

Room One
Resource Guide
for Methow Valley
Residents



August 2011

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ABUSE, REPORTING

Child & Elder Abuse Reporting

(866) ENDHARM (363-4276) (report abuse)
(509)846-2010 - Child Protection Services, Children & Family
Services, DSHS(Okanogan County Administration)
(800)459-0421 Adult Abuse
130 S. Main Street/PO Box 3729
Omak, WA 98841

ENDHARM is a central reporting number for abuse of vulnerable populations, including children, seniors, and people living with a disability.

BASIC NEEDS - FOOD & UTILITIES

Community Action Council

(509)422-4041
424 S. 2nd Avenue
Okanogan, WA 98840
www.occac.com

Community Action Council (CAC) provides assistance with short-term shelters, rental assistance, emergency food vouchers, gas vouchers for both medical and employment appointments; along with a food bank and energy assistance. Contact the CAC for an appointment and to get onto the current waiting lists for services.

Community Voice Mail / Room One

(509)997-2050
620 Lewis Street
Wenatchee, WA 98801
315 Lincoln Street S.
Twisp, WA 98856
www.cvm.org/needFreeVoicemail.cfm

Community Voice Mail (CVM) provides a free voice mail account to people who need it. A demonstrated financial need and a goal for using the service are the only requirements. Note: Room One in Twisp is an assigned agent; persons wishing to utilize CVM may contact Room One for service.

The Cove / Neighbors Helping Neighbors

(509)997-0227
128 Glover Street
Twisp, WA 98856
www.thecovecares.com

The cove is primarily a food bank that serves the people of the Methow Valley. In addition, it provides other necessities such as clothing, furniture and one time cash assistance to those in need. The program also assists people with emergency and short term financial assistance to include help with rent, utilities etc.

Department of Social and Health Services

Cash and Food Assistance

(877)501-2233 - Call Center

130 S. Main

Omak, WA 98841

www.washingtonconnection.org

Applications are available online or in paper format. Room One has a client workstation allowing clients to use the computer, phone or fax machine to complete any DSHS application and update files. Clients with an open DSHS medical insurance case (adult or child) can speak directly with a DSHS worker from the Room One offices. DSHS provides income eligible medical insurance for low and middle income children and indigent women with children. DSHS provides Food Stamps, TANF (cash assistance) and medical assistance for income eligible families. Additional services include childcare assistance, mental health services, aid with child support collection, employment programs and drug and alcohol rehab. Applications can be done in person at the Omak office or online at www.washingtonconnection.org.

Red Shed Produce

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

Red Shed Produce provides local high quality organic vegetables free to low-income families utilizing other Room One programs, as well as to The Cove and Methow Valley Family Practice.

Washington Telephone Assistance Program / Lifeline

620 Lewis Street

Wenatchee, WA 98801

www.dshs.wa.gov/wtap.shtml

Call your telephone company for application instructions; must be a DSHS client with valid client ID. The Washington Telephone Assistance Program (WTAP) is designed to help low-income households afford access to landline telephone service.

Women, Infants and Children (WIC)

Room One Outstation

(800)660-2129, ext. 3600 for Appointments

525 W. Jay Ave.

Brewster, WA 98812

www.fns.usda.gov/wic

Available at Room One 1st & 3rd Thursday of the month

315 Lincoln Street S.

Twisp, WA 98856

WIC outstation located at Room One provides nutritional assistance and education to women with infants and small children. Coupons of up to \$50 a month are available for the purchase of healthy foods such as milk, eggs and cheese. Classes on nutrition and lactation are available. Services are available based on household income.

BASIC NEEDS - HOUSING

Community Action Council

(509)422-4041

424 S. 2nd Avenue

Okanogan, WA 98840

www.occac.com

The Community Action Council (CAC) provides assistance with short-term shelters, rental assistance, emergency food vouchers, gas vouchers for both medical and employment appointments; along with a food bank and energy assistance. Persons needing help are asked to contact the CAC for an appointment and to get onto the current waiting lists for services.

Okanogan Housing Authority

(509)422-3721

Fax (509)422-1713

110 Oak Street

Okanogan, WA 98840

www.awha.org/contact.html

Section 8, low-income housing vouchers are provided to homeless families for both home and utility deposits. Applications are available for families with children, handicapped people, pregnant single women, and senior citizens.

Note: Applications are available at Room One in Twisp.

Low Income Apartments:

Cedarwood Apartments

(509)996-2201

220 White Avenue

Winthrop, WA 98862

Riverview Apartments

(509)997-5440

401 East 2nd Avenue

Twisp, WA 98856

Twisp Garden Apartments

(509)997-7962

500 East 2nd Avenue

Twisp, WA 98856

Whispering Rivers Apartments

(509)997-0099

209 Canyon Street

Twisp, WA 98856

Shelters:

Manfisher Ministries

(509)826-5699

16 S. Main / PO Box 1024

Omak, WA 98841

dlhellyer@manfisher.org

helpinghands@manfisher.org

A collaboration among churches in the Omak / Okanogan community designed to provide for the needy. Temporary shelter for those in need from November through March; food pantry and housewares bank.

Ruth's House of Hope

(509)476-HOPE

(509)476-HOME

1019 Main Street

Oroville, WA 98844

ruthshope212@msn.com

Ruth's is a faith based, live-in 1 year program for women from all walks of life who wish to change their lives.

Salvation Army / Community Action Council

(509)422-4041

424 S. 2nd Avenue

Okanogan, WA 98840

The Salvation Army provides vouchers for food, clothing, and diapers in conjunction with the CAC.

Women's Resource Center

(509)662-0121

20 Adams Avenue

Wenatchee, WA 98801-2640

pjnel@aol.com

The WRC provides help with clothing, shoes, bedding, and household goods at no cost.

CHEMICAL DEPENDENCY

Alcoholics Anonymous

(509)997-0356 - Deb

(509)996-8174 - Diana

Twisp

Sunday, Monday & Tuesday, 6:30pm: Masonic Hall

Wednesday, 7pm: Calvary Chapel (closed meeting)

Winthrop

Thursday, 7pm: Friendship Church

Friday, 7pm: Friendship Church (closed meeting)

Saturday, 7pm: Forest Service

Narcotics Anonymous

(509)997-0158

Friday, 7pm: Masonic Hall

Sunday, 4pm: Horseshoe Mobile Home Clubhouse

Okanogan Behavioral Healthcare

CRISIS ASSISTANCE:

(866)826-6191 / 509-826-6191

National Hotline at (800)422-2552

1007 Koala Dr.

Omak, WA 98841

www.okbhc.org

Fees are based on a sliding scale. OBHC accepts private insurance and DSHS Medical Coupons. Assessments for assistance thru TANF (Temporary Assistance for Needy Families) and ADATSA (The Treatment Support ACT) are available for those who qualify. OBHC's 24-7 telephone services are designed to provide immediate intervention for individuals experiencing emotional crises. Services for involuntary care or commitment available. Primary goal is for immediate stabilization of emergency situations and if possible, resolution of conditions that cause the crisis. If additional services are necessary, a referral to the appropriate provider will be made.

