



Community Resources

Please note - the SKSD does not personally endorse any of the following resources, and this list is not an exhaustive list of available resources. It is meant to be a starting point for students, families, and teachers. Please consult SKSD social workers, counselors, or other case management professionals for more information.

Crisis & Advocacy Services

24/7 Crisis Line - If a student needs crisis intervention or stabilization from a **Designated Crisis Responder (DCR)**, call **1-888-910-0416**. The family will be assisted by Volunteers of America then forwarded to Kitsap Mental Health Services DCR. DCRs have the ability to detain people (ages 13+) against their will for imminent danger to self/others or grave disability due to a mental illness. DCRs cannot detain a person who is agreeable to voluntary treatment.

Youth Mobile Crisis Outreach Crisis Team(YMCOT) - If a student needs crisis interventions and connection to community resources; please call **1-888-910-0416** and **request the YMCOT**. Any student can use this service **UNLESS** they're already in WISE team. YMCOT offers home visits and provides crisis stabilization up to 14 days.

Crisis Line Services for School Professionals - 1-800-584-3578 Also managed by Volunteers of America and staffed with mental health professionals. Staff can call this number to consult, request a mobile outreach team to come to the school, request follow up for students, and explore inpatient bed availability. This is a great option if a student is dysregulated at school but is stable enough to create a safety plan instead of seeking immediate treatment. They are also available for consultation and resource referrals.

24/7 Crisis Lines - If a student needs crisis intervention or stabilization, or just would like someone to talk to, they can **call 988 or text "help" to 988** and they will be directed to the Suicide and Crisis Lifeline. There are options for LGBTQIA + (option 3 or respond with "Y" to text prompt) and Indigenous students (Native & Strong, Option 4).

Child Protective Services (CPS) - If you suspect child abuse or neglect please (a) call Child Protective Services at **1-888-713-6115** to report; and (b) complete an in-district CPS reporting form. Refer to school district policy for notification and documentation process.

Coffee Oasis Services – 24/7 support and crisis response line for ages 13-25. TEXT the word “help” to **360-377-5560**. Port Orchard Drop-In Center: **360-602-0408**.

<https://thecoffeeoasis.com/wp-content/uploads/2020/03/Hitchhikers-Guide-to-Kitsap-PDF-2.16.20.pdf>

Kitsap Support Advocacy Counseling- Provides advocacy and therapy for victims and families who have experienced sexual assault or domestic violence. 24/HR hotline for calls and text: **360-337-9773**. If non-emergent call **360-876-3282**.

Kitsap Immigration Assistance Center: Offer family services, immigration/legal services, and tax and business services, and clothing closet: **(360) 616-2722**

Kitsap Legal Services: Free assistance for tenants facing eviction and civil issues: **360-479-6125**;
Northwest Justice Project/CLEAR: Legal services for low-income families: **888-201-1014**

Scarlet Road - Comprehensive support services for survivors of sexual exploitation & sex trafficking. 24/HR hotline for calls: **360-362-5143**. Non-emergent office number: **360-850-9718**

National Domestic Violence hotline: 800-799-7233

YWCA ALIVE program: 360-479-5118

Trans Lifeline: Peer support and crisis hotline serving transgender people: **877-565-8860**

Teen Link: A helpline for teens, by teens: **866-833-6546**

Mental Health Support

Psychology Today - Search for mental health professionals and psychiatrists by zip code and insurance: <https://www.psychologytoday.com/us>

Catholic Community Services (CCS) WISe – For new referrals or to contact your student's current team, call **360-792-2020**.

Kitsap Mental Health Services (KMHS) WISe - If you have questions or need to get in contact with your students' WISe team call **360-415-6697** or **360-373-5031** and ask to speak with the WISe team.

Center For Child and Family - For new referrals or to make an appointment: **360-698-9258**.

Kitsap Mental Health Services - Multiple locations: **360-373-5031**. Walk-in intakes available Mondays, Tuesdays, Thursdays, Fridays from 8 a.m. - 2:30 p.m. at Bremerton location only (5455 Almira Drive NE, Bremerton).

Peninsula Community Health Services (PCHS) – Multiple locations throughout the county.

