support our nation’s most vulnerable children.</p> <p>Some of their services/supports/programs:</p> <ul style="list-style-type: none"> <li>• Free virtual tutoring through Learn To Be</li> <li>• iFoster Tech</li> <li>• Jobs Program</li> </ul>	<p><a href="#">Click Here</a></p> <p><a href="#">Smiles Change Lives</a> (Helping families with the cost of braces &amp; changing lives one smile at a time, iFoster can assist with this)</p> <p><a href="#">US Pharmacy Card</a> (US Pharmacy Card provides discounts on more than 60,000 name-brand and generic drugs, as well as dental, vision and hearing products, lab and imaging services. iFoster can assist with this)</p>	<p>Phone: 1-855-936-7837 Text: 530-550-8001 Email: <a href="mailto:support@ifoster.org">support@ifoster.org</a></p> <p>Summer Rogers (she/hers) TAY AmeriCorps Director (<i>She is currently also serving as the WA Regional Lead, as they are actively trying to fill that position</i>) <a href="mailto:summer@ifoster.org">summer@ifoster.org</a> 213-429-7015</p>



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	<ul style="list-style-type: none"> <li>• Career Cruising- explore what you are into, ACT/SAT prep, explore local colleges</li> <li>• Eye exam/ Eye glasses through VSP</li> <li>• Braces and Retainer program</li> <li>• Project ID Partnership- Free ID</li> <li>• Daily Living Resources: utility discounts &amp; more</li> </ul>		
Knowmine (I Know Mine)	<p>Truthful, Accurate Information for You(th)</p> <p>Do you have questions about STIs or other sexual health issues?</p> <p>All questions submitted through the form below will be answered by Nurse Lisa or another clinical staff at the <a href="#">Alaska Native Tribal Health Consortium</a>. Please make sure your email address is correct.</p> <p>Questions are generally answered within a week of submission. If you need more immediate sexual health answers, please call your <a href="#">local clinic or Planned Parenthood</a>.</p> <p>This site also has information on sexual health, LGBTQ2S+, relationships, alcohol/tobacco/other drugs and more!</p>	<a href="#">Click Here</a>	
Indian Health Service (IHS)	<p>The IHS Generation Indigenous Initiative is designed to build resiliency and promote positive development through partnerships and support of programs focused on:</p>	<a href="#">Click Here</a>	



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	<ul style="list-style-type: none"> <li>• Youth and Suicide Prevention</li> <li>• Youth and Substance Abuse Prevention</li> <li>• Youth and Sexual Health and Responsibility</li> <li>• Youth and Mental Health</li> <li>• Youth and Professional Development</li> </ul> <p>The Indian Health Service (IHS) works to ensure that Native Youth have access to health services in the communities where they live. IHS carries out this work by providing enhanced resources for health issues and developing better information regarding health needs.</p>		
It Gets Better Project	The It Gets Better Project’s mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.	<a href="#">Click Here</a>	
I Wanna Know (iwannaknow)	Offers information on sexual health for teens and young adults. This is where you will find the facts, the support, the resources to answer your questions, referrals, and get access to in-depth information about sexual health, sexually transmitted infections (STIs), healthy relationships, and more. Iwannaknow.org is a site of the <a href="#">American Sexual Health Association</a> (ASHA). ASHA is a trusted, non-profit organization that has advocated on behalf of patients to help improve public health outcomes since 1914. We are America’s authority for sexually transmitted infection information.	<a href="#">Click Here</a>	



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	You can be assured that the information you find on this website is based on well-researched and documented medical facts and follows approved treatment guidelines as recommended by the Centers for Disease Control and Prevention.		
JUST Birth Network	<p>The Justice Unity Support Trust, or JUST Birth Network was created to empower and improve the birthing experience of Black, African American, African, Native American, Alaska Native, Native Hawaiian and Pacific Islander birthing women and people from across the sex and gender identity spectrum.</p> <p>The network includes dedicated <a href="#">birth and postpartum doulas</a>, <a href="#">childbirth educators</a> and inpatient cultural navigators, who provide patients and their families with expert care and guidance throughout their pregnancy and birthing experience.</p>	<a href="#">Click Here</a>	
King County: pregnancy, child and teen health services and resources	Various resources/supports including: Kids plus program, maternity support services and infant case management, nurse-family partnership and more	<a href="#">Click Here</a>	
Latino Leadership Northwest	<p>We create opportunities for Latinx Youth to build healthy relationships, advocate for their education, and become proud of the work they do.</p> <ul style="list-style-type: none"> <li>• Workshops <ul style="list-style-type: none"> <li>○ Mental Health</li> <li>○ Self Care</li> <li>○ Generational Trauma</li> </ul> </li> </ul>	<a href="#">Click Here</a>	



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	<ul style="list-style-type: none"> <li>○ Addiction</li> <li>• Youth &amp; Student Resources</li> <li>• Resources for Young Professionals</li> <li>• Sexual Health Resources</li> <li>• Youth Leadership Development</li> <li>• eTutoring</li> <li>• Undocumented Professionals</li> <li>• Scholarships</li> <li>• Free Courses</li> <li>• And More!</li> </ul>		
Legal Voice: Women’s rights. Nothing less.	Abortion rights in Washington State, Your legal rights	<a href="#">Click Here</a>	
Let’s Talk, Teens, Sexuality & Media	Resource List including: Guttmacher Institute, teen growth and more	<a href="#">Click Here</a>	
LGBTQ+	Various resources and supports	<a href="#">SAMHSA: LGBTQI+</a>  <a href="#">CDC: LGBTQ+ Youth Resources</a>  <a href="#">Center of Excellence: LGBTQ+ Behavioral Health Equity</a>  <a href="#">LGBTQ+ Healthcare Directory (find LGBTQ+ healthcare near you)</a>  <a href="#">Imi (Guides built for and with LGBTQ+ teens to help you explore your identity and support your mental health)</a>	
Local Health Departments (Local Health Jurisdictions)	Find your local Health Department which will have specific and general information: Supports, Services, Education, Information and more!	<a href="#">Click Here</a>	