The Sanctuary at The Lake

Lake Chelan Community Hospital

(800)233-004

PO Box 908 / 503 East Highland Avenue

Chelan, WA 98816

FAX 509-682-1021

www.sanctuaryatthelake.com

Residential treatment of chemical dependency and co-occurring disorders.

Washington Recovery Help Line

(866)789-1511 - 24-Hour

(206)461-3219 (TTY)

(866)833-6546 - Teen Link

recovery@crisisclinic.org

www.warecoveryhelpline.org

The Washington Recovery Help Line is a consolidated help line for substance abuse, problem gambling and mental health. The Recovery Help Line is a service of Crisis Clinic and serves residents in Washington State.

CHILDCARE / EDUCATION

Classroom in Bloom

(509)997-2050

classroominbloom@methownet.com

www.classroominbloom.org

Classroom in Bloom is a half acre garden on the campus of the Methow Valley Public Schools. Students learn science and a multitude of other skills in a hands-on way by participating in growing thousands of pounds of food for their cafeteria.

Community Kids Childcare

(509) 997-2909

Terry Bollinger, Director

201 Hwy. 20 South

Twisp, WA 98856

Children aged 11 months through 12 years, Monday through Friday; accepts DSHS childcare assistance.

Country Kids

(509) 997-0073

Emily Buzzard

63 Yellow Jacket

Twisp, WA 98856

countrykidsdc@gmail.com

Monday through Friday; accepts DSHS childcare assistance.

Department of Social and Health Services (DSHS) Childcare Financial Assistance

(800) 692-4092, ext 5

www.washingtonconnection.org

Qualification is based on income on a sliding scale basis. Applicants may qualify via internet/telephone only.

Family Empowerment

(509)996-2215 - Liberty Bell Jr.-Sr. High School

(509)996-2186 - Methow Valley Elementary School

Lois Garland, Counseling & Family Services

lgarland@methow.org

Advocacy for students and families, with a goal of removing any barriers between students and their learning. These barriers cover the spectrum: a family death, divorce, new to the valley, social issues at school, economic disadvantage, etc.

Little Star Montessori School

(509)996-2801

509 State Route 20

Winthrop, WA 98862

www.methow.com/~littlestar

Ages 18 months through kindergarten. Monday through Friday; scholarships available and accepts DSHS childcare assistance.

The Masters Christian School

(509)997-4060

1119 N Methow Valley Hwy.

Twisp, WA 98856

Christian School serving grades 1-12.

Methow Valley Community School

(509)997-4447

Deb Jones-Schuler, Director

PO Box 3013

Winthrop, WA 98862

www.mvcommunityschool.org

Independent school offering 1st through 8th grades. Scholarships available.

Methow Valley Public School Funding Alliance

(509)996-8253

P.O. Box 695

Winthrop, WA 98862

info@methowvalleypsfa.org

www.methowvalleypsfa.org

Funding support for programs and materials in Methow Valley Public Schools.

Methow Valley School District, K-12

(509)996-9205 - District Office

(509)996-2215 - Liberty Bell Jr.-Sr. High School

(509)996-2186 - Methow Valley Elementary School

(509)997-8006 - Methow Valley Independent Learning Center

18 Twin Lakes Road

Winthrop, WA 98862

www.methow.org

Okanogan County Child Development, Head Start and Early Head Start Program

(509)826-2466

(509)996-2186

www.ocdda.net/okc

Head Start provides an introduction to education, along with daycare and one meal a day for low income children ages 3-5 years and their families. The Early Head Start program concentrates on the Parent/Child relationship from pregnancy to 3 years of age. Early Head Start is home based with monthly visits and 2 monthly playgroups. Application includes: completed paperwork, birth certificate, proof of income.

DISABILITY

Career Path Services

(888)826-1273 / (509)826-2417

Fax (509)826-6476

307 South Main Street

Omak, WA 98841

jdecesari@careerpathservices.org

www.careerpathservices.org

Career Path Services provides job placement, training, skill building, and even retraining for a new career to parents receiving TANF (Temporary Assistance for Needy Families) and persons with disabilities. Persons with disabilities are also provided on the job assistance until properly trained or a complete understanding of assigned duties has been achieved. Career Path Services is available twice a month at Room One in Twisp, call for an appointment.

Division of Developmental Disabilities

(509)846-2098

126 South Main/PO Box 3729

Omak, WA 98841

www.dshs.wa.gov/ddd

Individuals are evaluated and provided services from community homes, career path training, health services etc., depending upon a client's individual disability. Services such as respite care are also provided to aid both client and the family and/or caretakers.

Lilac Blind Foundation

(800)422-7893 / (509)328-9116

1212 North Howard St.

Spokane, WA 99201

info@lilacblind.org

www.lilacblind.org

Lilac Blind Foundation provides training and adaptive aides for the visually impaired with a goal of independent living. Training for independency, mobility, computers, Braille, etc. are available; along with counseling and support.

Cheryl Mullins

Social Security Disability

Accredited Disability Representative / Advanced Certified Paralegal

(509)322-2210

(509)826-4566 - fax

cmullins826@gmail.com

Office of Deaf & Hard of Hearing, DSHS

(360) 902-8000 Voice/TTY (800) 422-7930

odhh@dshs.wa.gov

Contact ODHH by Video at:

Video Phone IP Address: 65.113.246.110

VP200 Phone Number: 360-339-7382

ODHH is a division of DSHS serving Washington State providing services for the deaf, hard of hearing and deaf-blind. ODHH provides telecommunication-related services, reasonable accommodations to access DSHS services and human services via regional service centers of the deaf and hard of hearing.

