

Don't Panic Here's Help

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This is a community document. If you notice a change in phone, email or the organization has gone out of business, or you want to add one please contact

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AGING/CAREGIVING SUPPORT

Agency	Phone Number	Services
Community Living Connections	509-960-7281	Spokane's aging and disability hotline- referrals and information on housing, in home care, transport, caregiver support, food, health insurance, long term care, etc.
Aging and Long Term Care (ALTCEW)	509-458-2509	Provides a variety of services to seniors and vulnerable adults. http://www.altcew.org/
Meals on Wheels (Greater Spokane)	509-924-6976 (F)509-926-4606	Delivers hot, nutritious meals to elderly, disabled, homebound seniors. Payment discussed at intake. Criteria: Within Spokane city limits, homebound, unable to provide or prepare nutritious meals, and meet vulnerability criteria. *Under 60 can receive meals if meet criteria, but pay 4.00 dollars a meal and have a Dr/Clinic note stating patient is essentially homebound and would benefit from meals on wheels and duration it is needed.
Providence Adult Day Health	509-482-2475	Day center for seniors. Online application http://washington.providence.org/~media/files/providence/senior%20care/spokane%20adult%20day%20health/clientapplicationform.pdf/
Washington State Long Term Ombudsman Program	1-800-562-6028	Advocate for residents of nursing homes, adult family homes, and assisted living facilities.
Care Patrol	1-866-560-5656	Assistance for individuals placing loved ones in care facilities.
A Place for Mom	855-895-0241	Assistance in locating an assisted living, adult family home, and skilled nursing facility for family members.
Kindred at Home	866-546-3733 509-464-4970	Home health, caregiving, hospice, personal care.
Elder Services (Frontier Behavioral Health)	509-458-7450	Case management, med management, group therapy, caregiver support, etc.

CELL PHONES

Agency	Phone Number	Services
Assurance Wireless	1-877-566-1281 https://www.assurancewireless.com/ Be sure to put zip code that matches mailing address	Free cell phone and service. Limited call minutes and data but can purchase more. Unlimited texting
SafeLink Wireless	1-800-723-3546 https://www.safelinkwireless.com/Enrollment/Safelink/en/Web/www/default/index.html#!/newHome	Free cell phone service. Must have phone or can purchase from them at \$15 a month.

First Call for Help.....1-877-266-1818
Alcoholics Anonymous.....509-624-1442
Al-Anon (Family/Significant other support).....509-624-1442
Narcotics Anonymous.....509-325-5045

Agency	Phone Number	Funding
Daybreak Youth Services	509-624-3227 ext. 24	Private Pay, Some Insurances, State Medical, Low Income

OUTPATIENT TREATMENT

Agency	Phone Number	Funding
Daybreak Youth Services (Females only)	509-444-7033	Private Pay, Some Insurances, State Medical
Daybreak Youth Services – Valley	509-927-1991	Private Pay, Some Insurances, State Medical
Excelsior Youth Centers, Inc.	509-328-7041	Private Pay, Some Insurances, State Medical
Native Project	509-325-5502	Private Pay, Most Insurances, State Medical
Compassionate Addiction Treatment (CAT)	509-919-3362 168 S Division, Spokane, WA 99202	Counseling, Substance Use Treatment, Employment, Housing, Case Management, and more

INPATIENT TREATMENT

Agency	Phone Number	Funding
Daybreak Youth Services (Females only)	509-624-3227 ext. 24	Private Pay, Some Insurances, State Medical, Low Income
Excelsior Youth Centers, Inc. – (Males only) Inpatient and Recovery House	509-328-7041	Private Pay, Some Insurances, State Medical
The Healing Lodge - Butterfly Pelpalwichiya Girls	509-533-6910	Private Pay, State Medical, IHS (Indian Health Services), Some Insurances
The Healing Lodge - Cedar Boys COD	509-533-6910	Private Pay, State Medical, IHS, Some Insurances
The Healing Lodge - Sage Boys CD	509-533-6910	Private Pay, State Medical, IHS, Some Insurances

CHEMICAL DEPENDENCY SERVICES ADULT

- First Call for Help..... 1-877-266-1818
- Alcoholics Anonymous..... 509-624-1442
- Al-Anon (Family/Significant other support)..... 509-624-1442
- Narcotics Anonymous..... 509-325-5045
- Compassionate Addiction Treatment..215 W 2nd..... 509-919-3362
M, T, TH, F-10-6, W-11-6, walk-in counseling groups, Suboxone (T &TH 2:30-6:00), Housing assistance and day shelter.
- Ideal Options-same day or next day appointments-suboxone w/in 24 hours of appointment-several locations 1-877-522-1275