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	<p>Resources and Services may include:</p> <ul style="list-style-type: none"> <li>• WIC (Women Infants &amp; Children) supplemental nutrition <ul style="list-style-type: none"> <li>○ <a href="#">WIC Clinic Locator</a></li> </ul> </li> <li>• Maternity support services</li> <li>• Nurse-Family partnership: The program partners mothers with registered nurses from pregnancy through a child's second birthday, allowing nurses to deliver the support first-time moms need to have a healthy pregnancy, become knowledgeable and responsible parents, and provide their babies with the best possible start in life.</li> <li>• <a href="#">Teen Clinics</a></li> <li>• Child care health program</li> <li>• And More!</li> </ul>		
Love is Respect (National Teen Dating Abuse Helpline)	love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.	<a href="#">Click Here</a>	Text “LOVEIS” to 22522, or call 1-866-331-9474 to talk with a peer advocate to prevent and end abusive relationship.
Medline Plus: Teen Sexual Health	Information on teen sexual health along with “Gyn checkups for teens”, sex education, sexual attraction and orientation, making healthy sexual decisions and more	<a href="#">Click Here</a>	
Mother Mentors: Widbey Island	Mother Mentor’s mission is to nurture mothers and other caregivers of young children by providing practical and emotional support	<a href="#">Click Here</a>	





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<p>Na’ah Illahee Fund (NIF)</p> <ul style="list-style-type: none"> <li>Native Youth Program</li> </ul>	<p>Our Mission is to support and promote the leadership of Indigenous women in the ongoing regeneration of Indigenous communities in the Pacific Northwest region of the United States.</p>	<p><a href="#">Click Here</a></p>	
<p>Native Youth Sexual Health Network</p>	<p>The Native Youth Sexual Health Network (NYSHN) is an organization by and for Indigenous youth that works across issues of sexual and reproductive health, rights and justice throughout the United States and Canada</p>	<p><a href="#">Click Here</a></p>	
<p>National Institute on Drug Abuse for Teens</p>	<p>Information about the national helpline, online treatment locator and text messaging option</p>	<p><a href="#">Click Here</a></p>	<p>Call: 1-800-662-HELP</p>
<p>National Network of Abortion Funds</p>	<p>Mission: The National Network of Abortion Funds builds power with members to remove financial and logistical barriers to abortion access by centering people who have abortions and organizing at the intersections of racial, economic, and reproductive justice</p>	<p><a href="#">Click Here</a></p>	<p><a href="#">Northwest Abortion Access Fund</a></p> <p><a href="#">CedarRiverClinics (Seattle, Renton, Tacoma)</a></p> <p><a href="#">Indigenous Women Rising (United States &amp; Canada)</a></p> <p><a href="#">National Abortion Federation (1-800-772-9100)</a></p> <p><a href="#">Abortion Finder</a></p> <p><a href="#">The Brigid Alliance</a></p> <p><a href="#">Women’s Reproductive Rights Assistance Project (wrap)</a></p>



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National Runaway Safeline	<p>For 50 years, the National Runaway Safeline has been responding to youth and families in crisis, serving as the national communications system for runaway and homeless youth. We continually transform technology, training and services to meet the current needs of vulnerable youth and ultimately achieve an end to youth homelessness.</p> <p>The Home Free program reunites youth (12-21 years old) with their family or legal guardian or helps them get to an alternative living arrangement (ALA), such as a community-based transitional living program, through a free bus ticket.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Other Resources/Services</a></p>    <p><a href="#">Home Free Program Information</a></p>	<p>Call 1-800-RUNAWAY (1-800-786-2929)</p> <p>They have call, chat, text and email options!</p>
Nemours TeensHealth	<p>Nemours KidsHealth was founded in 1995. Since then, Nemours KidsHealth articles, videos, animations, print publications, and health instructions have had billions of visits.</p> <p>Nemours KidsHealth is the most-viewed site for dependable information on children's health, behavior, and development from before birth through the teen years.</p>	<p><a href="#">TeenHealth Specific</a></p>	
North Seattle Family Resource Center	<p>Family advocacy, parenting classes and support groups, head start and more</p>	<p><a href="#">Click Here</a></p>	
Northwest Portland Area Indian Health Board (NPAIHB) Indian Leadership	<p>HIV/AIDs: prevention, treatment &amp; healing &amp; More!</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Healthy Native Youth</a></p>	



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<p>for Indian Health &amp; Healthy Native Youth</p> <p>Oregon, Washington &amp; Idaho</p> <p>*Also see WeRNative for more information</p>	<p><a href="#"><u>Talking is Power</u></a>: a text messaging service for Parents and Caring Adults</p> <p>Talking with youth about sensitive topics is never easy, but it’s important. You are your teen’s biggest influencer when it comes to making decisions about sex and healthy relationships.</p> <p><a href="#"><u>Text EMPOWER to 94449</u></a></p> <p>You’ll receive up to 3 text messages per week with conversation starters, tips, video demonstrations, and words of encouragement.</p> <p><a href="#"><u>Mind4Health</u></a>: is a text message service for caring adults to help them nurture conversations that build mental health. We’ll walk you through three steps to fill your mental health toolbox. In the Respond phase, you’ll learn how to support youth with their mental health. In the Heal and Grow phases, we’ll use our Indigenous lens to put things into context – sharing tips and tools to support your own mental health. Text “Mind4Health” to 65664</p> <p><a href="#"><u>Native Voices</u></a>: (Video Opportunities for Innovative Condom Education and Safer Sex) is a 23-minute video, designed to encourage condom use and HIV/STI testing among heterosexual, and LGBTQ2S (Lesbian, Gay, Bisexual, Trans, Queer, and</p>	<p><a href="#"><u>Two Spirit &amp; LGBTQ+ Health</u></a></p> <p><a href="#"><u>PATHS (RE)MEMBERED PROJECT (2SLGBTQ)</u></a></p> <p><a href="#"><u>Resources and Supports for Youth, Adults &amp; More</u></a></p> <p><a href="#"><u>Resource Library</u></a></p>	
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	Two Spirit), American Indian teens and young adults 15-24 years old.		
Oasis 35 Queer Youth Center	“Oasis Youth Center transforms the lives of queer youth by creating a safe place to learn, connect, and thrive. Oasis envisions a world in which queer youth are valued in the community as strong, creative leaders”	<a href="#">Click Here</a>	
Office of Homeless Youth	<p>The Office of Homeless Youth Prevention and Protection Programs (OHY) leads the statewide efforts to reduce and prevent homelessness for youth and young adults through five priority service areas to ensure our youth and young adults have:</p> <ul style="list-style-type: none"> <li>• <b>Stable Housing</b> – Every youth has a safe and healthy place to sleep</li> <li>• <b>Family Reconciliation</b> – Families are reunited when safe and appropriate</li> <li>• <b>Permanent Connections</b> – Youth have opportunities to establish positive, healthy relationships with adults</li> <li>• <b>Education and Employment</b> – Youth have opportunities to advance their education or training and obtain employment</li> <li>• <b>Social and Emotional Well-Being</b> – Youth have access to behavioral and physical health care; services nurture each youth’s strengths and abilities</li> </ul>	<p><a href="#">Click Here</a></p> <p><a href="#">Contracted Youth Service Providers Resource List</a></p>	<p>Email: youthhomeless@commerce.wa.gov</p> <p><a href="#">Staff List</a></p>