Washington Sensory Disabilities Services for Deaf & Blind

(800)572-7000 Voice / TTY

(425)917-7827 Voice / TTY

wsds@psed.org

WSDS provides FREE OF CHARGE service for children birth to 21 years of age who are deaf or hard of hearing, are blind or visually impaired or any combination of hearing loss and visual impairment. WSDS works with the parents, school and specialists to develop an effective plan to aid the child in learning, both in school and the outside world, with a view to preparing the child to be a fully independent and functioning adult.

DISASTER

American Red Cross

(509)422-3440

149 N. 3rd / PO Box 345

Okanogan, WA 98840

www.redcross.org

Food, clothing, and emergency funds are provided to victims of natural disasters only. Hotel / Motel rooms are available for those in need for up to 3 days. The Red Cross also provides Health and Safety classes to the public for a fee.

Methow Valley Preparedness Committee

(509)997-4840

PO Box 703

Twisp, WA 98856

www.mvcommunitypreparedness.org

Building self-sufficiency and resilience on a grass-roots level for economic or natural disasters.

DOMESTIC VIOLENCE

Domestic Violence Support Group – Room One

(509)997-2050

315 Lincoln Street S./ PO Box 222

Twisp, WA 98856

info@roomone.org

www.roomone.org

For women who have ever experienced violence in the home. Call for more information.

Room One

(509)997-2050

315 Lincoln Street S. / PO Box 222

Twisp, WA 98856

info@roomone.org

www.roomone.org

Provides domestic violence support and prevention services, including client advocacy, peer counseling, survivors support group, community education, and dating violence prevention.

The Support Center

(888)826-3221 (24 Hour Crisis Line) / (509)826-3221

619 S. 2nd Street

Okanogan, WA 98840

www.thesupportcenter.org

Crisis Intervention and Victim Advocacy for rape, child abuse, and domestic violence. The Support Center provides assistance with medical issues and legal issues. Representatives will accompany a victim to court, the police station, hospitals etc. Help with shelter, clothing and transportation are also available.

Washington State Domestic Violence Hotline

(800)562-6025

When you call the hotline, you can expect a caring, listening ear and a referral to talk with a confidential advocate at a local program near you.

EMPLOYMENT

Career Path Services

(888)826-1273 / (509)826-2417

Fax (509)826-6476

307 South Main Street

Omak, WA 98841

jdecesari@careerpathservices.org

www.careerpathservices.org

Career Path Services (CPS) provides job placement, training, skill building, and even retraining for a new career to parents receiving TANF (Temporary Assistance for Needy Families) and persons with disabilities. Persons with disabilities are also provided on the job assistance until properly trained or a complete understanding of assigned duties has been achieved. Career Path Services is available twice a month at Room One in Twisp, call for an appointment.

L&I State of Washington

(800)753-6506

7273 Linderson Way SW – Main Office

Tumwater, WA 98501-5414

www.lni.wa.gov

L&I is a state agency dedicated to the protection of the health and safety of the state's workers. This includes Workers Compensation, the protection of wages, hours and breaks; enforcement of rules that protect workers from hazardous jobs. L&I also oversees apprenticeship programs, tests & licenses contractors, and protects the public from unsafe work places.

Unemployment – WorkSource

(800)887-8057

(509)826-7310

Fax (509)826-7272

126 S. Main / PO Box 3756

Omak, WA 98841

bthornton@esd.wa.gov

www.wa.gov/esd/okanogan

Unemployment, The WorkSource provides job seekers with an online collection of links to job listings, advice on resumes, cover letters and job applications and vocational training; along with tips on interviewing and access to computers, printers and fax machines.

Washington Career Bridge

(800)887-8057

(509)826-7310

126 S. Main / PO Box 3756

Omak, WA 98841

Career Bridge brings multiple areas of career planning information to a single web site. The site provides information on careers and employment demand by region, earnings potential by job and the related education programs. Financial aid info is provided to meet those goals.

FAMILY SUPPORT SERVICES

Catholic Family Child Services

(509)662-6761

640 South Mission Street

Wenatchee, WA 98801

www.ccyakima.org/family/wenatchee

Catholic Family Child Services (CFCS) provides information, resources and help for family members raising non-immediate children. Help is available with food, clothing and furniture. CFCS will also provide help with the payment of school and sport related activities on case by case basis.

Department of Social and Health Services (DSHS)

Division of Child Support

(800)442-KIDS

130 S. Main

Omak, WA 98841

www.dshs.wa.gov/dcs/sitemap/asp

Support Enforcement provides assistance with the child support process. Clients receive help with such services as proving paternity, filing the appropriate paperwork and help with collecting past due support payments.

Family Empowerment

(509)996-2215 - Liberty Bell Jr.-Sr. High School

(509)996-2186 - Methow Valley Elementary School

Lois Garland, Counseling & Family Services

lgarland@methow.org

Advocacy for students and families, with a goal of removing any barriers between students and their learning. These barriers cover the spectrum: a family death, divorce, new to the valley, social issues at school, economic disadvantage, etc.

Family Law Facilitator

(509)422-7132

149 3rd N / PO Box 112

Okanogan, WA 98840-0112

www.okanogancounty.org/superiorcourt/facil_en.htm

sspeiker@co.okanogan.wa.us

Provides assistance with family law matters in Superior Court. Information but not legal advice is available on divorce / dissolution cases, child custody, child support, paternity, domestic violence, contempt, and the modification of court orders.

Kinship Caregiver Support Program

(509)662-6761

640 South Mission Street

Wenatchee, WA 98801

www.dshs.wa.gov/kinshipcare

The Kinship Program provides help to grandparents or family members raising related children. Short-term support is available to pay for food, housing, clothing, school supplies, legal services, etc. Ongoing cash and medical assistance is also available for those who qualify thru TANF.

**Okanogan County Child Development,
Head Start and Early Head Start Program**

(509)826-2466

Classroom in Twisp/Winthrop

(509)996-2186

www.ocdda.net/okc

Head Start provides an early introduction to education, along with daycare and one meal a day for low income children ages 3-5 years and their families. The Early Head Start program concentrates on the Parent/Child relationship from pregnancy to 3 years of age. Early Head Start is home based with monthly visits and 2 monthly playgroups. Application includes: completed paperwork, birth certificate, proof of income.

Women, Infants and Children (WIC)

Room One Outstation

(800)660-2129, ext 3600 for Appointments

525 W. Jay Ave

Brewster, WA 98812

Available at Room One 1st & 3rd Thursday of the month

315 Lincoln Street S.

Twisp, WA 98856

www.fns.usda.gov/wic

WIC outstation located at Room One provides nutritional assistance and education to women with infants and small children. Checks / coupons of up to \$50 (per month) are available for the purchase of healthy foods such as milk, eggs and cheese. Classes on nutrition and lactation are available. Services are available based on household income.

