

The “Toolbox”



An Information Guide to Behavioral Health Services & Resources in Thurston and Mason Counties

Also downloadable online:
<http://www.tmbho.org>

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THURSTON MASON BEHAVIORAL HEALTH ORGANIZATION (BHO)

TMBHO is a county program responsible for the administration of publicly-funded mental health and substance use disorder (behavioral health) services for Thurston and Mason Counties. TMBHO contracts with network providers for outpatient, peer support, crisis, substance use disorder residential, and inpatient services. TMBHO is dedicated to providing behavioral health services to Medicaid enrolled persons with severe and persistent mental illness and mild, moderate to severe substance use disorders to ensure quality tenure in our community. TMBHO does not cover all services provided by network providers, so please call a provider to determine what services are available to you. If you are currently not receiving Medicaid benefits but believe you may qualify, please contact Washington Healthplanfinder at (855) 923-4633.

Phone: (360) 867-2602 or (800) 658-4105

Fax: (360) 867-2601

Address: 412 Lilly Road NE Olympia

Email: tmsn@co.thurston.wa.us

Website: www.tmbho.org

TMBHO Ombuds Services

The Ombuds is an independent service that provides assistance to individuals and family members receiving TMBHO funded Medicaid services to resolve concerns and grievances about behavioral health services, to assure that client rights are protected, and that clients receive dignified, timely, and quality services. The Ombuds also provides information and referral and assistance with Mental Health Advance Directives. Ombuds service is free of charge.

Phone: (360) 867-2556 or (800) 658-4105

Email: ombuds@co.thurston.wa.us

TMBHO Quality Review Team (QRT)

The QRT is an independent team that gathers feedback, ideas, and suggestions from mental health and substance use disorder clients, their family members, and other advocates about the services they receive.

Phone: (360) 867-2555 or (800) 658-4105

Email: qrt@co.thurston.wa.us

**BEHAVIORAL HEALTH
PROVIDER NETWORK
Mental Health & Substance Use
Disorder Provider Network**

Thurston Mason BHO contracts with licensed Community Mental Health and Substance Use Disorder (SUD) agencies to provide mental health and substance use disorder services to Medicaid enrollees in our network. Network Providers offer an array of inpatient and outpatient services as well as ancillary services.

Behavioral Health Resources (BHR)

Provides mental health treatment to adults, families, and children. Services include individual, group, and family therapy, medication management, case management, older adult services, daily living skill development, and acute psychiatric services.

Phone: (360) 704-7170 or (800) 825-4820

Website: www.bhr.org

Mental Health Services

Individuals must walk-in to access outpatient services between 8:30am and 3:30pm Monday through Friday. If they're not able to accommodate you, an appointment may be scheduled.

Olympia: 3857 Martin Way E, Olympia

Shelton: 110 West "K" Street, Shelton

Substance Use Services (Harvest Program)

Provides substance use disorder treatment services to pregnant and parenting women.

Olympia: 6128 Capitol Blvd SE, Tumwater

Shelton: 110 West "K" Street, Shelton

Capital Recovery Center (CRC)

Provides peer support services for adults age 18 and older who wish to pursue recovery from mental health challenges and co-occurring disorders. A weekly schedule of groups reflects the needs and requests of the participants. Groups include Recovery 101 (basic orientation), Social Skills, Seeking Safety, Voices & Visions, Expressing Anger, Ups and Down, and Movement, Meditation and Mindfulness.

Project for Assistance to Transition from Homelessness Program (PATH)

Provides essential assistance in the community to the adults experiencing homelessness or at risk of homelessness, who are also suffering from serious mental illness and/or a co-occurring substance use issue. Peer supports meet individuals and assist in obtaining housing, rental assistance, financial resources, employment, education goals and other essential needs. Can not be enrolled in other BHO funded outpatient mental health services.

Phone: (360) 357-2582

Address: 1000 Cherry St SE, Olympia

Website: www.crcoly.org

Catholic Community Services (CCS)

Mason Thurston Wraparound Initiative (MTWI)

Services include coordinated, intensive care planning for children and youth up to 21 years of age with complex behavioral needs and their families built upon the individual's strengths and the multiple service systems they may be involved with.

Wraparound with Intensive Services (WISe)

Services include access to psychiatric services and in-home therapy for children and youth up to 21 years of age with complex behavioral needs and their families.

To make a referral or request information for either program, please contact:

Donna Obermeyer

Phone: (360) 790-7505

Email: familyalliancewashington@gmail.com

Catholic Community Services

Phone: (360) 878-8248

Address: 1011 SE 10th Ave, Olympia

Website: www.ccsww.org

Children's Crisis Stabilization Services

Provides community-based crisis stabilization for children and their families who are experiencing mental health crisis to help them remain in their homes and avoid psychiatric hospitalization.

