

SKAGIT COUNTY PUBLIC HEALTH

## Developmental Disabilities Program

# Resource Guide



# Welcome!



The Skagit County Developmental Disabilities Program provides a range of supports and services to enhance the lives of Skagit County citizens with developmental disabilities and their families. This guide has information about public, private and non-profit agencies that provide services or resources for individuals with developmental disabilities living in Skagit County. Some of the resources are local to our community, while others are regional or national organizations that may be beneficial to you.

Because we could not fit every relevant resource into one guide, we would like to refer you to another community resource for assistance with basic needs such as food and shelter, as well as drug and alcohol treatment, counseling, and volunteerism.

Community Action of Skagit County is a community-based organization that provides services and advocates for the needs of those experiencing poverty. Community Action has 39 anti-poverty programs, including the Critical Needs program, Energy Assistance Program, Women, Infants & Children Program (WIC), and the Veteran's Assistance Program. Please contact Community Action of Skagit County for more information about these programs or other resources not found in this guide.

Community Action of Skagit County  
330 Pacific Place, Mount Vernon  
(360) 416-7585

or visit [www.communityactionskagit.org](http://www.communityactionskagit.org)

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To request additional copies or for additions, corrections, and comments, please contact:

Skagit County Public Health  
Developmental Disabilities Program  
700 South 2nd Street, #301  
Mount Vernon, WA 98273  
(360) 416-1500

[www.skagitcounty.net/Departments/HumanServices/dd.htm](http://www.skagitcounty.net/Departments/HumanServices/dd.htm)

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## GENERAL COMMUNITY INFORMATION LINE

Telephone information regarding resources and services including rental assistance, counseling, support groups, food, clothing, donations, volunteering, transportation, emergency shelter and more.

CALL  
2-1-1

## Accessibility Resources

- **Accessible Communities Advisory Committee - Skagit County:**

Local committee of community members working to help Skagit County be more welcoming and inclusive for persons with disabilities and to promote and provide equal access to the opportunities available for all.

(360) 416-1500

- **Northwest ADA Center - University of Washington:**

Previously called Disability and Business Technical Assistance Center (DBTAC). Provides free, confidential phone consultation as well as onsite and webinar training regarding Americans with Disabilities (ADA) compliance.

1-800-949-4232

[www.dbtacnorthwest.org](http://www.dbtacnorthwest.org)

- **Washington State Human Rights Commission:**

**Toll Free: 1-800-233-3247 (SE HABLA ESPAÑOL) or,  
for technology assistance inquiries, 1-800-233-3247**

[www.hum.wa.gov](http://www.hum.wa.gov)

- **WA Policy on Service Animals:**

[www.hum.wa.gov/sites/default/files/public/publications/Service%20Animals%20and%20the%20Washington%20Law%20Against%20Discrimination-032019.pdf](http://www.hum.wa.gov/sites/default/files/public/publications/Service%20Animals%20and%20the%20Washington%20Law%20Against%20Discrimination-032019.pdf)

- **U.S. Department of Justice:**

Provides information and technical assistance on the Americans with Disabilities Act (ADA).

1-800-514-0301 (Voice) or 1-800-514-0383 (TTY)

[www.ada.gov](http://www.ada.gov)

## Advocacy:

### LOCAL

#### • Center for Independence North Sound:

The Center for Independence is a 501(c) (3) organization serving as a resource for individuals with disabilities to fully access and participates in the community through outreach, advocacy, and independent living skills development.

(360) 393-3890

[www.cfi-wa.org](http://www.cfi-wa.org)

#### • Hearing, Speech, and Deafness Center (HSDC) North Sound:

Deaf and hard of hearing services include a Client Advocate who can empower you to accomplish your goals and determine your accommodation needs.

114 W. Magnolia St., Ste 106, Bellingham, WA 98225

(360) 647-0910 or TTY (360) 647-8508

[www.hsdc.org](http://www.hsdc.org)

#### • Skagit County Children's Advocacy Center - Brigid Collins Family Support Center:

Working to break the cycle of child abuse by promoting family support as a means of prevention.

917 S. 3rd St., Mount Vernon, WA 98273

(360) 428-6622

[www.brigidcollins.org](http://www.brigidcollins.org)

#### • Skagit County Parent to Parent:

Provides support and information to families with children who have special needs through the Parent to Parent model, available in both English and Spanish.

320 Pacific Place, Mount Vernon, WA 98273

(360) 416-7570

[www.p2pskagit.org](http://www.p2pskagit.org)

[p2p@sparckids.org](mailto:p2p@sparckids.org)



### TIPS for Families

- **Know the rules:** Understand education and service system requirements
- **Get to know the people who make decisions** about your child's education and services (including legislators!)
- **Keep records**
- **Gather information**
- **Communicate effectively.** While persistence is crucial, anger and aggressiveness can damage important relationships
- **Emphasize solutions**
- **Know your son or daughter's strengths and interests**
- **Involve your son or daughter in decision making** as early as you can

### TIPS for Self-Advocates

- **Understand your rights**
- **Actively participate** in decisions that affect you
- **Be able to tell people how you need help**
- **Know who can help** when you need it

## ■ REGIONAL

### • **The Arc of Washington State:**

Provides advocacy and support to people with disabilities and their families regarding birth-three services, special education, employment, residential support, health care, transportation, respite and inclusion. Visit the Arc's website to sign up for their action alert list and e-mail updates on critical legislative issues impacting individuals with disabilities.

(360) 357-5596 or 1-888-754-8798

[www.arcwa.org](http://www.arcwa.org)

### • **Client Assistance Program (CAP):**

The CAP is an advocacy program with the following services: Information about the Division of Vocational Rehabilitation (DVR), the Department of Services for the Blind (DSB), Projects with Industry (PWI), and Independent Living Programs (ILP's).

- CAP staff will explain your rights and responsibilities as an applicant or client of these rehabilitation agencies.
- CAP staff will work to solve problems through mediation and negotiation.
- They provide information about the ADA, and individualized advocacy services, including assistance with administrative proceedings.

2531 Rainier Ave. S., Seattle, WA 98144

(206) 849-2939 (Voice and Text)

[www.washingtoncap.org](http://www.washingtoncap.org)

[info@washingtoncap.org](mailto:info@washingtoncap.org)

### • **Disability Rights of Washington (DRW):**

A private non-profit organization that protects the rights of, and provides free advocacy services to people with disabilities statewide.