Madrona Heights School-Based Health Center located onsite at Discovery High School. Offer medical, dental, mental health and substance use treatment. Call **(360) 377-3776** to schedule an appointment. Walk-ins accepted at school-based clinic pending availability.

One Heart Wild- Provides mental health counseling, academic mentoring, community-based support for schools, and equine/animal assisted therapy. Services are sliding scale, free, or some

insurances accepted. Services onsite at Discovery High School twice a week.
<https://www.oneheartwild.org/> Email **oneheartwild@gmail.com**.

NW therapy Group - <https://nwtherapygroup.com/> Accepts most insurances

Front Street Clinic- Provides mental health and psychiatric services. They have locations in Bremerton, Silverdale, and Poulsbo, and take most insurances. Call **360-523-1098** for appointments.

Charlie Health - Provides intensive outpatient therapy virtually for mental health and substance use for ages 12-24. They provide individual or family sessions. They are ONLY telehealth and take most insurances. Call Laura at **406-624-7049** or Leslie at **406-400-4325**

Rainbow Crew Kitsap County: An online guide for finding mental health and medical resources for the LGBTQ community. <https://www.rainbowcrewnw.org/>

National Alliance on Mental Health (Kitsap County) - <https://namikitsap.org/>

Indigenous support - SKSD Native American | Alaskan Native Support Specialist Matthew Haver (Gix Kaa) Phone: **(360) 874-7017**; Email: haver@skschools.org; **Suicide and substance use prevention**: We All Make Us Strong: <https://watribalopioidsolutions.com/suicide-prevention>; **Healthy Native Youth**: <https://www.healthynativeyouth.org/>; **Suquamish Tribe Wellness Center**: (360) 394-8558; **Port Gamble S'klallam Tribe Health Center**: 360-297-2840

Eating Disorder Support

National Eating Disorders Association (NEDA): Helpline **1-800-931-2237** available Mon-Thurs 8am-6pm, Fri 8am-2pm. For emergent needs, text “NEDA” to 741-741
www.nationaleatingdisorders.org

Seattle Children's Hospital - **1-866-987-2000**: www.seattlechildrens.org/clinics/eating-disorders

The Emily Project - **1-888-364-5977** Telehealth and in person. Seattle locations.
www.emilyprogram.com

Substance Use Treatment

Washington Recovery Hotline - 24/7 hotline substance use, gambling, and mental health support and treatment options: **1.866.789.1511** Can also assist with resource connections, including DSHS assistance and programs.

Agape Real Team: Staffed by people with lived experience, the REAL team meets people impacted by substance use where they are at, using a harm-reduction model. No insurance billing: **360-917-0008**

Peninsula Community Health Services – Call **(360) 377-3776** to schedule an assessment. Multiple locations throughout the county, including the **Madrona Heights School-Based Health Center** on Discovery High School Campus. Substance use assessments available at the Madrona Clinic on Fridays.

Kitsap Mental Health Services - **360-373-5031**. Telehealth available or in-person in Bremerton.

Summit Health - Locations in Gig Harbor & North Kitsap. In-person or telehealth, take most insurances. Call Sara Martin at **253-858-7056** or email at admin@shmwa.com Website: shmwa.com

Agape - Offer chemical dependency assessments, intensive outpatient, outpatient, individual & group counseling, and family counseling. Work closely with Kitsap County Juvenile Court for court order services for youth and adults. Call **360-373-1529**. Website: <https://www.agapekitsap.org/>

Cascadia Addiction Treatment: Wheaton Way, Bremerton: **360-373-0155**

Kitsap Recovery Center: Taylor Street, Port Orchard: **360-337-4625**

Westsound Treatment Center: Locations in Poulsbo, Bremerton and Port Orchard. Port Orchard location: 360-876-9430

Suquamish Tribe Wellness Program: 360-394-8558

Port Gamble S'klallam Recovery: 360-297-6326

Coffee Oasis - Offer chemical dependency support for students ages 13-25 from a Chemical Dependency Professional. Also 24/7 support and crisis response line. TEXT the word “help” to **360.377.5560**. For chemical dependency call **360-602-0408**.