ASSESSMENT ONLY

Agency	Phone Number	Funding
ADEPT Assessment --Deer Park	509-276-2797	Private Pay, Insurance, State Medical, Most Insurance, Sliding Scale
ADEPT –Spokane	509-327-3120	Private Pay, Insurances, State Medical
New Horizons Care Centers	509-838-6092	State Medical, Private Insurance, Sliding Scale
Spokane Addiction Recovery Centers (SPARC)	509-624-5228	Private Pay, Private Insurance, Sliding Scale, State Medical

RESIDENTIAL DETOXIFICATION

Agency	Phone Number	Funding
<p>Spokane Treatment and Recovery Services-STARs-(previously Community Detox Services of Spokane)</p> <p>Sobering Unit</p> <p>Withdrawal Management</p> <p>Can call 24/7</p>	<p>509-477-4631 (Front Desk)</p> <p>509-570-7255</p> <p>509-477-4650</p>	<p>Private Pay, Insurance, State Medical-MD can write script to help w/detox, and they can fill and administer</p> <p>Will assess & direct to appropriate place</p> <p>People going through withdrawal</p>
<p>Royal Life Centers</p>	<p>509-808-5059</p>	<p>Private Pay, Private Insurance-under doctor's care</p>

Outpatient/Intensive Outpatient Services

Agency	Phone Number	Funding
Abstemious Outpatient Clinic, Inc. Valley	509-927-7814	Insurance, Private Pay
Adept Assessment Center – Deer Park	509-276-2797	Private Pay, State Medical, Most Insurance, Sliding Scale
Adept Assessment Center – Spokane	509-327-3120	Private Pay, Private Insurance, ADATSA Assessment, Sliding Scale
Camas Path BHS – Airway Heights	509-789-7630	Private Pay, Some Insurances, Native TANF
Colonial Clinic	509-327-9831	Private Pay, Private Insurance
Gateway Counseling Services	509-532-8855	Private Pay, Most Insurances
Harmony Grove Counseling, Inc.	509-926-3361	Private Pay, Sliding Scale, Private Insurance
Lakeside Recovery Center	509-328-5234	Private Pay, Most Insurances, Medicaid-Suboxone Program
New Horizon Counseling Services	509-838-6092	Private Pay, State Medical, Insurance, Sliding Scale
New Horizon Counseling Services - Valley	509-927-1543	Private Pay, State Medical, Insurance, Sliding Scale
Northeast Washington Treatment Alternatives (NEWTA)	509-326-7740	Private Pay, CJTA, State Medical (Title 19)
Serenity Outpatient Services, LLC	509-325-0777	Private Pay, Private Insurance
Social Treatment Opportunity Programs II Inc. (STOP)	509-326-5172	Private Pay, Private Insurance, CPS-DV

Social Treatment Opportunity Programs II Inc. (STOP) – Spokane	509-927-3668	Private Pay, Private Insurance
Spokane Addiction Recovery Centers (SPARC)	509-624-5228	Private Pay, Private Insurance, Sliding Scale, State Medical
Spokane Treatment Solutions	509-324-1420	Private Pay, Some Insurances
STEPPS - Youth Family Adult (YFA) Connections	509-532-2000	Private Pay, Some Insurances, State Medical

Specialized Outpatient Agencies

Agency	Phone Number	Funding
Gateway Counseling – Suboxone Program	509-532-8855	
Ideal Option Suboxone	509-222-1275	
NATIVE Project/Native Health	509-483-7535	Native American, IHS Eligible
Spokane Regional Health District, Treatment Services - Opioid Treatment Program	509-324-1420	Private Pay, Group Health, State Medical
Veterans Administration Medical Center	509-434-7014	Veterans

INPATIENT TREATMENT

Agency	Phone Number	Funding
American Behavioral Health Systems Inc. (Mission Branch) 12715 E Mission Ave Spokane Valley 99216	509-232-5766	Private Pay, Insurance, State Medical
American Behavioral Health Systems Inc. (Cozza Branch) 44 E Cozza Dr. Spokane WA 99208	509-325-6800	Private Pay, Insurance, State Medical
Isabella House (Pregnant/Parenting Women) (New Horizon's operates)	509-624-1244	Private Pay, Insurance, State Medical
Spokane Addiction Recovery Centers (SPARC)	509-624-3251	Private Pay, State Medical, Private Insurance
Sun Ray Court (Adult Male Branch)	509-456-5465	Private Pay, State Medical

