

Community Resources

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Community Resources

A guide for the Gresham Counseling Department

Crisis Lines:

Lines for Life

- 1-800-273-8255

Youthline (A peer crisis line for youth)

- Text “teen2teen” to 839863
- 1-877-968-8491 (phone)

Multnomah County Crisis Line

- 503-988-4888

Clackamas County Crisis Line

- 503-655-8585

The Trevor Project (A crisis line for LGBTQ+ youth)

- 1-866-488-7386

National Suicide Hotline

- 1-800-SUICIDE

Child Abuse Hotline

- 503-731-3100

UNICA

- *24-Hour Crisis Line: 503-232-4448*
- *24-Hour Crisis Line TOLL FREE: 1-888-232-4448*

Services to survivors of domestic/sexual violence including 24-hr Spanish language crisis line operated by El Programa Hispano.

Cascadia Urgent Walk-In Clinic

Open everyday from 7:30am – 10:30pm
Serves Adults, Children, and Families
2415 SE 43rd

Outpatient Mental Health Referrals:

Lifeworks NW

400 NE 7th Street
Gresham, OR 97030

503-661-5455

(They take OHP and private insurance)

For first time appointments call 503-645-9010 or 1-888-645-1666. For follow-up calls, please contact the LifeWorks NW office number above.

Western Psychological and Counseling Services, West Gresham

1700 NW Civic Dr # 310, Gresham, OR 97030

503-666-8832

(They take OHP and private insurance)

Western Psychological and Counseling Services, East Gresham

2222 E. Powell Blvd.
Gresham, OR 97080

503-669-4300

Morrison Center

912 NE Kelly Ave, Suite 200
Gresham, OR 97030

503-258-4381

(They take OHP and private insurance)

Cascadia Behavioral Healthcare

10373 NE Hancock St, Suite 200
Portland, OR 97220

503-674-7777 for intake

(They take OHP and some private insurance)

Kaiser Permanente

1550 NW Eastman Parkway, Suite 100
Gresham, OR 97030

(They take Kaiser insurance only)

For first time appointments call 503-249-3434. For return visits call 503-571-2525.

For emergency psychiatric services call 503-331-6425.

Centennial School-Based Health Center

3505 SE 182nd Ave.

Gresham, OR 97030

503-988-5488

(If a student's need is urgent and this clinic is full, receptionist may be able to find an appt time at Parkrose school-based health center)

Clackamas County Behavioral Health Care

Call **503-655-8401** for intake and locations

(OHP and sliding fee scale)

Bicultural (Latino) Mental Health Services:

Western Conexiones

3500 NE MLK, Portland, OR 97212

503-327-8205

Find a therapist

Families can search for a specific therapist by location, insurance accepted and issue at this website:

<https://therapists.psychologytoday.com/rms/>

Bereavement resources:

Dougy Center for Grieving Children

503-775-5683

(Located in Portland)

SHELL (Support and Healing for Early Life Losses) at Mt. Hood Hospice

Groups for children and young adults who are grieving the death of someone close.

503-668-5545

(Located in Sandy, OR)

Homeless resources:

Youth services:

(The homeless youth continuum comprises a group of agencies (Native American Youth and Family Center, New Avenues for Youth, Outside In, Janus Youth) who work together to identify the most appropriate agency to work with a youth. A youth can contact any number below to access help.)

Youth Hotline through New Avenues for Youth

- 1-800-995-7936

Runaway Hotline through Janus Youth

- 503-233-8111

Access Center for Homeless Youth

- 503-432-3986
- Following the screening, youth begin working with an assertive engagement team member who provides support and linkage to identify and meet the youth's needs.

Porchlight (To access shelter/assistance after 5pm)

- 503-222-5933

My Father's House (shelter for families located in Gresham)

- 503-492-3046

Second Home

- A partnership between East Metro Mediation and the Gresham-Barlow School District. Students are placed with families in the community.
- Unaccompanied, homeless youth (16-21 y/o) are eligible if they do not have active drug and alcohol issues
- Referrals are made via referral form available to Counselors and Social Worker. Please contact Social Worker for form or with questions.

Adult services:

Call **2-1-1** for shelter information and availability for families with children, for women with children, for winter shelter information, and for day time shelter information.

Human Solutions

- 503-548-0200
Access point for families or adults with any housing needs, including shelter, energy assistance, prevention services

Pregnancy/Contraception/Sexual Health:

Planned Parenthood

3231 SE 50th

Portland, OR 97206

888-875-7820

<http://www.plannedparenthood.org>

They can assist people with and without insurance. They offer women's and men's primary healthcare, contraception, abortion services, STD screening.

