



# The Resource Guide

Caregivers, Kinship Caregivers, Youth and Social Workers, 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 Should you find any of these links and/or resources to be outdated, please notify the Fostering Well-Being program (FWB) so that we can update this list.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/altsa/stakeholders/fostering-well-being>



## General Information, Support, Resources & Training

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
Affordable Connectivity Program	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.	<a href="#">Click Here</a> (English) <a href="#">Click Here</a> (Spanish)	(877) 384-2575

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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>		
Alliance of Dental Hygiene Practitioners	<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>	
ALTSA (Aging and Long-Term Support Administration)	<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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Amara	<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>	
American Indian and Alaska Native Resources	Various resources & services	<ul style="list-style-type: none"><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="#">American Indian Health Commission for WA State (AIHC)</a></li><li>• <a href="#">Seattle Indian Health Board</a></li><li>• <a href="#">SAMHSA (Substance Abuse and Mental Health Services Administration): Mental Health Resources</a></li><li>• <a href="#">ALTSA Tribal Affairs</a></li><li>• <a href="#">Department of Social and Health Services</a></li></ul>	



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		<ul style="list-style-type: none"><li>• <a href="#">DCYF Indian Child Welfare</a></li><li>• <a href="#">Administration for Children &amp; Families</a></li><li>• <a href="#">Federally Recognized Indian Tribes in Washington State (Governor's Office of INDIAN AFFAIRS)</a></li><li>• <a href="#">Native and Strong</a></li><li>• <a href="#">NPAIHB- Native Boost Immunization education/information</a></li><li>• <a href="#">National Congress of American Indians</a></li><li>• <a href="#">Working with Tribal Communities</a></li><li>• <a href="#">Suicide Prevention Resource Center: American Indian/ Alaska Native</a></li><li>• <a href="#">Centers for Disease Control and Prevention (CDC): Tribal Health Website</a></li><li>• <a href="#">CDC Eagle Books &amp; More</a></li><li>• <a href="#">Rural Health Information Hub: Tribal Health</a></li><li>• <a href="#">MedlinePlus</a></li></ul>	
Apple Health (Medicaid) Transportation Services (nonemergency)	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	<a href="#">Click Here more information and for a list of County specific Service Providers (Transportation Brokers)</a>	



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	<p>are those in Apple Health (Medicaid and CHIP) and other state-funded medical assistance programs that include a 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>		
ArrayRx Card	<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>	



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AS360	<p>Helping Navigate Autism</p> <p>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.</p>	<a href="#">Click Here</a>	
Autism Center of Excellence and Applied Behavior Analysis Therapy (ABA)	<p>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</p>	<p><a href="#">Click Here for COE Information</a></p> <p><a href="#">COEs by County</a></p> <p><a href="#">ABA Information</a></p>	
Big Red Safety Box	<p>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.</p>	<a href="#">Click Here</a>	
CaRES: Kinship Resources	<p>Amara will be the primary CaRES contact for formal kinship caregivers and a great resource for specialized support.</p> <p>The Alliance CaRES Program is a partner of the Department of Children, Youth, and</p>	<p><a href="#">Click Here</a></p> <p>-Alliance CaRES</p>	



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	<p>Families offering support to caregivers around the state. Our local Mentors are dedicated to working alongside caregivers 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 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>	
Chance 4 Children	<p>List of resources including: Discounts, fun, parenting, resources for teenagers</p>	<a href="#">Click Here</a>	
Children and Youth with Special Health Care Needs Program (CYSHCN)	<p>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</p>	<a href="#">Click Here</a> <a href="#">Click Here for Program PDF</a> (English)	





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	and related services of a type or amount beyond what is generally needed	Answers for Special Kids (ASK) Line: 1-800-322-2588 or 1-800-883-6388/TTY  Referrals for Services: <a href="#">Click Here</a>  <a href="#">CYSHCN Local Agency Coordinators and Support Staff Information</a>  <a href="#">Click Here for CYSHCN Coordinators and ESIT Programs Contacts &amp; Agencies</a>  <a href="#">Click Here for the CYSHCN Care Coordination Toolkit</a>	
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>	
Community Health Care: Foster and Adoption Clinic (Tacoma)	Trauma-informed medical, dental & behavioral health care For families & children touched by foster care, kinship care & 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	<a href="#">Click Here</a>	253-722-1771  253-922-4778 – After Hours Nurse Advice Line for current patients





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	<p>Adoption Clinic offers medical, dental and behavioral health care, as well as pharmacy and lab services in one convenient location.</p> <p>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.</p> <p>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>		
COVID (Coronavirus)-19	Information & resources regarding COVID-19	<ul style="list-style-type: none"><li>• <a href="#">CDC</a></li><li>• <a href="#">DOH</a><ul style="list-style-type: none"><li>○ <a href="#">DOH</a></li></ul></li><li>• <a href="#">DCYF</a></li><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="#">Greater Than COVID</a></li><li>• There are more COVID-19 resources located throughout this resource guide</li></ul>	
Culturally Competent Care	Various resources	<a href="#">Open Doors</a> : provides culturally and linguistically relevant services and education	



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		<p>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 and information on cultural beliefs, medical issues, and other topics related to the health care of immigrants in the US.</p>	
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><a href="#">Click Here</a></p>	



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	*Please talk to your Social Worker to get a CSP in place		
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 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>	<a href="#">Click Here</a>	
DCYF Complex Needs Trainings	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	<a href="#">Click Here</a>	Please email Phoebe Yeung at <a href="mailto:pcyeung@uw.edu">pcyeung@uw.edu</a> if you have any questions