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Okay So	<p>OkaySo is a free, anonymous app where you can ask any questions you have about sexual health, dating and relationships, LGBTQ+ identities, stress, and more. We'll connect you to real experts who will answer your questions - no judgment, just support. #askusanything</p> <p>OkaySo is a nonprofit that provides teens with barrier removing access to trained health experts they couldn't reach any other way using innovative technology and human-centered design. We envision a world where all individuals know and love their bodies, identities, and selves so that they can live freely and authentically as who they truly are.</p> <p>We do this by pairing young adults with trained experts through a secure and confidential free app accessible on all smartphones, and connecting teens with partner agencies who can provide additional support where they live.</p>	<a href="#">Click Here</a>	
OneLove	<p>One Love Foundation is a national non-profit with the goal of ending relationship abuse. We empower young people with tools and resources to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities.</p>	<a href="#">Click Here</a>  <a href="#">Get Help</a>	
Open Arms Perinatal Services	Equity is a Birthright	<a href="#">Click Here</a>	



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	<p>We embrace new and expecting parents with compassion, encouragement, education, and culturally sensitive support so that families succeed and children thrive.</p> <p>We provide free perinatal services to improve birth experiences and lifelong outcomes for families. Through prenatal education, continuous doula support through labor, lactation guidance, support groups, and home visits, we establish supportive networks from pregnancy up to a child's second birthday.</p>		
Perinatal Support Washington	<p>Perinatal Support Washington (PS-WA) is a statewide non-profit committed to shining a light on perinatal mental health to support all families and communities. We support people in the emotional transition to parenthood, including those experiencing depression, anxiety, loss, infertility, trauma, and more.</p> <p>While we are based in the Seattle metro area, our support resources are found all over our beautiful state of Washington.</p> <p>Services may include:</p> <ul style="list-style-type: none"><li>• Peer support line (for parents &amp; partners)</li><li>• Support groups</li><li>• Perinatal Loss</li><li>• And more</li></ul>	<p><a href="#">Click Here</a></p> <p><a href="#">Tools and Resources</a></p>	



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Planet Fitness: High School Summer Pass	<p>Free Summer gym membership for teens 14yrs to 19yrs</p> <p>Teens 14-19 can work out for free all summer with us from May 16 through August 31 &amp; if you sign up you'll be entered for a chance to win a scholarship</p>	<a href="#">Click Here</a>	
Planned Parenthood	<p>Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of people worldwide. Planned Parenthood Stands for Care: Your health is our highest priority and we believe your body is your own. Make an in-person or telehealth appointment online or call 1-800-230-PLAN</p>	<p><a href="#">Click Here</a></p> <p><a href="#">For Teens</a></p> <p>Find your <a href="#">local Planned Parenthood</a></p>	1-800-230-PLAN
Point Of Pride	<p>Point of Pride provides financial aid and direct support to trans folks in need of health and wellness care.</p> <p>Point of Pride's Annual Transgender Surgery Fund is a scholarship-like program that provides direct financial assistance to trans folks who cannot afford their gender-affirming surgery.</p> <p>Through Plume, the HRT Access Fund provides 12 months of free medical care for trans folks seeking gender-affirming hormone therapy (also known as "HRT.")</p> <p>The Electrolysis Support Fund provides financial assistance towards permanent hair</p>	<a href="#">Click Here</a>	



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	removal services (including electrolysis and laser hair removal) for trans folks who cannot otherwise afford them.  Free Chest Binders & Free Femme Shapewear		
PregnancyOptions.info	Pregnancy options workbook, Abortion resolution workbook, resources and more!	<a href="#">Click Here</a>  <a href="#">Resources (Talklines, Hotlines &amp; more)</a>	
Pregnant & Parenting Teen High School Program (GRADS)	Graduation, Reality And Dual-role Skills (GRADS) is a program for pregnant teens and/or young parents that focus on work and family foundation skills of significance to these students. GRADS programs include student demonstration of skills leading to high school graduation and economic independence.	<a href="#">Click Here</a>	
Prepares: Pregnancy & Parenting Support	PREPARES is a nurturing response of the Catholic community in Washington state, open to all, to provide meaningful, local and sustainable support to mothers, fathers, and families as they nurture their children through pregnancy and early childhood. Volunteers at the PREPARES program offer support and activities for families from pregnancy to your child's fifth birthday	<a href="#">Click Here</a>	
Program for Early Parent Support (PEPS)	Since 1983, the Program for Early Parent Support (PEPS), a 501(C)(3) nonprofit organization has helped parents connect and grow as they begin their journey into	<a href="#">Click Here</a>	