(206) 324-1521 or 1-800-562-2702

[www.disabilityrightswa.org](http://www.disabilityrightswa.org)

### • **Easter Seals of Washington:**

Whether helping someone improve physical mobility, return to work or simply gain greater independence for everyday living, Easter Seals offers a variety of services to help people with disabilities address life's challenges and achieve personal goals.

(206) 281-5700 (Voice or Text)

[www.wa.easterseals.com](http://www.wa.easterseals.com)

### • **Governor's Committee on Disability Issues and Employment (GCDE):**

Provides statewide advocacy and leadership to empower the disability community to obtain equality of opportunity and maximum independence.

(360) 902-9511

[esd.wa.gov/gcde](http://esd.wa.gov/gcde)

- **Informing Families:**

Provides up-to-date information on changes in the Developmental Disabilities delivery system.

[www.informingfamilies.org](http://www.informingfamilies.org)

- **Office of Developmental Disabilities Ombuds:**

Informing the Legislature's work to ensure safe, quality developmental disabilities services in Washington State.

Complaint line: 1-833-727-8900

(206) 324-1521

[www.ddombuds.org](http://www.ddombuds.org)

- **Office of Education Ombuds:**

Helping families and schools resolve conflicts and increase collaboration in Washington State.

1-866-297-2597 (interpreter services available)

[oeo.wa.gov/en](http://oeo.wa.gov/en)

- **Open Doors for Multicultural Families:**

A nonprofit, charitable organization dedicated to ensuring that families who have family members with developmental disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

(253) 216-4479

[info@multiculturalfamilies.org](mailto:info@multiculturalfamilies.org)

[www.multiculturalfamilies.org](http://www.multiculturalfamilies.org)

- **PAVE (Partnerships for Action, Voice for Empowerment):**

Advocacy and information for parents with children with special educational needs.

(253) 565-2266 or 1-800-572-7368

[www.wapave.org](http://www.wapave.org)

- **Self-Advocacy in Leadership (SAIL):**

Opportunities for people with developmental disabilities to shape the services and policies affecting their lives.

(509) 222-0294

[www.selfadvocatesinleadership.com](http://www.selfadvocatesinleadership.com)

- **Washington State Developmental Disabilities Council (DDC):**

A Federal-State partnership working to plan for and with people with developmental disabilities and their families.

1-800-634-4473

[www.ddc.wa.gov](http://www.ddc.wa.gov)



- **Washington State Human Rights Commission:**

Investigates complaints of alleged discrimination in employment, housing and real estate, public spaces, credit and insurance and retaliation.

[www.hum.wa.gov](http://www.hum.wa.gov)

- **Washington State Long Term Care Ombudsman:**

Improves the quality of life for people in licensed long-term care facilities by providing volunteers who listen to resolve problems and answer questions.

1-800-562-6028

[www.waombudsman.org](http://www.waombudsman.org)

## ■ NATIONAL

- **National Council on Disability (NCD):**

NCD is an independent federal agency that provides advice and recommendations to the President, Congress, and executive branch agencies. NCD does not provide direct legal or advocacy services to people with disabilities.

[www.ncd.gov/resources](http://www.ncd.gov/resources)

- **National Organization on Disability:**

A private, non-profit organization that promotes the full participation of America's 56 million people with disabilities in all aspects of life. Today, NOD focuses on increasing employment opportunities for the 79 percent of working-age Americans with disabilities who are not employed.

[www.nod.org](http://www.nod.org)

## Assistive Technology:

- **Able Opportunities, Inc.:**

Assists disabled youth and adults in achieving their highest level of independence in employment and independent living. Specializes in school and adult services for people who are deaf, hard of hearing, and deaf blind.

Contact: Jennifer L. White

(206) 406-9900

[www.ableopps.com](http://www.ableopps.com)

- **Department of Services for the Blind:**

Statewide services for individuals of all ages experiencing blindness/low vision. Services include; orientation training and mobility support to individuals and their families.

1-800-552-7103

[www.dsb.wa.gov](http://www.dsb.wa.gov)

• **Enabling Devices:**

Develops, manufactures and sells special devices to help people with disabilities reach their full potential.

1-800-832-8697

[www.enablingdevices.com](http://www.enablingdevices.com)

• **Hearing, Speech, and Deafness Center (HSDC)**

**North Sound:** See page 7

• **PROVAIL:**

Assists individuals in utilizing adaptive equipment for communication, computer access and phone usage.

(206) 363-7303

[www.provail.org](http://www.provail.org)

• **Special Education Technology Center (SETC) -**

Central Washington University:

Collaborative technology planning and a lending library of toys, switches, augmentative communication devices, alternate keyboards and other computer input devices, environmental control devices and software designed for students with special needs. Provides staff development on topics including assistive technology overview.

(509) 963-3350

[www.specialedtechcenter.org](http://www.specialedtechcenter.org)

• **Speech to Speech:**

Free telephone assistance service for individuals who have difficulty being understood due to a speech impairment or disability. Trained staff relay calls and repeat / clarify that which is not understood.

(916) 448-5517

[www.speechtospeech.org](http://www.speechtospeech.org)

• **Washington Access Fund:**

A nonprofit organization that provides funding for people with disabilities in Washington and Oregon to purchase assistive technology and achieve greater independence.

(206) 328-5116

[www.washingtonaccessfund.org](http://www.washingtonaccessfund.org)



**Assistive TECHNOLOGY**

Assistive technology (AT) tools may greatly improve your chances of success in school, work and life by increasing self-reliance and independence.

Examples of AT devices include: **wheelchairs, adapted clothing, Velcro, toys, computers, seating systems, powered mobility, augmentative communication devices, assisted listening devices and visual aids.**

- **Take the time to learn all you can about possible tools, adaptations and strategies before making any real investment.**
- **Include the individual in the selection process.** The “perfect” item can’t help if it’s not used.
- **Consider where it will be used** - home, school, work etc. The right technology in one setting may be entirely wrong in another.
- **Instructions should be brief and easy to read,** operating should be clear and simple.
- **Ask past and present users** how well it holds up.
- Even with the best instructions, you might need technical support. **Select products that offer online and toll-free support (1-800 numbers)** also check the length, cost, and limitations of product warranties. Success often depends on having a good technical support system.

- **Washington Assistive Technology Act Program (WATAP):**

Provides a comprehensive continuum of services and resources to help Washingtonians with disabilities of all ages to make informed decisions about assistive technology.

1-800-214-8731

[www.watap.org](http://www.watap.org)

- **Washington Relay service:**

A free service that allows hearing callers to communicate with text telephone (TTY) users through specially trained relay operators. There are no restrictions to number, length or time of call.

