



Health & Social Service Center

Room One is a non-profit health and social service center located in the rural Methow Valley of north central Washington. Because of the Methow Valley's uniquely isolated location, area men, women, and children in need of critical human services are often left without advocates and vital resources. To ensure our community has access to safety net programs, crisis support, and pathways to self determination, Room One serves as a central hub for social and health services.

Room One Program Areas

Referral & Service Center

- *Advocacy Based Counseling*
- *DSHS Connection*
- *Referral Specialists*
- *Health Classes & Education*
- *Disaster Case Managers*

Mental Health Services

- *Girls Group*
- *Licensed Counselors*
- *Support Groups*
- *Suicide Response Team*

Aging Adult & End of Life

- *Lookout Coalition: Support in difficult medical decisions*

Reproductive Health

- *School-based Sex Education*
- *Family Planning*

Food Access & Nutrition

- *Red Shed Free Produce*
- *Teen Cooking Class*
- *Women, Infants, & Children (WIC)*

Family Support

- *Mothering Group*
- *Crisis Management*

Domestic Violence

- *Survivor Support & Safety Group*
- *Safety Planning*
- *Advocacy*
- *Service Referrals*
- *Community Education*

*“Room One is a community voice,
powerfully advocating for the health and
well-being of all people living in the
Methow Valley.”*

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ABUSE, REPORTING

Child & Elder Abuse Reporting

(800) 557-9671 or (866) ENDHARM - To report abuse or neglect
(800) 869-4018 - Children & Family Services, Omak office of DSHS
(800) 459-0421 Adult Protective Services
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

Okanogan County Community Action Council

(509)422-4041
424 S. 2nd Avenue
PO Box 1067
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 list for emergency heating assistance.

The Cove / Neighbors Helping Neighbors

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

Open Thursdays from 1-4pm for food distribution. 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 (have your client i.d. or ssn handy)

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. DSHS provides income eligible medical insurance for low and middle income children and indigent women with children. DSHS provides Food Benefits, 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, The Cove, and the Methow Valley School District's summer lunchprogram.

Salvation Army - Emergency Assistance

(509)997-2050

Contact Client Advocates at Room One

*The Salvation Army Emergency Assistance Program exists to provide short-term emergency and disaster assistance to resident and transient populations residing in areas not served by a Salvation Army Corps. Services include lodging, food, fuel/gas, prescriptions, rental assistance and utilities **in emergency/disaster situations only**.*

This assistance is available for use one time a year and operates on a limited budget.

Washington Telephone Assistance Program / Lifeline

(888)700-8880

130 S. Main St

Omak WA 98841

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

Women, Infants and Children (WIC)

Room One Outstation

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

(509)422-7636 Direct Number

525 W. Jay Ave.

Brewster, WA 98812

www.fns.usda.gov/wic

Available at Room One 1st Thursday of the month (changes seasonally so please call to check)

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

Okanogan County Community Action Council

(509)422-4041

424 S. 2nd Avenue

PO Box 1067

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. Contact the CAC for an appointment and to get onto the current waiting lists for emergency heating assistance.

Okanogan Housing Authority

(509)422-3721

Fax (509)422-1713

110 Oak Street, PO Box 1306

Okanogan, WA 98840

www.awha.org/contact.html

9-4 Mon - Thurs

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.

Salvation Army - Emergency Assistance

(509)997-2050

Contact Client Advocates at Room One

*The Salvation Army Emergency Assistance Program exists to provide short-term emergency and disaster assistance to resident and transient populations residing in areas not served by a Salvation Army Corps. Services include lodging, food, fuel/gas, prescriptions, rental assistance and utilities **in emergency/disaster situations only**.*

This assistance is available for use one time a year and operates on a limited budget.

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

Transitional Housing:

The Shove House - Okanogan Behavioral Healthcare

(509)826-8444

Fax: (509)826-8564

1009 Koala Drive, Omak WA 98841

The Shōve House provides a cooperative, clean and sober living environment; enabling residents to address their mental health and/or chemical dependency challenges which led to homelessness. The Shōve House, located next door to Okanogan Behavioral HealthCare (OBHC), provides transitional housing for single individuals who are chronically homeless adults and do not have custodial children.

Applications available online, at OBHC, or at the Shove House. You must be accessing services through OBHC to utilize this housing.

