



## How to Use the Resource Wall Guide

Thank you to everyone who contributed to the Resource Wall at the 2018 Community Health Worker Conference, “*The Power of Relationships*”!

To use this guide, go the Table of Contents and click on the text of the category you want to look at.

Each resource is listed as:

- Resource Name, from Organization
- Location
- Contact Information
- Website

Attendees brought a variety of resources, primarily in the form of informational pamphlets, brochures, or business cards. Click on the name of the resource to pull up a PDF scan of the material.

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## Asian and Pacific Islands Culture

- [Asia Pacific Cultural Center: Project & Membership](#), from *Asia Pacific Cultural Center*  
Tacoma, WA  
253-383-3900  
[www.asiapacificculturalcenter.org](http://www.asiapacificculturalcenter.org)

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## Caregiver Support

- [Caregiver Support Program](#), from *Rural Resources Community Action*  
Ferry, Pend Oreille, Stevens, & Whitman counties  
800-873-5889

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## Childcare

- [Training for Childcare Providers](#), from *Cowlitz Community Network*  
Cowlitz county  
360-442-7089 [cowlitzntwk@mpcu.net](mailto:cowlitzntwk@mpcu.net)
- [Special Needs are Basic Needs](#), from *Within Reach, WA Department of Health, & WA Department of Early Learning*  
National  
1-800-322-2588  
[www.ParentHelp123.org](http://www.ParentHelp123.org)
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA
- [Boys & Girls Club Membership](#), from *Boys & Girls Clubs of Washington, Washington Apple Health, and UnitedHealthcare*  
WA State  
1-877-542-8997  
[www.begreatwa.org](http://www.begreatwa.org) [www.UHCCommunityPlan.com](http://www.UHCCommunityPlan.com)
- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)

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## Continuing Education

- [Northwest Center for Public Health Practice](#), from the *University of Washington*  
Online  
[www.phlearnlink.nwcphp.org](http://www.phlearnlink.nwcphp.org)
- [Bachelor of Applied Science in Community Health](#), from the *Tacoma Community College*  
Online  
[www.tacomacc.edu/BAS](http://www.tacomacc.edu/BAS)
- [“Experiential Teaching for Public Health Practice”](#), **free E-book** from the *University of Washington*  
Online  
[Hagopian@uw.edu](mailto:Hagopian@uw.edu)  
[www.ebooks.bethamscience.com/book/9781681083872](http://www.ebooks.bethamscience.com/book/9781681083872)
- [Online Executive Master of Public Health](#), from the *University of Washington*  
Online  
206-616-1397 [hservask@uw.edu](mailto:hservask@uw.edu)  
[www.executivemph.uw.edu](http://www.executivemph.uw.edu)
- [Graduate Certificate in Public Health Practice](#), from the *University of Washington*  
Online or Seattle, WA  
206-616-1397 [uwemph@uw.edu](mailto:uwemph@uw.edu)  
[www.executivemph.uw.edu/overview/Certificate-Option](http://www.executivemph.uw.edu/overview/Certificate-Option)
- [Master of Public Health in Community-Oriented Public Health Practice](#), from the *University of Washington*  
Seattle, WA  
[cophp@us.edu](mailto:cophp@us.edu)  
[www.mphpublichealthpractice.uw.edu](http://www.mphpublichealthpractice.uw.edu)
- Lauren Brackenbury, Marketing and Student Recruitment Specialist for the *University of Washington, Department of Health Services*  
206-616-1397 [hservask@uw.edu](mailto:hservask@uw.edu)
- Josué Guadaramma, Motivational Interviewing Trainer  
714-402-8761 [josuepsyc@gmail.com](mailto:josuepsyc@gmail.com)

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## Diabetes

- [Diabetes Self-Management class](#), from the *Benton-Franklin Health District*  
Benton & Franklin counties  
509-460-4216