Support Groups

Breast Cancer Support Group - Room One

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

info@roomone.org

www.roomone.org

Meets the 3rd Sunday of the month at 3PM. Support and education for women experiencing or recovering from breast cancer; utilizing the Lebed Healthy Steps Method.

Domestic Violence Support Group – Room One

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

info@roomone.org

www.roomone.org

New groups begin as needed. For women who have ever experienced violence in the home.

Grief & Loss Support Group - Room One

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

info@roomone.org

www.roomone.org

Meets 3rd Friday of the month at 5:30-7PM. Comfort and support to those dealing with or have dealt with the loss of a loved one.

The Mothering Group – Room One

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

info@roomone.org

www.roomone.org

Meets the 1st and 3rd Wednesday of the month from 10:30AM - 12:30PM. Offers support to mothers from pregnancy through the birth process and beyond. Breastfeeding education, along with help in parenting young children is also provided.

Non-Violent Communication Group - Room One

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

info@roomone.org

www.roomone.org

The local NVC practice group meets the 1st Wednesday of each month at Room One at 6pm. The group is open to anyone who wants to participate. The group honors confidentiality needs, and is an open forum for practicing empathy and honesty, as well as discussing nonviolent (aka compassionate) communication. In general we encourage people who are interested in attending for the first time to talk with someone who's been involved for a while so they can learn a bit about the format and give some recommendations for reading/listening material that will introduce the NVC concepts.

Suicide Bereavement Support Group - Room One

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

info@roomone.org

www.roomone.org

Meets 1st Thursday of the month at 5PM. Confidential Group for those who have lost a loved one to suicide.

LAW ENFORCEMENT

Brewster Police Department

(509)689-2331

105 3rd St.

Brewster, WA 98812

Colville Tribal Police Department

(800)551-5800
25 Okanogan St.
Nespelem, WA 99155

Coulee Dam Police Department

(509)633-1234
300 Lincoln Ave.
Coulee Dam, WA 99116

Okanogan County Sheriff

(509)422-7200
123 5th Ave.
Okanogan, WA 8840

Omak Police Department

(509)826-0383
8 N. Ash St.
Omak, WA 98841

Oroville Police Department

(509)476-2913
1304 Ironwood St.
Oroville, WA 98844

Pateros – Call County Sheriff

(509)422-7232
123 5th Ave.
Okanogan, WA 98840

Tonasket Police Department

(509)486-4677
211 S. Whitcomb Ave.
Tonasket, WA 98855

Twisp Police Department

(509)997-6112
118 Glover St.
Twisp, WA 98856

Winthrop Marshal's Office

(509)996-2160
206 Riverside Ave.
Winthrop, WA 98862

Other

Department of Corrections

(509)826-7360
238 Oak St.
Okanogan, WA 98840

Drug Task Force

(509)422-0620
123 5th Ave.
Okanogan, WA 98840

Immigration & Customs Enforcement (ICE)

(866)-DHS-2-ICE (347-2423)

LEGAL SERVICES

CLEAR – Free Legal Help w/ Civil Law

Northwest Justice Project

(888)201-1014 / TDD (888)201-9737

Over 60 (888)387-7111

www.nwjustice.org

Clear provides FREE help with Civil Law issues such as Domestic Violence, Family and Housing Law.

Crime Victim Service Center of The Support Center

(888)826-3221 / (509)826-3211

619 South Second

Okanogan, WA 98840

www.thesupportcenter.org

www.wccva.org

The Crime Victim Service Center provides advocate services to victims of crime other than domestic violence and sexual assault. These crimes include: homicide, assault, child abuse, elder abuse, human trafficking, fraud, identity theft, burglary, and other property crimes even if they do not report their crime to law enforcement. CVS also provides legal advocacy including help with the preparation of legal documents.

Department of Social and Health Services (DSHS)

Division of Child Support

(800)442-KIDS (5437)

130 S. Main

Omak, WA 98841

www.dshs.wa.gov/dcs/sitemap/asp

Support Enforcement provides assistance with the child support process. Clients receive help with services such as proving paternity, filing the appropriate paperwork and help with collecting past due support payments.

Family Law Facilitator

(509)422-7132

149 3rd N / PO Box 112

Okanogan, WA 98840-0112

www.okanogancounty.org/superiorcourt/facil_en.htm

Provides assistance with family law matters in Superior Court. Information but not legal advice is available on divorce / dissolution cases, child custody, child support, paternity, domestic violence, contempt, and the modification of court orders.

Okanogan County Dispute Resolution Center

(509) 826-1776

17 S. Ash St.

Omak, WA 98841

Focuses on family law issues; provides voluntary confidential mediation to individuals, organizations and communities. Serves as an alternative or complement to the judicial system.

Okanogan County Juvenile Department

(509)422-7250

227th Avenue North

Okanogan, WA 98840

juvenile@co.okanogan.wa.us

Juvenile justice facility.

Victim Witness Coordinator

(509)488-7289

247 North 4th (Behind Admin. Bldg.)

Okanogan, WA 98840

lfritts@co.okanogan.wa.us

The Victim Witness Coordinator (VWC) is an advocate who provides the following services: guidance and aid in obtaining civil orders of protection; information about the criminal justice process; acts as a liaison for victims and witnesses as they interact with the court system; accompanies victims and witnesses to criminal court proceedings; aids with the information related to writing victim impact statements to be used at sentencing; aid with information related to filing claims for restitution of costs (including medical) with the Crime Victims Compensation Programs; provides referrals for services such as counseling and short-term financial assistance.

Victim Witness Notification Program

(800)422-1536

(360)902-7832

PO Box 45130

Olympia, WA 98504-5130

Online Enrollment and Eligibility Information:

www.dshs.wa.gov/vwn/vwoffenses.shtml

E-mail: vwn@dshs.wa.gov

The Victim Witness Notification Program is a confidential service that assists victims and witnesses of sexual assault and / or violent crimes track the location of the person who victimized them. The Department of Social and Health Services (DSHS) has a program to notify victims or witnesses when the persons who committed these crimes are released, transferred, or escape from any DSHS facility.

Washington Law Help

www.washingtonlawhelp.org

Locate legal aid resources in your area. Browse hundreds of free helpful legal publications and do-it-yourself packets covering many common civil legal problems such as debt, divorce, landlord-tenant, consumer, education, employment, government benefits and more.