Phone: (360) 480-5721 (Crisis referral line)

Volunteer Chore Services (non-BHO funded)

Provides services to elders and adults with disabilities to remain independent in their own homes. Services may include: housework, laundry, shopping, cooking, yard work, transportation, etc.

Phone: (360) 586-2960

Address: 129 Decatur St NW, Olympia

Community Youth Services (CYS)

Multisystemic Therapy (MST)

An intensive home, school, and community-based service for youth ages 12-17 years who are enrolled in Medicaid and who have challenges in at least two areas such as: family conflicts, school, juvenile justice, mental health, anti-social behavior, or child welfare. Individualized treatment is available 24 hours a day, 7 days per week for participating families. For referral please call (360) 918-7889.

Transitional Age Youth (TAY)

Offers therapy, peer and family counseling, psychiatric support, crisis intervention, and linkages to community services for youth age 15-24. For referral please call (360) 918-7860.

Other Services (non-BHO funded)

CYS supports youth and families through programs such as diversion, CareerTREK, Therapeutic foster care, Family preservation and reconciliation, foster care assessment, Rosie's Place.

Phone: (360) 943-0780

Address: 711 State Avenue NE, Olympia

Website: www.communityyouthservices.org

Evaluation & Treatment (E&T)

Evaluation and treatment unit for adult involuntary and involuntary mental health treatment and crisis stabilization and transition services unit for voluntary mental health treatment.

Phone: (360) 528-2590 or (800) 270-0041

Address: 3436 Mary Elder Road NE, Olympia

Website: <http://www.bhr.org/accesscenter.asp>

Crisis Resolution Services

Provides 24 hour telephone and face-to-face outreach for adult mental health emergencies providing services ranging from crisis intervention to involuntary detention.

(360) 754-1338 (24 hours a day)

Phone: **(800) 270-0041**

ESD 113—True North Student Assistance Program

Provides co-occurring prevention, intervention, treatment, and recovery support in an effort to help students be successful and complete their school experience in Thurston and Mason County schools.

Phone: (360) 464-6870

Address: 6005 Tye Dr SW, Tumwater

Website: www.esd113.org

Evergreen Treatment Services South Sound Clinic

Provides outpatient treatment for opiate substitution treatment.

Phone: (360) 413-6910 or (888) 764-7243

Address: 6700 Martin Way E Ste 117, Olympia

Website: www.evergreentreatment.org

Northwest Resources

Provides substance use disorder assessments, outpatient and intensive outpatient treatment services for persons with substance use disorder and mental health issues, Mason County Drug Court, and residential treatment facility for men (Shelton).

Website: www.nwrii.com

Phone: (360) 943-8810

Olympia: 2708 Westmoor Ct SW, Olympia

Phone: (360) 688-7312

Lacey: 3773 Martin Way E #A-105, Lacey

Phone: (360) 426-0890

Shelton I Location
Shelton: 235 S. 3rd Street, Shelton

Phone: (360) 868-2697
Shelton II Location
Shelton: 121 N. 5th Street, Shelton

Intensive Case Management & Housing Case Management

Provides assistance in accessing treatment resources, screening, referrals, case management, housing, and help in identifying other social and health services. (No insurance required.)

Phone: (360) 943-8810 or (360) 791-0263

Providence St. Peter Hospital

Chemical Dependency

Provides substance use disorder assessments, outpatient and intensive outpatient treatment, relapse prevention, and education groups for adults and adolescents with substance use disorder. Also provides problem gambling and tobacco cessation (non-BHO funded) programs.

Phone: (360) 456-7575 or (800) 322-0465

Address: 4800 College St SE, Lacey

Mental Health Older Adult Services

Specialized program for adults age 55 and older. Services may include: assessment and diagnosis, medication management, individual and group therapy, family counseling, education, and case management.

Phone: (360) 493-7060 or (866) 434-7792

Address: 413 Lilly Road NE, Olympia

Website: www.providence.org

Intensive Outpatient Program

This weekday program is an alternative to or transition from a hospital stay. Treatment includes group therapy and activities, family support, education and links to community resources.

Phone: (360) 493-7060

Inpatient Services (non-BHO funded)

18-bed voluntary acute care unit. Treatment is provided to adults who are experiencing a mental health crisis. Must be accessed through Crisis Services (Emergency Department).

Psychiatric Consultation (non-BHO funded)

Psychiatrists and psychiatric nurse practitioners offer psychiatric treatment in a hospital-based clinic.

