

# Jefferson County Community Resource Guide



ART BY CRAIG ROGERS

## Jefferson County Public Health Intellectual/Developmental Disabilities PROGRAM

**2022-2024** Updated 6/22/2023

*This Guide will help you find resources/services in Jefferson County,  
in WA State & the US~*

**Please Note: Updates are made to the best of our ability.**

**If you find errors or need updates**

**Please contact: Anna McEnergy @ amcenery@co.jefferson.wa.us**

***If you are looking for a specific resource for individuals with disabilities & their families, which is not listed in this directory, please contact the following people. They may be able to assist you.***

**Jefferson County Public Health-Intellectual/Developmental Disabilities Program**

Anna McEnergy, DD & BH County Coordinator [amcenery@co.jefferson.wa.us](mailto:amcenery@co.jefferson.wa.us)  
615 Sheridan, Port Townsend, WA (360) 385-9410

**Developmental Disabilities Administration (DDA)**

**DDA Intake/Eligibility-1-800-339-8227 or 360 725-4252**

**DDA Supervisor for Clallam/Jefferson Counties:**

Carina Robinson [carina.robinson@dshs.wa.gov](mailto:carina.robinson@dshs.wa.gov)  
201 West First St., STE 2, Port Angeles, WA (360) 809-4187 (Direct Line)  
1-877-601-2760 (Port Angeles) (360) 417-1497 (FAX)

**DDA Case Resource Managers for Jefferson County:**

Emily E. Cook [emily.cook@dshs.wa.gov](mailto:emily.cook@dshs.wa.gov)  
(360) 360-460-6587 (Direct Line) or 1-877-601-2760 (Port Angeles)

Catie Morton [catherine.morton@dshs.wa.gov](mailto:catherine.morton@dshs.wa.gov)

2507 Evans Vista, Port Townsend, WA or (360) 775-9208 (Direct Line)  
or 1-877-601-2760 (Port Angeles)

Vicki Shaver [vicki.shaver@dshs.wa.gov](mailto:vicki.shaver@dshs.wa.gov)

(360) 809-4311 (Direct Line) 1-877-601-2760 (Port Angeles)

**Jefferson County Enhanced Case Management Program Supervisor (ECMP DDA)**

Susan Pfundt [pfundse1@StateofWA.mail.onmicrosoft.com](mailto:pfundse1@StateofWA.mail.onmicrosoft.com) or [susan.pfundt1@dshs.wa.gov](mailto:susan.pfundt1@dshs.wa.gov)  
(360) 522-3167 (Direct Line)

**Jefferson County Enhanced Case Resource Manager**

(360) 809-4307 (Direct Line) or 1-877-601-2760 (Port Angeles)

**Division of Vocational Rehabilitation (DVR)**

Lucina Heidel -DVR Supervisor [Lucinda.Heidel@dshs.wa.gov](mailto:Lucinda.Heidel@dshs.wa.gov) (564) 222-0979  
Tracey House -Region 3 Transition Consultant [Tracey.House@dshs.wa.gov](mailto:Tracey.House@dshs.wa.gov) (360)-480-0612

**Elks Therapy Program for Children**

Sheila M. Allen- OTR/L Occupational Therapist- Cell Phone: (360) 908-7770  
Program Office 1-800-825-3557- [sheilaot@icloud.com](mailto:sheilaot@icloud.com) [sallen@waelks.net](mailto:sallen@waelks.net)

**Employment Provider/Community Inclusion Provider-Cascade Community Connections**

Taylor Webster- Executive Director [Taylor@casconnections.org](mailto:Taylor@casconnections.org)

Cell Phone- (360) 774-3342

Lani Peterson- Program Manager [lani@casconnections.org](mailto:lani@casconnections.org)

Cell Phone- (360) 774-6731

**Lead Family Resource Coordinator (FRC)**

Janie Nelson- Birth to Three Program Director/Clallam & Jefferson County

[jnelson@ccpnw.org](mailto:jnelson@ccpnw.org) Office- (360) 379-1315

**People First/ Self-Advocacy**

Amber Kent [akent79@gmail.com](mailto:akent79@gmail.com) Cell- (360) 643-1458

**YMCA Family Resource Navigator**

Tanya Barnett [tanya@olympicpeninsulaymca.org](mailto:tanya@olympicpeninsulaymca.org)

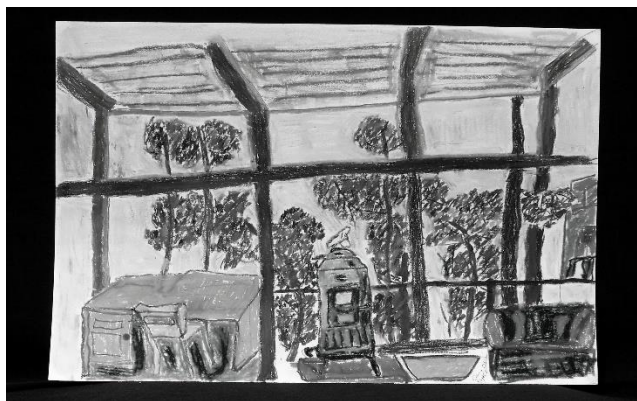
Cell Phone- (360) 565-6025 |Office Phone- (360) 554-0011

**The P2P Coordinator position for Jefferson County is open. Please call 360-385-9410 if interested in applying for this position.**

*In the interim, please contact:*

*Sylvia Davenport- South Sound P2P/ Helping Parent Transition Program Director*

[Sdavenport@ssp2p.org](mailto:Sdavenport@ssp2p.org) (360)-352-1126



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## LIST OF TOLL-FREE NUMBERS

Aging & Adult Services	1-800-422-3263
Attorney General (Consumer Protection)	1-800-551-4636
Center for Disease Control	1-800-232-4636
Children's Services (DSHS)	1-800-562-5624
Civil Rights Hotline	1-800-368-1019
Constituent Services (DSHS)	1-800-737-0617
Consumer Advocacy & Outreach	1-800-562-6900
Crisis Line Jefferson County	1-888-910-0416
Deaf Telecommunication (TDD/TTY)	1-800-635-9993
Disability Insurance Benefits	1-800-562-6074
EEOC Branch Office Information	1-800-669-4000
Emergency Services WA State (24 hours)	1-800-258-5990
Family Help Line/Parents Anonymous	1-800-932-4673
Family & Children's Ombudsman	1-800-571-7321
Health Plan, Basic	1-888-402-0385
Hospital/Home Health Care Agency	Complaint Line: 1-800-633-6828
Housing, see Peninsula Housing Authority	360-452-7631
Housing & Urban Development (HUD)	1-800-669-9777
Insurance Claims (Consumer Protection)	1-800-562-6900
Legislative Hotline	1-800-562-6000
Long-Term Care Ombudsman	1-800-562-6028
Medicaid Information	1-800-562-3022
Medicare Information	1-800-444-4606
Medicare Complaint Hotline	1-800-633-4227
Mental Health Crisis Line (24 hours)	1-888-910-0416
Nursing Home Complaints	1-800-562-6078
Nursing Home Information	1-800-562-6028
Para Transit (Medicaid)	1-800-925-5438
Protection & Advocacy System (Disability Rights Washington)	1-800-562-2702
Residential Care Services (DSHS)	1-800-562-6078
Senior Citizen Service's	1-800-801-0050
Social Security	1-800-772-1213
Washington PAVE	1-800-572-7368
Washington Protection & Advocacy (Disability Rights Washington)	1-800-562-2702
WA State Tobacco Quit Line	1-800-Quit-Now
WIC (Women/Infant/Child) Services	1-800-841-1410

## FREQUENTLY REQUESTED AGENCY NUMBERS

American Civil Liberties Union (ACLU)--WA	206-624-2180	
Architectural & Transportation Barriers Compliance Board	800-872-2253	
Community Relations Services (Dept of Justice)	206-220-6700	
Consumer Protection Agency	206-464-6684	
Civil Rights Division, US Dept. of Justice	202-514-4609 202-514-0716	TTY
Civil Rights Justice Center, Seattle	206-557-7719	
Civil Rights Division, Dept. of Labor	202-693-5740	
Contract Compliance Programs (OFCCP)	866-487-2365	
Civil Rights Commission- U.S.	202-376-7700	
Civil Rights Commission- Western Regional Office	213-894-3437	
Community Services Office-(DSHS)	1-877-501-2233	
Columbia Legal Services	206-464-5911	
Dept. of Labor, Wage & Hour Division	360-902-5800	
Department of Transportation	360-705-7000	
DSHS-Department of Social & Health Services	1-877-501-2233	
Equal Employment Opportunity Commission--WA	206-220-6883	
Fair Housing Administration--WA	206-220-5170	
Federal Information Center	844-872-4681	
Free Legal Advice Hot-line	855-255-7256	
Northwest AIDS Foundation	206-329-6923	
Office on the ADA/Civil Rights Division	202-514-0301	
Olympic Community Action Program (OLYCAP)	360-385-2571-PT 800-464-2571-PA	
Parent to Parent (statewide)	800-821-5927	
Social Security (SSI)	800-772-1213	
WA State Human Rights Commission--Seattle	800-233-3247	
WA State Insurance Commissioner	360-725-7000	
WA Insurance Commissioner Consumer Advocacy	800-562-6900	
WA State Dept. of Labor & Industries	360-902-5800	
Within Reach (was Healthy Mothers/Healthy Babies)	800-322-2588 (there is an option for Spanish on the main number)	
WA State Employment Standards	360-902-5800	

# Acronym Directory

Below you will find a directory of abbreviations and acronyms.

**Thank you to <https://www.autismempowerment.org/resource-center/acronym-soup/> for the use of their list! From their Website: "We're here to help demystify some of the jargon. The next time you're in an IEP meeting with your OT and SLP talking about FAPE and SPED, you'll have an I-D-E-A of what everyone is talking about."**

- **AAC** = Assistive Augmentative Communication or Alternative Augmentative Communication
- **AAPD** = American Association of People with Disabilities
- **ABA** = Applied Behavioral Analysis
- **ADA** = American with Disabilities Act
- **ADD / ADHD** = Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder
- **ADL** = Activity of Daily Living
- **ADOS** = Autism Diagnostic Observation Scale
- **ADR** = Alternative Dispute Resolution
- **AEIE** = Accept, Enrich, Inspire, Empower – Autism Empowerment's Four Foundational Pillars
- **AE** = Autism Empowerment
- **AIT** = Auditory Integration Training
- **ALC** = Academic Learning Classroom
- **APE** = Adaptive Physical Education
- **APR** = Annual Performance Report
- **AS** = Asperger syndrome or Asperger's Syndrome
- **ASCII** = American Standard Code for Information Exchange
- **ASC** = Autism Spectrum Condition (preferred by some over disorder)
- **ASD** = Autism Spectrum Disorder(s)
- **ASL** = American Sign Language
- **ASR** = Autism and Scouting Radio
- **AT** = Assistive Technology
- **AYP** = Adequate Yearly Progress
  
- **BD** = Behavioral Disorder
- **BIP** = Behavior Intervention Plan
- **BMP** = Behavior Management Plan
- **BOE** = Board of Education
  
- **CAPD** = Central Auditory Processing Disorder
- **CAST** = Center for Applied Special Technology
- **CAPTA** = Child Abuse Prevention and Treatment Act
- **CBA** = Curriculum Based Assessment
- **CC** = Closed Captioning
- **CD** = Cognitive Disability
- **CDC** = Centers for Disease Control and Prevention
- **CEC** = Council for Exceptional Children
- **CF** = Cystic Fibrosis
- **CIL** = Center for Independent Living
- **CP** = Cerebral Palsy
  
- **DA** = Developmental Age
- **DD** = Developmental Delay
- **DDA** = Developmental Disabilities Association
- **DDC** = Developmental Disabilities Council
- **DHOH** = Deaf and Hard of Hearing
- **DS** = Down syndrome

- **DSC** = Developmental Skills Classroom – The Developmental Skills Classroom provides specially designed instruction and related services in life skills, foundational academic skills, communication and pre-vocational/vocational skills.
- **DSHS** = Department of Social and Health Services – oversees the social services provided to the citizens of Washington State.
- **DSM-IV** = Diagnostic and Statistical Manual of Mental Disorders (4th edition) by the American Psychiatric Association
- **DSM-V** = Diagnostic and Statistical Manual of Mental Disorders (5th edition) by the American Psychiatric Association
  
- **ECC** = Early Childhood Center (in Vancouver, WA)
- **ECE** = Early Childhood Education
- **ED** = U.S. Department of Education
- **EHDI** – Early Hearing Detection and Intervention
- **EI** = Early Intervention
- **EIS** = Early Intervention Services
- **ELL** = English Language Learner
- **ESD** = Educational School District
- **ESD** = Extended School Day
- **ESL** = English as a Second Language
- **ESY** = Extended School Year
  
- **FAPE** = Free and Appropriate Public Education
- **FAS** = Fetal Alcohol Syndrome
- **FBA** = Functional Behavioral Assessment
- **FERPA** = Family Educational Rights and Privacy Act
- **FOIA** = Freedom of Information Act
  
- **GE** = General Education
- **GF** = Gluten Free
- **GFCF** = Gluten free, Casein Free
- **GT** = Gifted and Talented
  
- **HCBS** = Home and Community Based Services
- **HI** = Hearing Impaired
- **HIPAA** = Health Insurance Portability and Accountability Act of 1996
- **HF** = High-functioning (*note: use of functioning labels are not recommended because of accuracy and ableism*)
- **HFA** = High-functioning Autism (*note: use of functioning labels are not recommended because of accuracy and ableism*)
- **HHS** = Health and Human Services
- **HoH** = Hard of Hearing
- **HQT** = Highly Qualified Teacher
  
- **IA** = Instructional Assistant
- **ID** = Intellectual Disabilities
- **I/DD** = Intellectual/Developmental Disabilities
- **IDEA** = Individuals with Disabilities Education Act
- **IEE** = Individualized Educational Evaluation
- **IEP** = Individualized Education Program
- **IFSP** = Individualized Family Service Plan
- **IHE** = Institute of Higher Education
- **ISAP** = Individualized Scout Advancement Plan
- **ITCA** = Infants and Toddlers Coordination Association
- **ITP** = Individualized Transition Plan

- **LD** = Learning Disabled or Learning Disability
- **LEA** = Local Education Agency
- **LEP** = Limited English Proficiency
- **LFA** = Low-functioning Autism (note: use of functioning labels are not recommended because of accuracy and ableism)
- **LRE** = Least Restrictive Environment
- **LSC** = Life Skills Classroom – Provides services to students focused on adaptive and academic skills development. The Life Skills Classroom provides specially designed instruction and related services in functional life skills, fundamental academic skills, communication and pre-vocational/vocational skills.
  
- **MD** = Muscular Dystrophy
- **MD** = Multiple Disabilities
- **MDR** = Manifestation Determination Review
  
- **NAMI** = [National Alliance on Mental Illness](#)
- **NASDSE** = National Association of State Directors of Special Education
- **NCD** = [National Council on Disability](#)
- **NCLB** = No Child Left Behind Act (Elementary and Secondary Education Act)
- **NDEAM** = [National Disability Employment Awareness Month](#) (October)
- **NIH** = National Institutes of Health
- **NIMH** = National Institute of Mental Health
- **NT** = Neurotypical
  
- **OCD** = Obsessive Compulsive Disorder
- **OCR** = Office for Civil Rights (A part of the U.S. Dept. of Education responsible for enforcing Section 504)
- **ODD** = Oppositional Defiant Disorder
- **OHI** = Other Health Impairment
- **OI** = Orthopedic Impairment
- **OSEP** = Office of Special Education Programs, U.S. Department of Education
- **OSPI** = [Office of Superintendent of Public Instruction](#) (in Washington state)
- **OT** = Occupational Therapy
  
- **P&A** = Protection and Advocacy
- **PALS** = Peer-Assisted Learning System
- **PASS** = Plan for Achieving Self-Support
- **PBIS** = Positive Behavioral Intervention and Supports
- **PCA** = Personal Care Attendant
- **PCP** = Person Centered Planning
- **PD** = Physical Disability
- **PDD** = Pervasive Developmental Disorder
- **PDD-NOS** = Pervasive Developmental Disorder – Not Otherwise Specified
- **PECS** = Picture Exchange Communication System
- **PLEP** or **PLP** – Present Level of Educational Performance
- **PP** = Paraprofessional
- **PS** = Preschool
- **PT** = Physical Therapy
- **PTI** = Parent Training and Information Center
  
- **RFP** = Request for Proposals
- **RS** = Related Services
- **RTI** = Response to Intervention
  
- **SAP** = School Age Parents
- **SAS** = Supplementary Aids and Services
- **SB** = Spina Bifida

- **SCHIP** = State Children’s Health Insurance Program
- **SCIP** = Social Communication Integration Program – Provides services to students with a focus on Social Communication needs. Usually for students with an autism spectrum diagnosis.
- **SDD** = Significant Developmental Delay
- **SEA** = State Education Agency
- **SEAC** = Special Education Advisory Committee
- **SED** = Serious Emotional Disturbance
- **SI** = Sensory Integration
- **SLD** = Specific Learning Disability
- **SLI** = Speech / Language Impairment
- **SLM** = [Spectrum Life Magazine](#)
- **SLP** = Speech Language Pathologist
- **SMI** = Serious Mental Illness
- **SPED** or **SE** = Special Education
- **SPD** = Sensory Processing Disorder
- **SPOA** = Specific Power of Attorney
- **SSDI** = Social Security Disability Income
- **SSI** = Supplemental Security Income
- **STEM** = Science, Technology, Engineering, Mathematics
- **Stim** = Self-Stimulating Behaviors or “Stimming”
- **SI** = Sensory Integration
- **SSI** = Supplemental Security Income
  
- **TA&D** = Technical Assistance and Dissemination Network funded by the Office of Special Education Programs (OSEP)
- **TANF** = Temporary Assistance to Needy Families
- **TBI** = Traumatic Brain Injury
- **TDD** = Telecommunication Devices for the Deaf
- **TS** = Tourette syndrome
- **TTY** = Teletypewriter (phone system for the deaf)
- **TWWIIA** = Ticket to Work and Work Incentives Improvement Act
  
- **UDL** = Universal Design for Learning
  
- **VI** = Visual Impairment
- **Voc Ed** = Vocational Education
- **VR** = Vocational Rehabilitation
  
- **WIC** = Women, Infants and Children (Special Supplemental Food Program)
- **WWC** = What Works Clearinghouse (Institute of Educational Sciences)
- **WWSWD** = Working with Scouts with Disabilities

# ADVOCACY/FAMILY SUPPORT

## Jefferson County

### APPLIED BEHAVIOR ANALYSIS (ABA)

Olympic ABA is a small agency focusing on providing quality intervention, training & support through play and positive learning opportunities building on the strengths of children ages 1-18 diagnosed with Autism Spectrum Disorder (ASD) and their families. We provide compassionate and individualized Applied Behavior Analysis (ABA) Therapy in homes, communities and schools, focusing on the skills that build on strengths and creating meaningful positive change in the lives of children and families.