Shelters:

Bruce Hotel Emergency & Transitional Housing - Women's Resource Center

(509)662-2485 or (509)662-0121

20 Adams Street

Wenatchee, WA 98801-2640

www.womensresourcecenterncw.org

This shelter is for women & families. Men are accepted aswell, if they are disabled or recovering from an alcohol/drug addiction. To enter the shelter, go in to apply and complete a background check(this is to ensure no violent criminal history). Basic rooms are available for families & single persons. The goal of this shelter is to help people stabilize and then find the resources they need to be independent.

Haven of Hope Women's Shelter

(509)664-6866

202 South Franklin Ave

Wenatchee, WA 98801

www.hospitalityhouseofwenatchee.org

A faith based women & children's shelter. Single family units are available for single parents and their children. Apply Monday through Friday 9am-4pm. Bible studies, parenting classes, and life skill classes are also available.

Hospitality House for Men

(509)663-4289

1450 So. Wenatchee Avenue

Wenatchee, WA 98807

www.hospitalityhouseofwenatchee.org

A faith based shelter strictly for men. Apply every day, 24 hours a day.

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. Serves residents from Omak to Oroville. Temporary shelter for those in need from November through March; winter clothing, food pantry, furniture and housewares bank. Manfisher Ministries also administers Salvation Army emergency funds.

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.

Oroville Housing Authority

(509)476-3059

617 Highway 97

Oroville, WA 98844

Homeless shelter November thru April, as well as subsidized housing for elderly, disabled. Shelter for migrant farmworkers April thru November.

SAGE: Safety, Advocacy, Growth, Empowerment

(509)663-7446 (24-Hour Crisis Line)

710 N. Chelan

Wenatchee, WA 98801

www.findsafety.org

Serving Douglas and Chelan Counties as a Crime Victim Service Center and Child & Family Advocacy Center. Services are free of charge and include counseling, advocacy, emergency shelter, safety planning, emergency cell phones, community education, and support groups.

CHEMICAL DEPENDENCY

Alcoholics Anonymous

(509)997-0356 - Deb

(509)996-8174 - Diana

Twisp

Sunday 9:30am & Monday 7:30: Masonic Hall

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: Fire Hall

Al-Anon

(509)997-9243

Tuesday, 6:30pm: St. Genevieve Catholic Church

Friday, 8:30 am, Masonic Hall

Twisp, WA 98856

Narcotics Anonymous

(509)322-2529, 322-0511, 322-8617

Friday, 7pm: Masonic Hall

Sunday, 5pm: River's Edge Mobile Home Clubhouse

Thursday, 8pm: River's Edge Mobile Home Clubhouse

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, gambling and mental health. The Recovery Help Line is a service of Crisis Clinic and serves residents in Washington State.

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

(800)233-0045

Lake Chelan Community Hospital

PO Box 908 / 503 East Highland Avenue

Chelan, WA 98816

Fax 509-682-1021

www.sanctuaryatthelake.com

Acute care, no longer residential facility. Accepts major insurances, Medicare, and private pay. Does not accept Medicaid/Apple Health.

CHILDCARE / EDUCATION

Classroom in Bloom

(509)996-2368

PO Box 1264

Winthrop, WA 98862

classroominbloom@gmail.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.

Department of Social & Health Services- Child Care Subsidy Program

Helps families to pay for child care through either Working Connections Child Care or Seasonal Child Care. Apply by calling 1-877-501-2233 or online at www.washingtonconnection.org, or at your local Community Services Office.

Little Star Montessori School

(509)996-2801

509 State Route 20

Winthrop, WA 98862

www.LittleStarSchool.org

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

The Masters Christian School

(509)997-4060

1119B Methow Valley Hwy.

Twisp, WA 98856

Christian School serving grades 1-12.

Methow Valley Community School

(509)996-4447

Crystal Bacon, Director

201 Highway 20 South, within Methow Valley Community Center

PO Box 546

Twisp, WA 98856

www.mvcommunityschool.org

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

Methow Valley Public School Funding Alliance

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

Youth and Family Social Worker

Melinda Boonstra, Youth and Family Counselor

mboonstra@methow.org, or contact Liberty Bell or MV Elementary

Advocacy for students and families, with a goal of removing any barriers between students and their learning. Barriers may include: a family death, divorce, new to the valley, social issues at schools, economic disadvantage, housing instability, and basic needs such as clothing and food.