CHILD CARE OR RESPITE CARE

Agency	Phone Number	Funding
Child Care Resources & Referral	509-484-0048	Community Minded Enterprises
Cuddles and Care Sick Child Services	509-474-4615	
Martin Luther King Jr. Family Outreach	509-455-8722	

Dentists

CHILDREN & ADOLESCENTS

Agency	Phone Number	Funding
Brent Anyan DDS	509-325-3311	Referred children only
Apple Valley Dental & Orthodontics	509-385-0085	Medicaid only (parents of children)
Patrick Bradley DDS	509-315-3200	
Children's Choice North	509-755-5437	
Children's Choice South	509-624-1182	
Children's Dental Village	509-863-9460	
Children's Dental Village (Valley)	509-891-9011	
Hero Dental & Orthodontist	509-484-4746	
KidSmile	509-926-1234	
The Kidds Place	509-252-4746	
Moffitt Children's Dental	509-838-1445	
Bill Molsberry DDS	509-487-2116	Medicaid only
Molly Gunsaulis DDS	509-922-1333	
South Hill Pediatric Dentistry	509-315-8500	

ADULTS & CHILDREN

Agency	Phone Number	Funding
Ash & Rowan Dental	509-325-1886	Pregnant Women and others as can
John Burke DDS	509-924-0381	
Connie Copetas DDS	509-747-5586	Pregnant Women & wait list adults

Shancie Wagner	509-242-3078	
David Hone	509-534-2666	
Mitchell Martin	509-327-6654	Up to age 21
Condon Family Dental	509-489-4763	
Northview Family Dental	509-489-2538	Wait list
Don Marshall	509-327-3368	
Darin Rich	509-891-7118	If openings
Sleep Dentistry	509-536-5900	Case by case if schedule allows
Tom Weiler	509-326-5620	
Marc Weiland	509-926-1589	Under age 30

PUBLIC CLINICS

Agency	Phone Number	Funding
CHAS – Downtown	509-444-8200	Extractions. 4-6 month waitlist otherwise
CHAS – North	509-487-1604	
CHAS – Deer Park	509-434-0292	
EWU Dental Hygiene Clinic	509-368-6510	Cleanings and minor treatments
Lake Spokane Community Dental	509-464-0002	T/W/F sliding fee scale
Riverstone & IDEA Clinic	509-326-4382	Kids, parents of kids, and emergencies
ALTCEW	509-458-2509	

ORAL SURGEONS

Agency	Phone Number	Funding
Freun & Hauck	509-468-1535	
Oral Surgery Plus	509-928-8800	Must have 5 extractions
Inland Oral Surgery	509-321-1404	

DENTURES

Agency	Phone Number	Funding
Acure Dental & Dentures	509-838-2836	Accepts Medicaid
Fox's Spokane Denture Clinic	509-535-7434	Accepts Medicaid
Ivory	509-795-2330	Accepts Medicaid
Osborn Dentures	509-922-1885	Accepts Medicaid
Precision	509-795-2071	Accepts Medicaid
CHAS – Downtown	509-444-8200	Accepts Medicaid
Michael Aslin	509-489-6283	Accepts Medicaid
William Wilden DDS	509-928-6800	Accepts Medicaid
CHAS – Market	509-444-8200	Accepts Medicaid

EMERGENCY DENTAL PROGRAM

Agency	Phone Number	Funding
Dentistlink.org/provider/	844-888-5465	Accepts all insurances

Developmental Disability Support

Agency	Phone Number	Services
Development Disabilities Administration	509-329-2900 800-462-0624 For DDA clients with no paid Services: 800-319-7116	Diagnosis needs to be made prior to the age of 18.
SOLA Spokane (State Operated Living Alternatives)	509-227-2884	
SL Start (Washington and Idaho)	509-328-2740 Website: http://www.slstart.com/home/about-us/contact-us/	In-home child behavioral support children's residential services, adult supportive listening, adult supported employment and community access.
Winston Center	509-465-1252	Child/Adult assessment and treatment Premera, Blue Cross/Blue Shield, Regence, Group Health, PPO, First Choice, Lifewise
Neurobehavioral Institute	509-456-3600	Child/Adult Counseling and assessment Blue Cross, Regence, Asuris, Aetna, Group Health PPO, TriCare