Contact Joan Gitelman, M.Ed., BCBA, LBA @ [olympicaba@gmail.com](mailto:olympicaba@gmail.com) or 360-643-0034  
Please leave a message if Joan is not available.

### ADULT PROTECTIVE SERVICES - - (INCLUDES JEFFERSON COUNTY)

235 w 1<sup>ST</sup> Street Port Angeles, WA 98362 360-565-2160

### ARC OF THE PENINSULAS- - (INCLUDES JEFFERSON COUNTY)

Services for people who experience intellectual/developmental disabilities, including a Community Engagement program, advocacy, social activities, classes and a weekly dance

### PARENT-TO-PARENT PROGRAM – JEFFERSON COUNTY

South Sound P2P 2108 Caton Way SW, Olympia, WA 98502 (360) 352-1126 /visit us at [www.ssp2p.org](http://www.ssp2p.org)

Free, non-profit network of services/programs, that provide emotional support information and community resources to families of children/adults with special needs and/or disabilities.

**The P2P Coordinator Position for Jefferson County is open.**

***In the interim, please contact:***

**Sylvia Davenport- South Sound P2P/ Helping Parent Transition Program Director**

[Sdavenport@ssp2p.org](mailto:Sdavenport@ssp2p.org) (360) 352-1126

### BRIDGES BEHAVIORAL HEALTH OMSBUDS SERVICE

P.O. Box 3995

9004 Washington Ave NW (Regional Office)

Silverdale, WA 98383

Toll Free: 888-377-8174 <https://kitsapdrc.org/bridges.php>

Clallam, Jefferson and Kitsap County residents who are eligible, or receiving, publicly funded behavioral health services may use the Ombuds Service. Washington State established an independent Ombuds service to create a bridge between the client, their concerns or issues, and the providers of mental health and substance use services. Ombuds can provide information, assistance, and support to you for grievance resolution, appeals, and the fair hearing process.

### OLYMPIC NEIGHBORS/Hamilton House

PO Box 1923 Port Townsend, WA 98368

(360)344-2190 [olympicneighbors@gmail.com](mailto:olympicneighbors@gmail.com) <https://olympicneighbors.org>

**Hamilton House Adult Family Home** (360) 344-2190

Olympic Neighbors serves people with intellectual/developmental disabilities and their families by providing safe, affordable housing and staff support so our residents can thrive in the local community.

Olympic Neighbors has a vision of community life that involves relationships of mutual respect, education and (or) meaningful work, real participation in community life, a stress-reducing rhythm of daily activities, seasonal celebrations, a rich artistic and cultural life, acceptance, individual recognition, and dignity for everyone. At the same time, Olympic Neighbors understands and values the needs and rights of residents to choose their own path, and their ability to be involved in making decisions that affect their own life.

## ADVOCACY/FAMILY SUPPORT Surrounding Areas

### THE ARC OF WASHINGTON STATE

2638 State Avenue NE Olympia, WA 98506 [www.arcwa.org](http://www.arcwa.org) 1-888-754-8798 or 360-357-5596  
Advocacy and services for people who experience intellectual/developmental disabilities and their families, Parent to Parent program, and Endowment Trust Fund

### CLALLAM MOSIAC

205 Black Diamond Rd, Port Angeles, WA 98363 360-797-3602 or 360-681-8642  
Parent to Parent Coordinator: 360-681-8642 [www.clallammosaic.org](http://www.clallammosaic.org) EMAIL [info@ClallamMosaic.org](mailto:info@ClallamMosaic.org)  
Non-profit organization serving people who experience intellectual/developmental disabilities. Community Engagement & Community Inclusion services, Clallam County- Parent to Parent & the Clallam/Jefferson Informing Families Coordinator, Day Programs, weekly (in-person or zoom) classes on life skills, art, theater, recreation club, monthly dances and more for people who experience I/DD

### DISABILITY RIGHTS WASHINGTON (Was Washington Protection & Advocacy)

315 5th Avenue South, Suite 850, Seattle, WA 98104  
(206) 324-1521 or 1-800-562-2702 / 711 for Washington Relay Service (TTY).  
<https://www.disabilityrightswa.org/> EMAIL- [info@dr-wa.org](mailto:info@dr-wa.org)  
Protection and advocacy for the civil rights of individuals with disabilities and/or mental illness. Attorney services, training, publication library, and interpreter services available

### BEHAVIORAL HEALTH OMBUDS SERVICE

<https://www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/ombuds-services>  
<https://www.dshs.wa.gov/esa/social-services-manual/mental-health-services>  
Services will investigate complaints and assist in facilitating solutions and, if necessary, assist with formal grievance procedure.

### EASTERSEALS OF WASHINGTON

200 W. Mercer St., Ste. 210E, Seattle, WA 98119-3954 206-281-5700 voice  
<http://www.easterseals.com/washington>  
Easter Seals Society works with children, adults and families to support living with equality, dignity and independence. Changing the way the world defines and views disabilities by making profound, positive differences in people's lives every day. They have some resources to provide employment and transition programs, year-round camping and respite programs (see the Recreation section of this guide).

### FAMILY TO FAMILY HEALTH INFORMATION CENTER

<http://www.familyvoicesofwashington.com>  
1-800-5-PARENT | (253) 565-2266 | V/TTY 1-800-5-PARENT | Fax: (253) 566-8052  
Helps families of children and youth with special health care needs (CYSHCN), children with disabilities & the professionals who serve them

### FETAL ALCOHOL AND DRUG UNIT/ University of Washington

<http://depts.washington.edu/fadu/> 1107 NE 45th Street, Suite 120 Seattle, WA 98105 (206) 543-7155

### UW FAS Diagnostic CLINIC: <http://depts.washington.edu/fasdpr/>

Phone: (206) 598-9666 Fax: (206) 598-7815 E-mail: [fasdclin@uw.edu](mailto:fasdclin@uw.edu)

**FREE APPROPRIATE EDUCATION & ADVOCACY (FAPE)** Provides Individual Education Plan (IEP) assistance to parents, advocates and educators. <http://www.wrightslaw.com/info/fape.index.htm>

### ENDOWMENT TRUST FUND

<http://arcwa.org/endowment-trust-fund> [info@arcwa.org](mailto:info@arcwa.org) 888-754-8798  
DD Endowment Trust Fund c/o The Arc of Washington State 2638 State Ave. NE Olympia, WA 98506  
The Endowment Trust Fund is a public-private partnership that makes it possible for families to enhance the quality of life for their loved ones with a disability, and for individuals who experience

intellectual/developmental disabilities - to participate in their own financial future. The Arc provides information, enrollment assistance and the administration of individual trust accounts.

### **MARCH OF DIMES BIRTH DEFECTS – WASHINGTON STATE CHAPTER**

1904 Third Ave., Suite 230, Seattle, WA 98101

1-888-274- 3711 <https://www.marchforbabies.org>

Provides public and professional education materials and programs, worksite prenatal health programs, legislative advocacy, grants to organizations and agencies to develop programs, and information and referral.

### **OFFICE OF THE DEAF AND HARD OF HEARING**

PO Box 45300, Olympia, WA 98504-5300 <https://www.dshs.wa.gov/altsa/office-deaf-and-hard-hearing>

TTY/TDD 800-833-6384 for *Washington Relay Service* Customer Service Contact Center 877-501-2233

The Office of the Deaf and Hard of Hearing encompasses several statewide programs that provide a wide range of services for Deaf, Deafblind, DeafPlus, Hard of Hearing, Late Deafened and Speech Disabled individuals, their families, and service providers in Washington State. ODHH reviews and advocates for policy reform within Washington State to ensure that the state's public policies are accessible, appropriate, inclusive and ADA compliant. Program services range from various technologies, trainings, consultations, contract management, information, referrals, and resources with the mission of promoting communication equity. ODHH collaborates with federal, state, and local governments, as well as with stakeholders and community members to ensure that all state services and resources are accessible to and inclusive of this diverse community.

### **SPECIAL EDUCATION ADVOCACY RESOURCES from Disabilities Rights of WASH**

<http://www.disabilityrightswa.org/special-education-resources>

The following special education resources are divided into four categories: general special education resources, dispute resolution information, lawyer referrals, and specialized special education resources.

### **PARENT-TO-PARENT PROGRAM- Clallam County**

Mosaic - 205 Black Diamond Rd, Port Angeles, WA 98363 (360) 681-8642 [www.clallammosaic.org](http://www.clallammosaic.org)

Free, non-profit network of services/programs, that provide emotional support, information and community resources to families of children/adults with special needs and/or disabilities

### **PARENT-TO-PARENT PROGRAM - Kitsap County**

South Sound Parent to Parent -2108 Caton Way SW, Olympia, WA 98502 (360) 352-1126

[kadams@ssp2p.org](mailto:kadams@ssp2p.org) | Cell: (360) 282-2603 | visit us at [www.ssp2p.org](http://www.ssp2p.org)

Free, non-profit network of services/programs, that provide emotional support, information and community resources to families of children/adults with special needs and/or disabilities.

### **PAVE-Partnerships for Action, Voices for the Empowerment serves Clallam, Jefferson County- Autism Resources + MORE**

Shawnda Hicks/ PAVE Family to Family Health Information Center Navigator 360-999-6633

[shicks@wa.pave.org](mailto:shicks@wa.pave.org)

### **PEOPLE FIRST OF WASHINGTON**

Nonprofit advocacy org. made up of people with intellectual/developmental disabilities

P.O. Box 1180, Spanaway, WA 98387 <http://www.peoplefirstofwashington.org>

**Jefferson County People First** Advisor: Shay Kaushagen Email: [shay@pfow.org](mailto:shay@pfow.org)

Or call People First of Washington at: 253-999-7222

## **SPECIAL EDUCATION MEDIATION**

<http://somtg.com/our-services/conflict-engagement/mediation> 1-800-692-2540

Mediation between families of children 0-21 and School Districts to help resolve IFSP or IEP impasses.  
Sound Option Group

## **WASHINGTON AUTISM Alliance & Advocacy** [www.washingtonautismadvocacy.org](http://www.washingtonautismadvocacy.org)

721 4th Ave. #891 Kirkland, WA 98033

Phone: 425.894.7231 [office@washingtonautismadvocacy.org](mailto:office@washingtonautismadvocacy.org)

Washington Autism Alliance & Advocacy is a personal advocate and legislative champion for children and adults with autism spectrum disorder (ASD) & other intellectual/developmental disabilities.

A parent-directed, non-profit organization existing to provide educational advocacy, information, training, support and referral for people whose lives are linked to children and adults with disabilities.

## **WASHINGTON STATE FATHERS NETWORK**

Louis Mendoza c/o, Kindering Center, 19801 North Creek Pkwy Bothell, WA 98011

<http://www.FathersNetwork.org> 425-653-4286 [louis.mendoza@kindering.org](mailto:louis.mendoza@kindering.org)

Advocates for fathers/ families of children with special needs.

## **WA STATE OFFICE OF THE FAMILY AND CHILDREN OMBUDSMAN**

6840 Fort Dent Way, Suite 125, Tukwila, WA 98188

206-439-3870 800-571-7321 TTY 206-439-3739 <http://ofco.wa.gov/>

The Office of the Family and Children's Ombudsman (OFCO) is an independent voice for families and children who are under state supervision due to allegations or findings of child abuse or neglect. OFCO may also monitor the health and safety of children who are in state custody (CPS, DSHS, and the foster care system). *If you believe that the Department of social and Health Services has not responded adequately to a credible report of suspected child abuse or neglect, or if you believe that a state-supervised family or child, or a child in state custody, is at risk of harm due to the failure of DSHS or another government agency to respond to a complaint, OFCO can help. All information received is confidential.*

## **WASHINGTON STATE LONG-TERM CARE OMBUDSMAN**

800-562-6028 <http://www.waombudsman.org> [ltcop@mschelps.org](mailto:ltcop@mschelps.org)

Local: Info & Assistance-O3A: 360-385-2522

The Long-Term Care Ombudsman is a program designed to improve the quality of life for people who live in long-term care facilities, including nursing homes, boarding homes, adult family homes and state operated veteran's homes. The Ombudsman advocates for the rights of residents in long-term care facilities; receives, investigates and attempts to resolve complaints and concerns about the quality of life in long-term facilities; monitors laws, regulations and policies which affect those who live in long-term facilities; and promotes the development of consumer organizations concerned about long-term care.

## **National**

### **TASH**

1101 15<sup>TH</sup> Street NW Suite 206, Washington, DC 20005

[www.tash.org](http://www.tash.org) 202-817-3264 TASH is an international association of people with disabilities, their family members, other advocates and professionals advocating for a society in which inclusion of all people in all aspects of society is the norm. Check web site for more information.

### **AMERICAN COUNCIL OF THE BLIND**

1703 N Beauregard St., Suite 420 Alexandria, VA 22311

202-424-8666 800-424-8666 <https://www.acb.org> Advocates for educational opportunities, health care services, SSI benefits, vocational training for the blind. Also provides an information service, scholarships, legal assistance, crisis support, free monthly Braille magazine (large print or cassette), and referrals to education, rehabilitation, jobs, recreation and adaptive aids services.

### **NATIONAL ORGANIZATION on FETAL ALCOHOL SYNDROME**

1200 Elton Court, Third Floor, Washington, DC 20007 (202) 785-4585 FAX (202) 466-6456

<https://nofas.org>

# CHILDREN'S SERVICES

## Jefferson County

### CHILDREN AND FAMILY SERVICES (DSHS) 2507 Evans Vista, Port Townsend, WA 98368

LOCAL: 360-565-2160 **Hotline -1-866-ENDHARM** (1-866-363-4276), Washington State's toll-free, 24 hours, 7 day-a-week hotline that will connect you directly to the appropriate local office to report suspected child abuse or neglect. **Nights & Weekends** - call **1-800-562-5624** to report abuse during the evening or on weekends. **TTY Callers** - call **1-800-624-6186** to place a direct TTY call.

Child Protective Services, Child Welfare Services, Department of Licensing for Family Childcare Centers and Foster Care. Services promoting children's safety, permanency, well-being and access to quality childcare.

### CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS

#### JEFFERSON COUNTY PUBLIC HEALTH 360-385-9400

Website: [Children & Youth with Special Health Care Needs | Jefferson County, WA](#)

CYSHCN helps support families with resources and linkages to community services included family support, care coordination, and health information.

### FAMILY RESOURCE COORDINATORS for the BIRTH TO THREE PROGRAMS

Lead Family Resource Coordinator, (FRC) for Jefferson County-Janie Nelson-Achodor

Call 360-379-1315 or 1-888-493-8198 for a referral to your local FRC.

Website: [Children - Birth to 3 Services | Jefferson County, WA](#) Family Resource Coordinators, (FRCs) assist families in Jefferson County who have questions about their child's development, whose children have special needs and are under age 3. FRCs can assist families in finding resources and working with the agencies and coordinating services involved with children with special needs.

### HEADSTART/ECEAP PROGRAMS-OlyCAP

<https://olycap.org/early-childhood-services/> Chimacum 360-302-5830 Port Townsend 360-379-5287

Early Headstart in (Port Townsend 360-379-4507) (Forks 360-374-6262 Ext 433 or 418)

(Sequim 360-582-3709) (Port Angeles 360-775-2409)

Educational programs serving families who are low-income with children. Programs are available in Sequim, Port Angeles, Port Townsend & Forks. For information, call the number in your area.

<https://olycap.org/wp-content/uploads/2020/07/JEFFERSONCOUNTYHSEHSLOCATIONS1-27-2020.pdf>

### JEFFERSON COUNTY DEVELOPMENTAL DISABILITIES PROGRAM

615 Sheridan St., Port Townsend, WA 98368 360-385-9410

<https://www.co.jefferson.wa.us/455/Developmental-Disabilities>

County and State funds are used to plan, provide, pay for and monitor Employment Programs, Day Program Services for individuals who experience intellectual/developmental disabilities. Those programs assist individuals to work, participate and contribute to their community - through Employment & Community Inclusion Programs, Birth to Three Services and Information & Education programs.

### YMCA- FAMILY RESOURCE NAVIGATOR <https://www.olympicpeninsulaymca.org/jcfamilyresources>

Navigator: Tanya Barnett 360-565-6025 [tanya@olympicpeninsulayma.org](mailto:tanya@olympicpeninsulayma.org)

*A "one stop shop" for resources to find the support you need -- no matter how small or big the need may be.*

The role of the Navigator is to be a centralized access point - to help a family locate current and useful resources throughout the County, while assisting with agency coordination.

The Family Resource Coordinator may also assist families to apply to the Developmental Disabilities Administration- (DDA) for Waiver Service eligibility for their son or daughter.

## Surrounding Areas

### **CENTER ON HUMAN DEVELOPMENT & DISABILITIES / UNIV. OF WASHINGTON**

1701 NE Columbia Road, Seattle, WA 98195

<https://www.uwmedicine.org/locations/center-on-human-development-and-disability-uwmc>

**FAX 206-598-7815**

An array of clinics, programs, activities and projects which are part of the University Affiliated Programs. Focus includes child development, Down Syndrome, FAS, genetics, assistive technology, drug-exposed infants, family support, Fragile X, older adults with DD, high-risk children with special health care needs, nutrition, and community outreach.

### **FAMILY RESOURCE CENTER, CHILDREN'S HOSPITAL & MEDICAL CENTER**

4800 Sandpoint Way NE, Seattle, WA 98105

206-987-2201 Toll free 866-987-2000 Fax: 206-987-2235 <https://www.seattlechildrens.org>

Diagnosis, evaluation and long-term management for individuals who experience intellectual/developmental disabilities, cerebral palsy, school problems and/or related child development concerns. Interdisciplinary care coordinated by developmental pediatricians and nurse clinicians. Consultations in orthopedics, neurology, rehabilitation medicine, psychiatry and other disciplines are available on site as needed. Follow-up programs for high-risk infants, developmental consultation service and inpatient care.