MATERNITY

Childbirth Education Classes

By Methow Midwifery & Women's Health

509-341-4256

Held At Room One

315 Lincoln Street S.

Twisp, WA

Classes include the hormones of labor, relaxation exercises, and stages of labor, how to support a laboring woman, pushing, interventions, newborn, postpartum and breastfeeding.

Methow Midwifery & Women's Health

(509)341-4256

North Glover Healing Center

214 N. Glover Street / PO Box 503

Twisp, WA 98856

Midwifery and women's health services. Accepts most major insurances, including Molina.

Safe Place for Newborns of Washington

(877)440-2229 - 24 Hour Crisis Hotline

www.SafePlaceForNewbornsWA.org

NO QUESTIONS ASKED. Washington State law allows a parent to leave their unharmed newborn, up to 3 days old, with an employee or volunteer at any hospital, staffed fire station or federally designated rural health clinic during their hours of operation. Tell the employee/volunteer you want to leave your newborn as a "Safe Place Baby." Your baby will be given any needed medical attention, and placed in foster care for adoption. It's completely confidential. Locally, Methow Valley Family Practice and the Country Clinic are both designated clinic that participate in Safe Place for Newborns.

With-In Reach / Healthy Mothers & Babies – Family Health Hotline – Information & Referral

(800)322-2588

www.parenthelp123.org

The hotline provides information relating to eligibility for Washington State programs such as WIC, Food Stamps, Medical Coupons and all other DSHS programs. Information and referrals are available for early interventions related to developmental problems in young children, as well as the Take Charge program for birth control and various maternity support programs and parenting classes.

Women, Infants and Children (WIC)

Room One Outstation

(800)660-2129, ext 3600 for Appointments

525 W Jay Ave

Brewster, WA 98812

Available at Room One 1st & 3rd Thursday of the month

315 Lincoln Street S.

Twisp, WA 98856

www.fns.usda.gov/wic

WIC outstation located at Room One provides nutritional assistance and education to women with infants and small children. Checks / coupons of up to \$50 (per month) are available for the purchase of healthy foods such as milk, eggs and cheese. Classes on nutrition and lactation are available. Services are available based on household income.

MEDICAL - DENTAL

Cascade Denture

(509)662-5322

831 North Miller Street

Wenatchee, WA 98801-2046

DSHS Medical Coupons are accepted, when the letters CNP or LCP (indicates dental coverage) are present on the coupon. Cascade Dentures provides dentures only. Clients should first apply for a pre-authorization, which takes 6-8 weeks. Once approved thru DSHS, dentures will be made and fitted.

Family Health Centers

DSHS medical coupons accepted and sliding scale. FHC is a preferred provider with most insurance carriers. FHC provides a sliding fee scale for those who qualify in advance at 509-422-7670. Dental care with a focus on children.

Brewster Dental - (509)689-3789

101 N. 6th Street

Okanogan Dental - 509-422-6705

626 Second Ave South

Brewster Medical - (509)422-5700

716 First Ave South

Tonasket Medical - (509)486-0114

106 S. Whitcomb

Dr. Steven C. Harrop, DDS

(509)996-2293

505 Highway 20

Winthrop, WA 98862

Does not accept DSHS medical coupons. Accepts most major insurances.

Dr. John Nickell, DDS

(509)997-1800

110 W. 2nd Ave

Twisp, WA 98856

DSHS Medical Coupons are accepted with the letters CNP or LCP (indicates dental coverage) present on the coupon. Dental care provided to patients 18 and under.

Professional Denture Clinic

(800)659-9797

(509)664-7308

533 S. Mission

Wenatchee, WA 98801

www.professionaldentureclinic.com

DSHS Medical Coupons are accepted, with the letters CNP or LCP (indicates dental coverage) present on the coupon. Extractions only in preparation for dentures.

Sawtooth Dental Care - Dr. John O'Keefe, DDS

(509)997-7533

115 S. Glover Street

Twisp, WA 98856

Not accepting DSHS medical coupons. Accepts most major insurances.

MEDICAL EMERGENCY

Call 911

Aero Methow Rescue Service

(509)997-4013 / 911

Fax (509)997-4005

1005 State Route 20

Twisp, WA 98856

info@aeromethow.org

www.aeromethow.com

Emergency Transportation to area hospitals with 24/7 advanced life support care, which includes all aspects of pre-hospital medical or trauma emergency care. Aero Methow Rescue Service is an active member of the Okanogan County Sheriff's Office Search and Rescue Department and also provides an active standby service available for athletic and community events. Transportation to emergency centers is provided by ambulance and / or helicopter dependent upon individual circumstance. Aero Methow also offers Injury Prevention Programs - Helmets, Child Passenger Safety Seats, Fall Prevention for Seniors and AHA First Aid/CPR/AED classes.

Poison Control

(800)222-1222

www.wapc.org

The Poison Control Center offers advice & recommendations for immediate response to poison concerns at no cost.

Hospitals:

Mid-Valley Hospital

(509)826-1760

810 Jasmine Street

Omak, WA 98841

North Valley Hospital

(509)486-2151

203 South Western Avenue

Tonasket, WA 98855

Okanogan Douglas District Hospital

(509)689-2517

507 Hospital Way

Brewster, WA 98812

MEDICAL PROVIDERS

Amedysis Hospice

(509)422-8621

800 South Jasmine #2

Omak, WA 98841

The agency accepts most insurances including Molina, DSHS, Medicare and arrangements are available for the uninsured. The agency offers nursing care, physical therapy, occupational therapy, speech pathology, medical, social, and home health aid services.

Daneen Balcirak

Naturopathic & Homeopathic Medicine

(509)341-4290

Country Clinic, Ste. A

Winthrop, WA 98862

drdaneen@juno.com

Accepts most insurance, sliding scale fee available for those in need. Diagnostics of illnesses and chronic disease with the use of homeopathy, diet and nutrition. Focus is on lifestyle and mental / emotional factors to encourage health.

Blackbird Clinic – Naturopathic Medicine

(509)422-3700

214 Pine Street

Okanogan, WA 98840

www.blackbirdclinic.com

Naturopathic and nutritional medicine for all ages.