Phone: (360) 493-7060

Sea Mar Behavioral Health

Sea Mar provides behavioral health services for persons of all ages in various locations. Services are also provided in Spanish. Accepts BHO, AppleHealth and sliding scale.

Mental Health and Substance Use Services

Phone: (360) 704-7590

Address: 6334 Littlerock Road SW
Tumwater

Website: www.seamarchc.org

Medical and Dental Services (non-BHO funded)

Phone: (360) 491-1399

Olympia: 3030 Limited Lane NW, Olympia

Phone: (360) 359-4880

Lacey: 669 Woodland Sq Loop SE, Lacey

Phone: (360) 400-4800

Yelm: 202 Cullens St NW, Yelm

Washington Apple Health (Medicaid) (formerly known as Healthy Options) Plans

TO ENROLL OR CHANGE PLANS

CALL: (800) 562-3022

Amerigroup

Phone: (800) 600-4441

Website: www.amerigroup.com

Community Health Plan (Thurston County Only)

Phone: (800) 440-1561

Website: www.chpw.com

Coordinated Care

Phone: (877) 644-4613

Website: www.coordinatedcarehealth.com

Molina Healthcare

Phone: (800) 869-7165

Website: www.molinahealthcare.com

United Healthcare Community Plan

Phone: (877) 542-8997

Website: www.uhccommunityplan.com

Additional Mental Health Resources

Depressed Anonymous

Meets at St. Peter's Hospital on Mondays—7pm

Phone: (360) 456-0997

Mental Health Advance Directive

If you would like to ensure that your choices regarding mental health care will be considered in circumstances when/if you are unable to express your instructions and preferences the TMBHO Ombuds can assist you in working on this document along with a Health Care Directive and a Durable Power of Attorney for Health Care. The Advance Directive contains vital information needed in a crisis/emergency. This service is provided free of charge. Please contact the TMBHO Ombuds.

Phone: (360) 867-2556

Email: ombuds@co.thurston.wa.us

Mental Health Court

A court-supervised, comprehensive program available to mentally ill offenders who meet specific eligibility criteria.

Phone: (360) 867-2034

National Alliance on Mental Illness (NAMI) - Thurston Mason

NAMI Thurston Mason is a nonprofit organization that provides support, education and advocacy throughout Thurston Mason Counties on behalf of individuals and families affected by mental illness. We recognize that the key concepts of recovery, resiliency and support are essential to improving an individual's wellness and quality of life.

Phone: (360) 493-6021

Helpline: (360) 866-0403

Address: 4305 Lacey Blvd Suite 28, Lacey

Email: info@namitm.org

Website: www.namitm.org

PEER RECOVERY SUPPORT

NAMI Connection Recovery Support Groups

Recovery-based, peer-led group for persons with mental illness.

2nd & 4th Monday's at 1:30pm

1013 Homann Drive SE, Lacey WA

(South Sound Parent to Parent building)

1st Thursdays from 6:30-8:00pm

NAMI Connection Bipolar/Depression Support Group (NAMI Office)

3rd Thursdays from 6:30-8:00pm

NAMI Connection Recovery Support Group (NAMI Office)

Peer-to-Peer

Instruction is offered by others who have learned to live with their own illness and can speak from a “peer” standpoint. A free 10-week education course emphasizing recovery for those with mental illness. Advance registration is required.

IOOV (In Our Own Voice)

In Our Own Voice: Living with Mental Illness is a unique public education presentation offered nationwide by hundreds of trained NAMI members who live with mental illness. If you are interested in bringing a speaker to your group or you are a peer wanting to participate, please contact the NAMI T/M office via phone, email or through our website.

FAMILY/ADVOCATE SUPPORT

Family Member Support Group

A family member support group for those with a mentally ill loved one, based on the NAMI Family Support Group Model.

2nd and 4th Wednesdays from 6-7:30pm

(Intercity Transit board room -526 Pattison St.
SE, Olympia)

1st and 3rd Mondays from 6-7:30pm

(Providence St. Peter Hospital main building in
Conference Room 202- 2nd floor past cafeteria).

Family-to-Family

A free 12-week education course designed for families of individuals with a mental health disorder. The course is taught by trained family members. All course materials are furnished at no cost to you. This class is offered 2-3 times per year. Advance registration is required.

Home Front

An educational course for family, caregivers, and friends of Military Service Members and Veterans living with mental illness. The course is taught by trained family members. All materials are furnished at no cost to you. Advance registration is required.

NAMI FaithNet Training

Mental health education for faith communities, helping them create stronger safety nets and welcoming communities of faith for people living with serious mental illness. Call the NAMI T/M office for more information on bringing a training to your group.

The Olympia Free Clinic Mental Health Access Program

Free mental health counseling and referral for low income uninsured adults in Thurston County. Services available Wednesdays 5:30—8:00pm. Appointments are recommended.