Centennial High School Health Center

3505 SE 182nd Ave

Gresham, OR 97030

503-988-5488

They assist school-age youth in Multnomah County regardless of insurance. They provide age-appropriate reproductive health services, contraception, primary health services and mental health services.

Cascade Aids Hotline

503-223-5907

Cascade Aids Project assists youth and adults with a range of services including HIV testing, counseling, outreach and education.

Insights Teen Parent Program

503-239-6996

They provide a wide range of in-home and community-based assistance for teen parents and their children. They are located in Portland, so teen must be able to get to NE Portland to receive services.

El Programa Hispano

2740 SE Powell Blvd., #7 (Third Floor)

Portland, Oregon 97202

503-238-5196

They provide pregnancy support and adoption services to the Latino community.

(Pregnancy/Contraception/Sexual Health continued)

Pregnancy Resource Center

503-666-6527

This clinic, located near GHS, does not provide contraception or abortion services. They offer pregnancy tests and ultrasound exams, support for women during pregnancy, and information about adoption options.

Energy/Utility Assistance:

Call **2-1-1** (or visit 211info.org) for current resources and availability for help with water, power, gas and phone bills. By using 2-1-1, clients do not need to call individual agencies to find help.

Health Care Services:

Centennial School-Based Health Center

3505 SE 182nd Ave
Gresham, OR 97030

503-988-5488

They have primary care services including dental and vision
(They take private insurance, OHP and uninsured students within Multnomah County)

Multnomah County Health Clinic--East (Low cost or OHP)

600 NE 8th St
3rd Floor
Gresham , OR 97030

503-988-5155

(They take uninsured (\$25 office visit) or OHP)

Wallace Medical Concern (Low cost)

Rockwood Building
124 NE 181st Ave Suite 120
Portland, OR 97230

503-489-1760 x800

(Visits by appointment only. Please arrive 15 minutes prior to appointment)

They offer a primary care clinic, two urgent care clinics, as well as a Mobile Medical Clinic with physician and nursing staff. Services include basic urgent care; chronic condition management; well child visits and immunizations; and prenatal, dermatology, podiatry and chiropractic services.

Mercy and Wisdom Community Health Clinic (Low cost)

8401 SE Powell Blvd
Portland Oregon 97266

503-227-1222

Mercy & Wisdom Community Health Clinic provides primary natural health care services to the community, especially to the medically underserved population with low income and no insurance. It also serves as an educational institute to teach the public how to achieve and maintain health physically, mentally, emotionally, and spiritually.

Dental Services:

- **Centennial School-Based Health Clinic (see above)**
- **The Children's Program through OEBC (See counselor or social worker for referral form for uninsured children ages 6-12)**
- **Multnomah County Health Department (Low cost or OHP)**
503-988-6942
They can see patients with OHP or uninsured patients with urgent needs.
- **Mt. Hood Community College Dental Clinic (Low cost)**
503-491-7176 www.mhcc.edu
26000 SE Stark St. Gresham, OR 97030
Cleaning, x-rays, fluoride treatments for low income adults and children performed by dental hygiene students. Fees: \$5 screening fee, \$25-\$45 cleaning fee. By appt only. Closed June 1st-October 1st.

Vision Assistance:

Oregon Lions Sight & Hearing Foundation/KEX Kids Fund

- Eligible students (uninsured and enrolled in free/reduced lunch) can receive free vision exam and eyeglasses. Must not have used the program within the past 12 months. Refer to Social Worker to complete application.

Health Insurance:

Applications for a variety of health plans has been consolidated through the national health insurance website, <http://www.oregonhealthcare.gov/index-2.html>. These plans include:

OHP

The Oregon Health Plan is Oregon's Medicaid program. To qualify for OHP, individuals and families must meet income and residency requirements. Oregonians may also qualify based on age and disability status.

Healthy Kids

Healthy Kids is available to kids and teens (0-18) whose family earns up to 300 percent of the Federal Poverty Level. That's about \$46,600 a year for a family of two or \$82,000 a year for a family of five.

Special benefits for members of Tribes

Private health plans available through HealthCare.gov and public plans available through the Oregon Health Plan and Healthy Kids include special benefits for American Indians and Alaska Natives who are enrolled in a federally recognized Tribe.

Private Health Insurance

A variety of plans to choose from are available on this website.

To apply for any of these types of insurance:

- Apply online at the website: <http://www.oregonhealthcare.gov/get-help.html>
- Call OHP Customer Service at **1-800-699-9075** (expect a long wait time on hold)
- Go to a Multnomah County Health clinic to meet with eligibility specialist
- Print out a paper application and mail it in to the address on the application
- Contact the MESD Outreach Specialists to assist with the process at **503-257-1732**
- Go to El Programa Hispano for help from an eligibility specialist. Call for times.