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	parenthood. PEPS parent support programs educate, inform and create community		
REACH Center (Tacoma)	At The REACH Center, our mission is to equip and embolden young people to achieve success in education and employment through a strong network of dedicated partners. The REACH Center promotes effective use of resources, and enhances collaboration with youth and community partners, and offers a unified voice in advocating for systemic change in how young adults participate in their economic future.	<a href="#">Click Here</a>	
SAMHSA Native Connections	LGBTQ2S Resources	<a href="#">Click Here</a>	
Selfsea	Your place for identity & health — made by, with, and for young people  At selfsea you can find information on all kinds of topics. topics that you might not be comfortable talking about to the people around you. here you can find information on everything from how teenagers can deal with stress to identifying if someone close to you is addicted to a harmful substance.	<a href="#">Click Here</a>	
Sex, etc.	Wondering what's going on in your state? See how your state stacks up on sexuality issues for teens.	<a href="#">Click Here</a>	
Snohomish Health District Resources	First Steps Program: helps pregnant and parenting women and teens  Women Infant and Children (WIC)	<a href="#">Click Here</a>  <a href="#">Click Here</a>	



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	And more		
Society for Adolescent Health and Medicine (SAHM)	The Sexual and Reproductive Health Resources for Adolescents and Young Adults are online resources aimed specifically at adolescents and young adults. Online resources, apps and tech services, advocacy, helplines and more	<a href="#">Click Here</a>	
Spokane Tribal Network (Indigenous Birth Justice)	Spokane Tribal Network (STN) has been part of a co-heart of women across the so-called State of Washington, convened by Ttáwaxt Birth Justice Center from Yakama country, and funded through the Perigee Fund.  We believe that indigenous birth justice is present when indigenous people honor their ancestors by making the best decisions they can during pregnancy, childbirth, and after the baby arrives to ensure the next generation continues.	<a href="#">Click Here</a>	
Tacoma-Pierce County Health Department	Family Resources including: pregnancy support, mom/baby support groups, parenting, housing and more.	<a href="#">Click Here</a>	
Teens Helping Teens YouthLine Teen2Teen	Teens are available to help daily from 4-10pm PST (adults are available by phone at all other times!).  YouthLine is a free teen-to-teen crisis support and help line. This is for all youth nationwide. YouthLine is confidential to a point- while we will never share conversations had on the lines, we are mandatory reporters. If a young person is	<a href="#">Click Here</a>  <ul style="list-style-type: none"> <li>• CALL 877-968-8491</li> <li>• TEXT 'teen2teen' to 839863</li> <li>• CHAT <a href="#">Online</a></li> <li>• <a href="#">TEXT</a>: YLNATIVE to 839 863</li> </ul>	



# The Resource Guide



	unable to agree to safety for themselves or another person, or if abuse is occurring, YouthLine contacts other agencies to ensure the best support and safety for the young person in crisis.		
Telehealth: Sexual and Reproductive Health Services Through Telehealth	Making a virtual or phone appointment with a provider is an easy way to get the health care you need. You can now receive safe and private sexual and reproductive health services without an in-office visit in Washington, where they are available.	<a href="#">Click Here</a> <a href="#">Click Here for Locations</a>	
That's Not Cool	That's Not Cool Healthy Relationships, Online & Off	<a href="#">Click Here</a> Call (24/7): 1-866-331-8453	
The Arc	Healthy Understanding of Our Bodies (HUB) Youth with intellectual and developmental disabilities don't always have access to sexual health education. With so many topics to cover, it can feel overwhelming for youth, caregivers and professionals to decide where to go for information. In this resource hub, you will find a collection of videos, learning tools, and webpages to help youth with disabilities and their supportive networks build a strong foundation for sexual health. You will also find information about <a href="#">Virginia organizations</a> who are offering relationship and sex education for young people with IDD and <a href="#">national organizations</a> who offer curriculums, trainings, and other resources.	<a href="#">Click Here</a>	



# The Resource Guide



Trans Family SOS	TransFamily Support Services guide transgender/non-binary youth and their families through the gender transitioning process to help make it the most positive experience possible. We provide family coaching, assistance with healthcare and insurance issues, help navigating the legal system, and support at schools. All services are provided at no fee.	<a href="#">Click Here</a>	
Transhealth Program	The Transhealth program provides coverage for medically necessary gender affirming treatment and is included in your Washington Apple Health (Medicaid) coverage.	<a href="#">Click Here</a> <a href="#">Click Here (HCA Website)</a> <a href="#">Click Here (Office of the Insurance Commissioner for information on Gender-affirming medical coverage rights)</a>	
Trans Lifeline	Trans Lifeline provides trans peer support for our community that’s been divested from police since day one. We’re run by and for trans people.	<a href="#">Click Here</a>  877-565-8860 Trans Lifeline’s Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you’re not in crisis or if you’re not sure you’re trans.  La línea directa de Trans Lifeline es un servicio telefónico de apoyo dirigido por personas transgénero para las personas transgénero y/o que están cuestionando su género. Creemos que	



# The Resource Guide



		<p>el mejor apoyo que las personas Trans pueden recibir es el de los miembros de la comunidad Trans con experiencias de vida compartidas. Llámanos si necesitas a alguien Trans con quien hablar, incluso si no estás en crisis o no sabes con certeza si eres transgénero.</p> <p>Oprime 2 para hablar con unx operadrx en español. Marca al (877) 565-8860</p>	
<p>TreeHouse (Youth Specific)</p>	<p>Treehouse, Washington state’s leading nonprofit for youth experiencing foster care, has announced the statewide expansion of its programs. Effective April 3, school-aged youth in foster care across Washington state are eligible.</p> <p><a href="#">Graduation Success</a>, <a href="#">Just-in-Time Funding</a> and the <a href="#">Treehouse Store</a> join <a href="#">Driver’s Assistance</a>, <a href="#">Educational Advocacy</a> and <a href="#">Holiday Magic</a> programs which already provide Treehouse services to young people experiencing foster care throughout Washington state. Through the three newly expanded programs, youth in foster care anywhere in the state also have access to one-on-one academic coaching, financial support for extracurricular and school activities as well as free clothes and essentials.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here for April 2023 Youth Expansion Information</a></p> <p><a href="#">Click Here for: Tribal Engagement Program, Supporting Tribal Youth</a></p> <p><a href="#">Click Here for Resources: Free Tutoring, High School Graduation College &amp; Careers and More!</a></p>	
<p>Truth: Smoking, Vaping and Opioids</p>	<p>This is quitting: A 24/7 support network</p>	<p><a href="#">Click Here</a></p>	<p>Text: DITCHVAPE to 88709</p>



