



**WHITE RIVER
SCHOOL
DISTRICT
RESOURCE
GUIDE**

White River School District Resource Guide

In case of an emergency dial 911

HELP LINES

AA-Alcoholics Anonymous	(253) 474.8897
Alanon/Alateen www.al-anon.alateen.org	(800) 726.8094
Ask FLIN (Foothills Location Information Network) www.askflin.com An interactive community resource website for our area.	
Big Brother's/Big Sisters of Pierce County	(206) 763.9060
<i>Bigs must be 18 years old, high school graduate, and make a 1-year commitment.</i>	
CARE-Chemical Abuse Resource and Education	(253) 572.2273
Child Protective Services	(253) 983.6100
Domestic Violence	(800) 764.2420
Family Help Line	(800) 932.4673
Gamblers Anonymous	(800) 547.6133
Narcotics Anonymous	(253) 531.8792
Pierce County Help Line	(800) 572.4357
Poison Center	(800) 222.1222
	<i>Or</i> (206) 526.2121
Sexual Assault	(800) 756.7273

Online Resources

<http://www.resourcehouse.info/WIN211/default.aspx?se=none>

CHEMICAL/SUBSTANCE ABUSE

➤ Outpatient Drug/Alcohol Services:

Auburn Youth Resources	www.ayr4kids.org
Treatment Program @ Buckley Youth Activity Center	(253) 939.6946
Center for Substance Abuse Recovery – Sumner	(253) 593.2740
<i>Youth & Adult programs provide substance abuse assessment, referral for other services, individual, group and family counseling, substance abuse education and aftercare. Medical coupons accepted.</i>	
CARE in Tacoma	(253) 572-2273
<i>Chemical Abuse Recovery and Education for treatment or crisis counseling</i>	
Freedom Recovery Center (Bonney Lake)	(253) 862.7374
<i>Assessments (\$100), treatment, urinalysis testing, Alcohol/Drug information School, Individual counseling. Private pay, insurance, sliding scale.</i>	

Lakeside Milam Recovery Center (Puyallup) (253) 840.8687
www.lakesidemilam.com
*Assessments, treatment, urinalysis testing, assessments free to students.
Private pay, insurance.*

➤ **Inpatient (Residential) Drug/Alcohol Services:**

Daybreak (Spokane, Vancouver) (509) 624.3227

Lakeside Milam (Burien) (800) 544.1211
Or (206) 241.0890

Pierce County Alliance Hope Program (253) 502.5498
Drug/Alcohol Rehabilitation Center – Outpatient

Perinatal Treatment Center (Tacoma) Females Only (206) 223.1300 x234

Ryther Child Center (Seattle) (206) 525.5050
Dual Diagnosis (CD and mental health issues)

St. Peter Chemical Dependency Center (Lacey) (360) 456.7575

Sundown Ranch (Selah) (800) 326.7444
Or (509) 457.0990

Tacoma Detox (Tacoma) (253) 383.3921
Short term stabilization

COMMUNITY COALITIONS

Communities for Families (CFF), Sumner/Bonney Lake (253) 891.6535
Prairie Ridge Community Coalition (360) 897.8378
White River Families First (253) 829.0600

DOMESTIC VIOLENCE

Domestic Violence Justice Center in Tacoma (253) 798.4166
Linking Pierce County victims with resources.

Family Renewal Shelter (253) 475.9010
Domestic Violence Single women or women with children.

Homeless and Domestic Violence Housing Services

- *Associated Ministries Housing & Shelter Services* (253) 383.3056
*Pierce County Shelter programs, severe weather shelter program,
Information on available shelter beds and rental assistance*
- *Helping Hand House* (253) 848.6096 x12
Transitional housing for homeless with children
- *Phoenix Housing Network* (253) 471.5340
Housing for families with children under 18

YWCA Women's Support Shelter**(253) 383.2593****(800) 562.6025**

Emergency housing is available to victims of domestic violence and their children. Free legal services, clothing bank, employment assistance, health services, chemical dependency services and support group.

EMPLOYMENT PREPARATION SERVICES**Food Card Class On-line: www.tpchd.org**

Tacoma Pierce County Health Dept. Learn on-line, take the test, and pay \$10 for a card. Available in multiple languages.