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

(509)996-2202

615 N. Methow Valley Hwy

Twisp, WA 98856

www.ocdda.net

Head Start provides an introduction to education, along with daycare, one meal and one snack each 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 weekly visits and 2 monthly play-groups. Application includes: completed paperwork, birth certificate, proof of income.

DISABILITY

Cheryl Mullins

Social Security Disability

(509)322-2210

(509)826-4566 - fax

cmullins826@gmail.com

Accredited Disability Representative / Advanced Certified Paralegal

Omak, WA 98841

Division of Developmental Disabilities

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. Office hours are Monday thru Thursday 7:30am - 5pm.

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

Monday thru Thursday 7:30am - 5pm

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.

Lilac Blind Foundation

(509)888-7597

4 Kittitas Street, Suite 203

Wenatchee WA 98801

info@lilacblind.org

www.lilacblind.org

Lilac Blind Foundation provides training and adaptive aids for the visually impaired with a goal of independent living. Training for independency, mobility, computers, Braille, etc. are available; along with counseling and support. Services of an Optometrist 1 day/month.

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.

Social Security Administration

(800)772-1213 - National

(877)669-3125 - Wenatchee

301 Yakima St, Ste 212

Wenatchee, WA 98801

www.ssa.gov

The Social Security Administration is a government organization that manages social security cards, disability, retirement, survivor's benefits, and Medicare. People can find information on the website about applying for a new social security card, Medicare, disability, supplemental security income, survivor benefits, and retirement benefits. You can find forms on the website, as well as apply online for programs. Applying over the phone is also available. Review the website before applying to find out what will be needed to apply and if you are eligible for benefits

Washington Sensory Disabilities Services for Deaf & Blind

(800)572-7000 Voice / TTY

(425)917-7827 Voice / TTY

wdsd@psed.org

shoneycutt@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. Office open Monday thru Thursday 10am - 6pm

Methow Valley LongTerm Recovery Organization -

Methow Ready

methowready@gmail.com

The MVLTRO is a group of community stakeholders invested in the diverse disaster response, recovery, mitigation, and preparedness needs following the wildfires and flooding of 2014.

Carlton Complex Assistance Network - CCAN

(509)699-9429

www.CCANrelief.org

PO Box 236

Carlton, WA 98814

CCAN is an all volunteer organization working to provide relief, recovery, and resilience for the people and eco-systems of our community. They do this through creative projects to meet community needs, developing information strategies, collaborating with national and regional partners, fund-raising and distribution of funds, coordination of volunteer resources, and maintaining a voice advocating for the community as previously unknown needs arise.

DOMESTIC VIOLENCE

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

Fax (509)422-1742

619 S. 2nd Street/PO Box 3639

Okanogan, WA 98840

www.thesupportcenter.org

Crisis Intervention and Victim Advocacy for sexual assault, child abuse, domestic violence, and other crimes. 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 (for intimate partner violence), clothing, and transportation are also available.

SAGE: Safety, Advocacy, Growth, Empowerment

(509)663-7446 (24-Hour Crisis Line)

710 N. Chelan

Wenatchee, WA 98801

www.findsafety.org

Serving Douglas and Chelan Counties as a Crime Victim Service Center and Child & Family Advocacy Center. Services are free of charge and include counseling, advocacy, emergency shelter, safety planning, emergency cell phones, community education, and support groups.

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, #5

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.

L&I State of Washington

(800)547-8367, (360)902-5800

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

WorkSource provides job seekers with an online collection of links to job listings, advice on resumes, cover letters and job applications, vocational training and GED classes; computer and pre-employment training, tips on interviewing. Access available to computers, printers and fax machines. Hours Monday thru Friday 8am - 5pm

Washington Career Bridge

(800)887-8057

(509)826-7310

126 S. Main / PO Box 3756

Omak, WA 98841

www.careerbridge.wa.gov

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. Chelan & Douglas Counties only.

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 such services as proving paternity, filing the appropriate paperwork and help with collecting past due support payments.

Family Law Facilitator

(509)422-7132

237 N. 4th Ave. / PO Box 112

Okanogan, WA 98840-0112

www.okanogancounty.org/superiorcourt/facil_en.htm

Provides assistance (to people not represented by an attorney) with family law matters in Superior Court. Information but not legal advice is available on divorce / dissolution cases, child custody, non-parental custody, child support, paternity, domestic violence, contempt, and the modification of court orders. Offers co-parenting classes.

