How to Use the Resource Wall Guide

Thank you to everyone who contributed to the Resource Wall at the 2018 Community Health Worker Conference, “The Power of Relationships”!

To use this guide, go the Table of Contents and click on the text of the category you want to look at. Each resource is listed as:

- Resource Name, from Organization
- Location
- Contact Information
- Website

Attendees brought a variety of resources, primarily in the form of informational pamphlets, brochures, or business cards. Click on the name of the resource to pull up a PDF scan of the material.

Contents

How to Use the Resource Wall Guide ................................................................. 2
Asian and Pacific Islands Culture ................................................................. 3
Caregiver Support .............................................................................................. 3
Childcare ............................................................................................................ 3
Continuing Education ....................................................................................... 3
Diabetes ............................................................................................................... 4
Events .................................................................................................................. 5
Exercise ............................................................................................................... 5
Family Support .................................................................................................. 6
Financial ............................................................................................................. 6
Food Access ........................................................................................................ 7
Health Education .............................................................................................. 8
Healthcare .......................................................................................................... 9
Housing .............................................................................................................. 12
Job Postings ...................................................................................................... 12
Legal Assistance .............................................................................................. 12
LGBTQ & Transgender Support ..................................................................... 13
Mental Health ................................................................................................... 13
Suicide Prevention ............................................................................................ 15
Tobacco Cessation ........................................................................................... 16
Transportation .................................................................................................. 16
Asian and Pacific Islands Culture

- Asia Pacific Cultural Center: Project & Membership, from Asia Pacific Cultural Center
  Tacoma, WA
  253-383-3900
  www.asiapacificculturalcenter.org

Caregiver Support

- Caregiver Support Program, from Rural Resources Community Action
  Ferry, Pend Oreille, Stevens, & Whitman counties
  800-873-5889

Childcare

- Training for Childcare Providers, from Cowlitz Community Network
  Cowlitz county
  360-442-7089 cowlitzntwk@mpcu.net

- Special Needs are Basic Needs, from Within Reach, WA Department of Health, & WA Department of Early Learning
  National
  1-800-322-2588
  www.ParentHelp123.org

- Carrie Creech, Community Resource Specialist for Kaiser Permanente
  Port Orchard, WA
  360-895-5114 creech-hamiel.c@ghc.org
  www.kp.org/WA

- Spokane Area Resource List, from Department of Social and Health Services
  Spokane, WA

- Boys & Girls Club Membership, from Boys & Girls Clubs of Washington, Washington Apple Health, and UnitedHealthcare
  WA State
  1-877-542-8997
  www.begreatwa.org www.UHCCommunityPlan.com

- WIN 2-1-1, from Washington Information Network 211
  WA State
  Call 211, Text zipcode to 898-211, or visit www.WIN211.org

Return to Table of Contents.
Continuing Education

- **Northwest Center for Public Health Practice**, from the *University of Washington*
  Online
  [www.phlearnlink.nwcphp.org](http://www.phlearnlink.nwcphp.org)

- **Bachelor of Applied Science in Community Health**, from the *Tacoma Community College*
  Online
  [www.tacomacc.edu/BAS](http://www.tacomacc.edu/BAS)

- **"Experiential Teaching for Public Health Practice"**, free E-book from the *University of Washington*
  Online
  Hagopian@uw.edu

- **Online Executive Master of Public Health**, from the *University of Washington*
  Online
  206-616-1397 hservask@uw.edu
  [www.executivemph.uw.edu](http://www.executivemph.uw.edu)

- **Graduate Certificate in Public Health Practice**, from the *University of Washington*
  Online or Seattle, WA
  206-616-1397 uwemph@uw.edu
  [www.executivemph.uw.edu/overview/Certificate-Option](http://www.executivemph.uw.edu/overview/Certificate-Option)

- **Master of Public Health in Community-Oriented Public Health Practice**, from the *University of Washington*
  Seattle, WA
  cophp@us.edu
  [www.mphpublichealthpractice.uw.edu](http://www.mphpublichealthpractice.uw.edu)