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	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.		
DCYF Dental Information	This document provides information on meeting dental treatment needs for children and youth in out-of-home placement	 Meeting Dental Treatment Needs for *Ask FWB for a copy	
DCYF Naloxone Guidelines for Social Workers	Voluntary Training for and Administration of Opioid Overdose Reversal Medications (Naloxone) for all DCYF Child Welfare Staff	 Naloxone Guidance - Training and Administ *Ask FWB for a copy	
DCYF: <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>	The Caregiver would need to reach out to see if they are still doing these or not  Substance Use Prevention, Treatment, and Recovery Services  Foster Parent & Kinship Care Resources	<a href="#">Click Here</a>  <a href="#">Click Here</a>  <a href="#">Click Here</a> <a href="#">Click Here</a>	
DCYF TRS, <i>Targeted Recruitment Specialists</i>	DCYF Staff, who help with retention of caregivers, placements and more	<a href="#">Click Here</a>	Codie Veitenheimer, <i>Caregiver Recruitment and Retention Program Manager</i> codie.veitenheimer@dcyf.wa.gov 360-701-9100
DCYF Youth Missing from Care	DCYF 4550 policy that also includes:	<a href="#">Click Here</a>	



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	<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>	<a href="#">Regional Mission from Care Leads and Locator Staff (Click Here)</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. 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>	<a href="#">Click Here</a> <a href="#">Click Here</a>	 DDA Eligibility and Services Guide.pdf (Ask FWB for a copy)
Developmental Disabilities Endowment Trust Fund	<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</p>	<a href="#">Click Here</a>	



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	benefits, including recreation, therapy, clothing and transportation.		
Disability Pass	<p>Washington State Parks and Recreation Commission offers the Disability pass to all Washington State residents who are legally blind, profoundly deaf, developmentally 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>	<a href="#">Click Here</a>	Call 360-902 8844 to see if you qualify
Department of Health (DOH)	<p>DOH Website</p> <p>COVID-19 Parent and Caretaker Resources and Recommendations</p> <p>Find a Genetics Clinic</p>	<a href="#">Click Here</a>  <a href="#">Click Here</a>  <a href="#">Click Here</a>	
Department of Social and Health Services: Community Based Organizations (CBOs)	Community Based Organizations (CBOs) by Alphabet	<a href="#">Click Here</a>	
Dolly Parton's Imagination Library (for infants and children ages 0-5years)	Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality	<a href="#">Click Here</a>  <a href="#">Learn How it Works</a>	



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	books to children from birth to age five, no matter their family's income		
Early Learning Programs in WA	This grid is representative of programs that are available in many areas of the state, however, not all programs may be available in all geographic areas. Similarly, this grid is not comprehensive; many areas of the state may have additional unique community-led early learning programs, particularly programs that may have specific cultural or linguistic focuses.	<a href="#">Click Here</a>	
Financial Services & Resources	Various financial resources/services	<a href="#">SSI: Child Disability Report</a> <a href="#">Ben's Fund: Autism</a> <a href="#">United Healthcare Children's Foundation: Grants</a> <a href="#">NeedyMeds: Find help with the cost of medicine</a> <a href="#">Washington Autism Alliance &amp; Advocacy: Grants</a> <a href="#">HCA Premium payment program</a> <a href="#">Seattle Children's Hospital: Financial assistance</a> <a href="#">Sacred Heart Hospital: Financial assistance</a>	





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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>	<a href="#">DentistLink</a>  <a href="#">Find a Provider Search Tool</a>	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>	<a href="#">Click Here</a>  Foster parents and kinship caregivers can apply by completing Foster Family Application Form P&R A-474 or emailing <a href="mailto:infocent@parks.wa.gov">infocent@parks.wa.gov</a>	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	This page has resources which include toll-free hotline number where Caregivers can talk to veteran caregiver, support group information and more	<a href="#">Click Here</a>	
Foster Parent Alliance of WA State	Resources, support, training and more Today FPAWS is a support and advocacy organization representing adoptive/foster/kinship and birth parent voices at the Regional, State and National levels.	<a href="#">Click Here</a>	
Free or Reduced Price Museums, Aquariums and More	<p>Websites that have free or reduced price museums, aquariums and other activities</p> <p>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</p> <p>Some examples include:</p> <ul style="list-style-type: none"><li>• Wild Waves Theme Park Discount</li><li>• Low Cost Movie Tickets</li><li>• Discount Baseball Tickets</li><li>• Discount and/or Free museum and arts center</li><li>• And More!</li></ul>	<a href="#">Click Here</a> <a href="#">Click Here</a> <a href="#">Click Here</a> <a href="#">Click Here</a>	



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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.	<a href="#">Click Here</a>	
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	<p>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.</p> <p>Some information/ resources you might find:</p> <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><li>• Toolkits</li><li>• E-Books/ Journals</li><li>• Continuing education</li></ul>	<a href="#">Click Here</a> <a href="#">Click Here for a list of eligible professions</a>	



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	<ul style="list-style-type: none"><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	<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>The Help Me Grow Washington network represents a growing, powerful coalition of communities and individuals invested in</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Plan of Safe Care (Click Here)</a></p>	



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	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 share Protected Health Information (PHI). Experts including community members, MDs, and licensed</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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	professional counselors will respond to your request within 2 business days.		
Information on Medical Conditions, Medications, Rare Diseases and more!	Information from credible resources on medical conditions, medications, rare diseases, videos and more!	<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 Immunization</a></li><li>• <a href="#">More resources, programs, education and support can also</a></li></ul>	



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		<a href="#">be found through your local Health Department</a> <ul style="list-style-type: none"><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>	
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>	
Mattice Beauty Supply: Hair care tips and kits	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.	<a href="#">Click Here</a>	For more information, please contacting Mattice Beauty Supply at (253) 327-1147 or <a href="mailto:mattice@matticebeautysupply.com">mattice@matticebeautysupply.com</a>





