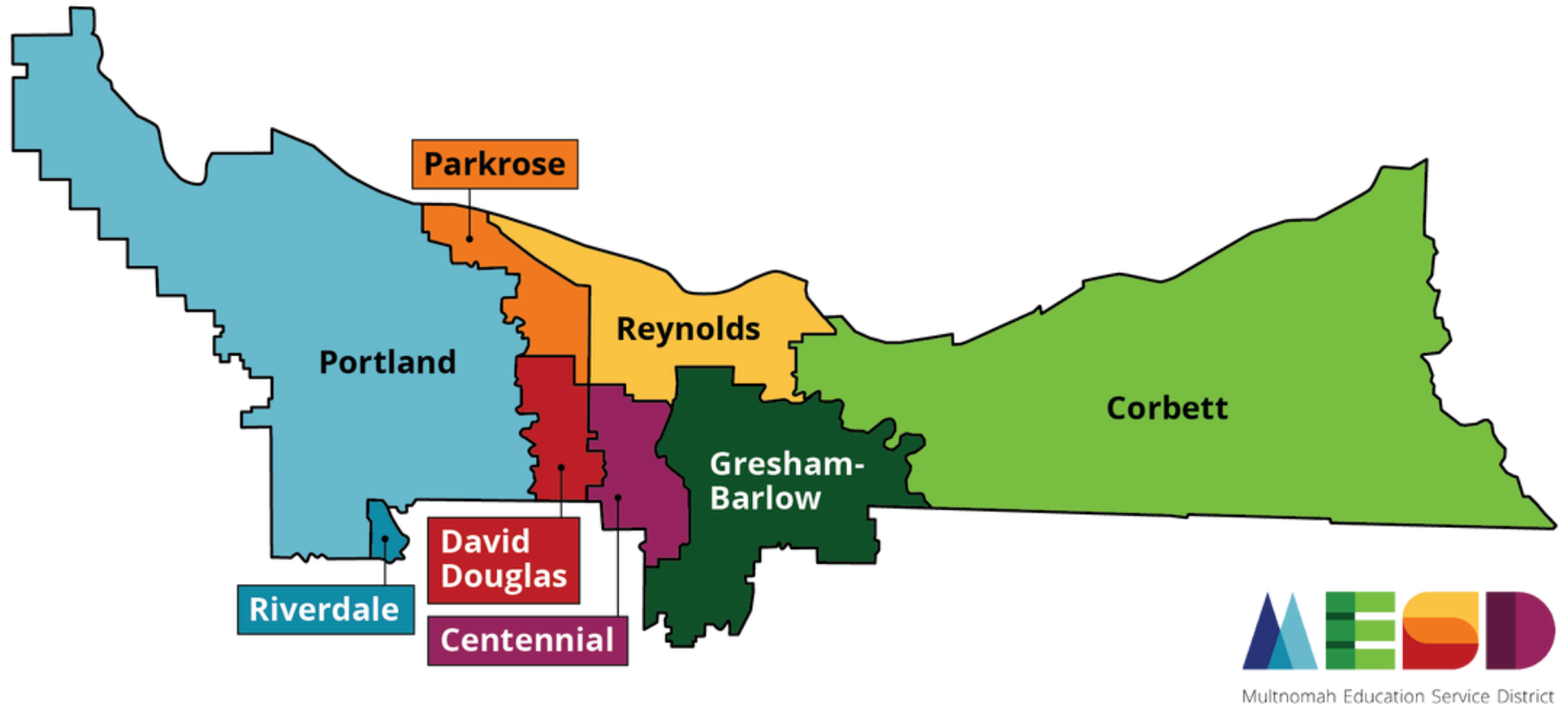


# CORBETT SCHOOL DISTRICT



## School-Based Mental Health COMMUNITY RESOURCE GUIDE



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## Introduction and General Resources

### **Purpose**

To provide a comprehensive list of resources available to students and families living in Corbett and the surrounding areas. Resources include in-school support, community resources - such as mental health programs, youth programs, and various treatment centers, and free and low-cost services for children and families.

### **General Resources**

- **Oregon Child Abuse Hotline:** 855- 503-7233
  
- **Multnomah County Community Resources:**  
<https://www.multco.us/novel-coronavirus-covid-19/community-resources>
  
- **OEA Foundation: Basic Needs Grant for Educators:**  
Up to \$100 for basic needs that prevent students from showing up & succeeding academically.  
<https://oregoned.org/foundation#6466>
  
- **Street Roots Rose City Resource Guide:** <http://rosecityresource.streetroots.org/#/>
  - *Website includes resources in Multnomah, Clackamas, and Washington County for: Food, Housing, Goods, Transit, Health and Wellness, Care & Safety, Work, Legal, Specialized Assistance, etc.*

## Health Care Services

### Health Care & Insurance

**\*\*If you don't have insurance, call 211. They can help find a medical clinic even if you don't have insurance.\*\***

- **Corbett School District Nurse: Julie Nakamura, RN**  
email: [jnakamura@mesd.k12.or.us](mailto:jnakamura@mesd.k12.or.us)  
Phone: 971-235-0364
- **Oregon Health Authority (OHA) Information:** <https://www.oregon.gov/oha/Pages/A-Z.asp>
- **OHP & Other Health Insurance Applications & List of Clinics:** <https://www.multco.us/services/health-insurance>
  - Application help: 503-988-5270
  - Oregon Health Plan: 1-800-699-9075
  - Healthcare.gov: 1-800-318-2596

Apply at a Clinic for Health Insurance. **See Clinic List Below.**

Available on a first-come, first-served basis. There may be a wait.