# The Resource Guide



Ttáwaxt Birth Justice Center	<p>The Ttáwaxt Birth Justice Center, created and led by Native women, is a 501(c)(3) non-profit organization serving families on and near the Yakama Nation Reservation. We offer pre and postnatal care, reproductive healthcare, breastfeeding support, childbirth education, cultural classes, plant medicine, and other support for families. We center the wisdom of Indigenous life-givers and protectors, and know our cultural practices are vital to the continuance of the next generation and the healing. We are carrying out our mission through the revitalization of Indigenous intergenerational matriarchal practices and systems and by creating safe, Indigenous spaces where our families and communities can heal and thrive.</p>	<a href="#">Click Here</a>	
U.S. Department of Health & Human Services: Adolescent Health	<p>Information including: Reproductive health and teen pregnancy, mental health, healthy relationships, health facts, substance use and more</p>	<a href="#">Click Here</a>	
Washington Connection- your link to services	<p>Services and resources including: Health and well-being, education and employment, foster youth, legal help, food assistance, housing assistance and more</p>	<a href="#">Click Here</a>	
Washington Law Help (WashingtonLawHelp.org)	<p>Find out what medical/health care you can get on your own if you are under age 18. Information on emancipation of minors and more!</p>	<a href="#">Click Here</a>	
WA Prep for Healthy Youth	<p>Links to helpful national and local resources on adolescent health and sexual health</p>	<a href="#">Click Here</a>	



# The Resource Guide



<p>Washington State Department of Health</p>	<p>Birth Control &amp; Emergency Contraception, Abortion information, Teen Health, Pregnant &amp; Parenting and more</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Teens &amp; Youth Adult Health (Click Here)</a></p> <p><a href="#">Teen Health Resources (Click Here)</a></p> <p><a href="#">Guidebook for Pregnant and Parenting Teens</a></p> <p><a href="#">Bedsider Website: Birth Control, abortion, sex &amp; relationships, sexual health &amp; wellness and more</a></p> <p><a href="#">Plan B One-Step</a></p> <p><a href="#">Abortion Information</a></p>	
<p>WERNative (We R Native)</p>	<p>WERNATIVE (We R Native), For Native Youth, by Native Youth You've got questions, we've got answers</p> <p>This site has a lot of great resources and text support:</p> <ul style="list-style-type: none"> <li>• Ask your relative</li> <li>• My culture</li> <li>• My life</li> <li>• My relationship</li> <li>• My mind</li> <li>• And more!</li> </ul>	<p><a href="#">Click Here</a></p> <p>Youth Support: <a href="#">Click Here for Website</a> &amp; <a href="#">Click Here for Youth Support</a></p> <p>Resource Guide</p> <ul style="list-style-type: none"> <li>• Relationships &amp; Dating</li> <li>• Sexual Health &amp; Sexual Identity – 2SLGBTQ+</li> <li>• Crisis Support</li> <li>• Abuse &amp; Sexual Assault</li> <li>• Drugs, Alcohol &amp; Tobacco</li> <li>• Mental Health</li> <li>• Bullying</li> <li>• Text Message Campaigns</li> </ul>	



# The Resource Guide



- And More!

[Click Here for “Ask Your Relative”:](#)

Ask Your Relative is a team of educators, public health professionals, and caring adults supporting Native Youth through our Q&A service.

[2SLGBTQ+ Paths \(Re\)Membered Project](#) text LGBTQ2s to 94449 or ALLY to 94449

[Text 4 SEX ED:](#) Get the facts and decide what’s best for you, Text SEX to 94449 However you define it, being intimate with another person involves a lot of responsibility. There’s a lot to consider when it comes to sex: figuring out if you’re ready, talking to your partner about your limits and preferences, protecting yourself from pregnancy and STDs, and so much more. Text 4 Sex Ed will cover everything you need to know.

[Native Fitness:](#) Text FITNESS to 94449

Our mind, body, and spirit are connected, requiring harmony and balance to promote health and wellbeing. Need to jump-start your routine? Sign up today and we’ll





# The Resource Guide



		<p>connect you to a wellness coach. You'll receive motivational reminders and take part in 6 wellness challenges! Do you accept the challenge?</p> <p><a href="#">We Are Healers:</a> If this is your calling- to work in medicine and care for others- join We Are Healers. Text HEALER to 94449</p> <p><a href="#">Caring Messages:</a> Sometimes all it takes is a thoughtful text to brighten your day and shift your perspective. We all need a little more joy in our lives, and We R Native wants to help spread the love. Simply text "CARING" to 65664 to receive two texts per week with funny videos, songs, and messages designed to improve your mood and remind you of just how awesome you are! Text: COLLEGE to 65664</p>	
<p>County Resources &amp; Referrals:</p> <ul style="list-style-type: none"> <li>• Pierce</li> <li>• Whatcom</li> <li>• Cowlitz</li> <li>• Klickitat</li> <li>• Yakima</li> <li>• Snohomish</li> <li>• Clallam</li> <li>• Okanogan</li> </ul>	<p>Various resources and supports for Yakima County</p>	<p><a href="#">Perinatal Support Washington Resources and Referrals (Click Here)</a></p> <p><a href="#">Yakima Pediatrics Teen-Tot Program (Click Here)</a></p> <p><a href="#">Young Mom's Support Group- Catholic Charities (Click Here)</a></p>	



# The Resource Guide



Young Men’s Health	<p>Welcome to Young Men's Health, a website for teen guys and young men featuring up-to-date health information. Here, you can find answers to your questions, health guides, &amp; more!</p> <p>Young Men’s Health (YMH) is produced by the Division of Adolescent and Young Adult Medicine at Boston Children’s Hospital. The purpose of the website is to provide carefully researched health information to teenage boys and young men.</p>	<a href="#">Click Here</a>	
YouthCare	YouthCare works to end youth homelessness and to ensure that young people are valued for who they are and empowered to achieve their potential.	<a href="#">Click Here</a>	<p>Phone: 206-694-4500</p> <p>Toll-free: 800-495-7802</p>
<p>For additional supports/services, please see the “<i>Mental/Behavioral Health, Victim Support/Services, Substance Use Disorder Resources &amp; Other Resources</i>” (located above) or our other sections in this document. Still can’t find what you’re looking for? No problem! Email FWB at: <a href="mailto:FWB@dshs.wa.gov">FWB@dshs.wa.gov</a></p>			