7-1-1

[www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services](http://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services)

- **Washington Sensory Disability Services (WSDS):**

Assists children who are deaf or hard of hearing, blind, or visually impaired, or deaf-blind, by providing assessment services and other support to children, school districts, families, and service providers.

(360) 947-3297

[www.wsdsonline.org](http://www.wsdsonline.org)

- **Washington Talking Book and Braille Library:**

Free library service to individuals unable to read standard print material due to physical or learning disabilities. Equipment and books mailed (postage free) to library users.

1-800-542-0866

[www.wtbbl.org](http://www.wtbbl.org)

- **Western Washington University- The Ershig Assistive Technology Resource Center:**

Contains a collection of hundreds of low to high tech Assistive Technology (AT) items, equipment and products.

(360) 650-2783

[wce.wvu.edu/e-atrc/ershig-assistive-technology-resource-center](http://wce.wvu.edu/e-atrc/ershig-assistive-technology-resource-center)

## EDUCATION:

- **Northwest ESD 189:**

Ensures equality in educational opportunities; implements state rules and programs; provides technical assistance to local districts; collects and reports information for funding and accountability purposes; and provides technical assistance to schools.

1601 R Ave., Anacortes, WA 98221

(360) 299-4000

[www.nwesd.org](http://www.nwesd.org)

- **Office of Education Ombudsman:**

Helps solve disputes and conflicts between families and elementary and secondary public schools that affect student learning. Functions independently from the public school system.

1-866-297-2597

[www.oeo.wa.gov](http://www.oeo.wa.gov)

- **Office of Superintendent of Public Instruction (OSPI):**

Charged with overseeing the K - 12 public education system in Washington State.

(360) 725-6075

[www.k12.wa.us/specialed](http://www.k12.wa.us/specialed)

- **Special Education Ombudsman:**

Helps parents resolve disagreements with school districts regarding special education services.

(360) 725-6075

[www.k12.wa.us/SpecialEd/Families/Assistance.aspx](http://www.k12.wa.us/SpecialEd/Families/Assistance.aspx)

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## **PRESCHOOL**

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- **Head Start of Skagit County (Central Office):**

Developmental services for low-income, pre-school children aged three to five, and social services for their families. Specific services for children focus on education, socio-emotional development, physical and mental health, and nutrition.

320 Pacific Place, Mount Vernon, WA 98273

(360) 416-7590

[www.sih.s.kagit.edu](http://www.sih.s.kagit.edu)

- **Samish Longhouse Preschool & Head Start**

They are a place for families to gather and take care of each other, from the youngest to the oldest. It is in that spirit that our modern Longhouse facility operates today. The Samish Longhouse currently houses our Early Learning Center and Head Start Preschools. We serve both Tribal and Local Community members.

PO Box 217, Anacortes, WA 98221

(360) 588-8806

[www.samishtribe.nsn.us/departments/longhouse](http://www.samishtribe.nsn.us/departments/longhouse)

- **Skagit Preschool and Resource Center (SPARC):**

Provides educational, therapeutic and behavioral programs for children with special needs from birth to six. Through the DSHS, Children's Administration, and Department of Children, Youth, and Families (DCYF), FRS helps families deal with problems such as a child running away, not following reasonable family rules, or serious problems between parents and their child. Services are provided to teenagers ages 13-17 and their families.

320 Pacific Place, Mount Vernon, WA 98273

(360) 416-7570

[www.sparckids.org](http://www.sparckids.org)

- **Swinomish Child Care Center**

The Swinomish Education Department is a tribally funded department. We work respectfully and collaboratively in partnerships with the local public school, tribal senate, other tribal departments, parents/guardians, and students. These partnerships are formed in order to ensure that our Native families and their students receive and maximize every educational opportunity offered to them. This mission and our support for lifelong student education can only be accomplished with active participation from the student and their family for academic success.

(360) 466-7317

[www.swinomish.org/resources/education.aspx](http://www.swinomish.org/resources/education.aspx)

- **Upper Skagit Child Development Center:**

Head Start and Early Childhood Education and Assistance Program for ages 3-5.

25782 Coyote Dr., Sedro-Woolley, WA 98284

(360) 854-7092

- **Washington State Migrant Council:**

Migrant Seasonal Head Start, Early Head Start and ECEAP.

2405 Kulshan View Dr., Mount Vernon, WA 98274

(360) 428-3993

20237 Lafayette Rd., Burlington, WA 98233

(360) 707-2837

[www.wsmconline.org](http://www.wsmconline.org)

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## HIGH SCHOOL

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- **Salish Sea School for the Deaf**

1043 Goldenrod Rd., Ste 101, Burlington, WA 98233

(360) 428-6100

[salishseadeafschool.org](http://salishseadeafschool.org)

- **OIC-HEP High School Equivalency Program:**

Provides instruction, tutoring, and support to help individuals obtain a GED. Eligible individuals must have, or have an immediate family member in their household who has, spent at least 75 days in migrant or seasonal farm work within the past 24 months.

1-877-453-3970

**See local school district websites for alternative school options:**

Anacortes School District: [www.asd103.org](http://www.asd103.org)

Burlington-Edison School District: [www.be.wednet.edu](http://www.be.wednet.edu)

Concrete School District: [www.concrete.k12.wa.us](http://www.concrete.k12.wa.us)

Conway School District: [www.conway.k12.wa.us](http://www.conway.k12.wa.us)

La Conner School District: [www.lcsd.wednet.edu](http://www.lcsd.wednet.edu)

Mount Vernon School District: [www.mountvernonsschools.org](http://www.mountvernonsschools.org)

Sedro-Woolley School District: [www.swsd.k12.wa.us](http://www.swsd.k12.wa.us)

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## POST-SECONDARY

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- **Goodwill Industries Training Center:**

Provides quality, effective employment training and basic education to individuals experiencing barriers to economic opportunity. Training in ESOL, GED, Citizenship, Career Services, Cashiering, and Computers.

205 Roosevelt Lane, Mount Vernon, WA 98273

(360) 848-6468

[seattlegoodwill.org/job-training-and-education/training-center-locations/mount-vernon-job-training-and-education-center](http://seattlegoodwill.org/job-training-and-education/training-center-locations/mount-vernon-job-training-and-education-center)

- **Cascade Job Corps College and Career Academy:**

Provides a free education and vocational training program administered by U.S. Department of Labor to help young people ages 16 - 24 take control of their lives by obtaining a better paying job.