Hours: Mon, Tues, Thurs, Fri 8:30-11am, 1:30-4pm\*

*\*Hours may change without notice. Before you come, call us at 503-988-5270 to make sure we're open.*

East County Health Center | 600 NE 8th St, 3rd Floor, Gresham

La Clínica de Buena Salud | 6736 NE Killingsworth St, Ste 100, Portland

Mid County Health Center | 12710 SE Division St, Portland

<p>North Portland Health Center   9000 N Lombard, Portland</p> <p>Northeast Health Center   5329 NE MLK Jr Blvd, Portland</p> <p>Rockwood Community Health Center   2020 SE 182nd Ave, Gresham</p> <p>Southeast Health Center   3653 SE 34th Ave, Suite 190, Portland</p>		
<p><b>CAWEM Program (Citizen Alien Waived Emergent Medical)</b></p>	<p>CAWEM is a benefit package that covers emergency medical services only. Applicants who are undocumented (do not have a legal immigration status) are not required to provide proof of their citizenship or alien status.</p>	<p><a href="http://www.dhs.state.or.us/spd/tools/program/cawem.htm">http://www.dhs.state.or.us/spd/tools/program/cawem.htm</a></p>
<p><b>Multnomah County Primary Care Clinics</b></p>	<p>Call 503-988-5558 to make appointments Open Monday-Friday, 7:30 am - 5:30 pm</p>	<p><a href="https://www.multco.us/health/primary-care-clinics">https://www.multco.us/health/primary-care-clinics</a></p>
<p><b>Multnomah County Student Health Centers</b></p>	<p>Student Health Centers are like having a doctor’s office at school. They offer comprehensive primary and mental health care services to all Multnomah County youth ages 5-18. There are no out-of-pocket costs.</p> <p><b>Services Include:</b></p> <ul style="list-style-type: none"> <li>● Physical exams</li> <li>● <a href="#">Sports physicals</a></li> <li>● Treatment for illness and injury</li> <li>● Behavioral health counseling</li> <li>● Vision, dental and blood pressure screenings</li> </ul>	<p><a href="https://www.multco.us/health/student-health-centers">https://www.multco.us/health/student-health-centers</a></p> <p><a href="https://www.multco.us/school/student-health-centers-locations-and-hours">https://www.multco.us/school/student-health-centers-locations-and-hours</a></p> <p><b>Reynolds Student Health Center:</b> 1698 SW Cherry Park Rd, Troutdale 503-988-3340 Mon: 9:15am-5:15pm &amp; Tues-Fri: 7:45am-3:45pm</p>

	<ul style="list-style-type: none"> <li>• <a href="#">School immunizations</a></li> <li>• <a href="#">School-based Mental Health</a></li> <li>• Age-appropriate reproductive health</li> <li>• Routine lab tests</li> <li>• Prescription medications</li> <li>• Health education, counseling and wellness promotion</li> <li>• Fitness and nutrition education and counseling</li> <li>• Referrals for healthcare services not provided at the clinics</li> </ul>	
<b>Ride to Care</b>	Free non-emergent medical transportation to eligible OHP members.	<a href="http://ridetocare.com">http://ridetocare.com</a>
<b>Dental Care</b>		
<p><b>Oregon Health Care Plan</b></p> <ul style="list-style-type: none"> <li>• For emergency care and Oregon Health Plan (OHP) Open Card: 1-800-723-3638</li> <li>• If not currently enrolled, apply for the Oregon Health Plan: 1-800-359-9517 or TTY 1-800-621-5260 (Must meet eligibility criteria)</li> <li>• Oregon Health Plan Client Hotline (call for problems with eligibility and service): 1-800-273-0557</li> </ul> <p><b>Multnomah County Student Health Centers:</b></p> <ul style="list-style-type: none"> <li>• Seven dental locations where students can be seen and services are always free of charge. Urgent appointments are available for kids experiencing dental pain. <a href="http://www.multco.us/dental">.www.multco.us/dental</a></li> </ul>		

<p><b>MHCC Dental Hygiene Program</b></p>	<p><b>Services Provided:</b> Dental Hygiene services to Tri-County residents only. Hygiene, fluoride, sealants, x-rays.  <b>Population Served:</b> Adults and children  <b>Hours:</b> Open school year, closed summers and holidays. No walk-ins, call for eligibility and appointment.  <b>Fee Free</b></p>	<p><a href="http://www.mhcc.edu">www.mhcc.edu</a>                  26000 SE Stark St. Ste. 2731, Gresham, OR 97030                  Phone: 503-491-7176</p>
<p><b>OHSU School of Dentistry</b></p>	<p><b>Services Provided:</b> Emergency and comprehensive treatment  <b>Population served:</b> Adults and children  <b>Hours:</b> Open 8 AM - 5 PM  <b>Fees Info/Restrictions:</b> Reduced fees at time of service</p>	<p><a href="http://www.ohsu.edu/sod">www.ohsu.edu/sod</a>                  2730 SW Moody Ave., Portland , OR 97201-5042                  Phone: 503-494-8867</p>
<p><b>The Children’s Program</b></p>	<p>Offered through Moda Health. Provides uninsured kids with dental referrals to a provider in their area at no cost. Referrals are processed within 24-48 hours.</p>	<p><a href="http://www.modahealth.com/about/childrens.shtml">www.modahealth.com/about/childrens.shtml</a></p>
<p><b>Vision Care</b></p>		
<p><b>KEX Kids Fund</b></p>	<p>Oregon Sight and Sound Foundation: Free comprehensive eye exams, eyeglasses and/or hearing aids for students!</p>	<p><a href="https://olshf.org/kex">https://olshf.org/kex</a></p>



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## **Mental Health and Substance Use Services**