Phone: (360) 529-1937

Address: 108 State Ave NW, Olympia

Email: info@theolympiafreeclinic.com

Proyecto Familia - CIELO

Offers family preservation services, crisis family intervention and psychological counseling to families through the state Division of Children and Family Services. Bilingual counselors available. Contact Carla Poulos at carlapoulos@gmail.com

Phone: (360) 709-0931

Website: www.cieloproject.org

Soldiers Project

Free counseling for military and loved ones. Call to leave a message and they will find a therapist in your area and then contact you.

Phone: (877) 576-5343

Email: northwest@thesoldiersproject.org

Additional Resources

Bring Change2Mind	www.bringchange2mind.org
Consumers' Self-Help Clearinghouse	http://www.mhselfhelp.org/
Depression & Bipolar Support Alliance	http://dbsalliance.org
Disability Right WA	www.disabilityrightswa.org
DSHS	http://dshs.wa.gov/dbhr
Mental Health America	www.nmha.org/
Mental Health Matters	www.mental-health-matters.com
MentalHelp	www.mentalhelp.net
Mind Freedom	www.mindfreedom.org
National Empowerment Center	http://power2u.org/
National Institute of Mental Health	www.nimh.nih.gov
Network of Care	www.networkofcare.org
NW Seeds of Change	www.nwseedsofchange.org
Safe Harbor	www.alternativementalhealth.com
Suicide Prevention Lifeline	www.suicidepreventionlifeline.org
Suicide Prevention Resource Center	www.sprc.org
US Dept Veterans Affairs PTSD	www.ptsd.va.gov
WRAP	www.mentalhealthrecovery.com/

Additional Substance Use Resources

Alcoholics Anonymous

Support group for persons recovering from alcohol addiction.

Phone: (360) 352-7344

Website: <http://www.area72aa.org/>

Alternatives Professional Counseling

Provides outpatient substance use disorder treatment to individuals participating in the Thurston County Corrections Program.

Phone: (360) 357-7986

Address: 203 4th Avenue E, Olympia

Website: www.alternativesprocouns.com/

Domestic Violence (non-BHO funded)

Provides state certified domestic violence perpetrator treatment and anger management.

Celebrate Recovery

Faith based recovery groups.

Phone: (360) 943-4391

Website: www.celebraterecovery.com

Crisis Clinic

Phone support and referral 24 hours per day. Not for crisis services. Contracted by BHO for information and referral services only.

Phone: (360) 586-2800 or (800) 627-2211

Website: www.crisis-clinic.org

Mason County DUI Drug Court

A court-supervised, comprehensive drug treatment program available to eligible adults with non-violent crimes who have a substance use disorder. Treatment services provided by NW Resources.

Website: www.co.mason.wa.us/probation/drug_court

Narcotics Anonymous

For people recovering from drug addiction.

Phone: (360) 754-4433 (24 hour hotline)

Website: www.spsana.org

Thurston County DUI Drug Court

A court-supervised, comprehensive drug treatment program available to eligible adult non-violent drug and property felony offenders. Treatment services provided by Pierce County Alliance.

Phone: (360) 357-2482

Thurston County Syringe Exchange

Provides a one for one exchange of used syringes at fixed site and mobile.

Phone: (360) 709-3298 or (360) 867-2510
Address: 1000 Cherry St SE, Olympia
Email: lamontm@co.thurston.wa.us

Washington Recovery Help Line

A consolidated help line for substance abuse, problem gambling, and mental health.

Phone: (866) 789-1511
Website: www.warecoveryhelpline.org/

Additional Resources

Al-anon/Alateen	www.al-anon.alateen.org
Christian Recovery	www.ougm.org
National Institute on Drug Abuse	www.nida.nih.gov
Partnership for Drug-Free Kids	www.drugfree.org
SAMHSA	www.samhsa.gov
South Puget Sound Area of Narcotics Anonymous	www.spsansa.org
Teenlink	www.866teenlink.org (866) 833-6546
Tobacco Quit Line	www.quitline.org (800) QUIT-NOW
TOGETHER!	www.thurstontogether.org
Washington Poison Center	(800) 222-1222

Child, Youth, and School Support

Child Care Action Council

Supports parents and caregivers in creating quality learning opportunities for young children. Programs include: Safe Kids, parent education, and child care resource and referral.

Phone: (360) 786-8907
Address: 3729 Griffin Lane SE, Olympia
Website: www.ccacwa.org/

Margie's Crisis Nursery. Emergency childcare for parents suffering a mental health crisis. Monday-Friday 8am-4pm

Phone: (360) 786-8907 x 100

Family Alliance for Mental Health

Parent support for families or children/youth with social, emotional, behavioral challenges, and mental health needs. Provides support groups for parents, dads, and moms.

