

COWLITZ COUNTY RESOURCES FOR TEEN PARENTS

THIS LIST WAS LAST UPDATED IN 2012 BY THE COWLITZ HEALTH DISTRICT. FOR MORE INFO CONTACT: SCHAPMANJ@CO.COWLITZ.WA.US

PREGNANCY/PARENTING SUPPORT /FAMILY SERVICES

Early Head Start Teen Program

360-442-2800 M-F 7:30 - 4:30

lowercolumbia.edu/Common/services-for-students/childcare/head_start/

Serve teens enrolled in the Longview School District who are pregnant and/or have a child 4-weeks to 3 years of age. 8 Teen families are dually enrolled in EHS and Even Start. (Classroom model during school year and home base model during summer.) Even Start serves 8 additional teen families.

Head Start/EHS/ECEAP

360-442-2800 M-F 8-5

http://lowercolumbia.edu/Common/services-for-students/childcare/head_start/

EHS serves low-income pregnant women, infants, toddlers and their families. In addition to the Teen model, EHS has a Home Base Model serving 44 families and a Combination Model serving 8 Spanish speaking families attending ELL classes on Tuesday, Wednesday and Thursday. (Combination families are served during the summer following the home base model.) Home base families have weekly 1.5 hour home visits. Combination families have monthly home visits also lasting 1.5 hours.

Birthright of Longview

360-423-2900 Mon & Wed 9:30am – noon

Free pregnancy testing, clothing, formula, referrals

Caring Pregnancy Center

360-636-3333 Tues & Wed 10-12, 1-4, Thur 1:30-7
longviewcaringpregnancycenter.com

All services FREE. Provide pregnancy tests, community referrals, diapers, maternity, infant & toddler clothes, infant & toddler furnishings, etc. earned through participation in educational program consisting of: Prenatal & Infant Care, Parenting, Relationship Enhancement or various Bible Studies. No referrals to abortion or adoption services.

Child Care Aware of Southwest Washington

800-446-1114 M-F 9-5

www.esd112earlylearning.org

Toll free number is free service for parents looking for child care. Program provides support to child care providers to increase the quality of care and provides information for parents on what to look for in quality care programs. Also provide professional development opportunities for early childhood community and data for community partners.

Little Scotts Daycare

360.425.9752

An on-site Child Care facility for the teen parents at Kelso High School. We are a State Licensed Child Care Facility ran privately by Rose Valley Friends Church.

Parents Place

360-414-9212 Tue-Thu 9am - 3pm

<http://www.parentsplacelongview.org/index.htm>

A family resource center that fosters the development of parenting skills and personal esteem through parent support groups, informational services and parenting classes. Our programs include transition services for area high schools for pregnant/parenting-in-school youth, as well as maternity support services.

Progress Center

360-425-9810 M-F 8-5

<http://www.theprogresscenter.org/?view=programs>

A Neuromuscular Development Center for children 0-3. The earliest possible intervention and treatment for children with developmental delays gives children the best chance of success. Early intervention services have two primary focuses, therapy (physical, occupational and speech), and special instruction. Our early intervention teachers carry out the portions of the child's educational plan having to do with adaptive and cognitive learning and social/emotional development. In addition to regular instructional sessions with the family, the teachers also carry over therapeutic care if the family is not seeing a therapist. Special instruction from early intervention teaching staff for infants, toddlers and their families. These instructional services are provided in natural environments, such as home, day care, YMCA and the park.

Young Life Lower Columbia/Young Lives

(360) 425-7892 lowercolumbia.younglife.org

Young Lives is a unique cutting edge non-profit Christian organization designed to EMPOWER and EQUIP teen moms to become productive citizens in the community. A program that teams up with mature Christian women to provide teen girls in crisis with timely encouragement, guidance and ongoing support.

EDUCATION PROGRAMS

CEO Programs- LCC

360-442-2311 www.lowercolumbia.edu M-F 8-5 The Career Education Options program offers out-of-school individuals aged 16 - 21, without a high school diploma, the chance to return to school for the education and job training needed for a successful career. CEO provides tuition, books, tutoring and one-on-one help with clarifying educational and career goals.