### **WITHIN REACH Help Me Grow (formerly Healthy Mothers/Healthy Babies)**

155 N.E. 100<sup>th</sup> St., #500 206-284-2465 fax: 260-270-8891 <https://withinreachwa.org>

**Parent Help 123** <https://www.parenthelp123.org/>

**Need Help?** Call the Help Me Grow Washington Hotline at 1-800-322-2588

Provides information and referral to resources for families with babies with and without special needs.

### **EARLY SUPPORT FOR INFANT/TODDLERS (ESIT)**

Washington State Department of Early Learning (DEL)

1110 Jefferson ST., SE, Olympia, WA 98501 Mailing: PO Box 40970 Olympia, WA 98504-0970

360-725-3500 <https://www.dcyf.wa.gov/services/child-development-supports/esit>

Directs statewide IDEA (Individuals with Disabilities Education Act) Early Intervention Services.

### **THE LEARN CLINIC**

206-543-6511 UW BOX 351635, Seattle, WA 98105

<https://psych.us.edu/community/the-clinic/the-learn-clinic>

The University of Washington's Learn Clinic offers comprehensive evaluations of children and adolescents who are having any sort of academic problems. They evaluate children and adolescents for everything from learning disabilities and ADHD to autism spectrum disorders (PDD, Asperger's, autism). The clinic also provides kindergarten readiness and giftedness evaluation.

### **WASHINGTON SENSORY DISABILITIES SERVICES**

360-947-3297 FAX 833-903-0338 [www.wsdsonline.org](http://www.wsdsonline.org) Helps ensure statewide educational services and support to families with children aged birth to 21 with sensory disabilities, and to the professionals who work with them. Lending library of 0-to-3 resources (books, videotapes, curriculum materials). Call for library list and/or information.

### **WASHINGTON PAVE- Partnerships for Action, Voices for the Empowerment**

**1-800-5-PARENT | (253) 565-2266 | V/TTY 1-800-5-PARENT | Fax: (253) 566-8052**

Mailing Address: P.O. Box 65969 Tacoma, WA 98464

Main office: 6316 S. 12<sup>th</sup> St. Tacoma 98465 [www.wapave.org](http://www.wapave.org) Email: [pave@wapave.org](mailto:pave@wapave.org)

This non-profit program provides training workshops, assistance to parents and professionals, resources, referrals, advocacy and assistance. Quarterly newsletter with helpful information for parents who have a child with a special need.

## COMMUNITY INCLUSION

Community Inclusion services assist individuals with intellectual/developmental disabilities to participate in activities that promote individualized skill development, independent living and community integration. Activities must provide individuals with opportunities to develop personal relationships with others in their local communities and to volunteer, contribute, learn, practice, and apply life skills that promote independence and community inclusion.

With funding from DDA, the County Intellectual/Developmental Disabilities Program contracts with Providers who can offer these programs to adults who experience intellectual/ developmental disabilities.  
<https://www.co.jefferson.wa.us/464/Adult-Services>

**Contact your DDA Case Resource Manager at 1-877-601-2760 for a referral.**

**CASACADE COMMUNITY CONNECTIONS 360-774-3342** <https://casconnections.org/about-us/info@casconnections.org> Developed in recognition of service gaps for individuals with disabilities; 18-21 years of age seeking job training and assistance with independent living skills. Working to help those with disabilities achieve, maintain a meaningful & dynamic presence in their communities.

Physical Address: 112 Harrison Street/ Port Townsend WA

Mailing Address: [2023 E Sims Way #115](#)/Port Townsend WA 98368

## COMMUNITY ENGAGEMENT

Community Engagement Services increase access to informal community supports. Community Engagement develops creative, flexible, and supportive community resources so participants can meet a goal identified in their person-centered service plan. Adults who experience intellectual/developmental disabilities are eligible for Community Engagement services if they are on the Basic Plus and Core waivers. Individuals on the Core waiver receiving residential habilitation under WAC 388-845-1500 may not receive Community Engagement services.

**Contact your DDA Case Resource Manager at 1-877-601-2760 for a referral.**

**CASACADE COMMUNITY CONNECTIONS 360-774-3342** <https://casconnections.org/about-us/info@casconnections.org>

Physical Address: 112 Harrison Street/ Port Townsend WA

Mailing Address: [2023 E Sims Way #115](#) Port Townsend WA 98368

**GATHERING PLACE 360-385-4172** <https://www.gppt.org/> [gatheringplacept@gmail.com](mailto:gatheringplacept@gmail.com)

Our goal is to provide enrichment activities and community integration for adults with disabilities.

Respite, Community Engagement, Music, Art and a Dog Biscuit Program

Physical Address: 430 Hudson Street, Port Townsend, WA

Mailing Address: PO 625 Port Hadlock, WA 98339

**CLALLAM MOSIAC 360-681-8642** <https://www.clallammosaic.org/> [info@clallammosaic.org](mailto:info@clallammosaic.org)

205 Black Diamond Rd, Port Angeles, WA 98363

Community Engagement services, Clallam County- Parent to Parent & the Clallam/Jefferson Informing Families Coordinator, Day Programs, weekly (in-person or zoom) classes on life skills, art, theater, recreation club, monthly dances and more for people who experience intellectual/developmental disabilities.

## **CULTURALLY SPECIFIC RESOURCES**

### **Jefferson County**

#### **QUINAULT NATION--TRIBAL SERVICES--QUEETS**

<https://www.quinaultindiannation.com/>

360-962-2071

### **Surrounding Areas**

#### **OPEN DOORS FOR MULTI-CULTURAL FAMILIES**

24437 Russell Road, Suite #110, Kent, WA 98032

253-216-4479 [info@multiculturalfamilies.org](mailto:info@multiculturalfamilies.org) <https://www.multiculturalfamilies.org/>

Open Doors or ODMF) provides culturally and linguistically relevant information, services, and programming to culturally and linguistically diverse families of persons with developmental and intellectual disabilities. Our staff come from the same culture and speak the same language as the families they serve, and are knowledgeable of disability services, Special Education, and other mainstream social services, and to bridge the gap between the families we serve and the services they need. As of 2020, our bilingual/bicultural Family Support Staff provide language support in English (with cultural support for African American families), Spanish, Somali, Korean, Mandarin Chinese, Cantonese, Arabic, Vietnamese, Amharic, and Tigrinya.

#### **CENTRO LATINO**

1208 S. 10th St., Tacoma, WA 98405 253-572-7717 <https://micentrowa.org/>

A community-based non-profit that works with Latino and Indigenous Native families through educational programs, crisis intervention, family outreach services, arts & culture programming and advocacy to address the concerns and opportunities for our families and community.

#### **HOH NATION--TRIBAL OFFICE** <https://hohtribe-nsn.org/>

2426 Lower Hoh Road Forks, Washington 98331

Main Number 360-374-6582 – ask to be directed to Social Services

#### **JAMESTOWN S'KLALLAM TRIBE -FAMILY SERVICES**

1033 Old Blyn Hwy, Sequim, WA 98382

360-683-1109 [info@jamestowntribe.org](mailto:info@jamestowntribe.org) <https://jamestowntribe.org/>

Ask for Health and Social Services.

#### **MAKAH NATION--TRIBAL COUNCIL--NEAH BAY**

Main Number 360-645-2201 [info@makah.com](mailto:info@makah.com) <https://makah.com/>

#### **PUYALLUP NATION--TRIBAL HEALTH AUTHORITY** 2209 E. 32nd St., Tacoma, WA 98404

253-593-0232 <https://www.eptha.com/>

The community mental health center's staffs are mental health professionals who can provide services on a sliding fee scale. They also accept medical coupons and private insurance.

#### **QUILEUTE NATION --TRIBAL SERVICES**

<https://quileutenation.org/human-services/>

PO Box 279, La Push, WA 98350 360-374-4306

# DISABILITY SPECIFIC RESOURCES

For a large searchable database, see Children's Hospital's web site, [www.seattlechildrens.org](http://www.seattlechildrens.org) which lists information on a variety of disabilities.

## Autism

### **AUTISM SOCIETY OF WASHINGTON**

120 State Ave #303 Olympia, WA 98501 Toll free: 1-888-ASW-4-YOU (1-888-279-4968)

Office Information: 360-515-8910 <http://autismsocietyofwa.org/v2/>

800-3-AUTISM (Autism Society of America number) EMAIL: [info@autismsocietyofwa.org](mailto:info@autismsocietyofwa.org)

Access and opportunities for persons within the autism spectrum and their families, to be fully included, participating members of their communities through advocacy, public awareness, education, and research related to autism.

### **EASTERSEALS Washington- Olympic Peninsula Autism Center**

3500 Bucklin Hill Rd NW Ste. 215 Silverdale, WA 98383

[www.easterseals.com/washington/](http://www.easterseals.com/washington/)

Phone: (360)337-2222

Primary Contact: Ericka Frink

## Brain Injury

### **BRAIN INJURY ALLIANCE OF WASHINGTON**

316 Broadway Suite 305 Seattle, WA 98122 mailing address: PO Box 3044, Seattle, WA 98114

Admin: 877-982-4292 [WA Brain Injury Resource Center](http://www.biawa.org): 877-982-4292

[www.biawa.org](http://www.biawa.org)

Email: [info@biawa.org](mailto:info@biawa.org) Provides information, a video library and article library.

Offers crisis resolution, training for professionals and family members, and many support groups around the state for both families and those injured.

## Blind/Partially Sighted

### **AMERICAN COUNCIL OF THE BLIND**

1703 N Beauregard St., Suite 420 Alexandria, VA 22311

202-467-5081 800-424-8666

FAX 703-465-5085 [www.acb.org](http://www.acb.org)

Provides scholarships, legal assistance, crisis support, a free monthly Braille magazine, and referrals to education, rehabilitation, jobs, recreation, and adaptive aids services.

### **JEFFERSON COUNTY COUNCIL OF THE BLIND**

Carl & Cathy Jarvis @ 765-4239 or [carjar82@gmail.com](mailto:carjar82@gmail.com) or Nancy Villagran @ [nanscape.pt@gmail.com](mailto:nanscape.pt@gmail.com)

A membership organization for blind and visually impaired persons and those interested in working with the blind, meets 12:00 pm – 1:00 pm on the fourth Friday of each month at Highway 20 Roadhouse in Port Townsend. Affiliated with Washington Council of the Blind and the American Council of the Blind.

**GUIDE DOGS FOR THE BLIND, INC.** 800-295-4050 Provides mobility by means of a dog guide to qualified, visually impaired individuals and 4-week in-residence training programs, at no charge, for people ages 16 and over. Located in San Rafael, CA and Boring, OR.

### **WA STATE DEPARTMENT OF SERVICES FOR THE BLIND**

949 Market St., Suite 508, Tacoma, WA 98402

253-476-6962 FAX 253-597-4432 <https://dsb.wa.gov>

Provides rehabilitation services and vocational rehabilitation to those with low vision or who are blind. Serves all ages, including senior citizens and children.

### **WASHINGTON TALKING BOOK & BRAILLE LIBRARY**

2021 9th Ave., Seattle, WA 98121

206-615-0400 800-542-0866 TTY 206-615-0419

[wtbbl@wtbbl.org](mailto:wtbbl@wtbbl.org)

[www.spl.org/wtbbl/wtbbl.html](http://www.spl.org/wtbbl/wtbbl.html)

Talking books, Braille or large print, locally taped books and special interest information, Braille transcription, a radio reading service, and an online access catalog. Collections available for loan to agencies serving eligible patrons.

## Deaf/Hard of Hearing

### **DSHS DEAF SERVICES**

PO Box 45300, 14th & Jefferson, Olympia, WA 98504

360-902-8000 TTY 360-753-0699 FAX 360-902-0855 [www.dshs.wa.gov](http://www.dshs.wa.gov)

Provides telecommunication and access equipment and referrals to deaf service centers.

### **HEARING, SPEECH AND DEAFNESS CENTER – ARTZ Communication Center**

1625 19th Ave., Seattle, WA 98122

206-323-5770 TTY 206-388-1275 FAX 206-328-6871

Professional services and technology to people of all ages who experience hearing loss, speech and language impairment, or are deaf. Services include early intervention and support for families with deaf and hard of hearing children, free hearing and speech evaluation and therapy, comprehensive hearing evaluations, hearing aid sales and services, assistive listening and signaling devices, job placement and vocational evaluation and community education.

**OFFICE OF THE DEAF AND HARD OF HEARING**-Same as “DSHS Deaf Services”

### **WASHINGTON SENSORY DISABILITIES SERVICES**

800-572-7000 V/TTY 206-439-6937

[www.wsdsonline.org](http://www.wsdsonline.org) [wdsd@psed.webnet.edu](mailto:wdsd@psed.webnet.edu) Helps ensure statewide educational services and support to families with children aged birth to 21 years with sensory disabilities, and to the professionals who work with them. Lending library of 0-to-3 resources (books, videotapes, curriculum materials). Call for library list and/or information.

### **LISTEN AND TALK**

8244 122<sup>nd</sup> Ave NE, Kirkland, WA 98033 206-985-6646 [www.listentalk.org](http://www.listentalk.org) [info@listentalk.org](mailto:info@listentalk.org)

An early development program for children who are deaf and hard of hearing.

## Deaf-Blind

### **WASHINGTON SENSORY DISABILITIES SERVICES**

WSDS collaborates with districts and families to support students who are deaf/hard of hearing, blind/low vision, or deafblind.

P: (360) 947-3297 - F: (833) 903-0338 [www.wsdsonline.org/deaf-blind](http://www.wsdsonline.org/deaf-blind)

### **OREGON DEAFBLIND PROJECT**

Western Oregon University 354 N. Monmouth Ave., Monmouth, OR 97361

<https://wou.edu/rrcd/oregondb>

The Oregon Deafblind Project is a federally funded project; it provides technical assistance, training, and information to support services for children in Oregon who are Deafblind. The project serves children from birth through age 21 years

## Cerebral Palsy

**PROVAIL HEADQUARTERS** 12550 Aurora Avenue N Seattle WA 98133

206-363-7303 888-810-0745

TTY-711 Relay Service FAX 206-361-5628 [www.provail.org](http://www.provail.org)

Provail is the new name for an organization with 60 years of experience serving children and adults with disabilities. Provail is the state's largest private, multi-service agency dedicated to meeting the needs of people with all types of disabilities.

### **UNITED CEREBRAL PALSY of OREGON & SW WASHINGTON**

305 NE 102<sup>nd</sup> Ave., Suite 100, Portland, Oregon 97220

503-777-4166 [www.ucpaorwa.org](http://www.ucpaorwa.org)

# Epilepsy

## **EPILEPSY FOUNDATION--WASHINGTON**

2311 N 45<sup>th</sup> ST. #134, Seattle, WA 98103-6905

206-487-5251 800-332-1000

EMAIL: [washington@efa.org](mailto:washington@efa.org) <https://epilepsywashington.org/>

A community support program that offers information and referral services, public education, pamphlets, videos, doctor and financial needs referral, workshops, and support groups.

## **UNIVERSITY OF WASHINGTON REGIONAL EPILEPSY CENTER AT HARBORVIEW**

325 9th Ave. Box 359745, Seattle, WA 98104-2499

206-744-3576 FAX 206-744-4409

<https://www.uwmedicine.org/locations/regional-epilepsy-center-harborview>

Inpatient and outpatient services for people with seizure disorders.

## **EPILEPSY FOUNDATION OF AMERICA** <https://www.epilepsy.com/>

**24/7 Helpline 1.800.332.1000**

## **Fetal Alcohol Spectrum Disorders (FASD)**

### **CENTER FOR DISEASE, CONTROL & PREVENTION-CDC**

1600 Clifton Rd. Atlanta, GA 30329, USA

800-CDC-INFO (800-232-4636) TTY: (888) 232-6348, 24 Hours/Every Day EMAIL- [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

FASDs are 100% preventable if a woman does not drink alcohol during pregnancy. Learn more about alcohol use during pregnancy and FASD's at <https://www.cdc.gov/ncbddd/fasd/>

### **FETAL ALCOHOL AND DRUG UNIT/ University of Washington**

<http://depts.washington.edu/fadu/> 1107 NE 45th Street, Suite 120 Seattle, WA 98105 (206) 543-7155

### **UW FAS Diagnostic CLINIC:** <http://depts.washington.edu/fasdpr/>

Phone: (206) 598-9666 Fax: (206) 598-7815

### **PAVE-Partnerships for Action, Voices for the Empowerment**

**1-800-5-PARENT | (253) 565-2266 | V/TTY 1-800-5-PARENT | Fax: (253) 566-8052**

Mailing Address: P.O. Box 65969 Tacoma, WA 98464

Main office: 6316 S. 12<sup>th</sup> St. Tacoma 98465 [www.wapave.org](http://www.wapave.org) Email: [pave@wapave.org](mailto:pave@wapave.org)

Fetal Alcohol Spectrum Disorder (FASD) is a devastating public health problem that affects all aspects of society. It is one of the leading known preventable causes of intellectual/developmental disabilities in the United States. Intervention and education are critical components. Caretakers and service delivery providers, if educated in the behavioral phenotype, core disability traits and intervention of FASD, will be able to work more effectively, reduce burnout and provide individuals with FASD.