## Respite

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
Arch National Respite Network and Resource Center	Respite	<a href="#">Click Here</a>	
Chance 4 Children	Foster Care Programs: BRS, receiving care, and respite care	<a href="#">Click Here</a>	



# The Resource Guide



DCYF Respite Information	DCYF Specific respite information	4510: Respite for licensed foster parents, unlicensed relative caregivers and other suitable persons: <a href="#">Click Here</a>  4509. Respite for Parents: <a href="#">Click Here</a>	
DDA Respite Services	Enhanced Respite Services are designed to give DDA enrolled children and youth access to short term respite in a DDA contracted, and Division of Licensed Resources (DLR) licensed, staffed residential setting.	<a href="#">Click Here</a>	
Joni & Friends	The Joni and Friends Halftime Respite program gives parents and caregivers a break from the routines of disability while their loved one in need of care enjoys crafts, music, games, and meaningful connection with trained staff and volunteers.  Joni and Friends Northwest is partnering with Hope Community Church Olympia to provide you with a break while your kids have a great time! Parents/caregivers can go shopping, get some quiet time, or go on a date! Whatever you need for 3 hours.	<a href="#">Click Here</a>  <a href="#">Other Northwest Resources and Events</a>	Sarah Fuller Phone: (360) 349-4094 Email: sfuller@joniandfriends.org
Lifespan Respite WA	Respite	<a href="#">Click Here</a>	
PAVE	Respite information and resources	<a href="#">Click Here</a>	
The Arc (King County)	Respite resources	<a href="#">Click Here</a>	
Vanessa Behan (Spokane)	Vanessa Behan provides safety for children, strengthens families and creates a healthier community in an environment of unconditional love.	<a href="#">Click Here</a>  <a href="#">Frequently Asked Questions</a>  <a href="#">Stay, Play, and Learn</a>	Remember, Vanessa Behan is open 24-hours a day, 7 days a week. Call us ANYTIME, for ANY reason!



# The Resource Guide



Being a parent is challenging. Vanessa Behan is here to help. We want to do our part to help the parents and children of Spokane feel seen and cared for. In addition to short-term emergency childcare for children, we offer [parenting classes](#), crisis counseling, [diapers and formula](#), and referrals to other community resources.

Most importantly, Vanessa Behan is here to give your child a safe, loving place to stay while you:

- Go to an important appointment
- Resolve a personal issue
- Go to a medical appointment
- Attend a job interview
- Take some time to yourself
- And more!
- Call us today. 509.535.3155

How long can my child stay?

- Vanessa Behan is here when you need it. With your first request, you can place your child with us for a few hours, up to 72 hours. (Typically placements scheduled for more up to 72 hours are scheduled 24 hours at a time so we can stay in contact with parents/guardians)
- If your crisis is still not resolved or more time is needed, parents and guardians can call to put in an

[Emotion Couching Bags](#)

Call us anytime at 509-535-3155 for any reason and ask to speak with a Family Support Specialist.



# The Resource Guide



	<p>extension request. Extension requests aren't guaranteed – we will call you back to confirm extensions if room is available.</p> <ul style="list-style-type: none"> <li>• Services are free of charge</li> </ul>		
Various Medically Fragile Group Homes throughout WA State	Medically Fragile Group Homes may be able to provide respite services	DCYF Social Worker can assist with this resource	
Yakima Valley School	Respite	<a href="#">Click Here</a>	

## Education

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
CDC	Guidance for COVID-19 Prevention in K-12 Schools	<a href="#">Click Here</a>	
Child Care Aware of Washington	Child Care Aware of Washington is a nonprofit organization dedicated to ensuring that every child in Washington has access to high-quality child care and early learning programs. Created by state statute in 1986 and incorporated in 1989, it is the only statewide child care resource and referral program in Washington.	<a href="#">Click Here</a>	
College Success Foundation	A college degree is attainable for all.	<a href="#">Click Here</a>	425-416-2000



# The Resource Guide



	We coach and support students from low socioeconomic backgrounds to prepare for and graduate from college as transformational leaders in order to forge a just and equitable society	<a href="#">Click Here for the Financial Aid Hub</a>  <a href="#">Click Here for videos that promote awareness of financial aid from state and federal sources</a>	
Coping with Fear of Violence: School Shootings	Information, Suggestions for caring for yourself and your loved ones and resources	<a href="#">Click Here</a>	
Disability Rights Washington	<p>Multiple resources including:</p> <p>Special Education Parent Liaison Office of Superintendent of Public Instruction (OSPI) (360) 725-6075 <a href="https://www.k12.wa.us/SpecialEd/Families/Assistance.aspx">https://www.k12.wa.us/SpecialEd/Families/Assistance.aspx</a></p> <p>The OSPI Special Education Parent Liaison is available as a resource to parents in non-legal special education matters and serves as a neutral and independent advocate for a fair process. The Special Education Parent Liaison does not advocate on behalf of any one party. Rather, the Parent Liaison exists to address individual concerns about bureaucratic systems and act as a guide for citizens attempting to understand and navigate various government processes and procedures.</p> <p>Wrightslaw <a href="http://www.wrightslaw.com">http://www.wrightslaw.com</a> This website provides legal information about special education and advocacy tips for</p>	<a href="#">Click Here</a>	



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	children with disabilities. The site also provides links to multiple special education resources as well as information about upcoming special education trainings and conferences. Site visitors can subscribe to a free online newsletter.		
DOH (Department of Health)	Requirements and Guidance to Mitigate COVID-19 Transmission in K-12 Schools, Child Care, Early Learning, Youth Development, and Day Camp Programs	<a href="#">Guidance to Prevent and Respond to COVID-19 in K-12 Schools and Child Care</a>  <a href="#">Click Here (Schools &amp; Child Care)</a>  <a href="#">COVID-19 Vaccines: Pediatric School Toolkit</a>	
Early Childhood Education and Assistance Program, Head Start & More	ECEAP (pronounced "E-Cap") is the Early Childhood Education and Assistance Program funded by Washington State for children 3 and 4 and, in some locations, infants or toddlers who are younger than 3 years old.  Head Start is funded by the federal government for children ages 3 and 4 and, in some locations, pregnant women and children birth to age 3.	<a href="#">Click Here</a>	
Early Head Start, Head Start, Migrant and Seasonal Head Start and American Indian and Alaska Native	Center Locator →	<a href="#">Click Here</a>	
Kaleidoscope Play and Learn	Kaleidoscope Play & Learn groups are weekly facilitated play groups for young children and their Family, Friend and Neighbor caregivers and parents.	<a href="#">Click Here</a>	