### Crisis Intervention

#### **COUNTY CRISIS LINES**

- Clackamas County: 503-655-8585
- Washington County: 503-291-9111
- Clark County: 360-696-9560 or 1-800-626-8137
- Multnomah County: 503-988-4888

#### **NATIONAL CRISIS LINES**

- **24-hour Suicide Prevention Hotline:** 1-800-273-8255 OR **988**  
Spanish National Suicide Prevention Lifeline: 888-628-9454
- **Trevor Lifeline:** 866-488-7386  
*Trevor-Chat is a free, confidential and secure instant messaging service that provides live help to LGBTQ youth.*
- **Alcohol and Drug Helpline** (Adult or Teen): 800-923-HELP (4357)
- **Veterans Crisis Line:** 1-800-273-8255  
*Help for veterans and their families.*  
*CALL 1-800-273-8255 Press 1 for Veteran-specific services or TEXT 838255.*
- **Crisis Text Line**  
<https://www.crisistextline.org/>  
*Text HOME to 741741 to connect with a volunteer crisis counselor*

<p>Multnomah County Behavioral Health:  <b>Cascadia Behavioral Healthcare Urgent Walk-in Clinic</b></p>	<p>24/7 crisis counseling by phone, with interpretation services for non-English speakers.</p> <p><i>When you call the Call Center at 503-988-4888, you get:</i></p> <ul style="list-style-type: none"> <li>• Free, 24/7 mental health support</li> <li>• Interpretation services for non-English speakers</li> <li>• Referral to low-cost or sliding-scale agencies</li> <li>• Help finding mental health providers</li> <li>• Information about non-crisis community resources</li> </ul> <p><i>The clinic can help anyone experiencing a mental health crisis at no cost.</i></p> <ul style="list-style-type: none"> <li>• Receive immediate care during a mental health crisis</li> <li>• Speak to a psychiatrist or a mental health nurse practitioner</li> <li>• Get help with medication and treatment</li> </ul>	<p><a href="https://www.multco.us/behavioral-health">https://www.multco.us/behavioral-health</a>  <b>503-988-4888</b>                  Toll-free: 800-716-9769                  Hearing-impaired dial: 711</p> <p>Location: 4212 SE Division St, Portland                  Hours: Monday - Saturday 7 am-10:30 pm, Sunday 9 am-9 pm</p>
<p><b>Looking Glass Crisis Response Team</b></p>	<p>Looking Glass operates a 24-hour, 7 day-a-week crisis line for parents of children up to age 18 to call when their child is having an immediate mental health, emotional, or behavioral crisis. Trained crisis responders provide assistance to parents over the phone and, if necessary, can deploy a 2-person</p>	<p>1-888-989-9990</p>

	team to the family home to respond directly to the crisis.	
<b>Lines for Life</b>	<p>We are here 24/7 with free, confidential, and anonymous help! Our highly trained staff and volunteers provide immediate assistance, compassionate support, and resource referrals that can put you on a path to healing.</p> <p>A teen-to-teen crisis and help line. Contact us with anything that may be bothering you; no problem is too big or too small! Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).</p>	<p><a href="https://www.linesforlife.org/get-help-now/">https://www.linesforlife.org/get-help-now/</a>  <a href="https://www.linesforlife.org/resources/">https://www.linesforlife.org/resources/</a></p> <p>SUICIDE LIFELINE: Call 800-273-8255 or text 273TALK to 839863</p> <p>YOUTHLINE: Call 877-968-8491 or text teen2teen to 839863</p> <p>Chat at <a href="http://www.oregonyouthline.org">www.oregonyouthline.org</a></p>
<b>Project Respond</b>	Mobile crisis services are available if you can't get to the urgent walk-in clinic, or are trying to get help for someone else.	Phone: 503-988-4888

## Mental Health & Substance Use

If you or somebody you know is having trouble functioning, Mental Health and Addiction Services is here to listen. Seek help by calling the Mental Health Call Center at 503-988-4888. Our team of mental health professionals is prepared to help anyone experiencing mental health issues at any time, in any language.

<p><b>Care Oregon MH &amp; Substance Use Treatment</b></p>	<p>Find providers, obtain educational resources, provider directory, etc...</p>	<p><a href="https://www.careoregon.org/members/mental-health-and-substance-use-treatment">https://www.careoregon.org/members/mental-health-and-substance-use-treatment</a> OR <a href="https://healthshare-bhplan-directory.com/">https://healthshare-bhplan-directory.com/</a></p> <p>Please call the provider to discuss available options or contact CareOregon customer service at 503-416-4100 or toll-free 800-224-4840.</p>
<p><b>Coalition of Community Health Clinics</b></p>	<p>*MH Resources throughout Multnomah &amp; Clackamas County. Website includes List of MH Programs &amp; Hotlines</p>	<p><a href="https://coalitionclinics.org/resources/mental-health-resources">https://coalitionclinics.org/resources/mental-health-resources</a></p>
<p><b>Impact NW</b></p>	<p>Impact NW has programs throughout Multnomah, Clackamas, and Washington County, Oregon and in Clark County, Washington</p> <p><b>Services include:</b> <i>Early Childhood and Family Services, Youth and Family Services, Housing and Safety Net Services, Senior Services, SUN Community Schools, Slavic Community Services</i></p>	<p><a href="https://impactnw.org/">https://impactnw.org/</a> 503-721-1740</p> <p><b>Youth &amp; Family Services Direct Line</b> (971) 258-0745</p>
<p><b>LifeWorks</b></p>	<p>Support for all stages of life. <b>Services include:</b> <i>MH services, Addiction services, Preventive services</i></p>	<p><a href="https://www.lifeworksnw.org/">https://www.lifeworksnw.org/</a></p> <p><b>Rockwood Location</b> 18417 SE Oak Street, Portland, Oregon 97233 Phone: 971-727-8026, Fax: 503-661-4959 Mon. 8 a.m. – 6 p.m, Tues.-Fri. 8 a.m. – 7 p.m. New appointments call 503-645-9010 or 1-888-645-1666</p>