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	<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 haircuts, hair care kits and tips.</p>		
Maxillofacial Review Boards (MFRBS)	<p>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.</p>	<a href="#">Click Here</a>	
Medication Safety and Disposal	<p>Various websites and resources on medication safety and disposal</p>	<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>	<p>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</p>



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	<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. 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>		<p>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.</p>
Museums for All	<p>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!</p>	<a href="#">Click Here</a>	
MyLifePlan	<p>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</p>	<a href="#">Click Here</a>	



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	<p>vision a reality. You can share your plan with anyone who is a helpful person in your life Ages: 0-62+</p> <p>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.</p>		
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	<p>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</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	<p>Our project supports nutrition services for children and youth with special health care needs (CYSHCN) and their families in Washington State.</p> <p>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.</p>	<a href="#">Click Here</a>	
Out of State Immunizations	Resources for obtaining out of state immunizations	<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>	



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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="#">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>	
Project ID Spokane	Project id is a nonprofit organization established to provide recreation, socialization, work, personal development, and transitional opportunities to adults with 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	<a href="#">Click Here</a>	



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	developmental disabilities in a safe and nurturing environment.		
School and Medical Autism Review Team (SMART)	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.	<a href="#">Click Here</a>	
Seattle Children's Hospital (SCH): Programs & Classes	Some of the various programs & Classes that SCH offer  <a href="#">All Clinics &amp; Programs offered at SCH</a>  <a href="#">List of all Classes &amp; Community Events</a>	<a href="#">Autism Center</a>  <a href="#">Cerebral Palsy Program</a> <a href="#">More on the Cerebral Palsy Program</a>  <a href="#">Epilepsy Program</a>  <a href="#">Gender Clinic</a>  <a href="#">Genetics</a>  <a href="#">Neurodevelopmental Program</a>	
SCH Support groups	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.  <u>Sponsored groups</u> are organized and facilitated by hospital staff or staff/family/community partnerships.	<a href="#">Click Here</a>	





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	<u>Hosted groups</u> are organized and facilitated by volunteer family leaders or community organizations.		
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 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>	<a href="#">Click Here</a>	



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SCH: Transportation Team	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.	<a href="#">Click Here</a>	
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>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>	<a href="#">Click Here</a>	
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>	



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	<ul style="list-style-type: none"><li>• 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.</li><li>• 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.</li><li>• The family receives care coordination to help them find recommended treatment services, no matter what the child's final diagnosis is found to be.</li></ul> <p>Whatcom ABA Provider Matrix</p>	<a href="#">Click Here</a>	
TeamChild	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	<a href="#">Click Here</a>	
The Alliance for professional development, training and caregiver excellence	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.	<a href="#">Click Here</a>	



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The Arc Washington State: Parent to Parent (P2P)	<p>Since 1936, The Arc of Washington State has been a leader in the development of 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>	<a href="#">Click Here</a>	
The Wishing Well Foundation: Pierce County	<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>	<a href="#">Click Here</a>	
Transit (free transit) & Ferries (medical loading preferential)	<p>Kids ride free (age 18 and younger)! Public transit agencies drop youth fares thanks to</p>	<a href="#">Click Here</a>	

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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>Providers can call: 844-520-7246 or 844-520-PAIN</p>	<p><a href="mailto:painhotline@uw.edu">painhotline@uw.edu</a></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>	<p><a href="#">Click Here</a></p>	
WA 211	<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><a href="#">Click Here</a></p> <p><a href="#">Click Here for Video</a></p>	





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	<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>		
Wandering Prevention Resources	<p>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.</p>	<a href="#">Click Here</a>	
Washington Able Savings Plan	<p>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.</p>	<a href="#">Click Here</a>	
Washington Autism Alliance	<p>We expand access to healthcare, education and services for people with autism and other intellectual and developmental disabilities in Washington State.</p> <p>Services include:</p> <ul style="list-style-type: none"><li>• Family navigation</li><li>• Advocacy &amp; legal services</li></ul>	<a href="#">Click Here</a>	



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	<ul style="list-style-type: none"><li>• Special education legal library</li><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 Fosters	Webinars and training guides (seems more for new caregivers)	<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 disruptions, strengthen school stability, and improve academic performance	<a href="#">Click Here</a>	
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 Fathers Network	<p>A Powerful Voice for Fathers and Families of Children with a Disability or Special Health Care Need.</p> <p>We do our work by connecting men with each other and with resources and information, by training men to tell their</p>	<a href="#">Click Here</a>	



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	story and advocate for change, and by working to promote inclusion.		
Within Reach & ParentHelp123	<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>With more than 6,000 resources in our database, we connect people every day to the community supports they need</p>	<a href="#">Click Here</a> <a href="#">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.)
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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	<p>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 is of, by and for the people of Washington State. Everyone is welcome here!</p>	<a href="#">Click Here</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>  <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<ul style="list-style-type: none"><li>• Webinars</li></ul></li><li>• Other resources/books/tips</li></ul>	<a href="#">Click Here</a> <a href="#">Click Here</a>	
API Chaya	<p>API Chaya believes in survivors. We are a survivor-led organization focused on serving</p>	<a href="#">Click Here</a>	



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	<p>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>		
Asian Counseling and Referral Service (ACRS)	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)	<a href="#">Click Here</a>	
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>	



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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>	
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></ul>	
CaRES Drop-In Discussion: Walking Through Grief	Alliance CaRES is hosting a drop-in discussion group for caregivers that walk through grief.	<a href="#">Click Here</a>  The group is held:	For questions, email: <a href="mailto:srburres@uw.edu">srburres@uw.edu</a>  or