*Contact PAVE for more information about FASD or to schedule a local presentation.*

## **MENTAL HEALTH/Mental Illness/Dual Diagnosis**

### **Jefferson County**

**Crisis line & Referrals: 360-385-0321 DISCOVERY BEHAVIORAL HEALTH (Mental Health Services)**

### **DBH- DISCOVERY BEHAVIORAL HEALTH SERVICES-(MENTAL HEALTH SERVICES)**

884 W. Park Ave. (PO Box 565), Port Townsend, WA 98368

360-385-0321 (crisis line & referrals) 1-800-659-0321 <https://www.discoverybh.org/>

### **NAMI (NATIONAL ALLIANCE on MENTAL ILLNESS) OF JEFFERSON COUNTY**

[www.nami.org](http://www.nami.org) NAMI is an information, advocacy and support network for people affected by mental illness, including family members. New 24-hour voice messaging phone number is (360) 385-1716. Someone from NAMI-Jefferson County will check for messages at least once a day

*The NAMI support group meetings for mentally ill and for their family members are held the first and third Wednesdays of each month at 7:00 p.m. in the large meeting room at the Discovery Behavioral Health Services building, 884 Park Avenue, Port Townsend, WA (behind Good Will and across from OlyCAP). At the first Wednesday meeting, those with diagnosed mental illnesses and family members meet together. At the meeting on the third Wednesday, each group meets separately, with its own facilitator. Confidentiality and anonymity are respected and protected at these meetings.*

### **THE ARC OF THE PENINSULAS**

360-377-3473 <https://www.penarc.org> Services for people who experience intellectual/developmental disabilities, including Counseling, Community Engagement Services, advocacy, social activities, classes and a weekly dance

### **RECOVERY CAFÉ - JEFFERSON COUNTY**

939 Kearney Street Port Townsend, WA 98368 360-385-5292 [developmentrc@dovehousejc.org](mailto:developmentrc@dovehousejc.org)  
<https://www.recoverycafejc.org/>

A recovery community based on the belief that everyone deserves love and belonging and where we foster a beautiful, safe, warm, drug-and-alcohol-free space for everyone

## **Surrounding Areas**

### **DR. APRIL WALTER, PSY.D. LICENSED CLINICAL PSYCHOLOGIST INDIVIDUAL, COUPLE, AND FAMILY THERAPY**

10740 Meridian Ave N #102, Seattle, WA 98133 253-235-5956

A Psychologist who specializes in helping those with intellectual/developmental disabilities and their families, including problem solving difficult behaviors. Charges \$150/hour or private insurance billing only  
[Dr.aprilw@gmail.com](mailto:Dr.aprilw@gmail.com) <https://centerpsychhealth.com/april-walter/>

**National Advocates for the Mentally Ill (NAMI):** <https://nami.org/Home>

**Washington Advocates for the Mentally Ill (NAMIWA):** <https://www.namiwa.org/>

**New Growth Behavior Health Services** <http://www.thinknewgrowth.com>

Port Angeles, WA 98362 360-457-1610

Crisis intervention, children and family services, adult and community support services, and consultation and education. Contact agency for appointment or emergency services.

**Perinatal Support Washington 1-888-404-7763** <https://perinatalsupport.org/>

Parent Support Warm Line is available to any pregnant or new parents, or their loved ones needing support and information about emotional well-being during the perinatal period.

## **National**

**AADD - AMERICAN ASSOC. ON INTELLECTUAL AND DEVELOPMENTAL DISABILITIES (was AAMR)**

8403 Clesville Rd Suite 900 Silver Spring, MD 20910

[www.aamr.org](http://www.aamr.org)

AADD promotes progressive policies, sound research, effective practices, and universal human rights for people with intellectual disabilities.

**NATIONAL ASSOCIATION FOR DUAL DIAGNOSIS (NADD)**

321 Wall Street, Kingston, NY 12401

[www.thenadd.org](http://www.thenadd.org) Trainings, printed materials, and more.

## Multiple Sclerosis

### **MULTIPLE SCLEROSIS COALITION**

3 University Plaza Drive, Suite 116 Hackensack, NJ 07601

<https://ms-coalition.org/>

Phone: (201) 489-0540 Fax: (862) 772-7275

The vision of the MSC is to improve the quality of life for those affected by MS through a collaborative national network of independent MS organizations. Our mission is to increase opportunities for cooperation and provide greater leverage in collaborative and effective use of resources for the benefit of the entire MS community.

### **ABOVE MS**

A video series about living with MS

[www.abovems.com/en\\_us/home/living-with-ms/honestly-ms.html](http://www.abovems.com/en_us/home/living-with-ms/honestly-ms.html)

### **MULTIPLE SCLEROSIS SUPPORT GROUP/ *Not sure if they are still mtg due to COVID***

Meets first Tuesday of the month, 10:00 am – 12 Noon at the PT Community Center

Caregivers and family members welcome.

## Paralysis

**CHRISTOPHER AND DANA REEVE FOUNDATION** <https://www.christopherreeve.org>

A foundation dedicated to curing spinal cord injury by advancing innovative research and improving the quality of life for individuals and families impacted by paralysis.

# EMERGENCY PREPAREDNESS

## Jefferson County

### DEPARTMENT OF EMERGENCY MANAGEMENT

#### Emergency Operations Center

81 Elkins Road, Port Hadlock, WA 98339

360-385-9368/ After hours (urgent) 360-385-3831 ext. 1 email: [jcdem@co.jefferson.wa.us](mailto:jcdem@co.jefferson.wa.us)

## National

### EMERGENCY PREPAREDNESS INITIATIVE: Guide for the Special Needs of People with Disabilities for Emergency Managers, Planners and Responders

<https://www.samhsa.gov/resource/dbhis/emergency-preparedness-initiative-guide-special-needs-people-disabilities-emergency>

### EMERGENCY PREPAREDNESS INFORMATION

[www.preparenow.org](http://www.preparenow.org) Email: [info@preparenow.org](mailto:info@preparenow.org)

This site has information in several languages and includes information for people with disabilities.

### READY AMERICA DISASTER PREPAREDNESS INFORMATION

[www.ready.gov](http://www.ready.gov)

This site has information for People with Disabilities and other Access & Functional Needs on preparing, planning for a disaster and staying informed during.

### TIPS FOR FIRST RESPONDERS

*Tips for First Responders* offers information on how to assist persons with a wide range of disabilities. These tip sheets provide information about many types of disabilities that you can use during emergencies as well as routine encounters. You may download a free PDF version or purchase a 14-page, color-coded, laminated 4.5 x 5.5-inch field guide.

Division of Disability & Health Policy, Health Sciences Center, University of New Mexico

<https://unmhealth.org/services/development-disabilities/programs/other-disability-resources/first-responder-tips.html>

## EDUCATION Support & Resources/Jefferson County

### PUBLIC SCHOOL DISTRICT/ SPECIAL EDUCATION PROGRAMS

**Port Townsend School District/** Special Services/ 360-379-4503 <https://www.ptschools.org/>

Programs include: Birth to Three, Preschool, Elementary, Middle School, High School and Transition

**Brinnon School District/** Special Services/ 360-796-4646 [www.bsd46.org](http://www.bsd46.org)

K-8, Elementary & middle school

**Chimacum School District/** Special Services/ 360-732-4285 [www.csd49.org](http://www.csd49.org)

Programs include Preschool, Elementary, Middle School, High School, and Transition.

**Quilcene School District /**Special Services/ 360-765-3363 [www.qsd48.org](http://www.qsd48.org)

Programs include Preschool, Elementary, Middle School, High School and Transition.

## **Colleges w/Postsecondary/Transition Programs for Students with I/DD**

**WEBSITE:** <https://www2.ed.gov/programs/tpsid/index.html>

**BELLEVUE COLLEGE** 425 564-1000 <https://www.bellevuecollege.edu/ols/>

Offers an Associate Degree in Occupational and Life Skills (OLS) for people with disabilities. Studies prepare students to become self-determined, responsible citizens ready to engage in the workplace & life

**DO-IT PROGRAM-UNIVERSITY OF WASHINGTON**/206-685-3648 <https://www.washington.edu/doiit>

Provides services to increase the success of individuals w/disabilities in academic programs & careers

**HIGHLINE COMMUNITY COLLEGE/** [Home - Achieve \(highline.edu\)](http://highline.edu)

The **ACHIEVE Program** is a comprehensive post-secondary transition program that includes involvement in campus life, community-based internships, and assistance with job placement

CONTACT: An ACHIEVE Advisor @ [ecassatt@highline.edu](mailto:ecassatt@highline.edu) or 206.592.3526

**SKAGIT VALLEY COLLEGE/** [INVEST Program - Basic Education for Adults - Skagit Valley College](http://investprogram.org)

The **INVEST Program** at SVC is a comprehensive Post-Secondary Transition Program for individuals w/intellectual developmental disabilities, currently enrolled in local high schools until 21 years of age

CONTACT: Lisa Forsythe/Director of INVEST/ @ [Lisa.Forsythe@skagit.edu](mailto:Lisa.Forsythe@skagit.edu) or 360-416-7813

**WSU ROAR (Responsibility Opportunity Advocacy and Respect)** is a residential, inclusive postsecondary education program for students w/ intellectual/developmental disabilities (I/DD)

CONTACT @ [coe.roar@wsu.edu](mailto:coe.roar@wsu.edu) or 509-335-4078

For a complete list of **Washington State Community & Technical colleges:**

see: <https://www.sbctc.edu/our-colleges/college-contact-list>

## **Higher Education / Adult Education**

**PENINSULA COLLEGE** <https://pencol.edu>

**Port Townsend Campus:**

202 Eisenhower Avenue, Port Townsend, WA 98368 [pt@pencol.edu](mailto:pt@pencol.edu) -- 360-385-4605

Classes offered in-person and online. Programs include: 2-year AA transfer degree, Community Education classes, Running Start, English Language Acquisition, Transitional Studies including High School Plus and GED.

**Port Angeles Campus:**

1502 East Lauridsen Blvd., Port Angeles, WA 98362 [sservices@pencol.edu](mailto:sservices@pencol.edu) –360-417-6340

Programs include: BAS of Applied Management, 2-year degrees, 1-year certificates, short term certificates and Community Education. Branch campuses in Port Townsend and Forks.

**PENINSULA COLLEGE Community Education**

<https://pencol.edu/programs/community-and-business-education> 360-417-6527

For more information contact Community Education: [CommunityEd@pencol.edu](mailto:CommunityEd@pencol.edu)

Offering a variety of personal enrichment courses for youth and adults.

## **EDUCATION Support & Resources Surrounding Areas**

**ADOLESCENT HEALTH TRANSITION PROJECT** A resource for adolescents with special health care needs, chronic illnesses, physical and intellectual/developmental disabilities.

<http://depts.washington.edu/healthtr>

**CENTER FOR CHANGE IN TRANSITION SERVICES** Works to improve post-school outcomes for students with disabilities in Washington State.

[www.seattleu.edu/ccts](http://www.seattleu.edu/ccts)

### **OFFICE OF THE SUPERINTENDENT OF PUBLIC INSTRUCTION (OSPI)**

Deputy Superintendent Michaela Miller supports Special Education Services [Michaela.miller@k12.wa.us](mailto:Michaela.miller@k12.wa.us)

47200 Old Capitol Building, PO Box 47200, Olympia WA 98504

360-725-6000 TTY 360-664-3631 [www.k12.wa.us](http://www.k12.wa.us)

### **SOUND OPTIONS MEDIATION AND TRAINING GROUP**

800-692-2540 206-842-2298 FAX 206-780-5776 P.O. Box 11457, Bainbridge Island, WA 98110

Mediation services to parents of special education students and school districts. An impartial vehicle for dispute resolution used as an alternative to due process. Mediation is voluntary and may be requested by either party. Funded by OSPI (above), no charge to parents or districts.

### **WASHINGTON LIBRARY FOR THE BLIND** <https://www.wtbbl.org>

Free library service for individuals in WA State who are unable to read regular print due to a physical or reading disability. Equipment & books are mailed free to library users.

### **WASHINGTON SENSORY DISABILITIES SERVICES (WSDS)**

360-947-3297 [www.wdsd.wa.gov](http://www.wdsd.wa.gov)

An OSPI funded project which provides information, training, technical assistance and resources to families & educators state wide regarding children and youth with sensory disabilities, students who are hard of hearing, blind/visually impaired or deaf-blind.

### **SPECIALIZED TRAINING OF MILITARY PARENTS (STOMP)**

1-800-5-PARENT <https://wapave.org/specialized-training-of-military-parents-stomp/>

Provides advocacy, information and support to military families who care for family members with disabilities.

## **National**

### **CENTER FOR PARENT INFORMATION AND RESOURCES (Formerly the NATIONAL INFORMATION CENTER FOR CHILDREN & YOUTH WITH DISABILITIES)**

c/o SPAN 35 Halsey St., 4<sup>th</sup> Floor, Newark, NJ 07102

973-642-8100 [www.parentcenterhub.org](http://www.parentcenterhub.org)

A central "hub" of information and products created for the network of providers serving families of children with disabilities.

## EMPLOYMENT/Jefferson County

The County Intellectual/Developmental Disabilities Program contracts with Providers who can offer **Individual Employment or Group Employment** to adults who experience intellectual/developmental disabilities.

**Individual Employment Services** can support an individual to acquire and maintain a job in the integrated workforce at or above the state's minimum wage.

**Group Employment** employs small groups of workers with disabilities in integrated, sustained, paid employment, (like enclaves, mobile crews, or in other businesses).

**Employment Providers** can assist individuals who experience intellectual/developmental disabilities to find sustained, paid employment that meets personal and career goals.

**Contact your DDA Case Resource Manager at 1-877-601-2760 for a referral.**

<https://www.co.jefferson.wa.us/464/Adult-Services>

### DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)

2507 Evans Vista, Port Townsend, WA 98368

360- 775-9208 (Direct Line in Port Townsend) 1-877-601-2760 (Port Angeles)

Serves children and adults who experience intellectual/developmental disabilities through Case Management, Residential Supports, Employment Assistance, Individual and Family Support Program/Respite and Medicaid Personal Care. Eligibility is based on DDA's Full Assessment.

### DIVISION OF VOCATIONAL REHABILITATION (DSHS)

2507 Evans Vista, Port Townsend, WA 98368

360-302-3472

Provides vocational assistance for persons with many different disabilities. Must be an adult to receive this service.

### JEFFERSON COUNTY INTELLECTUAL/DEVELOPMENTAL DISABILITIES PROGRAM

615 Sheridan St. Port Townsend, WA 98368 360-385-9410

County and State funds are used to plan, pay for and monitor Employment/Day Programs for Individuals who experience Intellectual/Developmental Disabilities and other programs related to Community Information/Education activities. These Programs advocate & assist individuals to work & participate in the community, while giving back and educating the community about disabilities. The County also funds Early Intervention Services for Children Birth-to-Three

### CASACADE COMMUNITY CONNECTIONS

Physical Address: Office/ [Office/122 Harrison Street](#)- Port Townsend, WA 98368

Mailing Address: [2023 E Sims Way #115](#) Port Townsend WA 98368

Phone: 360-774-3342 Cell Phone (360) 774-3342

Provides: Person Centered Planning, Individual Supported Employment Services, Division of Vocational Rehabilitation (DVR) Services, Community Inclusion Services, Community Engagement Services, Peer-to-Peer Services and Respite in Community Settings for people who experience intellectual/developmental disabilities and other disabilities.

### OLYMPIC COMMUNITY ACTION-360-385-2571

Various programs, including re-employment, help with utility bills, and Head Start/ECEAP.

### WORK SOURCE-JEFFERSON COUNTY

<https://worksourcewa.com/>

Provides employment education, resources, connections, training.

## Surrounding Areas

### **WASHINGTON STATE HUMAN RIGHTS COMMISSION**

711 S. Capitol Way, #402, Box 42490, Olympia, WA 98504-2490 [www.hum.wa.gov](http://www.hum.wa.gov)  
360-753-6770 800-233-3247 TTY 800-300-7525

Investigates cases of discrimination regarding job application and employment (employers with 8 or more employees), public accommodation, housing, credit and insurance. For anyone feeling s/he has been discriminated against on the basis of mental, physical or sensory handicap.

### **DEPARTMENT OF SERVICES FOR THE BLIND – DSB**

**Seattle Office:** 3411 S. Alaska Street Seattle, WA 98118

Phone: 206.721.4422 <https://dsb.wa.gov>

The Department of Services for the Blind (DSB) provides or contracts for employment related services for participants who are blind or have a visual impairment. Their services are similar to DVR. Eligible participants are assisted with exploring career possibilities, career planning, academic training, alternative skill training specific to blindness, and job placement and follow-up.

## **ASSISTIVE TECHNOLOGY/EQUIPMENT**

**SEE ALSO “MEDICAL EQUIPMENT” IN THIS GUIDE FOR INFORMATION ON LOCAL PROVIDERS OF MEDICAL EQUIPMENT.**

## Surrounding Areas

### **CHILDREN’S THERAPY UNIT, GOOD SAMARITAN HOSPITAL – ASSISTIVE TECHNOLOGY PROGRAM**

PO Box 1247, 402 15th Ave. SE, Puyallup, WA 98371

<https://www.marybridge.org/services/childrens-therapy-unit/>

253-697-5200, FAX 253-770-5145

Consultation and evaluation to identify appropriate adaptive devices and/or modification designs for any area of need, including activities relating to daily living, arts/crafts, behavior management, environmental control, home access, mobility/ambulation, play/recreation, etc. Also maintains a computerized database listing of pediatric adaptive equipment that is available to other children in the local area.

### **CHILDREN’S THERAPY UNIT, GOOD SAMARITAN HOSPITAL – AUGMENTATIVE COMMUNICATION PROGRAM**

PO Box 1247, 402 15th Ave. SE, Puyallup, WA 98371

<https://www.marybridge.org/services/childrens-therapy-unit/>

253-697-5200 FAX 253-770-5145

Evaluation (including methods, modes and device demonstrations), consultation/collaboration with other service providers, and/or direct therapy regarding the use of Augmentative and Alternative Communication (AAC) systems and devices.

### **CHILDREN’S THERAPY UNIT, GOOD SAMARITAN HOSPITAL – COMPUTER TECHNOLOGY PROGRAM**

PO Box 1247, 402 15th Ave. SE, Puyallup, WA 98371

<https://www.marybridge.org/services/childrens-therapy-unit/>

253-697-5200 FAX 253-770-5145

Consultation, evaluation and direct intervention relating to computer access, device selection, location and/or learning methods. Technical assistance to parents needing to purchase a computer system, software or access devices for their child.

# ASSISTIVE TECHNOLOGY/ EQUIPMENT

## Surrounding Areas

**ABLE OPPORTUNITIES INC.** Communication consultant provides workshops, individual consultations and addresses the communication needs of pre-symbolic communicators, including individuals who are deaf / blind / I/DD. Provides job development and deaf / blind consultation.  
[www.ableopportunities.com](http://www.ableopportunities.com) 360-638-0881

**ADA CENTER** Has resources available to understand ADA and support businesses to be accessible. [www.dbtacnorthwest.org](http://www.dbtacnorthwest.org) 800-949-4232 or 425-248-2480

**ASSISTIVE TECHNOLOGY SERVICES** Provides assistive technology support. Located at the University of Washington. 206-598-7765 [www.washington.edu/do-it/](http://www.washington.edu/do-it/)

### **COMMUNITY SERVICES FOR THE BLIND & PARTIALLY SIGHTED STORE: SIGHT CONNECTION**

9709 Third Ave. NE, Suite 100, Seattle, WA 98115  
206-525-5556 800-458-4888 TTY 206-525-5556

[csbstore@csbps.com](mailto:csbstore@csbps.com) [www.sightconnection.org](http://www.sightconnection.org)

Store offers more than 200 products for living with vision loss, including Braille tools, white canes, large-print products, talking items, 4-track tape players, and magnifiers, etc. Open 9-5, M-F. Also offers secure transactions online and mail order catalog in large print, Braille, PC disk or audiotape.