<p>Northwest Autism Center (child find-screening through SRHD)</p>	<p>509-325-1582</p>	<p>Screenings and treatment, resources, and evaluations-refer out for assessments</p> <p>Ages 3-21 years old</p> <p>State insurance, CHPW, most private insurance</p>
<p>Infant Toddler Network (SRHD)-Birth - 3</p>	<p>509-324-1651</p>	<p>Testing and treatment before age of 3.</p>
<p>Joya Child and Family Development</p>	<p>509-326-1651 1016 N Superior St Spokane, WA 99202</p>	<p>Neurodevelopmental Center of Excellence and Pediatric Therapy Services</p>

DOMESTIC VIOLENCE/ SEXUAL ASSAULT/FAMILY TRAUMA

Agency	Phone Number	Services
YWCA	Helpline: 509-326-2255 Legal Advocate: 509-789-9297	Support, legal advice, acute protection, shelter
Washington Coalition of Sexual Assault Programs	Phone (360) 754-7583 Website: http://www.wcsap.org /	Resources and information
Lutheran Community Services Sexual Assault and Family Trauma Crisis Response	509-747-8224 24 hour crisis line: 509-624-7273	Sexual assault and family trauma crisis response.
Lutheran Community Services Crime Victims Advocacy	24 Hour Crime Victim Crisis Line: 866-751-7119	
Child Protective Services	509-363-3333 After hours: (800)562-5624	To report suspected child abuse
Adult Protective Services	1-800-459-0421	To report suspected vulnerable adult abuse or gravely disabled person.

EDUCATION

Agency	Phone Number	Services
Community Colleges of Spokane (CCS) Adult Education and Transitional Studies Programs	509-533-4600	Pre-high school and high school equivalency programs for 19+ and college prep classes.
CCS English as a Second Language	509-533-4671	Must complete placement testing prior to enrollment. Class for non-native English speakers.
CCS High School Completion Program	509-533-4600	Individuals 17-18 can earn 1-3 credits to complete graduation requirements for diploma. Must receive written release from Office of the Superintendent of Public Instruction.
CCS High School Equivalency Certificate	509-533-4600	Assists adults in obtaining high school equivalency certificate to enroll in college courses.
CCS I-BEST Program	509-279-6226	Allows eligible adult students to complete adult education courses (high school equivalency or ESL) while enrolled in college level technical programs in high-demand fields (Automotive, Medical/Legal Office, etc...).
CCS PACE Services	509-279-6033	Helps adults with cognitive, physical, sensory, or sensory disabilities achieve employment and ongoing education.
CCS Read RIGHT	509-279-6028	Assists adults with reading problems or comprehension problems.

CCS Ready Program	509-279-6028	Employment based for individuals with barriers to both academic achievement and productive employment. Industry specific training.
CCS SEER Program	509-279-6055	Noncredit college based supported education and employment program designed to assist individuals with psychiatric disabilities pursue work, education and volunteerism as part of recovery. Also provides support for individuals enrolled in college credit classes.
CCS Transitions	509-279-6033	Offers wide range of noncredit classes and employment services for special education students 18-21 to help transition to a college environment.

EMPLOYMENT RESOURCES

Agency	Phone Number	Funding
Career Path Services	509-326-7520	
Center for School to Work	509-456-7660	
Goodwill Industries	509-462-0513	
Worksource Spokane	509-532-3120 esd.wa.gov/unemployment	
Washington State Division of Vocational Rehabilitation	360-725-3636 1-800-548-0941 Spokane-509-363-4700	Assist people with physical, sensory, cognitive, or mental disability.

ENERGY ASSISTANCE

Agency	Phone Number	Services
SNAP	509-456-7627	Can help eligible households ease the financial impact of a portion of heating costs.

FOOD/NUTRITION

Agency	Phone Number	Services
Second Harvest Food Banks	509-534-6678	http://www.2-harvest.org/eastern-washington/ List of all area food banks Mobile Food Bank Information
Spokane Regional Health District	http://www.srhd.org/services/wic.asp	WIC Nutrition Program, tips on achieving a healthier lifestyle
USDA	https://www.choosemyplate.gov/about-us	Tips and info on making healthier life choices through proper nutrition and exercise.
Meals on Wheels	509-456-6597-Spokane (F)509-926-4606 509-924-6976-Greater Spokane (service a larger part of the community and may have some different requirements than the Spokane MOW).	Intake via phone. Provides meals to individuals 60+ who are homebound, unable to or have difficulty preparing meals, and unable to perform daily activities. Payment discussed at intake. Under 60 can receive services with 4 dollar per meal charge-need Dr/Clinic note stating patient is essentially homebound and would benefit from meals on wheels and duration it is needed.
WIC Program	509-323-7497	Nutrition program for women, infants, and children. Multiple locations (call main line)