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	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.	Fridays from noon to 1 p.m. Zoom: 966 4600 6596 No registration is required This group does not offer training hours	<a href="mailto:christa6@uw.edu">christa6@uw.edu</a>
Chance 4 Children	Foster Care Programs: BRS, receiving care, and respite care	<a href="#">Click Here</a>	
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 online voice chatting with one of our professional crisis counselors will be a first step in breaking the silence and getting help.	<a href="#">Click Here</a>  1-800-4-A-Child (422-4453)	
Child Mind Institute	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.  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.	<a href="#">Click Here</a>	
Crime Victim Advocacy Network	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	<a href="#">Click Here</a>	Victim Helpline for Thurston County: 360-786-5601



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	compassionate, proactive and empowering manner.		
DCYF	<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>	
Department of Health (DOH)	<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><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p> <p><a href="#">Click Here</a></p>	
DSHS Victim/ Witness Notification Program	<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>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><a href="#">Click Here</a></p>	





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	DSHS' program helps notify victims and witnesses when people who committed crimes against them are released, transferred or escape from a DSHS facility.		
Domestic Violence and Sexual Assault Resources	<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>	
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	<p><a href="#">Click Here</a></p> <p><a href="#">Click Here for: LEARN® Saves Lives Suicide Prevention Training for Parents/Caregivers</a></p>	
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	<p><a href="#">Click Here</a></p>	
Get Smart About Drugs: A DEA Resource or Parents, Educators & Caregivers	<p>Be Informed. Search for information about a drug and more</p> <ul style="list-style-type: none"><li>• <a href="#">Search</a></li><li>• Trending Topics</li><li>• News &amp; Headlines</li><li>• Videos</li></ul>	<p><a href="#">Click Here</a></p>	



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	<ul style="list-style-type: none"><li>• Useful Links</li><li>• <a href="#">Find Help</a></li><li>• And More!</li></ul>		
Harborview Foster Care Center of Excellence	<p>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.</p> <p>We are a trauma informed primary care medical home for children involved with the child welfare system. We provide entry into care exams as well as routine primary care for children and their siblings.</p> <p>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>	<a href="#">Click Here</a>	
Harborview Injury Prevention & Research Center: Opioid Overdose Prevention Toolkit	<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>	<a href="#">Click Here</a>	
HCA (Health Care Authority)	<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>	<a href="#">Click Here</a>  <a href="#">Provider List (Fee-for-Service)</a>  <a href="#">WISe: Information for Families</a>  <a href="#">WISe: Information for Youth</a>	



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HCA	Substance use treatment	<a href="#">Click Here</a>	
	Opioid overdose reversal medications information and more (2SSB 5195)	<a href="#">Click Here</a>	
	Opioid Use Treatment	<a href="#">Click Here</a>	
	WA State Opioid Treatment Program Guide	<a href="#">Click Here</a>	
	Substance use disorder prevention and mental health promotion	<a href="#">Click Here</a>	
	Family Initiated Treatment	<a href="#">Click Here</a>	
	Mental Health Toolkit (resources)	<a href="#">Click Here</a>	
	Youth Mental Health Toolkit (resources)	<a href="#">Click Here</a>	
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></ul>	<a href="#">Click Here</a>	1-833-9-HELP4MOMS – National Maternal Mental Health Hotline



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	<ul style="list-style-type: none"><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>		
Human Trafficking	National Human Trafficking Hotline	<a href="#">Click Here For More Information &amp; Live Chat Option</a>  <a href="#">WA State Trafficking Help</a>  <a href="#">WA State Trafficking Prevention Click Here</a>	National Human Trafficking Hotline: 1-888-373-7888 or text HELP to 233733
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></ul>		



# The Resource Guide



	<ul style="list-style-type: none"><li>• Coaching</li><li>• Virtual services or teletherapy</li></ul>		
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 <b>involuntary detention</b> in psychiatric and secure 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> .	<a href="#">Click Here</a>  Crisis and Commitment Services are available 24 hours a day, 365 days a year: <ul style="list-style-type: none"><li>• Phone: <a href="#">206-263-9200</a></li><li>• Fax: 206-296-0582</li></ul>	
King County Sexual Assault Resource Center	Get free, confidential support-whenver you're ready.  Prevention & education, services, resources and more	<a href="#">Click Here</a>	
Laced & Lethal: Talking to Teens about Fentanyl	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.	<a href="#">Click Here</a>	



# The Resource Guide



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> <p>LGBT National Senior Hotline: 888-234-7243</p>	
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</p>	<p><a href="#">Click Here</a></p>	<p>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.</p>



# The Resource Guide




	with your child's specialists, community, home health and school teams.		
Mary Bridge services for children and families	MultiCare Mental Health Programs for Children and Families  Care for your child, support for your family	<a href="#">Click Here</a>  <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>  Call: 1-800-969-6642 Text: MHA 741 741	
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>



# The Resource Guide



<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 <a href="#">Soar</a> 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="1163 391 1472 696">  </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>	





# The Resource Guide



		<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.)	
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	<a href="#">Click Here</a> (Find Help) <a href="#">Click Here</a> (Find Support) Call: 1-800-662-4357	
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	<a href="#">Click Here</a>	



# The Resource Guide



	National Parent Helpline® to get emotional support from a trained Advocate and become empowered and a stronger parent		
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><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.	National Overdose Prevention Lifeline	<a href="#">Click Here</a>	