Parent-Child Assistance Program (PCAP) - Three-year wrap-around service program for pregnant women experiencing substance use disorder during pregnancy: **(360)373-1529**

Kitsap County MOUD Providers (Medications for Opioid Use Disorders): Peninsula Community Health Services (360-377-3776), Kaiser Permanente (360-307-7300), Peninsula Pain Clinic (360-692-2330), BayMark Health Services/BAART Program (360-228-7246), CHI Franciscan Family Residency Clinic (360-415-1080), Sound Integrated Health (253-478-0827), Medtrip Treatment Services (253-666-6780), Suquamish Tribe Wellness Center (360-394-8558), Kitsap Public Health Syringe Exchange (360-728-2235)

Nicotine Quitline: 800-784-8669 or text READY to 34191 Website: Quitline.com

Al-Anon Family Groups: Support groups for people impacted by a family member's substance use: **866-452-6973**

Pregnancy and Parenting Resources:

Planned Parenthood - Comprehensive primary care and preventative care. Located in Bremerton, call for an appointment: **800-230-7526**.

ECEAP and Head Start - In-home services and child care options for income-eligible families. Child-care site on Madrona Heights Campus available for teen moms: **(360) 405-5842**. Suquamish Tribe site: (360) 394-8578. Port Gamble S'klallam Tribe site: **(360) 297-6258**

Kitsap Public Health Home Visiting Nurse Program: Perinatal home visiting nurse program for first-time, income eligible moms. Must apply before 28 weeks: **360-728-2333**

Answers/Maternity Support Services: Postpartum home visitation program for medicaid-eligible families: **877-275-2246**

Perinatal Support Washington: 24/7 hotline: **888-404-7763** Website: www.perinatalsupport.org

WIC (Women, Infant, and Children's Program) - Nutrition program for income eligible families from pregnancy to age 5. Locations at Kitsap Community Resources South Kitsap Family Service Center: 3200 SE Rainshadow Ct., Port Orchard: (360) 473-2144

KidVantage Westsound - Supports kids, ages birth through 12, with shoes, diapers, formula, blankets, coats, and much more. KidVantage also provides for expectant and postpartum mothers, supplying maternity wear, personal care goods, and mother-infant support items. Website: <https://kidvantagenw.org/location/bremerton-hub/>. Call **(360) 616-0235** for more information.

Prepares – Pregnancy & Parenting Support – Baby Boutique providing newborn to size 6 clothing and diapers. Open Mondays 11:00 – 12:00. **(360) 876-3035** St Gabriel Church 1150 Mitchell Ave.

Military Support

Military OneSource - information about mental health supports/counseling, resources for moving, deployment support, and etc. Visit Website: <https://www.militaryonesource.mil/>

Naval Base Kitsap School Liaison- Helps with supporting our military families through transferring to different schools, providing different community resources, and so much more. Please call Rebecca Mclenithan at 360-476-7460 or visit <https://kitsap.navylifepnw.com/programs/6aecb05b->

Fleet and Family Center - Myriad services for military families including parenting classes, counseling, resource connection, postpartum home visitation group, and support group for those experiencing perinatal loss: **360-396-4115**

Health & Dental Support

Linguist Dental Clinic- Offers sliding scale for children to receive dental assistance. Accepts most insurance. Location: 3102 Wheaton Way Bremerton; Phone: **360-377-0559**

Peninsula Community Health Services- primary and specialty care, dental, preventive health screenings, immunizations, mental health counseling, psychiatric services, substance use disorder treatment, and pharmacy services to the whole family. Multiple locations throughout county: **360-377-3776**. PCHS offers insurance navigators who can assist families get insurance if needed.