Lion's Club

360-577-1830

Funding determined on an individual basis for school age children. Some adult funding available.

DSHS PAPERWORK ASSISTANCE

DSHS/Kelso Community Service Office

360.501.2400 877-501-2233

washingtonconnection.org

Public assistance benefits to include cash, medical, food and child care assistance

DSHS/CSO

360-501-2406 360-577-2249 M-F 8-5

www.dshs.wa.gov/onlinecso/findservice.shtml

- Apply for benefits or submit documents
- Before 2pm: Complete your interview for cash or food (application/eligibility review)
- Report changes for any of your benefits
- Complete your Mid-Certification Review for cash, food or medical
- Access to Working Connections Child Care services via phone or online
- WorkFirst/Social Services Case Management

SUBSTANCE ABUSE TREATMENT

Drug Abuse Prevention Center (DAPC)

360-274-3262 dapcenter.org/index.htm M-F 9-5

Outpatient program offering a broad range of services for adult addicts and their families: Intensive Outpatient, Drug Court Program, HOPE Court Program, ADATSA Programs, Relapse Prevention Programs, Assessments and Evaluations, deferred prosecution Program, Pregnant/Postpartum Women (Outpatient/Residential), Long-Term Residential, Intensive Inpatient Program, Family Dependency, Treatment Court, Parent-child Assistance Program. DAPC's program is designed to help people rebuild their lives in the following key areas: sobriety and mental health stabilization, community integration, family reunification, Interpersonal relationships, employment attainment and stability, school enrollment and course of study and health conscious living.

The Pregnant, Postpartum, Parenting Women's Residential Program

(360) 425-9600 dapcenter.org/program.htm

DAPC's residential treatment services for women includes chemical dependency treatment services for 16 pregnant, postpartum, parenting women. Addressing those issues specific to women in relation to chemical dependency and their children. Service provision and length of stay are determined by the needs of the women as determined by patient placement criteria. Maximum length of stay is 6 months.

DAPC- S.T.A.R.S

360-425-9600 <http://www.dapcenter.org/index.htm>

Sharing, Talking, Achieving, Recovering, Sisterhood (STARS) provides chemical dependency assessment and treatment to women who are pregnant or postpartum (up to one year post delivery, regardless of birth outcome, adoption or foster care placement of child) and women with dependent children. We provide services to the family and significant others of persons in treatment.

The Residential Program- Toutle River Campus

(306) 274-3262 dapcenter.org/program.htm

DAPC operates a long-term residential program (approximately 6 months) and an intensive inpatient program (approximately 30-days). Both programs are composed of 20 residents living as members of a family, not patients. Residents play a significant role in managing their respective Therapeutic Communities (TC) and in acting as positive role models for newer members to emulate.

Parent Child Assistance Program

(360) 425-9600 dapcenter.org/program.htm#pcap

MEDICAL SERVICES/HEALTH EDUCATION

For an emergency, dial 911

Lower Columbia Women's Clinic

360-423-2450 800-627-4967

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

Reproductive care, obstetric and gynecological care. Washington Medicaid accepted.

Cowlitz Family Health Center

360-636-3892 <http://cowlitzfamilyhealth.org> M-F 8-7

Sliding scale fee and Washington Medicaid and private insurance accepted.

Cowlitz Free Medical Clinic

360-442-4165 <http://www.cowlitzfreeclinic.org>

Walk Ins-Wednesday 5 - 9 pm

Urgent (not emergency) health care services for adults 18 and older who work and/or live in the Cowlitz County region and have no insurance. Walk-in basis clinic on Wednesday evenings.

WIC/First Steps

360-423-7740 <http://cowlitzfamilyhealth.org>

Supplemental Nutrition Services for qualifying women and their children. Social Work Counseling, Nutritional Counseling Community Health Nursing Infant Case Management

Family Health Center/WIC

360-442-4165 M-F 8-6

<http://cowlitzfamilyhealth.org/contact-us>

Sliding scale fee and Washington Medicaid and private insurance accepted.