- Lauren Brackenbury, Marketing and Student Recruitment Specialist for the *University of Washington, Department of Health Services*
  206-616-1397 hservask@uw.edu

- Josué Guadaramma, Motivational Interviewing Trainer
  714-402-8761 josuepsyc@gmail.com

*Return to Table of Contents.*

Diabetes

- **Diabetes Self-Management class**, from the *Benton-Franklin Health District*
  Benton & Franklin counties
  509-460-4216
• **Key ADA Resources**, from the *American Diabetes Association*
  National
  1-800-DIABETES askada@diabetes.org preguntas@diabetes.org

• **ADA Ambassadors**, from the *American Diabetes Association*
  WA State
  206-282-4616 Ext 7212 kstefanikguizlo@diabetes.org
  https://register.gotowebinar.com/rt/347843263687374338

*Return to Table of Contents.*

**Events**

• **April 20, 2018**: *North Central Accountable Community of Health 2018 Annual Summit*
  North Central WA
  www.NCACH.org

• **May 5, 2018**: *Samoan Arts & Academic Competition*, *Asia Pacific Cultural Center*
  Tacoma, WA

• **May 12 and 13, 2018**: *Thousand Faces Chinese Opera*, *Asia Pacific Cultural Center*
  Seattle and Tacoma, WA

• **August 18, 2018**: *Polynesian Luau*, *Asia Pacific Cultural Center*
  Tacoma, WA
  253-383-3900
  www.apcc96.org

*Return to Table of Contents.*

**Exercise**

• **Lisa Stuebing**, Medical Exercise Specialist for *Mud Puddle Fitness*
  Greater Seattle Area
  206-524-6788 CoachLisa@MudPuddleFitness.com
  www.MudPuddleFitness.com

• Melissa Bless, Zumba Instructor for *Sea Mar Community Health Centers*
  Tacoma, WA
  360-259-4428 melibless@seamarchc.org

*Return to Table of Contents.*
Family Support

- **Children, Youth, and Families**, from the *Asian Counseling and Referral Service*
  Greater Seattle Area
  206-695-7600
  [www.acrs.org](http://www.acrs.org)

- **Spokane Area Resource List**, from *Department of Social and Health Services*
  Spokane, WA

*Return to Table of Contents.*

Financial

- **Money Smart for Young Adults**, from the *Cowlitz Community Network*
  Cowlitz County
  360-442-7089 [cowlitzntwk@mpcu.net](mailto:cowlitzntwk@mpcu.net)

- **Financial Counseling**, from *El Centro de la Raza*
  Greater Seattle Area
  206-717-0085 [jbtrejo@elcentrodelaraza.org](mailto:jbtrejo@elcentrodelaraza.org)
  [www.elcentrodelaraza.org](http://www.elcentrodelaraza.org)

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
  Port Orchard, WA
  360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)
  [www.kp.org/WA](http://www.kp.org/WA)

- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*
  Seattle, WA
  206-764-4700 Ext 40154 [freidagatewood@seamarchc.org](mailto:freidagatewood@seamarchc.org)
  [www.seamar.org](http://www.seamar.org)

- **Spokane Area Resource List**, from *Department of Social and Health Services*
  Spokane, WA

*Return to Table of Contents.*
Food Access

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
  Port Orchard, WA
  360-895-5114  creech-hamiel.c@ghc.org
  www.kp.org/WA

- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*
  Seattle, WA
  206-764-4700 Ext 40154 freidagatewood@seamarchc.org
  www.seamar.org

- Larnette Slade, Community Resource Specialist for *Kaiser Permanente*
  Seattle, WA
  206-326-3801

- Najja E Brown, Executive Director of *Yield to the King Ministry*
  Seattle, WA
  206-552-9202 najja.brown@yieldtothekingministry.org
  www.yieldtothekingministry.org

- **Spokane Area Resource List**, from *Department of Social and Health Services*
  Spokane, WA

- **Get Help with Your Health Goals**, from *Kaiser Permanente*
  WA State
  Contact Larnette Slade at 206-326-3801

