



Communities In Schools

Spokane County

Children and Family Community Resource Guide 2020

Distribution and reproduction of this guide is encouraged. This directory is not exhaustive and guidance on other resources would be helpful. Please send any comments or insights to Chuck Teegarden:

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BEHAVIORAL HEALTH SERVICES

Agency	Address	Services Offered	Contact Info
The HELPS Group	104 S. Freya, Suite 114 Spokane, WA 99202	Mental and Behavioral Health Counseling	(509) 325-4169
Family Essentials Counseling	721 N. Pines, Suite 102 Spokane Valley, WA 99206	Family, Couples, Child and Adolescent Therapy	(509) 892-1100
Child, Marriage, & Family Counseling	200 N. Mullan, #214 Spokane Valley, 99206	Child, Adolescent, and Couples Counseling; Play and Art Therapy Techniques	(509) 991-4339 (509) 822-3710 (719) 482-4531 (509) 868-7992
Bright Adventures Child and Family Counseling	200 N. Mullan, #214 Spokane Valley, 99206	Child, Adolescent, and Couples Counseling	(509) 209-3261
Frontier Behavioral Health	Main Office 107 S Division St, Spokane, WA 99202 Lidgerwood 5901 N. Lidgerwood Spokane, WA 99208 Spokane Valley 317 N. Pines Spokane Valley, WA 99206	Outpatient Services Wraparound with Intensive Services Outpatient Services Medication Management	(509) 838-4651
Family Dynamics Counseling	1121 N. Argonne, Suite 103 Spokane Valley, WA 99212	Family Counseling Parenting Support Grief Counseling	(509) 245-2648
Passages Family Support	1700 S Assembly St, Spokane, WA 99224	Child, Adolescent, and Family Therapy Peer Mentoring Child, Youth, and Adult Support Groups, Workshops, and Care Coordination	(509) 892-9241

Partners with Families and Children	1321 W. Broadway Spokane, WA 99201	Child, Adolescent, Adult and Family counseling, Child and Family Team Coordination, Parent-Child Interaction Therapy (PCIT), Support Groups, Eye Movement Desensitization Processing (EMDR), Trauma-focused group therapy	(509) 473-4810
Hospice of Spokane	121 S. Arthur Street, Spokane, WA 99202	Grief Counseling and Support Groups	(509) 456-0438
Genesis Institute	1220 N Howard St, Spokane, WA 99201	Marital and Family Counseling, Adolescent Counseling, Parenting Groups	(509) 467-7913
Children's Homes Society	2323 N. Discovery Pl., Spokane Valley, WA 99216 8727 US-2, Suite 200, Spokane, WA 99224	Child and Family Counseling	(509)747-4174 (509) 795-8480
Center for Family Development	1404 E 11th Ave, Spokane, WA 99202 1106 N Washington St, Suite D Spokane, WA 99201	Child, Adolescent, and Family Counseling	(509) 744-1117

Frontier Behavioral Health

107 S Division St
Spokane, WA 99202
(509) 838-4651 <https://www.fbhwa.org/>

Insurance: Accept most commercial plans plus Medicaid

Frontier Behavioral Health is a nonprofit Trauma-Informed Care organization that provides clinically and culturally appropriate behavioral healthcare and related services to individuals of all ages in collaboration with community partners. We prioritize the delivery of services for individuals and families who are at high risk, high need or publicly funded.

FAMILIES AND SCHOOLS SUCCEEDING TOGETHER (FASST)

Families and Schools Succeeding Together provides counseling and mental health services for students and their families in the East Valley and Central Valley school districts.

FASST is a unique partnership between the East Valley and Central Valley school districts and FBH that provides counseling and mental health services for students and families at each of the districts' schools. Services may be accessed by contacting the principal, a school counselor, or a FASST counselor at a student's school site.

Services include:

Individual counseling, Assessment and referral, Anger management, Coping skills development, Social skills training, Family counseling, Crisis intervention, Case management, Group counseling, Parent support

OUTPATIENT SERVICES

Child and Family Services provides an array of mental health and behavioral interventions to children, adolescents and their families who need additional help or support.

Services can be short-term or long-term depending on the needs of the child and family and may include:

Individual, group and family therapy, Case management, Parenting support and education, Psychological testing, Psychiatric medication management, Crisis management

WRAPAROUND WITH INTENSIVE SERVICES (WISe)

Wraparound with Intensive Services provides individualized services to ensure youth and their families live successfully in their homes and communities.

WISe provides comprehensive behavioral healthcare services and supports to Medicaid-eligible individuals age 21 or younger and their families.

WISe services will:

Reduce the impact of mental health symptoms on youth and families, increase resiliency, and promote recovery; Keep youth safe, at home, and progressing in school; Help youth avoid delinquency; Promote youth development and maximize potential to grow into healthy, independent adults

Partners with Families & Children

1321 W. Broadway Avenue

Spokane, WA 99201 (509)

473-4810

<http://partnerswithfamilies.org/mental-health>

- Serves clients of all ages
- Makes available discounted services for those individuals who qualify
- Accepts all insurances
- Does not discriminate or deny access to services
- Serves all patients regardless of inability to pay
- Offers discounts for essential services based on family size and income

Partners is funded by Spokane County Regional Behavioral Health Organization (SCRBHO), which allows the agency to provide mental health treatment and parenting intervention services to community public health (Medicaid) recipients. Partners also provides these services to individuals of all ages involved with the child welfare system through a professional services contract. Partners does not discriminate or deny access to services on anyone.

Mental Health and Parenting Intervention Services:

Child, adolescent, adult and family counseling, Child and Family Team

Coordination, Parent-Child Interaction Therapy (PCIT), Engaging Fatherhood, Incredible Years, Eye Movement Desensitization Processing (EMDR), Traumafocused group therapy

Hospice of Spokane

121 S. Arthur Street, Spokane, WA 99202

(509) 456-0438

<https://www.hospiceofspokane.org/>

Grief Support and Counseling

Hospice of Spokane provides individual grief counseling and grief support groups at no charge for anyone in the community who has experienced loss through the death of someone close to them. Professional counselors specially trained in grief and loss issues help individuals identify and attend to their unique grieving needs.

Grief Support Groups

Attending a support group is an opportunity to process and share feelings with others and can be invaluable in the healing process. Groups are facilitated by a master's-level counselors or professional chaplains and are open to anyone in the community.

Individual Grief Counseling

Grief and bereavement are normal experiences following the loss of someone close. Grief is the highly personal response to loss; bereavement is the extended period of adjustment. Grieving often begins before an anticipated loss or may be delayed for a considerable time. Grief may appear as an emotional and/or physical distress requiring assistance and support. One-on-one counseling with a professional counselor specially trained in grief is available to those who don't feel as comfortable in a group setting.

Family Support Services

Hospice of Spokane staff and volunteers offer support for families of hospice patients. Hospice of Spokane sends out educational pieces regarding the grief process for 13 months following the death of a patient to help loved ones with timely information as they move through the grieving process.

Organizational & School Grief Support

Our bereavement staff serves as a community resource for schools, businesses, and the community at large when grief issues arise due to death.

On-site grief support groups at elementary, middle and high schools are held throughout the community. Talk to your school counselor or call our office to find out if a group is available in your child's school.

Genesis Institute

1220 N Howard St
Spokane, WA 99201
(509) 467-7913
<https://genesisinstitute.org>

Genesis Institute is a non-profit organization that provides care and cure for human souls. Practically speaking, we do biblical counseling, mentoring and training. We cultivate vital skills and practices necessary for relating well to God and people throughout life's challenges.

Genesis has a multiple-staff approach with licensed, masters-level trained men and women who focus on several areas.

- Individual
- Marital and family
- Adolescent
- Sexual abuse recovery
- Sexual addiction
- Parenting groups (learn about our Courageous Parenting training groups)

Genesis Institute accepts most insurance company payments. Please check with your insurance provider to verify coverage. For clients without insurance coverage, an affordable sliding-fee scale is available as openings permit.

CAREER SERVICES & JOB TRAINING

State of Washington Apprenticeship Program

Website:

<http://www.lni.wa.gov/TradesLicensing/Apprenticeship/Programs/default.asp>

How to Become an Apprentice—Steps To Become an Apprentice

Are you a student in high school planning your future? Are you out of high school and looking for a new direction? Or, do you have a job and are looking for a different career? Discover if the Apprenticeship Advantage is for you.

If you are sure you are ready to apply, then the simplest method to find a program and apply is as follows:

Most programs accept applications on a regular basis. To find out for certain whether or not a program is accepting applications, you need to contact them directly.

To find Active Apprenticeship Programs, we recommend you use our "Programs by County," not "By Occupation" as some programs have different names for the same or similar occupation.

- 1. Go to our online Apprentice Registration and Tracking System (ARTS) and run a Report of "Programs by County" for the county where you are living or working.** This report will show you all the programs that cover the specified county, sorted by occupation with the name of the program next to it.
2. Go through the entire list and select the appropriate program(s) which will give you the contact information for that program.
3. Contact the program to inquire if they are accepting applications.
4. If the program is accepting applications, follow their directions for applying.
5. Once you have applied and are accepted into the program, the program will then register you with Labor & Industries as a registered apprentice. Please note that if you're accepted into an occupation which has Licensing/Certification requirements in Washington State, you will need to get the appropriate license or trainee card from the appropriate agency.

Inland Northwest Chapter Associated General Contractors

2110 N. Fancher Rd.
Spokane, WA 99212 (509)
534-0502

<http://www.nwagc.org/apprenticeships>

Michael Ankney Coordinator
mankney@nwagc.org

Apprenticeship Programs providing on the job training and related classroom instruction under the supervision of journey-level craft person of trade professional for Carpenters, Construction Equipment Operators, Laborers

Job Corps

3012 N Nevada St Ste #1
Spokane, WA 99207 (509)
340-7813
<https://www.jobcorps.gov/>

Job Corps is the nation's largest career technical training and education program for eligible young people ages 16 through 24. To connect with a local admissions counselor and find out more about Job Corps please call (800) 733-JOBS.

WorkSource Next Gen Zone

901 E 2nd Ave
Spokane, WA 99202 (509)
340-7800
<https://nextgenzone.org/>

WorkSource offices statewide are closed for in-person services due to the COVID-19 outbreak. Customers can get help from WorkSource staff by calling the local WorkSource office or through Live Chat on WorkSourceWA.com between the hours of 8am – 5pm, or by calling 833-572-8400 between the hours of 7am – 4pm. All other features on the WorkSourceWA.com are available 24/7.