<p><b>LifeStance</b></p>	<p>Link for Locations:  <a href="https://lifestance.com/location/gresham-or-1700/?utm_source=gmb&amp;utm_medium=organic&amp;utm_campaign=locations">https://lifestance.com/location/gresham-or-1700/?utm_source=gmb&amp;utm_medium=organic&amp;utm_campaign=locations</a></p>	<p><a href="https://lifestance.com/">https://lifestance.com/</a></p> <p>1700 NW Civic Drive, Suite 310          Gresham, OR 97030          Phone: 503-666-8832          Fax: 503-669-8641</p> <p><b>Hours Of Operation</b>          Monday 8:30 am - 5:00 pm          Tuesday 8:30 am - 5:00 pm          Wednesday 8:30 am - 5:00 pm          Thursday 8:30 am - 5:00 pm          Friday 8:30 am - 5:00 pm          Saturday - Hours by appointment          Sunday - Hours by appointment</p>
<p><b>SAMHSA - Substance Abuse and Mental Health Services Administration</b></p>	<p><i>A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.</i></p>	<p><a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a></p> <p>National Helpline/ Treatment Referral Routing Service: 1-800-662-HELP (4357)          TTY: 1-800-487-4889</p>
<p><b>Behavioral Health at Providence Health and</b></p>	<p><i>At Providence, behavioral health services are connected across all locations. You can get care from psychologists, residents and</i></p>	<p><a href="https://www.providence.org/services/mental-health">https://www.providence.org/services/mental-health</a></p>

<p><b>Services: Oregon and Southwest Washington</b></p>	<p><i>interns who serve as behavioral health providers in our Providence Medical Group (PMG) clinics. They partner with licensed therapists, psychologists, psychiatric nurse practitioners and psychiatrists who work in outpatient and inpatient settings in behavioral health across Oregon.</i></p>	
<p><b>Unity Center for Behavioral Health</b></p>	<p><i>A 24-hour behavioral and mental health services center located in the greater Portland metropolitan area. We provide immediate psychiatric care and a path to stabilization and recovery for individuals experiencing a mental health crisis.</i></p>	<p>1225 NE 2nd Ave, Portland 503-944-8000</p>
<p><b>Domestic Violence &amp; Sexual Assault Services</b></p>		
<p><b>CARES (Child Abuse Response and Evaluation Services) NW</b></p>	<p><i>At CARES Northwest, we are passionate about ending child abuse in Multnomah and Washington counties. We offer expert, compassionate child abuse evaluation and support services to children and their families, as well as prevention training and education to child abuse professionals and our community.</i></p>	<p><a href="https://www.caresnw.org/">https://www.caresnw.org/</a>  Address: 2800 N. Vancouver Avenue, Suite #201 Portland, OR 97227 Telephone: 503-276-9000 Fax: 503-276-9010 Email: caresnwadmin@lhs.org</p>

<p><b>El Programa Hispano Catolico</b></p>	<p><b>Services include:</b> <i>Economic Sustainability, Education, Community Wellness and Domestic Violence and Sexual Assault prevention, intervention, and advocacy.</i></p>	<p><a href="https://elprograma.org/">https://elprograma.org/</a>                  333 SE 223rd Ave #100, Gresham, OR 97030                  Contact: (503) 669-8350 ;                  hello@elprograma.org</p>
<p><b>Immigrant &amp; Refugee Community Organization (IRCO)</b></p>	<p><b>Services include:</b> <i>Employment/Training, Family Support Services, Senior &amp; Youth Programs, Legal &amp; Language</i></p>	<p><a href="https://irco.org/">https://irco.org/</a>  <a href="https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf">https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf</a></p> <p>Main Office: 10301 NE Glisan St. Portland, OR 97220 ; <i>IRCO has various locations throughout PDX &amp; Beaverton</i>                  (503) 234-1541</p>
<p><b>Eating Disorder Treatment</b></p>		
<p><b>Kartini Clinic</b></p>	<p><b>Services Include:</b> Outpatient, Inpatient, Hospitalization, Virtual Intensive Outpatient</p> <p><i>Unlike most eating disorder treatment programs, our program is a dedicated pediatric program. Treating children and young adults ages 6 to 18 is all we do!</i></p> <p><i>We don't mix our patients with those who suffer from substance abuse or other behavioral</i></p>	<p><a href="https://kartinclinic.com/">https://kartinclinic.com/</a></p> <p>For immediate assistance please call us at 971-319-6800 and ask to speak to our intake team.</p> <p>Insurance Information:  <a href="https://kartinclinic.com/eating-disorder-resources/for-parents-and-guardians/insurance-faq/">https://kartinclinic.com/eating-disorder-resources/for-parents-and-guardians/insurance-faq/</a></p>



	<p><i>health diagnoses. We focus exclusively on children in order to provide them and their families with the very best care to be found anywhere in the country. Our staff includes two full-time physicians, board-certified in pediatrics.</i></p> <p><i>And your child will be treated by Kartini medical providers at all levels of care. Our doctors and nurses work together with our staff of expert psychotherapists specifically trained in family therapy and family-centered treatment of eating disorders.</i></p>	
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## Youth & Family Services