Family Reconciliation Services (FRS)

Omak Division of Children and Family Services

(800)869-4018

Intake and Afterhours: (800)557-9671

FRS is a voluntary program serving runaway adolescents, and youth in conflict with their families. The program targets adolescents between the ages of 12 through 17. FRS services are meant to resolve crisis situations and prevent unnecessary out of home placement. They are not long term services. The services will assess and stabilize the family's situation. The goal is to return the family to a pre-crisis state and to work with the family to identify alternative methods of handling similar conflicts. If longer-term service needs are identified, FRS will help facilitate getting the youth and his/her family into on-going services. FRS services may include, but are not limited to:

short-term family counseling, Crisis Residential Center (CRC) services, referrals for substance abuse treatment and/or counseling, referrals for mental health services, short-term placement, family assessments in conjunction with juvenile court services.

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 (no seasonal childcare). 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.

Family Caregiver Support Group - Room One

(509) 997-2050

Third Sunday of the month. Call Room One to confirm.

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

(509)996-2202

615 N. Methow Valley Hwy

Twisp, WA 98856

www.ocda.net

Head Start provides an introduction to education, along with daycare, one meal and one snack each 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 weekly 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

(509) 422-7636 Direct Number

525 W. Jay Ave.

Brewster, WA 98812

www.fns.usda.gov/wic

**Available at Room One 1st or 2nd Thursday of the month
(changes seasonally so please call to check)**

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.

Women's Resource Center

(509)662-0121

20 Adams Ave

Wenatchee, WA 98801-2640

www.womensresourcecenterncw.org

Monday thru Thursday, appointment only. Provides clothing, shoes, bedding, and household goods at no cost.

Support Groups at Room One:

(509)997-2050

315 Lincoln Street S.

Twisp, WA 98856

info@roomone.org

www.roomone.org

Breast Cancer Support Group

Support and education for women experiencing or recovering from breast cancer; utilizing the Lebed Healthy Steps Method. Contact Room One for more information.

Domestic Violence Support Group

New groups begin as needed. For women who have ever experienced violence in the home. Contact Room One for more information.

Family Caregiver Support Group

Comfort and support for those who are caregivers for a family member. Contact Room One for more information.

Grief & Loss Support Group

Comfort and support to those dealing with or have dealt with the loss of a loved one. Contact Room One for more information.

The Mothering Group

Offers support to mothers from pregnancy through the birth process and beyond. Breastfeeding education, along with help in parenting young children is also provided. Contact Room One for more information.

Women Recovering from Addiction Support Group

Offers support for women recovering from alcohol and/or drug addiction. Designed to help women adjust to living sober, recognize triggers, regulate emotions and gain skills and support.

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)422-7232

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

Office Hours: Monday, Tuesday, Thursday

Other

WA State Department of Corrections

(509)826-7360

238 W Oak St.

Okanogan, WA 98840

Drug Task Force

(509)422-7227

123 5th Ave.

Okanogan, WA 98840

Citizenship & Immigration Services

(800)375-5283

www.uscis.gov

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. Accepts call 9:15-12:15.

Common Sense Solutions

(509)996-2554

625 Hwy 20

Winthrop, WA 98862

Mediation provided by Common Sense Solutions. Chris Stern provides mediation support for many different circumstances, such as for the workplace, children, and family law. Mediation is available to resolve issues relating to these topics and more. Contact Chris for more information about mediation and cost.

Crime Victim Service Center of The Support Center

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

619 South Second

Okanogan, WA 98840

www.thesupportcenter.org

www.wccva.org

The Crime Victim Service Center provides advocate services to victims of crime as well as 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

237 N. 4th Ave/ PO Box 112

Okanogan, WA 98840-0112

www.okanogancounty.org/superiorcourt

sspeiker@co.okanogan.wa.us

Provides assistance (to people not represented by an attorney) with family law matters in Superior Court. Information but not legal advice is available on divorce / dissolution cases, child custody, non-parental 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, neighborhoods, and communities. Serves as an alternative or complement to the judicial system. Offers co-parenting classes and parent/teen mediation.