- **Healthy Guidelines for Meetings and Events**, from the *WA Department of Health*
  WA State
  Choosewell-livewell@doh.wa.gov
  www.doh.wa.gov/CommunityandEnvironment/WorksiteWellness/HealthyNutritionGuidelines/MeetingsEvents

- **WIN 2-1-1**, from *Washington Information Network 211*
  WA State
  Call 211, Text zipcode to 898-211, or visit www.WIN211.org

- **Finding the Right Help is Hard**, from *WithinReach*
  WA State
  1-800-322-2588
  www.parenthelp123.org
• **Sea Mar Service Directory**, from *Sea Mar Community Health Centers*  
  Western WA  
  [www.seamar.org](http://www.seamar.org)

• Fartun Farah, Community Relations Coordinator for *Coordinated Care*  
  253-442-1453, Cell 253-244-4852 [ffarah@coordinatedcarehealth.com](mailto:ffarah@coordinatedcarehealth.com)  
  [www.CoordinatedCareHealth.com](http://www.CoordinatedCareHealth.com)

• Michelle Chiou, from *WithinReach*  
  206-830-7663 [MichelleC@withinreachwa.org](mailto:MichelleC@withinreachwa.org)  
  [www.withinreach.org](http://www.withinreach.org), [www.parenthelp123.org](http://www.parenthelp123.org), [www.immunitycommunitywa.org](http://www.immunitycommunitywa.org)  
  Family Health Hotline 800-322-2588, WithinReach 206-284-2465

  *Return to Table of Contents.*

**Health Education**

• Lupita Espinoza, Promotora de Salud for *Chelan-Douglas Health District*  
  Chelan & Douglas counties  
  509-886-6442 [lupita.espinoza@cdhd.wa.gov](mailto:lupita.espinoza@cdhd.wa.gov)

• **Lisa Stuebing**, Medical Exercise Specialist for *Mud Puddle Fitness*  
  Greater Seattle Area  
  206-524-6788 [CoachLisa@MudPuddleFitness.com](mailto:CoachLisa@MudPuddleFitness.com)  
  [www.MudPuddleFitness.com](http://www.MudPuddleFitness.com)

• **Refugee Health Promotion Program**, from *Refugees Northwest*  
  Greater Seattle Area  
  [rhpp@lcsnw.org](mailto:rhpp@lcsnw.org)  
  [www.refugeesnw.org](http://www.refugeesnw.org)

• **Stay Independent**, from *Centers for Disease Control and Prevention*  
  [www.cdc.gov/steadi](http://www.cdc.gov/steadi) [www.stopfalls.org](http://www.stopfalls.org)

• **Healthy at Home Workshops for Better Balance**, from *Rural Resources Community Action*  
  Pend Oreille, Ferry, & Stevens counties  
  509-684-3932 or 1-800-219-5542

• **Living Well with Chronic Conditions Workshops**, from *Rural Resources Community Action*  
  Pend Oreille, Ferry, Stevens, & Whitman counties  
  509-684-3932 or 1-800-219-5542

• Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
  Port Orchard, WA  
  360-895-5114 [creech-hamiel.c@ghc.org](mailto:creech-hamiel.c@ghc.org)  
  [www.kp.org/WA](http://www.kp.org/WA)
• Kimberly Kreber, Outreach Educator for Breast, Cervical, & Colon Health Program at the Spokane Regional Health District
  Spokane, WA
  509-324-1587 kkreber@srhd.org
  www.srhd.org

• Ovarian Cancer Facts, from the Ovarian Cancer Alliance of Oregon and SW Washington
  SW Washington
  877-682-2679
  www.ovariancancerosw.org

• Melissa Bless, Zumba Instructor for Sea Mar Community Health Centers
  Tacoma, WA
  360-259-4428 melibless@seamarchc.org

• Get Help with Your Health Goals, from Kaiser Permanente
  WA State
  Contact Larnette Slade at 206-326-3801

• WIN 2-1-1, from Washington Information Network 211
  WA State
  Call 211, Text zipcode to 898-211, or visit www.WIN211.org

• Nick Fradkin, Tobacco Cessation Consultant at the Washington State Department of Health
  WA State
  360-236-3518 nick.fradkin@doh.wa.gov

• Recipe: Berry and Mixed Green Salad, from the WA Department of Health
  WA State
  www.doh.wa.gov/CompleteEats

Return to Table of Contents.