Free Live Online Job Coaching: www.piercecountylibrary.org

Get help writing a resume or cover letter, live online interview coaching. Available from your library or home computer. Job search services and computer classes also available.

WorkSource Online Job Search: www.go2worksource.com**(253) 593.7303**

Find job openings, learn strategies for finding a job, help preparing resume, interview skills and more. Onsite location offers workshops, computer and internet access, training programs and more.

FOOD, CLOTHING, SHELTER, OTHER SERVICES**Access Point 4 Housing****(253) 682.3401**

A centralized intake and referral system for families or individuals at risk of homelessness or loss of energy services. www.associatedministries.org

Angel Food Ministry at Calvary Community Church**(253) 863.3352 x400**

Serves ANYONE, can order a week's worth of food for a family of four for \$33. Delivered once a month.

Associated Ministries**(253) 6823401**

Pierce County Emergency Shelter: 90 days FREE. Temporary placement: 90 days up to 24 months, sliding fee rent. Permanent Placement: Rental contract with a landlord 18 and over would have to have legal guardianship for younger siblings to be considered a family unit. If parents not available, DSHS would determine legal guardianship.

Auburn Youth Resources*South King County Youth Shelter***(253) 939.2202****Auburn Youth Outreach – Housing Assistance****(253) 394.5019****Bonney Lake Food Bank: Old Buckley Highway
(next to the Fire Station)****(253) 863.4043**

Emergency food assistance for White River School district residents

Bonney Lake Seventh Day Adventist Church Clothing Bank (253) 862.8620
Serves adults and children providing clothing, cleaning products, toiletries and diapers

Buckley Kiwanis Food Bank: 127 N. River Ave., Buckley Hall (253) 266.7309
Must show proof of residence within White River School district and a Social Security card for everyone in the home.

Donald Loomis Memorial PTA Clothing Bank (360) 829.6605
240 "C" Street in Buckley
*Free clothing, shoes, backpacks, etc. for families who live in White River School District.
Hours are Wednesdays from 1:00-3:00 PM and the first and third Saturdays of the month from 10 AM to noon.*

Exodus Housing in Summer (253) 862.6808
*Transitional housing for homeless White River families with children under 18 years old.
Serves victims of domestic violence as well. Application process.*

Family Housing Connections 211

Goodwill (Bonney Lake) (253) 862.0237

Helping Hand House (253) 848.6096
Services families with children under age 18. Emergency and transitional housing in Puyallup and Buckley. Rental and utility assistance.

Lions 4 Kids House (253) 447.3844
Serves children of all ages, providing clothing, school supplies & personal care items in the Sumner, White River, Carbonado and Dierringer School District. Also does Prom Project.

Mentor House (Mentorhouse.org) (253) 383.4361
Provides services to youth and young adults in Pierce County who have aged out of the foster care and juvenile justice system.

Mt. View Community Center – Hot Meal Site (Edgewood) (253) 826.4329
Serves anyone who wants a free hot meal on Thursdays & Sat Mornings

Multi-Service Center in Federal Way (253) 838.6810
Permanent and transitional housing

Open Hearts Ministries (253) 307.2274
East Pierce County hotel vouchers for 3-5 days

Phoenix Housing Network (253) 471.5340
Families with children under 18

Pierce County Alliance (253).572.4750
Transitional Youth with past DSHS Referral/Foster Placement (18-21yr old)

Pierce County First Source: www.pcfirstsource.org

Search a list of local human resource providers.

Plateau Outreach Ministries: 1362 Cole Street in Enumclaw (360) 825.8961

Christ-centered social services: Winter Shelter, thrift store, emergency financial assistance, and food bank.

Rental Assistance, St. Vincent de Paul (253) 863.4394

Provides rental assistance for residents with Sumner, Bonney Lake or Lake Tapps addresses. Must call to set up an appointment for a home visit. Provides additional resources to those who qualify.

St. Francis House (253) 848.3618

Serves families living below the poverty line; provides furniture, clothing, household goods and ESL classes

Sumner Food Bank (253) 863.3793

Serves residents in zip codes 98390, Sumner/Bonney Lake and 98391 w/Lake Tapps

United Way Helpline: www.uwpc.org (800) 572.HELP

WonGen Central Community Services (253) 861.6877

Located at Prairie Ridge Community Service Center 14104 Prairie Ridge Dr, Bonney Lake. This food co-op will be serving “working poor” families throughout the greater area to regain financial stability by providing food, household goods, clothing and adult education and consultation on personal finance management. Referral and application is required for this program.