Worksource provides the young adults of Spokane County a one-stop location for education, career skills training, and community and employment resources, in order to set them up for success in achieving their life and career goals. We envision a thriving community where our region's young adults are educated and prepared to become the workforce of tomorrow.

Next Generation Zone's 21st Century Skills Academy delivers essential training for employment readiness. Young adults are coached on how to get, keep, and

excel at a new job from any of the regional in-demand industries. Students in these classes:

- Create résumés
- Practice interviewing skills
- Explore career interests and goals
- Develop good work place habits
- Engage with employers from local businesses
- Learn about budgeting
- Learn about college admission and financial aid processes
- Provides assessment, instruction, and testing
- Operated in partnership with Spokane Community College
- For students ages 16-24
- Hours are Monday-Thursday 9:00am-4:00pm, Friday 9:00am-12:00pm

YouthBuild

AmeriCorps Office

NEW ESD101 Riverside Campus

2424 E Riverside Ave (509)

789.3708

<https://www.youthbuild.org/>

http://americorps.esd101.net/?page_id=309

YouthBuild Spokane is for young adults ages 18-24 who want to earn their GED or High School Diploma and learn valuable career skills. Students select between construction, advanced manufacturing, or healthcare tracks. Training includes industry recognized certification and hands-on work experience, and students receive a monthly stipend as well as wrap around staff support. Our goal is for every YouthBuild student to leave the program with a job or enrolled in postsecondary employment.

YouthBuild helps pay for certifications to help students transition to employment

- Driver's license
- Food handlers permit
- Fork lift certification
- Construction training
- Certified Nursing Assistant Program
- Bus Passes

Career Path Services

10 N Post Suite 200
Spokane WA 99201 (509)
326-7520

<https://careerpathservices.org/>

For more than 47 years Career Path Services has been dedicated to the work of connecting qualified workers with employers in our communities. We believe that by helping employers find, hire, and train motivated new employees we are able to make a contribution to the success of both.

We can help you through the following:

- **Recruiting applicants** and provide **prescreening and referral** so you only see the most qualified applicants.
- Learning about your company, your minimum qualifications, as well as what you are really looking for in your next hire.
- **Provide labor market information**, including wage information and assistance developing job descriptions.
- Training in the highly effective Behavioral Interviewing techniques.
- **ACT WorkKeys assessment** testing and even **job profiling** (Spokane only), to greatly enhance the quality of the selection process.

We can save you **money** on your next hire through:

- The working interview (WEX or work experience programs), during which we place a qualified individual in your facility for several weeks while they are on our payroll. This enables the employer to observe the individual first hand in a real work environment, and effectively evaluate their potential.
- On the job training (OJT) programs which enable you to train candidates who are otherwise qualified, but are missing certain specific skills. With these OJT programs, qualified employers hiring qualified candidates can be reimbursed for up to 50% of the wages paid during the training program.

Open Monday-Thursday 8am-5pm and Thursdays 8am to noon

For COVID-19 resources visit: <https://careerpathservices.org/coronavirus>

CHILD CARE

Head Start/ECEAP

<https://ccs.spokane.edu/Head-Start>

Head Start is a federally supported preschool and family service program designed to foster healthy development in children from low-income families.

Early Head Start is also federally supported and begins by supporting pregnant women, then offers childcare and child development programs for infants and toddlers while continuing to assist their families.

Early Childhood Education and Assistance Program (ECEAP) is a state supported preschool and family service program designed to foster healthy development in children from low-income families.

Services include:

- Early learning preschool
- Family support and parent involvement
- Child health coordination and nutrition

Children who attend ECEAP and Head Start learn to manage their feelings, get along with others and follow classroom procedures. They build the beginning skills for reading, math and science. The programs work closely with parents to support their children's health and education and to meet family goals. They help families access medical and dental care and social services.

Children in this type of high-quality program nationwide are:

- Healthier when they start kindergarten.
- Less likely to be in special education or repeat a grade in school.
- More likely to graduate from high school and go on to college.
- Less likely to become pregnant as a teen or become involved in a crime. □ More likely to be employed and to earn more as an adult.

The Community Colleges of Spokane operates more than 30 Head Start/ECEAP/Early Head Start centers in Spokane County.

Visit <https://ccs.spokane.edu/Head-Start/Locations> to find a location near you

CLOTHING RESOURCES

CLOTHING BANKS

American Indian Center

610 E North Foothills Dr
Spokane WA 99207
(509) 535-0886
<http://aiccinc.org/>

Accessible Tuesdays and Thursdays 8:30 - 4:00pm

Communities In Schools Clothing Closets

<p>John R. Rogers High School Rehn Riley rehnr1@spokaneschools.org 1622 E Wellesley Ave Spokane, WA 99207 509.354.4958</p>	<p>North Central High School Shamerica Nakamura shamerican@spokaneschools.org 1600 N Howard St. Spokane, WA 99205 509.354.6179</p>
<p>Garry Middle school Nikki Ziegler nikkiz1@spokaneschools.org 725 E. Joseph Ave. Spokane, WA 99208 509.354.5132</p>	<p>Shaw Middle School LaMarcus Williams LaMarcus@cisspokane.org 4106 N Cook St. Spokane, WA 99207 509.354.5817</p>
<p>Cheney Middle School Justin Farley jfarley@cheneysd.org 740 Betz Road Cheney, WA 99004 509.559.4464</p>	<p>Westwood Middle School Kevin Partridge kpartridge@cheneysd.org 6120 S. Abbott Road Spokane, WA 99224 509.559.4163</p>

Crosswalk Clothing Closet, Volunteers of America

525 W 2nd Ave
Spokane WA 99201
(509) 838-6596

<https://www.voaspokane.org/crosswalk>

Must be between ages 13-21. Clothing Closet open daily from 3-3:30pm for ages 13-17. Over 18 must call to make an arrangement. No ID or address verification needed except in circumstances where age may need to be verified for safety purposes.

Spokane Valley Partners

10814 East Broadway Ave
Spokane Valley WA 99206
(509) 927-1153

<http://www.svpart.org>

Current address verification is required for all adults in the household for every visit to our Food Bank and Clothing Bank. Mail or documents must be dated within the last 30 days and must show adult's name, street address and ZIP code. Acceptable examples include a utility bill, phone bill, cable bill, rent receipt or lease agreement. Please do not present Driver's License or Social Security Card.

Zip Codes served

99012, 99015, 99016, 99018, 99019, 99023,
99025, 99027, 99030, 99036, 99037, 99039,
99206, 99207, 99212, 99216

Covid-19 Updates:

Clothing Bank will re-open August 3rd 2020 for the following hours:

Monday 10:00am-12:00pm

Tuesday & Wednesday 10:00am-12:00pm and 12:30pm-2:45pm

Thursdays 10:00am-1:00pm

The following regulations will be required to utilize the Clothing Bank, keeping you and our volunteers safe and healthy.

- Please use hand sanitizer upon entering

- Social Distancing of 6 feet between clients will be maintained
- Only 4 clients will be allowed to shop at one time
- All clients will wear masks
- All clients will have their temperature taken - If temp is over 100.4F/37.6C you will be asked to leave until you have been free of fever, or any other symptoms, for 72 hours without the use of fever reducing medications.

Teen and Kid Closet

307 E Sprague Ave
Spokane WA 99201 (509)
534-1151
<https://www.teenkidcloset.org/>

Serves youth up to age 18, must have referral from social worker, counselor or school staff. Referral can be found on website under referrals.

Referral page: <https://www.teenkidcloset.org/social-workers>

Covid-19 Updates:

Clothing Bank re-opened as of June 8, 2020 with the following regulations:

- Social Distancing
- Limited Number of Shoppers
- Wearing Masks

DIAPERS

Mission Community Outreach Center

1906 E. Mission Ave
Spokane, WA 99202 (509)
536-1084
<https://www.4mission.org/>

We provide clothing, houseware & hygiene items free of charge for low-income families & individuals. Customers can visit our clothing bank once every 60 days. We are open to all Spokane City residents

The infant bank provides diapers, wipes and other infant supplies. Customers can receive 15 diapers per child under 3 years old every 30 days.

We also offer our services to Domestic Violence and Fire Victims with referral from a partner agency. All services are provided free of charge.

Please bring:

- Proof of address (piece of mail)
- ID for yourself as well as a form of ID for all individuals in your family that you are shopping for

Vanessa Behan Crisis Nursery

1004 E 8th Ave

Spokane WA 99202

(509) 535-3155

<https://www.vanessabehan.org>

The Crisis Nursery's vision is to provide immediate refuge for children and support to strengthen families. This evolved from the tragic story of Vanessa Kay Behan, a Spokane girl who died from child abuse injuries at the age of two. Following her death, a group of local business people established the Crisis Nursery so that parents would have a safe place to bring their children in the face of crises.

The Crisis Nursey helps parents who are having difficulty providing safe shelter and care for their children. They may be dealing with issues as complex as substance abuse, domestic violence and homelessness, or they may just be exhausted and worn-out from the demands of parenting.

Parents can receive diapers and formula for their children free of charge once every 30 days. Children are eligible until their 4th birthday unless a dry note is provided to extend the age. Formula is only available upon availability and is only allowed until the child's 1st birthday.

Open Monday-Friday 8:30am-4:30pm (excluding posted Holidays)

On your first visit parents must bring

- Picture ID for themselves (required at every visit)
- Documentation with the name and birthdate of the child on it.

Acceptable forms include, Passport, Birth Certificate, immunization records,

Molina card. Non Acceptable forms, provider one card, social security card, WIC folder unless the child's name and DOB are included on it.

LAUNDRY SERVICES

Our Place Community Ministries

1509 W College
Spokane WA 99201 (509)
326-7267
<http://www.ourplacespokane.org>

This is a **first come first serve** laundry center. A single person household may do 2 loads once a week and larger households may do up to 4 loads weekly. Laundry center opens at 9:30. Our Place has three washing machines and four dryers and provides all laundry products.

Mon, Tues & Thurs 10:00am – 12:15pm
Please arrive before 12:15pm to receive services

Our Place serves West Central Spokane. Our geographic area serves families living; South of Montgomery (2400 Block) North of the River and West of Division to the river.

DUE TO COVID-19, OUR PLACE WILL BE OPERATING ON A DIFFERENT SCHEDULE. OPEN THURSDAYS FROM 10-1PM FOR PRE-BUILT FOOD BOXES ONLY. AND WE INVITE ANY AND EVERYONE TO JOIN US. IF YOU ARE HUNGRY COME GET FOOD!