# The Resource Guide



	Meeting people where they are, on the other end of the line, one human connection at a time. No judgment. No stigma. Just love!	National: 1-800-484-3731  Spanish: 1-800-928-5330  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. 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.	
NEXT Distro Stay Alive, Stay Safe	What is NEXT Distro?  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!	<a href="#">Click Here</a>  <a href="#">Click Here for Washington Specific Information &amp; Resources</a>	
Office for Victims of Crime: Child Victims and Witness Support Materials	For children and youth, participating in the justice system as a victim or witness can be especially confusing, distressing, and even	<a href="#">Click Here</a>	



# The Resource Guide



	<p>re-traumatizing. Child Victims and Witnesses Support Materials was created to 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>		
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	<a href="#">Click Here</a>	



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	response, and treatment. This campaign is funded by the Washington State Health Care Authority (HCA).		
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.
REST	REST exists to expand pathways to freedom, safety, and hope in order to end sex trafficking. Everyone deserves to be loved. Everyone deserves a life free from exploitation.	<a href="#">Click Here</a>	206-451-7378  HOTLINE@IWANTREST.COM
SAMHSA (Substance Abuse and Mental Health Services Administration)	Find Treatment Site  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.	<a href="#">Click Here</a>	
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): <ul style="list-style-type: none"><li>Eating Disorders</li></ul>	Information and Resources	<a href="#">Click Here</a>	
SCH: <ul style="list-style-type: none"><li>Other Mental Health Resources</li></ul>	Common mental health problems and resources, symptom checker, how to support, how to get care and more	<a href="#">Click Here</a>  <a href="#">Click Here</a>	



# The Resource Guide



SCH: <ul style="list-style-type: none"><li>Referral Line</li></ul>	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 to children and teens 17 and under living in Washington State	<a href="#">Click Here</a>	Families can call 833-303-5437 or submit an <a href="#">online request form</a>
SCH: <ul style="list-style-type: none"><li>Therapies for Challenging Behaviors</li></ul>	<p>Our <b>Biobehavioral Program</b> is for kids and teens with intellectual and 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>	<a href="#">Click Here</a>	
Secret Harbor	Secret Harbor's people, programs and advocacy provide resources and opportunities	<a href="#">Click Here</a>	



# The Resource Guide



	<p>to improve the lives of children and families. 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 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>		
StrongHearts	<p>Native Helpline- Domestic and sexual violence is never okay</p> <p>Peer support &amp; advocacy, information, education, crisis intervention, referrals, support finding local health facility or crisis center and more</p>	<a href="#">Click Here</a>	
Stop Overdose	<p>Learn about naloxone, compare products, and read the latest research about naloxone.</p>	<a href="#">Click Here</a> <a href="#">WA State Naloxone Finder</a>	
Suicide Prevention, Crisis Help & Resources	<p>Phone Numbers &amp; Websites</p>	<a href="#">County Crisis Line Numbers</a> <a href="#">988 Suicide and Crisis Lifeline</a> <ul style="list-style-type: none"><li>• <a href="#">988 Website</a></li></ul> <p>988 Fast Facts <a href="#">(Click Here)</a></p>	



# The Resource Guide



(call, text or chat 988 to be connected to the National Suicide Prevention Lifeline)

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 [Native and Strong](#) you can also call 800-273-8255 or text “NATIVE” to 741741

More 988:

- Spanish speakers may reach the Spanish Language Line by pressing 2
- Veterans and service members may reach the Veterans Crisis Line by pressing 1
- People who are deaf, hard of hearing, and TTY users should use your preferred relay service or dial 711 then 1-800-273-8255





# The Resource Guide



[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- and outpatient programs as well as families and individuals.

[National Suicide Prevention Lifeline](#):  
1-800-273-8255

[Red Nacional de Prevención del Suicidio](#): 1-888-628-9454

[Veterans Crisis Line](#): call 1-800-273-8255 and press 1, or text 838255

[Crisis Text Line](#): text 741741

[WA Listens](#): 1-833-681-0211


Teen Link: Call or text 866-833-6456

Crisis Connections: Call 866-427-4747  
[Crisis Connections Community Resources](#)



# The Resource Guide



		<p><a href="#"><u>Washington Warm Line</u></a>: Call 877-500-9276</p> <p><a href="#"><u>WA Listens (support line for stress related to COVID 19)</u></a>: Call 1-833-681-0211</p> <p><a href="#"><u>Trevor Lifeline</u></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>	
Suicide Prevention Resources and Training Materials for Caseworkers 2021	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.	 Suicide Prevention Resources and Traininr (Ask FWB for a copy)	



# The Resource Guide



Take It Down	<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>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>.</p>	<p><a href="#">Click Here</a></p> <p><a href="#">Get Started Here</a></p>	
TalkSpace	<p>A paid online text therapy platform that provides 24/7 access to licensed therapists who cover a broad range of mental health services.</p>	<p><a href="#">Click Here</a></p>	
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,</p>	<p><a href="#">Click Here</a></p> <p><a href="#">You Can</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)



# The Resource Guide



	<p>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>		
Teen Text (Spokane Region Only)	<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.</p> <p>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>	
The Puyallup Tribe of Indians: Community Domestic Violence Advocacy Program (CDVAP)	<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><a href="#">Click Here</a></p>	<p>Main Number/24 hour Hotline - 253-680-5499 or 253-722-3518</p> <p>Email: <a href="mailto:CDVAP@puyalluptribe-nsn.gov">CDVAP@puyalluptribe-nsn.gov</a></p>



# The Resource Guide



	Example of some services: <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>		
Therapy for Black Girls	Successful therapy depends on a great client-therapist fit. Find trusted, culturally responsive therapists to provide support and help you navigate life.	<a href="#">Click Here</a>	
Trauma, Trauma Informed Care	Various Resources	<a href="#">SAMHSA Trauma-Informed Care</a> <a href="#">Alliance Courses</a>	
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