Breast, Cervical and Colon Health Program

Wenatchee Valley Medical Center

(888)438-2247

(888)551-3994

820 N. Chelan

Wenatchee, WA 98801

mday@wvmedical.com

www.wvmedical.com

*The Breast, Cervical and Colon Health Program provides free breast, cervical and colon cancer screening to low-income people in Washington State. To qualify, you must be: * A woman between 40 and 64 years. *A man between 50 and 64 years. *Uninsured or underinsured. * Low-income (below 250% of the Federal Poverty Level). * Limited openings are available for women between 35 and 39 years with breast symptoms. Note: Available at Methow Valley Family Practice and The Country Clinic.*

Columbia Valley Community Health, Chelan

(800)288-7649

(509)682-6000

317 E. Johnson / PO Box 2920

Chelan, WA 98816

Columbia Valley Community Health is a Federally Qualified Health Center (FQHC) that provides services for the entire family at seven locations in Wenatchee and Chelan, WA. Medical Services include acute and chronic disease care, maternity care, nutrition services, WIC and First Steps programs, community outreach, diabetes case management, laboratory, radiology, and pharmacy. The dental program offers full dental care for children and emergency care for adults who are CVCH patients. Behavioral Health services include adult and children's behavioral health care, case management and 24 hour crisis services. CVCH serves more than 20,000 individual patients in Chelan and Douglas counties. Private insurance is accepted and a sliding fee scale is available as needed.

Country Clinic

(509)996-8180

Fax (509)996-3374

1116 SR 20

Winthrop, WA 98862

Adults must provide proof of insurance. Most insurance policies are accepted with the exception of Community Health Options. On Fridays the Country Clinic provides free health care, well-child visits, immunizations, lab work and prescription drugs to children who are completely uninsured. The clinic also participates in the Breast and Cervical Health program with the State of Washington thru the Wenatchee Clinic; interested parties should contact the clinic for available hours.

Rosalee de la Foret, LMP ~ Clinical Herbalist ~ Structural Medicine Specialist

(509)554-3660

PO Box 281

Twisp, WA 98856

www.rosalee.info

Solutions for skin problems, frequent colds and flu, gynecological complaints, chronic infections, low energy, sleep disturbances, digestive problems, pain, etc. Discounted herbal health consultations offered to people referred by Room One.

John Develin – Acupuncture

(509)341-4433

134 Riverside Avenue, Ste H

Winthrop, WA 98862

johndevlin@mail.com

Most insurance policies are accepted.

Family Health Centers

(800)660-2129

(509)422-5700

716 1st Ave.

Okanogan, WA 98840

FHC is a preferred provider with most insurance carriers. FHC provides a sliding fee scale for those who qualify in advance at (509)422-7670. Medical care for immediate, ongoing, chronic and preventative needs. Dental care with a focus on children. Pharmaceutical services at a discounted rate. Immunizations, Obstetrics and Women's care. WIC, Chronic Care and Community Outreach.

Brewster Medical - (509)422-5700

716 First Ave South

Tonasket Medical - (509)486-0114

106 S. Whitcomb

Brewster Dental - (509)689-3789

101 N. 6th Street

Okanogan Dental - 509-422-6705

626 Second Ave South

Lewis Holston – Acupuncture

(509)996-8194

202 Twin Lakes Road

Winthrop, WA 98862

Sliding scale available.

Horse of a Different Color

Robin Baire - Clinical Herbalist

(509)997-5053

PO Box 112

Carlton, WA 98814

Custom herbal formulations and health consultations for humans and animals.

In Home Care of Central Washington

(800)640-6907

(509)826-5825

130 North Main Street / PO Box 3699

Omak, WA 98841

cwood@ncidata.com

www.inhomecare.org

DSHS referral or arrangements for private pay or pre-approved private insurance. In Home Care provides house cleaning, help with bathing, dressing, reading and other in-home needs not medically based.

Main Street Health Associates

(509)689-8900

418 West Main St.

Brewster, WA 98812

All major insurances, DSHS & Molina. Discounted fee is available for same day payment. Family Medicine in both Spanish and English.

Methow Midwifery and Women's Health

(509)341-4256

Fax (888)361-9674

214 N. Glover Street / PO Box 503

Twisp, WA 98856

www.methowmidwifery.com

info@methowmidwifery.com

Accepts DSHS, Molina and most insurances. Health services for women – pregnancy thru post-partum, along with newborn care, breast feeding support, women's physicals, family planning and free pap smears for women over 40 participating in BCHP. (Breast and Cervical Health Plan).

Methow Valley Family Practice

(509)997-2011

Fax (509)997-2034

541 West 2nd Avenue

Twisp, WA 98856

Accepts all major insurances, along with DSHS and Molina. Care is available on a sliding scale to low income patients. Family Health Services. Participant of BCHIP (Breast and Cervical Health Plan).

Methow Valley Wellness Center

Naturopathic Medicine

(509)996-3970

105 Norfolk Road / PO Box 993

Winthrop, WA 98862

Accepts most insurances, sliding scale fee available for those in need. Diagnostics of illnesses and chronic disease with the use of homeopathy, diet and nutrition. Focus is on lifestyle and mental / emotional factors to encourage health.

Okanogan County Health District

(509)422-7140

Fax (509)422-7142

1234 2nd Avenue South

Okanogan, WA 98840-9723

www.okanogancounty.org

The Health District provides a nurse who does in-home work with children with special needs and high risk families. Also provides Birth and Death Certificates, Certifications for sewer and water, potable water, food safety in restaurants. Flu shots are available in the fall and winter months and vaccines for international travel are provided.

Okanogan Family Planning

(800)660-1624

(509)422-1624

Fax (509)422-0907

127 Juniper St. North

Omak, WA 98841

Twisp Outstation - Room One

315 Lincoln Street S.

Twisp, WA 98856

www.okanoganfamilyplanning.org

info@okanoganfamilyplanning.org

Pap smears, breast exams and other well-women health care. Sexually transmitted disease testing for women and men. Pregnancy Tests and referrals for abortion, prenatal care or adoption. Emergency Contraception (Plan B). Education for teens and parents. Birth control with a Take Charge card good for one year is available. No one is turned away for lack of ability to pay! Fee scale is based on gross family income and size.

Omak Clinic

(509)826-1800

Fax (509)826-7916

916 Koala Drive

Omak, WA 98841

www.wvmedical.com/Locations/Omakclinic

Accepts most major insurances, Medicare and Molina. Programs available to help the uninsured and under-insured who meet eligibility requirements. Provides 24 hour emergency care services along with care in the following areas of medicine: Allergy, Anticoagulation, Audiology, Behavioral Medicine, Breast Imaging Center, Family Medicine, Gastroenterology, Laboratory Services, Occupational Medicine, Optometry, Radiology and Walk-in.