FURNITURE RESOURCES

Agency	Phone Number	Services
Teen Challenge Thrift Store	509-327-1383	
Goodwill	509-462-0513	Multiple retail stores
Mission Community Outreach Center	509-536-1084	
New Hope Resource Center	509-467-2900	
Value Village	509-325-2569	

HOME REPAIR

Agency	Phone Number	Services
SNAP	509-456-7627	Minor home repair including septic, sewer, plumbing, roofing, hot water tanks, furnace repair, appliance repair, wheelchair ramps, handrails, etc.
Catholic Charities (Volunteer Chore Services)	509-358-4250	Assistance with transportation and chores around house for low-income/disability over 60. Non mental health and no wheelchair.

HOMELESS SHELTERS/SERVICES

(<https://my.spokanecity.org/news/releases/2024/01/12/additional-warming-spaces-now-open/>)

MEN'S SHELTERS

Agency	Phone Number	Location	Other Services
Truth Ministries	509-456-2576	1910 E Sprague Ave Spokane WA 99202	
Union Gospel Mission	509-535-8510	1224 E Trent Spokane WA 99202	Emergency Shelter, Employment Ready Program, Recovery Programs, and Food

WOMEN'S SHELTERS

Agency	Phone Number	Location	Other Services
Union Gospel Mission	509-535-0486	1515 E Illinois	Crisis shelter, classes, food, showers, and case management
Hope House	509-455-2886	312 W. 8th	Emergency Shelter, Housing assistance, showers, case management, and food
Women's Hearth Day Center	509-455-4849	920 W 2nd Ave	Showers, food, hygiene products, referrals for social services including housing and mental health. Access to computers/internet.

MEN AND WOMEN'S SHELTERS

Agency	Phone Number	Location	Other Services
House of charity	509-624-7821	32 W Pacific Ave, Spokane, WA 99201	Case management, food, clothing, showers
Jewels Helping Hands	Julie Garcia, 509-263-5502	527 S Cannon, Spokane	Shelter, portable shower unit, hygiene products

TEEN SHELTERS

Agency	Phone Number	Location	Other Services
Crosswalk	509-838-6596	525 W Second Spokane WA 99201	Emergency shelter, clothing, showers, employment readiness, and other programs

CRISIS SHELTERS/SERVICES

Agency	Phone Number	Other Services
YWCA (Domestic Violence)	509-326-2255	Legal assistance, safety planning, case management, education, and other programs
Crisis Residential Center (Teens)	509-624-2868	Temporary shelter, crisis counseling, case management, group counseling
Vanessa Behan Crisis Nursery (Children)	509-535-3155	Family support, parenting classes, diaper/formula support, and other resources

VETS

Agency	Phone Number	Services
Vet's Homeless Outreach	509-624-4738	This agency/service is for vets only

FREE MEAL SITES

Agency	Days	Times	Location
Crosswalk for Teens	Everyday	Breakfast: 9:00-9:30 Lunch: 12:00 – 12:30 Dinner: 6:00 – 6:30	525 W 2 nd Spokane WA 99201
House of Charity	Tue – Sun	Breakfast: 7:30 – 8:30 Lunch: 11:00 – 11:30	32 W Pacific Ave Spokane WA 99201
Shalom Ministries	Mon - Thurs	Breakfast: 7:30 – 8:30	518 W 3 rd Spokane WA 99201
Union Gospel Mission	Every Day	Lunch: 12:00 – 12:30	1224 E Trent Ave. Spokane WA 99204
City Gate	Wed, Fri – Sun	Dinner: 7:00 – 8:30	170 S. Madison St. Spokane WA 99201

HOUSING

Agency	Phone Number	Services
Spokane Housing Ventures	509-232-0170	Supportive housing for the homeless, senior living communities, apartments for low income individuals and families.
Spokane Center for Independent Living	509-326-6355	Assist individuals with disabilities in accessing housing and independent living skills.
SNAP	509-456-7627	Low-income housing, rapid rehousing and transitional housing for homeless individuals, transitional housing for families.
Housing and Essential Needs Program	509-462-0518	Access to essential needs items and potential housing assistance for low-income adults who are unable to work for at least 90 days due to a physical or mental incapacity and are ineligible for Aged, Blind, or Disabled (ABD) cash assistance.
Family Promise/Stepping Stones	509-747-5487 f-509-747-5537	Shelter, meals, and services A program through Salvation Army
Washington Connection	https://www.washingtonconnection.org/home/	Online screening tool to link individuals to resources and assistance.
Spokane Housing Authority	328-2953	HUD subsidized apartments, housing choice vouchers (Section 8).
Salvation Army (Spokane) 222 E Indiana 127 E Nora	509-325-6810 509-326-7290	Homeless family coordinated assessment, transitional housing for homeless families, family emergency shelter, rental asst.