Healthcare

• Myeasha Cubean, Community Connector for Molina Healthcare
  Bothell, WA
  253-293-3681 myeasha.cubean@molinahealthcare.com
  www.MolinaHealthcare.com

• Peninsula Community Health Services
  Bremerton, Poulsbo, Port Orchard, & Belfair, WA
  360-377-3776
  www.pchsweb.org
• **Maternity Support Services (MSS)**, from *Sea Mar Community Health Centers*
  Clark, King, Grays Harbor, Skagit, Snohomish, Thurston, & Whatcom counties
  www.seamar.org

• **Refugee Health Promotion Program**, from *Refugees Northwest*
  Greater Seattle Area
  rhpp@lcsnw.org
  www.refugeesnw.org

• **Aging and Adult Services**, from the *Asian Counseling and Referral Service*
  Greater Seattle Area
  206-695-7600
  www.acrs.org

• **Nurse-Family Partnership**
  Kitsap, Jefferson, Mason, Pierce, & King counties
  360-728-2235
  www.kitsappublichealth.org

• **Shield Healthcare Medical Supplies Ordering**, from *Shield HealthCare*
  National
  800-720-7440
  www.shieldhealthcare.com

• **Time Released Medication Device**, from *Assured Independence*
  National

• Ivonne Radovich, Community Relations Coordinator for *Coordinated Care*
  Northwestern WA
  206-247-4131 magda.i.radovich@coordinatedcarehealth.com
  www.coordinatedcarehealth.com

• Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
  Port Orchard, WA
  360-895-5114 creech-hamiel.c@ghc.org
  www.kp.org/WA

• Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*
  Seattle, WA
  206-764-4700 Ext 40154 freidagatewood@seamarchc.org
  www.seamar.org

• Larnette Slade, Community Resource Specialist for *Kaiser Permanente*
  Seattle, WA
  206-326-3801
• **Spokane Area Resource List**, from *Department of Social and Health Services*
  Spokane, WA

• Kimberly Kreber, Outreach Educator for Breast, Cervical, & Colon Health Program at the *Spokane Regional Health District*
  Spokane, WA
  509-324-1587 kkreber@srhd.org
  www.srhd.org

• Cameryn Flynn, Medical Transportation Coordinator for SNAP
  Spokane, WA
  509-456-7627 Ext 5251, Cell 509-385-4119 flynn@snapwa.org
  www.snapwa.org

• **Health Home Program: Washington**, from *Rural Resources Community Action*
  WA State
  Contact Heather Peterson at 509-550-7049 Ext 4013 or hpeterson@ruralresources.org
  www.hca.wa.gov/billers-providers/programs-services/health-homes

• **Community Living Connections**, from *Aging & Long Term Care of Eastern Washington*
  Ferry, Pend Oreille, & Stevens counties
  509-458-2509
  www.altcew.org

• **WIN 2-1-1**, from *Washington Information Network 211*
  WA State
  Call 211, Text zipcode to 898-211, or visit www.WIN211.org

• **CHW Integration Resource Library**, from the *Foundation for Healthy Generations*
  WA State

• Gerardo Rangel-Morales, Outreach and Enrollment Specialist for *Columbia Valley Community Health Member Services*
  Wenatchee, WA
  509-662-6000 grangelmorales@cvch.org
  www.cvch.org

• Rosa Pulido, Outreach and Enrollment Specialist for *Columbia Valley Community Health Member Services*
  Wenatchee, WA
  509-662-6000 rpulido@cvch.org
  www.cvch.org
- **Washington Apple Health**, from *Community Health Plan of Washington*  
  WA State  
  1-800-440-1561  
  www.chpw.org

- **Community HealthFirst Medicare Advantage Plans**, from *Community Health Plan of Washington*  
  WA State  
  1-800-944-1247  
  www.healthfirst.chpw.org