Omak Clinic – Vision Care

(509)826-1800

Fax (509)826-7916

916 Koala Drive

Omak, WA 98841

www.wvmedical.com

All major insurances accepted, along with DSHS coupons. Low cost vision care with DSHS denial letter. Optometric physicians are primary health care providers who examine, diagnose, treat and manage diseases and disorders of the visual system, the eye and associated structures as well as diagnose related systemic conditions.

Poison Control

(800)222-1222

www.wapc.org

The Poison Control Center offers advice & recommendations for immediate response to poison concerns at no cost.

MENTAL HEALTH

Okanogan Behavioral Healthcare

CRISIS ASSISTANCE:

(866)826-6191 / 509-826-6191

National Hotline at (800)422-2552

1007 Koala Dr.

Omak, WA 98841

www.okbhc.org

Fees are based on a sliding scale. OBHC accepts private insurance and DSHS Medical Coupons. Assessments for assistance thru TANF (Temporary Assistance for Needy Families) and ADATSA (The Treatment Support ACT) are available for those who qualify. OBHC's 24-7 telephone services are designed to provide immediate intervention for individuals experiencing emotional crises. Services for involuntary care or commitment available. Primary goal is for immediate stabilization of emergency situations and if possible, resolution of conditions that cause the crisis. If additional services are necessary, a referral to the appropriate provider will be made.

Washington Recovery Help Line

(866)789-1511 - 24-Hour

(206)461-3219 (TTY)

(866)833-6546 - Teen Link

recovery@crisisclinic.org

www.warecoveryhelpline.org

The Washington Recovery Help Line is a consolidated help line for substance abuse, problem gambling and mental health. The Recovery Help Line is a service of Crisis Clinic and serves residents in Washington State.

Mental Health Providers

Sharon Cohen

(509)997-2152

Twisp, WA 98856

scohen@methownet.com

Mindfulness training for stress reduction, and mindfulness based expressive art practices involving drawing, painting, and mixed media sculpture.

James W. Donaldson, LCSW

(509)997-0115

104 Glover Street, Ste. 208 / PO Box 1249

Twisp, WA 98856

Most major insurances accepted. Psychotherapist for individuals, couples / marriages, families and PTSD Counseling.

Ann Douglas, Certified MFT

(509)997-3910

PO Box 562

Winthrop, WA 98862

Couples, families and individuals; ENDR trauma treatment.

Dan Hovee, MC, Olympic View Counseling

(509)997-7827

PO Box 1074

Twisp, WA 98856

Most major insurances accepted. Family and marriage counseling.

Elaine Omachi - Mental Health Counselor

(509)997-0779

Behavioral health specialist who provides counseling for children, adolescents and adults.

Valerie Potts, MA, LMHC

(509)996-3423

134 Riverside Avenue

Winthrop, WA 98862

Most major insurances accepted including Molina. Payment based on a sliding scale is available for qualified participants. Children and Family Therapy.

Megan Schmidt, Psy.D., Licensed Clinical Psychologist

(509)996-3810

134 Riverside Avenue / PO Box 1311

Winthrop, WA 98862

Most major insurances accepted. Psychotherapy for older children, adolescents and adults.

Lisa Spitzmiller, MA, LMHC

(509)341-4542

134 Riverside Ave, Suite F / PO Box 1252

Winthrop, WA 98862

elsptz@aol.com

Accepts major insurances. Counseling for children and adults.

Jeffrey Ulmer, PhD, Licensed Clinical Psychologist

(509)996-2606

134D Riverside Avenue

Winthrop, WA 98862

Most major insurances accepted. Clinical Psychology for children and adults.

SENIOR CITIZENS

Adult Protective Services (APS) – DSHS

866-ENDHARM / (866)363-4276

Complaint Resolution (800)562-6078

Adult Abuse (800)459-0421

130 S. Main / PO Box 3729

Omak, WA 98841

www.adsa.dshs.wa.gov/APS/reportabuse.htm

APS protects vulnerable adults by investigating allegations of abuse, neglect, abandonment, and financial exploitation. APS conducts an investigation at no charge and without regard to the income of the alleged victim.

Aging & Adult Care of Central Washington

(888)437-4147

739 Haussler, Unit B

Omak, WA 98841

www.aaccw.org

AACCW provides both direct and contracted services to seniors and vulnerable adults with disabilities. Available services include: help with meals, legal needs, personal care, respite care, transportation, caregivers and personal emergencies. Services are provided to enhance the quality of an individual's life and to allow individuals the opportunity to live in the least restrictive environment possible.

Karen Dahl - Providing Personal Care for the Elderly

(509)997-1060

(253)302-9685 (cell)

kldahl000@gmail.com

Offering companionship, cooking, serving, assist with eating, menu planning, shopping, driving, light cleaning, assist with personal hygiene, listening and reading. Assist with monitoring medical schedule and assist with correspondence and bill paying. Please call for rates.

Guardian Angels

(509)997-0227

509-996-2569 - Eunice Marchbank

Twisp, WA 98856

staff@thecovecares.com

Short-term help with personal care, housekeeping, weekly shopping, trips to the doctor, respite for family members available for persons 60 and older in addition to vulnerable people in the community; long term care is available if applicable. NO COST.

Jamie's Place

(509)996-4417

109 Norfolk Street

PO Box 1260

Winthrop, WA 98862

www.thecovecares.com

Adult Family Home

Okanogan County Transportation & Nutrition

(509)997-7722 - Twisp Main Office

(509)826-4391 / (800)635-4391 - Main Office

215 Hwy 20

Twisp, WA 98856

Main office:

431 W 5th St.

Omak, WA 98841

Participants must be 60 years or older and must fill out a Participation Card. Okanogan County Transportation & Nutrition provides Meals on Wheels 7 days a week to homebound seniors with a suggested donation of \$3.25 per meal. However, seniors may pay according to ability. The Senior Center also provides a family style meal on Mondays, Thursdays and Fridays for anyone wishing to attend. The cost is \$3.25 for those 60 and older and \$7.50 for everyone else.

Senior Citizens Center

(509)997-7722

201 Hwy. 20 S.

Twisp, WA 98856

www.methownet.com/senior_center.html

The Twisp Senior Center provides help with meals and transportation for those in need; along with an extensive thrift shop which is open to the public.