Catholic Charities Coordinated Entry	509-358-4250 (main) 509-325-5005 19 W Pacific, Spokane	For people who are homeless or at risk of becoming homeless-M & W 12:30-4:30, T & TH 8:30-12:30
UGM	509-535-0486	Must be alcohol and drug free
Homeless Families Coordinated Assessment (HFCA)	509-325-5005	A program of Catholic Charities
Alberta House	180 S Madison, spokane, WA 509-456-5466	A program through City Gate 28 low cost studio apts
Spokane Resource Center	509-867-8188	All types of resources, not just housing Rental asst, Families, Risk of losing housing, workshops, 1 st time home buying, Medicaid/EBT application

Recovery Housing

Agency	Phone Number	Services
Pioneer Human Services 910 W Boone Suite 201, Spokane	509-455-0481	Supports and stabilizes individuals/families
Ascenda 3000 W Sunset Blvd, Spokane	509-951-6381	Recovery housing for recovering alcoholics and addicts and their families. Average stay can be from six months to two to three years, must be 30 days sober prior to arrival. Rent varies.
Sun Ray Court 518 S Browne St, Spokane	509-456-5465	Intensive inpatient recovery house and long-term residential treatment for males 18 and older. Clean/sober housing may be available for homeless men, after completion of treatment.

MEN'S INPATIENT

Agency	Phone number	Services
American Behavior Health Systems 12715 MISSION AVE, SPOKANE VALLEY	509-232-5766	Intensive inpatient treatment, sub-acute detox, long-term residential program, recovery housing and accepts Medicaid
Spokane Addiction Recovery	509-624-3251 FAX-509-624-4505	Offers intensive inpatient, outpatient, co-occurring services and recovery housing.
Cubhouse 312 W 8 TH AVE, SPOKANE	509-477-4631/477-4650	Co-Occurring treatment for men
Alberta House 170 S Madison, Spokane	509-455-9670	28 studio apartments above City Gate offices. Christian based program
ROAR Housing Project	509-326-7627	Christian based treat

INSURANCE SUPPORT

Agency	Phone Number	Services
SHIBA (Statewide Health Insurance Benefits Advisors)	800-562-6900	Free, unbiased, confidential help with Medicare and health care choices. https://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/about-shiba-services/index.html
Community Living Connections		Can assist elderly and disabled individuals with exploring insurance options.
Better Health Together	509-321-7500	Assistance w/ obtaining insurance for those with no insurance coverage
SOAR	Contact partnering agencies: <ul style="list-style-type: none"> ● Goodwill ● Pioneer Human Services ● Consistent Care ● Providence 	Expedited SSI and SSDI application process for homeless and at risk individuals.
McKinley Romero	509-496-4422	Medicaid insurance broker-assist applying for Medicaid
DSHS	www.washingtonconnections.org/home/	Apply for Medicaid, food stamps, child care, long term care asst and other resources/services

MENTAL HEALTH

First Call for Help.....1-877-266-1818

NATIONAL CRISIS SUPPORT LINES

Agency	Phone Number	Why is this helpful?
NAMI Helpline	800-950-6264	Provides support to families and individuals struggling with mental health
Suicide Hotline	800-273-8255 800-784-2433	Provides support to individuals experiencing thoughts of hurting one self
National Runaway Switchboard	800-786-2929	Support for adolescents who are thinking of running away or already have
National Child Abuse Hotline	800-422-4453	Provides crisis intervention and referral to services
National Sexual Assault Hotline	800-656-4673	Support and referral for individuals who have experienced sexual assault
National Domestic Violence Hotline	800-799-7233	Support for individuals experiencing domestic violence and connection to local resources
Military Help Line	888-457-4838 Txt-“MIL1” to 839863	The Military Helpline is here with free and confidential crisis intervention and sensitivity to military-specific issues.