Youth Supports		
<ul style="list-style-type: none"> <li> <b>Street Roots: Rose City Resource Guide</b>  <a href="http://rosecityresource.streetroots.org/#/">http://rosecityresource.streetroots.org/#/</a>                      Website includes resources for the following:                      Food,Housing ,Goods,Transit,Health and Wellness,Money,Care and Safety,Work, Legal,Day Service ,Specialized Assistance                 </li> </ul>		
<b>Healthy Native Youth</b>	Resources for American Indian and Alaska Native youth.  <a href="#">Healthy Native Youth Resources</a>	<a href="https://www.healthynativeyouth.org/">https://www.healthynativeyouth.org/</a> This site is designed for tribal health educators, teachers, and parents.
<b>Immigrant &amp; Refugee Community Organization (IRCO)</b>	<b>Services include:</b> <i>Employment/Training, Family Support Services, Senior &amp; Youth Programs, Legal &amp; Language</i>	<a href="https://irco.org/">https://irco.org/</a> <a href="https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf">https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf</a>  Main Office: 10301 NE Glisan St. Portland, OR 97220 ; <i>IRCO has various locations throughout PDX &amp; Beaverton</i> (503) 234-1541
<b>New Avenues</b>	<b>Programs:</b> <i>Drop-In Day services, 24/7 Supportive Services, Housing, Legal Sesrvices, Pregnant &amp; Parenting Support, Job</i>	Main Webpage: <a href="https://newavenues.org/">https://newavenues.org/</a>

	<p><i>training &amp; Employment, LGBTQIA+ Services, Drug and Alcohol Recovery &amp; Mental-Health Support</i></p> <p><b>ALBA PROGRAM:</b>                  Program for 9-17 year olds needing emergency shelter or other services such as family mediation and reunification, case management and mentorship. Alba is open and responsive 24/7/365. You or students or families can call or email us at: 971-754-4350  <a href="mailto:alba@newavenues.org">alba@newavenues.org</a>                  Associate Director: Alana Aquino</p> <p><b>THORN:</b>                  Our Treatment and Harm Reduction Oriented Resource Network (THORN) programs focus on individual substance use and recovery needs for youth ages 9-24. Come connect with us in one of our groups or one of our Peer Support Specialist can come to you. Call or email us – 503-901-4782 or <a href="mailto:m110referralmultco@newavenues.org">m110referralmultco@newavenues.org</a>.</p> <p><b>ROSE:</b>                  Our Recovery Oriented Support and Engagement (ROSE) programs focus on individual substance use and recovery needs of youth ages 16-24. Youth can connect with a Peer Support Specialist at our Drop-In Center or connect with us to make an appointment at 503-432-3986 or <a href="mailto:clinicalprograms@newavenues.org">clinicalprograms@newavenues.org</a>.</p>	<p><b>Senior Director of Programs:</b>  <b>Sara Nedeau</b>  <b>503-517-3966</b></p> <p><a href="https://newavenues.org/rose-addiction-recovery/">https://newavenues.org/rose-addiction-recovery/</a></p> <p>314 SW 9th Ave., Portland, OR 97205  <a href="mailto:info@newavenues.org">info@newavenues.org</a>                  Phone — 503-224-4339                  Instagram @newavesbxhealth</p> <p><b>Additional Locations:</b>                  NEW AVENUES FOR YOUTH                  Transitional Housing, SMYRC, Finance, and Administration</p> <p>1220 SW Columbia St                  Portland, OR 97201</p> <p>NEW AVENUES FOR YOUTH                  Drop-In Day Center, PAVE, Education, PDX-Connect, and Development                  314 SW 9th Ave                  Portland, OR 97205</p> <p>YOUTH OPPORTUNITY CENTER  <i>On the Campus of the Rockwood Boys &amp; Girls Club and Open School East.</i>                  470 SE 165th Ave                  Portland, OR 97233                  971.754.4350</p>
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		<p>If transportation is an issue, calling us can initiate staff dispatch or a Radio Cab to facilitate access to YOC.</p> <p><b>BEN &amp; JERRY'S PARTNERSHOP</b>          At Pioneer Courthouse Square          524 SW Yamhill St          Portland, OR 97204          503.546.0450</p> <p><b>NEW AVENUES INK</b>          1675 SE 6th Ave, Ste A          Portland, OR 97214          971.279.5649</p>
<p><b>Native American Youth Association (NAYA)</b></p>	<p><i><b>Services include:</b> Cultural Specific Programming, Wrap-around services, Housing &amp; Education Support for Native-American families</i></p>	<p><a href="https://nayapdx.org/">https://nayapdx.org/</a>          5135 NE COLUMBIA BLVD.          PORTLAND, OR 97218          503-288-8177</p>
<p><b>Self Enhancement Inc (SEI)</b></p>	<p><i>*Black-Founded/Owned Community Organization.</i></p> <p><i><b>Services include:</b> Housing Support, Youth Services, Afterschool &amp; Summer programs, Post-High School Supports</i></p>	<p><a href="https://www.selfenhancement.org/">https://www.selfenhancement.org/</a></p> <p><b>THE CENTER FOR SELF ENHANCEMENT</b>          3920 North Kerby Avenue, Portland, OR 97227          (503) 249-1721</p> <p><b>COMMUNITY + FAMILY PROGRAMS</b>          2205 NE Columbia Blvd., Portland, OR 97211</p>