Phone: (360) 790-7505
Email: familyalliancewashington@gmail.com
Website: www.familyallianceformentalhealth.com

Family Education and Support Services

Provides classes for parents and caregivers about domestic violence, kinship care, Consider the Children, CPS, Family Court, Parent-Child Assistance Program (PCAP), etc.

Phone: (360) 754-7629 or (877) 813-2828

Address: 1202 Black Lake Blvd #B, Olympia

Website: <http://familyess.org/>

Family Support Center

Provides housing and programs for families.

Phone: (360) 754-9297

(844) 628-7343 (emergency shelter)

Address: 201 Capitol Way, Olympia

Website: <http://www.fscss.org/>

OSPI Special Education Parent Liaison

Phone: (360) 725-6075

[www.k12.wa.us/SpecialEd/Families/](http://www.k12.wa.us/SpecialEd/Families/Assistance.aspx)

Website: Assistance.aspx

Parent Help 123

Connects families to health and food programs, resources and information.

Phone: (800) 322-2588

Website: www.parenthelp123.org

PAVE (Partnerships for Action. Voices for Empowerment)

Provides information, support, and training for individuals with disabilities, parents and professionals.

Phone: (800) 565-2266

Website: <http://wapave.org/>

Respite Care—Popes Kids Place

Provides respite care for children with special health care needs.

Phone: (360) 736-9178

Address: 230 Washington Way, Centralia

Website: www.popeskidsplace.org

Thurston County Children with Special Health Care Needs Program

Provides access and coordination of services to children with special health care needs.

Phone: (360) 867-2543

WA State Governor's Office of the Education Ombuds (Statewide)

Phone: (866) 297-2597

Website: <http://oeo.wa.gov/>

WashingTeen Help

Phone: (800) 322-2588

Website: <http://washingteenhelp.org/>

Youth Help Line (Crisis Clinic)

Provides a confidential and anonymous phone line for youth between the hours of 4pm-8pm Monday.

Phone: (360) 586-2777

Website: www.crisis-clinic.org

Youth 'N Action

Statewide youth advocacy program that brings youth voice to public policy and empowers at risk youth ages 14-24 to make differences in their lives, communities and systems that serve youth.

Phone: (360) 725-3725

Email: lorryn.gehring@wsu.edu

Additional Resources

Active Minds	www.activeminds.org/
Child Protective Services	(866) endharm (363-4276)
Jed Foundation	www.jedfoundation.org/
The National Resource on ADHD	www.chadd.org
Parents Medical Guide	www.parentsmedguide.org
Youth Suicide Prevention Program	www.yspp.org

Domestic Violence/Victim Services

Proyecto Familia - CIELO

Provides free counseling, support group and advocacy to survivors of sexual assault/abuse and their non-offending caregivers. Bilingual advocates and counselors. Contact Carolina Gutierrez ~ carolina.proyectoesperanza@gmail.com

Phone: (360) 709-0931

Website: www.cieloproject.org

Crime Victims Advocacy Network

Provides free and confidential services for victims of crime.

Phone: (888) 288-9221 (24 hour)

Website: www.cvan11.org

Monarch Children's Justice & Advocacy Center

Offers free one-on-one counseling for teens and children who have experienced sexual assault and free weekly teen support group.

Phone: (360) 923-1884 x 1102

Website: <http://monarchcjac.org/>

Email: info.monarch@caclmt.org

Office of Crime Victims Advocacy

Understanding your rights as a victim of crime in the State of Washington.

Phone: (800) 822-1067

Email: ocva@commerce.wa.gov

Partners in Prevention Education (PIPE)

Provides support for young people ages 12-24 who are homeless and who have experienced sexual or domestic violence.

Phone: (360) 357-4472

Address: 408 7th Avenue SE, Olympia

Website: www.youthchangeagents.org/

Safeplace

24 hour emergency support for victims of sexual abuse or assault and domestic violence. Provides crisis line, emergency shelter, legal advocacy, and sexual assault support groups.

HelpLine: (360) 754-6300 (24 hour)

Address: 521 Legion Way SE, Olympia

TTY: 711

Website: www.safeplaceolympia.org

St. Peter Hospital Sexual Assault Clinic

Provides services and referral for child and adult sexual assault.

Phone: (360) 493-7469

Address: 420 Golf Club Road Suite 203, Lacey

Turning Pointe Domestic Violence

Provides safety and support services to domestic violence survivors and their families.

