

Family Support

Vanessa Behan: Vanessa Behan's vision is to provide immediate refuge for children and support to strengthen families. Their primary services are: 24-hour child care for infants and children under the age of seven; parent education; crisis counseling for parents; referrals to other community agencies. Vanessa Behan helps parents who are having difficulty providing safe shelter and care for their children. They may be dealing with issues as complex as substance abuse, domestic violence, homelessness, or they may be exhausted and worn-out from the demands of parenting. For more information, visit www.vanessabehan.org or (509) 598-7490. **Emergency Helpline: (509) 535-3155**

Partners with Families and Children: Compelled by the mission to prevent, interrupt and repair cycles of abuse and neglect within families, Partners is a social safety net for abused and neglected children with the capability to provide holistic supportive family services to all families across the Inland Northwest. Everything we do – from evaluation to treatment services for children and families – prevents child abuse, encircles families with security and support, and provides treatment and caring so that families can thrive and children can live healthy, productive lives. For more information, visit www.partnerswithfamilies.org or call (509) 473-4810.

Washington Listens: In response to the COVID-19 pandemic, Washington has launched a support program called Washington Listens. People who use Washington Listens services receive support to manage elevated stress and cope with the changes due to COVID-19. Washington Listens is available to anyone in Washington to speak to a support specialist. Callers receive support and connection to community resources in their area. The program is anonymous. For more information, call (833) 681-0211 or visit www.crisisconnections.org/washingtonlistens. **Emergency Helpline: (833) 681-0211.**

Prevention

Greater Spokane Substance Abuse Council (GSSAC): The mission of the Greater Spokane Substance Abuse Council is to promote the healthy, safety and well-being of our community with an emphasis on youth. The primary purpose of GSSAC is to support a strong collaborative coalition with broad and diverse community representation that promotes primary community-wide substance misuse/violence prevention and reduction strategies. For more information, visit www.gssac.org or call (509) 922-8383.

Washington Poison Center (WAPC): The Washington Poison Center provides immediate, free, and expert treatment advice and assistance on the telephone in case of exposure to poisonous, hazardous, or toxic substances. All calls are confidential. Their mission is to prevent and reduce harm from poisoning through expertise, collaboration, and education. For more information, visit www.wapc.org or call (800) 222-1222. **Emergency Helpline: (800) 222-1222.**

Prevention (continued)

Community Prevention and Wellness Initiative (CPWI) Coalitions: CPWI is a community- and school-based model for delivering prevention programs and strategies to reduce underage use of alcohol, marijuana, tobacco, and other drugs. This work is done through community coalitions with a goal of collaboration and partnership between it's members to benefit and promote needed change in the community. For more information on our local coalitions in Spokane County, visit www.spokaneprevention.com:

- East Valley Community Coalition
- Northeast Support Team Coalition
- Shadle Prevention and Wellness Coalition
- TALK to Healthy Choices Coalition
- West Spokane Wellness Partnership

Spokane Regional Opioid Task Force (SROTF): The SROTF is a collaborative of treatment providers, emergency responders, prevention specialists, community members, educators, pain management and medical providers, coalition staff and many others who come together with the common goal of reducing and preventing opioid dependency, deaths, and physical and community health-related consequences. For more information about SROTF's work, along with opioid data, information and resources, are available at www.drugpreventionspokane.org.

Recovery Support

Peer Spokane: Peer Spokane cultivates powerful, healthy lives by provider peer emotional support and development services to the Spokane County community. Peer Spokane envisions a community of peers connected by shared experience in compassionate support of one another. For more information, visit www.peerspokane.org or call (509) 867-3778.

Daybreak Youth Services: Established in 1978, Daybreak Youth Services is a non-profit provider of adolescent addiction and mental health treatment services in Washington state. With residential inpatient programs in Brush Prairie and Spokane, they provide safe and secure environments where teens ages 13-18 can commit to their recovery while engaging in school and recreation. Daybreak offers co-gender outpatient counseling as well as short-term crisis stabilization services, known as Evaluation & Treatment (E&T). For more information, visit www.daybreakyouthservices.org or call (888) 454-5506.

Spokane Regional Health District (SRHD) Opioid Treatment Program: The Opioid Treatment Program at SRHD provides services for adults dependent on opioids (heroin, morphine, hydrocodone, oxycodone, etc.). The program uses a medication-assisted approach in which individuals experience a decrease in withdrawal symptoms and cravings typically associated with opioid use. For more information, visit www.srhd.org/programs-and-services/opioid-treatment-program.

Recovery Support (continued)

Narcotics Anonymous (NA): Narcotics Anonymous is a non-profit fellowship of people who suffer from the disease of addiction. We meet on a regular basis to help each other stay clean and share our experience, strength, and hope. If you think you might have a drug problem, please call our Helpline, or come to one of our meetings. For more information, visit www.newana.org or call (509) 325-5045. **Emergency Helpline: (509) 325-5045.**

Recovery Café Spokane: Recovery Café Spokane's programs are designed to: Help people maintain their recovery; reduce relapses; fulfill their potential; reclaim their lives. Membership is FREE and open to anyone. Members are required to: Be 24-hours alcohol and drug free; attend a weekly Recovery Circle; help out at the café or support a member. Recovery Café Schedule: Tuesdays, Wednesday, Thursdays and Fridays at noon – free lunch for members. New member orientations are held on the first and third Fridays of each month at 10:30am. For more information, visit www.community-minded.org/recoverycafe or call (509) 960-8529.

Al-Anon: There is no magic formula that enables you to help someone stop—or cut back—on his or her drinking. Alcoholism is a complex problem, with many related issues. Al-Anon can help you learn how to cope with the challenges of someone else's drinking. It may be that you could help matters by changing some of your own behaviors that make things worse. It may be possible for you to find a healthier way to respond to these challenges. Again, there are no easy answers; but Al-Anon meetings offer the opportunity to learn from the experiences of others who have faced similar problems. Find a meeting here:

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Friends & Family of Addicts (Nar-Anon): A support group for friends and family of addicts. Visit www.nar-anon.org to find a local meeting.

Adult & Teen Challenge: We are a faith-based, one-year, residential discipleship program with the purpose to restore hope to those who suffer from addiction as well as other serious, life-controlling issues. We help people to become mentally sound, emotionally balanced, socially adjusted, physically well, and spiritually alive. For more information, visit www.teenchallengepnw.com or call (509) 244-5610.

Washington Recovery Help Line: The Washington Recovery Help Line is a program of Crisis Connections. We offer an anonymous, confidential 24-hour help line for Washington State residents. This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. Our professionally-trained volunteers and staff provide emotional support. They can also connect callers with local treatment resources or more community services. Hope is out there. Let us help. Call (866) 789-1511 or visit www.warecoveryhelpline.org.