



**OLYMPIC
HEALTH &
RECOVERY
SERVICES**

September, 2018

The “Toolbox”



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

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

Table of Contents

Thurston-Mason Behavioral Health Organization	1
Behavioral Health Provider Network	3
Mental Health Resources	12
Substance Use Disorder Resources	17
Apple Health (Medicaid Plans)	21
Child, Youth, and School Supports	22
Domestic Violence/Victim Services	26
GLBTQI Resources	29
Homeless and Housing	31
Clean and Sober Housing	34
Other Government Benefits	36
Prescription Drug Programs	37
Resources and Support Groups	38
Transportation	42
Veterans Resources	43

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 360-763-5812.

Disabled American Veterans Transportation

Provides transportation for medical appointments.

Phone: 253-583-1343 x71343

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

HARPS Program

The Housing and Recovery through Peer Services (HARPS) Peer Counselor program is provided through Olympic Health & Recovery Services. The Peers assist program participants with finding housing upon their release from mental health hospitals or residential substance use treatment centers.

Phone: 360-763-5828 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: 360-867-8236 call for appointment
360-456-3850

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.

Phone: 360-754-9393

Booking: www.bookyourDALRide.com

Website: www.intercitytransit.com

ParaTransit

Provides non-emergency medical transportation for persons receiving Medicaid.

Phone: 800-846-5438

Website: www.wanemt.com

Rural Transit (rT)

Public transportation for Rochester, Tenino, Bucoda, Rainier, Yelm, and Chehalis Tribe to Tumwater, Olympia, and Lacey. Provided by Thurston Regional Planning Council.

Phone: 253-472-7846

Village Van (Intercity Transit)

Provides transportation to low income persons looking for work or beginning a new job; and a Driver Training and Job Skills Program

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 co-occurring mental health and substance abuse.

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

Website: www.bhr.org

Mental Health Services

Intake are done on a walk-in, first come, first serve basis Monday-Friday between 8am and 3:30pm. Intake may be scheduled for the next morning.

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

Support Groups

Mason General Hospital

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

Providence St. Peter Hospital

<https://washington.providence.org/locations-directory/s/st-peter-hospital/for-patients-and-visitors/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, 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

Phone: 206-548-9538

Email: saico@sa.org

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

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.

Phone: 360-352-1126

Address: 2108 Caton Way SW, Olympia

Website: www.ssp2p.org

Cascade Mental Health Care

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

Phone: 360-330-9044

Address: 2428 West Reynolds Avenue Centralia

Website: www.cascadementalhealth.org/

Catholic Community Services (CCS)

Phone: 360-878-8248

Olympia: 1011 10th Ave SE, Olympia

Shelton 601 W. Franklin St, Shelton

Website: www.ccsww.org

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

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

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.

The Emily Program

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

Address: 673 Woodland Square Loop SE
Suite 330, Lacey

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

Lifeline Free Phone Services

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

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

Assurance Wireless: 888-898-4888
<http://www.assurancewireless.com/>

Safelink Wireless: 800-723-3546
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: 855-473-3711 ext. 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 (9-4:30)

Website: www.mediatethurston.org

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

Address: 711 State Avenue NE, Olympia
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 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 Tyee 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.eugeniacenter.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

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

Other Government Benefits

DSHS Community Services Office

Assistance with food, cash, medical, housing, child support, youth services, adult care, mental health, 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

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

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

Website: www.healthplanfinder.org

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 Integrated Health

Medication assisted treatment.

Phone: 253-503-3666

Address: 9720 South Tacoma Way, Lakewood

Website: www.nwih.com

Northwest Resources

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

Phone: 360-943-8810

Address: 2708 Westmoor Ct SW, Olympia

Website: www.nwrii.com

360-688-7312

Lacey: 3773 A-105 Martin Way E, Lacey

360-918-8336

Olympia: 200 Lilly Road NE Suite C, Olympia

360-426-0890

Shelton: 235 S. 3rd Street, Shelton

360-868-2697

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

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.

Phone: 360-515-5587
844-628-7343 Shelter Hotline
Address: 1139 5th Ave SE, Olympia
Website: walkthurston.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

Residential program for single women and single women with children to find a safe place to live and care for their children while recovering from Addictions.

Men (Jeremiah House) - 360-709-9725
Women (Genesis Acres) - 360-754-9351

Website: www.ougm.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

Weekday 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, including Spanish. Accepts BHO, Apple Health, most insurance, and offers a sliding scale.

Mental Health and Substance Use Services

Tumwater: 360-704-7590

6334 Littlerock Road SW, Tumwater

Yelm: 360-400-4860

202 Cullens St NW, Yelm

Website: www.seamarchc.org

Medical and Dental Services (non-BHO funded)

Olympia: 360-491-1399

3030 Limited Lane NW, Olympia

Lacey: 360-359-4880

669 Woodland Sq Loop SE, Lacey

Yelm: 360-400-4800

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 Ombuds can assist you in completing a Health Care

Housing Authority of Mason County

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

Phone: 360-479-3694
(Bremerton Housing Authority)

Website: <http://www.co.mason.wa.us/ac/housing-authority/index.php>

Housing Authority of Thurston County

Provides affordable housing and services for persons with disabilities

Phone: 360-753-8292

Address: 1206 12th Avenue SE, Olympia

Website: www.hatc.org

ROOF (Rochester Organization of Families) Community Services

Provides parenting classes, energy assistance, rental assistance, after-school programs, 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/

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: 3020 Willamette Drive NE, Lacey
Website: <http://www.caclmt.org/>

Community Lifeline

Provides evening meals (5-6pm), shelter (Nov-April), showers and hygiene items, case management, education on opioid prevention, financial literacy, and job training.