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)422-7289

247 4th North (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

www.methowmidwifery.com

Held At Room One

315 Lincoln Street S.

Twisp, WA 98856

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

www.methowmidwifery.com

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 clinics 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 Benefits, 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

(509) 422-7636 Direct Number

525 W. Jay Ave.

Brewster, WA 98812

www.fns.usda.gov/wic

**Available at Room One 1st or 2nd Thursday of the month
(changes seasonally so please call to check)**

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.

MEDICAL - DENTAL

Cascade Denture Clinic

(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. Does not accept Medicare, no sliding scale.

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

Oroville Dental - (509)486-4400

1321 Main St.

Twisp Dental - (509)997-0922

110 W. 2nd Ave

Dr. Steven C. Harrop, DDS

(509)996-2293

505 Highway 20

Winthrop, WA 98862

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

Professional Denture Clinic

(800)659-9797

(509)664-7308

533 S. Mission

Wenatchee, WA 98801

www.professionaldentureclinic.com

Does not accept DSHS medical coupons. Accepts most major insurances. 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. Accepts Care Credit patients. Care Credit is an interest-free payment option for dental, vision and hearing.

(800)677-0718 www.carecredit.com

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.

MEDICAL - 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

Three Rivers Hospital

(509)689-2517

507 Hospital Way

Brewster, WA 98812

www.threerivershospital.net

MEDICAL - PROVIDERS

Breast, Cervical and Colon Health Program

Confluence Health

(888)438-2247

(888)551-3994

820 N. Chelan

Wenatchee, WA 98801

Nadine Middleton, Coordinator

www.wvmedical.com/medicalspecialties/BreastandCervicalHealth.ashx

*The WA State Dept of Health 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.*

Brewster Clinic - Confluence Health

(509)689-8900

Fax (509)689-9031

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.

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.

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

(509)557-3660

PO Box 281

Twisp, WA 98856

www.herbalremediesadvice.org

rosalee@herbalremediesadvice.org

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.

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

Twisp Medical (Formerly Methow Valley Family Medicine)

(509)997-2011, Fax (509)997-2034

541 West 2nd Avenue

Family Planning of North Central Washington

(509)662-2013

900 Ferry St

Wenatchee WA 98801

www.fpncw.org

Outstations:

Okanogan Outstation

(844)233-1010

Mondays and Tuesdays from 9am - 5pm

703 S. 2nd Ave

Okanogan, WA 98840

Twisp Outstation - Room One

(509)997-2050

Wednesdays from 1pm - 5pm

315 Lincoln Street S.

Twisp, WA 98856

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.

Frontier Home Health & Hospice

(509)422-6721

800 South Jasmine Suite 3

Omak WA 98841

www.frontierhomehealth&hospice.com

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

Lewis Holston – Acupuncture

(509)996-8194

202 White Ave

Winthrop, WA 98862

Sliding scale available.

Heart Spirit Medicine

Dr. Daneen Balcirak, ND

Naturopathic and Homeopathic Physician,

Law of Attraction Life Coach

(509)341-4290

Purple Sage Bldg, 2nd Floor

PO Box 361

Winthrop, WA 98862

drdaneen@juno.com

Diagnostics of illnesses and chronic disease with the use of homeopathy, botanical medicine, diet, and nutrition. Focus is on lifestyle and mental/emotional factors to encourage health and healing.

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.in-homecare.org

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

Twisp River Wellness

Chaya Kudia, LAc, NTP

509/997-2488

North Glover Healing Center

214 N. Glover St.

Twisp, WA 98856

www.TwispRiverWellness.com

Offering acupuncture, Chinese herbal medicine, and nutritional therapy for a holistic approach to bring the body back into balance and regain optimal health. Effective for a wide range of acute and chronic conditions. Most major insurances accepted.

Lookout Coalition- A Program of Room One

(509)997-2050

315 S. Lincoln St.

Twisp, WA 98856

Provides consultation and care coordination services for Methow Valley community members facing difficult medical decisions, end of life, chronic illness, and to assist seniors who want to stay in their homes. The Lookout Coalition also works to improve quality of life for our aging community. Services are provided free of charge.

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 Wellness Center

Naturopathic Medicine - Dr. Sierra Breitbeil

(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.

