

COMMUNITY RESOURCES

FOOD

→ **Newport Food Bank** Phone: (509)447-4348

310 Pine St.

Hours: Tuesdays 10 am-3 pm

→ **North County Food Pantry**

Providing emergency food to residents living in the 99003,99009 and 99156 zip code areas in North Spokane County.

Mondays: 11:00am - 2:00pm

Wednesdays: 9:00am - 12:00pm

P.O. Box 388, 40015A N. Collins Rd, Elk, WA 99009

Phone: 509-292-2530

→ **Cusick Food Bank**

Pend Oreille Bible Church

Cusick, WA 99119

(509) 445-1289

Tuesdays 9-10:30 (Check Facebook for extra hours)

→ **West Bonner County Food Bank**

313 E 3rd St N, Oldtown, Idaho 83822

(209) 437-0143

FINANCIAL/UNEMPLOYMENT

→ **Washington State Resource List** - <https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>

→ **Employment Security Department website for Covid-19:** <https://esd.wa.gov/newsroom/covid-19>

→ **Work Source-** <https://seeker.worksourcewa.com/> unemployment benefits, job assistance 833-572-8400

→ **Student Aid**

Information on student aid during Covid-19 - <https://studentaid.gov/announcements-events/coronavirus>

→ **Covid-19 Business Resources for WA State -**

https://www.business.wa.gov/site/alias_business/1561/covid-19.aspx

→ **Mortgage Assistance - 1-877-894-HOME (WA Homeownership Hotline)**

→ **Financial Help in WA State -** <https://voiceofthevalley.com/2020/03/21/covid-19-financial-help-in-washington-state/>

→ **Crisis Planning Tools and Resources -** <http://startup.choosewashingtonstate.com/links/crisis/covid-19-resources/>

MEDICAL

→ **Newport Family Medicine**

Phone: (509) 447-3139

100 S. Scott, Newport

→ **Newport Community Hospital**

Phone: (509) 447-2441

714 W. Pine St., Newport

→ **Camas Center Clinic**

1821 LeClerc Rd N #1, Cusick, WA

(509) 447-7111

Monday-Thursday 8 am- 5 pm

→ **Medical Insurance/Department of Social and Health Services**

Phone: (509) 447-6200

Status/Changes: (800) 692-4128

1600 W. 1st St., Newport

TRANSPORTATION

→ **Rural Resources / Dial-A-Ride (In-Town Rides) Usk/Cusick with reservations**

1-800-776-9026

Dial a Ride (DAR) will not resume the first and last; (early/late) Newport Commuter trips until the Camas Center re-opens. The Dial-a-Ride service does allow for pickups and drop-offs on the 9:00 to 11:30 a.m. or 1:00 to 4:30 p.m. trips. Runs in the Cusick/Usk areas are available with advanced reservations.

→ **Special Mobility Services**

Newport to Spokane Shuttle

Mon. Wed. Thru. Fri.

Cost: \$5 one-way

(509) 534-7171

→ **Special Mobility Services**

Transportation assistance to medical appointments for individuals with Medicaid.

Transportation phone: 1-877-264-7433 (8:30 am- 5 pm) 1-509-534-7171

Office Monday - Friday, 8:00 a.m. - 4:00 p.m. 2 800-892-4817

Website-Sms1.org or email dispatch@specialmobility.org

LOCAL AGENCY ASSISTANCE

→ **YES (Youth Emergency Services):** Office Cell 671-7293. YES is presently closed but doing food bank pick up and deliveries on Tuesdays and food care packages on Thursdays. Middle School students can email

Janina at janina@yesteensupport.com. Newport High School students can email Liz at liz@yesteensupport.com. <https://www.facebook.com/janina.persick.18>

For qualifying families YES can help with hotspots, clothing, toiletries and activities such as games, books, etc. Families with youth households may get financial assistance with utility bills, rent or mortgage if impacted by COVID-19. Intake is necessary. Call the above numbers for assistance.

→ **Family Crisis Network-**

Contact: Jackie Keene

Phone: (509) 447-2274

24 hr. Help Line/After Hours: (509)447-5483

Hotline: 1-800-548-3133

→ **Rural Resources**

Emergency Food, propane and firewood vouchers, section 8 housing, energy assistance, weatherization assistance, caregiver services, assistance with Utility disconnect prevention, Employment and Training programs for Youth and Adult, referral assistance to other needed services and Dial a Ride transportation. Phone: (509) 447-9997 follow the prompts to desired extension/program, general inquiries @ ext 4001 or 4006. US-2 #200, Newport, WA (behind Subway)

All staff are currently working remotely and are available by appointment. Messages checked frequently.

Ruralresources.org

<https://ruralresources.org/wp-content/uploads/2020/01/PO-County-CRG.pdf> (excellent community resource guide-updated regularly) has current job listings, rental listings, legal services contacts, state and national legal resources, community organizations and food bank info

Social Emotional Supports

- **School Counselors:** Our school counselors will be available for scheduled tele-counseling sessions for students. If you would like to set up an appointment send an email Monday through Friday between 7:30AM and 2:30PM. Sadie Halstead Middle School students can email Sarah Theal at thealsarah@newportgriz.com. Newport High School and Pend Oreille River Schools can email Susan Baker at bakersusan@newportgriz.com. An email will be sent to you with available appointment times. If students currently see our School-Based Behavioral Health Counselor, Anita Waterman, please call 447-5651 to schedule your next appointment.
- **Pend Oreille Counseling Lines:** 509-447-5651, After hours 1-866-847-8540. At this time Pend Oreille Counseling Services remain open and will continue to provide behavioral health services.
- **Text 741741:** Text HOME to 741741 anytime about any type of crisis. A live, trained Crisis Counselor receives the text and responds.
- **Teen talk:** Call 866TEENLINK. Teen volunteers in Washington State are trained to listen to your concerns and talk with you about whatever's on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you're facing. No issue is too big or too small! Calls and chats are confidential. You can also check out their website at <https://www.teenlink.org/>
- **Your Life Your Voice.org:** YLYV.org This website has chat, email, phone and text options. YLYV.org has counselors to help 24/7 at no cost to the caller.
- **National Domestic Violence Hotline - 1-800-799-SAFE (7233)**

→ **National Suicide Hotline:** 1-800-273-TALK (8255). We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

EDUCATIONAL

- **College Success Foundation - COVID-19 Resource Guide for Students and Families** - (including foster youth and homeless) <https://news.collegesuccessfoundation.org/covid-19-resources-for-students-and-families/>
- **Scholar Resources during Covid-19** - <https://www.waopportunitiescholarship.org/scholar-resources-during-covid-19/>
- **Covid-19 Resources for Students, WA Student Achievement Council** - <https://wsac.wa.gov/covid-19>
- **WA State Board for Community and Technical Colleges-COVID-19 Resource Page** - <https://www.sbctc.edu/coronavirus/default.aspx>