LOCAL CRISIS SUPPORT

Agency	Phone Number	Information
Sexual Assault Victims Crisis Line	509-747-822 4 24 hour: 509-624-727 3	Managed Through Lutheran Community Services.
YWCA Domestic Violence Helpline	509-326-225 5	Safety planning, crisis intervention, legal assistance, and referrals
Crime Victims Advocacy Program	866-751-711 9	Advocates available to help through legal system process
Spokane Crime Victim Service Center	888-288-922 1	
Homicide Survivor Support Group	509-922-408 5	Contact Linda Carter
Lutheran Community Services	509-343-501 8	Counseling and support services

MENTAL HEALTH PROVIDERS

Agency	Phone Number	Information
Suicide Hotline	988	
First Call for Help	877-266-1818	24 hour supportive listening, crisis response, community resource information
Mental Health Clinic Lists		Mentalhealthclinics.org
Mental Health Therapists		Psychologytoday.com
Frontier Behavioral Health Accepts Medicaid, Medicare (TriCare can be a supplement)	509-838-4651	Offers services to children, adults, and families within Spokane County at different locations. Also provides crisis response services and inpatient/stabilization services.
Lutheran Community Services	509-747-8224	Adult, Teens, Children-Medicaid and Sliding Fee Schedule
Grassroots	509-389-1772	Accepts Medicaid, Family/Children/Individuals, Parenting/Attachment//Trauma?EMDR/Grief/Life Transitions...
Catholic Charities	509-242-2308	Medicaid only for adults and teens

Oxford Houses (Oxfordhouse.org)

MEN'S

Agency	Phone Number	Services
Bernard House	509-863-9307	
Glen Rose Prairie House	509-473-9888	
Hamblen House	509-443-3537	
Helena House	509-459-9221	
Latawah House	509-279-2727	
Lincoln Heights House	509-624-5387	
Palouse House	509-443-5561	
Spokane Falls House	509-474-1444	
Addison House	509-290-5428	
Illinois House	509-474-0516	
Inland House	509-868-0061	
Post House	509-329-9904	
Rowan House	509-279-2788	
Dishman Hills House	509-413-2451	
Freya House	509-413-2581	
Pratt House	509-535-3914	

Whipple House	509-279-2609	
Tobias House	509-315-8753	Men with children

WOMEN'S

Agency	Phone Number	Services
Spokane Grand House	509-744-3415	
Hillyard House	509-279-2468	
Cannon House	509-474-0898	Women and women with children
Liberty House	509-443-3698	Women and women with children
Ruth Park House	509-863-9413	Women and women with children
Upriver House	509-413-2396	Women and women with children

PAIN MANAGEMENT

Office	Doctor	Phone Number/Address
Northwest Pain Care	John Hatheway	509-863-9789/f-509-863-9809 805 W 5 th Ave Ste 518 Spokane, WA 99204-2802
Spokane Spine Center	Russell Legg Patrick Soto	509-487-8000/f-509-487-6333 124 E Rowan Ave #202 Spokane, WA 992017
Northwest Medical Rehab	Karen Stanek	509-624-0908 1315 N Division St Spokane, WA 99202-1899
Pain Management of North Idaho	Scott Magnuson	208-777-7246 2003 Lincoln Way #310 Coeur D' Alene, ID 838-2611

PALLIATIVE CARE/HOSPICE

Agency	Phone Number	Services
Horizon Hospice	509-489-4581	
Hospice of Spokane	509-456-0438 509-458-0359 (fax)	
Hospice House	509-458-0359	
Assured Home Health and Hospice	509-747-2462	
Kindred at Home	866-546-3733	

Pharmacy

Agency	Phone Number	Services
Hart & Dilatush Health Mart	509-624-2111	Does bubble packs, no cost for x1-2 a month for delivery, \$7 for weekly delivery (delivery depends on area)
The Medicine Shoppe-Valley	509-924-1222	Delivery available and bubble wrapping of medication (compliance packaging).
Sixth Ave Medical Pharmacy	509-455-9345	Delivery available (mail-\$4, Delivery \$6 mo) Sink program-getting all meds on same distribution schedule-free if there are 5 or more meds), and bubble wrapping of medication. Will only fill Phillips med dispenser
First Ave Pharmacy	509-624-3017	Does bubble packs, must have at least one anti-psychotic med

PRESCRIPTION ASSISTANCE

Agency	Phone Number	Services
Washington Drug Card	http://washingtondrugcard.com/index.php	Rx assistance with savings of up to 75% off possible at more than 68,000 pharmacies
Community Assistance Program	561-352-4215 www.CapRxProgram.org/ALLiLL	Rx assistance with savings of up to 85% off possible at over 80% pharmacies in the US 15% off name brand and 55% off generic brand
Walmart Pharmacy Saving Card	1-866-978-1091 Singlecare.com/walmart	Save up to 80% off the cost of prescription medications at Walmart
Idaho Rx Card	www.IdahoRxCard.com	Savings up to 75% at more than 68,000 pharmacies
Spokane Prescription Assistance Program, Kelly	509-981-6420	Assists with locating resources to assist with medication coverage
SRHD Mobile Unit	509-552-6292 (Tara)	Shingle Shots, need 2, \$25 each