- [Key ADA Resources](#), from the *American Diabetes Association*  
National  
1-800-DIABETES [askada@diabetes.org](mailto:askada@diabetes.org) [preguntas@diabetes.org](mailto:preguntas@diabetes.org)
- [ADA Ambassadors](#), from the *American Diabetes Association*  
WA State  
206-282-4616 Ext 7212 [kstefanikguizlo@diabetes.org](mailto:kstefanikguizlo@diabetes.org)  
<https://register.gotowebinar.com/rt/347843263687374338>

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## Events

- April 20, 2018: [North Central Accountable Community of Health 2018 Annual Summit](#)  
North Central WA  
[www.NCACH.org](http://www.NCACH.org)
- May 5, 2018: [Samoa Arts & Academic Competition](#), *Asia Pacific Cultural Center*  
Tacoma, WA
- May 12 and 13, 2018: [Thousand Faces Chinese Opera](#), *Asia Pacific Cultural Center*  
Seattle and Tacoma, WA
- August 18, 2018: [Polynesian Luau](#), *Asia Pacific Cultural Center*  
Tacoma, WA  
253-383-3900  
[www.apcc96.org](http://www.apcc96.org)

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## Exercise

- [Lisa Stuebing](#), Medical Exercise Specialist for *Mud Puddle Fitness*  
Greater Seattle Area  
206-524-6788 [CoachLisa@MudPuddleFitness.com](mailto:CoachLisa@MudPuddleFitness.com)  
[www.MudPuddleFitness.com](http://www.MudPuddleFitness.com)
- Melissa Bless, Zumba Instructor for *Sea Mar Community Health Centers*  
Tacoma, WA  
360-259-4428 [melibless@seamarchc.org](mailto:melibless@seamarchc.org)

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## Family Support

- [Children, Youth, and Families](#), from the *Asian Counseling and Referral Service*  
Greater Seattle Area  
206-695-7600  
[www.acrs.org](http://www.acrs.org)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA

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## Financial

- [Money Smart for Young Adults](#), from the *Cowlitz Community Network*  
Cowlitz county  
360-442-7089 [cowlitzntwk@mpcu.net](mailto:cowlitzntwk@mpcu.net)
- [Financial Counseling](#), from *El Centro de la Raza*  
Greater Seattle Area  
206-717-0085 [jbtrejo@elcentrodelaraza.org](mailto:jbtrejo@elcentrodelaraza.org)  
[www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*  
Seattle, WA  
206-764-4700 Ext 40154 [freidagatewood@seamarchc.org](mailto:freidagatewood@seamarchc.org)  
[www.seamar.org](http://www.seamar.org)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA
- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)
- [Sea Mar Service Directory](#), from *Sea Mar Community Health Centers*  
Western WA  
[www.seamar.org](http://www.seamar.org)

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## Food Access

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*  
Seattle, WA  
206-764-4700 Ext 40154 [freidagatewood@seamarchc.org](mailto:freidagatewood@seamarchc.org)  
[www.seamar.org](http://www.seamar.org)
- Larnette Slade, Community Resource Specialist for *Kaiser Permanente*  
Seattle, WA  
206-326-3801
- Najja E Brown, Executive Director of *Yield to the King Ministry*  
Seattle, WA  
206-552-9202 [najja.brown@yieldtothekingministry.org](mailto:najja.brown@yieldtothekingministry.org)  
[www.yieldtothekingministry.org](http://www.yieldtothekingministry.org)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA
- [Get Help with Your Health Goals](#), from *Kaiser Permanente*  
WA State  
Contact Larnette Slade at 206-326-3801
- [Healthy Guidelines for Meetings and Events](#), from the *WA Department of Health*  
WA State  
[Choosewell-livewell@doh.wa.gov](mailto:Choosewell-livewell@doh.wa.gov)  
[www.doh.wa.gov/CommunityandEnvironment/WorksiteWellness/HealthyNutritionGuidelines/MeetingsEvents](http://www.doh.wa.gov/CommunityandEnvironment/WorksiteWellness/HealthyNutritionGuidelines/MeetingsEvents)
- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)
- [Finding the Right Help is Hard](#), from *WithinReach*  
WA State  
1-800-322-2588  
[www.parenthelp123.org](http://www.parenthelp123.org)