Omak Clinic - Confluence Health

(509)826-1800

Fax (509)826-7916

916 Koala Drive

Omak, WA 98841

www.wvmedical.com/Locations/Omakclinic

Accepts most major insurances, Medicare & 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 – Optometry

(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.

Abby Pattison, MS, RD

(509)682-6134

Lake Chelan Community Hospital, Specialty Clinic

503 E. Highland Ave

Chelan, WA 98816

Registered Dietician, trained in helping people take control of their health through nutrition education. Uses motivational interviewing and behavior modification to help people discover their motivation and strength to make healthier lifestyle choices.

Poison Control

(800)222-1222

www.wapc.org

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

Salvation Army - Emergency Assistance

(509)997-2050

Contact Room One

The Salvation Army Emergency Assistance Program exists to provide short-term emergency and disaster assistance to resident and transient populations residing in areas not served by a Salvation Army Corps. Services include lodging, food, fuel/gas, prescriptions, rental assistance and utilities. Available 1x a year and has limited budget.

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)449-2594

Twisp, WA 98856

sharoncohenMBSR@gmail.com

www.MindfulMethow.com

Instructor of Mindfulness-Based Stress Reduction. Mindfulness training is effective for managing everyday stress and anxiety. Additionally, it has been shown to be helpful for easing a wide range of medical symptoms, including chronic pain, inflammation, and cyclical depression. Affordable sliding scale fees for class and individual instruction.

Ann Douglas, Certified MFT

(509)997-3910

PO Box 562

Winthrop, WA 98862

Hour-long sessions. Offers a sliding fee scale. Couples, families and individuals; EMDR trauma treatment, depression, anxiety, substance abuse treatment.

Jodie Field, MS, LMHC, CSOTP

(509)826-5731

101 E. Dewberry

Omak, WA 98841

jodie@jodiefield.com

Most forms of insurance accepted. Sees children and adults. General-mental health counseling and trauma work.

Daniel P. Hovee, LMHC, LMFT,

Olympic View Counseling

(509)997-7827

PO Box 1074

Twisp, WA 98856

Most major insurances accepted. Individual, family and marriage counseling.

Kate MacDonald, PhD, RN

(509)341-4415 or (425)442-4848

North Glover Healing Center

124 North Glover St

Twisp, WA 98856

drkatemacdonald@icloud.com

Accepts most insurances; sliding scale available for private pay.

Cognitive Behavioral Therapy, MBSR, EMDR, Biofeedback, Anxiety,

Depression, PTSD, Stress-related disorders/issues, Chronic Illness,

End of Life issues. Wellness Coaching.

Susan Peterson, MS, LMHCA

(509)341-4487

105 Norfolk Rd (in the Methow Valley Wellness Center)

PO Box 1022

Winthrop, WA 98862

suepetersonms@yahoo.com

www.SuePetersonMS.com

Major insurances may reimburse for services; sliding scale available.

Counseling for individual adolescents & adults: Depression, Anxiety,

Grief & Loss, Life Changes, Personal Growth, Trauma, Christian

counseling.

Valerie Potts, MA, LMHC

(509)996-3423

134 Riverside Avenue, Suite F

Winthrop, WA 98862

Most major insurances accepted, including Molina. Payment based on

a sliding fee scale is available for qualified participants. Children and

Family Therapy.

Megan Schmidt, Psy.D., Licensed Clinical Psychologist

(509)449-1207

The Purple Sage Building, 2nd Floor

245 Riverside Ave. / PO Box 1311

Winthrop, WA 98862

MeganSchmidt28@hotmail.com

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

Lisa Spitzmiller, MA, LMHC

(509)341-4542

134 Riverside Ave, Suite I / PO Box 1252

Winthrop, WA 98862

elsptz@aol.com

Accepts major insurances, Molina (may have waiting list), offers sliding fee scale. Counseling for children and adults.

Jeffrey Ulmer, PhD, Licensed Clinical Psychologist

(509)996-2606

(509)341-4415

134D Riverside Avenue

Winthrop, WA 98862

Most major insurances accepted, including Medicare. Takes one Molina patient at a time. Offers sliding fee scale for couples. Clinical Psychology for adolescents and adults.

SENIOR CITIZENS

Addus Health Care

(509)422-3400

217 2nd Avenue North

Okanogan, WA 98840

www.addus.com

Offers home healthcare services from companionship to specialized care.

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.