# The Resource Guide



Warm Line: Support for Parents	<p>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:</p> <p>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 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>	<a href="#">Click Here</a>	Call or text today: 1-888-404-7763 or request a call back
Washington Anti-Trafficking Response Network (WARN)	<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></ul>	<a href="#">Click Here</a>	Washington Anti-Trafficking Response Network Victim Assistance Line: 206-245-0782



# The Resource Guide



	<ul style="list-style-type: none"><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>		
Washington Perinatal Psychiatry Consult Line (PCL) for WA Providers	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.	<a href="#">Click Here</a>  <a href="#">Flyer</a>	Call 877-725-4666 (PAL4MOM)
Washington Partnership Access Line (PAL)	<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>PAL for schools connects school staff and students to psychologists and psychiatrists at Seattle Children's and the University of Washington.</p> <p>Second-opinion medical review program is also available</p>	<a href="#">Click Here</a>          <a href="#">Click Here for PAL for Schools</a>	Call 866-599-7257
Washington Psychiatry Consultation Line (PCL)	Tell your Provider about this resource!	<a href="#">Click Here</a>	877-WA-PSYCH (877-927-7924)



# The Resource Guide



	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).		
Washington Recovery Help Line Resources	24-hour help for substance abuse, problem gambling and mental health	<a href="#">Click Here</a>	
Washington State Coalition Against Domestic Violence	Support, education, outreach and more	<a href="#">Click Here</a>	
Washington State Tribal Advocacy Programs	Washington State Tribal Advocacy Programs	<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><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></ul>	





# The Resource Guide



		<ul style="list-style-type: none"><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><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



# The Resource Guide



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

Resource Name	About the Resource	Website/Phone #	Other (Phone #, Contact Information, etc.)
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



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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. Find Condoms Find PrEP &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>	
DOH (Department of Health): WA Abortion Information	<p>WA State specific information on abortion and where to find an abortion provider</p> <p>Washington State Regulation of Health Professionals and Abortions FAQ</p>	<a href="#">Click Here</a> <a href="#">Click Here</a>	
DOH (Department of Health): Pregnant and Parenting Recovery Resources	<p>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 community and clinical services, and includes services like substance use and pregnancy care, care coordination, mental health, housing, support groups, food, peer services etc.</p>	<a href="#">Click Here</a>	
Exhale Pro-Voice	<p>Need to talk with someone about your abortion experience? Looking to support your partner, child, or friend after their abortion?</p>	<a href="#">Click Here</a>	617-749-2948



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	Text Exhale Pro-Voice for nonjudgmental after-abortion support.		
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 condoms@lifelong.org to set up your order.</li><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!	<a href="#">Click Here</a>  Call: 1-855-378-4373 Text: 55753	
Global Perinatal Services (Pregnancy, Parenting and Beyond)	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. <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>	<a href="#">Click Here</a>	



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Health Connected: Sex ED Starts Here	Resources for Youth Sexual health resources for teens (age 12-18), including information and resources on: Bodies, birth control & STI (sexually transmitted infections); gender & sexual identities; teen pregnancy & parenting; relationships & sexual safety and mental health support	<a href="#">Click Here</a>	
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 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. <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>	<a href="#">Click Here</a>	
iFOSTER	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.	<a href="#">Click Here</a>  <a href="#">Smiles Change Lives</a> (Helping families with the cost of braces & changing lives one smile at a time, iFoster can assist with this)	Phone: 1-855-936-7837 Text: 530-550-8001 Email: <a href="mailto:support@ifoster.org">support@ifoster.org</a>  Summer Rogers (she/hers) TAY AmeriCorps Director ( <i>She is currently also serving as the WA</i>



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	<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><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>	<p><a href="#">US Pharmacy Card</a></p> <p>(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><i>Regional Lead, as they are actively trying to fill that position)</i></p> <p>summer@ifoster.org</p> <p>213-429-7015</p>
<p>Iknowmine (I Know Mine)</p>	<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</p>	<p><a href="#">Click Here</a></p>	





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	<p>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>		
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> <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>	<a href="#">Click Here</a>	
It Gets Better Project	<p>The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.</p>	<a href="#">Click Here</a>	
I Wanna Know (iwannaknow)	<p>Offers information on sexual health for teens and young adults. This is where you will find the facts, the support, the resources to answer</p>	<a href="#">Click Here</a>	



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	<p>your questions, referrals, and get access to in-depth information about sexual health, sexually transmitted infections (STIs), healthy relationships, and more.</p> <p>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.</p> <p>We are America's authority for sexually transmitted infection information.</p> <p>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.</p>		
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><li>◦ Addiction</li></ul></li><li>• Youth &amp; Student Resources</li><li>• Resources for Young Professionals</li></ul>	<a href="#">Click Here</a>	



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	<ul style="list-style-type: none"><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>	
Local Health Departments (Local Health Jurisdictions)	Find your local Health Department which will have specific and general information: Supports, Services, Education, Information and more! Resources and Services may include: <ul style="list-style-type: none"><li>• WIC (Women Infants &amp; Children) supplemental nutrition</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</li></ul>	<a href="#">Click Here</a>	



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	<p>knowledgeable and responsible parents, and provide their babies with the best possible start in life.</p> <ul style="list-style-type: none"><li>• Teen Clinics</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>	
Na’ah Illahee Fund (NIF) <ul style="list-style-type: none"><li>• Native Youth Program</li></ul>	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.	<a href="#">Click Here</a>	
Native Youth Sexual Health Network	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	<a href="#">Click Here</a>	



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National Institute on Drug Abuse for Teens	Information about the national helpline, online treatment locator and text messaging option	<a href="#">Click Here</a>  <a href="#">Click Here</a>  Call: 1-800-662-HELP	
National Network of Abortion Funds	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	<a href="#">Click Here</a>	<a href="#">Northwest Abortion Access Fund</a>  <a href="#">CedarRiverClinics (Seattle, Renton, Tacoma)</a>  <a href="#">Indigenous Women Rising (United States &amp; Canada)</a>  <a href="#">National Abortion Federation (1-800-772-9100)</a>  <a href="#">Abortion Finder</a>  <a href="#">The Brigid Alliance</a>  <a href="#">Women's Reproductive Rights Assistance Project (wrap)</a>
National Runaway Safeline	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	<a href="#">Click Here</a>  <a href="#">Other Resources/Services</a>	Call 1-800-RUNAWAY (1-800-786-2929)  They have chat, text and email options!