<p><b>SMYRC</b> (in collab w/ New Avenues)</p>	<p><b>LGBTQIA2S+ specific program</b></p>	
<p><b>Teen Line</b></p>	<p>Teen Line is an anonymous, nonjudgmental space for youth. Through our hotline, teens can access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals. Our work extends to providing outreach and support to schools and other youth organizations.</p>	<p><a href="https://www.teenline.org/youth">https://www.teenline.org/youth</a>  CALL 800-852-8336 Nationwide (6 PM - 10 PM PST) Text TEEN to 839863 ( 6pm - 9 pm PST)</p>
<p><b>The Trevor Project</b></p>	<p>Trevor-Chat is a free, confidential and secure instant messaging service that provides live help to LGBTQ youth.</p>	<p><a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a> Trevor Lifeline: 866-488-7386 Text “START” to 678-678</p>
<p><b>Youth Line</b></p>	<p>Teens are available to help daily from 4-10pm PST (adults are available by phone at all other times!).</p>	<p><a href="https://www.theyouthline.org/">https://www.theyouthline.org/</a> Call 877-968-8491 Text teen2teen to 839863</p>
<p><b>Family Supports</b></p>		
<p><b>211info</b> <a href="https://www.211info.org/get-help/child-care-parenting/">https://www.211info.org/get-help/child-care-parenting/</a> <i>Childcare providers &amp; Childcare expense assistance, Baby Supplies, Parenting Classes, Custody Support, etc...</i></p> <p><b>Women, Infant and Children (WIC)</b></p>		

<p><a href="https://www.multco.us/wic">https://www.multco.us/wic</a>  <i>*Call 503-988-3503 for an appointment to apply.</i></p>		
<p><b>El Programa Hispano Catolico</b></p>	<p><b>Services include:</b> <i>Economic Sustainability, Education, Community Wellness and Domestic Violence and Sexual Assault prevention, intervention, and advocacy.</i></p>	<p><a href="https://elprograma.org/">https://elprograma.org/</a>            333 SE 223rd Ave #100, Gresham, OR 97030            Contact: (503) 669-8350 ;            hello@elprograma.org</p>
<p><b>Immigrant &amp; Refugee Community Organization (IRCO)</b></p>	<p><b>Services include:</b> <i>Employment/Training, Family Support Services, Senior &amp; Youth Programs, Legal &amp; Language</i></p>	<p><a href="https://irco.org/">https://irco.org/</a>  <a href="https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf">https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf</a></p> <p>Main Office: 10301 NE Glisan St. Portland, OR 97220 ; <i>IRCO has various locations throughout PDX &amp; Beaverton</i>            (503) 234-1541</p>
<p><b>Latino Network</b></p>	<p><b>Services Include:</b> <i>Housing, Summer Bridge, Educational Access, Cultural Programs, Health &amp; Wellness, Violence Prevention</i></p>	<p><a href="https://www.latnet.org/">https://www.latnet.org/</a>            Contact: (503) 283-6881 or 971-255-1808</p> <ul style="list-style-type: none"> <li>● Portland Office: 410 NE 18th Ave Portland, OR 97232</li> <li>● Rockwood Office: 312 SE 165th Ave, Portland, OR 97233</li> </ul>

		<ul style="list-style-type: none"> <li>Washington County Office: 400 East Main Street Suite 180, Hillsboro, OR 97123</li> </ul>
<b>Native American Youth Association (NAYA)</b>	<i>Services include: Cultural Specific Programming, Wrap-around services, Housing &amp; Education Support for Native-American families</i>	<a href="https://nayapdx.org/">https://nayapdx.org/</a> 5135 NE COLUMBIA BLVD. PORTLAND, OR 97218 503-288-8177
<b>Providence Parent Support Group</b>	Free, drop in group that is open to the public	Providence Child Center at Providence Portland Medical Center 830 NE 47th Avenue, Portland
<b>Unity Collaborative Problem Solving (CPS) Parent Support Group</b>	Free, drop-in group that is open to the public	Unity Center for Behavioral Health 1225 NE 2nd Avenue

## Basic Needs & Community Programs

Food & Nutrition
<p><b>**McKinney Vento Homeless Education Program available through Corbett School District for qualifying students. Contact SBMH staff for further information**</b></p>
<p><i>For information about access to food for families including the Oregon Food Bank, please call 211, or text "FOOD" or "COMIDA" to 877-877 for meals locations, or visit <a href="http://oregonfoodfinder.org">oregonfoodfinder.org</a>.</i></p>

**Multnomah County Community Resources:** <https://www.multco.us/novel-coronavirus-covid-19/community-resources>

**Comprehensive List of Food Pantries in Multnomah County**

- <https://www.foodpantries.org/co/or-multnomah>
- <https://multcolib.org/blog/20230622/meal-resources-families>
- <https://www.multnomahesd.org/food-box-resources.html>

**Food Pantries in Gresham, OR**

<https://www.foodpantries.org/ci/or-gresham>

<p><b>211Info</b></p>	<p>Dial 211 to speak to an information and referral specialist who can help you find resources in the community. Language interpreters are available.</p> <p>You can also call 211 if you are in quarantine or isolation and are having a hard time getting your basic needs met while staying home.</p>	<p>Toll free line:1-866-698-6155                  Email: <a href="mailto:help@211info.org">help@211info.org</a>                  Website <a href="http://211Info.org">211Info.org</a>                  Texting your zip code to 898211.</p>
<p><b>The Columbia Gorge Helping Hands Food Salvage - Corbett, OR</b></p>	<p><a href="https://www.columbiagorgehelpinghands.com/">https://www.columbiagorgehelpinghands.com/</a></p> <p><i>Community Members are able to fill 4 bags of groceries for \$10 (depending on quantity in stock)</i></p>	<p>37493 Grange Hall Road, Corbett, OR 97019                  (503) 695-6674                  Monday and Thursday 2-6pm.</p>
<p><b>SNAP Food Stamps for Multnomah</b></p>	<p><a href="https://www.multco.us/food-assistance/snap-food-stamps-multnomah-county">https://www.multco.us/food-assistance/snap-food-stamps-multnomah-county</a></p>	<p>*For assistance with paperwork/process, contact a Multnomah County SNAP Enrollment</p>



