

BLS Community Resource Guide



**B E N D
L A P I N E**

S C H O O L S

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Suicide Prevention + Crisis Resources

***If an individual is needing immediate assistance, go to the emergency room or call 9-1-1**



St. Charles Health System 24 hour Emergency Department
located at 2500 NE Neff Rd, Bend, OR 97701.
(541) 382-4321

DESCHUTES COUNTY STABILIZATION CENTER



Walk in crisis services with immediate access to a Master's level therapist is available 24 hours a day, 7 days a week. Located at 6331 NE Jamison St, Bend, Oregon, 97703. Non-emergency office line (541) 585-7210; 24-hour crisis phone line: (541) 355-7500 x 9.

care/solace

A partnership with Bend La Pine Schools to connect families with support and provision of a warm hand off in care navigation to find the right supports in mental health care.

caresolace.com/bls (888) 515-0595

988

988 SUICIDE & CRISIS
LIFELINE

988 provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you'll connect to mental health professionals.

YouthLine
A SERVICE OF lines4life

A free 24-hour crisis, support, and helpline for youth. YouthLine is a teen-to-teen youth crisis and support service. Teen help 4-10pm daily.

**Text teen2teen to 839863
(877) 968-8491**



SAFEOREGON

(844) 472-3367

SafeOregon is a statewide tip line for students and other members of the public to anonymously and confidentially report information concerning threats or potential threats to student safety.

Mental Health Resources

DESCHUTES COUNTY BEHAVIORAL HEALTH (DCBH)

DCBH offers comprehensive outpatient and intensive services to students and their families who are looking for support around mental health and substance use.

Contact their intake line to learn more, or to set up an appointment

(541) 322-7500



care/solace

Care Solace has a partnership with Bend La Pine Schools to connect families with support and provision of a warm hand off in care navigation to find the right supports.

(888) 515-0595

Deschutes County
SBHC
School Based
Health Centers

Our school-based health centers provide affordable, convenient mental and physical health care to young people (from birth through the age of 18).

(541) 383-3005



Trillium offers mental health services for children ages 5-17 and young adults ages 18-24.

(503) 813-7760



Youth Villages provides specially trained crisis counselors and intensive in home mental health treatment.

(541) 516-6330



Thrive Mental Health offers a variety of therapy, mental healthcare and counseling services.

All services are created to be accessible, preventative and solution-focused.

Call or Text: 541-390-1498



The Kids' Intervention and Diagnostic Service (KIDS) Center is a multi-agency, non-profit center serving children who have been sexually, physically or emotionally abused, or who have witnessed domestic violence.

(541) 383-5958

Hotline, Warmline + Online Resources



24-hour crisis, support, and helpline for youth. YouthLine is a teen-to-teen youth crisis and support service. Teen help 4-10pm daily.

(877) 968-8491

teen2teen to 839863



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(844) 472-3367



National sexual assault hotline, 24/7 confidential support: **(800) 656-4673** or chat at online.rainn.org. Connect to crisis support service for sexual assault, harassment, domestic and dating violence, and other victims of crime.



Text HOME to **741741** to connect with a volunteer crisis counselor 24/7.



Call 1-800-799-SAFE or text START to 88788 to connect to an advocate for care and support.



988 provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting **988**, you'll connect to mental health professionals.



Suicide prevention and crisis intervention for LGBTQIA+ young people.

(866) 488-7386 or text START to 678-678



Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers
(877) 565-8860



A hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. Call BlackLine® provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.
(877) 565-8860

Reporting Concerns about Self + Others



For imminent danger , call 9-1-1

NON-EMERGENCY

Non-Emergency Dispatch

Bend PD: (541) 693-6911

Deschutes County Sheriff's Office: (541) 693-6911



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(844) 472-3367



free 24-hour crisis, support, and helpline for youth. YouthLine is a teen-to-teen youth crisis and support service. Teen help 4-10pm daily.
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teen2teen to 839863



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Reach out to a trusted adult. This could be a parent, caregiver, counselor, administrator, teacher, coach.

Shelters + Housing Resources

FAMILY ACCESS NETWORK (FAN)

FAN advocates support families in getting connected to essential services such as food, shelter, heating, health care, clothing and more. Each Bend La Pine school has a designated FAN advocate and partner.

(541) 693-5675



BETHLEHEM INN

A community-supported, high barrier emergency shelter that provides a warm, safe place to sleep, nourishing meals, and case management services for adults and children experiencing homelessness in Central Oregon.

(541) 699-1272

LIGHTHOUSE NAVIGATION CENTER

The Lighthouse Navigation Center is a 24/7 care and support facility for people who are currently experiencing houselessness in Central Oregon.

(541) 388-2096



THRIVE CENTRAL OREGON

Thrive meets with individuals and families to connect them to supports and up to date resources related to basic needs, housing, shelter, employment and disability services.

(541) 728-1022

NEIGHBORIMPACT

Whether you are looking for housing help, a food pantry, or help with bills, NeighborImpact can help.

(541) 548-2380



Youth Supports + Services

LOFT Shelter

(Part of JbarJ Youth Services)

Transitional Living for teens and young adults

(541) 318-3436



Basic Center Program

(Part of JbarJ Youth Services)

Family mediation and crisis intervention and emergency sheltering for youth who are homeless and/or have run away.