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	The program is based on widely recognized and accepted theories and best practices in the fields of child development; early learning; parent education; Family, Friend and Neighbor care; community development; and cultural competence.		
Mental Health- Related Absences (HB 1834)	HB 1834 directs OSPI to categorize a student's absence from school due to a mental health reason, as an excused absence due to illness, health condition, or medical appointment; and to develop the rule, and guidance to implement the rule	<a href="#">Click Here</a>	
National Center for Learning Disabilities (NCDL)	NCLD improves the lives of the 1 in 5 with learning and attention issues by empowering parents and young adults, transforming schools, and advocating for equal rights and opportunities.	<a href="#">Planning Your Future: A Guide To Transition</a> <a href="#">Transition Planning Resource List</a>	
Northwest Education Access (formerly known as, Seattle Education Access)	Northwest Education Access provides comprehensive and individualized support to help low-income young people, ages 16-29, build their own path to higher education and beyond. <ul style="list-style-type: none"> <li>• Individualized guidance <ul style="list-style-type: none"> <li>○ Mentorship, technical assistance, moral support</li> </ul> </li> <li>• Academic tutoring, career exploration, job shadowing, informational interviews</li> </ul>	<a href="#">Click Here</a> <a href="#">Our Programs</a> <a href="#">Students</a>	





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- Test prep, re-entering school, ongoing guidance, registration/transfers/application
- Community building, on-campus support services
- Advocate & empower
- Connections to resources
- Financial support low-income young people need to earn higher education degrees
  - Grants & loans, apprenticeships, career training certifications, scholarships & tuition waivers and more!
- Specialize in serving students facing profound barriers to higher education such as unstable housing, parenting, being an immigrant or refugees, or not having completed high school

While other college access programs assist students in traditional high schools to transfer directly to higher education, NW Education Access is the only college access organization in Washington State that centers re-engaging out-of-school young people who have encountered significant barriers to completing their high school or college education.

Ombuds

Team of 8 working statewide to reduce the opportunity gap and support collaborative problem-solving between families and schools.

[Click Here](#)



# The Resource Guide



OSPI (WA Office of Superintendent of Public Instruction)- ONE	The Office of Native Education (ONE) provides assistance to school districts in meeting the educational needs of American Indian and Alaskan Native (AI/AN) students. ONE serves as a liaison between OSPI and school districts, tribal governments, State-Tribal Education Compact schools (STECs), tribal schools, Native communities, parent/guardians of Native children, and other groups and individuals.	<a href="#">Click Here</a>	
OSPI (Washington Office of Superintendent of Public Instruction)	Various Resources	<a href="#">Click Here</a>  <a href="#">Click Here</a> (School Districts and Opening/Re-Opening)	
Programs Available for Foster Youth and Alumni of Care	Various resources including scholarships, passport to careers, educational training voucher (ETV), graduation success, drivers assistance, independent youth housing program, tribal independent living program & more!	<a href="#">Click Here</a>  <a href="#">Click Here for ETV</a>  <a href="#">DCYF: Types of Aid (Pay for College)</a>	
Return to School (Traumatic Brain Injury or TBI)	A brain injury can change the way a student behaves, moves, thinks, and learns, and can affect a student’s ability to succeed in school. The more educators know about brain injury the better prepared they will be to support students with brain injury in their classroom.	<a href="#">Click Here</a>  <a href="#">Return to School and Traumatic Brain Injury Video</a>  <a href="#">TBI Educational Team</a>	
Special Education Support Center	The Special Education Support Center, with support from OSPI, provides resources and training to help teachers and parents provide appropriate and effective learning experiences for students with disabilities.	<a href="#">Click Here</a>	



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<p>The Washington Center for Deaf &amp; Hard of Hearing Youth (CDHY), formerly the Center for Childhood Deafness and Hearing Loss (CDHL)</p>	<p>The Washington Center for Deaf &amp; Hard of Hearing Youth (CDHY), formerly the Center for Childhood Deafness and Hearing Loss (CDHL), is a statewide resource committed to ensuring all deaf and hard of hearing students in Washington reach their full potential regardless of where they live or attend school.</p>	<p><a href="#">Click Here</a></p>	
<p>TreeHouse Advocate &amp; More</p>	<p>Giving Foster Kids a Childhood and a Future We envision—and strive to create—a world where every child that has experienced foster care has the opportunities and support they need to pursue their dreams and launch successfully into adulthood.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">TreeHouse Program Overview</a></p> <p><a href="#">Youth Driver’s Assistance</a> <a href="#">Graduation Success</a></p> <p><a href="#">Just-in-Time Funding</a> Treehouse provides funding for youth in foster care to explore interests and engage in their communities, removing financial barriers to their personal growth and development</p> <ul style="list-style-type: none"> <li>• Extracurricular Activities like Sports, Camp, and more</li> <li>• Education Needs like school pictures, year book, prom, tutoring, and more             <ul style="list-style-type: none"> <li>• Career Support</li> </ul> </li> <li>• Other Items and Services like bus pass, passport, identity-affirming items, hair care and more</li> </ul> <p><a href="#">Treehouse Store</a></p>	