Cup of Cool Water

1106 W 2nd
Spokane WA 99201 (509) 747-
6686
<https://www.cupofcoolwater.org/>

Drop-In Hours:

Mondays 7:00pm-9:00pm,
Tuesdays 1:00pm-3:00pm and 7:00pm-9:00pm
Wednesdays 1:00pm-4:00pm
Thursdays 1:00pm-4:00pm and 7:00pm-9:00pm
Fridays 1:00pm-3:00pm

DOMESTIC VIOLENCE RESOURCES

YWCA

930 North Monroe
Spokane WA 99201
(509) 326.1190
DV Helpline: (509) 326-2255
<https://ywcaspokane.org>

For updates on services provided during COVID-19 visit:

<https://ywcaspokane.org/programs/services/>

HOW YWCA CAN HELP

- **24- Hour Domestic Violence Helpline: 509-326-CALL (2255)** ○ Anyone experiencing domestic violence or who has a friend who is experiencing domestic violence is welcome to call this helpline at any time. This service can be used to troubleshoot, as a resource guidance, to connect you to partnering services, or for a friendly person to talk through a difficult situation with.
- **Safety Planning** ○ In addition to the suggestions we provide, our support team is available to help you create a customized safety plan for your own situation. Consider calling the counseling center at 509.789.9297 with any questions or to schedule a one-on-one appointment.
- **Shelter and Housing for survivors and their children**
- **Legal Representation and Support**
- **Counseling and Support**
- **Support for children and youth** who have experienced trauma

HOW TO ACCESS SERVICES

You can access our services in 3 different ways.

- **24-Hour Domestic Violence Helpline: 509-326-CALL (2255)**
- Call the counseling office at 509.789.9297 during business hours to ask questions or to schedule a consultation.
 - Monday – Thursday: 8:00am-12:00pm & 1:00pm-5:00pm
 - Friday: 8am-noon, 1-3pm
- **Wrap Around Wednesday:** Stop by to receive immediate support at a public clinic designed to provide access to as many of our services as

possible in one setting. These sessions are condensed versions to get a survivor setup with action steps as soon as possible.

- **Every Wednesday 1:00pm-5:00pm**
- This service is offered on a first come-first serve basis. We suggest you arrive at 12:45pm as this service often reaches maximum capacity each week.

If you are unsure if this is the right place to start, call our 24hr helpline to help you assess the situation.

Spokane Police Department

930 North Monroe Street,
Spokane, WA 99201

Crime Check: (509) 456-2233

Tip line: (509) 242-TIPS (8477)

My Spokane: 311

Outside city limits: (509)755-CITY (2489)

<https://my.spokanecity.org/police/investigations/domestic-violence/>

Hours: Monday –Friday 8:30am-5:00pm

Domestic Violence Unit

The Spokane Police Department Domestic Violence Unit has taken a proactive and offender-based approach to reducing, preventing and holding DV offenders accountable. SPD investigates cases of domestic violence with particular emphasis on Intimate Partner Violence (IPV) crime. Members of the team contact suspects in jail and provide them with a deterrent letter, reach out to victims to offer them access to additional resources, and conduct routine victim home checks to ensure their safety and suspect compliance with orders of protection. All cases from misdemeanor to the most serious felony level offences are evaluated and reviewed to ensure the investigation is thorough. Completed cases are forwarded to the prosecutor's office for charging. Law enforcement works collaboratively with the prosecutor's office, probation, Department of Corrections, and victim advocates to accomplish the following goals: 1) Protect the most vulnerable victims from the most dangerous abusers, 2) Focused deterrence, enforcement, and prosecution of the most dangerous abusers, 3) Avoid putting victims at additional risk, and 4) Reduce the recidivism of IPV offenders and lower the overall calls for service for domestic violence.

Law Enforcement outside of the City of Spokane: Dial 911 for emergency assistance.

FOOD RESOURCES

DSHS EBT Program (Food Stamps)

Website: www.washingtonconnection.org

Students who are couch surfing or living on their own are eligible for food stamps. Log into www.washingtonconnection.org The students will need to start by creating a SAW account. They will need to have an email that they can access in order to activate the account. Continue with the application process as directed by the site.

SUMMER MEAL SITES

Spokane Public Schools

Any child aged 0-18, or who is currently enrolled in high school, can get grab & go meals – a breakfast and a lunch together – at the following locations through Aug. 21 from 11-12, Monday- Friday.

<ul style="list-style-type: none">• Arlington, 6363 N. Smith• Audubon, 2020 W. Carlisle• Balboa, 3010 W. Holyoke• Bemiss, 2323 E. Bridgeport• Cooper, 3200 N. Ferrall• Finch, 3717 N. Milton• Garfield, 222 W. Knox• Grant, 1300 E. 9th• Holmes, 2600 W. Sharp• Hutton, 908 E. 24th• Lidgerwood, 5510 N. Lidgerwood• Lincoln Heights, 3322 E. 22nd	<ul style="list-style-type: none">• Longfellow, 800 E. Providence• Logan, 1001 E. Montgomery• Moran Prairie, 4224 E. 57th• Mullan Road, 2616 E. 63rd• Ridgeview, 5610 N. Maple• Roosevelt, 333 W. 14th• Sheridan, 3737 E. 5th• Stevens, 1717 E. Sinto• Shaw MS, 4106 N. Cook• Rogers HS, 1622 E. Wellesley• Shadle Park HS, 4327 N. Ash• Ferris HS, 3020 E. 37th
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Central Valley School District

Kids, age 18 and under, can enjoy a free, nutritious, hot lunch and grab-and-go breakfast by drive-through or walk-up this summer. Registration is not required. No ID or paperwork required. Children do not need to be a CVSD student to participate. Children must be present to pick up. Monday-Friday, June 15 -August 14, 2020. 11:00 a.m. - 12:30 p.m.

- Broadway Elementary, 11016 E. Broadway Ave.
- Greenacres Elementary, 17915 E. 4th Ave.
- McDonald Elementary, 1512 S. McDonald Rd.
- Opportunity Elementary, 1109 S. Wilbur Rd.
- Progress Elementary, 710 N. Progress Rd.
- University Elementary, 1613 S. University Rd.

SUMMER COMMUNITY MEAL SITES

North Spokane

<p>American Indian Community Center 610 E. N. Foothills Drive June 16- August 21 Breakfast: 9:00-9:30 am Lunch: 12:00-12:30 pm</p>	<p>The Girl Scouts of Eastern Washington & Northern Idaho 1404 N. Ash Street June 13-August 21 Lunch: 12:00-12:30 pm</p>
<p>West Central Community Center 1603 N. Belt Street June 22-August 21 Breakfast: 9:15-9:45 am Lunch: 12:15-12:45 pm</p>	<p>YMCA North 10727 N. Newport Highway June 22-August 21 Breakfast: 8:00-8:30 am Lunch: 11:30 am-12 pm</p>

South Hill

<p>Martin L. King Center 500 S. Stone Street July 7-August 21 Breakfast: 8:30-9:00 Lunch: 12:00-1 pm</p>	<p>Pinerock Apartments 3211 E 55th Ave June 22- August 21 Lunch only 11:30-12:30</p>
<p>Liberty Park Community Center 1417 E. Hartson Avenue June 24-August 15 Lunch: 11:30 am-12:00pm</p>	

Other (Lunch only)

<p>Broadwing/First Liberty 24900 E. Spotted Owl Lane Liberty Lake, WA June 22-August 21 12:30-1:30 p.m.</p>	<p>Galena Apartments 13663 W. 6th Ave. Airway Heights, WA June 22-August 21 12-1 p.m.</p>
<p>Winter Heights 2721 N. Cherry St. Spokane Valley, WA June 22-August 21 11:30 a.m. - 12:30 p.m.</p>	

COMMUNITY MEAL SITES

Salvation Army (Spokane)

204 E Indiana
Spokane WA 99207
(509) 325-6821
<https://spokane.salvationarmy.org/>

Food Bank's Temporary Walk-Up Hours due to Covid-19

Monday - 9:00am to 4:00pm
Tuesday - 9:00am to 5:00pm
Wednesday - 9:00am to 4:00pm
Thursday - 9:00am to 5:00pm
Friday - 9:00am to 4:00pm

FEED CHENEY

615 4th St, Wren Pierson Building
CHENEY, WA 99004
(509) 498-9250
<http://feedcheney.com/index.html>

NO documentation required. Leave with groceries. Feed Cheney is most often on the last Monday of each month (June 29, 2020, July 22, 2020, August 31, 2020) at 5:30pm at Veteran's Park 612 4th St Cheney, WA 99004. Please check for current dates and locations.

HOUSE OF CHARITY

32 W Pacific
Spokane, WA 99201
(509) 624-7821
<https://www.cceasternwa.org/houseofcharity>

Since 1958, the House of Charity (HOC) has accepted anyone in any condition, including those suffering from mental illnesses and addiction. The HOC provides emergency services including meals, shelter, and case management to an underserved population of homeless, transient, and poor men and women in the Spokane area while ensuring preservation of individual dignity. **Breakfast served daily at 7:30 am` Lunch Served at 11:00am**

SHALOM MINISTRIES

518 W 3rd Ave
Spokane, WA 99201
(509) 455-9019

<https://shalommeal.org/>

Hours (continuing to serve during COVID-19):

Breakfast: Monday through Thursday, 7:30-8:30

Dinner: Monday, Tuesday, and Thursday, 4:30-5:30 pm

ST. ANN'S SUNDAY LUNCH

2120 E 1st Ave
Spokane, WA 99202
(509) 536-1189

<https://stanncommunityblog.wordpress.com/>

Sunday Lunch is served every Sunday, from 1:00 pm – 2:30 in the St Ann parish hall. This free meal is served by a different church or civic group each week.

During Covid-19 St. Ann's is serving bagged lunches

WOMEN'S AND CHILDREN'S FREE RESTAURANT

1408 N. Washington St.
Spokane, WA 99201
(509) 324-1995

<http://www.wcferspokane.org>

Women & Children's Free Restaurant & Community Kitchen is a vital safety net which fills nutritional gaps for women and children in need while fostering dignity and respect, both within our restaurant and in the community. Registration is not required and there are no qualifications for the program. However, we will continue to be a safe place for women and children to access nutrition. An adult female must be present to receive meals and groceries

Serving meals and groceries on Tuesday and Wednesday from 11-1pm during COVID-19

ALL SAINTS LUTHERAN

314 S Spruce
SPOKANE, WA 99204
(509) 838-4409
<http://allsaintsgather.com/>

Offers Community Dinners every Tuesday from 5pm-6pm
NO Specific Requirements or documentation needed

EAST VALLEY BAPTIST CHURCH

14516 E Wellesley Ave
Spokane Valley, WA 99216
(509) 928-4809
<http://www.eastvalleybaptist.org/#welcome>

We gather together weekly on Wednesdays at 6pm for a family meal, to encourage one another, study the Bible and for a time of prayer. **All are welcome to join us.** We have adult, youth and children studies.