- [Sea Mar Service Directory](#), from *Sea Mar Community Health Centers*  
Western WA  
[www.seamar.org](http://www.seamar.org)
- Fartun Farah, Community Relations Coordinator for *Coordinated Care*  
253-442-1453, Cell 253-244-4852 [ffarah@coordinatedcarehealth.com](mailto:ffarah@coordinatedcarehealth.com)  
[www.CoordinatedCareHealth.com](http://www.CoordinatedCareHealth.com)
- Michelle Chiou, from *WithinReach*  
206-830-7663 [MichelleC@withinreachwa.org](mailto:MichelleC@withinreachwa.org)  
[www.withinreach.org](http://www.withinreach.org), [www.parenthelp123.org](http://www.parenthelp123.org), [www.immunitycommunitywa.org](http://www.immunitycommunitywa.org)  
Family Health Hotline 800-322-2588, WithinReach 206-284-2465

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## Health Education

- Lupita Espinoza, Promotora de Salud for *Chelan-Douglas Health District*  
Chelan & Douglas counties  
509-886-6442 [lupita.espinoza@cdhd.wa.gov](mailto:lupita.espinoza@cdhd.wa.gov)
- [Lisa Stuebing](#), Medical Exercise Specialist for *Mud Puddle Fitness*  
Greater Seattle Area  
206-524-6788 [CoachLisa@MudPuddleFitness.com](mailto:CoachLisa@MudPuddleFitness.com)  
[www.MudPuddleFitness.com](http://www.MudPuddleFitness.com)
- [Refugee Health Promotion Program](#), from *Refugees Northwest*  
Greater Seattle Area  
[rhpp@lcsnw.org](mailto:rhpp@lcsnw.org)  
[www.refugeesnw.org](http://www.refugeesnw.org)
- [Stay Independent](#), from *Centers for Disease Control and Prevention*  
[www.cdc.gov/steady](http://www.cdc.gov/steady) [www.stopfalls.org](http://www.stopfalls.org)
- [Healthy at Home Workshops for Better Balance](#), from *Rural Resources Community Action*  
Pend Oreille, Ferry, & Stevens counties  
509-684-3932 or 1-800-219-5542
- [Living Well with Chronic Conditions Workshops](#), from *Rural Resources Community Action*  
Pend Oreille, Ferry, Stevens, & Whitman counties  
509-684-3932 or 1-800-219-5542
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)



- Kimberly Kreber, Outreach Educator for Breast, Cervical, & Colon Health Program at the *Spokane Regional Health District*  
Spokane, WA  
509-324-1587 [kkreber@srhd.org](mailto:kkreber@srhd.org)  
[www.srhd.org](http://www.srhd.org)
- [Ovarian Cancer Facts](#), from the *Ovarian Cancer Alliance of Oregon and SW Washington*  
SW Washington  
877-682-2679  
[www.ovariancancerosw.org](http://www.ovariancancerosw.org)
- Melissa Bless, Zumba Instructor for *Sea Mar Community Health Centers*  
Tacoma, WA  
360-259-4428 [melibless@seamarchc.org](mailto:melibless@seamarchc.org)
- [Get Help with Your Health Goals](#), from *Kaiser Permanente*  
WA State  
Contact Larnette Slade at 206-326-3801
- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)
- Nick Fradkin, Tobacco Cessation Consultant at the *Washington State Department of Health*  
WA State  
360-236-3518 [nick.fradkin@doh.wa.gov](mailto:nick.fradkin@doh.wa.gov)
- [Recipe: Berry and Mixed Green Salad](#), from the *WA Department of Health*  
WA State  
[www.doh.wa.gov/CompleteEats](http://www.doh.wa.gov/CompleteEats)

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## Healthcare

- Myeasha CUBEAN, Community Connector for *Molina Healthcare*  
Bothell, WA  
253-293-3681 [myeasha.cubean@molinahealthcare.com](mailto:myeasha.cubean@molinahealthcare.com)  
[www.MolinaHealthcare.com](http://www.MolinaHealthcare.com)
- [Peninsula Community Health Services](#)  
Bremerton, Poulsbo, Port Orchard, & Belfair, WA  
360-377-3776  
[www.pchsweb.org](http://www.pchsweb.org)