(360) 854-3400

[www.cascades.jobcorps.gov](http://www.cascades.jobcorps.gov)

- **Skagit Literacy - Community Action:**

Free instruction in English as a Second Language (ESL), General Education Development (GED), Adult Basic Education (ABE).

330 Pacific Place, Mount Vernon, WA 98273

(360) 416-7585

- **Skagit Valley College:**

Offers two-year Associate degrees, professional certificates, continuing education, and basic education.

2405 E. College Way, Mount Vernon, WA 98273

(360) 416-7623

[www.skagit.edu](http://www.skagit.edu)

- **Skagit Valley College - INVEST Program:**

A comprehensive post-secondary transition program for individuals with intellectual disabilities currently enrolled in local high schools until 21 years of age.

(360) 416-7600

[www.skagit.edu/academics/areas-of-study/basic-education-for-adults/invest-program](http://www.skagit.edu/academics/areas-of-study/basic-education-for-adults/invest-program)

- **Western Washington University:**

A four-year public university in Bellingham offering a wide variety of majors and fields of study.

516 High St., Bellingham, WA 98225

(360) 650-3000

[www.wwu.edu](http://www.wwu.edu)

- **Washington Vocational Services ATTIC Program:**

The ATTIC Transition Program is for students with disabilities aged 18-21 located at our Skagit County/Burlington location to provide training to develop work skills and increase the student's ability to live and work independently, making contributions in their community.

503 E. Fairhaven Ave., Burlington, WA 98233

(360) 419-0910

[www.wvs.org/attictransition](http://www.wvs.org/attictransition)

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## SUPPORT/INFORMATION

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- **Center for Change in Transition Services:**

The goal of CCTS is to improve post-school outcomes for students with disabilities in the state. CCTS provides secondary transition training and technical support to Educational Service Districts (ESDs), Local Educational Agencies (LEAs), and public schools that serve high school-age students who have an Individual Education Program.

(206) 296-6494

[www.seattleu.edu/ccts](http://www.seattleu.edu/ccts)

- **PAVE (Partnerships for Action, Voices for Empowerment):** See page 8

- **Specialized Training of Military Parents:**

Advocacy, information and support to military families caring for family members with disabilities.

1-800-572-7368

[wapave.org/specialized-training-of-military-parents-stomp](http://wapave.org/specialized-training-of-military-parents-stomp)

- **Wrights' Law Website:**

Provides up-to-date information on special education law. Sign up for free email newsletter.

[www.wrightslaw.com](http://www.wrightslaw.com)

## Family and Parent Resources:

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### EARLY INTERVENTION/BIRTH TO THREE

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- **Skagit Preschool and Resource Center (SPARC):** See page 12

- **Skagit County Parent to Parent:** See page 6

- **Nurse-Family Partnership:**

A free program for Medicaid-eligible women who are having their first baby. A specially trained nurse will visit with you in your home or another place that works for you throughout your pregnancy and until your child turns 2 years old.

(360) 416-1523

[www.skagitcounty.net/Departments/HealthFamily/NFP.htm](http://www.skagitcounty.net/Departments/HealthFamily/NFP.htm)

#### Did You Know?

Approximately 65 children between the ages of Birth-3 receive early intervention services per year in Skagit County

• **Washington State Department of Children, Youth & Families:**

Early Support for Infants and Toddlers (ESIT): Provides early intervention services for eligible children from birth to age 3 and their families. To learn about typical development and what to do if you have concerns, call the Family Health Hotline at:

1-800-322-2588

[www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit)

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## INFORMATION & SUPPORT

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• **Arc of Washington State:** See page 7

• **Center for Parent Information and Resources:**

Listing of statewide programs for families of children with special needs.

[www.parentcenterhub.org](http://www.parentcenterhub.org)

• **Children with Special Health Care Needs (CSHCN):**

Provides information to families and professionals focusing on children who have chronic physical, developmental, behavioral or emotional conditions.

Skagit County Public Health  
(360) 416-1500

[www.skagitcounty.net/Departments/HealthFamily](http://www.skagitcounty.net/Departments/HealthFamily)

• **ChildCare Aware**

Child Care Aware is a non-profit program designed to help families, including military families, who need help with child care. The agency provides referrals, tools and resources nationwide. These services are available to a variety of communities including military families and DoD civilian families.

416 Main St., Mount Vernon, WA 98273  
(360) 305-0481

[www.ccanorthwest.org](http://www.ccanorthwest.org)

• **Community Information Line:**

Provides information on resources and services.

Call 2-1-1

• **Within Reach & Family Health Hotline:**

Private, nonprofit organization working to ensure optimal health for all families in Washington State by connecting them with programs, resources and information they need to build healthy families. Committed to removing language, socio-economic and access barriers. Connects families and individuals in Washington State to health and food resources.

1-800-322-2588 or TTY: 7-1-1

[www.withinreachwa.org](http://www.withinreachwa.org) or [www.parenthelp123.org](http://www.parenthelp123.org)

### TIPS & TRICKS

- Start Early to Plan for the Future
- Build a Team
- Be Involved
- Be Informed
- Be Persistent!





- **Parent Trust Family Helpline:**

Nonprofit agency offering unique solutions for the whole family through classes, workshops and low-cost opportunities. It is a source of education and support for parents, caregivers, children, adolescents and the professional community.

**Family Helpline:**

Provides information and resources about parenting, child development, and positive discipline for parents and caregivers.

1-800-932-4673

[www.parenttrust.org](http://www.parenttrust.org)

- **Family Reconciliation Services (FRS):**

Mount Vernon DCFS: 900 E. College Way, Ste 200, WA 98273

Reception: (360) 429-2993 or 1-800-785-5582

Toll Free Intake: 1-866-829-2153

[www.dcyf.wa.gov/services/at-risk-youth/frs](http://www.dcyf.wa.gov/services/at-risk-youth/frs)

- **Family Caregiver Support Program - Northwest Regional Council:**

Provides support and services for unpaid family caregivers in Skagit County.

301 Valley Mall Way, Ste 100, Mount Vernon, WA 98273

(360) 428-1301

[www.nwrcwa.org/family-caregiver-support-program](http://www.nwrcwa.org/family-caregiver-support-program)

- **Family Resources Coordinator (FRC):**

Arranging and coordinating services for eligible infants and toddlers (birth to third birthday).

Includes help with access to funding for developmental services.

(360) 416-7570

[www.sparckids.org](http://www.sparckids.org)

- **Fleet & Family Support Program:**

Provides information and referral, life skills education and counseling for family members of active duty military.