FOOD BANKS

American Indian Center

610 E North foothills Dr
Spokane WA 99207 (509)
535-0886
<http://aiccinc.org/>

Accessible to zip code 99202 or any registered member of any tribe

Tuesday 1:30 PM – 4:30 PM
Wednesday-Thursday 8:30 AM – 12:00 PM & 1:00 PM – 4:30 PM

AIRWAY HEIGHTS BAPTIST CHURCH

12322 Sunset Highway
Airway Heights, WA 99001
(509) 244-2474
<https://www.ahbc.us/>

Twice a month, the first and third Saturdays, Airway Heights Baptist Church offers a food distribution in association with 2nd Harvest. The hours are from 10am – 12 pm. Participants must have proof of ID and current address on hand when they come. If their driver's license or personal ID has an incorrect address, they must bring a document to show current address, such as a bill, rent receipt, etc.

Services Zip Codes: 99001, 99011, 99013, 99029, 99022, and 99224.

*Please note there are some boundary restrictions for the Zip Codes: 99013-Ford **Spokane County only**; 99029 Reardan **Spokane County only**.

Better Living Center

25 E North Foothills Dr
Spokane WA 99207 (509)
325-1258

<http://betterlivingcenter.org/>

The Better Living Center of Spokane serves inner-city Spokane, WA. Established in 1976, it has functioned for a number of years as a food pantry - the third largest in Spokane - serving about 450 families per month and distributing approximately 50,000 pounds of food each month. It is recognized as a charitable organization under the Upper Columbia Conference of Seventh-day Adventists.

Our mission statement: "As a faith-based organization, the Better Living Center exists exclusively for charitable, educational, and health-related activities for the purpose of following Christ's example of service to the community - to nourish the body, mind, and spirit through unconditional love and care for the dignity of all people."

Each client must bring with them each time:

Washington State/Government issued picture ID with birth date on it
Proof of current address (something dated within the last 30 days) such as:

A piece of mail with name, address and post mark.

A signed, dated and addressed rent receipt.

A lease within the last 30 days.

Government issued documents dated in the last 30 days with name and address on it.

Each client household must have someone over 18 who picks up the food. If a client picks up food for another client, then both photo ID's must be present along with both proofs of addresses.

Hours:

Tuesday 9:00am – 12:00pm & 1:00pm – 4:00pm

Thursday 9:00am – 1:00pm

Serves zip codes 99205, 99207 & 99208 (Between Perry on the east & Monroe on the west, Francis on the north & Mission on the south)

Caritas Outreach Ministries

1612 West Dalke Ave

Spokane WA 99205 (509)

326-2249

<http://www.caritasoutreachministries.org>

Caritas Outreach Ministries: for 28 years, a collaborative effort of fourteen Northwest Spokane Churches demonstrating Christ's love by assisting those in need in our part of town. It's synergistic--by working together, sharing limited resources and information, we get more "bang for our buck." Services, including food bank, and assistance with energy and utility bills are provided, confidentially, on an as needed basis.

Shortened Hours

Monday, Wednesday & Thursday 11-1pm

Summer Meal Kits for kids running from June 22nd-August 27th

Grab and Go Food Boxes available. No ID or proof of address required as boundaries are lifted during the pandemic.

Fig Tree Inland NW

Fig Tree has a great resource map that allows users to identify services in the Inland NW on an expanding map located [here](#).

Martin Luther King Jr. Family Outreach Center

500 S Stone

Spokane WA 99202

(509) 868-0856

<http://ecspokane.org/>

Covid-19 Hours:

Monday, Wednesday, Thursday, Friday 1-3pm

This food bank serves community members living in the following zip codes: 99202 and 99212. **New and existing participants must bring:** – Picture ID for each adult – Proof of residence for each adult (a utility bill, bank statement, etc.) – Social security information for everyone in the household – Participants must also bring address verification for any children living in the household (medical ID cards for example)

Monday – Friday 8:00am-5:00pm
Please call to make an appointment

Medical Lake Food Bank

211 S. LeFevre Street
Medical Lake, WA - 99022
(509) 299-3819

Open the 1st Thursday of the month from 5:30p-6:30p
Fridays from 10:00am-12:00pm

Serves those living in the zip codes: **99008; 99022; 99224**
Must provide proof of residency

Northeast Food Pantry

Northwest Connect
Crestline Church of the Nazarene
Spokane WA 99207
(509)203-4131
<http://nwconnect.org>

The Northeast Community Food Pantry served 2844 families consisting of 8878 individuals in 2016. We are an outlet for the Second Harvest Food Bank and Northwest Harvest serving zip codes 99207 and 99217. All of our workers are caring volunteers.

Food Pantry Hours

Monday : 9:00am – 10:45am

3rd Mon Evening of month 5:30pm-6:30pm

Tuesday : 11:00am-12:45pm

Thursday : 9:00am – 10:45am

Non-Food Pantry

Our non-food pantry provides clients with personal hygiene products, cleaning supplies, paper goods and other health related items to meet their needs. This is the only such resource in Spokane and unfortunately, we often have to turn away needy clients due to a lack of supplies. A Hand Up Non-Food Pantry has served 1725 family or individual packs in 2016.

Non-Food Pantry Hours

A Hand Up Non-Food Pantry distribution is on the 2nd and 4th Mondays of the month at 5:00 pm and the 3rd Saturday at 10:00 am.

Audobon Park Food Bank

3908 North Driscoll Blvd

Spokane WA 99205

(509) 325-4541

<https://2-harvest.org/spokane-county-emergency-food-outlets>

Accessible 2nd & LAST Tuesday of the month 8:30am – 12:30pm

Free Community Meal 3rd Saturday of the month

Serves zip codes 99205 & 99206

Otis Orchards Food Bank

Otis Orchards Seventh-day Adventist Church

Otis Orchards WA 99027

(509) 842-2355

<https://www.otisorchardssda.org>

Every Monday of the month from 11am - 2pm, our food bank and clothing bank is open to the community. Every 2nd & 4th Monday we serve only produce. If you have more questions about our food bank or would like to contribute financially to this ministry please contact our Food & Clothing director at (509) 842-2355.

The Salvation Army

204 E Indiana

Spokane WA 99207

(509) 325-6821

<https://spokane.salvationarmy.org/>

The Salvation Army is an evangelical part of the universal Christian Church. Our message is based on the Bible, our ministry is motivated by the love of God, and our mission is to preach the gospel of Jesus Christ as we meet human needs in His name without discrimination. Every program we offer is rooted in our passion to serve God by serving the lost, the vulnerable, the needy, the poor, the hurting, the helpless, and the hopeless.

Food Bank Walk-In Hours:

Monday and Fridays: 9:00am to 4:15pm

Tuesdays and Thursdays 9:00am to 5:45pm

Please bring picture ID, proof of address & social security numbers

Southside Food Pantry

2934 E 27th

Spokane WA 99223

(509)535-2301

<http://www.southsidefoodpantry.com/>

Saturday 10:30am – 12:00pm

Serves residents of zip codes:

99203, 99223, 99224

Spokane Valley Partners

10814 East Broadway Ave

Spokane Valley WA 99206

(509) 927-1153

<http://www.svpart.org>

So we may provide accurate and swift service, current address verification is required for all adults in the household for every visit to our Food Bank and Clothing Bank.

Mail or documents must be dated within the last 30 days and must show adult's name, street address and ZIP code. Acceptable examples include a utility bill, phone bill, cable bill, rent receipt or lease agreement. Please do not present Driver's License or Social Security Card.

Zip Codes served-99012 Fairfield, 99015 Freeman, 99016 Spokane Valley, 99018 Latah, 99019 Liberty Lake, 99023 Mica, 99025 Newman Lake, 99027 Otis Orchards, 99030 Rockford, 99036 Valley Ford, 99037 Spokane Valley, 99039 Waverly, 99206 Spokane Valley, 99207 Spokane Valley, 99212 Spokane Valley, 99216 Spokane Valley

Food Bank service is by APPOINTMENT ONLY. To make an appointment, call 509.927.1153. Food Bank distribution days are Wednesdays and Thursdays.

The City Gate

170 S Madison St
Spokane WA 99201
(509) 455-9670
<http://www.thecitygatespokane.org>

Food bank is by appointment only, please call the office to schedule.
Serves zip codes 99201, 99204 and 99224

Tuesday – Friday 10:00am – 2:30pm

*To access Clothing Bank walk in at 10:00am or 12:30pm.

Westminster Presbyterian Church Food Bank

2705 W Boone
Spokane WA 99201
(509) 329-0351

Wednesday & Friday 11:00am – 1:45pm

Food Pantry @ Crosswalk, Volunteers of America Crosswalk

525 W 2nd Ave
Spokane WA 99201 (509) 838-6596
<https://www.voaspokane.org/crosswalk>

Serves youth Ages 13-21, Sign up by wed for weekly food bag and pick up on Thursdays at Crosswalk between 3-5pm

FOSTER YOUTH SERVICES

Embrace Washington

418 W Sharp Ave
Spokane WA 99201
(509) 381-5370
<https://embracewa.org>

Embrace Washington is committed to providing, caring and supporting children in foster care within our community. We do this by raising awareness of vulnerable children's needs, identify how to meet those needs by connecting individuals and organizations with a heart to serve the foster care community.

Daily we strive to eliminate any roadblocks that foster parents face to provide a normal happy life for a child in foster care. These roadblocks could be a variety of things such as: providing a foster child a new bed, educational support, paying for summer camp, music or sports and educational support are just to name a few. Activities for foster children and their families build healthy memories and experiences which allow kids to feel loved and stable in an uncertain time in their lives.

Safety Net

P.O. Box 13706
Spokane Valley, WA 99213
(509) 863-9431
<https://safetynetspokane.org/>

Safety Net is dedicated to keeping it local, meaning we serve the immediate Spokane area. However, as we embrace this cause from a bigger picture, we are amenable to helping out any foster youth that seek assistance throughout a greater population, including North Idaho. Our ties lie here in the Spokane community, yet that doesn't translate into limitations. We will never turn away someone that needs our help.