- [Maternity Support Services \(MSS\)](#), from *Sea Mar Community Health Centers*  
Clark, King, Grays Harbor, Skagit, Snohomish, Thurston, & Whatcom counties  
[www.seamar.org](http://www.seamar.org)
- [Refugee Health Promotion Program](#), from *Refugees Northwest*  
Greater Seattle Area  
[rhpp@lcsnw.org](mailto:rhpp@lcsnw.org)  
[www.refugeesnw.org](http://www.refugeesnw.org)
- [Aging and Adult Services](#), from the *Asian Counseling and Referral Service*  
Greater Seattle Area  
206-695-7600  
[www.acrs.org](http://www.acrs.org)
- [Nurse-Family Partnership](#)  
Kitsap, Jefferson, Mason, Pierce, & King counties  
360-728-2235  
[www.kitsappublichealth.org](http://www.kitsappublichealth.org)
- [Shield Healthcare Medical Supplies Ordering](#), from *Shield HealthCare*  
National  
800-720-7440  
[www.shieldhealthcare.com](http://www.shieldhealthcare.com)
- [Time Released Medication Device](#), from *Assured Independence*  
National
- Ivonne Radovich, Community Relations Coordinator for *Coordinated Care*  
Northwestern WA  
206-247-4131 [magda.i.radovich@coordinatedcarehealth.com](mailto:magda.i.radovich@coordinatedcarehealth.com)  
[www.coordinatedcarehealth.com](http://www.coordinatedcarehealth.com)
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*  
Seattle, WA  
206-764-4700 Ext 40154 [freidagatewood@seamarchc.org](mailto:freidagatewood@seamarchc.org)  
[www.seamar.org](http://www.seamar.org)
- Larnette Slade, Community Resource Specialist for *Kaiser Permanente*  
Seattle, WA  
206-326-3801

- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA
- Kimberly Kreber, Outreach Educator for Breast, Cervical, & Colon Health Program at the *Spokane Regional Health District*  
Spokane, WA  
509-324-1587 [kkreber@srhd.org](mailto:kkreber@srhd.org)  
[www.srhd.org](http://www.srhd.org)
- Cameryn Flynn, Medical Transportation Coordinator for *SNAP*  
Spokane, WA  
509-456-7627 Ext 5251, Cell 509-385-4119 [flynn@snapwa.org](mailto:flynn@snapwa.org)  
[www.snapwa.org](http://www.snapwa.org)
- [Health Home Program: Washington](#), from *Rural Resources Community Action*  
WA State  
Contact Heather Peterson at 509-550-7049 Ext 4013 or [hpeterson@ruralresources.org](mailto:hpeterson@ruralresources.org)  
[www.hca.wa.gov/billers-providers/programs-services/health-homes](http://www.hca.wa.gov/billers-providers/programs-services/health-homes)
- [Community Living Connections](#), from *Aging & Long Term Care of Eastern Washington*  
Ferry, Pend Oreille, & Stevens counties  
509-458-2509  
[www.altcew.org](http://www.altcew.org)
- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)
- [CHW Integration Resource Library](#), from the *Foundation for Healthy Generations*  
WA State
- Gerardo Rangel-Morales, Outreach and Enrollment Specialist for *Columbia Valley Community Health Member Services*  
Wenatchee, WA  
509-662-6000 [grangelmorales@cvch.org](mailto:grangelmorales@cvch.org)  
[www.cvch.org](http://www.cvch.org)
- Rosa Pulido, Outreach and Enrollment Specialist for *Columbia Valley Community Health Member Services*  
Wenatchee, WA  
509-662-6000 [rpulido@cvch.org](mailto:rpulido@cvch.org)  
[www.cvch.org](http://www.cvch.org)