1-866-854-0638

[www.navylifepnw.com](http://www.navylifepnw.com)

- **Home and Community Services (HCS/DSHS):**

Provides screening and assessment for in home care or adult family home or assisted living for individuals 18+ years old.

900 E. College Way, Mount Vernon, WA 98273

(360) 429-2961

[www.dshs.wa.gov/altsa](http://www.dshs.wa.gov/altsa)

- **Home Care Program:**

Provides non-medical assistance to aging persons and those with disabilities living in their home.

Catholic Community Services

614 Peterson Rd., Burlington, WA 98233

(360) 856-3054

[ccsw.org/get-help/services-for-seniors-people-with-disabilities/home-care/](https://ccsw.org/get-help/services-for-seniors-people-with-disabilities/home-care/)

- **Learning Disabilities Association of Washington:**

Promotes and provides service and support to improve the quality of life for individuals and families affected by learning and attentional disabilities.

(425) 882-0820

[www.ldawa.org](http://www.ldawa.org)

- **LifeSPAN-Lifetime Secure Personal Assistance Network:**

Supports families in Washington State to develop safe, secure, quality futures for their relatives with a disability.

(425) 883-9867

[www.lifespan-wa.org](http://www.lifespan-wa.org) or [info@lifespan-wa.org](mailto:info@lifespan-wa.org)

- **Northwest ADA Center National Network:**

Information, guidance and training on the Americans with Disabilities Act.

1-800-949-4232

[www.nwadacenter.org](http://www.nwadacenter.org)

- **National Organization for Rare Disorders (NORD):**

203-744-0100 or Toll Free: (800) 999-6673

[www.rarediseases.org](http://www.rarediseases.org)

- **Parent Child Assistance Program (PCAP):**

Home visitation intervention program that works with women who abuse alcohol or drugs during pregnancy.

(206) 543-7155

[www.depts.washington.edu/pcapuw](http://www.depts.washington.edu/pcapuw)

- **Skagit Domestic Violence & Sexual Assault Services:**

Provides advocacy-based counseling, legal advocacy, support groups, referrals and prevention efforts to end domestic violence and sexual violence.

1521B Leigh Way, Mount Vernon, WA 98273

1-888-336-9591

[www.skagitdvsas.org](http://www.skagitdvsas.org)

### TIPS & TRICKS

- Get on waitlists!

You never know when situations may change.



- **Skagit County Developmental Disabilities Program:**

Provides a variety of supports and resources to individuals with developmental disabilities and their families.

Skagit County Public Health

700 S. 2nd St., Ste 301, Mount Vernon, WA 98273

(360) 416-1500

[www.skagitcounty.net/dd](http://www.skagitcounty.net/dd)

- **Washington State Fathers Network (WSFN):**

Connects men with other dads, resources, information and education, plus opportunities for “all family” celebrations. Focused on assisting fathers as they become more competent and compassionate caregivers for their children with special needs. Contact Greg Schell to find a local chapter near you or to get the latest information on any new chapters or to discuss options for starting your own.

(425) 653-4286

[www.fathersnetwork.org](http://www.fathersnetwork.org)

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## **THERAPIES**

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### **■ OCCUPATIONAL THERAPY**

- **Occupational Therapy-Elks Therapist:**

Home-based services provided by priority, depending on the caseload. Serves individuals age birth to 21 years, with priority 0-3 years old. Services are funded by Elks Clubs.

1-800-TAL-ELKS (1-800-825-3557)

Ray Perry, OTR (360) 293-1309

[waelks.org/what-we-do/therapy/about](http://waelks.org/what-we-do/therapy/about)

### **■ PRIVATE OCCUPATIONAL THERAPY**

- **Skagit Valley Hospital Children’s Therapy:**

Provides occupational therapy to individuals from birth to 18 years. Accepts private pay, insurance, and Medicaid.

899 S. 15th St., Mt Vernon, WA 98274

(360) 814-2699

- **Valley Kids Therapy:**

Provides occupational and physical therapy to individuals from birth to 18 years old. Accepts private pay.

1100 Roosevelt Ave., Ste D, Mount Vernon, WA 98273

(360) 336-3432

[valleykidstherapy.com/index.html](http://valleykidstherapy.com/index.html)

## ■ PRIVATE PHYSICAL THERAPY

- **Skagit Valley Hospital Children’s Therapy:**

Provides physical therapy to individuals from birth to 18 years. Accepts private pay, insurance, and Medicaid.

809-899 S. 15th St., Mt Vernon, WA 98274  
(360) 424-2699

- **Balance Point Physical Therapy Clinic:**

Cascade Rehabilitation is a leader in the delivery of outpatient rehabilitation services, including physical therapy, sports injury rehabilitation, specific soft tissue mobilization, spine rehabilitation, and women’s health. Our therapists are dedicated to providing individualized treatment programs focused on returning patients to the desired level of function through consistent delivery of high-quality rehabilitation services.

111 N. 7th St., Mount Vernon, WA 98273  
(360) 873-8356

## ■ PRIVATE SPEECH THERAPY

- **Hoyle Speech and Language Services:**

Serves individuals age birth to 18 years. Accepts private pay.

720 Main St., Ste 210, Mount Vernon, WA 98273  
(360) 708-1784  
[hoylespeechservices.com](http://hoylespeechservices.com)

- **Newman-Kennedy Speech & Language Center:**

Serves individuals age birth to 18 years. Accepts private pay.

1501 Parker Way, Ste 104, Mount Vernon, WA 98273  
(360) 424-9645

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## DISABILITY-SPECIFIC RESOURCES

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For a large searchable database, visit the Children’s Hospital website [cshcn.org/diagnosis-information](http://cshcn.org/diagnosis-information) that lists information on a variety of diagnoses.

## ■ ASPERGER’S SYNDROME

- **Asperger Parent Group South Snohomish County:**

A support group where you can learn about local resources, listen to guest speakers, and gain education with peer to peer support for those living with a child that has Asperger’s. Meets monthly at the Family Center in Lynwood.

(425) 670-8984

- **Online Asperger Syndrome Information & Support (OASIS @ MAAP):**

501-C-3 international nonprofit organization that provides information, networking, referrals, and printed materials to families, individuals, and disabled professionals who are interested in the autism spectrum.

[www.aspergersyndrome.org](http://www.aspergersyndrome.org)

## ■ AUTISM

- **Autism Awareness Project Department of Health:**

Website of statewide information on progress developing systems to better treat autism and locate services for an autistic child.

[www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Autism](http://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Autism)

- **Autism Information in Multiple Languages:**

Online autism resource to help caregivers in the following languages: Arabic, Chinese, Korean, Russian, Somali, Spanish and Vietnamese.