Violet Sees - Local organization that provides free eye glasses to income-eligible families. They don't require medication information but want everyone to fill out this questionnaire:

<https://docs.google.com/forms/d/e/1FAIpQLSdS5lQwm2U8cauRNIdui0Nug7gGF2Ra4Vc6V3Xm8wR55wOGog/viewform> Contact Jen with questions: JEN@VIOLETSEES.ORG

Food

SK Helpline Food Bank - Open Monday, Tuesday, Thursday, and Friday from 12:00- 5:00 pm. Located at 1012 Mitchell Avenue in Port Orchard. For more information call **360-876-4089**. Can assist with SNAP applications. Website: <https://skhelpline.org/get-help/snap/>

LifeCare Food Bank- Open Saturdays from 9:00- 1:00pm in the lower level of Spirit of the Life Lutheran Church at 8730 Phillips Rd SE in Port Orchard. For more information: 360-867-5094

St Vincent De Paul – Provides shelter, bill assistance and food. Locations in Bremerton and Port Orchard. For more information: **360-377-2929**

Life Care Community Services at Spirit of Life Lutheran Church - Location: 3901 SE Mullenix Rd Port Orchard Washington, 98367 Phone Number: **360-876-5094**

Free Meals for Kitsap County - For more information visit

https://bremerton.salvationarmy.org/bremerton_corps/kitsap-county-homeless-resources/

First Lutheran Church - SK Family Kitchen serves free meal during the last two weeks of the month on Monday, Tuesday, Thursday, and Fridays. Located at 2483 Mitchell Rd in Port Orchard. For more information call **(360) 876-3901**

First Christian Church of Port Orchard - Serves free dinner the last Sunday of every month at 5:30PM. Location: 4885 SE Hovde Road, Port Orchard; For more information: **(360) 876-8172**

Care Kitchen - Serves free dinner Wednesdays from 5:00-6:00pm. Location: 1780 Lincoln Ave in Port Orchard;. For more information: **360-867-5595**

Homeless Resources

St. Vincent de Paul: Offers 24-Hour packs, general assistance (transportation, rent, utilities, hygiene), food bank, women's shelter (Bremerton only). • Bremerton: 1137 N Callow Ave. Tu Th F Sa 10:30am-2:30pm. 360-377-2929. • Port Orchard: 2525 Bethell Rd SE. M-F 9:30am-5pm. 360-876-6933.

Coffee Oasis - Youth drop in centers and case management services in Port Orchard and Poulsbo from 12:00 to 5:00 pm Monday thru Friday. For more information: **360-377-5560**

Salvation Army - Day shelter, meal services, employment assistance, bill pay assistance, and rehab programs located at 832 6th St. Bremerton. For more information: **360-373-5550**

StandUp for Kids: Food and clothing assistance for youth, multiple locations: **360-204-0365**

Transportation

Kitsap Transit- Kids 18 and under can ride free on all buses, ferries, and trains across Puget Sound.

Paratransit- Offers free transportation to medical(including counseling and substance use) appointments for families or individuals that have Medicaid. To Schedule a ride call **360-377-7007**

Gather Together Grow Together (G2) - Offer transportation, food assistance, resource connection, and job readiness: **360 373 3000**

Housing/Energy Assistance

Kitsap Community Resources (KCR) - The Kitsap Eviction Prevention Assistance program provides rental assistance if a family is at risk of homelessness due to being behind in rent. They also provide energy assistance, call (360) 479-1507 for more information. All housing goes through the Housing Solutions Center of Kitsap County.

Bremerton
Kitsap Community Resources (Main HSC Center)
1201 Park Avenue
Bremerton, WA 98337
(360) 473-2035

Port Orchard
Kitsap Community Resources
3200 SE Rainshadow Ct.
Port Orchard, WA 98366
(360) 473-2146

Habitat for Humanity: Helps Kitsap County families build and buy their own homes: **(360) 479-3853**

Shelters

Kitsap Rescue Mission - Access bed through Housing Solutions Center: **360-373-3428**

Salvation Army - Dayroom shelter in Bremerton, meals, and case management supports. For more information: **360-373-5550**

October 2023

Coffee Oasis- Youth drop in centers in Port Orchard and Poulsbo from 12:00 to 5:00 pm Monday thru Friday. For more information: **360-377-5560**

Employment assistance

WorkSource Kitsap: Job training and placement: **360-516-1001**

Washington State Division of Vocational Rehabilitation (DVR): **360-405-7810**

Kitsap Community Resources: Employment assistance programs. Port Orchard site: **360-473-2144**

Goodwill Job Training and Education Center: Job readiness, GED, ESOL, and computer classes: **360-373-3692**