

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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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: tina.gehrig@tmbho.org or 360-763-5808.



February, 2018

Disabled American Veterans Transportation

Provides transportation for medical appointments.

Phone: 253-583-1343 x 71343

Lacey Veterans Services Hub

Provides assistance on benefits, counseling, housing, financial assistance, employment and job training.

Address 4232 6th Ave SE Suite 202, Lacey

Phone: 360-456-3850

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

Washington State Department of Veterans Affairs (WDVA)

Provides eligible Veterans and their families with assistance in housing, claims assistance, employment, training, education, and counseling.

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

Address: 1102 Quince St SE, Olympia

Website www.dva.wa.gov

THURSTON-MASON BEHAVIORAL HEALTH ORGANIZATION (BHO)

TMBHO is 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: 360-763-5828 or 800-658-4105

Fax: 360-489-1435

Address: 612 Woodland Square Loop SE Suite
401, Lacey, WA 98503

Email: inquires@tmbho.org

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: 360-763-5793 or 800-658-4105

Fax: 360-584-9745

Email: theombuds@tmbho.org

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

Veterans

American Legion

Provides temporary financial assistance for Veteran families with young children.

Phone: 360-491-4373 or 360-491-4375

Website: www.walegion.org

Thurston County Veterans Assistance Fund

Provides eligible Veterans or family members with housing services including rent, mortgage, and shelter.

Phone: 360-867-2625 call for appointment
360-456-3850

Lacey Veteran's Services Hub
4232 6th Ave SE Suite 202, Lacey
(Monday-Friday 9am-12)

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

VA Puget Sound Health Care System

Health: 1-877-222-VETS (8387)

Benefits: 1-800-827-1000

Tacoma: 9600 Veterans Drive, Tacoma

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

Transportation

Dial-a-Lift (Intercity Transit)

A door-to-door, shared-ride public transportation for people with disabilities. Online Ride Booking-
www.bookyourDALRide.com

Phone: 360-754-9393

Website: www.intercitytransit.com

ParaTransit

Provides non-emergency medical transportation for persons receiving Medicaid.

Phone: 800-846-5438

Website: www.wanemt.com

Rural & Tribal Transportation

Public transportation the Nisqually Indian Tribe, and the communities of Rochester, Tenino, Bucoda, 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

BEHAVIORAL HEALTH 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 older who wish to pursue recovery from mental health challenges and co-occurring disorders. 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. Assistance includes: 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

Phone: 360-432-7788

Address: 247 Professional Way, Shelton

Support Groups

Mason General Hospital

<https://www.masongeneral.com/community/groups>
360-426-1611

Providence St. Peter Hospital

<http://washington.providence.org/hospitals/st-peter/classes-and-resources/support-groups/>
360-491-9480

Tall Elks Therapy Program

Provides free home-based occupational or physical therapy to children with developmental delays or physical disabilities for children birth to age 21.

Phone: 800-825-3557

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

Washington Law Help

Includes resources and printable self-help packets.

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

Additional Resources

211

www.211.org

Clearpoint Credit Counseling
Solutions

www.clearpointcreditcounseling.com/solutions.org/
800-750-2227

North Mason Resources

A one stop resource center which includes: Young adult work experience, coordinated assessment for housing and rental assistance, Washington Work-Source, Disabled Veteran Officer, assistance with food benefits and health coverage, BHR child and adult therapy, Adonai Counseling, NW Children's outreach drop off and distribution. 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

Hotline: 206-548-9538

Phone: 866-424-8777

Email: major98312@yahoo.com

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 with all types of disabilities or chronic illness.

Website: www.ssp2p.org

Phone: 360-352-1126

Address: 1012 Homann Drive SE, Lacey

Cascade Mental Health Care

Provides adult and youth mental health and abuse substance use disorder treatment.

Phone: 360-330-9044

Address: 2428 West Reynolds Avenue Centralia

Website: www.cascadementalhealth.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

1011 10th Ave SE, Olympia

Address: 601 W. Franklin St, Shelton

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 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

The Emily Program

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

Phone: 888-364-5977

673 Woodland Square Loop SE

Address: Suite 330, Lacey

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

Lifeline Free Phone Services

For people enrolled in a government assistance program like Medicaid, SNAP, SSI, or who meet Federal poverty guidelines.