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	<p>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>	<a href="#">Home Free Program Information</a>	
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. 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>	<a href="#">TeenHealth Specific</a>	
North Seattle Family Resource Center	<p>Family advocacy, parenting classes and support groups, head start and more</p>	<a href="#">Click Here</a>	
<p>Northwest Portland Area Indian Health Board (NPAIHB) Indian Leadership for Indian Health &amp; Healthy Native Youth</p> <p>Oregon, Washington &amp; Idaho</p> <p>*Also see WeRNative for more information</p>	<p>HIV/AIDs: prevention, treatment &amp; healing &amp; More!</p> <p><a href="#">Talking is Power</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="#">Text EMPOWER to 94449</a></p>	<p><a href="#">Click Here</a></p> <p><a href="#">Healthy Native Youth</a></p> <p><a href="#">Two Spirit &amp; LGBTQ+ Health</a></p> <p><a href="#">PATHS (RE)MEMBERED PROJECT (2SLGBTQ)</a></p> <p><a href="#">Resources and Supports for Youth, Adults &amp; More</a></p>	



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	<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="#">Mind4Health</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="#">Native Voices</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 Two Spirit), American Indian teens and young adults 15-24 years old.</p>	<a href="#">Resource Library</a>	
Open Arms Perinatal Services	<p>Equity is a Birthright</p> <p>We embrace new and expecting parents with compassion, encouragement, education, and culturally sensitive support so that families succeed and children thrive.</p>	<a href="#">Click Here</a>	



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	<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>		
NurtureNW	<p>When we become parents, we experience profound changes to our biology, emotions, and relationships with our family and friends. How we cope with these changes will affect the parents and the people we become for the rest of our lives.</p> <p>NurtureNW began in April 2020 with the knowledge that one of the best ways to help children thrive is to support their parents as they navigate the social and emotional transition to parenthood.</p>	<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></ul>	<a href="#">Click Here</a> <a href="#">Contracted Youth Service Providers Resource List</a>	Email: youthhomeless@commerce.wa.gov <a href="#">Staff List</a>





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	<ul style="list-style-type: none"><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>		
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>	<a href="#">Click Here</a>	



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	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.		
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>	<a href="#">Click Here</a> <a href="#">Tools and Resources</a>	
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>	
ParentHelp123	Take Charge Program: Free birth control for women, men and teens in Washington State.	<a href="#">Click Here</a> <a href="#">Additional Resources (Click Here)</a>	



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		<a href="#">Plan of Safe Care (Click Here)</a>	
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>Find your <a href="#">local Planned Parenthood</a></p>	1-800-230-PLAN
Pregnant & Parenting Teen High School Program (GRADS)	<p>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.</p>	<a href="#">Click Here</a>	
Prepares: Pregnancy & Parenting Support	<p>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</p>	<a href="#">Click Here</a>	



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	program offer support and activities for families from pregnancy to your child's fifth birthday		
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 parenthood. PEPS parent support programs educate, inform and create community	<a href="#">Click Here</a>	
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>	
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)  And more	<a href="#">Click Here</a>  <a href="#">Click Here</a>	
Society for Adolescent Health and Medicine (SAHM)	The Sexual and Reproductive Health Resources for Adolescents and Young	<a href="#">Click Here</a>	



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	Adults are online resources aimed specifically at adolescents and young adults. Online resources, apps and tech services, advocacy, helplines and more		
Spokane Tribal Network (Indigenous Birth Justice)	<p>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.</p> <p>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.</p>	<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	<p>Teens are available to help daily from 4-10pm PST (adults are available by phone at all other times!).</p> <p>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 unable to agree to safety for themselves or another person, or if abuse is occurring, YouthLine contacts other agencies to ensure</p>	<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>• TEXT: YLNATIVE to 839 863</li></ul>	



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	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	
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>	
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 el mejor apoyo que las personas Trans	



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		<p>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>	
TreeHouse (Youth Specific)	<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>	
Truth: Smoking, Vaping and Opioids	This is quitting: A 24/7 support network	<p><a href="#">Click Here</a></p> <p>Text: DITCHVAPE to 88709</p>	



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Ttáwaxt Birth Justice Center	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.	<a href="#">Click Here</a>	
U.S. Department of Health & Human Services: Adolescent Health	Information including: Reproductive health and teen pregnancy, mental health, healthy relationships, health facts, substance use and more	<a href="#">Click Here</a>	
Washington Connection- your link to services	Services and resources including: Health and well-being, education and employment, foster youth, legal help, food assistance, housing assistance and more	<a href="#">Click Here</a>	
WA Prep for Healthy Youth	Links to helpful national and local resources on adolescent health and sexual health	<a href="#">Click Here</a>	
Washington State Department of Health	Birth Control & Emergency Contraception, Teen Health and more	<a href="#">Click Here</a> <a href="#">Teens &amp; Youth Adult Health (Click Here)</a>	





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		<a href="#">Teen Health Resources (Click Here)</a>  <a href="#">Bedsider Website: Birth Control, abortion, sex &amp; relationships, sexual health &amp; wellness and more</a>  <a href="#">Plan B One-Step Click Here</a>	
WERNative (We R Native)	<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>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><li>• And More!</li></ul> <p><a href="#">Click Here for "Ask Your Relative":</a> Ask Your Relative is a team of educators, public health professionals, and caring adults supporting Native Youth through our Q&amp;A service.</p>	



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[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 connect you to a wellness coach. You'll receive motivational reminders and take part in 6 wellness challenges! Do you accept the challenge?