[www.cultural.org/aay](http://www.cultural.org/aay)

- **Autism Lending Library:**

FREE lending library with over 1000 books, videos and DVDs (also in Korean & Spanish).

Northwest Educational Service District 189

1601 R Ave., Anacortes, WA 98221

(360) 299-4000

[www.nwesd.org/autism](http://www.nwesd.org/autism)

- **Autism Now:**

Provides national autism resources.

1-855-828-8476

[www.autismnow.org](http://www.autismnow.org)

- **Autistic Self Advocacy Network (ASAN):**

Disability rights non-profit organization run by and for adults experiencing Autism.

[autisticadvocacy.org](http://autisticadvocacy.org)

- **Autism Society of Washington:**

Provides information and referral to many services and support groups across the country.

[www.autismsocietyofwa.org](http://www.autismsocietyofwa.org)

- **Families for Effective Autism Treatment of WA (FEAT):**

Provides families with information, resources, training and supports to help individuals with autism reach their full potential.

[www.featwa.org](http://www.featwa.org)

- **UW Autism Center:**

Nonprofit organization devoted to supporting families affected by autism.

1-877-408-UWAC

[depts.washington.edu/uwautism/index.php](https://depts.washington.edu/uwautism/index.php)

- **Washington Autism Alliance and Advocacy:**

Advocating for improved access to healthcare, education, and social services through the lifespan.

[www.washingtonautismadvocacy.org](http://www.washingtonautismadvocacy.org)

## ■ BRAIN INJURY

- **Brain Injury Support Group:**

Meets 2nd Tuesday of each month from 6:00pm-8:00pm.

Location: Skagit Valley Hospital San Juan Room

1415 E. Kincaid, Mount Vernon, WA 98274

Contact: Charles Yahnke at (425) 328-7424

[www.brainandspinalcord.org/support-groups-brain-injury-washington](http://www.brainandspinalcord.org/support-groups-brain-injury-washington)

- **Washington State Traumatic Brain Injury (TBI) Resource Center:**

The Resource Center staff is available to assist callers as they navigate the challenges that arise as a result of Brain Injury.

1-877-824-1766

[www.biawa.org/resourceline.php](http://www.biawa.org/resourceline.php)

## ■ CEREBRAL PALSY

- **United Cerebral Palsy of Oregon & Washington State:**

Offers support groups, outings, conferences, advocacy, information and referral, and some respite care.

[www.ucpaorwa.org](http://www.ucpaorwa.org)

## ■ DOWN SYNDROME

- **Down Syndrome Association of Snohomish County:**

Promotes inclusion and acceptance of individuals with Down syndrome by providing information, advocacy, and support throughout their lives.

(425) 610-8226

[www.dsasc.org](http://www.dsasc.org)

- **National Down Syndrome Society:**

The national advocate for people with down syndrome.

1-800-221-4602

[www.ndss.org](http://www.ndss.org)

Puget Sound website: [www.downsyndromecommunity.org](http://www.downsyndromecommunity.org)

## ■ EPILEPSY

- **Epilepsy Foundation Northwest (EFN):**

Offers programs/services for individuals with epilepsy and their family members.

Seattle Office: (206) 547-5251

[www.epilepsy.com/washington](http://www.epilepsy.com/washington)

- **University of Washington Regional Epilepsy Center:**

Comprises a team of specialists in adult and pediatric neurology, neurosurgery, neuroradiology and neuropsychology, as well as nurses, social workers, vocational rehabilitation specialists and electrodiagnostic technicians function to diagnose and treat difficult seizure problems. The center works in partnership with referring physicians across the Northwest and the rest of the United States to diagnose and treat all types of seizure disorders among children and adults.

Harborview Medical Center

(206) 520-5000

[www.uwmedicine.org/locations/regional-epilepsy-center-harborview?utm\\_source=google&utm\\_medium=organic&utm\\_campaign=local\\_seo](http://www.uwmedicine.org/locations/regional-epilepsy-center-harborview?utm_source=google&utm_medium=organic&utm_campaign=local_seo)

## ■ FETAL ALCOHOL SYNDROME (FAS)

- **Fetal Alcohol Syndrome Family Resource Institute:**

The mission of this non-profit organization, is to identify, understand, and care for people with disabilities due to prenatal exposure to alcohol and their families, and to prevent future generations from having to live with this disability.

[www.fetalalcoholsyndrome.org](http://www.fetalalcoholsyndrome.org).

- **National Organization on Fetal Alcohol Syndrome:**

A non-profit alliance of families and professionals supporting individuals with Fetal Alcohol Spectrum Disorders through prevention, education, intervention and advocacy.

[www.nofaswa.org](http://www.nofaswa.org)

- **Washington State Fetal Alcohol Syndrome Diagnostic and Prevention Network:**

Network of four WA State FASD Diagnostic Clinics linked by UW Center on Human Development and Disability.

(206) 598-7666

[depts.washington.edu/fasdpn/](http://depts.washington.edu/fasdpn/)

## ■ **SENSORY DISABILITIES**

- **Hearing, Speech, and Deafness Center (HSDC) North Sound:**

Individual advocacy, information and referral, free public video phone during office hours.

Bellingham Office: 114 W. Magnolia St., Ste 106, WA 98225

(360) 647-0910 or TTY: 360-647-8508

[www.hsd.org](http://www.hsd.org)

- **Listen and Talk:**

Teaches children with hearing loss to communicate and learn through spoken language.

(206) 985-6646

[www.listentalk.org](http://www.listentalk.org)

- **Washington Sensory Disability Services (WSDS):**

Provides information, training, technical assistance and resources to families and educators state-wide for individuals age birth to twenty-one with sensory disabilities, including individuals who are deaf, blind, visually impaired or deaf-blind.

(360) 947-3297

[www.wsdsonline.org](http://www.wsdsonline.org)

- **Early Life Speech & Language:**

Serves young children with severe speech and language delays. Provides educational and training opportunities for parents at no cost.

1-855-543-8255

[earlylifespreech.org](http://earlylifespreech.org)

- **Seattle Children's Family Conversations:**

Focuses on the needs of children from birth through age 3, who are deaf or hard-of-hearing.

(206) 987-3853

[www.seattlechildrens.org/clinics/childhood-communication-center/patient-family-resources](http://www.seattlechildrens.org/clinics/childhood-communication-center/patient-family-resources)

- **Washington State Hands and Voices:**

Dedicated to supporting families with children who are deaf, deaf-blind or hard of hearing, without a bias towards communication modes. It is a parent-driven, non-profit organization, providing families with resources, networks, and information needed to improve communication and educational outcomes for their children.