*Return to Table of Contents.*

**Housing**

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
  Port Orchard, WA  
  360-895-5114 creech-hamiel.c@ghc.org  
  www.kp.org/WA

- **Spokane Area Resource List**, from *Department of Social and Health Services*  
  Spokane, WA

- **WIN 2-1-1**, from *Washington Information Network 211*  
  WA State  
  Call 211, Text zipcode to 898-211, or visit www.WIN211.org

*Return to Table of Contents.*

**Job Postings**

- **Community Advocate** at *International Community Health Services*  
  Shoreline, WA  
  www.ichs.com

*Return to Table of Contents.*

**Legal Assistance**

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
  Port Orchard, WA  
  360-895-5114 creech-hamiel.c@ghc.org  
  www.kp.org/WA

- **Spokane Area Resource List**, from *Department of Social and Health Services*  
  Spokane, WA
• **WIN 2-1-1**, from *Washington Information Network 211*
  WA State
  Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.WIN211.org)

*Return to Table of Contents.*

**LGBTQ & Transgender Support**

• Luis Fernando Ramirez, Executive Director for *Entre Hermanos*
  Seattle, WA
  206-322-7700, 206-274-1510 [fernando@entrehermanos.org](mailto:fernando@entrehermanos.org)
  [www.entrehermanos.org](http://www.entrehermanos.org)

• **Resources & Referrals**, from *Ingersoll Gender Center*
  Seattle, WA
  206-849-7859 [support@ingersollgendercenter.org](mailto:support@ingersollgendercenter.org)
  [www.ingersollgendercenter.org](http://www.ingersollgendercenter.org)

• Ebo Barton, Program Manager at *Ingersoll Gender Center*
  Seattle, WA
  206-849-7859 [ebo@ingersollgendercenter.org](mailto:ebo@ingersollgendercenter.org)

• Alison Davison, Hart Case Manager at *Lifelong*
  Seattle, WA
  206-957-1683 [AlisonD@lifelong.org](mailto:AlisonD@lifelong.org)
  [www.lifelong.org](http://www.lifelong.org)

*Return to Table of Contents.*

**Mental Health**

• Roslynn Watson, Facilitator/Trainer/Speaker for *Renewed Mind*
  Greater Seattle Area
  1-404-917-4173 [rwatsonl.renewedmind@gmail.com](mailto:rwatsonl.renewedmind@gmail.com)

• **Refugee Health Promotion Program**, from *Refugees Northwest*
  Greater Seattle Area
  [rhpp@lcsnw.org](mailto:rhpp@lcsnw.org)
  [www.refugeesnw.org](http://www.refugeesnw.org)

• **Mental Health**, from *Asian Counseling and Referral Service*
  Greater Seattle Area
  206-695-7600
  [www.acrs.org](http://www.acrs.org)
• **Recovery Services**, from *Asian Counseling and Referral Service*  
  Greater Seattle Area

• Sharon J Ward, LMHC, CDP, at *Baxter Consultants LLC*  
  Lakewood, WA  
  253-221-8895  
  sharon.ward1922@gmail.com  
  www.baxterconsultantscounseling.com

• **Connection: A Free Peer-led Support Program**, from *National Alliance on Mental Illness*  
  National  
  206-783-4288  
  www.namiwa.org

• Carrie Creech, Community Resource Specialist for *Kaiser Permanente*  
  Port Orchard, WA  
  360-895-5114  
  creech-hamiel.c@ghc.org  
  www.kp.org/WA

• Ray Corona, Community Outreach Specialist for *UnitedHealthcare*  
  Seattle, WA  
  425-345-0635  
  ray_corona@uhc.com

• **Spokane Area Resource List**, from *Department of Social and Health Services*  
  Spokane, WA

• **Northwest Resources S.O.S.** (en español)  
  Mason county  
  360-868-2697  
  dilma.demartino@nwrii.com  
  www.nwrii.com

• **Behavioral Health Services**, from *Northwest Resources II*  
  Thurston & Mason counties  
  360-868-2697  
  www.nwrii.com

• Pattie Marshall, Peer Support Program Manager at the *WA Department of Social and Health Services, Division of Behavioral Health and Recovery*  
  WA State  
  360-725-3258, Cell 360-338-2184  
  Pattie.Marshall@dshs.wa.gov