		Specialist by calling/texting Cynthia 503-320-6658
<b>Women, Infant and Children (WIC)</b>	<a href="https://www.multco.us/wic">https://www.multco.us/wic</a>	*Call 503-988-3503 for an appointment to apply.
<b>Sunshine Division</b>	<i>Request a Food Box Delivery Service to Portland and Gresham.</i>	<a href="https://sunshinedivision.org/get-help/">https://sunshinedivision.org/get-help/</a> 503-823-2102
<b>Clothing</b>		
<b>**SBMH Center has clothing, shoes, and toiletries for students in need. Items can be requested through SBMH staff, depending on availability**</b>		
<ul style="list-style-type: none"> <li>• <a href="https://www.multnomahesd.org/free-clothing.html">https://www.multnomahesd.org/free-clothing.html</a></li> </ul>		
<b>Abby's Closet</b>	<i>The mission of Abby's Closet, an Oregon-based nonprofit, is to inspire confidence and respect in high school women by providing free formal dresses for prom or other memorable events. We're more than a dress – or really, more than the 40,000 dresses we've given away so far – because we're just as focused on sequins and satin as we are on education, confidence, and inclusiveness.</i>	<a href="https://www.abbyscloset.org/">https://www.abbyscloset.org/</a>
<b>Utilities Assistance</b>		

<ul style="list-style-type: none"> <li>• <a href="https://www.211info.org/utility-assistance/#multnomah">https://www.211info.org/utility-assistance/#multnomah</a></li> </ul>		
Phone & Internet Assistance		
<ul style="list-style-type: none"> <li>• <a href="https://www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx">https://www.oregon.gov/puc/Pages/Oregon-Lifeline.aspx</a></li> </ul>		
Transportation Assistance		
<ul style="list-style-type: none"> <li>• <a href="https://www.211info.org/get-help/transportation/">https://www.211info.org/get-help/transportation/</a></li> </ul>		
<b>Ride to Care</b>	<i>Free non-emergent medical transportation to eligible OHP members.</i>	<a href="http://ridetocare.com/">http://ridetocare.com/</a>
Housing Assistance		
<b>Home Forward</b>	<a href="https://www.homeforward.org/">https://www.homeforward.org/</a> <i>Housing for low-income individuals and families.</i>	Phone: 503-802-8333 or 503-280-3750.

<p><b>Impact NW</b></p>	<p><b>Services include:</b> <i>Early Childhood and Family Services, Youth and Family Services, Housing and Safety Net Services, Senior Services, SUN Community Schools, Slavic Community Services</i></p>	<p><a href="https://impactnw.org/">https://impactnw.org/</a> Phone: 503-721-1740</p>
<p><b>Immigrant &amp; Refugee Community Organization (IRCO)</b></p>	<p><b>Services include:</b> <i>Employment/Training, Family Support Services, Senior &amp; Youth Programs, Legal &amp; Language</i></p>	<p><a href="https://irco.org/">https://irco.org/</a> <a href="https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf">https://irco.org/assets/files/news/IRCO%20Brochure_2019.pdf</a></p> <p>Main Office: 10301 NE Glisan St. Portland, OR 97220 ; <i>IRCO has various locations throughout PDX &amp; Beaverton</i> 503) 234-1541</p>
<p><b>Latino Network</b></p>	<p><a href="https://www.latnet.org/">https://www.latnet.org/</a></p> <p><b>Services Include:</b> <i>Housing, Summer Bridge, Educational Access, Cultural Programs, Health &amp; Wellness, Violence Prevention</i></p>	<p>Contact: (503) 283-6881 or 971-255-1808</p> <ul style="list-style-type: none"> <li>● Portland Office: 410 NE 18th Ave Portland, OR 97232</li> <li>● Rockwood Office: 312 SE 165th Ave, Portland, OR 97233</li> <li>● Washington County Office: 400 East Main Street Suite 180, Hillsboro, OR 97123</li> </ul>
<p><b>Native American Youth Association (NAYA)</b></p>	<p><a href="https://nayapdx.org/">https://nayapdx.org/</a></p>	<p>5135 NE COLUMBIA BLVD. PORTLAND, OR 97218</p>

	<p><b>Services include:</b> <i>Cultural Specific Programming, Wrap-around services, Housing &amp; Education Support for Native-American families</i></p>	<p>503-288-8177</p>
<p><b>Our Just Future</b> <i>(formerly Human Solutions)</i></p>	<p><b>Services include:</b> <i>Emergency Shelter, Affordable Housing, Utility Assistance</i></p>	<p><a href="https://ourjustfuture.org/">https://ourjustfuture.org/</a></p> <ul style="list-style-type: none"> <li>● <b>Gateway Office in Portland</b> 10550 NE Halsey Street, Portland, OR 97220 Phone: (503) 548-0200 ; Fax: 503.548.0299</li> <li>● <b>Rockwood Office in Gresham</b> 124 NE 181st Ave., Suite 109, Gresham, OR 97230 Phone: (503) 405-7875 ; Fax: (503) 405-7934</li> </ul>
<p><b>Self Enhancement Inc (SEI)</b></p>	<p><i>*Black-Founded/Owned Community Organization.</i> <a href="https://www.selfenhancement.org/">https://www.selfenhancement.org/</a></p>	<p><b>SHORT TERM RENT ASSISTANCE LINE:</b> 503-713-5590</p>