### **DEPARTMENT OF SERVICES FOR THE BLIND**

Helps individuals with visual disabilities gain the necessary skills and access opportunities to reach employment goals of their choice. Provides statewide services for all ages of individuals who experience blindness / low vision; with a focus on independent living through providing orientation, training and mobility, and support to families. [www.dsb.wa.gov](http://www.dsb.wa.gov) 800-552-7103

**ENABLING DEVICES** Develops, manufactures and sells special devices that help people with disabilities reach their fullest potential. [www.enablingdevices.com](http://www.enablingdevices.com) 800-832-8697

**HEARING, SPEECH & DEAFNESS CENTER** Provides training, assessment, and job placement.  
[www.hsdcc.org](http://www.hsdcc.org) VOICE/TTY 800-761-2821

**NEXT GENERATION TECHNOLOGIES** Provides software, hardware and training services for Dragon Naturally Speaking. [www.ngtvoice.com](http://www.ngtvoice.com) 425-744-1100

**PROVAIL** Assists individuals in utilizing adaptive equipment for communication, computer access and phone usage. [www.provail.org](http://www.provail.org) 206-826-1063

**SPECIAL EDUCATION TECHNOLOGY CENTER** Provides assistive technology supports to schools in the State of Washington. 509-963-3350 [www.specialedtechcenter.com](http://www.specialedtechcenter.com)

**SPEECH TO SPEECH** A free telephone assistance service for individuals who have difficulty being understood due to a speech impairment or disability. Specially trained staff members relay calls by repeating what is not understood. 877-833-6341

**TECH STEP** Provides assistive technology resources for families, providers, and schools (including loaning equipment). [www.sherwoodcs.org](http://www.sherwoodcs.org) 425-334-4071

### **TELECOMMUNICATIONS ACCESS SERVICE**

PO Box 45300, 14th & Jefferson, Olympia, WA 98504 -360-902-8001 800-422-7930  
TTY 800-422-7941 FAX 360-902-0855

Provides telecommunications equipment (amplifiers, TTYs, signal devices, telebrailles) to Washington State residents who apply for and are qualified to receive this equipment. This equipment is distributed on a sliding fee scale.

### **WASHINGTON ASSISTIVE TECHNOLOGY ACT PROGRAM (WATAP)**

Center for Technology & Disability Studies, University of Washington, Box 357920, Seattle WA 98195-7920  
800-214-8731 V/TTY 866-866-0162 [watap@uw.edu](mailto:watap@uw.edu)

An advocacy network that includes the AT Resource Center at the University of Washington in Seattle and the AT Resource Center at Easter Seal Society in Spokane. Information, consultation and training related to selection of AT devices, services and funding; legal advice and advocacy; policy development; legislative action; technical consultation and training; publications; and online resources.

### **WASHINGTON ASSISTIVE TECHNOLOGY RESOURCE CENTER**

509-328-9350 V/TTY 800-214-8731 [spokane@seals.org](mailto:spokane@seals.org)

Statewide information and referral service. Call with questions about assistive technology. Individuals can try out a variety of assistive technology services, including Velcro, adapted clothing and toys, computers, seating systems, powered mobility, special switches, assistive listening devices, visual aids, memory aids, prosthetics and other commercially available or adapted items at the center in Spokane or the center at the University of Washington. Products are not sold on-site; catalogs are available for purchasing equipment.

### **WASHINGTON RELAY SERVICE** [www.washingtonrelay.com](http://www.washingtonrelay.com) 7-1-1 800-833-6384

Provides telephone accessibility to individuals who are deaf, hard of hearing, or speech disabled. Use this service to make and receive calls to anyone, anywhere in the world.

### **WASHINGTON SENSORY DISABILITIES SERVICES (WSDS)** [www.wsdsonline.org](http://www.wsdsonline.org) 800-572-7000

Provides information, training, technical assistance, and resources to families and educators statewide for individuals from Birth-to-21 with sensory disabilities, deaf / hard of hearing, blind / visually impaired, or deaf-blind.

**WASHINGTON TALKING BOOK AND BRAILLE LIBRARY** Free library service to individuals who are unable to read regular print due to physical or learning disabilities.

Equipment and books are mailed postage free to library users. [www.wtbbl.org](http://www.wtbbl.org) 800-542-0866

## **ENERGY ASSISTANCE**

### **LIHEAP (Low Income Home Energy Assistance Program)**

Helps low-income families with heating costs, as funding is available, to defray the cost of a household's primary heat source, including; electricity, oil, propane, firewood, pellets, or kerosene. The home may be owned or rented. Funds also available for owner-occupied residences in need of repair to heat system, to fix broken windows or other emergency repairs as approved. Serves Clallam and Jefferson Counties.

For more information Contact <https://olycap.org/energy-assistance> or call 360-385-2571

### **Jefferson County Public Utility District 1-POWER BOOST PROGRAM**

Provides energy assistance for income eligible customers of PUD Energy in Jefferson County.

For more information Contact <https://olycap.org/energy-assistance> at 360-385-2571

## **FOOD BANK INFO-Jefferson County**

## **FOOD BANKS**

General Information/Emergency Food (Community Action)  
360-385-2571 800-464-2571

### **PORT TOWNSEND FOOD BANK**

(Old Mountain View School)  
1925 Blaine Street  
Port Townsend, WA 98368  
cell 360-531-0275-Open Wednesdays, 10:00 am-3:00 pm  
Saturdays, 12 noon to 2:00 pm-*Senior Citizens only*

### **TRI-AREA COMMUNITY CENTER**

10 West Valley Rd., Chimacum  
360-732-0382-Wednesday, 10:00 pm - 1:00 pm

### **QUILCENE COMMUNITY CENTER**

Hwy 101 in Quilcene  
360-531-4739-Open Wednesday, 11:00 am - 2:00 pm

### **BRINNON BOOSTER CLUB**

151 Corey Lane, Brinnon  
360-796-4366  
Tuesday, 10:00 am - 1:00 pm

### **FOOD STAMPS**

Call DSHS at 1-877-501-2233 or go to the local Community Services Office (CSO) @  
2507 Evans Vista, Port Townsend, WA 98368

### **FREE MEALS**

#### **SOUP, BREAD & Desert AT IRONDALE CHURCH** *No Cost Soup & Bread-(Food is to go during COVID-19)*

Tuesday, 4-6:30pm/ 385-1720  
681 Irondale Road  
Port Hadlock WA

#### **“JUST SOUP” AT ST. PAUL’S PARISH HALL** *No Cost Soup & Bread-(Food is to go during COVID-19)*

Wednesday, 11:30 – 1:30pm/ 385-0770  
1020 Jefferson Street  
Port Townsend WA 98368

### **FREE/LOW-COST CLOTHING, FURNITURE, ETC: Jefferson County**

### **FREE STORE**

1505 Franklin St., Port Townsend  
Tuesday & Thursday, 10:00 am - 3:00 pm  
360-385-4057  
Clothing, bedding, appliances, miscellaneous.

**GOODWILL**

602 Howard Street, Port Townsend  
385-6600

**HABITAT FOR HUMANITY**

2001 West Sims Way, Port Townsend  
385-9653

**SERENITY THRIFT STORE**

215 N. Sequim Ave., Sequim  
360-683-8269

**THRIFT SHOP SEQUIM-DUNGENESS HOSPITAL GUILD**

204 W. Bell St., Sequim  
360-683-7044

**NEW IMAGE**

Mountain View Commons, 1925 Blaine Port Townsend, WA 98368  
*They receive mail at PO Box 334, Port Townsend WA 98368*  
360 385-0300 <https://www.newimagept.org/>

***Open Tuesdays & Thursdays from 10 am-2 pm for appointments and to receive donations.***

Provides free professional clothing for low income women who are re-entering the work force & women in domestic violence situations, pregnant women, homeless teenagers; women who have lost their homes due to fire or other natural disasters.

# GOVERNMENT AGENCIES

## Jefferson County

### **PENINSULA HOUSING AUTHORITY (CLALLAM COUNTY & JEFFERSON COUNTY)**

2603 S. Francis Street  
Port Angeles WA 98362  
360-452-7631 <https://peninsulapha.org>  
[info@peninsulapha.org](mailto:info@peninsulapha.org)

JEFFERSON COUNTY 360-379-2565 /Call for open times

Housing assistance for low-income residents

### **DEVELOPMENTAL DISABILITIES ADMINISTRATION (DSHS-Community Services Office)**

2507 Evans Vista, Port Townsend, WA 98368

(360) 775-9208 (Direct Line in Port Townsend) 1-877-601-2760 (Port Angeles)

Serves children and adults with developmental disabilities through case management, residential supports, employment assistance, and community inclusion, Individual and Family Support Program/Respite and Medicaid Personal Care. Eligibility is based on DDA's Full Assessment.

### **DIVISION OF VOCATIONAL REHABILITATION (DSHS- Community Services Office)**

2507 Evans Vista, Port Townsend, WA 98368 360-302-3470

Provides vocational assistance for persons with many different disabilities. Applicants must be adults to receive this service.

### **CHILDREN AND FAMILY SERVICES (DSHS- Community Services Office)**

2507 Evans Vista, Port Townsend, WA 98368 1-877-501-2233

This office houses Child Protective Services, Child Welfare Services, Department of Licensing for Family Childcare Centers and Foster Care. They have services that promote children's safety, permanency, well-being and access to quality childcare.

### **JEFFERSON COUNTY PUBLIC HEALTH - 615 Sheridan St., Port Townsend, WA 98368**

[www.jeffersoncountypublichealth.org](http://www.jeffersoncountypublichealth.org) 360-385-9400

Dozens of programs in the support of families, such as Women, Infants & Children (WIC), maternity support and case management for pregnant high-risk mothers, foot care, family planning, breast and cervical health, immunizations, nutrition services, public health nursing, environmental health services and programs to help overcome addiction. COVID-19 home test kits, masks, vaccinations, and information.

### **CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS**

**JEFFERSON COUNTY PUBLIC HEALTH** 360-385-9400

Provides referrals to local, regional and state resources and information for families of children under age 18 who have physical, emotional, behavioral or developmental concerns. Very limited budget to help acquire equipment and services that are not covered by insurance or other funding sources. No fee.

### **JEFFERSON COUNTY INTELLECTUAL--DEVELOPMENTAL DISABILITIES**

**(JEFFERSON COUNTY PUBLIC HEALTH)** 615 Sheridan St., PT, WA 98368 360-385-9410

County and State funds are used to plan, pay for and monitor Employment/Day Programs for adults who experience Intellectual/Developmental Disabilities, Early Intervention Services For Children Birth To Three & programs related to Community Information/Education activities. These Programs advocate & assist individuals to work & participate in the community & to educate the public about disabilities.

### **(DSHS)-COMMUNITY SERVICES OFFICE-(CSO)**

2507 Evans Vista, Port Townsend, WA 98368 1-877-501-2233

Provides support services to elderly or disabled persons. Services may include COPES Program, Adult Protective Services, Case Management, Personal Care, Adult Day Health, Respite Care, Adult Family Homes, Adult Residential Care, Assisted Living, Nursing Homes, and Boarding Homes.

### **OLYMPIC AREA AGENCY ON AGING- (O3A) *Information and Assistance* / [www.o3a.org](http://www.o3a.org)**

2500 W. Sims Way, Unit 203 Port Townsend, WA 98368 Local 360-385-2552 / Toll free: 1-800-801-0050

**I & A Specialists** provide free consultations, assistance, and advocacy for elders, their families, friends, and other interested parties.

**OLYMPIC AREA AGENCY ON AGING- (O3A) / [www.o3a.org](http://www.o3a.org)**

11700 Rhody Dr., Port Hadlock, WA 98339 Local 360-379-5064 /

Coordinates existing resources & service delivery systems adults w/disabilities & adults 60/over

**OLYMPIC COMMUNITY ACTION PROGRAMS**

2021 W Sims Way, Port Townsend, WA 98368 360-385-2571 <https://olycap.org/>

Operates more than 50 community programs for low income individuals and families of all ages

## Surrounding Areas

**WASHINGTON STATE HEALTH CARE AUTHORITY**

Provides health insurance for families meeting income guidelines. Call for current eligibility schedule.

<https://www.hca.wa.gov/contact-hca>

**Medical Assistance Customer Service Center (MACSC)**

**Phone:** 1-800-562-3022 **Email:** [askmedicaid@hca.wa.gov](mailto:askmedicaid@hca.wa.gov) **Online:** [Secure web form](#)

**Business hours:** Monday through Friday 8 a.m. to 5 p.m. PT (except state holidays)

Apply for coverage: [www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)

**DSHS Customer Service Contact Center**

**(Classic Medicaid Program)**

**Phone:** 1-877-501-2233 or 1-877-980-9220 (answer phone)

**Online:** [www.washingtonconnection.org](http://www.washingtonconnection.org)

**Business hours:** Monday through Friday 8 a.m. to 5 p.m. PT (except state holidays)

**WITHIN REACH WASHINGTON**

155 N.E 100<sup>TH</sup> St. #500, Seattle, WA 98125 [www.withinreachwa.org](http://www.withinreachwa.org)

206-284-2465

Provides information & referral to resources for families with babies with & without special needs.

Also connected with Help Me Grow Washington

800-322-2588 TDD 800-833-6384

**LEGISLATIVE HOTLINE**

800-562-6000 TDD 800-635-9993

Bill Room 360-786-7573 [www.leg.wa.gov/](http://www.leg.wa.gov/)

To leave an opinion, statement of concern about government, or call for information on the status of bills or to obtain copies of bills, call the legislative hotline or bill room. To facilitate inquiries, provide your district number or the name of at least one legislator in your district.

**SOCIAL SECURITY ADMINISTRATION**

Supplemental Security Income (SSI), Disability, Survivors

138 West First St., Port Angeles, WA 98362

800-772-1213 TTY 800-325-0778

This Federal agency provides financial assistance to children and adults who are disabled. There is a lengthy application process to determine eligibility.

## GUARDIANSHIP SERVICES

### Surrounding Areas

**COMMUNITY ADVOCACY COALITION/ARC OF WASHINGTON**

1703 State Ave. NE, Olympia, WA 98506

360-357-5596 [www.arcwa.org](http://www.arcwa.org)

Systems advocacy through a coalition of parents, self-advocacy, and service provider organizations. Coordinates "Advocacy Days" during Legislative Session. Works with Advocacy Partnership project funded by the Developmental Disability Council.

### **LIFETIME ADVOCACY PLUS**

19203 36<sup>th</sup> Ave. West, Suite 101, Lynnwood, WA 98036 [www.laplus.org](http://www.laplus.org)

206-367-8055 FAX 206-367-8353 email: [Laplus@laplus.org](mailto:Laplus@laplus.org)

Provides guardianship services for a fee to adults who are unable to represent themselves.

### **GUARDIANSHIP/POWER OF ATTORNEY/REPRESENTATIVE PAYEE**

**Columbia Legal 1-888-201-1014**

**ARC 425-258-2459**

A legal process, which allows the guardian/power of attorney to assist incapacitated adults in decision-making.

## **HOUSING/RESIDENTIAL SUPPORTS**

### **Jefferson County**

#### **COMMUNITY SERVICES OFFICE (DSHS)**

<https://www.dshs.wa.gov/esa/community-services-offices/community-services-office>

2507 Evans Vista, Port Townsend, WA 98368 1-877-501-2233

Provides support services to elderly or disabled persons. Services may include Adult Protective Services, Case Management, Personal Care, Adult Day Health, Respite Care, Adult Family Homes, Adult Residential Care, Assisted Living, Nursing Homes, and Boarding Homes.

#### **HAMILTON HOUSE-(Adult Family Home for People with Intellectual/Developmental Disabilities)**

2860 Highland Loop Rd, Port Townsend, WA 98368

**Email:** [olympicneighbors@gmail.com](mailto:olympicneighbors@gmail.com) **Facebook:** <https://www.facebook.com/olympicneighbors>

#### **PENINSULA HOUSING AUTHORITY (CLALLAM COUNTY & JEFFERSON COUNTY)**

2603 S. Francis Street Port Angeles WA 98362 360-452-7631 [info@peninsulapha.org](mailto:info@peninsulapha.org)

<https://peninsulapha.org/>

JEFFERSON COUNTY 360-379-2565 /Call for open times Housing assistance for low-income residents

#### **DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA) <https://www.dshs.wa.gov/dda>**

2507 Evans Vista Port Townsend, WA 98368 (360) 775-9208 (Port Townsend)

1-877-601-2760 (Port Angeles)

Serves children and adults who experience intellectual/developmental disabilities through Case Management, Residential Supports, Employment Programs, Individual and Family Support Programs/Respite Waivers and Medicaid Personal Care. Eligibility based on DDA's Full Assessment.

#### **HABITAT FOR HUMANITY**

2001 West Sims Way, Port Townsend 360-379-2827 <https://www.habitatforhumanity.org/homes/>

#### **OLYMPIC COMMUNITY ACTION PROGRAMS**

2120 W. Sims Way, Port Townsend, WA 98368 360-385-2571 <https://olympiccap.org/>

***The following resources are available only through the Developmental Disabilities Administration and are contingent upon eligibility and funding. Contact your DDA Case/Resource Manager.***

### **ADULT FAMILY HOMES**

Adult Family Homes are regular neighborhood homes where staff assumes responsibility for the safety and well-being of the adult. A room, meals, laundry, supervision and varying levels of assistance with care are provided. Some provide occasional nursing care. Some offer specialized care for people with mental health issues, intellectual/developmental disabilities or dementia. The home can have two to six residents and is licensed by the state.

### **GROUP HOMES**

In the community-based licensed residential programs, such as **group homes**, Institutions for the Mentally Retarded (ICF/MR), adult family homes and foster care, the provider owns or leases the facility. Room and board expenses are included in the rate paid by DDA and the residents participate towards the cost of care. State employees provide services in four state operated Residential Habilitation Centers (RHCs). To provide services in a variety of smaller licensed settings located in the community, DDA contracts with providers or coordinates with other DSHS divisions. All licensed settings offer 24-hour supervision.