Phone: 360-462-4439
Address: 218 N. 3rd Street, Shelton

Crossroad Housing (Shelton)

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

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

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.

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.

Phone: 360-867-2034

National Alliance on Mental Illness (NAMI) - Thurston Mason

NAMI Thurston Mason provides free support groups and education programs, and advocate for improvements to our mental health delivery systems in terms of access to care, standards of care, recovery, housing, jobs, and rehabilitation. Advance registration is required for classes. Please call for additional information.

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

Bi-monthly recovery-based, peer-led group for persons living with mental illness.

2nd & 4th Mondays at 1:30pm

4305 Lacey Blvd SE, Lacey

1st & 3rd Thursdays from 6:30-8:00pm

Olympia Community Center

222 North Columbia St, Olympia

Every Wednesday - from 5:30-7pm

Mason Transit Center

601 W. Franklin Street, 1st floor, Shelton

IOOV-In Our Own Voice

A unique public education presentation using speaker stories to illustrate the individual realities of living with mental illness. Open to the public.

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-session course emphasizing recovery for those with mental illness.

FAMILY/ADVOCATE SUPPORT

Family-to-Family

A free 12-session education course designed for families of individuals with a mental illness. The course is taught by trained family members. All course materials are furnished at no cost to you.

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. Come between 8:15—10:30 am Monday –Friday to see if there is a bed available.

Phone: 360-352-8596

Address: 824 5th Avenue SE, Olympia

Pear Blossom House Shelter: FAMILIES. Call for availability.

Phone: 1-844-628-7343

Address: 837 7th Avenue SE, Olympia

Rosie’s Place 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 LGBTQ+ and ages 12- 21 through: drop-in center, peer support group, speakers bureau, safe and sober events, etc.

Phone: 360-842-7884

Address: 112 State Avenue NE, Olympia

Website: www.stonewallyouth.org

Email info@stonewallyouth.org

The Trevor Project

Crisis intervention and suicide prevention services for young people in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

Phone: 866-488-7386 (24 hour)

Website: www.TheTrevorProject.org

Additional Resources

Capital City Pride

www.capitalcitypride.net

Family Support Group

A peer-led support group for family members, caregivers and loved ones of individuals living with mental illness.

1st and 3rd Mondays from 7-8:30pm

Capital Christian Center

4431 Martin Way E, Olympia

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

St Peter Hospital—413 Lilly Road NE

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. Six sessions; 2.5 hours each.

FaithNet Training

Mental health education for faith communities, helping them create stronger safety nets and welcoming communities of faith for people living with mental illness and their families.

Call 360-493-6021 for additional information on any of the above trainings.

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. Wednesdays 5:30-8:00pm. Call for appointment.

Phone: 360-359-3346 (appointments)

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 DSHS. Bilingual counselors available.

Email: carlajpoulos@gmail.com (Carla Poulos)

Olympia: 360-709-0931
1601 North Street SE, Olympia
360-868-2431

Shelton: 2505 Olympic Highway North,
Suite 140, Shelton

Website: www.cieloprograms.org

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, education, housing, mental health, substance use, etc. for persons with HIV/AIDS and their families.

Phone: 360-352-2375

Website: www.piercecountyaims.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 sexual assault and 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
Federal Trade Consumer Protection	800-551-4636
WA State 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.cdirectory.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	https://mental-health-matters.com/
Mind Freedom	www.mindfreedom.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 Tuesday @ 6:30pm

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

Understand 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@safeplyceolympia.org
Website: www.safeplyceolympia.org

St. Peter Hospital Sexual Assault Clinic

Provide special medical evaluations for children, adolescents and adults and crisis counseling for the victims and families of sexual assault, physical abuse or chronic neglect. Victims of an assault that occurred within the last 96 hours should be seen at a hospital emergency room.

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 investigation, therapy, education, prevention and advocacy 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.

Phone: 360-427-9670

Narcotics Anonymous

A fellowship for people suffering from drug addiction.

Phone: 360-754-4433 (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 fixed and mobile 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
Teenlink	www.866teenlink.org 866-833-6546
Tobacco Quit Line	www.quitline.com 800-QUIT-NOW
TOGETHER!	thurstontogether.org
Washington Poison Center	800-222-1222 https://www.wapc.org/

WashingTeen Help

Phone: 800-322-2588

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

YouthSound

Promotes the power and importance of youth voice through workshops, events, and activities.

Phone: 360-306-9106

Email: lorryn.gehring@wsu.edu

Additional Resources

Active Minds	www.activeminds.org/
Child Protective Services	866-363-4276
Crisis Connections	https://www.crisisconnections.org/ 24-Hr Crisis Line: 866-427-4747
Jed Foundation	www.jedfoundation.org/
The National Resource on ADHD	www.chadd.org
Youth Help Line Crisis Clinic	360-586-2777

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 birth to 18.

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 in finding child care and ongoing education and community events. Provides consultation and training to community providers.

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.

360-786-8907 x 100

Phone: 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: Dynamic Dads, Winning at Parenting, Consider the Children, CPS, kinship care, PCAP, etc.

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

Olympia: 1202 Black Lake Blvd #B, Olympia

Shelton: 601 W Franklin St Shelton

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

Family Support Center

Provides parent and child education, 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

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

Website: Assistance.aspx

Parent Help 123

Connects families to resources and information.

Phone: 800-322-2588

Website: www.parenthelp123.org