At Safety Net, we always try to cast a wide net when it comes to trying to reach kids. The more immersed we are in the community with those who currently supervise, teach, care for, or mentor youth, the easier it is for us to make those valuable connections. We work with high school counselors, college advisors, social workers - anyone who might have a relationship with a foster child. The Safety Net door is always open. Wide open. We don't have reams of red tape and layers of organization that prevent us from lending our support. When

any child is brought to our attention, we have the ability to act, and immediately assess the steps we can take to help. There is no evaluation of “which foster kid needs more help than another” - every situation is different, and we exist to deliver love and support wherever and however needed.

Referrals

No system is perfect, but if we are able to identify more ways to work together as a community, then less and less foster youth will slip through the cracks. We have created this referral system that will help us connect with more youth that need our assistance. If you know someone that is transitioning out of the foster care system that you as an adult can vouch for, please let us know. Send us an email with a way to communicate with them, and a description of their situation and what they need. Once we have that information, we will see what we can do to help them. It really takes all of us being proactive to make a difference. When we put forth great effort, we will uplift the youth, and the community overall. We hope you'll help us effect major change.

Mockingbird Society

<https://www.mockingbirdsociety.org>

To Learn More Contact:

Jess Ausborn- jess@mockingbirdsociety.org
(509) 680-5807

Our Youth Programs—the Mockingbird Youth Network and Youth Advocates Ending Homelessness—train young people, ages 13 through 25, who have been homeless or in foster care, to be their own best advocates. By doing so, they change policies and perceptions that stand in the way of every child having a safe and stable home. Our solutions focus on improving the systems of care that ultimately serve thousands of children and youth each year in Washington.

With a dual-focus approach of youth development and systems reform, Mockingbird participants develop leadership and self-advocacy skills while effecting positive change to systems impacting youth experiencing foster care or homelessness.

Tree House

<https://www.treehouseforkids.org>

(206) 767-7000

Treehouse provides academic and other essential support for more than 7,000 youth in foster care across Washington state each year. Our integrated, research-based services ensure that kids receive the support they need to succeed in school, fulfill key material needs and provide important childhood experiences that every youth deserves and needs to graduate from high school at the same rate as their peers with a plan for their future-Call to verify services available and to connect with a Treehouse Professional

Academic Support-Education planning, monitoring, coaching and support services to help students in foster care overcome educational barriers and engage and invest in their education and their future.

Launch Success-A post-high school program that provides young people who have experienced foster care with continued support until they achieve stable housing, a degree or credential, and a living wage.

The Wearhouse

A free store that provides youth in foster care with new and like-new clothing, shoes, school supplies, toys and other items they need to feel confident and ready to learn in school.

Little Wishes

Financial support for youth in foster care to have access to extracurricular and school activities and experiences essential to kids' social-emotional development and academic success.

Driver's Assistance

Treehouse provides funding and assistance for youth in foster care or under jurisdiction of tribal court to obtain Washington State ID Cards, Driver's Education Courses, Washington State Learner's Permits, Washington State Driver's Licenses & Enhanced Driver's Licenses and Automobile Insurance.

Holiday Magic

A holiday gift-giving program where a meaningful gift is sent to youth in foster care across Washington state to make their holiday season bright.

HUMAN TRAFFICKING OUTREACH

HRC Ministries

<https://hrcministries.com/>

509.922.0939

Anti -Trafficking Hotline: 509.565.0698

WHAT IS SEX TRAFFICKING?

SEX TRAFFICKING OCCURS WHEN SOMEONE USES FORCE, FRAUD, OR COERCION TO CAUSE A COMMERCIAL SEX ACT WITH AN ADULT OR CAUSES A MINOR TO COMMIT A COMMERCIAL SEX ACT.

WHAT IS A COMMERCIAL SEX ACT?

A COMMERCIAL ACT INCLUDES PROSTITUTION, PORNOGRAPHY AND SEXUAL PERFORMANCE DONE IN EXCHANGE FOR ANY ITEM OF VALUE, SUCH AS MONEY, DRUGS, SHELTER, FOOD OR CLOTHING

HRC is a multi-generational faith-based charity working together to reach communities of hurting people with the love of Jesus Christ. The mission is to reach communities by offering encouragement, free resources, and services that help individuals and families affected by poverty, abuse, or neglect in the greater Spokane area.

The Jonah Project

1106 W Garland
Spokane, WA 99205 (509)
655-7886

<https://www.jonahproject.org/>

IF YOU, OR SOMEONE YOU KNOW IS IN A BAD SITUATION – YOU CAN CALL - TEXT - OR SEND US A MESSAGE!

RESOURCE LINE: (509) 655-7886

The Jonah Project wants to help! IF YOU:

-Don't feel safe

-Need to get away from a bad situation

**-Need food, clothing or personal hygiene items or...
-Just don't want to be alone**

THESE ARE THE BASIC STEPS:

1. You reach out to Jonah via cell - text - or message
2. If you are in danger or can't get help from Law Enforcement - *ASK US TO*
3. *RELOCATE YOU*
4. A Jonah Advocate will respond quickly, or we'll schedule a time that's *SAFE FOR YOU*
5. Our Relocation Team will transport you someplace safe so you can sleep, eat or choose your next steps
6. If you do not want rescue/relocation, but would like an advocate - we will get you one!

The Jonah Project started at Rogers High School, and we are excited to continue to build relationships with schools as well as their students, teachers and families. Through partnerships with friends like The HEART Program and Communities In Schools, as well as administrators, teachers and coaches - we effort to provide support to student and counselor alike. With your support It is our hope to continue to offer resources and education to local schools **for free!**

WE NOW HAVE A STUDENT MEMBERS & CLUBS AT NORTH CENTRAL., MT. SPOKANE, GONZAGA PREP, LEWIS AND CLARK & REARDAN HIGH SCHOOLS! - Student Clubs engage in things like Outreach activities, support and advocacy for survivors, educating others about the dangers of grooming, or even organizing and leading awareness events!

Lutheran Community Services

210 W. Sprague Ave.,
Spokane, WA 99201
509-747-8224

If you have been a victim of sexual violence, please call 509-624-7273 any time. Your confidential call will be answered 24 hours a day/ seven days per week. You may also text the crisis line during business hours (Monday-Thursday 8:00am-5:00pm, Friday 8:30am-3:00pm).

Inland Northwest Task Force on Human Trafficking **509.624.7273**

The Inland Northwest Task Force on Human Trafficking actively pursues collaboration between service agencies, faith communities, law enforcement and state and federal agencies so that together they can:

- Raise awareness of human trafficking in the Inland Northwest
- Create region-wide strategies for the prevention and intervention of trafficking activities
- Partner to provide justice and restoration for trafficking victims within our communities
- The Inland Northwest Task Force on Human Trafficking provides assistance to pre-certified victims of trafficking with immediate access to food and stable housing
- Physical and mental health treatment
- Immigration advocacy and legal assistance
- Interpretation services
- Education and job readiness training

***Spokane Crime Victim Service Center 24 Hour Crisis Line:
1-888-288-9221***

IMMIGRATION & REFUGEE SERVICES

Refugee Connections Spokane

35 W Main Ave,
Spokane, WA 99201 (509) 209-2384
<http://www.refugeeconnectionsspokane.org>

Refugee Connections Spokane (RCS) is a non-profit organization which works to identify and address barriers to the successful resettlement of refugees and immigrants in the Spokane area. RCS also strives to increase awareness, knowledge, and appreciation of the cultures and traditions, resettlement experiences, skills, abilities, and contributions of refugees and immigrants. This means we work with refugee communities and other refugee service providers to develop projects, programs, and resources which benefit refugees and immigrants in the Spokane area.

- Projects ○ World Refugee Day, Harvest Project, American Law and Justice Workshop, Patient Passports to help refugees visit the doctor/emergency room, Refugee Elder Outreach, Refugee Kids Connect
- Elder Services ○ ESL Classes, travel training, assistance settling into Spokane, elder workshops and groups, citizenship courses

WORLD RELIEF

1522 N. Washington
Suite 200/204
Spokane, WA 99201
<http://worldreliefspokane.org> (509)
321-0327

Contact: ilsspokane@wr.org

World Relief is a Christian non-profit organization working overseas and in the United States with the most vulnerable populations in need of assistance. World Relief Spokane provides refugee resettlement assistance, immigration legal services, and services to victims of human trafficking.

Areas of immigration legal assistance:

Adjustment of Status, Asylum applications, Consular Processing, Arrivals (DACA), Employment-based petitions, Family-based petitions, Habeas Corpus, NACARA, Naturalization/Citizenship, Removal hearings, Special Immigrant Juvenile Status, T visas, Temporary Protected Status (TPS), U visas, Violence Against Women Act (VAWA) petitions

Types of immigration legal services provided:

Help completing forms, Filings with USCIS, Representation before the Board of Immigration Appeals (BIA)

Non-legal services:

Citizenship / Civics classes, Employment services, ESL, Health services, Housing referrals, Language services, Office Of Refugee Resettlement (ORR)-funded services for trafficking victims, Referrals to other services, Social services

Populations served:

Detained individuals, Domestic Violence Victims, Farm workers, Human Trafficking Survivors, Individuals who are not in legal immigration status, Individuals with criminal histories, Individuals with physical/mental disabilities, Juveniles, Lesbian, gay, bisexual & transgender, Torture survivors

Languages spoken:

Albanian, Arabic, Arabic (Egyptian), Arabic (Levantine), Burmese, English, Iraqi, Kirundi, Russian, Somali, Spanish, Sudanese, Swahili, Thai, Tigrinya, Ukrainian

Access to a commercial interpreting service or language bank? Yes Fee? Yes

LEGAL SERVICES

Adoption & Guardianship Services

921 W Broadway Ave, Suite 305
Spokane, WA 99201 (509)
462-3678
<http://adoptionwa.com/>

Legal services for both adoptive and birth parents throughout the adoption process, surrogacy services, and guardianship.

Adoption Services of Spokane

921 W Broadway Ave, Suite 304
Spokane, WA 99201 (509) 328-6274
<http://www.adoptionservicespokane.com/>

Adoption Services of Spokane, formally as Spokane Consultants in Family Living. We are a Washington licensed child-placing agency. Our office is based here in Spokane and we have been providing caring, supportive service to adoptive and birth families since 1987.

DSHS ID VOUCHERS

ID vouchers are available at all DSHS offices for those receiving other services. The Vouchers are to obtain an ID for \$5. Have the Client go to the closest office and request the voucher.

Gonzaga Law Juvenile Record Sealing Project

Gonzaga University School of Law
721 N. Cincinnati Street
Spokane, WA 99220
(509) 979-6398
Contact: CriminalRecordsClinic@gmail.com

Gonzaga University School of Law provides a record sealing project for those with a juvenile record. If you qualify for this service, the program may be able to seal your record free of charge.