YMCA (425) 226.1266

Transitional and emergency housing for families with children

YWCA Domestic Violence Shelter (253) 383.2593

Domestic violence only. Single women or women with children. 24 hr/day

MEDICAL HEALTH CARE

The following Help Lines provide information, crisis intervention, and referral services for various mental health concerns and emergency situations.

Insurance Options for the Uninsured

Apple Health for Kids-Free or low-cost coverage for children under 18 (877) 543.7669

Washington Prescription Plan-reduced prescription drug plan (800) 913 4311

➤ **Dental Services**

Buckley Dental Care (360) 829.1201

Bonney Lake Family Dental Care (253) 826.9000

Lindquist Dental Clinic (253) 539.7445
Located in the Rainier School Dental Clinic, 2120 Ryan Road, Buckley
Provides general dentistry for children ages 0-18 regardless of their family's ability to pay

Mobile Dental Van (360) 825.4586
Healthcare for the homeless. Serves Pierce County. Exams, x-rays, fillings, cleaning, Sealants

Tacoma-Pierce County Health Department – Oral Health (253) 798.4720
Low cost dental, DSHS coupons, reduced fee scale x6044

➤ **Hospitals**

Enumclaw Community Hospital (360) 825.2505
Good Sam Hospital, Puyallup (253) 697.4000

➤ **Health Care Providers**

Buckley Chiropractic Clinic (360) 829.2125

Clean Air for Kids Asthma Outreach: www.tpchd.org/asthma (253) 798.2954
Tacoma Pierce County Health Dept. Home environmental assessments, asthma management plan & supplies For an appointment e-mail www.cleanair4kids@tpchd.org or call 253.798.2954

Cleaning For a Reason: www.cleaningforareason.org
For any woman currently undergoing chemotherapy, free house cleaning is provided once per month for 4 months while in treatment. "Cleaning for a Reason" has participating maid service throughout the USA. See website to arrange for service.

Community Health Care Clinic, Parkland (253) 536.2020
Primary medical and dental care through 8 clinics

Immunization Sites (Free/Low-Cost)
Multicare/Good Sam Mobile Service (253) 403.1767
Tacoma/Pierce County Health Dept. www.tpchd.org (253) 798.6410
Sumner Family Center 1503 Valley Ave, 3rd Wed., 1:30-3:30
Buckley Community Hall, 127 River Ave, 2nd Wed., 10:00-12:00

Medical Equipment Lending Closet, Bonney Lake Senior Center (253) 863.7658
Offers assistive equipment for all disabled and elderly people

NW Lions Foundation for Sight & Hearing/ www.bonneylakelions.com
Bonney Lake Lions Club
Provides glasses & hearing aids for those in need. Also has a mobile health van.

Rainier Natural Health Clinic (360) 829.1838
Naturopathic medicine and holistic/alternative health care therapies.

White River Family Care (360) 829.0625

LEGAL

CLEAR (888) 201.1014
Coordinated Legal Education Advice and Referral for non-criminal and low-income only.

Crime Victim Compensation Division in Tacoma (800) 762.3716
or (253) 596.3800

Washington State Department of Labor and Industries
Provides assistance to victims of crimes such as assault, sexual molestation or robbery.

Crystal Judson Family Justice Center in Tacoma:24 Hour Crisis Line (253) 798.4166
or (253) 798.4310

Provides social services and government assistance to victims of domestic violence.

MENTAL HEALTH

Bridges: A Center for Grieving Children in Tacoma (253) 272.8266
Support groups for children age 4-18 who has experienced the death of parent or sibling or has a seriously ill family member. Summer/weekend camp (ages 6-17) for children who have had a significant loss (extended family included). Monthly fee, Sliding scale excepted. Call for an appointment.