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

Assurance 888-898-4888

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

Safelink 800-723-3546

Wireless: www.safelinkwireless.com

Century

Link 800-244-1111

Resources and Support Groups

Brain Injury Support Group

2nd Tuesday at 6-8pm at Providence St. Peter Hospital, 2nd Floor, Room 200

Phone: 855-473-3711ext. 715

Email: ediew@brainenergysupportteam.org

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 neighbors, landlords, employees and supervisors, divorcing couples, parents and teens, elders and their caregivers. Sliding fee scale.

Phone: 360-956-1155

Website: www.mediatethurston.org

Community Youth Services (CYS)

Juvenile Court and Detention Transition

Assist youth in detention who are experiencing mental health challenges and provides discharge planning to link youth and families to community-based resources. Phone: 360-709-3191.

Multisystemic Therapy (MST)

A short-term family treatment program providing home, school and community services to adolescents and their families.

Phone: 360-918-7889.

Transitional Aged Youth (TAY)

Offers therapy, peer and family counseling, psychiatric support, medication management, crisis intervention and prevention, and linkages to community services for youth age 15-24.

Phone: 360-918-7860.

Other Services (non-BHO funded)

Programs include: Juvenile diversion, therapeutic foster care, family preservation, young adult shelter and housing, Haven House, Rosie's Place.

Phone: 360-943-0780

711 State Avenue NE, Olympia
Address: 520 Pear St, Olympia
601 Franklin St, Shelton

Website: www.communityyouthservices.org

Consejo Behavioral Health Clinic

Adult mental health and substance use disorder treatment services; and day support.

Phone: 206-461-4880

Address: 627 West Franklin Street, Shelton

Website: consejonew.consejocounseling.org/

Crisis Resolution Services

24 hour telephone and face-to-face outreach for adult mental health emergencies.

Phone: 360-754-1338 or 800-270-0041

ESD 113—True North Student Assistance Program

School-based co-occurring prevention, intervention, treatment, and recovery support County. Also provides Parent Child Interaction Therapy (PCIT) services—360-480-4782 or 360-459-4281.

Phone: 360-464-6870

Address: 6005 Tye Dr SW, Tumwater

Website: www.esd113.org

The Eugenia Center

Adult substance use disorder treatment services.

Phone: 360-740-9767

Address: 121 NW Chehalis Avenue, Chehalis

Website: www.eugeniacycenter.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

800-913-4146 Enrollment
Phone: 800-913-4311 Customer Service
Website: www.hca.wa.gov/pdp

Other Government Benefits

DSHS Community Services Office

Assistance with food, cash, medical, housing, child support, youth services, adult care, mental health and addiction, and disability support.

Phone: 360-725-6650 or 1-800-865-7801

Address: 6860 Capitol Blvd SE Tumwater

Website: www.dshs.wa.gov

Medicare and Medicaid

Medicaid: <https://www.medicaid.gov/>

Medicare www.medicare.gov

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

Evaluation & Treatment (E&T)

Adult involuntary mental health treatment and crisis stabilization and transition services.

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

Address: 3436 Mary Elder Road NE, Olympia

Evergreen Treatment Services South Sound Clinic

Medication assisted treatment for people with opioid use disorders. Treatment may include: assessment, counseling, methadone or buprenorphine-based medications, HIV/Hep C testing, education and counseling. Monday-Saturday 5:30am-12:30pm (closed 9:30-10am)

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

Address: 6700 Martin Way E Ste 117, Olympia

Website: www.evergreentreatment.org

Northwest Resources

Outpatient mental health services, psychiatric medications, substance use disorder treatment, Mason County Drug Court, and residential inpatient treatment for men (Shelton).

Website: www.nwrii.com

Phone: 360-943-8810

Address: 2708 Westmoor Ct SW, Olympia

Phone: 360-688-7312

Address: 3773 A-105 Martin Way E, Lacey

Phone: 360-918-8336

Address: 200 Lilly Road NE Suite C, Olympia

Phone: 360-426-0890

Address: 235 S. 3rd Street, Shelton

Phone: 360-868-2697

Address: 121 N. 5th Street, Shelton

Intensive Case Management & Housing Case Management Support

Case management and assessment services, housing assistance and referrals to shelters, and transportation to treatment centers. (No insurance required.)