Eligibility Requirements:

You may be eligible for free record sealing as long as you have:

1. Remained crime-free since your last conviction
2. Paid all your court-ordered fees and fines
3. Been released from confinement for a juvenile misdemeanor, class C felony, class B, felony, completed diversion or a differed disposition at least two years ago OR been released from confinement for a class A felony at least five years ago.

Washington State Bar Association (WSBA) Moderate Means Project

The WSBA Moderate Means Program does not provide immediate assistance and the program cannot guarantee a referral, particularly in some rural communities where attorney resources are limited. Other legal resources are available if you need immediate assistance.

The private lawyers participating in the Moderate Means Program are solely liable for their actions. Neither the Washington State Bar Association nor the law schools are responsible for the services you receive from the lawyer.

Am I Eligible?

To be eligible for the Moderate Means Program, you must be facing a family, housing, or consumer law issue and your household income must fall between 200%–400% of the federal poverty level (FPL).

What constitutes a family, consumer, or housing law issue?

Family Law — Separation or divorce, guardianship, child custody or visitation, child support, personal safety due to family member, establish the biological father of a child, adoption and juvenile dependency matters

Consumer Law — Debt or debt collectors, problems with a payday lender, legal issue involving the purchase, financing or repair of a vehicle, legal issue regarding utilities (water, electricity, garbage), victim of unfair or deceptive sales practice, victim of identity theft and bankruptcy Chapters 7 and 13

Housing Law — Trouble with rental housing or a landlord, eviction, unfair denial of housing and repair issues

Is my annual household income between 200% and 400% of the FPL?
2019 Federal Poverty Levels

Family Size	200%	400%
1	\$24,980	\$49,960
2	\$33,820	\$67,640
3	\$42,660	\$85,320
4	\$51,500	\$103,000

*Source: U.S. Department of Health and Human Services

How Do I Get Assistance?

If you believe you are eligible for this program services, for legal help applying online is the fastest way to process your request. If you can't apply online or have trouble with the application, please call our toll free intake line at 855-7416930.

A law student volunteer will call you within 3-5 business days.

The WSBA Moderate Means Program does not provide immediate assistance. It can take up to three weeks to place a case and the program cannot guarantee a referral. Other legal resources are available if you need immediate assistance.

Next Steps

Once you speak with a law student volunteer and you are deemed eligible for the program, the law student will try to place your case with an attorney. If an attorney is available, the law student will provide you with the attorney's name and contact information. You are responsible for contacting the attorney. WSBA nor the law schools will schedule appointments for you and the attorney.

How Much Will the Attorney Charge?

There is no set amount for an attorney to charge. Attorneys have agreed to reduce their fees on a sliding scale and request an advanced deposit. Be sure to agree on charges prior to accepting their services. Written fee agreements are highly encouraged.

What if I Don't Qualify?

If you do not have an issue that fits within the areas listed above or your income is below 200% of the FPL, review our Find Legal Help page for additional resources.

Partners with Families and Children

1321 W. Broadway
Spokane, WA 99201
Phone: 509.473.4810
Fax: 509.473.4840
partners@partnerswithfamilies.org
<https://partnerswithfamilies.org/>

Victim Support and Advocacy

The Child Legal Advocate is co-located at the Spokane County Prosecutor's Office and receives referrals regarding children and their non-offending family members, including those who have previously received services at Partners' Children's Advocacy Center. These victim cases have been referred by law enforcement to the Spokane County Prosecutor's Office for charging.

Partners' Child Legal Advocacy Services:

- Reduce the emotional trauma and re-victimization of the child victim and their non-offending family member
- Increase the child victim and their non-offending family members' empowerment and access to legal proceedings and treatment services
- Assist child victims and their non-offending family members in making informed decisions regarding their participation in legal proceedings
- Advocate for greater responsiveness of the legal, treatment and Child Protective Services systems to the unique needs of child victims and their nonoffending family members

Upon receiving a referral from the prosecutor's office, Partners' Child Legal Advocate contacts the referred family by telephone. During the phone interview, she provides an introduction to the services offered, conducts a safety assessment and addresses any concerns the family may have. If the family agrees to services, a face-to-face appointment is scheduled either in the office or at the family home.

Team Child

1704 W Broadway
Spokane WA 99201
(509) 323.1166

<https://teamchild.org/>

“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.”

Team Child consists of attorneys who are dedicated to help at risk youth with legal representation at no cost to the youth or their families. Team Child can be of help in navigating legal issues within a school system, CHINS (child in need of services) petitions, emancipations, record sealing, and many other services.

MEDICAL RESOURCES

MEDICAL INSURANCE

Better Health Together

1206 North Lincoln, Suite 105

Spokane, WA 99201

509.381.5573

Email: israel@betterhealthtogether.org

The Navigator Network of Eastern Washington is an in-person assistance network that provides on the ground support to Washington residents enrolling in health insurance. Navigators are available to answer questions about coverage year-round and help folks enroll in health insurance through Washington HealthPlanFinder during open enrollment.

You can access the Navigators through their storefront, by phone, or out and about at community events throughout our 7 county region. Navigators are always available to support people facing special circumstances such as a loss of coverage due to change in employment, income or life circumstances.

Washington Health Plan Finder

Website: <https://www.wahealthplanfinder.org>

Must Create an account to verify eligibility

PRIMARY CARE

CHAS (Community Health Association of Spokane)

Services

- **Primary Care** - Our care provider team can help you and your family with all of your medical needs.

- **Pediatrics** - Our dedicated pediatricians will make sure your kids stay healthy! Services for children through the age of 18 include acute care, well child exams, immunizations, sports physicals and much more.
- **Obstetrics/Pregnancy** - From pregnancy testing to delivery, our belief is that pregnancy is a precious time in your life and we'll do everything we can to ensure that you are cared for thoroughly and respectfully. Our experienced nurse midwives and physicians will assist you every step of the way. Additionally, we offer First Steps Maternity Support Services.
- **Women's Health** - Our experienced providers care for a comprehensive range of women's health services for all ages including annual gynecological exams, pap smears, family planning, birth control and menopause management.
- **Specialty** - We are trained to help you with specialty care, such as HIV/AIDS, hepatitis C, transgender hormone therapy, diabetes, nutrition problems, bone and joint conditions, and more.
- **Urgent Care** - Spokane Urgent Care provides medical care for conditions that need immediate care, but do not require an emergency room visit, including x-ray. Open 7 days a week, no appointments needed!

Enrollment Assistance

CHAS Health Patient Services Coordinators (PSCs) are available to help individuals identify and enroll in health insurance coverage. PSCs are certified navigators for the Washington Health Plan Finder, and enrollment counselors for Your Health Idaho state health insurance marketplaces. PSCs can help individuals apply for Medicaid and other applicable assistance programs.

If you do not qualify for insurance, are unable to enroll, or if your deductible or co-pay is unaffordable, a PSC will establish you on our sliding fee program. Everyone is welcome and encouraged to apply for the sliding fee program. With the sliding fee program, we will bill you a fee for each visit. The amount of this fee will be based on your household size and income. Schedule an appointment with a PSC today: 509.444.8200

URGENT CARE CENTERS

Urgent Care Centers can provide a variety of services some examples include:

- Allergies
- Cold or flu symptoms
- Earaches and ear cleaning
- Fevers
- Minor allergic reaction

- Minor bruise
- Minor burn
- Minor fracture
- Rash or poison ivy
- School and sports physicals
- Scrapes or minor cuts
- Skin conditions
- Sore throat
- Sprains
- STIs and STDs
- Urinary tract infection
- Flu Vaccinations

Please call ahead to verify that the service you need is provided at your location

****DUE TO COVID-19 MANY LOCATIONS MAY PREFER/REQUIRE APPOINTMENTS****

CHAS Health Urgent Care

(Community Health Association of Spokane)

These clinics accept private and subsidized insurance, in addition to a sliding-fee schedule that is based on income and family size.

<p>Spokane Urgent Care - North (a service of CHAS) 5901 N. Lidgerwood, Ste 126 Spokane, WA (509) 434-1990 Monday-Friday: 8:00 am – 8:00 pm Saturday-Sunday: 8:00 am – 5:00 pm</p>	<p>Spokane Urgent Care - Valley (a service of CHAS) 1521 N. Vercler Road Spokane Valley, WA (509) 444-8204 Monday-Friday: 8:00 am – 6:00 pm Saturday-Sunday: 8:00 am – 5:00 pm</p>
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Concentra Urgent Care Centers (U.S. HealthWorks)

<p>Spokane Valley 15425 E. Mission Ave Spokane Valley, WA (509) 924-7010 Monday-Friday 8:00 am – 7:00 pm Saturday 9:00 am – 4:00 pm Closed Sunday & major holidays</p>	<p>South Hill 2005 E. 29th Ave Spokane, WA (509) 747-0770 Monday - Friday 8:00 am – 7:00 pm Saturday 10:00 am – 5:00 pm Closed Sunday & major holidays</p>
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<p>North Side 9222 N. Newport Hwy, Ste 1 Spokane, WA (509) 467-4545 Monday - Friday 8:00 am – 7:00 pm Saturday 9:00 am – 5:00 pm Sunday 10:00 am – 5:00 pm Closed major holidays</p>	
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Deer Park Urgent Care

702 S. Park St
Deer Park, WA
(509) 262-9000
OPEN DAILY 9:00 am – 9:00 pm

Franklin Park Urgent Care & Walk-in Clinic

(corner of Division and Central Streets)
5904 N. Division St
Spokane, WA 99208
(509) 792-3474
Monday-Friday: 8:00 am to 8:00 pm
Saturday-Sunday: 8:00 am to 4:30 pm
(Patient must check-in 1/2 hour before closing.)

Mann-Grandstaff VA Medical Center Urgent Care

4815 N. Assembly St
Spokane, WA 99205
(509) 434-7010
OPEN DAILY: 8:00 am to 6:00 pm

MultiCare Rockwood Urgent Care Centers

MultiCare Rockwood Clinic has implemented a reservation system for its Rockwood Urgent Care Centers. This system allows patients to hold their place in line at any of the Rockwood Clinic Urgent Care Centers by going online to select a location and time.