(541) 382-0934



Grandma's House
OF CENTRAL OREGON

GRANDMA'S HOUSE

(Part of JbarJ Youth Services)

Shelter and case management services to pregnant and parenting youth ages 15-24

(541) 383-3515

Anti-Trafficking Program

(Part of JbarJ Youth Services/Cascade Youth and Family Center)

Voluntary, Free + Confidential Support

(541) 647-0658



THE DROP

Deschutes County Behavioral Health (DCBH)

serves youth and young adults in Deschutes County ages 14 to 27. It is meant to be a safe and supportive place where people make connections that could have a positive impact on their life.

(541) 749-7598



KIDS CENTER

The Kids' Intervention and Diagnostic Service (KIDS) Center is a multi-agency, non-profit center serving children who have been sexually, physically or emotionally abused, or who have witnessed domestic violence.

(541) 383-5958



Food Assistance

FAMILY ACCESS NETWORK (FAN)

FAN advocates support families in getting connected to essential services such as food, shelter, heating, health care, clothing and more. Each Bend La Pine school has a designated FAN advocate and partner.



THRIVE CENTRAL OREGON

Thrive meets with individuals and families to connect them to supports and up to date resources related to basic needs, housing, shelter, employment and disability services.

541-728-1022

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541-548-2380



Substance Use Services



RIM ROCK TRAILS

Comprehensive, evidence-based treatment services to improve the lives of individuals and families affected by substance use.

Rim Rock offers both inpatient and outpatient supports and services for students who are struggling with substance use and abuse.

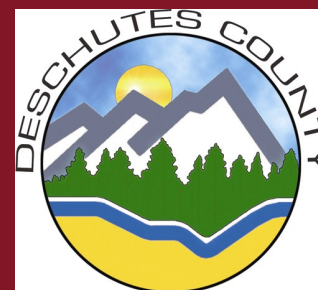
(541) 388-8459

DESCHUTES COUNTY BEHAVIORAL HEALTH (DCBH)

DCBH offers comprehensive outpatient and intensive services to students and their families who are looking for support around mental health and substance use.

Contact their intake line to learn more, or to set up an appointment

(541) 322-7500



CARE SOLACE

care solace

A partnership with Bend La Pine Schools to connect families with support and provision of a warm hand off in care navigation to find the right support and services

(888) 515-0595

LIVE VAPE FREE

An interactive texting program that helps teens ages 13-17 build motivation, a quit plan and a strategy to stay quit.

Text **"VAPEFREE"** to **873373**



Academic Support Resources



HIGH DESERT EDUCATION SERVICE DISTRICT

The High Desert Education Service District (HDESD) region's school districts and community partners to provide services for students, families, and educators. Services include Autism Spectrum Disorder services, Sagebrush Day Treatment School, Occupational and Physical Therapy services, Juntos Aprendemos, Drivers' Education, and more!

DESCHUTES COUNTY INTELLECTUAL AND DEVELOPMENTAL DISABILITIES PROGRAM

Various Intellectual/Developmental Disability Services are available in Deschutes County. Eligibility for specific programs varies based on individual needs and circumstances

(541) 322-7553



TRANSITION CO-OP

Transition Co-Op is a community based Bend-La Pine School District program serving young adults ages 18-21 years old with transition needs

(541) 355-5630

Additional Support + Resources



FAMILY RESOURCE CENTER

Parenting education and support for parents and caregivers.
(541) 389-5468

PACIFIC SOURCE

Behavioral Health Navigation Team and Individualized Care Management
Support for students and families who have OHP to navigate service providers
based on individual and family needs.
(458) 240-8018



SAVING GRACE

Emergency Shelter and support for domestic violence and sexual assault survivors.
Services are designed to help survivors with the healing process and to provide
them with empowering resources for their lives.
(541) 389-7021

BIG BROTHERS BIG SISTERS

One-to-one mentoring relationships support the critical social and
emotional development needed to help build resilience and promote
youth mental health and well-being.
(541) 312-6047



COPY (Central Oregon Partnerships for Youth)

Central Oregon Partnerships for Youth (COPY) is designed to connect safe and
appropriate adult volunteers as mentors for a child with an incarcerated parent or
caregiver.
(541) 388-6651



Additional Support + Resources Cont.



CASA (Court Appointed Special Advocate)

Advocates that provide children in foster care with a voice.

(541) 389-1618

LATINO COMMUNITY ASSOCIATION

El Programa de Ayuda (Interpretive services, workshops, support groups, & resources for Spanish-speaking families)

info@lacta.org

Bend: **541-382-4366**



MOUNTAINSTAR

Child abuse and neglect prevention program providing comprehensive services to families with children ages 0-3

(541) 322-6820



KIDS CENTER

The Kids' Intervention and Diagnostic Service (KIDS) Center is a multi-agency, non-profit center serving children who have been sexually, physically or emotionally abused, or who have witnessed domestic violence.

(541) 383-5958



SCHOOL COUNSELORS + NURSES

School counselors and nurses are also always available, and an important first step to getting connected to community supports.