Kaiser Child Health Program

The Kaiser Permanente Child Health Program is open to children **who are not US citizens/Permanent Citizens**. Kaiser Foundation Health Plans of the Northwest (KFHPNW) offers **FREE** health care to children in Multnomah and Clackamas counties.

Coverage is targeted to students in public schools who are in kindergarten through 12th grade. Coverage extends to eligible siblings starting with those at age 3. Parents are not covered. The child must not be enrolled in any other health insurance, public or private. Children enrolled in CAWEM (emergency) are still eligible for Kaiser Child Health Program. Contact MESD Outreach Specialist for assistance with this, **503-257-1732**.

Food Assistance:

Supplemental Nutrition Assistance Program (formerly called “food stamps”)

- SNAP offers food benefits to eligible, low-income individuals and families.
- Apply online at <https://apps.state.or.us/onlineApplication/> or
- Print out paper application from website, complete it, and mail it to the address on the form or
- Go to the local self-sufficiency office for assistance at 11826 NE Glisan, Portland 97220, or call them at **503-491-1979**.
- Go to El Programa Hispano for help from an eligibility specialist. Call for times.

Zarephath

- Zarephath Kitchen and Pantry is a community outreach program housed in Gresham, Oregon providing food for low-income families and the homeless in the Gresham, Troutdale, Wood Village, Fairview and surrounding area.
- Open 10 a.m. to 2 p.m. It is open every weekday except Tuesday.
- 59 NW Ava Street, Gresham, OR 97030
People getting food must live east of 181st Avenue, must show identification for all adults in the family, and go through a short interview that asks about other assistance they may be receiving.
- Contact them via email info@zmgresham.org

Metro Church of Christ

- Mamie’s Pantry provides emergency food boxes Monday-Friday 10am-2:00pm
- 1525 NW Division, Gresham

Snowcap Community Charities

- **Client Service Hours:**
Monday: 10:00 AM to 2:00 PM
Tuesday: 10:00 AM to 4:00 PM
Wednesday: 10:00 AM to 2:00 PM
AND 6:00 PM to 8:00 PM
Thursday: 10:00 AM to 2:00 PM
Friday: 10:00 AM to 2:00 PM
- **Emergency Food**
Food is available at SnowCap's shopping style pantry located behind the Rockwood United Methodist Church at 17805 SE Stark.
- Bring proof of address (POA) that is dated within the last 30 days. Please bring your own bags or boxes. SnowCap serves people who live east of 82nd and within Multnomah County so POA is required for every visit.
- Contact **503-674-8785**

Typically some local organizations offer specific food/gift assistance around Christmas. Social worker will disseminate this information as it becomes publicized.

Clothing Assistance:

Snowcap Community Charities

17805 SE Stark St
Portland, OR
503-674-8785

Hours:

Monday: 10:00 AM to 2:00 PM
Tuesday: 10:00 AM to 4:00 PM
Wednesday: 10:00 AM to 2:00 PM
AND 6:00 PM to 8:00 PM
Thursday: 10:00 AM to 2:00 PM
Friday: 10:00 AM to 2:00 PM

Gresham High School Clothing Closet

Students can select clothing from the clothing closet here at school. They can access it via the SUN program or the Social Worker.

OEA Grants

Available through the counseling department.

District Title X Clothing Resources:

Northwest Children's Outreach

Gently used clothing. Students who are designated Title X access this through the Social Worker who completes an application. Supplies are limited.

Socks and Underwear

Students access this resource through the Social Worker who completes an application. Supplies are limited.

Ross Dress for Less Gift Card

\$50 gift cards are available to students who have exhausted the prior two Title X resources but still have unmet clothing needs. Social Worker completes application.

Alcohol and Drug Resources:

Lifeworks NW

503-645-9010

Outpatient Treatment

Insurance: OHP, Private

Western Psychological and Counseling Services

503-659-5515

Outpatient Treatment

(This location is in Gladstone, but WPCS will be opening a Gresham location in late 2016 or early 2017)

Insurance: OHP, Private

DePaul Treatment Center

503-535-1151

Outpatient and Residential Treatment

Insurance: OHP, Private, some limited slots for uninsured

NARA

Referral and intake

Referrals for Child and Family Services are received:

Monday through Friday 8:00 a.m. to 5:00 p.m.

To schedule an appointment or initiate services, please call the intake line at

503-953-6598

Holiday Assistance

Agencies and organizations providing holiday assistance vary year to year. Please check resources before referring families.