***(There are no Group Homes in Jefferson County)***

### **SUPPORTED LIVING HOMES**

DDA provides or contracts with agency providers to offer Supported Living Services and Supports in client's homes. Entities who offer this service are certified by the Department. These services offer instruction and supports to persons who live in their own homes in the community. Services and supports are based on the client's individual instruction and support needs as documented in his/her service plan. Supports may vary from a few hours per month up to 24 hours of one on one support per day. Clients pay for their own rent, food, and other personal expenses. DDA pays for residential services provided to clients under department contract except for the State Operated Living Alternatives (SOLA) program where services are provided directly by state employees. Supported Living Service providers must follow the standards in Chapter 388-101 WAC and the DDA policies attached to the residential contract

### **COMPANION HOMES**

Provide residential services and supports in an adult foster care model to no more than one adult who is a DDA client. The services are offered in a regular family residence approved by DDA to assure client health, safety and well-being. DDA reimburses the provider for the support service. Companion homes provide twenty-four (24) hour available supervision. The client directly pays the provider for room and board costs from his/her personal resources. The provider is required to negotiate a separate agreement with the client to address this cost.

### **ALTERNATIVE LIVING SERVICES**

Provide community-based, individualized client training, assistance, and support. Alternative Living Services are intended to enable a client to live as independently as possible by training and assisting individuals to: establish or maintain a residence; develop or improve upon home and community living skills; establish healthy and safe habits; participate in social activities; and manage money. AL services are provided by an independent contractor and are not to exceed 40 hours/month.

### **LOCAL AGENCIES PROVIDING THE RESIDENTIAL SUPPORTS:**

#### **CCH Individualized Support Services**

2409 Jefferson Street Suite B Port Townsend WA 98368  
Mailing address is PO Bo 1510 PT ----- 360 379-4990

#### **OLYMPIC NEIGHBORS/Hamilton House**

PO Box 1923 Port Townsend, WA 98368

[\(360\)344-2190](tel:(360)344-2190) [olympicneighbors@gmail.com](mailto:olympicneighbors@gmail.com) <https://olympicneighbors.org>

**Hamilton House Adult Family Home** [\(360\) 344-2190](tel:(360)344-2190)

## **RESPITE CARE & MEDICAID/WAIVER PERSONAL CARE**

### **RESPITE CARE**

Respite Care is short-term intermittent relief for persons normally providing care for DD individuals. This service is available in the Basic Plus and CORE waivers as well as the Individual and Family Services Program. **Please contact your DDA Case Resource Manager for information on services.**

**COMMUNITY FIRST CHOICE-(Medicaid Personal Care)** Medicaid Personal Care (MPC) and Waiver Personal Care (WPC) provide personal care assistance to Medicaid eligible persons with a functional disability. This service is provided in the person's own home by an individual or homecare agency provider, or in licensed and contracted adult family homes and boarding homes. MPC/WPC is also provided to eligible children who live with their families or foster children who are in custody of DCFS. MPC/WPC services enable eligible individuals to remain in community residences through the provision of semi-skilled maintenance or supportive services. The Federal Government is willing to pay for MPC/WPC as an alternative to more costly, more restrictive settings (e.g., nursing facilities).

### **Medicaid Personal Care Individual Provider**

#### **If you are looking for an Individual Provider (MPC & Respite)**

You can register at Carina.org, or call Consumer Direct Care Network of WA at 866-214-9899

#### **COMMUNITY FIRST CHOICE-(Medicaid Personal Care Agencies) are:**

Caregivers	(360) 379-6659
Concerned Citizens	(360) 379-1315
Korean Women's Association	(360) 344-3497

#### **Individual-Respite Care Providers are:**

Caregivers	(360) 379-6659
Catholic Community	(877) 870-1582
Concerned Citizens	(360) 379-1315

#### **Respite Care Providers that Provide Group Activities:**

ACE-IT Employment/Transition Services, LLC	(360) 774-3342
Arc of the Peninsulas	(360) 377-3473
Camp Beausite	(360) 732-7222
Cascade Community Connections	(360) 774-3342
Clallam Mosaic	(360) 681-8642
Gathering Place	(360) 379-1315
Olympic Therapeutic R & R	(360) 808-5629

#### **Camps contracted with DDA:**

- Blue Compass Camps, LLC (971) 221-6441
- Camp Beausite Northwest (360) 732-7222
- Camp Burton (206)-463-2512
- Camp Horizon Foundation (360) 371-0531
- Easter Seals Washington (206) 281-5700
- Mt Hood Kiwanis Camp (503) 452-7416
- Olympia Camp Abilities (360) 915-2223
- Parkview Services (773) 885-2314
- Warm Beach Christian Camps and Conference Center (360) 652-7575

**If you know of a friend or family member who would like to provide Personal Care OR Respite Care, contact your DDA Case Manager**

**For More Information visit the Washington State DDA Internet Website**

# LEGAL

## Jefferson County

### **JEFFERSON COUNTY PUBLIC DEFENDER- Jefferson Associated Counsel**

624 Polk St. Port Townsend, WA

<https://jacdefender.org/> 360-385-5613

### **NORTHWEST JUSTICE PROJECT- PORT ANGELES**

[www.nwjustice.org](http://www.nwjustice.org)

Free Legal Services in Non-Criminal matters for People with low incomes in WA. State

**360-452-9137 or call 1-888-201-1014- (ask for the office in Port Angeles)**

**TTY 1-888-201-9737**

## Surrounding Areas

### **LIFE OPPORTUNITIES TRUST**

1-888-754-8798 Ext.1 Fax: 360.705.9084 <https://ddef.wa.gov/>

### **DISABILITY RIGHTS WASHINGTON (Was Washington Protection & Advocacy)**

315 5th Avenue South, Suite 850, Seattle, WA 98104

(206) 324-1521 or 1-800-562-2702 / 711 for Washington Relay Service (TTY).

<https://www.disabilityrightswa.org/>

EMAIL- [info@dr-wa.org](mailto:info@dr-wa.org)

Protection and advocacy for the civil rights of individuals with disabilities and/or mental illness. Attorney services, training, publication library, and interpreter services available.

### **POWER OF ATTORNEY/REPRESENTATIVE PAYEE/ GUARDIANSHIP**

**Columbia Legal 1-888-201-1014** <https://columbialegal.org/get-help/> <https://arcwa.org/>

<https://www.courts.wa.gov/guardianportal/adultLayGuardianship/docs/Resources.pdf>

A legal process, which allows the guardian/power of attorney to assist incapacitated adults in decision-making.

### **LEGISLATIVE HOTLINE**

800-562-6000 [www.leg.wa.gov/](http://www.leg.wa.gov/)

To leave an opinion, statement of concern about government, or call for information on the status of bills or to obtain copies of bills, call the legislative hotline or bill room. To facilitate inquiries, provide your district number or the name of at least one legislator in your district.

### **WASHINGTON STATE HUMAN RIGHTS COMMISSION**

711 South Capitol Way #402, Box 42490, Olympia, WA 98504-2490

360-753-6770 800-233-3247 TTY 800-300-7525 <https://www.hum.wa.gov/about-us>

Investigates cases of discrimination regarding job applications and employment. For anyone feeling s/he has been discriminated against on the basis of mental, physical or sensory disability.

**WASHINGTON STATE OFFICE OF THE FAMILY AND CHILDREN OMBUDSMAN**

206-439-3870      800-571-7321

[www.governor.wa.gov/ofco](http://www.governor.wa.gov/ofco)

An independent voice for families and children who are under state supervision due to allegations or findings of child abuse or neglect. OFCO also monitors the health and safety of children who are in state custody. If you believe the Department of Social and Health Services has not responded adequately to a credible report of suspected child abuse or neglect, or if you believe that a state-supervised family or child, or a child in state custody, is at risk of harm due to the failure of DSHS or another government agency to respond to a complaint, OFCO can help.

**WASHINGTON STATE OFFICE OF THE LONG-TERM CARE OMBUDSMAN**

800-801-0050 (Jefferson Co) [www.skcmssc.com](http://www.skcmssc.com)

A program designed to improve the quality of life for people who live in long-term care facilities, including nursing homes, boarding homes, adult family homes and state-operated veterans' homes. The Ombuds advocates for the rights of residents; receives, investigates and attempts to resolve complaints and concerns about the quality of life in long-term facilities; monitors laws, regulations and policies which affect those in long-term facilities; and promotes the development of consumer organizations concerned about long-term care.

**National**

**ATTORNEY REFERRAL SERVICES**

800-759-4357 [www.attorneyswest.com](http://www.attorneyswest.com)

Free referrals to experienced attorneys.

**CHILDREN'S DEFENSE FUND**

25 E Street, NW, Washington DC 20001

202-628-8787      800-233-1200

[cdfinfo@childrensdefense.org](mailto:cdfinfo@childrensdefense.org) [www.childrensdefense.org](http://www.childrensdefense.org)

Strong, effective voices for all the children of America who cannot vote, lobby, or speak for themselves. Particular attention to the needs of poor and minority children and those with disabilities.

# MEDICAL

## EMERGENCY SERVICES-

**For all medical emergencies, CALL 911**

## Jefferson County

### **ASSURED** (Hospice)

576B West Main St., Chehalis, WA 98532

360-748-0151 800-833-9404 [www.assurednw.com](http://www.assurednw.com)

One of two Medicare-certified organizations for Jefferson County. Physician referral required.

### **CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS**

**JEFFERSON COUNTY PUBLIC HEALTH** 360-385-9400

Provides referrals to local, regional and state resources and information for families of children under age 18 who have physical, emotional, behavioral or developmental concerns. Very limited budget to help acquire equipment and services that are not covered by insurance or other funding sources. No fee.

### **WITHIN REACH**

**(formerly Healthy Mothers/Healthy Babies)**

800-322-2588 TDD 800-833-6384

[www.withinreach.org](http://www.withinreach.org)

Provides information and referral to resources for families with babies with and without special needs.

### **JEFFERSON COUNTY HOME HEALTH CARE/HOSPICE CARE**

360-385-0610

One of two Medicare-certified organizations for Jefferson County. Physician referral required.

### **JEFFERSON HEALTHCARE**

834 Sheridan St, Port Townsend, WA 98368

360-385-2200

### **LOCAL THERAPISTS, DENTISTS AND PHYSICIANS**

- Please refer to your local phone directory for a complete listing.
- Some physicians and dentists do not accept new patients.
- Some do not accept Medicaid.
- Please contact the offices directly to assure they accept Medicaid or the insurance you have.
- Note that many forms of insurance require your primary physician to refer you to specialists.

# DENTAL SERVICES FOR CHILDREN WITH SPECIAL NEEDS

*This list may change. Please call dentist office for updated information.*

This is not a comprehensive list. Please ask your medical provider or dentist for more options.

## **DENTAL MEDICINE at Seattle Children's Hospital & Medical Center**

**For information and appointments:** [206-987-2000](tel:206-987-2000) - Fax 206-987-3891

A multidisciplinary team provides comprehensive inpatient and outpatient dental services for children up to age 17 that meet medically or developmentally compromised criteria. Detailed referral from a dentist, primary medical provider or nurse is required. Medicaid accepted, private insurance billing, financial aid program. Urgent care needs can usually be accommodated.

## **School of Dentistry PEDIATRIC CLINIC / UNIVERSITY OF WASHINGTON, SEATTLE**

**FOR INFORMATION AND APPOINTMENTS:** 206-543-5800 - FAX 206-543-9801

[www.dental.washington.edu/departments/ped/index.php](http://www.dental.washington.edu/departments/ped/index.php)

The pediatric clinic provides comprehensive dental services for all children, including children with special needs. Appointments are typically available within 3-4 weeks of calling.

When making an appointment for a child with special health care and/or behavior needs, it is important to tell them about the child. They will schedule with a dentist appropriate for that child's issues. If general anesthesia is needed (completely unconscious) the family will be referred to Children's.

Medicaid is accepted and covers the cost of most services. Private dental insurance billing, co-pays are required at the time of service. There is no sliding fee scale based on ability to pay. For those with no dental insurance, full payment by cash, check, Visa or Master Card is required at the time of service.

Be prepared for a required parking fee if using the parking lot near the clinic, maximum cost \$11.00. Parking is NOT validated or paid for by UOW dental clinic.

## **KITSAP KID'S DENTISTRY - Bremerton**

**For information or an appointment:** 360-698-3242 - Fax 360-698-2262

Website: [www.kitsapkidsdentistry.com/](http://www.kitsapkidsdentistry.com/) - email: [kitsapkidsdentistry@gmail.com](mailto:kitsapkidsdentistry@gmail.com)

Dr. Jessie Banks encourages having children seen by a dentist in their community. If the needs of a child with medical and/or behavior issues cannot be met, she is willing to see them and this is one of her specialties. Referral from a dentist, primary medical provider or nurse is required. Medicaid for new patients under age 5 is accepted, and for older children with special needs with a referral.

## **POULSBO CHILDREN'S DENTISTRY 19365 7<sup>th</sup> NE #D-108 Poulsbo WA 98370**

**Charles R. Brown DDS For information or an appointment: 360-779-7115**

Medicaid is accepted & serves children with special needs at or before the age of 11.

## **DENTISTRY FOR CHILDREN 1425 NE Franklin Ave. Bremerton WA 98311**

**For information or an appointment: 360-377-3844 Fax: 360-377-2148**

## **DENTISTS WHO ACCEPT MEDICAID FOR CHILDREN**

*This list may change. Please call dentist office for updated information.*

### **Dr. Edward Savidge, DDS**

(Children under the age of 12)

600 Cliff Street

Port Townsend, WA 98368

(360) 385-7003

<http://www.porttownsendfamilydentist.com/>

### **Poulsbo Children's Dentistry**

Dr. Charles Brown, DDS

19365 7th Ave NE, Ste D-108

Poulsbo, WA

(360) 779-7115

<http://www.charliebrownskidsdentistry.com/>

### **Peninsula Community Health Services**

Bremerton Dental Clinic

616 6th Street

Bremerton, WA

(360) 478-2368

### **Dentistry for Children**

**Dr. Katrina Hays, Dr. Jeff Hays, & Dr. Michael Becker**

1425 NE Franklin Ave

Bremerton, WA 98311

(360) 377-3844

<http://www.kitsapdfc.com/>

### **Kitsap Kid's Dentistry**

Service Foundation

Dr. Jessie Banks, DDS

(Children age 4 and younger)

<http://www.kitsapkidsdentistry.com/>

Two locations:

- 1344 NE McWilliams RD, Suite 130  
Bremerton, WA  
(360) 698-3242
- 525 High School RD NW  
Bainbridge Island, WA  
(206) 842-4728

### **Access to Baby & Child Dentistry (ABCD)**

(Children birth to age 5)

[www.washingtonconnection.org](http://www.washingtonconnection.org)

United Way of Kitsap County

4207 Wheaton Way · In East Towne Center · (360) 373-3487

### **ABCD - Access to Baby & Child Dentistry**

(Children birth to age 5)

Susan Gile, RDA, EFDA

Program Coordinator

909 Georgiana St.

Port Angeles, WA 98362

(360)460-3007

[dental@vimoclinic.org](mailto:dental@vimoclinic.org)

[www.abcd-dental.org](http://www.abcd-dental.org)

### **Jamestown Family Dental Clinic**

1033 Old Blyn Hwy

Sequim, WA 98382

Office: (360)681-3406

[cteitzel@jamestowntribe.org](mailto:cteitzel@jamestowntribe.org)

<http://www.jamestowntribe.org>

### **Smile Mobile WA Dental**

**1-888-286-9105**

**2-1-1** or [www.win211.org](http://www.win211.org)

# DENTISTS

## Dental Options for Jefferson County Residents on Medicaid or Low Income

*This list may change. Please call the dentist office for updated information.*

### JEFFERSON HEALTHCARE –SHERIDAN/DENTAL CLINIC

<https://jeffersonhealthcare.org/services/dental-care/>

915 Sheridan Street Port Townsend, WA 98368

PHONE: 360-344-1005 ***Priority is given to those with Medicaid***

#### Sea-Mar Dental Clinic

228 West First Street-(in the old OlyCAP Dental Clinic space) Port Angeles, WA Phone: 360-406-5260

*Open Tuesday through Saturday and will take Medicaid for adults*

#### Avenue Dental Center 360-792-0300

2741 Wheaton Way

Bremerton, WA 98310

*Prices 40% lower than most*

#### Service with a Smile

345 6th St. Bremerton WA 98346

360-473-6903

*non-emergency dental services in exchange for community service*

#### Community Health Dental Clinic

253-572-7002

Sliding Scale, low-income

*all services except root canal/ortho*

#### Omni/ABC Dental

360-373-3487

4207 Wheaton Way Suite C

Bremerton, WA 98310

*Discounts for uninsured*

#### Peninsula Community Health

360-478-2368

616 6th St., Bremerton

*Limited treatment for adults*

*Sliding Scale*

#### UW Dental Clinic

206-616-6996

1959 NE Pacific St

Seattle

*Participants need to call for details, \$25 initial*

#### VIMO

360-460-3007

228 W 1st St

Port Angeles, WA 98362

*Treatment limited to Rx Antibiotics  
extractions, fee by donation*

#### Downtown Public Health Center-Dental

206-205-0577

2124 4th Ave.

Seattle, WA 98121

*Homeless adults & teens only*

#### WDF-Oral Health Outreach

360-385-2552

25% discount for income

*seniors and disabled*

#### Community Health Center of Snohomish County

##### Everett—112th Street Clinic

425-551-6001

##### Everett—Broadway Clinic

425-551-1000

##### Lynnwood

425-835-5204

*Urgent adult dental care only at these clinics. Discounts for uninsured & sliding fee scale available.*

#### Sea Mar - Community Health Centers

##### Seattle Dental Clinic Clinic

206-762-3263

8915 14th Avenue S

Seattle, Washington 98108

*Sliding fee scale available at all of these clinics.*

##### Oak Harbor Dental Clinic

360-679-9216

31775 State Route 20, Suite A-3

Oak Harbor, Washington 98277

##### Puget Sound Skills Center Dental

206-631-7316

18010 8th Avenue S., Suite 416

Burien, Washington 98148

#### Jamestown S'Klallam Family Dental Clinic

253-280-9840

*Free dental services for tribal members- Also accepts Medicaid.*

# DENTURES

## Denture Options for Jefferson County Residents on Medicaid or Low Income

### **SHEELER DENTURE CLINIC**

680 W Washington Street STE E106  
Sequim, WA. 98382  
360-452-4724

# PHARMACIES

Check with the individual pharmacy to ensure that they deal with your insurance/Medicaid.