SHOWER AND LAUNDRY SERVICES

Agency	Phone Number	Services
Our Place	509-326-7267	Free laundry facility, first come first serve.
Women's Hearth	509-455-4249	Access to showers and hygiene products, women only.
Cup of Cool Water	509-747-6686	Services for youth ages 13 – 23
Peaceful Valley Community Center	509-624-8634	

TRANSPORTATION

Agency	Phone Number	Services
Special Mobility Services (SMS)	509-534-9760	Medical appointment transportation for those that have Medicaid/Apple Health Contact 72 hours prior to medical appointment
AMR	509-328-6161	Ambulance
Med Star Lake City (CDA)	208-532-7990 208-704-0151	Non-emergency transportation including wheelchair
Medstar WCT Out of Yakima but have 5 drivers in Spokane	1-800-236-2011	They are 24/7, cannot bring oxygen but can transport it, cannot do bariatric.
Medtran	509-534-6300 1-800-550-3782	Non-emergency wheelchair transportation. Have bariatric wheel chair.
Greyhound (local)	509-624-5251	
Spokane Transit Authority	509-328-1552	
Paratransit (STA)	509-325-6052 509-232-6303	Wheelchair accessible shared-ride transportation service.
Volunteer Chore Services (Catholic Charities)	509-459-6171- (Amy)	Transportation for low-income elderly and disabled clients.
United Health Care-Dual & AARP	866-418-9812	For non-emergent medical appts. (need 3 business days' notice)
Elite Transport	509-710-7967	Wheelchair transport-has bariatric chair

LATINE, MEXICAN, HISPANIC RESOURCES

Media

Prensa Bilingüe : Maria Gaines, Owner and Publisher, mgaines2121@gmail.com / Bilingual in Spanish and English Newspaper for Hispanic/Latine Community.

EDUCATION/YOUTH

LUNAA program through Nuestras Raices Community Center in Spokane, WA. Provides mentorship, advocacy, academic coaching and peer support for under representative youth.
www.hbpaofspokane.org, 1214 E. Sprague, Spokane Wa 99202, 509-557-0566

LATINE, MEXICAN, HISPANIC RESOURCES

- Esperanza Social Services- case management. focus on mental health, peer support, establishing primary care, health navigator (help with applications for health insurance and other benefits), cosechando Esperanza food pantry, community resources, IG: Esperanza_nuestraraices, FB: Esperanza Servicios Socioles, www.hbpaofspokane.org, 1214 E. Sprague, Spokane Wa 99202, 509-557-0566

- Exito business financial and business empowerment. licenses, permits, plans, loans, marketing, labor laws, workshops, 509-557-0566, Office@HBPAOFSPokane.ORG

- LUNAA program through Nuestras Raices Community Center in Spokane, WA. Provides mentorship, advocacy, academic coaching and peer support for under representative youth and LGBTQ+ services. www.hbpaofspokane.org, 1214 E. Sprague, Spokane Wa 99202, 509-557-0566

-Mujeres In Action: provides advocacy and support to Spanish Speaking DV survivors. 318 E Rowan Ave Suite 208, Spokane, WA 99207 (509) 869-0876

-Esperanza Disability Support- case management and resources navigation for Spanish Speaking individuals with a disability and or care for someone with a disability. 1214 E. Sprague, Spokane Wa 99202, 509-557-0566

DISABILITY

-M3C caregiving community- empowers individuals and their families to thrive in our society through advocacy and life coaching. This program is designed to work with parents of minor or adult children and help them navigate the complexity of disability. Program through Nuestras Raices and Kindred Joy **509.731.4225**

WOMEN'S SERVICES

Mia- DV support and advocacy (509) 869-0876

Esperanza- Women's mental health services/ Spanish Therapy 509-557-0566

Mental Health – Esperanza program through Nuestras Raices, offers mental health therapy to Spanish Speaking children and adults.

Rural

Nuestras Raices Othello Site. A satellite office of Spokane's Nuestras Raices, serving rural Spanish speaking communities in Adams and Grant counties. 381 E Main Ave. Othello, WA 509-606-5420