SALVATION ARMY CASCADE DIVISION GRESHAM CHRISTMAS PROGRAMS

(503) 661-2704 ext. 204 Christmas Hotline

Notes: Serves east Multnomah County

Food box application started Wednesday, November 9 2016 Monday-Thursday
9am-noon and 1pm-3pm

St. Vincent De Paul

CHRISTMAS PROGRAMS

(503) 595-2292 Christmas Food Boxes

Notes: Call Monday-Friday 9am-3pm from Monday, November 7, 2016 until capacity is reached. They deliver food baskets to homes.

Snow Cap

They do not offer food baskets but try to stock their food pantry with seasonal, holiday favorites 1-2 weeks before Thanksgiving and Christmas. Some years they offer toys to families with young children. Contact them directly in November to apply.

Kirsten@snowcap.org

City Bible Church

They typically offer one toy for children ages 0-12. Registration begins in November and is first come, first served. Contact Rocky Butte campus for information.

<http://www.citybiblechurch.org/campuses/rocky-butte/>

Metro Church of Christ

Typically offers Thanksgiving food baskets. Previously has offered Christmas food baskets but not in 2016. They also run Mamie's Pantry emergency food pantry.

<http://www.metrofoodbox.com/our-ministry.html>

Clackamas County Toy and Joy/Compassion in Action

This program is for Clackamas County residents only. They distribute food and toys to low-income families. Applications are available at Clackamas county DHS office and other social service agencies. Applications must be mailed in and are typically accepted until the first week of December. Call **503-632-0562** for information.

LGBTQ Resources

SMYRC (Sexual and Minority Youth Resource Center)

SMYRC provides a safe, supervised, harassment-free space for sexual and gender minority youth ages 13-23 who participate in positive activities like art, music, community organizing, open mic nights, drag shows, and support groups and receive services including case management, counseling, education, and more.

<http://www.smyrc.org/>

Call **503.432.3986**.

Q CENTER

Q Center provides a safe space to support and celebrate LGBTQ diversity, equity, visibility and community building. Call **(503) 234-7837**.

<http://www.pdxqcenter.org/resources/>

TRANSACTIVE GENDER CENTER

TransActive Gender Center provides a holistic range of services and expertise to empower transgender and gender diverse children, youth and their families in living healthy lives, free of discrimination. Call **503-252-3000**.

<http://www.transactiveonline.org/index.php>

EDUCATION, SCHOOLS AND SCHOLARSHIPS FOR LGBTQ STUDENTS

<https://www.portlandoregon.gov/73683>

THE TREVOR PROJECT

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Trevor Lifeline at **866-488-7386**.

TrevorText - Text "Trevor" to 1-202-304-1200.

CULTURALLY SPECIFIC RESOURCES

IMMIGRANT & REFUGEE COMMUNITY ORGANIZATION (IRCO)

Assists refugees, immigrants, and multi-ethnic communities in the metro Portland area to be self-sufficient, healthy, and integrate into the community at large. Focuses on a variety of social and employment services. Call **(503) 234-1541**.

AFRICA HOUSE

Africa House is the only culturally and linguistically specific one stop center targeting the increasingly diverse and rapidly growing number of African immigrants and refugees living in Oregon. Call **503.802.0082**.

ASIAN FAMILY CENTER

AFC's mission is to provide and promote culturally relevant services to API families and to contribute rich cultural values and unique experiences that enhance the overall quality of community life. Call **503.235.9396**.

LATINO NETWORK

Promotes social change by cultivating the power of the Latino community. Services seek to strengthen community voice, cultivate financial, educational, and leadership skills, and build trusting, supportive relationships between community members and among service organizations. Call **(503) 283-6881**.

NATIVE AMERICAN REHABILITATION ASSOCIATION

Provides education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and other vulnerable populations. Call **971-279-4800**.

ASIAN HEALTH & SERVICE CENTER

Attempts to bridge the gap between Asian and American cultures, particularly focused on reducing health disparities and increasing access to high-quality health care for all Asians. Provides culturally and linguistically sensitive care to Asians, including outpatient mental health services, disease education and management, cancer prevention and screening, immunization and education, and senior programming. Call **503-872-8822**.

EL PROGRAMA HISPANO CATOLICO

El Programa Hispano Católico provides a wide array of social services to low-income Latinos in the Portland metro area to increase self-sufficiency within the Latino community, to empower individuals to achieve a better quality of life, to promote mutual understanding and respect among cultures. Call **503.669.8350**.

ECUMENICAL MINISTRIES OF OREGON'S RUSSIAN OREGON SOCIAL SERVICES

Ecumenical Ministries of Oregon's Russian Oregon Social Services
Seeks to integrate the Russian-speaking population into metro Portland and SW Washington by providing services such as English (ESL) classes, citizenship preparation classes, community orientation, agency referrals, domestic violence services, mental health counseling, breast health education, dental care and pro-bono legal consultations. Call **(503) 777-3437**.