<p>Argonne Clinic 2713 N. Argonne Rd Spokane, WA 99212 (509) 342-3980</p>	<p>Downtown (Main clinic) 400 E. 5th Avenue Spokane, WA 99202 (509) 342-3100</p>
<p>Liberty Lake Clinic 1326 N. Stanford Lane Liberty Lake, WA 99019 (509) 342-3990</p>	<p>Medical Lake 725 N. Stanley St., Ste D Medical Lake, WA 99022 (509) 755-5300</p>
<p>North Clinic 9001 N. Country Homes Blvd Spokane, WA 99218 (509) 755-5341</p>	<p>South Hill Clinic 3016 E. 57th Avenue, Ste 24 Spokane, WA 99223 (509) 342-3971</p>
<p>Valley Clinic 14408 E. Sprague Ave Spokane Valley, WA 99216 (509) 755-5711</p>	

Providence Urgent Care

<p>Providence Urgent Care - Hawthorne 551 E. Hawthorn Road Spokane, WA 99218 (509) 489-2369 Open Daily: 8:00 am – 8:00 pm</p>	<p>Providence Urgent Care - Spokane Valley Providence 16528 E. Desmet Ct. Spokane Valley, WA (509) 944-8910 Open Daily (including holidays): 8:00 a.m.- 8:00 p.m.</p>
<p>Providence Urgent Care - 5th & Division 421 S. Division Street Spokane, WA 99202 (509) 474-2100 Open Daily: 8:00am-7:45pm</p>	

Indigo MultiCare Urgent Care

<p>North Spokane 9420 N Newport Hwy, Suite 103 Spokane, WA 99218 509-598-7744 Open: 7 days a week 8am to 8pm</p>	<p>Shadle 2401 W Wellesley Ave, Suite 103 Spokane, WA 99205 509-598-7870 Open: 7 days a week 8am to 8pm</p>
<p>South Hill 4911 S Regal St Spokane, WA 99223 509-598-7810 Open: 7 days a week 8am to 8pm</p>	<p>Argonne 2713 N Argonne Rd Millwood, WA 99212 509-598-7810 Open: 7 days a week 8am to 8pm</p>
<p>Spokane Valley 15605 E Sprague Ave Spokane Valley, WA 99037 509-598-7820 Open: 7 days a week 8am to 8pm</p>	

PARENT SUPPORT & EDUCATION

Catholic Charities

Due to COVID-19, many programs may be moved online and services may vary. To see what Catholic Charities is doing about COVID-19 visit:

<https://www.cceasternwa.org/what-we-are-doing>

<https://www.cceasternwa.org/capaprepares>

CIRCLE OF SECURITY

This 10-week course is a catalyst in breaking the cycles of abuse and neglect within vulnerable families. Led by trained facilitators, Circle of Security assists parents in identifying their own unhealthy patterns and triggers before they pass them on to their children.

For more information contact Lisa Green at 509-455-4970 or

Fatherhood Project

This mentorship opportunity helps fathers build bonds with their children aged 5 and under. Each week, volunteer mentors meet with fathers in a group to share social activities, including cooking, climbing, rope courses and community service.

For more information contact Adrian Burcham at (509) 455-4986 or aburcham@ccspokane.org.

FAMILY COMPANIONS (formerly Mother Mentors)

This mentorship opportunity supports parents to build bonds with their children aged 5 and under. Each week for 1 year, parents meet with their mentors in-person for 2 hours to enjoy activities, including games, crafts, parties, exercise, and cooking.

For more information contact [Ellie Toone at 509-455-4986 oretoone@ccspokane.org](mailto:oretoone@ccspokane.org)

INDIVIDUAL AND FAMILY SESSIONS

In these supportive individual and family sessions, master degree-level therapists support pregnant women and parents with children aged 5 and under. Sessions are offered during pregnancy and postpartum periods.

To learn more, contact

[Kristen Freeze at 509-455.4976 kfreeze@ccspokane.org](mailto:kfreeze@ccspokane.org) or

Carlos Aldeen at 509.455.4966 calden@ccspokane.org.

Partners with Families & Children

1321 W. Broadway

Spokane, WA 99201

509-473-4810

Fax: 509-473-4840

<http://partnerswithfamilies.org/>

Staff at Partners with Families & Children work together with families to develop relationships based on equality and respect, to enhance a family's capacity to support all members, and to partner to achieve their goals. We believe families are resources to their individual members and to other families, to our programs and to the community. We have various services and programs that assist, educate and advocate for you and your family.

Our programs include:

Engaging Fatherhood is a workshop for men that emphasizes the development of supportive, loving and positive relationships with the children in their lives.

Fussy Baby Network includes in-home services, warmline assistance, community awareness and education to assist parents with concerns related to "fussy" crying babies and overall infant well-being.

Incredible Years is a parenting program focusing on involvement in children's school experiences, promoting academic, social and emotional skills and reducing conduct problems in children ages 6-12.

Guiding Good Choices (GGC) is a drug use prevention program that empowers parents to guide their children through the challenges of early adolescence.

For questions or further information, please contact Rachel Burns, Parent Instruction Coordinator, at (509) 473-4842 or rburns@partnerswithfamilies.org

GraceSon Housing Foundation

(509) 309-7155

P.O. Box 825 Liberty Lake, WA 99019

<https://gracesonhousingfoundation.org/>

GraceSon is located in the Spokane Valley and houses up to 3 pregnant or parenting teen girls ages 13-18. GraceSon is not currently a licensed facility and therefore does not require a housing assessment to move in. GraceSon is a program designed for high school completion so they do prefer that each Mom have at least 6 months minimum of school left in order to be a part of their program. They must obtain guardian consent in order for the moms to be able to move in.

Alexandria House, Volunteers of America

(509) 489-0349

<https://www.voaspokane.org/alexandrias-house>

Alexandria's House is located in Browns addition and houses 5 parenting or pregnant teen girls ages 16-21. The Alexandria house is a licensed facility and does require the housing assessment if considering this as a placement. Any student who already has a child will need to contact HFCA for the assessment, any student who is currently pregnant can do an assessment through CIS coordinator. The Alexandria house does have house rules as well as weekly chores for all tenants. Parent permission is required as well as proof of pregnancy for all pregnant applicants. Tours of the house or an informational meeting may be scheduled by calling 489-0349.

Vanessa Behan Crisis Nursery

1004 E 8th Ave

Spokane WA 99202 (509)

535.3155

<https://www.vanessabehan.org/>

May be a resource for emergency childcare in desperate situations. To access the nursery for the first time please call 509.535.3155 and speak with a Family Support Specialist. You may also receive Diapers until the child is age 4 and Formula assistance until 1 year of age, once every 30 days at the business office M-F 8:30-4:30. Formula may not always be available so best to call to verify ahead of time.

Children's Home Society of Washington

Galland-Ashlock Family Resource Center
2323 N. Discovery Place
Spokane Valley, WA 99216
509-747-4174
<https://www.childrenshomesociety.org>

Hours: Monday-Thursday 8:30 am to 6 pm & Friday 8:30 am to 5 pm

CHILD & FAMILY COUNSELING

Every family faces different challenges. We will help you build a stronger family through communication, stress management, parenting and problem-solving skills.

FAMILY SUPPORT

We give you the tools to raise healthy, happy children. We help your family build on their strengths, find support networks, and promote overall well-being.

ADOPTION & SECURE FAMILIES

Every child deserves a safe, secure home. We help children find nurturing, stable families where they can thrive.

EARLY LEARNING

The first years are important to your child's life. We will work with you to create a solid foundation helps build the well-being of your child.

WIC (Women Infant and Children)

<https://srhd.org/programs-and-services/wic>

Various locations, look up office closest to you

To satisfy WIC qualifications, a candidate must be eligible by four categories. Only families that meet the categorical, residential, income and nutritional risk requirements are fully qualified for WIC. How long a candidate is able to participate in the program depends on the severity of their need and whether they qualify for the priority list. The WIC program is intended for low-income women, infants and children, but any family can complete the WIC application process as long as at least one family member meets the categorical requirements.

Before you can officially sign up for WIC, documentation will be required as proof of your eligibility. These documents might be pay stubs or bank statements to

prove you meet income requirements or a medical report to prove that you medically qualified. All of your proof will need to be prepared in advance of your appointment, or your case cannot be reviewed by a WIC staff member. Before your first appointment, you will need:

- Proof of identity.
- Proof of income.
- Proof of address.
- Immunization records.
- Nutrition questionnaire.

YOUTH SUBSTANCE ABUSE RECOVERY SERVICES

DAYBREAK Youth Services

628 South Cowley St.
Spokane, WA 99202 (509)
624-3227
<https://daybreakyouthservices.org>

Due to Covid-19 contact must be made with the facility per the contact information above.

Established in 1978, Daybreak Youth Services is a non-profit provider of adolescent addiction and mental health treatment services in Washington state. With residential Inpatient programs in Brush Prairie and Spokane, we provide safe and secure environments where teens ages 12-18 can commit to their recovery while engaging in school and recreation. Additionally, we offer co-gender Outpatient counseling as well as short-term crisis stabilization services (known as Evaluation & Treatment or “E&T”).

OUR PROGRAMS

We help teens and their families move beyond substance use and mental health challenges to embrace a life of promise, in treatment and beyond. What does treatment at Daybreak look like?

- An experienced, caring treatment team cross-trained in addiction and mental health
- A safe, secure, structured treatment environment
- Individual, group and family therapy and counseling sessions
- Recovery education focused on self-esteem, adolescent development and cultural expectations versus individual identity
- Skills training in mindfulness, emotion regulation, interpersonal effectiveness and stress tolerance
- Recreational opportunities to inspire and promote sober fun

INPATIENT SOLUTIONS

When the addiction is recurring or paired with unmanageable mental health issues, we recommend providing your family the full-time support of an inpatient program. With facilities in Southwest and Eastern Washington, our 24-hour residential treatment focuses on healing in a structured environment, teaching

your teen how to live a healthy lifestyle through schooling, skillbuilding exercises, counseling and recreational activities.

OUTPATIENT COUNSELING

Offered in Spokane, Brush Prairie and Vancouver, Washington, Daybreak's Outpatient program creates structure and accountability while allowing the freedom of living at home, attending school or continuing a current job. We'll meet you and your family where you are in your recovery journey — through a mix of one-on-one, group and family therapy sessions, we'll educate you about addiction and help your teen build the critical skills needed for sustained recovery.

PSYCHIATRIC EVALUATION & TREATMENT (E&T)

Offered at our inpatient facilities in Brush Prairie and Spokane, our Psychiatric Evaluation and Treatment program features short-term crisis stabilization and intervention services for acute mental health conditions including suicide ideation, major depression, psychosis, anxiety disorders, schizophrenia and bipolar disorder. Our dedicated E&T staff can help you and your teen understand medications, build life skills and get connected to important resources in the community.