- [Washington Apple Health](#), from *Community Health Plan of Washington*  
WA State  
1-800-440-1561  
[www.chpw.org](http://www.chpw.org)
- [Community HealthFirst Medicare Advantage Plans](#), from *Community Health Plan of Washington*  
WA State  
1-800-944-1247  
[www.healthfirst.chpw.org](http://www.healthfirst.chpw.org)

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## Housing

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA
- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)

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## Job Postings

- [Community Advocate](#) at *International Community Health Services*  
Shoreline, WA  
[www.ichs.com](http://www.ichs.com)

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## Legal Assistance

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA

- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)

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## LGBTQ & Transgender Support

- Luis Fernando Ramirez, Executive Director for *Entre Hermanos*  
Seattle, WA  
206-322-7700, 206-274-1510 [fernando@entrehermanos.org](mailto:fernando@entrehermanos.org)  
[www.entrehermanos.org](http://www.entrehermanos.org)
- [Resources](#) & [Referrals](#), from *Ingersoll Gender Center*  
Seattle, WA  
206-849-7859 [support@ingersollgendercenter.org](mailto:support@ingersollgendercenter.org)  
[www.ingersollgendercenter.org](http://www.ingersollgendercenter.org)
- Ebo Barton, Program Manager at *Ingersoll Gender Center*  
Seattle, WA  
206-849-7859 [ebo@ingersollgendercenter.org](mailto:ebo@ingersollgendercenter.org)
- Alison Davison, Hart Case Manager at *Lifelong*  
Seattle, WA  
206-957-1683 [AlisonD@lifelong.org](mailto:AlisonD@lifelong.org)  
[www.lifelong.org](http://www.lifelong.org)

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## Mental Health

- Roslynn Watson, Facilitator/Trainer/Speaker for *Renewed Mind*  
Greater Seattle Area  
1-404-917-4173 [rwatsonl.renewedmind@gmail.com](mailto:rwatsonl.renewedmind@gmail.com)
- [Refugee Health Promotion Program](#), from *Refugees Northwest*  
Greater Seattle Area  
[rhpp@lcsnw.org](mailto:rhpp@lcsnw.org)  
[www.refugeesnw.org](http://www.refugeesnw.org)
- [Mental Health](#), from *Asian Counseling and Referral Service*  
Greater Seattle Area  
206-695-7600  
[www.acrs.org](http://www.acrs.org)

- [Recovery Services](#), from *Asian Counseling and Referral Service*  
Greater Seattle Area
- Sharon J Ward, LMHC, CDP, at *Baxter Consultants LLC*  
Lakewood, WA  
253-221-8895 [sharon.ward1922@gmail.com](mailto:sharon.ward1922@gmail.com)  
[www.baxterconsultantscounseling.com](http://www.baxterconsultantscounseling.com)
- [Connection: A Free Peer-led Support Program](#), from *National Alliance on Mental Illness*  
National  
206-783-4288  
[www.namiwa.org](http://www.namiwa.org)
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- Ray Corona, Community Outreach Specialist for *UnitedHealthcare*  
Seattle, WA  
425-345-0635 [ray\\_corona@uhc.com](mailto:ray_corona@uhc.com)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA
- [Northwest Resources S.O.S.](#) (en español)  
Mason county  
360-868-2697 [dilma.demartino@nwrii.com](mailto:dilma.demartino@nwrii.com)  
[www.nwrii.com](http://www.nwrii.com)
- [Behavioral Health Services](#), from *Northwest Resources II*  
Thurston & Mason counties  
360-868-2697  
[www.nwrii.com](http://www.nwrii.com)
- Pattie Marshall, Peer Support Program Manager at the *WA Department of Social and Health Services, Division of Behavioral Health and Recovery*  
WA State  
360-725-3258, Cell 360-338-2184 [Pattie.Marshall@dshs.wa.gov](mailto:Pattie.Marshall@dshs.wa.gov)
- Nick Fradkin, Tobacco Cessation Consultant at the *WA Department of Health*  
WA State  
360-236-3518 [nick.fradkin@doh.wa.gov](mailto:nick.fradkin@doh.wa.gov)

- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)
- [Finding the Right Help is Hard](#), from *WithinReach*  
WA State  
1-800-322-2588  
[www.ParentHelp123.org](http://www.ParentHelp123.org)
- Kim Olander, Peer Recovery Team Lead at *Telecare North Sound, Peer Bridger Program*  
Western WA  
360-318-5760 [kolander@telecarecorp.com](mailto:kolander@telecarecorp.com)  
[www.telecarecorp.com](http://www.telecarecorp.com)
- [Sea Mar Service Directory](#), from *Sea Mar Community Health Centers*  
Western WA  
[www.seamar.org](http://www.seamar.org)

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## Suicide Prevention

- [Watch for Signs: Stop Youth Suicide \(Observe si hay señales: A los suicidios los jóvenes\)](#), from the *WA Department of Health, Youth Suicide Prevention Program*  
WA State  
1-800-273-TALK
- [Men in the Middle Years](#), from *Suicide Prevention Resource Center*  
National  
877-GET-SPRC [info@sprc.org](mailto:info@sprc.org)  
[www.sprc.org](http://www.sprc.org)
- [Safer Homes Suicide Aware](#), from the *Safer Homes Coalition*  
National  
[www.SaferHomesCoalition.org](http://www.SaferHomesCoalition.org)
- [Suicide is Preventable](#), from the *Safer Homes Coalition*  
National  
[www.SaferHomesCoalition.org](http://www.SaferHomesCoalition.org)
- [Washington State Suicide Prevention Plan](#), from the *WA Department of Health*  
WA State  
[www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention)

- [Veteran Suicide Prevention Resources](#), from the *WA Department of Health*  
WA State

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## Tobacco Cessation

- [Tobacco Quit for Life Program](#), from *UnitedHealthcare*  
National  
1-877-542-8997  
[www.UHCCCommunityPlan.com](http://www.UHCCCommunityPlan.com) , [www.quitnow.net](http://www.quitnow.net)
- [Tobacco Quitline](#), from the *WA Department of Health*  
WA State  
1-800-QUIT-NOW  
[www.quitline.com](http://www.quitline.com)
- [Tobacco Quitline: Ready to Quit Smoking?](#), from the *WA Department of Health*  
WA State  
1-800-QUIT-NOW  
[www.quitline.com](http://www.quitline.com)
- [Quit Smoking 4 Free](#), from the *WA Department of Health*  
WA State  
[www.doh.wa.gov/quit](http://www.doh.wa.gov/quit)
- Nick Fradkin, Tobacco Cessation Consultant at the *WA Department of Health*  
WA State  
360-236-3518 [nick.fradkin@doh.wa.gov](mailto:nick.fradkin@doh.wa.gov)
- [Resources](#), from *El Centro de la Raza, WA Department of Health*  
Seattle, WA  
Contact Rocio G Martinez at 206-973-4404 Ext 386 or [rmartinez@elcentrodelaraza.org](mailto:rmartinez@elcentrodelaraza.org)  
[www.nuestravoces.org/join.html](http://www.nuestravoces.org/join.html) , [www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

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## Transportation

- [Flexible Fixed-Route Bus Schedule](#), from *Rural Resources Community Action*  
Pend Oreille county  
1-800-776-9026 or 509-684-2961  
[www.ruralresources.org](http://www.ruralresources.org)



- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
Port Orchard, WA  
360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
[www.kp.org/WA](http://www.kp.org/WA)
- Larnette Slade, Community Resource Specialist for *Kaiser Permanente*  
Seattle, WA  
206-326-3801
- Camerynn Flynn, Medical Transportation Coordinator for *SNAP*  
Spokane, WA  
509-456-7627 Ext 5251 [flynn@snapwa.org](mailto:flynn@snapwa.org)  
[www.snapwa.org](http://www.snapwa.org)
- [Spokane Area Resource List](#), from *Department of Social and Health Services*  
Spokane, WA
- [WIN 2-1-1](#), from *Washington Information Network 211*  
WA State  
Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)
- [Buckle Up](#), from *WA Transportation Safety Commission*  
WA State  
360-725-9860

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