Enumclaw Youth and Family Services (360) 825.4586
*Bilingual (Spanish) and English speaking therapists
Accepting King County **medical coupons**
Accepting Pierce County **medical coupons** for foster youth living in a non-relative placement.
Accepting private insurance and private pay*

Greater Lakes Mental Health in Lakewood (253) 581.7020
* *Suicide and Crisis Line* or(253) 798.4333

Good Samaritan Mental Health Clinic in Puyallup (253) 697.8400
*Mental health services for all ages. Psychiatrist, Nurse Practitioner, and individual therapist.
Accepts **medical coupons** and private insurance.*

Hope Sparks in Tacoma (253) 565.4484
Counseling services for children, youth and families. Sliding fee scale and insurance.

Lory Misel, Therapist and Counselor (360) 829.2082

Monica Sanders-Jensen (360) 893.4426
Specializes in Eating Disorders. Private, individual therapy.

St. Joseph Outpatient Nutrition Clinic (253) 426.4926

MULTI-CULTURAL

Consejo Counseling and Referral Services in Tacoma (253) 414.7461
Bilingual (Hispanic): therapy for substance abuse/prevention and high-risk youth. Medical coupons, sliding fee scale, and private insurance.

**Will go out of the area to transport youth to and from treatment.*

Good Samaritan Asian Counseling Services in Tacoma (253) 697.8650
Mental health support for adults and children in English, Vietnamese, Korean, Cambodian, Laotian, and Samoan. Accepts medical coupons, insurance and has a sliding fee scale.

Muckleshoot Health and Wellness Clinic (253) 301.5250
Clinic for peoples registered with a federally recognized tribe. Provides medical, dental, pharmaceutical, mental health, and drug and alcohol treatment services.

Puyallup Tribal Health Authority in Tacoma (253) 593.0232
Clinic for peoples registered with a federally recognized tribe. Provides medical, dental, pharmaceutical, mental health, and drug and alcohol treatment services.

Sea Mar in Puyallup (253) 864.4770
12812 101st St Ct E, Puyallup. Medical coupons. Bilingual. Medical and mental health services.

Tahoma Indian Center in Tacoma (253) 593.2707
Provides drop-in services to homeless, Urban Indians: referrals for drug and alcohol treatment, clothing and food bank, hot meals, and celebration facilities.

PARENT RESOURCES

Family Education

<http://www.familyeducation.com/home>

Provides information about communicating with your teen, teens and money, and work, dating and relationships, drugs and alcohol, and safety issues.

Parenting Resources Cont'd

Parenting Teens

<http://parentingteens.about.com>

A-Z index of topics for parents of teens. Includes resources and information on everything from braces to teen drug use.

The American School Counselor Association

<http://www.schoolcounselor.org>

The American School Counselor Association has partnered with Learning Network to develop and provide school counseling-related content for parents. Learning Network's Parent Channel provides busy parents with age and grade specific information to help enhance their children's learning and overall development – both in and outside of school.

By Parents for Parents

<http://www.byparents-forparents.com>

This site provides resources to give parents information and tools they need to better raise their adolescent children, including online parenting courses, current topic issues, and insight into their teenager's behavior.

Focus on Adolescents

<http://www.focusas.com/Parenting.html>

If adolescence can be conceptualized as a journey from childhood to adulthood, parenting adolescents can also be thought of as a journey.

University of Washington

<http://www.washington.edu/students/index>.

Teens today face different challenges and issues than we did when we were their age. While parents and families cannot control the world in which teens live, parenting tools and resources are available to help you support your teen and make a difference in their lives. Work/life, a division of UW Human Resources, provides this database to inform and support parents and families navigating the turbulent and rewarding years of adolescence.

The National PTA

<http://www.pta.org>

National PTA is the largest volunteer child advocacy organization in the United States. A not-for-profit association of parents, educators, students and other citizens active in their schools and communities, PTA is a leader in reminding our nation of its obligations to children.

PREGNANCY

Care Net Pregnancy (Puyallup)	(253) 770.8697
(Lakewood)	(253) 984.6222
(Gig Harbor)	(253) 858.5585

Free pregnancy tests and ultrasounds. Support groups and free STD testing for females. They do not offer birth control or abortion.

Catholic Community Pregnancy Support Services in Tacoma	(253) 502.2652
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Pregnancy support for teens and anger management.

New Beginnings Housing	(253) 353.2229
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Housing for teen moms

Planned Parenthood	(253) 779.3900
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Pregnancy testing, counseling, and referrals for adoption, infertility, termination or Prenatal care.