(425) 268-7087

[www.wahandsandvoices.org](http://www.wahandsandvoices.org)

### Did You Know?

The Skagit County Clerk's office can help facilitate guardianship for local families needing help or support with this process.



### FINANCIAL PLANNING/GUARDIANSHIP

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- **ABLE Account:**

A Washington State ABLE Savings Plan allows people with eligible disabilities to save for their everyday needs, invest in a tax-free account and prepare for the future without losing their state or federal benefits.

(844) 600-2253

[www.washingtonstateable.com](http://www.washingtonstateable.com)

- **Clear-point Credit Counseling:**

Helps consumers identify and resolve financial concerns through budgeting, an understanding of credit, learning how to set financial goals, prioritizing debt repayments and making the most effective financial choices.

1-800-750-2227

[www.clearpoint.org/credit-debt](http://www.clearpoint.org/credit-debt)

- **Developmental Disabilities Administration (DDA):**

Through the waiver program, provides on-going support services and training for eligible persons to obtain and maintain paid jobs in a variety of settings and worksites.

900 E. College Way, Ste 110, Mount Vernon, WA 98273

(360) 429-3103

1-800-491-5266

[www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)

- **Department of Services for the Blind:**

Helps individuals who are blind or visually impaired gain the necessary skills and access opportunities to reach the employment goals of their choice.

800-552-7103

[www.dsb.wa.gov](http://www.dsb.wa.gov)

- **Developmental Disabilities Life Opportunities Trust (DD Endowment Trust Fund):**

Established in recognition of the high cost of lifetime services/supports for individuals with developmental disabilities. Fund assists people with developmental disabilities and their families use individual special needs trust accounts to save for future needs.

1-888-754-8798

[www.ddlot.org](http://www.ddlot.org) or [trust@arcwa.org](mailto:trust@arcwa.org)

- **Kinship Care Program-Catholic Community Services:**

Financial support and respite for relatives raising kin.

(206) 328-6858

[ccsww.org/get-help/services-for-seniors-people-with-disabilities/kinship-services/](http://ccsww.org/get-help/services-for-seniors-people-with-disabilities/kinship-services/)

• **Lifetime Advocacy Plus:**

Provides information, education, and workshops specific to all levels of guardianship, trusts and financial management.

(206) 367-8055

[www.laplus.org](http://www.laplus.org) or [laplus@laplus.org](mailto:laplus@laplus.org)

• **Plan to Work:**

Free benefits planning. Serves people 14-65 years old who are receiving disability benefits from Social Security Administration (SSA) and want to work.

[www.plantowork.org](http://www.plantowork.org)

• **Protected Tomorrows:**

A nationwide network of independent professional advisors specifically trained to guide families through a Future Care Plan.

John R. James, CFP, CDFP, *Licensed Advocate*  
1-866-544-NEED

[protectedtomorrows.com](http://protectedtomorrows.com)

• **Skagit County Clerk's Office-Guardianship**

Guardianship Facilitator: Kristen Denton  
205 W. Kincaid, Rm 103, Mount Vernon, WA 98273  
(360) 416-1811

[www.skagitcounty.net/Departments/Clerk/guardianship](http://www.skagitcounty.net/Departments/Clerk/guardianship)

• **Seattle Disability Law:**

Jones & Ibrahim: Jones & Ibrahim, PLLC was established in 1992 to serve people with disabilities and their families. They have particular expertise in intellectual and developmental disability law. The founding attorney, Larry Jones, and lead attorney, Christy Thompson Ibrahim, both have immediate family members with intellectual disabilities.

(206) 405-3240

[seattledisabilitylaw.com](http://seattledisabilitylaw.com)

• **Elder Law:**

This firm provides a broad range of legal services to elders, their families, the disabled, and vulnerable adults.

825 Cleveland Ave., Mount Vernon, WA 98273  
(360) 647-8846

[www.elderlaw-nw.com](http://www.elderlaw-nw.com)

**TIPS & TRICKS**



Look into a special needs trust or an **ABLE Account** to pay for supports that are not covered by community resources. Contact a private attorney to discuss special needs trusts or look into the **Developmental Disabilities Endowment Trust Fund** ([ddetf.wa.gov/](http://ddetf.wa.gov/)) or 888-754-8798 ext. 1.

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## FINANCIAL ASSISTANCE

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- **Child Care Subsidy Programs (CCSP):**

Help families pay for child care through the Working Connections Child Care program or the Seasonal Child Care program. Call for eligibility or to apply.

1-877-980-9220

[www.dcyf.wa.gov/services/early-learning-providers/subsidy](http://www.dcyf.wa.gov/services/early-learning-providers/subsidy)

- **Community Service Office (CSO/DSHS):**

Provides eligibility determination for services for individuals who are applying for financial, Medicaid, food stamp assistance or childcare. This can also be completed online.

1-877-501-2233

[www.dshs.wa.gov](http://www.dshs.wa.gov)

- **Development Disabilities Life Opportunities Trust (DD Endowment Trust Fund):**

Established in recognition of high cost of lifetime services/supports for individuals with developmental disabilities; assists people with developmental disabilities and their families to use an individual special needs trust accounts to save for future needs.

1-888-754-8798

[www.ddlot.org](http://www.ddlot.org) or [trust@arcwa.org](mailto:trust@arcwa.org)

- **Social Security Administration:**

Federal agency offers financial assistance for people with disabilities to achieve an independent lifestyle. Persons under 18 considered based on disability and parents' income; over age 18 considered based on individual income, resources and disability determination. Eligibility depends on severity of disability. Includes Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) Programs.

710 E. College Way, Ste A, Mount Vernon, WA 98273

800-772-1213 or TTY: 1-800-325-0778

[www.ssa.gov](http://www.ssa.gov)

- **Social Security Benefit Eligibility Screening Tool for SSI and SSDI:**

Provides a simple web-based tool to help determine an applicant's eligibility for benefits (for all programs). Tool provides eligibility information based on answers given by the applicant and is NOT considered an application for benefits.

[www.benefits.gov/ssa](http://www.benefits.gov/ssa)



### Did You Know?

Approximately 115 working-age adults with developmental disabilities are employed at minimum-wage or above

- **WA State Department of Social and Health Services (DSHS) - Trial Eligibility Calculator:**

Answer six questions to find out if you might be eligible for benefits.