Phone: (360) 426-1216

Crisis line: (360) 432-1212 or (877) 923-1212

Address: 210 Pacific Court, Shelton

Website: www.turningpointe.org/

Additional Resources

Adult Protective Services	(877) 734-6277
Attorney General Consumer Protection	(800) 551-4636
Consumerline (various topics)	(800) 692-5082 (24 hour)
Consumer Protection	(800) 551-4636
Domestic Violence Hotline	(800) 562-6025
Human Rights Commission	(800) 233-3247 www.hum.wa.gov
National Sexual Assault Line	(800) 656-4673
Victim Witness Offices Mason County Thurston County	(360) 427-9670 ext 417 (360) 786-5601

GLBTQI Resources

Capital City Pride

Coordinates the annual Pride festival in downtown Olympia.

Email: anna@capitalcitypride.net

Website: www.capitalcitypride.net

MPoweroly

Provides support for gay/bi-guys age 18-29.

Email: info@mpowerwa.org

Website: <http://www.mpowerwa.org/>

PFLAG (Parent, Family & Friends of Lesbians & Gays) Olympia

Support, education, and advocacy on sexual orientation and gender identity.

Phone: (360) 207-1608 (message line)

Email: info@pflag-olympia.org

Website: www.pflag-olympia.org

Pierce County AIDS Foundation-Olympia

Provide personalized case management and outreach/education for persons with HIV/AIDS.

Phone: (360) 352-2375

Website: www.piercecountyaidsonline.org/

Pizza Klatch

In school support group for LGBTQ+ youth and their allies. Free pizza.

Phone: (360) 339-7574

Website: pizzaklatch.org/

Stonewall Youth

Provides support for youth who are LGBTQQUA and under 21 of age.

Phone: (360) 705-2738

Website: www.stonewallyouth.org

The Trevor Project

Crisis intervention and suicide prevention services for LGBTQ young people age 13-24.

Phone: (866) 488-7386 (24 hour)

Website: www.TheTrevorProject.org

Homeless and Housing Resources

Housing Hotline

(844) 628-7343 (24 hour)

Overnight Emergency Shelters: ADULT

Call (844) 628-7343 or one of the numbers below.

NOTE: The Housing Hotline is the coordinated entry for local shelters in Thurston County.

The following shelters are additional options that may have available beds as well.

Interfaith Works (1st Christian Church)

Agency: *Overnight Shelter*

Phone: (360) 918-8424

Address: 701 Franklin St SE Olympia

Agency: *Salvation Army Shelter*

Phone: (360) 352-8596

Address: 824 5th Avenue SE, Olympia

Overnight Emergency Shelter: FAMILIES

Call (844) 628-7343 or Family Support Center at (360) 754-9297.

Overnight Emergency Shelter: YOUTH 18-24

Call (844) 628-7343 or Community Youth Services at (360) 943-0780 ext 5.

Community Action Council

Provides assistance with utilities, weatherization, emergency assistance, housing, and WIC.

Mason (360) 426-9726

County: 807 W Railroad Ave, Shelton

Thurston (360) 438-1100

County: 420 Golf Club Road SE, Lacey

Website: <http://www.caclmt.org/>

Crossroad Housing (Shelton)

Provides emergency shelter, rental assistance, and low income apartments for individuals and families in Mason County. Monday-Friday 1-4 pm

Phone: (360) 427-6919

Address: 71 Sargison Loop, Shelton

Website www.crossroads-housing.net/

Housing Authority of Mason County

Contact site managers on website.

www.co.mason.wa.us/ac/

Website: housing_authority/index.php

Housing Authority of Thurston County

Provides affordable housing and services for persons with disabilities, low income and at-risk individuals and families. Contact for property list.

Phone: (360) 753-8292

Address: 1206 12th Avenue SE, Olympia

Website: www.hatc.org

ROOF (Rochester Organization of Families) Community Services

Provides free parenting classes, energy assistance, emergency rental assistance, food bank, referral to community services, etc. **For Rochester residents only.**

Phone: (360) 273-6375

Address: 10140 Highway 12 SW, Rochester

Website: www.roofcommunityservices.org/

Sidewalk

Provides housing assistance for single adults. Serves as the entry for local community homeless and housing resources, i.e., Drexel House.

(360) 515-5587

Phone: (844) 628-7343 Shelter Hotline

Address: 1139 5th Ave SE, Olympia

Website: <http://walkthurston.org>

St. David of Wales Church

Provides assistance with meals, emergency shelter, showers, and vouchers for laundry and haircuts.