[We Are Healers:](#) If this is your calling-to work in medicine and care for



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		<p>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>	
<p>Young Men’s Health</p>	<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</p>	<p><a href="#">Click Here</a></p>	



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	Medicine at Boston Children's Hospital. The purpose of the website is to provide carefully researched health information to teenage boys and young men.		
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>	Phone: 206-694-4500  Toll-free: 800-495-7802
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>			

## 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>	
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	<a href="#">Click Here</a>	



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	Division of Licensed Resources (DLR) licensed, staffed residential setting.		
Joni & Friends	<p>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.</p> <p>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.</p>	<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>	
Pierce County Respite for Children & Youth	Various agencies/services/supports	<a href="#">Click Here</a>	
The Arc (King County)	Respite resources	<a href="#">Click Here</a>	
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>	



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## 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.  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</a>  <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>	425-416-2000
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	Multiple resources including:  Special Education Parent Liaison Office of Superintendent of Public Instruction (OSPI) (360) 725-6075	<a href="#">Click Here</a>	

*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.*

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	<p><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></p> <p>This website provides legal information about special education and advocacy tips for 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.</p>		
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="#">Click Here</a> <a href="#">Click Here (Schools &amp; Child Care)</a>	
Early Childhood Education and Assistance Program & Head Start	ECEAP (pronounced "E-Cap") is the Early Childhood Education and Assistance Program funded by Washington State for children 3	<a href="#">Click Here</a>	



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	<p>and 4 and, in some locations, infants or toddlers who are younger than 3 years old.</p> <p>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.</p>		
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	<p>Kaleidoscope Play &amp; Learn groups are weekly facilitated play groups for young children and their Family, Friend and Neighbor caregivers and parents.</p> <p>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.</p>	<a href="#">Click Here</a>	
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	<a href="#">Planning Your Future: A Guide To Transition</a>	





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	schools, and advocating for equal rights and opportunities.	<a href="#">Transition Planning Resource List</a>	
Ombuds	Team of 8 working statewide to reduce the opportunity gap and support collaborative problem-solving between families and schools.	<a href="#">Click Here</a>	
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>	
Special Education Support Center	The Special Education Support Center, with support from OSPI, provides resources and training to help teachers and parents provide	<a href="#">Click Here</a>	For more information you can contact Annie Lamberto at: <a href="mailto:alamberto@washingtonea.org">alamberto@washingtonea.org</a>



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	appropriate and effective learning experiences for students with disabilities.		
The Mentoring Project	The Mentoring Project pairs trained community volunteer mentors with adult low-income college students to provide guidance as they navigate their path to postsecondary degree or certificate completion. The 1:1 relationship, conducted on-line, aims to create stability for the student through regular check-ins and supporting the student to self-advocate.	<a href="#">Click Here</a>	
The Washington Center for Deaf & Hard of Hearing Youth (CDHY), formerly the Center for Childhood Deafness and Hearing Loss (CDHL)	The Washington Center for Deaf & 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.	<a href="#">Click Here</a>	
TreeHouse Advocate & More	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.	<a href="#">Click Here</a>  <a href="#">TreeHouse Program Overview</a>  <a href="#">Youth Driver's Assistance</a> <a href="#">Graduation Success</a>  <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	



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		<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> <p><a href="#">Educational Advocacy</a></p> <p><a href="#">Holiday Magic</a></p>	
Washington Student Achievement Council (Education * Opportunity * Results)	<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</p>	<p><a href="#">Click Here</a></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>Contact info:</p> <ul style="list-style-type: none"><li>• <a href="mailto:finaid@wsac.wa.gov">finaid@wsac.wa.gov</a></li><li>• 888-535-0747</li></ul>



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transition from high school to college, career, or service.

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

**AMERICAN INDIAN ENDOWED SCHOLARSHIP:** The American Indian Endowed Scholarship (AIES) helps financially needy students with close social and cultural ties to an American Indian community in the state of Washington. Students can use the scholarships at public colleges and many independent colleges in Washington.

**Important reminder:** Students who experienced foster care or unaccompanied homelessness may qualify for the [Passport to Careers](#) program and can choose to attend college or participate in an apprenticeship program. Students will also likely qualify for the [Washington College Grant](#), the [College Bound Scholarship](#), and [Education and Training Voucher \(ETV\)](#) Programs.



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## 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 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 (Apex Program)</a></p> <p><a href="#">Click Here (SeaStar Program)</a></p>	
Camp Korey	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.	<a href="#">Click Here</a>	



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	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.		
Center for Independence	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 overnight event that takes place on a college campus.	<a href="#">Click Here</a>	
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	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,	<a href="#">Click Here</a>  <a href="#">Summer Camp Information</a>	info@camptobelongwa.org  360-731-7268



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	<p>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>		
Stanley Stamm Summer Camp (Seattle Children's Hospital)	<p>Each August, Seattle Children's Stanley Stamm Summer Camp gives nearly 100 children with chronic medical conditions the 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>	<a href="#">Click Here</a>	206-987-CAMP (2267)
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>	



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## 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:
  - 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!