### **Costco**

955 W. Washington, Sequim, WA 98382  
360-406-2032

### **Don's Pharmacy**

1151 Water St., Port Townsend, WA 98363  
360-385-0969

### **QFC (Port Townsend) Pharmacy**

515 Sheridan St., Port Townsend, WA 98368  
360-385-5251

### **QFC (Port Hadlock) Pharmacy**

1890 Irondale Rd., Port Hadlock, WA 98339  
360-385-1900

### **QFC (Sequim) Pharmacy**

990 E. Washington St., Sequim, WA 98382  
360-683-1156

### **Safeway**

442 W. Sims Way, Port Townsend WA 98368  
360-385-2806

# MEDICAL EQUIPMENT

## **LINCARE**

1905 East First, Port Angeles, WA 98362  
360-452-4724

2428 Sims Way, Port Townsend, WA 98368  
360-385-1015  
Home health care supplies.

## **ECHHO**

1110 Jefferson St, Port Townsend 98368  
360-379-3246  
No-cost loans of medical equipment

## **Surrounding Areas**

### **ANGELES MEDICAL SUPPLY**

928 Caroline St., Port Angeles, WA 98362  
360-417-9521  
Medical supplies and equipment, sales, rentals and repairs.

### **AVAIL HOME NURSING, INC**

1008 S. 40th Ave., Yakima, WA 98908  
509-966-8000 800-637-9998  
Nursing services.

### **CHILDREN'S HOSPITAL**

2800 Sand Point Way NW, PO Box 5371, Seattle, WA 98105  
For questions regarding services to families and children, including living arrangements for families while their child is hospitalized at Children's Hospital, call 206-526-2500.

### **DAVE'S HEALTHCARE SUPPLY**

271 S. 7th Ave., Sequim, WA  
360-683-4902  
Health care supplies and equipment for sale and rent.

### **OPTION CARE**

2528 Wheaton Way, Suite 206, Bremerton, WA  
360-377-3813 800-576-0442  
Home health services and supplies.

### **SPECIAL CHILD EXCHANGE**

1315 Bruskrud Road #2  
Everett, Washington, 98208  
**Phone# 425-341-1500**  
<http://specialchildexchange.org/>

“Our goal is to assist by helping families locate necessary medical supplies and/or durable medical equipment that is not being utilized or has been outgrown and may possibly be available in our growing network of families, therapists, medical providers, and school districts.”

# CHILD Developmental Evaluation RESOURCES

## MARY BRIDGE CHILDREN'S HEALTH CENTER

1220 Division Ave. (P.O. Box 5299), Tacoma, WA 98403

**Toll free for the hospital and all clinics: 1-800-552-1419**

**Developmental Services / Developmental Behavioral Pediatrics**

Glenn Tripp, MD, Medical Director – (253)403-4437 –

Fax (253)403-1235

Neurodevelopmental and behavioral evaluation for children ages birth-13, with Dr. Tripp. A PCP paper/faxed referral with explanation of concerns is required. Parents are sent a packet of forms to provide developmental and behavioral information. After all forms are returned to the clinic, an appointment can be made. The sooner the paperwork is returned, the sooner the child can be seen. Appointments are made 4-6 months out. The clinic also arranges multi-disciplinary autism assessments, 4-6 months out. Medicaid accepted.

## Children's Hospital & Regional Medical Center

Clinics in Seattle (and Olympia, less comprehensive)

**Toll free for the hospital and all clinics:**

**1-866-987-2000**

### Neurodevelopmental and Birth Defects Clinic

John F. McLaughlin, MD, Medical Director – (206)987-2210 – Fax: (296)987-3824

This is an assessment and consultation program for children ages birth to 21 (not as new patients past the age of 18) with any degree of developmental and global delays. A PCP paper/faxed referral with explanation of concerns is required. Parents will be contacted for an appointment and a questionnaire with request for medical records will be mailed to them. Services include: developmental pediatric assessment; neurodevelopmental evaluation; autism assessment; and birth defects consultation. Medicaid accepted. Appointments are typically 2-3 months out.

## UNIVERSITY OF WASHINGTON - CENTER ON HUMAN DEVELOPMENT AND DISABILITY

**For all clinics within CHDD: Office (206)598-4317 Fax (206)598-7815**

CHDD has additional programs including Autism Clinic, FAS Clinic, Pediatric Audiology, etc. All clinics are located in Seattle, directly behind the UOW Medical Center

- **High Risk Infant Follow-up Clinic:** (206)-598-9348 For ages 4 months corrected age to age 8. Referrals with description of concerns can be faxed to (206)598-7815. A nurse will contact the family. Some criteria for services include: prematurely, drug/alcohol/tobacco exposed, low birth weight. Children are generally seen for follow-up at ages 4 months, 8 months, 1, 2, 3, 4½, 6, 8. Medicaid accepted.
- **Child Development Clinic:** Parent intake line, voicemail only: (206)-598-9346
- For age's birth - adolescents. If over age 14, will be referred to Children's. Parents must call themselves for an appointment. A nurse will return initial calls in 2-4 weeks. After forms are filled out and returned, an appointment is scheduled for 3-4 months out. Comprehensive, multi-disciplinary team assessments are provided. Two or three appointments are required for complete evaluation. Appointments are early Monday/Tuesday mornings, typically starting at 8:15 a.m. Medicaid accepted.

# CHILD Developmental Evaluation RESOURCES

## Jefferson County

**CONCERNED CITIZENS, BIRTH-TO-THREE PROGRAM – 360-379-1315 or 1-888-493-8198**

For families living in the Port Townsend, Chimacum, Quilcene, or Brinnon school districts. Free developmental screening for children ages birth-third birthday. For children found to qualify for services due to developmental delays, early intervention resource coordination, therapy, and family support are provided.

# MILITARY RESOURCES

## Surrounding Areas

### FSC NAVAL SUBMARINE BASE BANGOR WEST SOUND FAMILY SERVICE CENTER

2901 Barbel St., Silverdale, WA 98315  
360-396-4115 800-562-3301

### FSC NAVAL STATION BREMERTON

Building 853, Bremerton, WA 98314-5020  
360-476-5113 800-634-4100

### FORT LEWIS ARMY COMMUNITY SERVICES/EXCEPTIONAL FAMILY MEMBER PROGRAM

Waller Hall, Bldg. 2140, Fort Lewis, WA 98433-5000  
253-967-3451 FAX 253-967-3397

Provides services for individuals with disabilities, including information, referral and advocacy.

### JACKSON PARK

2800 Wencker Dr., Bremerton, WA 98314  
360-476-9048 800-722-1321

### SPECIALIZED TRAINING OF MILITARY PARENTS (STOMP)

c/o Washington PAVE, 6316 S. 12th St., Tacoma, WA 98465  
253-565-2266 800-572-7368 TTY 253-565-2266

[wapave9@washingtonpave.com](mailto:wapave9@washingtonpave.com) [www.washingtonpave.org](http://www.washingtonpave.org)

Special training and support to military parents throughout the U.S. & overseas who have children with special needs.

## RECREATION/LEISURE

- ▶ For a free directory of camps in Washington for children with special needs, call 206-526-2500 & select option 4, or visit [www.seattlechildrens.org](http://www.seattlechildrens.org)
- ▶ For organizations providing therapeutic horse riding services, call 800-369-7433 or visit [www.narha.org](http://www.narha.org)
- ▶ For wheelchair accessible camping, visit [www.disabilityguide.com/recreation.html](http://www.disabilityguide.com/recreation.html)



### Recreation/Leisure-- Jefferson County

#### FRIDAY NIGHT SOCIAL Call 360-377-3473 **COVID may have changed the Schedule-Please call**

Located at the Arc office at 3243 N. Perry Ave, Bremerton, WA. <https://www.penarc.org/>

The Arc of the Peninsulas offers a community dance for adults who experience intellectual/developmental disabilities, each Friday afternoon from 4-7 PM. This weekly event is free of charge and snacks/drinks provided. "Restaurant style" meals are served and available for a fee; the 4<sup>th</sup> Friday is a Birthday cake celebration. Live DJ/Bands and special theme nights throughout the year.

#### GATHERINGPLACE 360-385-4172

430 Hudson St., Port Townsend, WA 98368

[gathering@gppt.org](mailto:gathering@gppt.org) [www.gppt.org](http://www.gppt.org)

A privately funded non-profit organization, in Jefferson County, enriching the lives of adults who experience intellectual/developmental disabilities through educational activities, art, and life experience. Participants gain job training and communication skills.

**JUMP! PLAYGROUND (Jefferson Universal Movement Playground)** <https://www.jumpplayground.org/>

Located at HJ Carroll Park 9884 WA-19, Chimacum, WA 98325

The First Accessible & Inclusive Playground in Jefferson County. Park closes at dusk.

**PEOPLE FIRST OF WASHINGTON**

P.O. Box 1180, Spanaway, WA 98387 <http://www.peoplefirstofwashington.org> 253-999-7222

Nonprofit advocacy org. made up of people with intellectual/developmental disabilities

**CAMP BEAUSITE NORTHWEST**

510 Beausite Lake Rd, Chimacum, WA 98325 360-732-7222 <https://campbeausitenw.org/>

Lakeside camping for children and adults with disabilities at Lake Beausite in Jefferson County. Summer sessions. Please go to the website for more information.

**SPECIAL OLYMPICS/ Jefferson County Warriors- Special Olympics**

For more information call- Victoria (Tori) Kalscheuer 360-531-4234 or email her at

[warriorsspecialolympics@gmail.com](mailto:warriorsspecialolympics@gmail.com)

**WASHINGTON STATE FISHING LICENSES**

Contact your DDA Case Manager at 1-877-601-2760 (Port Angeles) for forms.

## Recreation/Leisure-- Surrounding Areas

**Laurel Lanes—Bowling**

180 W. 8th St. Port Angeles, 98362 Phone: 360-457-5858 <https://www.facebook.com/laurellanesbowling>

Pre-pandemic. Laurel Lanes hosted a weekly bowling league for people who experience intellectual/developmental disabilities.

**CAMP CASEY: KIWANIS**

4728 16th Ave. NE, Seattle, WA 98105 206-525-7596 <https://campcasey.org/>

For youths with physical disabilities such as cerebral palsy or spina bifida. Staff includes a registered nurse. Located on Whidbey Island. Activities include a dance, talent show, campfires, swimming, picnics and horseback riding.

**CAMP PRIME TIME**

Office: 6 South 2<sup>nd</sup> Street Suite 815, Yakima, WA 98901

509-248-2854 FAX 509-248-5505

Email: [office@campprimetime.org](mailto:office@campprimetime.org) Website: [www.campprimetime.org](http://www.campprimetime.org)

Camp Phone – (509) 672-2430 – If not answered, please leave message

Camp Prime Time is near Clear Lake in the beautiful Wenatchee National Forest, approximately seven miles east of White Pass, Washington. The Prime Time staff and volunteers provide free weekend camps for terminally/seriously ill or children with disabilities and their families. Their vision is not for a “specialized” camp, but rather a facility that is a “setting” for individuals and their families to enjoy the beauty of the mountains and each other. The Camp usually runs from June to September.

**CAMPFIRE BOYS AND GIRLS**

Camp Fire Central Puget Sound, 2414 SW Andover Street, Suite D-105, Seattle, WA 98106

(206) 461-8550 • [info@campfireseattle.org](mailto:info@campfireseattle.org) <https://campfireseattle.org/>

A variety of programs for children with disabilities and their families, including day and overnight camps, weekend camps for families, and the Special Saturday Club (sitting for children 2-12 years old with disabilities, 2-10 without).

## **EASTERSEALS CAMP STAND BY ME**

17809 S Vaughn Rd NW PO Box 289, Vaughn, WA 98394 206-884-2722

<https://www.easterseals.com/washington/our-programs/camping-recreation>

Call to be put on mailing list for camp. It is recommended you call to reserve space as soon as you get information, since camp fills quickly. Office Email: [campadmin@wa.easterseals.com](mailto:campadmin@wa.easterseals.com)

## **MOVE UNITED- USA**

Phone 301-217-0960 Website: <https://moveunitedsport.org/>

## **CAMP RESOURCE LIST- WASHINGTON STATE**

<https://arcwa.org/parent-to-parent/info-resources/camp-resources>

Camps in Washington for Kids/Youth with Special Needs and/or Disabilities

## **NATIONAL FOREST SERVICE- Pacific Northwest Region** <https://www.fs.usda.gov/r6>

Free membership for people how have a permanent disability.

<https://www.fs.usda.gov/managing-land/national-forests-grasslands/accessibility/access-pass>

## **Olympic National Park**

3002 S Mt Angeles Rd ·Port Angeles, WA 98362

Phone: 360-565-3130

Website: <http://www.nps.gov/OLYM>

## **OutdoorsForAll**

Phone 206-838-6030

Website: <https://outdoorsforall.org/> [info@outdoorsforall.org](mailto:info@outdoorsforall.org)

## **Sequim Aquatic and Recreation Center (SARC)**

610 N Sequim Ave. Sequim, WA 98382

Phone: 360-683-6699 <https://www.facebook.com/sequim.aquatic.recreation.center/>

## **CLALLAM MOSIAC**

205 Black Diamond Rd, Port Angeles, WA 98363

360-681-8642

[www.Clallamosiac.org](http://www.Clallamosiac.org) EMAIL [catmckinney.mosaic@gmail.com](mailto:catmckinney.mosaic@gmail.com)

Non-profit organization serving people who experience intellectual/developmental disabilities and their loved ones. Community Engagement & Community Inclusion services, Clallam County- Parent to Parent & the Clallam/Jefferson Informing Families Coordinator, Day Programs, weekly (in-person or zoom) classes on life skills, art, theater, recreation club, monthly dances and more for people who experience intellectual/developmental disabilities.

## **SUNDIAL SPECIAL VACATIONS INC.**

1-800-547-9198 <https://sundialtour.com/>

Supervised vacations for adults who experience intellectual/developmental disabilities.

Many decades in business.

## **TRIPS INC. SPECIAL ADVENTURES**

PO Box 10885 Eugene, OR 97440 1-541-686-1013 <https://www.tripsinc.com/>

PO Box 370 Bend, OR 97709 Providing travel opportunities for people with various disabilities.

# Tobacco Cessation

## The EX Plan

The EX Plan is a free quit smoking program that helps you re-learn your life without cigarettes. Before you actually stop smoking, we'll show you how to deal with the very things that trip up so many people when they try to quit smoking. So you'll be more prepared to quit and stay quit.

[www.becomeanex.org](http://www.becomeanex.org)

## FREEDOM FROM SMOKING

<https://www.lung.org/quit-smoking/join-freedom-from-smoking/about-freedom-from-smoking>

The American Lung Association's smoking cessation program is Freedom from Smoking (FFS). FFS is a highly structured and comprehensive behavior modification approach to smoking cessation in a group support setting. FFS is based on the premise that smoking is a learned behavior. The seven session format provides for tracking personal habits, developing coping strategies and practice in a supportive environment with others who are experiencing the same feelings and challenges.

## JEFFERSON COUNTY PUBLIC HEALTH

**Local Tobacco and Vaping Prevention Resources** 360-385-9400

<https://www.jeffersoncountypublichealth.org/203/Community-Health>

Click on Tobacco & Substance Abuse and then Tobacco and Vaping Prevention for local resources.

## Jefferson Healthcare

Call for current tobacco cessation support group info

385-2200 ext. 2200

## WA State QUITLINE

1-800-QUIT-NOW (1-800-784-8669)

[www.Quitline.com](http://www.Quitline.com)

Deaf and hard of hearing 1-877-777-6534

Spanish Line 1-877-2 NO FUME (1-877-266-3863)

## SmokeFree.gov

A free resource including quit coaches and quit plans supporting those wishing to quit smoking or chewing tobacco.

## Smoke Free Women

[women.smokefree.gov](http://women.smokefree.gov)

## Smoke Free Teen

[teen.smokefree.gov](http://teen.smokefree.gov)

## Smoke free Espanol

[espanol.smokefree.gov](http://espanol.smokefree.gov)

**SmokefreeTXT** is a mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit. **Sign up at Smokefree.gov**

# TRANSPORTATION

## JEFFERSON COUNTY TRANSIT

Dial-a-Ride 360-385-4777

## JEFFERSON COUNTY TRANSIT-MOBILITY COORDINATOR

360-385-3020 ext.: 121 Ask for Miranda Nash or email @ [mnash@jeffersontransit.com](mailto:mnash@jeffersontransit.com)

A Mobility Coordinator coordinates a network of community transportation options for travel; cultivates partnerships and multi-agency activities to offer a single point of access for customers for multiple travel modes. Conducts presentations to senior facilities, schools and community organizations as outreach to the public in order to expand programs and raise awareness of service accessibility. Also provides travel training for community members interested in using fixed route public transportation safely and independently.

## Around the Sound Transportation Specialists

Wheelchair Lift Specialists

Toll Free 888-600-8043 Website <http://www.Around-the-Sound.net>

## BREMERTON-KITSAP AIRPORTER

360-876-1737/Direct bus from Kitsap County to Sea-Tac Airport

## ECHHO (Ecumenical Christian Helping Hands Organization) 360-379-3246

Volunteers help with a variety of tasks, grocery shopping, **transportation** for medical appointments inside/outside the county, errands and companionship, free loan of medical equipment; referral by agencies, pastors, and /or health care professionals only; volunteers welcome, as well as donations.

## GREYHOUND BUS LINES

ADA assist line 800-752-4841 TTY 800-345-3109

An ADA personal care attendant services ticket is available at ½ price for personal care attendants riding Greyhound to assist a passenger with a disability who meet certain requirements. You must call Greyhound's ADA assist line at least 48 hours prior to the date of departure. Call for more information.

## Transportation Services FOR APPOINTMENTS COVERED BY MEDICAID

**1-800-756-5438** Fax 360-377-1528 - For more information: [www.paratransit.net](http://www.paratransit.net)

### MEDICAID TRIPS/PARA-TRANSIT

For Jefferson County residents covered by Medicaid

800-756-5438 TTY 800-756-5438 [www.paratransit.net](http://www.paratransit.net)

Adults and children who receive a monthly DSHS Medical ID card are eligible to receive transportation assistance (including gas vouchers, ferry tickets, bus passes, and/or rides) for scheduled medical appointments that are covered by Medicaid. Bus and ferry ticket requests and any other transportation services to appointments outside Jefferson County must be called in at least 5 business days before an appointment. Within the county, call at least 2 business days, but no more than 2 weeks, in advance.