Phone: (360) 426-8472

Address: 324 W Cedar St, Shelton

Email: info@sdow.org

Yelm Community Services

Provides emergency shelter, food bank, and clothing bank

Phone: (360) 458-7000

Address: 624 Crystal Springs Road NW, Yelm

Website: <http://yelmcommunityservices.com/>

Housing—Clean and Sober

Olympia Union Gospel Mission

Provides a 2 year residential chemical dependency recovery program:

Men (Jeremiah House) - (360) 709-9725

Women (Genesis Acres) - (360) 754-9351

Website: www.ougm.org

Oxford House

Affordable alcohol and drug free housing for men and women in recovery from addictions. Check the website for a list of houses.

Phone: (800) 689-6411

Website: www.oxfordhouse.org/directory.php

Pastor Art Brown

Transitional housing for men coming out of jail.

Phone: (360) 250-7705

Truly Motivated Transitional Living

Offers affordable clean and sober housing to men and women in various stages of recovery.

Phone: (360) 400-8685

Address: 11326 Bald Hill Road, Yelm

Website: www.tmtl.org

Other Government Benefits

DSHS Community Services Office

Assistance with temporary assistance for needy families (TANF), child care, medical, food, etc.

Phone: (360) 725-6650

Address: 6860 Capitol Blvd SE Tumwater

Website: www.dshs.wa.gov

Medicare and Medicaid

CMS: <https://www.cms.gov/>

Medicare www.medicare.gov

Medicaid: www.hca.wa.gov/medicaid

SHIBA-Statewide Health Insurance Benefit Advisors

Phone: (800) 562-6900

Website: www.insurance.wa.gov

Washington Connection (Benefits)

Phone: (877) 501-2233

Website: www.washingtonconnection.org

Washington Healthplanfinder

(855) 923-4633 or (844) 446-4367
Phone: (*CHOICE Navigators*)

Website: www.healthplanfinder.org

Prescription Drug Programs

Easy Drug Card

Prescription discount card.

Phone: (877) 891-2198

Website: <http://easydrugcard.com/>

Medicare Prescription Drug Plan

Phone: (800) MEDICARE (633-4227)

Website: www.medicare.gov/pharmaceutical-assistance-program

Partnership for Prescription Assistance

Website: www.pparx.org

Washington Prescription Drug Program

Phone: (800) 913-4146 Enrollment
(800) 913-4311 Customer Service

Website: www.hca.wa.gov/pdp

Resources and Support Groups

Brain Injury Support Group

2nd Tuesday at 6:00pm at Providence St. Peter Hospital, Bldg 2, 3rd floor

Phone: (360) 956-1155

Email: olybraininjury@hotmail.com

CLEAR Northwest Justice Project

Provides free legal help to eligible low income persons and groups facing certain types of civil legal problems.

Lines are open Monday-Friday, 9:15am - 12:15pm
Interpreter services available.

Phone: (888) 201-1014

Website: www.nwjustice.org

Dispute Resolution Center

Helps to resolve disputes between family members, neighbors, landlords, etc. Sliding fee scale. Call 9am-4:30pm Monday-Friday.

Phone: (360) 956-1155

Website: www.mediatethurston.org

The Emily Program

Outpatient treatment for adults and youth with eating disorders. Free family and friends services, and support group.

Phone: (888) 364-5977

Address: 673 Woodland Square Loop SE
Suite 330, Lacey

Website: <https://www.emilyprogram.com/>

Free Cell Phone Services

For people enrolled in a government assistance program like Medicaid, Food stamps, Section 8, or who meet Federal poverty guidelines. For a complete list of Washington State Cell Phone providers who offer free phones, visit www.freegovernmentcellphones.net

Assurance (888) 898-4888

Wireless: <http://www.assurancewireless.com/>

Safelink (800) 378-1684

Wireless: www.safelinkwireless.com

Lifeline Discount Companies

For those who are not able to have cell phone access contact:

AT&T (800) 377-9450

T-Mobile (800) 866-2453

North Mason Resources

A one stop resource center which supports the development of other service providers and nonprofits within the community to provide programs and resources to all our neighbors and citizens. Services include: WorkSource, Behavioral Health Resources mental health services, county homeless advocate, Disabled American Veteran services, Mental Health Professionals for Veterans, American Legion Veteran Service Officers, affordable care act sign-ups, Northwest Children's Outreach, PATH Projects for Assistance in Transition from Homelessness and many more. Hours are Monday-Thursday 9:00am to 4:00pm.

Phone: (360) 552-2303

Address: 140 NE State Route 300, Belfair

Website: www.nmresources.org

Sexaholics Anonymous

For women's only meetings contact the Central Office at 866-424-8777 for phone number.

Hotline: (206) 548-9538

Website: <http://sa.org/index.php>

South Sound Parent to Parent

Provides early intervention services, emotional support and information and referral for parents of children and adults with special needs.