Cowlitz Tribal Health Clinic

360-575-8275

cowlitz.org/index.php/cultural-resources/health-and-human-services/26-clinic-services

Provides a Holistic Approach to Health Care that promotes Disease Prevention, Treatment, and Education.

Access to Baby & Child Dentistry (ABCD) Program

360-736-0795 <http://abcd-dental.org/>

Dental services for children ages 0 - 5 with Washington Medicaid who live in Cowlitz & Wahkiakum counties.

University of Washington Dental Clinic

360-200-3960

Washington Medicaid only. Call for next clinic date and an appointment. Spanish speaking clients should call Ethnic Support Council at 636-2791 to make an appointment.

Peace Health Women's Pavilion

360-501-3700 peacehealth.org/st-john M-F 8-5pm

Reproductive care, lactation consulting, osteoporosis center, gynecological care, massage therapy, and education for women's health.

Youth & Family Link

360-423-6741 www.linkprogram.org

Youth and Family Link provides a comprehensive program to ensure that children and families have access to, and receive, primary health care and mental health care. Programs are developed through cooperative planning with community groups and local providers in the healthcare and treatment fields. Exercise, diet, education, positive socialization and best practice treatments help youth and families to live healthy lives.

COUNSELING/MENTAL HEALTH

Cowlitz River Clubhouse

360-501-6774 ccgacares.com/node/20 Tue-Sat

A mental health recovery center which provides a safe and supportive environment for persons with chronic mental illness. The Club membership and staff work side by side to build supportive relationships, experience meaningful work and learn new skills. The Club environment fosters personal responsibility and growth and maintains focus on strengths, wellness, and recovery. Daily lunch program, snack bar, support groups, employment classes and many social skills activities.

Lower Columbia Mental Health

360-423-0203 www.ccgacares.com

M-Thurs 8-6, Friday 8-5

Comprehensive outpatient mental health services including psychiatry, psychological evaluations, medications, therapy, case management, school-based programs, and private employee assistance plans. HIP (Healing Intervention Prevention) – Program of LCMHC funded by the United Way that allows child mental

health specialists to provide free services to children in targeting schools. Sliding fee schedule based on the number living in the household and total gross monthly income. Most insurance accepted.

VIOLENCE/ABUSE INTERVENTION SUPPORT

Emergency Support Shelter

888-425-1176 <http://esshelter.com>

Provides *FREE* services to victims and survivors of domestic and sexual violence. We also provide services to families and friends of victims and survivors, helping them address their own reactions to victimization, so they can effectively support the victim. All Services are *FREE* and *CONFIDENTIAL*.

BASIC NEEDS

FISH of Cowlitz County

360-636-1100 M-F 1-4pm

http://fishofcowlitzcounty.org/?page_id=14

FISH offers help with a variety of other emergency needs on a case-by-case basis: emergency dental care needs, emergency food assistance, medical prescriptions, eyeglasses, water bills, propane and firewood, job assistance.

Phoenix House

(360) 425-9600, ext 35

dapcenter.org/program.htm#phoenix

We use a three-part approach to meeting the needs of homeless parents and their children by providing for:

1. Permanent affordable housing, available to families as long as needed.
2. Intensive family services, designed to build on the strengths of family members and maximize success.
3. Child services aimed at meeting the needs of children.

OTHER

Ethnic Support Council

<http://www.ethnicsupportcouncil.org> M-F 9-5

The Ethnic Support Council supports and assists immigrants, refugee, people with limited English skills and the agencies and organizations that work with them by providing forums for discussion of ethnic and cultural issues. Provides translators, interpreters and mentors to access needed services, integrates different cultures into American society, educates the public about cultural diversity, educates service providers to enable them to better serve minority populations.

Rivers Cities Transit

360-442-5663 www.rctransit.org

M- F 7am-7pm, Sat 8am-6pm, Sun No bus service