### THE FOLLOWING MAY BE PROVIDED IF ARRANGED BEFORE SCHEDULED MEDICAL/DENTAL APPOINTMENTS: Call between 7:00am & 7:00pm

- Reimbursement for gas, ferries and parking if arranged ahead of time and receipts are provided
- Ferry tickets or bus passes may be sent by mail if arranged ahead of time
- Transportation may be provided if there is no other way to get to/from appointments. For Medicaid covered medical/dental appointments outside Jefferson County, Transportation Services must be called at least 2 business days before and up to 30 days in advance not including weekends..

## OLYMPIC BUS LINES

111 E. Front St., Port Angeles, WA 98362 360-417-0700

## ROCKET

Rocket Transportation provides true door-to-door SeaTac airport Shuttle service by reservation to and from Jefferson and Clallam Counties. Their services are available to hospitals, and hotels in Seattle, Tacoma,

Bremerton (limited service), Silverdale (limited service) and cruise ships. Private and charter services are available 24 hours a day, seven days a week by reservation.

Contact: 1-866-486-7609

### **WASHINGTON STATE FERRIES**

206-464-6400 888-808-7977 TTY 800-833-6388

Disabled passengers may ride at a reduced fare. A reduced fare permit or any other identification, which establishes disability, is required at the time of travel. Please notify ticket seller of any special needs. Call for more information.

## **VOLUNTEERS**

### **BOEING BLUEBILLS**

<http://bluebills.org/olympic.html>

Boeing retiree's volunteer help with chores, household tasks, repairs & building ramps

### **ECHHO (Ecumenical Christian Helping Hands Organization)**

360-379-ECHO

Volunteers help with a variety of tasks, grocery shopping, transportation for medical appointments inside/outside the county, errands and companionship, free of loan medical equipment; referral by agencies, pastors, and /or health care professionals only; volunteers welcome, as well as donations.

## **VOTING ACCESSIBILITY**

### **AUDITOR'S OFFICE/VOTING with AutoMARK™**

1820 Jefferson Street

Port Townsend, WA 98368

For more information call 360 385-9117

**AutoMARK™** is breakthrough ballot-marking technology, developed with input from election authorities and disability organizations, which allows voters with disabilities and other special needs to mark a ballot privately and independently.

## **DRIVERS LICENSING/PERMITS**

### **DISABILITY PARKING PERMIT**

Auditor's Office/Vehicle Licensing 1820 Jefferson Street

Port Townsend, WA 98368

<https://www.co.jefferson.wa.us/218/Licensing> Phone: 360-385-9115

### **DRIVERS LICENSE EXAMINING OFFICE**

2300 S Park Ave

Port Townsend, WA 98368

Phone: 360-385-0378

## **COVID-19 RESOURCES**

**Jefferson Healthcare Express Clinic located at Jefferson Healthcare Hospital at 834 Sheridan Street in Port Townsend offers:**

### **Nurse Consult Line: 360-344-3094**

Consult line is for those experiencing symptoms of COVID-19 or for those who had close contact with someone who tested positive. Nurses may assist those who do not have a primary care provider to obtain a prescription for anti-viral medication, if necessary.

- **COVID-19 vaccination (Johnson & Johnson, first dose only)**
- **COVID-19 drive-through testing for those who are symptomatic/close contacts. Testing materials and drop-off outside clinic entrance. Insurance may be billed.**

### **Free COVID-19 home test kits available in Jefferson County at the following locations.**

Please contact ahead of time to confirm availability. Tests are for those experiencing symptoms of COVID-19 or those who had close contact with someone who tested positive:

- **Jefferson County Public Health Clinic at 615 Sheridan Street, Port Townsend**
- **Jefferson County Public Library and Bookmobile at 620 Cedar Ave, Port Hadlock-Irondale**
- **Discovery Bay Fire Department, 12 Bentley Pl, Port Townsend, WA**
- **Brinnon Fire Department, 272 Schoolhouse Rd, Brinnon**

### **Washington Listens**

Washington Listens helps people manage stress and anxiety they may be experiencing because of COVID-19.

If you or anyone you know is having difficulties managing stress, call the Washington Listens support line at 1-833-681-0211.

Hours are from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays.

TTY and language access services are available by using 7-1-1 or their preferred method.

Resources and self-help tips are available on [www.walistsens.org](http://www.walistsens.org)

### **Washington State Department of Health**

Free home test kits by mail by ordering online at <https://sayyescovidhometest.org/>

### **U.S. Government**

Free home test kits by mail by ordering online at <https://www.covid.gov/tests>

## **PEOPLE FIRST LANGUAGE**

*Language plays a large role in shaping societal attitudes~*



## **SELF-ADVOCACY and SELF DETERMINATION**

*We are always learning and society is always changing.*

The advocacy movement led by people with intellectual and developmental disabilities ("self-advocacy") continues to work to eliminate the use of the term 'mental retardation' or derivative terminology due to its harmful impact on their lives. Efforts such as [End the Word](#) have been increasingly successful in removing the word both from medical and common language.

Disability is a natural part of the human experience, an aspect of human diversity like other areas of human variation, and most people do not like to be labeled. People-first language places the emphasis on the person instead of on the disability when discussing most intellectual and developmental disabilities. For example, instead of saying "Down syndrome person," it is preferable to say, "Person with Down syndrome." *The Association on University Centers on Disabilities*

### **\* PEOPLE FIRST LANGUAGE**

- Words are powerful; Old, inaccurate, and inappropriate descriptors perpetuate negative stereotypes and attitudinal barriers.
- When we describe people by their label of medical diagnose, we devalue and disrespect them as individuals.
- In contrast, using thoughtful terminology can foster positive attitudes about persons with disabilities.
- One of the major improvements in communicating with and about people with disabilities is "People-First Language."
- People-First Language emphasizes the person, not the disability. By placing the person first, the disability is no longer the primary, defining characteristic of an individual, but one of several aspects of the whole person.
- People-First Language is an objective way of acknowledging, communicating, and reporting on disabilities. It eliminates generalizations and stereotypes, again by focusing on the person rather than the disability.

***\* People-First and Identity- First language: It's up to the individual to decide their preferred style – (if they have one).***

## **EXAMPLES OF PEOPLE FIRST LANGUAGE-**

*(We are always learning & working on improving our language-, please share updates!)*

### **LABELS NOT TO USE**

**the disabled**

**the handicapped**

**the mentally retarded**

**an addict**

**an alcoholic**

**a diabetic**

**a downs kid**

**a dwarf or a midget**

**a paraplegic**

**birth defect**

**crippled/a cripple**

**emotionally disturbed**

**handicapped parking**

**handicapped bathrooms**

**learning disabled**

**mental/ a schizophrenic**

**wheelchair bound or**

**confined to a wheelchair**

**special ed student**

### **PEOPLE FIRST LANGUAGE**

**he/she/they experience an intellectual disability or a developmental disability**

**he/she/they experience an intellectual disability or a developmental disability**

**he/she/they experience an intellectual disability or a developmental disability**

**a person with addiction issues**

**a person with addiction issues**

**he/she/they have diabetes**

**he/she/they have Down Syndrome**

**a person with dwarfism,  
little people**

**he/she/they have paraplegia**

**congenital disability**

**he/she/they has a physical disability**

**he/she/they has a mobile impairment**

**he/she/they have an emotional disability**

**accessible parking**

**accessible bathrooms**

**he/she/they has a learning disability**

**he/she/they have a mental health issue**

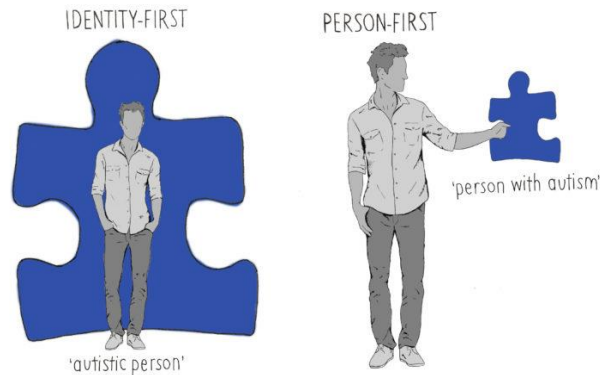
**he/she/they use a wheelchair**

**or a mobility chair**

**he/she/they receive special education services**

## **IDENTITY FIRST LANGUAGE**

*Language plays a large role in shaping societal attitudes~*



### **SELF-ADVOCACY and SELF DETERMINATION**

***We are always learning and society is always changing.***

Some self-advocates prefer **identity-first language**. Identity-first language emphasizes that the disability plays a role in who the person is, and reinforces disability as a positive cultural identifier. It is important to note that whether a person with a disability prefers people-first or identity-first language is not universal. *The Association on University Centers on Disabilities*

#### **\* IDENTITY FIRST LANGUAGE**

- Identity-first language is founded upon the idea of the social model of disability.
- Concisely, the social model says that though *our impairments* (our diagnostic, medical conditions) *may limit us in some ways, it is the inaccessibility of society that actually disables us and renders us unable to function.*
- The Autistic, the Blind and the Deaf communities strongly prefer identity-first language (for reasons that outlined above), as a source of positive identity and from a sense of disability pride.

#### **EXAMPLES OF IDENTIFY FIRST LANGUAGE**

A few examples include terms like:

- deaf person
- blind person
- autistic person
- disabled student

***\* People-First and Identity- First language: It's up to the individual to decide their preferred style – (if they have one).***

## **PERSON-FIRST** vs **IDENTITY-FIRST**

**I AM A PERSON WITH  
A DISABILITY.**

**I AM A PERSON WITH  
BLINDNESS.**

**I AM A PERSON WITH  
AUTISM.**

**I AM DISABLED.**

**I AM BLIND.**

**I AM AUTISTIC.**

## YOUTH/YOUNG ADULTS

### THE NEST

1119 Lawrence St, Port Townsend, WA 98368

<https://www.owl360.org/programs#TheNest> 360-344-2374

The Nest is a community coffee shop and youth-centered resource center where 100% of the proceeds go towards youth and young adult programming. The Nest team is here to support and advocate for young people in the community. Our Team will be available to assist with exploring opportunities for education, employment, community connections, mental health resources, housing opportunities, and local resources. Events and activities will be chosen and guided by the voices of young people while providing an open door for social engagement.

### THE PFEIFER HOUSE

1240 W Sims Way #319 Port Townsend, WA

<https://www.owl360.org/programs#PfeifferHouse>  
[kelliparcher@jeffersonyouthproject.org](mailto:kelliparcher@jeffersonyouthproject.org)

The Pfeiffer House is an affordable housing project for young adults 18-25 that are experiencing homelessness, are at risk of homelessness, or fleeing an unsafe environment. We provide self-driven case care for their desired outcomes. We support education, employment, mental health and social wellbeing to assist in guiding emerging young adults into sustainable living.

### OlyCAP YOUTH HOUSING SERVICES:

2120 W. Sims Way, Port Townsend, WA 98368 360-385-2571

To schedule an appointment for housing services go to: [Housing Assistance Before You Book | OlyCAP](#)

**New Hope:** Designed for youth 18-24 and emancipated youth. Assistance include supportive services, diversion, specialized case management, and short term rental assistance (6-12 months).

**Youth Solutions:** Serves youth 12-24; Provides supportive services, such as resource referrals and navigation, case management, diversion and outreach in the community.

**Independent Youth Housing Program:** Serves youth 18-24, who have been a dependent of the state (previously in foster care, or currently in extended foster care); Provides diversion, specialized case management, and related housing costs.

**YARD (Youth Advocating Radical Decisions):** Local youth action board for young people 16-25 with lived experience of homelessness or housing instability. The group provides input and feedback to help change the youth housing system to better serve youth and young adults in our community. Participants are given a stipend for their time at \$20/hr.

Email Erin Fenton ([efenton@olycap.org](mailto:efenton@olycap.org)) for information about joining.

## YOUTH/YOUNG ADULTS

### **Early Childhood Education Early Head Start/Head Start/ECEAP:**

Family Service Specialist 360-452-4726 ext 6216

[Early Childhood Services | OlyCAP](#)

Quality early childhood education and comprehensive services for families of pregnant women and children from birth to age 5. Children will have learning experiences that help develop their skills in school-readiness, physical, cognitive, language and social emotional. Parents/Guardians will have education and training opportunities, be connected to community resources and opportunities to volunteer in the classroom and with program decision making.

## My Safety Plan In Case of an Emergency



**ALWAYS CALL 911 FIRST IF NEEDED** and give responders a copy of this plan.

Date of Plan \_\_\_\_\_

Name \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_

Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Other people living in my home \_\_\_\_\_

Type and names of my pets and where they live \_\_\_\_\_

### SUPPORT CONTACTS IN CASE OF AN EMERGENCY

Name / relationship \_\_\_\_\_

Phone # \_\_\_\_\_

Out of Town Contact \_\_\_\_\_

Phone # \_\_\_\_\_

My Neighbor \_\_\_\_\_ Phone # \_\_\_\_\_

My Church Contact \_\_\_\_\_ Phone # \_\_\_\_\_

Local Contact With House Key \_\_\_\_\_ Phone # \_\_\_\_\_

Neighborhood Emergency Preparedness Group \_\_\_\_\_ Phone # \_\_\_\_\_

### ABOUT MY HEALTH

My health care provider \_\_\_\_\_ Phone # \_\_\_\_\_

My health problems (medical diagnoses) \_\_\_\_\_






I am allergic to this medication or food \_\_\_\_\_

The pharmacy I use for prescriptions \_\_\_\_\_



## CALL 211 FOR NON-EMERGENCY/ SOCIAL SERVICE INFORMATION:

### Things to do and think about to prepare for an emergency:

1. **IMPORTANT: Fill out a “My Personal Safety Plan” form.** You can ask a health care provider or other trusted person to help you fill it out. It’s a good idea to give copies to your family and your children that live out of town, and to a trusted friend and neighbor. You could also keep a copy on your refrigerator, in your purse or wallet, in your car and in your “Grab and Go” emergency backpack.
2. Plan and practice an escape route from every room in your house in case of fire.
3. Pick a meeting place nearby where you would go in an emergency if you had to leave your house. Tell the other people that live in your house and your neighbors where you plan to meet.
4. If you couldn't reach the phone, how long would it take before someone came looking for you? Would they be able to get in? 
5. Arrange for one or two people to be your helpers in case of an emergency. These people should live with you or nearby. Do they have a key to your home? Are they part of your Neighborhood Group? 
6. Have flashlights ready to find your way in the dark, and keep a flashlight near your bed.  
7. Keep a pair of sturdy shoes and leather gloves under your bed that you can put on quickly in case of an emergency at night.
8. Know where your important legal documents are kept. In case of an emergency, someone you trust should also know where they are. 

### ALWAYS CALL 911 IN CASE OF EMERGENCY :

#### For information or help when it is NOT an emergency

- Jefferson County Sheriff 385-3831
- Port Townsend Police Department - 385-2322
- Jefferson County Animal Services 385-3292
- Information & Assistance 385-2552
- Olympic Community Action 385-2571
- Jefferson County Public Health 385-9400
- East Jefferson Fire & Rescue 385-2626
- Quilcene Fire Department 765-3333
- Port Ludlow Fire Department 437-2236
- Brinnon Fire Department 796-4450
- Discovery Bay/Gardiner/Fire Depart 797-7711

THIS FORM WAS CREATED BY: *Jefferson County Public Health* For additional forms, please contact: [amcenery@co.jefferson.wa.us](mailto:amcenery@co.jefferson.wa.us)

## **IMPORTANT PHONE NUMBERS AT A GLANCE**

Emergencies	911
Suicide and Crisis Line	988
Social Services/Non-Emergency Info	211
Food Bank Info	211
Telecommunications Relay Service (TTY)	711 or 1-800-833-6384
Adult Protective Services	(360) 379-5002
Al-Anon	1-866-452-6973
Alcoholics Anonymous	(360) 385-0266
Alcohol & Drug Abuse Services	(360) 385-9435
Alcohol & Drug Helpline	1-800-562-1240
Animal Services	(360) 385-3292
ARC of the Peninsulas	(360) 377-3473
Cascade Community Connections	(360) 774-3342
Children & Youth w/Special Health Care Needs	(360) 385-9400
Crisis Hotline/East Jefferson Co.	(360) 385-0321
Crisis Hotline/West Jeff. Co. /West End Outreach Services	(360) 374-6177
Children Protective Services	(360) 379-4330
Child Care/Parent Line	1-800-300-1247
Concerned Citizens	(360) 379-1315
DD County Program	(360) 385-9410
Division of Vocational Rehabilitation	(360) 302-3472
Developmental Disabilities Administration-(DDA)	(360) 775-9208 or 1-877-601-2760
Domestic Violence/Sexual Assault	(360) 385-5291
DSHS/CSO	1-877-501-2233
Employment Security-Work Source	(360) 379-4401
Family Resource Coordinator	(360) 379-1315
Ferries (Info-Scheduling-Tolls)	1-800-843-3779
Fish & Wildlife Department	(360) 796-4601
Hazardous Waste	(360) 379-6911
Headstart	(360) 385-0525
Hood Canal Bridge Info (Recording)	1-800-419-9085
Jefferson County DD Coordinator	(360) 385-9410
Jefferson County Public Health	(360) 385-9400
Jefferson Healthcare (Hospital)	(360) 385-2200
Discovery Behavioral Health Services-(Mental Health)	(360) 385-0321
Jefferson Transit	(360) 385-4777
Landfill (Solid Waste Transfer Station)	(360) 385-9160/ (360) 385-0404
Legal Aid-Clallam/Jefferson Pro Bono Lawyers	(360) 417-0818
Legal Aid-Northwest Justice	(360) 452-9137
Olympic Community Action (OlyCAP)	(360) 385-2571
Olympic Area Agency on Aging (O3A)	(360) 379-5064
Public Health Department	(360) 385-9400
Discovery Behavioral Health Services-(crisis line & referrals)	(360) 385-0321
Senior Information & Assistance	(360) 385-2552
Senior Nutrition Services	(360) 385-2571
St. Vincent de Paul	(360) 385-1325
United Good Neighbors	(360) 385-3797
WIC	(360) 385-9400