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		<p><a href="#">Educational Advocacy</a></p> <p><a href="#">Holiday Magic</a></p> <p><a href="#">Click Here</a></p>	
<p>Washington Student Achievement Council (Education * Opportunity * Results)</p>	<p>We are working to raise educational attainment through strategic engagement, program management, and partnerships.</p> <p>What can you find on their website: Financial Aid, Outreach &amp; Initiatives And more!</p> <p>Example of a few of the programs and scholarships available: Supplemental Education Transition Planning (SETuP) Program: SETuP helps foster youth and unaccompanied homeless youth make the transition from high school to college, career, or service.</p> <p>Passport to Careers: The Passport to Careers program helps former foster youth and unaccompanied homeless youth prepare for and succeed in college, apprenticeships, or pre-apprenticeship programs</p> <p><b>AMERICAN INDIAN ENDOWED SCHOLARSHIP:</b> The American Indian Endowed Scholarship (AIES) helps financially needy students with close social and cultural ties to an American Indian</p>	<p><a href="#">Click Here for SETuP</a></p> <p><a href="#">Click Here for Passport to Careers</a></p> <p><a href="#">Click Here for The American Indian Endowed Scholarship</a></p>	<p>info@wsac.wa.gov (360) 753-7800</p>



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	<p>community in the state of Washington. Students can use the scholarships at public colleges and many independent colleges in Washington.</p> <p><b>Important reminder:</b> Students who experienced foster care or unaccompanied homelessness may qualify for the <a href="#">Passport to Careers</a> program and can choose to attend college or participate in an apprenticeship program. Students will also likely qualify for the <a href="#">Washington College Grant</a>, the <a href="#">College Bound Scholarship</a>, and <a href="#">Education and Training Voucher (ETV)</a> Programs.</p>		
WAVE Scholarship	Washington Award for Vocational Excellence	<a href="#">Click Here</a>	

## Summer Camps & Retreats

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
American Diabetes Association	Find a camp by state	<a href="#">Click Here</a>	
APEX Summer Camp & SeaStar Program	<p>Kids: Ages 6-12 with ASD, ADHD, siblings and peers</p> <p>The Apex Summer Camp program at the UW Autism Center is designed to provide</p>	<a href="#">Click Here (Apex Program)</a>	



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	<p>advanced peer experiences for children with autism spectrum disorder, ADHD, and related disorders. It focuses on building social and behavioral skills in real-world environments.</p> <p>The SEASTAR Program at Apex Summer Camp is designed specifically for children with ADHD and related disorders. It aims to build social skills and self-esteem in the context of typical summer day camp activities.</p>	<p><a href="#">Click Here (SeaStar Program)</a></p>	
Camp Korey	<p>Camp Korey offers children and families an escape from the endless medical treatments that have overshadowed childhood. Campers grow stronger, braver, and build leadership skills that they take into their everyday lives.</p> <p>Our campers have reported an increase in self-esteem, confidence and resilience, along with a network of friends and support to help them through the tough times. We work with a dedicated team of medical professionals and program facilitators to create a medically safe camp adventure.</p>	<p><a href="#">Click Here</a></p>	
Center for Independence	<p>Youth Transition Summer Workshop: The Youth Transition Summer Workshop is for youth who experience disability, ages 16-24; planning to live independently, and have career or educational goals. Youth who have a 504 plan or an Individual Education Plan are encouraged to apply. This is typically an</p>	<p><a href="#">Click Here</a></p>	



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	overnight event that takes place on a college campus.		
Directories for WA State Summer Camps	Various sources for searching and finding summer camps in WA State	<a href="#">Click Here (Camp Resource Online Summer Camp Directory)</a>	
Epilepsy Foundation	Summer Camp information	<a href="#">Click Here</a>	
	Camp Discovery	<a href="#">Click Here</a>	
Kids Camps	Washington Special Needs Camps and Programs	<a href="#">Click Here</a>	
Parent Map (PNW Inside + Out)	20 Summer Camps Around Seattle for Kids With Special Needs	<a href="#">Click Here</a>	
Sibling Strong: Reuniting Separated Siblings & Camp To Belong Washington	<p>The mission of Sibling Strong is to reunite brothers and sisters who have Washington ties and who are separated because of foster care and other out-of-home care for camps and events that reinforce their sibling connection, encourage social development, restore hope, give a sense of normalcy and reduce feelings of isolation.</p> <p>Since 2009, Camp To Belong Washington has been creating opportunities for these brothers and sisters to laugh, cry, begin healing and create positive new memories together that will last a lifetime.</p> <p>Please note, our camp location is actually undisclosed for the safety of the campers.</p>	<a href="#">Click Here</a>	<a href="mailto:info@sibling-strong.org">info@sibling-strong.org</a>  360-731-7268
Stanley Stamm Summer Camp (Seattle Children's Hospital)	Each August, Seattle Children's Stanley Stamm Summer Camp gives nearly 100 children with chronic medical conditions the	<a href="#">Click Here</a>	206-987-CAMP (2267)



# The Resource Guide



	<p>chance to go fishing, ride horses and take part in other typical summer camp activities at a week-long sleepover camp near Mt. Rainier.</p> <p>Our camp, founded by Seattle Children's heart specialist Dr. Stanley Stamm, includes a team of both medical and non-medical volunteers from the community and a fully equipped infirmary so that children who are unable to attend other camps due to unique and often complex medical needs can join in the fun.</p>		
The Arc WA	Camp Resources	<a href="#">Click Here</a>	
Year-Round and Summer Recreation Opportunities for Individuals with Autism (SCH)	Year-Round and Summer Recreation Opportunities for Individuals with Autism (SCH)	<a href="#">Click Here</a>	
Very Special Camps	Special Needs Camps	<a href="#">Click Here</a>	
WA Autism Alliance	Recreation and Camps	<a href="#">Click Here</a>	

## Other resources you may be interested in:

- Our Type 1 Diabetes resource document which includes:
  - Action plans
  - Diabetes specific camps (for children and families)
  - Clinics and Hospitals that offer education, support groups and more
  - Credible sites where you can find information
  - Email FWB and ask us for a copy!
- Our program also has Regional Medical Consultants (RMCs), they are Pediatricians that are located throughout Washington. They can help with things like:





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- General medical questions (e.g. Questions about medication, medical conditions, vaccines, child development and behavior)
- Questions about interpretation of drug testing (e.g. urine, hair, umbilical cord tissue)
- Environmental health concerns (e.g. mold, animals, unsanitary living quarters)
- Review of medical records to summarize a child's condition or provide recommendations about necessary follow up
- And more!