Phone: (360) 352-1126

Lacey: 1012 Homann Drive SE, Lacey

Shelton: 247 Professional Way, Shelton

Website: www.ssp2p.org

Support Groups

For a complete list of support groups sponsored by:

Mason General Hospital

www.masongeneral.com/support_groups.htm

Providence St. Peter Hospital

<http://washington.providence.org/hospitals/st-peter/classes-and-resources/support-groups/>

Tall Elks Therapy Program

Free physical and occupational therapy for children birth to age 21.

Phone: (800) 825-3557

Telephone Assistance (Lifeline)

For people enrolled in a government assistance program like Medicaid, Food stamps, Section 8, or who meet Federal poverty guidelines/

Phone: (888) 641-8722

Website: <http://www.lifelinesupport.org/lis/>

Washington Law Help

Includes resources and printable self-help packets for topics such as: family law, housing, health, protection from abuse, public benefits, consumer and debt, seniors, employment/farm worker rights.

Website: <http://www.washingtonlawhelp.org/>

Additional Resources

211	www.211.org
Clearpoint Credit Counseling Solutions	www.clearpointcreditcounselingsolutions.org/
Consumer Credit Counseling Services	(866) 826-7177

Transportation

Dial-a-Lift (Intercity Transit)

A door-to-door, shared-ride public transportation for people with disabilities.

Phone: (360) 754-9393

Website: www.bookyourDALRide.com

ParaTransit

Provides non-emergency medical transportation for persons receiving Medicaid and reimbursement for mileage if you drive your own vehicle.

Phone: (800) 846-5438

Website: www.wanemt.com

Rural & Tribal Transportation

Shared ride system for residents of Nisqually Indian Tribe, Rainier, and Yelm. Provided by Thurston Regional Planning Council.

Phone: (800) 650-7846

Village Van (Intercity Transit)

Provides transportation to low income persons looking for work or beginning a new job.

Phone: (360) 705-5840

Veterans

American Legion

Provides temporary financial assistance for Veteran families with young children.

Phone: (360) 491-4373

Website: www.walegion.org

Thurston County Veterans Assistance Fund

Provides eligible Veterans and their families assistance with past due rent or mortgage, first months rent, food, utilities, burial, and referral services. Call to schedule an appointment.

Phone: (360) 867-2625

412 Lilly Road NE, Olympia
Olympia: (Mondays & Fridays 8-12)

4232 6th Ave SE Suite 201, Lacey
Lacey: (Tuesdays/Wednesdays/Thursdays 9-1)

Website: www.co.thurston.wa.us/health/ssveteran

VA Puget Sound Health Care System

Health: (800) 329-8387

Housing: (253) 583-2825

Tacoma: 9600 Veterans Drive, Tacoma

Website: <http://www.pugetsound.va.gov/>

VA Transportation

Provides transportation for medical appointments.

Phone: (253) 583-1343 (DAV)

(206) 764-2120 (Monday-Friday)

Phone: (206) 764-2810 (Weekends/Evenings)

Vet Center

Provides free individual and group counseling, marriage, family, bereavement, military sexual trauma, and PTSD. For combat Veterans and Active Duty service members. Call for location.

Phone: (253) 226-7073

Veterans Crisis Line

Connects Veterans in crisis and their families and friends with qualified confidential phone workers, online chat or text. Send text message to 838255.

Phone: (800) 273-8255

Website: www.veteranscrisisline.net

Veterans Housing Options Group-VHOG

Provides information about housing options from VA Puget Sound, WA State VA, Thurston County Veterans, Supportive Services for Veteran Families, Sidewalk, and Catholic Community Services. Meets every Monday at Drexel House (604 Devoe St SE, Olympia) at 1pm (except holidays).

Washington State Department of Veterans Affairs (WDVA)

Provides eligible Veterans and their families with assistance in housing, PTSD, employment, training, education, VA benefits, claims, and Veterans who are incarcerated.

Phone: (360) 725-2200 or (800) 562-2308

Address: 1102 Quince St SE, Olympia

Website www.dva.wa.gov

Traumatic Brain Injury Coordinator

Phone: (360) 725-2224

Worksource Veteran Employment Specialist

Administers special programs developed to assist Veteran's in finding work.

Phone: (360) 570-6982 or (360) 740-6884

Address: 1570 Irving St SW, Tumwater

Website: www.wa.gov/esd/veteran_services.htm

It is our goal to keep the information in this Toolbox as up to date as possible. However, we realize some of the information changes before publications are revised, printed, and distributed. Therefore, if you come across any information in this Toolbox that is incorrect, please contact Tina Gehrig at:
gehrigt@co.thurston.wa.us or (360) 867-2509.



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