Phone: 360-870-2829 or 360-943-8810

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. 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

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

Email: office@tmtl.org

Website: www.tmtl.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@sdown.org

Yelm Community Services

Provides emergency homeless shelter, food bank, clothing bank, and youth activities.

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.ougma.org

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

Address: 3030 Limited Lane NW, Olympia

Phone: 360-359-4880

Address: 669 Woodland Sq Loop SE, Lacey

Phone: 360-400-4800

Address: 202 Cullens St NW, Yelm

Additional Mental Health Resources

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

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.**

Phone: 360-273-6375

Address: 10140 Highway 12 SW, Rochester

Website: www.roofcommunityservices.org/

Sidewalk

Provides housing assistance for homeless, childless adults. Serves as the coordinated entry for local shelters; provides rapid rehousing funds and the Veteran Assistance program.

360-515-5587

Phone: 844-628-7343 Shelter Hotline

Address: 1139 5th Ave SE, Olympia

Website: walkthurston.org

Community Action Council

Provides assistance with utilities, weatherization, emergency assistance, housing, and WIC (Women, Infants & Children).

Mason 360-426-9726
County: 807 W Railroad Ave, Shelton
Thurston 360-438-1100
County: 3020 Willamette Drive NE, 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. Doors open Monday-Friday 1-4

Phone: 360-427-6919 (9-5)
Address: 71 Sargison Loop, Shelton
Website www.crossroads-housing.net/

Housing Authority of Mason County

Serves low income citizens of Mason County.
Contact site managers on website.

Website: www.co.mason.wa.us/ac/housing_authority/index.php

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: 360-763-5793 or 360-280-7656
Email: theombuds@tmbho.org

Mental Health Court

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

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

Connection Recovery Support Groups

Recovery-based, peer-led group for persons with mental illness. All groups are held at 4305 Lacey Blvd SE, Lacey

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

The Executive Center, Conference Room 10,

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

NAMI Connection Bipolar/Depression Support Group

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

NAMI Connection Recovery Support Group

IOOV-In Our Own Voice: *Living with Mental Ill-*

ness is a unique public education presentation offered nationwide by hundreds of trained NAMI members who live with mental illness.

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.

FAMILY/ADVOCATE SUPPORT

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. Advance registration is required.

Homeless and Housing Resources

Housing Hotline 844-628-7343 (24 hour)

Most shelters have additional beds during the winter.

Shelter Placement: ADULT

Call 844-628-7343 for the following shelters:

- The Drexel House Men's Shelter
- Interfaith Works Emergency Overnight Shelter for Women and Men
- St. Mikes/Sacred Heart Men's Winter Shelter (November-March)

Salvation Army Hans K Lemcke Emergency Lodge for Men and Women.

Must meet with case worker between 8:15—10:30 am M-F.

Phone: 360-352-8596

Address: 824 5th Avenue SE, Olympia

Shelter: FAMILIES Pear Blossom House. Call for availability.

Phone: 1-844-628-7343

Address: 837 7th Avenue SE, Olympia

Overnight Shelter: YOUNG ADULT under age 24. Opens at 9am.

Address; 520 Pear St SE, Olympia

Phone: 360-586-2777

Stonewall Youth

Provides support for youth who are LGBTQQIA and under 21 years old.

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

Additional Resources

Capital City Pride www.capitalcitypride.net

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).

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 or underinsured adults ages 18 or older in Thurston County. Appointments are Recommended—Wednesdays 5:30—8:00pm.

Phone: 360-359-3346

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 DSHS Children's Administration Services. Bilingual counselors available.

Email: carlajpoulos@gmail.com (Carla Poulos)

Phone: 360-709-0931

Address: 1601 North Street SE, Olympia

Phone: 360-868-2431

Address: 2505 Olympic Highway North,
Suite 140, Shelton

Soldiers Project

Free counseling for military and loved ones. Leave a message and they will contact you.

Phone: 877-576-5343

Email: northwest@thesoldiersproject.org

GLBTQI Resources

MPowerment Washington

Promote education, outreach, and community wellness for those affected by HIV/AIDS.