Frontier Home Health & Hospice

(509)422-6721

800 South Jasmine Suite 3

Omak WA 98841

www.frontierhomehealth&hospice.com

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

Guardian Angels

(509)997-0227 - The Cove

(509)996-2569 - Eunice Marchbank

Twisp, WA 98856

www.thecovecares.com

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

Fax: (509)996-4418

109 Norfolk Street

PO Box 1260

Winthrop, WA 98862

www.JamiesPlaceHomes.com

Adult Family Home

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.

Lookout Coalition - A Program of Room One

(509)997-2050

315 S. Lincoln St.

Twisp, WA 98856

Provides consultation and care coordination services for Methow Valley community members facing difficult medical decisions, end of life, chronic illness, and to assist seniors who want to stay in their homes. The Lookout Coalition also works to improve quality of life for our aging community. Services are provided free of charge.

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. 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.

Social Security Administration

(800)772-1213 - National
(877)669-3125 - Wenatchee
301 Yakima St, Ste 212
Wenatchee, WA 98801
www.ssa.gov

The Social Security Administration is a government organization that manages social security cards, disability, retirement, survivor's benefits, and Medicare. People can find information on the website about applying for a new social security card, Medicare, disability, supplemental security income, survivor benefits, and retirement benefits. You can find forms on the website, as well as start the application process for some programs online. Applying over the phone is also available. Review the website before applying to find out what will be needed to apply and if you are eligible for benefits

SUICIDE INTERVENTION

American Association of Suicidology

(202)237-2280
5221 Wisconsin Avenue, NW
Washington, DC 20015
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 24-hour Crisis Line

Okanogan County Behavioral Health
(866)826-6191

Suicide Prevention Coalition of North Central Washington

(509)881-8122

www.spcncw.com/

The Suicide Prevention Coalition of NCW's mission is to help reduce the incidence of suicide through greater access to information, training and resources, reducing barriers and stigma, and to be a clearinghouse for information related to suicides within North Central Washington.

Veteran's Crisis Line - 24 hours

(800)273-8255 *Press 1

www.veteranscrisisline.net/

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

The Trevor Lifeline

(866)488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth. If you are in crisis or thinking about suicide you deserve immediate support. Please call the Trevor Lifeline.

Youth Suicide Prevention Program

(800)273-TALK (8255) 24/7 Hotline

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.

Local - \$2.00 all day for Seniors, \$1.00 per boarding for general public.

Wenatchee – 3rd Tuesday of the month, departs at 8:00am & returns by 6pm - \$8.00 per trip for Seniors, \$16.00 for general public.

Omak – 2nd Tuesday of the month, departs at 8:30am & returns by 4pm - \$2.75 per trip for Seniors, \$5.50 for general public.

People for People

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

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

Fax: (509)574-5085

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.

Methow Valley Ride Share

www.methowrideshare.org

On-line directory where you can find or offer rides with date and destination.

Salvation Army - Emergency Assistance

(509)997-2050

Contact Client Advocates at Room One

The Salvation Army Emergency Assistance Program exists to provide short-term emergency and disaster assistance to resident and transient populations residing in areas not served by a Salvation Army Corps. Services include lodging, food, fuel/gas, prescriptions, rental assistance and utilities. Available 1x a year and has limited budget.

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)826-3221

619 South Second

Okanogan, WA 98840

www.thesupportcenter.org

www.wccva.org

The Crime Victim Service Center provides advocate services to victims of crime as well as 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)422-7289

247 4th North (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

contact ABCF@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 Cancer Screening - Confluence Health

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

820 N. Chelan

PO Box 489

Wenatchee, WA 98807

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. Assists runaways to find a safe 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 non-judgemental help line answered by teens where the caller can talk about what's concerning them, explore their options and make healthy, self-respecting decisions.

Open evenings from 6pm - 10pm., 365 days/year.

Valley Teen Center

(509)341-4279

mvalleyteencenter@gmail.com

502 S. Glover St. (TwispWorks Campus)

PO Box 478

Twisp, WA 98856

MValleyTeenCenter.wordpress.com

The Valley Teen Center is a youth-driven organization dedicated to fostering positive connections to a better present and future for all teens in our community. By providing a safe and supportive environment, enrichment activities, and community leadership and volunteerism, VTC focuses on each teen's personal success in the Methow Valley and beyond.

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