The NATIVE Project

1803 W Maxwell
Spokane WA 99201
<http://nativeproject.org/>

Clinic Appointments: **(509) 483-7535**
Counseling Appointments: **(509) 325-5502**

Our Mission is to provide quality services that promote wellness and balance of mind, body and spirit for individuals, staff, families and communities. We offer "Sacred Hospitality" to all people seeking services at The NATIVE Project. The NATIVE Project's Service Delivery Philosophy is a patient centered care model that embraces action, education, culture and spirituality on the road to healing and wellness.

For any of the counseling services listed below, contact us at (509) 325-5502 for appointments or questions.

Services

- Chemical Dependency Assessments (10-18-years old or students enrolled in a K-12 school program)
- Chemical Dependency Outpatient (OP)
- Chemical Dependency Intensive Outpatient (IOP)
- Culturally appropriate substance abuse assessment and treatment for chemically dependent youth.
- Aftercare/Relapse Prevention Program
- Available for youth who have completed any inpatient, outpatient or IOPtreatment program and need continuing care.
- Clean Teens Narcotics Anonymous Meeting every Thursday at 5:00 p.m. for open meeting.
- Co-Occurring Disorder (COD)
- Case Management, individual, group and family counseling for clients with chemical dependency and mental health diagnosis (ages 10-18 or students enrolled in a K-12 school program).
- Indian Child Therapy Program for children ages 0-12 years old.

Excelsior Wellness Center

3754 W Indian Trail Rd
Spokane WA 99202 (509)
559.3100

<https://www.excelsiorwellness.org/>

Excelsior is providing virtual walk-in availability for individuals and families needing basic support and emergent assistance with services and resources due to the COVID19 pandemic. The Care Team and clinical providers are prepared to assist our Spokane neighbors as they access healthcare services as well as needed household items. In most cases, short-term (1-5 sessions) and longer-term behavioral health services can be accessed on the day requested. To schedule a TeleHealth Appointment visit

<https://www.excelsiorwellness.org/telehealth-services/>

Behavioral Health Outpatient Services

Excelsior has over 30 years of experience providing integrated behavioral health and education services. We have developed new, innovative programs with unprecedented outcomes and significant tax savings to our community.

-Mental Health Services
-Mental Health Assessments

-Counseling for Individuals and Families

- Group Therapy
- Therapeutic Recreation
- Substance Use Services
- Substance Use Assessments
- Intensive Outpatient, Outpatient, and Outreach Services Available

- Medication Management
- Psychiatric Assessment
- Psychiatric Prescribing
- Respite
- Planned Caregiver Respite
- Hospital Diversion Respite

Outpatient Specialty Programs

Co-occurring Intensive Outpatient (C0-IOP), (Ages 10-21)

Co-IOP is a recovery support program for youth and young adults who face both mental health and substance use challenges. Our program provides therapeutic sessions co-facilitated by licensed mental health professionals, chemical dependency professionals, and certified peer counselors. Excelsior's Co-IOP programs are offered 3 times a week and typically last 3 months.

Day Treatment, (Ages 10-17)

Day Treatment is a program providing services to child and adolescents in a milieu setting helping them learn social and coping mechanisms. Typically, 3 hours per day, 5 times a week Excelsior provides innovative therapeutic recreation including an on-site Challenge Course with zip-line.

APPLICATION FOR DAY TREATMENT SERVICES

WISe+ Services, (Birth -21)

Excelsior's WISe+ program provides enhanced WISe services as established by the Department of Social and Health Services. It serves families of youth up to 21 years of age with complex behavioral health needs who could benefit from a high higher level of care or are at risk of out-of-home placement. Families are supported by a dedicated Care Coordinator, Family and/or Youth Partner, Mental Health Clinician, Community Response Specialist, and a Therapeutic Recreation Specialist.

Rapid Response, (Ages 10-21)

This team offers comprehensive **Hospital Diversion** that engages and assesses the crisis and offers stabilization in the community or the hospital setting. Participants are typically families with children, adolescents, and young adults with chronic hospitalization, law enforcement interaction, or CPS involvement.

Residential Services

- Transition Services
- Inpatient Psychiatric Care
- Intensive Inpatient Substance Use Treatment (ASAM Level 3.5)
- Adolescent Recovery House Support (ASAM Level 3.1) □ Caregiver Respite
- Behavioral Rehabilitation Services

Specialty Programs

LifePoint, (Age 17-21)

A comprehensive transition service supporting young adults in their pursuits of wellness and independent community-based living. Excelsior has a unique approach to transitioning individuals to the adult system of care, minimizing their need for intensive stabilization services in adulthood by providing basic necessities, care coordination, education, and work readiness opportunities. [Learn More]

Respite, (Age 10-17)

Serving families who need respite from high-intensity caregiving, and youth who benefit from therapeutic programming and structure in the environment.

The Healing Lodge of the Seven Nations

5600 East Eight Avenue
 Spokane Valley, Washington 99212
 (509) 533-6910
<http://www.healinglodge.org/>

The Healing Lodge of the Seven Nations (The Healing Lodge) is a 45-bed adolescent residential chemical dependency treatment center in Spokane Valley, Washington. We serve males and females ages 13-17 through our 90 to 120-day intensive inpatient treatment programs that are designed around individual youth's needs. Although our primary focus is on the Native American population, our services are open to all adolescents.

The Healing Lodge of the Seven Nations offers three residential treatment programs that meet the American Society of Addiction Medicine's (ASAM) criteria for Level III.5 intensive inpatient treatment. Funded by Indian Health Services and the State of Washington, and supported by local, state, and national partners, The Healing Lodge provides the best resources in training and assistance for alcohol and drug addicted youths.

The Healing Lodge is a consortium effort that was started by The Colville Confederated Tribes, The Spokane Tribe of Indians, The Kalispel Tribe, The Kootenai Tribe of Idaho, The Coeur d'Alene Tribe, The Nez Perce Tribe, and The Confederated Tribes of the Umatilla. The work done by The Healing Lodge strengthens families, empowers communities, and ultimately saves lives.

Patient treatment at The Healing Lodge places residents in an educational and pragmatic setting using a variety of techniques. By incorporating truly Programs at The Healing Lodge

Inpatient treatment at The Healing Lodge places residents in an educational and pragmatic setting using a variety of techniques. By incorporating truly innovative programs that meet the youth where they're at, treatment at The Healing Lodge reinforces daily practices that foster respect, honesty, generosity, hope, and strong cultural identification. Our programs help empower youth and enhance their lives.

Residents at The Healing Lodge may be involved in some or all of the following activities:

- Chemical Dependency Education and Process Groups
- Individual and Group Chemical Dependency and Mental Health Therapy
- Educational Activities
- Life Skills Instruction
- Recreational Therapy
- Culturally Relevant Therapy
- Family Education and Counseling
- After-Care Planning
- Music/Expressive Arts Activities
- Rites of Passage Ceremony
- Social Justice Curriculum

SHELTER & HOUSING

Crisis Residential Center (YFA Connections)

201 W 6th Avenue
Spokane, WA 99204
(509) 624-2868

<http://www.yfaconnections.org/index.html>

The Regional Crisis Residential Center provides temporary shelter and crisis counseling for youth ages 12 through 17 who are in conflict with their family, have run away from home, are at risk of running away, or are homeless.

While family reunification is the ultimate goal, the need for alternate resources may be identified. Our services address strengthening family relationships, providing linkages to appropriate community services, encouraging stable living conditions and assisting youth in planning a healthy future course of action.

Youth who stay at the *Crisis Residential Center* receive individual, group and family counseling tailored to their personal needs with the goal of addressing the issues related to running away and/or homelessness.

The Washington State Department of Social and Health Services (DSHS) licenses the Regional Crisis Residential Center for services. Services are funded by the Department of Commerce and donations from local community members.

The Regional Crisis Residential Center

Open: Every day including holidays

Hours: 24 hours

CRC has two **HOPE** beds that may be accessed by homeless unaccompanied youth ages 12-17. These beds are obtained by self-referral. Youth will need to call to check on availability and discuss if this option is the correct one. An intake will need to be completed upon arrival and given the circumstances, parents may need to be contacted. Cell phones and other personal belongings will not be permitted and will be locked up by staff until you leave the building.

Crosswalk, Volunteers of America

525 W 2nd Ave
Spokane WA 99201
(509) 838-6596

<https://www.voaspokane.org/crosswalk>

Crosswalk is open 24/7, the shelter can be accessed by any youth ages 13-17 (up to the night before their 18th birthday) arrive any time day or night including weekends. Meals are served at 9am, 12pm and 6pm. An intake is required and attempt to contact parents for permission must be made. Staff will also need to call Crime Check to verify that the client is not an active Runaway or have any outstanding Warrants. If Parents cannot be contacted, CPS will be contacted and Youth will be reported as an unaccompanied minor.

Hutton Settlement

9907 E. Wellesley Ave.
Spokane, WA 99206 (509)
926-1027

<https://huttonsettlement.org/>

Hutton provides safe and healthy living opportunities for children, ages 5 to 18 in need of a long-term alternative home. The historic campus consists of four large homes, supported by 319 acres of pristine natural settings with opportunities for learning and recreation.

We believe in:

- A safe home and family
- Relationships of compassion and respect
- Hope and wholeness through opportunity

Requirements

- Child shall be between the ages of five and 14 years of age. Special consideration for children over the age of 14 may be allowed depending on the level of need and circumstance.
- Child shall be in need of out-of-home care for a minimum of nine months.
- Child shall be willing to participate in a one-month initial placement, and partake in the minimum expectations of daily life, to include consistent school attendance and observance of cottage schedules.

- Child shall not have a significant diagnosed developmental disability or mental illness that warrants specialized care according to a mental health professional.
- Child shall not have a history of unsolicited patterns of physically aggressive behaviors that are intended to repeatedly harm others.
- Child shall not have a history of sexually aggressive behavior towards others, or a history of compulsive sexual acts including forced exposure, public stimulation, or sexually explicit threat.

Union Gospel Mission

1224 E. Trent Ave
 Spokane, WA 99202
 (509) 535-8510
<https://www.uniongospelmission.org>

Union Gospel Mission is a faith-based non-profit to provide low income and homeless services to the people of the Inland Northwest. They provide emergency shelter and housing services, job training, substance abuse recovery and youth services.

- **Anna Ogden Hall Family Shelter with Children**
 2828 W Mallon Avenue
 Spokane, WA 99201
 (509) 327-7737
- **Crisis Shelter for Women & Children**
 1515 E Illinois Avenue
 Spokane, WA 99207
 (509) 535-0486
- **Men's Shelter and Recovery**
 1224 E Trent Avenue
 Spokane, WA 99202
 (509) 535-8510