Email: info@mpowerwa.org

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

PFLAG-Olympia

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

Phone: 360-207-1608 (message line)

Website: www.pflag-olympia.org

Pierce County AIDS Foundation-Olympia

Provides case management and education for persons with HIV/AIDS who reside in Thurston or Mason Counties.

Phone: 360-352-2375

Website: www.piercecountyaid.org/

Pizza Klatch

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

Phone: 360-339-7574

Website: pizzaklatch.org/

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	360-427-9726 ext 107 360-786-5540

Additional Resources

Bring Change2Mind	www.bringchange2mind.org
Consumers' Self-Help	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
Mind Freedom	www.mindfreedom.org
National Empowerment Center	http://power2u.org/
National Institute of Mental Health	www.nimh.nih.gov
Suicide Prevention Lifeline	www.suicidepreventionlifeline.org 1-800-273-8255
Suicide Prevention Resource Center	www.sprc.org
US Dept Veterans Affairs	www.ptsd.va.gov

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. Provides state certified domestic violence perpetrator treatment and anger management (non-BHO funded).

Phone: 360-357-7986

Address: 203 4th Avenue E, Olympia

Website: www.apcolympia.com

Celebrate Recovery

Faith based recovery groups.

Phone: 360-943-4391

Address: 4431 Martin Way Olympia

Website: <http://www.go2ccc.org/lacey/>

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

Office of Crime Victims Advocacy

Understanding your rights as a victim of crime.

Phone: 800-822-1067

Email: ocva@commerce.wa.gov

Safeplace

Provides 24/7 emergency shelter and assistance with basic needs, telephone help line, community training and support groups for survivors of domestic violence/sexual assault.

HelpLine: 360-754-6300 (24 hour)

Address: 521 Legion Way SE, Olympia

Email: safeplace@safeplypia.org

Website: www.safeplypia.org

St. Peter Hospital Sexual Assault Clinic

Provides consultation with those who have concern about a possibility of sexual assault, physical abuse or chronic neglect.

Phone: 360-493-7469

Address 420 Golf Club Road Suite 203, Lacey

Domestic Violence/Victim Services

Proyecto Esperanza - 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

Provides a wide range of services at no cost to child victims, their families, and adult survivors.

Phone: 360-923-1884 x 1102

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

Email: info.monarch@caclmt.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: <http://www.co.mason.wa.us/probation/drug-court/index.php>

Narcotics Anonymous

For people recovering from drug addiction.

Phone: 360-54-4433 (24 hour hotline)

Website: www.spsana.org

Thurston County 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 a fixed site.

Phone: 360-709-3298 (24 hour information)
360-867-2698

Address: 1000 Cherry St SE, Olympia

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
Evergreen Council on Problem Gambling	www.evergreencpg.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.spsana.org
Teenlink	www.866teenlink.org 866-833-6546
Tobacco Quit Line	www.quitline.com 800-QUIT-NOW
TOGETHER!	thurstontgether.org
Washington Poison Center	800-222-1222

WashingTeen Help

Phone: 800-322-2588

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

Youth Change Agents

Blog about education and youth.

Website: www.youthchangeagents.org/

YouthSound

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: 360-306-9106

Email: lorryn.gehring@wsu.edu

Additional Resources

Active Minds	www.activeminds.org/
Child Protective Services	866-363-4276
Jed Foundation	www.jedfoundation.org/
The National Resource on ADHD	www.chadd.org
Youth Help Line Crisis Clinic	360-586-2777
Youth Suicide Prevention Program	www.yspp.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/>

Washington Apple Health (Medicaid)

**TO ENROLL OR CHANGE PLANS
CALL: 800-562-3022**

Amerigroup

Phone: 800-600-4441

Website: www.amerigroup.com

Community Health Plan

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

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 children between six weeks and six years who have exhausted all other options. Care is usually available from 7am-6pm.

Phone: 360-786-8907 x 100 Monday-Friday
from 8am—4pm

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 shelter and other essential 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

Website: www.k12.wa.us/SpecialEd/Families/Assistance.aspx

Parent Help 123

Connects families to resources and information.

Phone: 800-322-2588

Website: www.parenthelp123.org