SUICIDE PREVENTION

American Association of Suicidology

5221 Wisconsin Avenue, NW

Washington, DC 20015

Phone: (202) 237-2280

www.suicidology.org

AAS is an organization for all those involved in suicide prevention and intervention, or touched by suicide. AAS is a leader in the advancement of scientific and programmatic efforts in suicide prevention through research, education and training, the development of standards and resources, and survivor support services.

National Suicide Hotlines

(800)SUICIDE / (800)784-2433

(800)273-TALK / (800)273-8255

Okanogan County Crisis Line

(866)826-6191

Suicidal.com

www.suicidal.com

A place of hope and compassion for the severely depressed and suicidal.

Youth Suicide Prevention Program

(206)297-5922

info@yspp.org

www.yspp.org

Youth Suicide Prevention Program is a prevention education program that is focused on reducing suicidal behaviors among the youth of Washington state.

TRANSPORTATION

The Gabby Cabby

(509)341-4650

thegabbycabby@gmail.com

www.thegabbycabby.com

Transportation and delivery services for a fee.

Okanogan County Transportation & Nutrition

(509)997-7722

(800)635-4391 / (509)826-4391 - Main Office

215 Hwy 20

Twisp, WA 98856

Main Office:

431 W 5th St.

Omak, WA 98841

The Okanogan County Transportation & Nutrition center (OCTN) provides low cost transportation to anyone in need. Transport to local (Twisp / Winthrop) stores, medical appointments, etc. is available on Monday, Thursday and Fridays. Pickups start at 8:30 am and run until 4:00 pm. Transport to both Omak and Wenatchee is available once a month. Clients are asked to make reservations at least 24 hours in advance.

Wenatchee – 2nd Tuesday of the month, departs at 8:30am & returns by 6pm - \$3.00 per trip

Omak – 3rd Tuesday of the month, departs at 8am & returns by 4pm - \$8.00 per trip

People for People

(800)233-1624 / (509)248-6793

TDD (800)606-1302 / TDD (509)453-1302

People For People serves nine counties, including Okanogan County, by arranging transportation for people of all ages who have a current Washington State Department of Social and Health Services Provider One Medicaid card and need transportation to non-emergency medical services. Verification for proper eligibility is confirmed and then the most cost-effective, appropriate transportation is coordinated. Call two days before you need a ride in your local area or five days before if your appointment is out of your local area.

VICTIM SERVICES

CLEAR – Free Legal Help w/ Civil Law

Northwest Justice Project

(888)201-1014 / TDD (888)201-9737

Over 60 (888)387-7111

www.nwjustice.org

Clear provides FREE help with Civil Law issues such as Domestic Violence, Family and Housing Law.

Crime Victim Service Center of The Support Center

(888)826-3221 / (509)826-3211

619 South Second

Okanogan, WA 98840

www.thesupportcenter.org

www.wccva.org

The Crime Victim Service Center provides advocate services to victims of crime other than domestic violence and sexual assault. These crimes include: homicide, assault, child abuse, elder abuse, human trafficking, fraud, identity theft, burglary, and other property crimes even if they do not report their crime to law enforcement. CVS also provides legal advocacy including help with the preparation of legal documents.

Victim Witness Coordinator

(509)488-7289

247 North 4th (Behind Admin. Bldg.)

Okanogan, WA 98840

lfritts@co.okanogan.wa.us

The Victim Witness Coordinator (VWC) is an advocate who provides the following services: guidance and aid in obtaining civil orders of protection; information about the criminal justice process; acts as a liaison for victims and witnesses as they interact with the court system; accompanies victims and witnesses to criminal court proceedings; aids with the information related to writing victim impact statements to be used at sentencing; aid with information related to filing claims for restitution of costs (including medical) with the Crime Victims Compensation Programs; provides referrals for services such as counseling and short-term financial assistance.

Victim Witness Notification Program

(800)422-1536

(360)902-7832

PO Box 45130

Olympia, WA 98504-5130

Online Enrollment and Eligibility Information:

www.dshs.wa.gov/vwn/vwoffenses.shtml

E-mail: vwn@dshs.wa.gov

The Victim Witness Notification Program is a confidential service that assists victims and witnesses of sexual assault and / or violent crimes track the location of the person who victimized them. The Department of Social and Health Services (DSHS) has a program to notify victims or witnesses when the persons who committed these crimes are released, transferred, or escape from any DSHS facility.

Washington Law Help

www.washingtonlawhelp.org

Browse hundreds of free helpful legal publications and do-it-yourself packets covering many common civil legal problems such as debt, divorce, landlord-tenant, consumer, education, employment, government benefits and more.

WOMEN'S HEALTH

American Breast Cancer Foundation

(877)539-2543 / (410)825-9388

1220 B East Joppa Rd. Suite 332

Baltimore, MD 21286

www.abcf.org

contactABCF@abcf.org

Referrals, counseling and information.

Breast Cancer Support Group, Room One

(509)997-2819

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

Support and education for women experiencing breast cancer utilizing the Lebed Healthy Steps Method.

Breast, Cervical and Colon Health Program Colon Cancer Screening

Wenatchee Valley Medical Center

(888)438-2247 / (888)551-3994

820 N. Chelan

Wenatchee, WA 98801

mday@wvmedical.com

www.wvmedical.com

*The Breast, Cervical and Colon Health Program provides free breast, cervical, and colon cancer screening to low-income people in Washington State. To qualify, you must be: *A woman between 40 and 64 years. *A man between 50 and 64 years. *Uninsured or underinsured. *Low-income (below 250% of the Federal Poverty Level). *Limited openings are available for women between 35 and 39 years old with breast symptoms. Note: many local physicians participate, ask your doctor.*

YOUTH SERVICES

National Runaway Hotline Crisis Center

(800) RUNAWAY (786-2929)

Confidential & anonymous – telephone only service (Spanish interpreter services available). Provides services to runaways and parents with emphasis on safety with a large database of safe shelters for various age groups. Follows runaways until safely placed in a shelter. Mediation available for parents/runaways; anonymous message service for those not ready for direct communication. “Homefree” provides runaways a free ride home via Greyhound Bus.

Teen Link

(866)TEENLINK (833-6546)

teenlink@crisisclinic.org

www.866teenlink.org

Teen Link is a confidential and accessible place teens can call to talk about what’s concerning them, helping youth explore their options and make healthy, self-respecting decisions. Open evenings from 6pm - 10pm.



Room One

Health and Social Service Center
315 Lincoln Street S. / PO Box 222
Twisp, WA 98856
(509)997-2050 info@roomone.org
www.roomone.org

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Methow Valley Community Fund.