Pregnancy Aid of Tacoma	(253) 383.4100
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Located in Urban Grace Church in downtown Tacoma. M, W, F (10-1:30)

Tacoma Public Health Dept	(253) 798.6500
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Pregnancy screening, care classes

WIC Buckley: Good Samaritan Community Healthcare in Buckley (360) 829.0624
Nutritional information and free food supplements for pregnant and breastfeeding women with infants or children to age five. Low-income eligibility

WIC Puyallup Good Samaritan Outreach Services (253) 848.0490
WIC Auburn Public Health Center (Muckleshoot) (253) 939.6648
WIC Auburn Public Health Center (Enumclaw) (360) 825.3146

SEXUAL ASSAULT

Sexual Assault Center of Pierce County in Tacoma (253) 597.6424
24 Hour Crisis Line (800) 756.7273

** Crisis services for victims and families. Legal and medical advocacy, therapy (sliding fee scale), prevention education for youth grades 6-12.*

SUPPORT SERVICES

Bereaved Parent Support Group (karme45@comcast.net) (253) 2309256
For parents who have experienced the death of a child of any age. Mt. Villa Community Center, Enumclaw, Karla Schroeder

Catholic Community Services in Tacoma (253) 383.3697
Foster-care, counseling, meals to the homeless, and resource desk. Weekdays only, 8-5.

Child Care Resource & Referral of Tacoma/Pierce County (253) 591.2025
A free service for parents, child care providers, and the community. "Connecting You to Child Care Solutions". childcare@cityoftacoma.org or www.cityoftacoma.org/childcare

A Common Voice For Pierce County Parents (253) 537-2145
Support for parents who have children with complex needs, Children with emotional and behavioral disorders and mental health issues. (253) 445.1376

DSHS in Buckley (360) 829.6483

Family Support Partnership through Tacoma Health Dept. (253) 798.4608
PFR (Promoting First Relationships)

Pierce County Coalition of Developmental Disabilities (253) 564.0702

Readiness to Learn, Sumner School District (253) 891.6536
Provides outreach services to families of elementary school children who show signs of distress, poor attendance, tardiness or behavior problems which are affecting their ability to learn. Family support including linkages to local resources for food, housing, health, family safety, employment and aid in supporting children's school success

Sumner Family Support Center (253) 891.6535
Parenting groups, home visits, Hispanic services, family event

Trillium (253) 735.1553

Trillium Employment Services is an organization committed to developing employment opportunities for individuals with developmental disabilities

White River Family Center (360) 829.5883

Family support centers and Resource centers offers a wide range of services Which may include home visits, parenting classes, support groups, connection To resources and services along with family and children's services

White River Special Ed Parent/Educator Partnership (360) 829.3959

Supports connections and understanding between students and their peers, parents, staff And the community by providing resources and advocacy.

Vadis (Summer) (253) 863.5173

Provides people with disabilities opportunities and experiences to fulfill their economic and human potential.

TRANSPORTATION

Beyond the Borders: South Pierce County Rural Transp For Eligibility: (253) 798.7658
or (800) 562.0336

Transportation from outside of Pierce Transit boundaries to the nearest Pierce Transit bus stop and back.

Care Van (Regional Health Care Foundation) (360) 802.3206

in Enumclaw offers transportation to the plateau residents. Monday through Friday, 9:00am-2:00pm by appointment (48 hours in advance). This is for health related appointments in Bonney Lake, Buckley, Enumclaw, Black Diamond, Carbonado, South Prairie, and Wilkeson.

Department of Social and Health Services (800) 925.5438

King County only. Medical Coupons for taxi cabulance transportation to medical appointments when public transportation is not available.

ADDITIONAL YOUTH RESOURCES

Buckley Youth Activity Center/Village Tutors (360).829.6534

Programs/activities for all ages throughout the year. Free tutoring for students that live in the WRSD. Located at the Buckley Youth Activity Center. www.buckletytutors.org

Catholic Social Services (253) 759.9544

Family preservation: intensive in-home services for high-risk youth

Live Homework Help: www.piercecountylibrary.org/kids-teens

One-on-one help with homework with live, professional, trained and experienced tutors. Free to anyone with Pierce County library card.

Pierce County Libraries: www.piercecountylibrary.org

Computer training, teen library groups