• Nick Fradkin, Tobacco Cessation Consultant at the *WA Department of Health*  
  WA State  
  360-236-3518  
  nick.fradkin@doh.wa.gov
• **WIN 2-1-1**, from *Washington Information Network 211*
  WA State
  Call 211, Text zipcode to 898-211, or visit [www.WIN211.org](http://www.wIN211.org)

• **Finding the Right Help is Hard**, from *WithinReach*
  WA State
  1-800-322-2588
  [www.ParentHelp123.org](http://www.parentHelp123.org)

• Kim Olander, Peer Recovery Team Lead at *Telecare North Sound, Peer Bridger Program*
  Western WA
  360-318-5760 kolander@telecarecorp.com
  [www.telecarecorp.com](http://www.telecarecorp.com)

• **Sea Mar Service Directory**, from *Sea Mar Community Health Centers*
  Western WA
  [www.seamar.org](http://www.seamar.org)

*Return to Table of Contents.*

**Suicide Prevention**

• **Watch for Signs: Stop Youth Suicide** *(Observe si hay señales: A los suicidios los jóvenes)*, from the *WA Department of Health, Youth Suicide Prevention Program*
  WA State
  1-800-273-TALK

• **Men in the Middle Years**, from *Suicide Prevention Resource Center*
  National
  877-GET-SPRC info@sprc.org
  [www.sprc.org](http://www.sprc.org)

• **Safer Homes Suicide Aware**, from the *Safer Homes Coalition*
  National
  [www.SaferHomesCoalition.org](http://www.saferHomesCoalition.org)

• **Suicide is Preventable**, from the *Safer Homes Coalition*
  National
  [www.SaferHomesCoalition.org](http://www.saferHomesCoalition.org)

• **Washington State Suicide Prevention Plan**, from the *WA Department of Health*
  WA State
  [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention)
• **Veteran Suicide Prevention Resources**, from the *WA Department of Health*
  WA State

*Return to Table of Contents.*

**Tobacco Cessation**

• **Tobacco Quit for Life Program**, from *UnitedHealthcare*
  National
  1-877-542-8997

• **Tobacco Quitline**, from the *WA Department of Health*
  WA State
  1-800-QUIT-NOW
  www.quitline.com

• **Tobacco Quitline: Ready to Quit Smoking?**, from the *WA Department of Health*
  WA State
  1-800-QUIT-NOW
  www.quitline.com

• **Quit Smoking 4 Free**, from the *WA Department of Health*
  WA State
  www.doh.wa.gov/quit

• Nick Fradkin, Tobacco Cessation Consultant at the *WA Department of Health*
  WA State
  360-236-3518 nick.fradkin@doh.wa.gov

• **Resources**, from *El Centro de la Raza, WA Department of Health*
  Seattle, WA
  Contact Rocio G Martinez at 206-973-4404 Ext 386 or rmartinez@elcentrodelaraza.org

*Return to Table of Contents.*

**Transportation**

• **Flexible Fixed-Route Bus Schedule**, from *Rural Resources Community Action*
  Pend Oreille county
  1-800-776-9026 or 509-684-2961
  www.ruralresources.org
• Carrie Creech, Community Resource Specialist for Kaiser Permanente
  Port Orchard, WA
  360-895-5114 creech-hamiel.c@ghc.org
  www.kp.org/WA

• Larnette Slade, Community Resource Specialist for Kaiser Permanente
  Seattle, WA
  206-326-3801

• Camerynn Flynn, Medical Transportation Coordinator for SNAP
  Spokane, WA
  509-456-7627 Ext 5251 flynn@snapwa.org
  www.snapwa.org

• Spokane Area Resource List, from Department of Social and Health Services
  Spokane, WA

• WIN 2-1-1, from Washington Information Network 211
  WA State
  Call 211, Text zipcode to 898-211, or visit www.WIN211.org

• Buckle Up, from WA Transportation Safety Commission
  WA State
  360-725-9860

Return to Table of Contents.