## Education Resources

Alternative Education & Post-Secondary Opportunities		
<b>Job Corps</b>	<p><i>Whether you're searching for a new career, finishing your high school diploma or exploring your options, Job Corps can provide you with FREE training to jump-start your future.</i></p> <p><i>At Job Corps, your focus should be on your studies and training—let us handle the rest. From housing to meals, to training gear, Job Corps has you covered, all for FREE.</i></p> <p>Generally, Job Corps students:</p> <ul style="list-style-type: none"> <li>- are 16 through 24 years old</li> <li>- are low-income individuals</li> <li>- meet citizenship, residency, DACA or other approved status requirements</li> <li>- meet background requirements</li> <li>- are ready and motivated to succeed</li> </ul>	<p>Main Webpage: <a href="https://www.jobcorps.gov/">https://www.jobcorps.gov/</a></p> <p><b>Springdale JobCorps Center :</b>  <a href="https://springdale.jobcorps.gov/">https://springdale.jobcorps.gov/</a>                      800-733-5627                      31224 Historic Columbia River Hwy                      Troutdale, OR 97060                      (near CAPS school)</p>
<b>Oregon GED Program</b>	<p><i>Alternative to traditional HS diploma. Exam Fee = \$35. Prep courses for exam available through Mt. Hood Community College for a fee and online through the GED website. <b>These fees can be covered by Corbett School District.</b></i></p>	<p><a href="https://www.oregon.gov/ode/learning-options/ged/pages/default.aspx">https://www.oregon.gov/ode/learning-options/ged/pages/default.aspx</a></p> <p>Law for 16-17 year old test takers;  <a href="https://content.govdelivery.com/accounts/ORED/bulletins/3711e9a">https://content.govdelivery.com/accounts/ORED/bulletins/3711e9a</a></p>

	<i>Youth age 16 &amp; 17 need parental permission to take GED.</i>	MHCC GED Prep Course <a href="https://www.mhcc.edu/education-options/adult-basic-skills/ged-test-and-college-preparation-classes">https://www.mhcc.edu/education-options/adult-basic-skills/ged-test-and-college-preparation-classes</a>
<b>Portland Opportunities Industrialization Center &amp; Rosemary Anderson High School (POIC &amp; RAHS)</b>		<a href="https://www.portlandoic.org/">https://www.portlandoic.org/</a>  East Campus 2208 SE 182nd Portland, OR 97233 Main: 503.797.7222 x 326 Fax: 971.247.4636
<b>Reynolds Learning Academy</b>		<a href="https://www.reynolds.k12.or.us/rla">https://www.reynolds.k12.or.us/rla</a>  20234 NE Halsey Street Fairview, OR 97024 ( <a href="#">map</a> ) Tel: <b>(503) 667-4673</b> Fax: (503) 491-2734  Main Campus for Reynolds: Reynolds School District 1204 NE 201st Ave Fairview, Oregon 97024-2499 (503) 661-7200
<b>Serendipity Center - Therapeutic Learning Environment</b>		<a href="https://www.serendipitycenter.org/">https://www.serendipitycenter.org/</a>

Special Education Supports		
<b>FACT Oregon</b>	Special Education Resources & Disability Rights	<a href="https://factoregon.org/resources-special-education">https://factoregon.org/resources-special-education</a>
<b>Self Enhancement Inc (SEI)</b>		<a href="https://www.selfenhancement.org/">https://www.selfenhancement.org/</a>
<b>Swindell’s Resource Center</b>	Swindells Resource Center of Providence Child Center supports parents and caregivers of children who have special needs, developmental delays or disabilities. We provide resources, information and education to communities throughout Oregon and southwest Washington.	<a href="https://www.providence.org/locations/or/childrens-health/swindells-resource-center">https://www.providence.org/locations/or/childrens-health/swindells-resource-center</a>  Contact Swindells Resources Center:  For psychiatric treatment: 503-574-9235  For eating disorder treatment: 503-574-9242  For substance use treatment: 503-574-9200

## Summer Resources

Summer Meals		
<p><b>Oregon DOE Summer Food Service Program (SFSP): “Summer Meals”</b></p>	<p><i>*Call 211 to find sites in your area</i></p>	<p><a href="https://www.oregon.gov/ode/students-and-family/childnutrition/sfsp/pages/summer-food-oregon.aspx">https://www.oregon.gov/ode/students-and-family/childnutrition/sfsp/pages/summer-food-oregon.aspx</a></p>
<p><b>Summer Free for All - Free Lunch &amp; Play</b></p>	<p><i>Meals provided through PPS, Monday-Friday 10am-2pm at various locations from June 21-August 25</i>  <i>Free for children up to 18 years, \$5 for adults</i></p> <ul style="list-style-type: none"> <li>● The <b>Mobile Lunch + Play</b> program travels to parks and apartment complexes in East Portland to provide free meals and recreation activities to kids two-days-a-week. Days vary. No program on Tuesday, July 4.</li> <li>● Other <b>Summertime Activities programs included!</b> (see website for activities)</li> </ul>	<p><a href="https://www.portland.gov/parks/arts-culture/summer-free-all/free-lunch">https://www.portland.gov/parks/arts-culture/summer-free-all/free-lunch</a></p> <p><b>Contact:</b>  <i>Alicia Hammock,</i>                      Recreation Supervisor   Summer Free For All Supervisor  <a href="mailto:alicia.hammock@portlandoregon.gov">alicia.hammock@portlandoregon.gov</a>,                      503-729-0332</p> <p><i>Jeremiah Sazdanoff,</i> Summer Free For All Coordinator  <a href="mailto:jeremiah.sazdanoff@portlandoregon.gov">jeremiah.sazdanoff@portlandoregon.gov</a>,                      503-964-1240</p>



Summer Camps (K-12)		
<b>Oregon DOE Summer Food Service Program (SFSP): “Summer Meals”</b>	<i>*Call 211 to find sites in your area</i>	<a href="https://www.oregon.gov/ode/students-and-family/childnutrition/sfsp/pages/summer-food-oregon.aspx">https://www.oregon.gov/ode/students-and-family/childnutrition/sfsp/pages/summer-food-oregon.aspx</a>