[www.dshs.wa.gov/esa/tec](http://www.dshs.wa.gov/esa/tec)

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## EMPLOYMENT ASSISTANCE

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NOTE: For more information on employment services and support for individuals with disabilities and how to access these services, please contact the Skagit County Developmental Disabilities Program at (360) 416-1510.

### ■ LOCAL

- **Cascade Job Corps:**

Job Corps is a free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people at least 16 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.

7782 Northern State Rd., Sedro-Woolley, WA 98284

(360) 854-3400

[cascadesjobcorpscca.com](http://cascadesjobcorpscca.com)



**Did You Know?**

Approximately  
200 working-age  
adults are engaged  
in employment  
services in  
Skagit County

- **Chinook Enterprises:**

Chinook Enterprises is a social enterprise with a social mission. Chinook supports full participation in community life for persons with disabilities or other barriers.

2026 La Venture Rd., Mount Vernon, WA 98273

(360) 428-0140

[www.chinookenterprises.org](http://www.chinookenterprises.org)

- **Division of Vocational Rehabilitation (DVR):**

Helps individuals with disabilities to participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities.

900 E. College Way, Ste 120, Mount Vernon, WA 98273

(360) 429-3097 or toll free 1-800-637-5627

[www.dshs.wa.gov/dvr](http://www.dshs.wa.gov/dvr)

- **Goodwill Industries Training Center:**

Provides quality, effective employment training and basic education to individuals experiencing barriers to economic opportunity. Training in ESOL, GED, Citizenship, Career Services, Cashiering, and Computers.

242 E. College Way, Mount Vernon, WA 98273

(360) 848-6468

[seattlegoodwill.org/job-training-and-education](http://seattlegoodwill.org/job-training-and-education)

- **Sherwood Community Services:**

Community & Employment Services provides a multitude of services designed to support people in finding and keeping meaningful employment in their communities.

2021 E. College Way, Mount Vernon, WA 98273

(425) 334-1894

[www.sherwoodcs.org](http://www.sherwoodcs.org)

- **Washington Vocational Services (WVS):**

Provides employment services to persons with a variety of disabilities while specializing in services to persons who are deaf or hard of hearing and persons with disabilities who desire customized employment services.

503 E. Fairhaven, Burlington, WA 98233

(360) 419-0910

[www.wvs.org](http://www.wvs.org)

- **WorkSource Skagit:**

Provides employment and training services to the public through a partnership of government, non-profit and community service organizations. Dedicated to meeting the needs of our local business by building a skilled workforce and contributing to our region's economic growth.

2005 E. College Way, Mount Vernon, WA 98273

(360) 416-3600

[www.worksourcewa.com](http://www.worksourcewa.com)

## ■ REGIONAL

- **Department of Services for the Blind:**

Statewide services for individuals of all ages experiencing blindness/low vision. Services include: orientation training and mobility support to individuals and their families.

1-800-552-7103

[www.dsb.wa.gov](http://www.dsb.wa.gov)

- **Job Accommodation Network (JAN):**

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, JAN helps people with disabilities enhance their employability, and shows employers how to capitalize on the value and talent that people with disabilities add to the workplace.

1-800-526-7234 (V) or 1-877-781-9403 (TTY)

[www.askjan.org](http://www.askjan.org)

### Did You Know?

Over 110 businesses have hired people with developmental disabilities in Skagit County!

• **North Puget Sound Carpenters Training Center:**

401 E. Hickox Rd., Mount Vernon, WA 98274  
(360) 428-2933  
[www.carpentertraining.org](http://www.carpentertraining.org)

• **Office of Disability Employment Policy:**

Provides national leadership by developing and influencing disability employment-related policies and practices affecting an increase in the employment of people with disabilities.  
[www.dol.gov/odep](http://www.dol.gov/odep)

• **Pathways to Employment:**

Helps Washingtonians with a disability make informed decisions about going to work.  
[www.pathways.dshs.wa.gov](http://www.pathways.dshs.wa.gov)

• **WA Business Leadership Network:**

The Washington State Business Leadership Network (WSBLN) is a network of employers and service providers who educate and support businesses to recruit, hire, retain, promote and improve customer service for people with disabilities.  
[www.wsbln.org](http://www.wsbln.org) or [info@wsbln.org](mailto:info@wsbln.org)

• **WISE:**

This organization promotes equitable employment for people with developmental disabilities through innovation, training, and technical services to employers, employment agencies, job candidates, and government partners.  
16040 Christensen Rd., Ste 212, Tukwila, WA 98188  
(206) 343-0881  
[www.gowise.org](http://www.gowise.org)



**OPPORTUNITY Awaits**

Regardless of your disability, there are opportunities and expectations for you to work and fully participate in your community. Supports to get and keep a job are often based on availability of funding and eligibility requirements. Develop work skills to increase your employability:

- **Be punctual/dependable, on time and ready to work.** Call your employer if you are going to be late or absent.
- **Take pride in your work, be accurate.** If you make a mistake, try and correct it and ask for help if needed.
- **Be respectful, polite and follow directions.**
- **Wear appropriate clothing and have good personal hygiene.**
- **Communicate with others,** ask questions and share your concerns.
- **Be flexible,** adjust to changes and be willing to learn new tasks.
- **Show enthusiasm and take the initiative** to start new duties.
- **Enlist friends, relatives and others** to help with your job search.
- **Apply for services** through the Division of Vocational Rehabilitation (DVR). Call (360) 429-3097

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## REPRESENTATIVE PAYEE

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- **Social Security Administration:**

Social Security's Representative Payment Program provides financial management for the Social Security and SSI payments of our beneficiaries who are incapable of managing their Social Security or SSI payments.

710 E. College Way, Ste A, Mount Vernon, WA 98273

1-800-772-1213 or TTY 1-800-325-0778

[www.socialsecurity.gov/payee](http://www.socialsecurity.gov/payee)

- **Sunrise Services:**

Financial Management & Payee Services: Non-profit organization approved by Social Security Administration to provide Representative Payee services to Social Security and SSI beneficiaries.

(425) 347-4082

1-877-447-4082

[sunriseservicesinc.com/what-we-do](http://sunriseservicesinc.com/what-we-do)

- **Whatcom Financial Services:**

A non-profit organization providing Representative Payee and Protective Payee services to Social Security beneficiaries.

1706 Front St., Lynden, WA 98264

Monday-Thursday: 9am-1pm

(360) 676-1848

- **With a Helping Hand:**

Non-profit organization approved by Social Security Administration to provide Representative Payee services to Social Security and SSI beneficiaries. They do not provide Power of Attorney services. Serving Island, Skagit and Snohomish counties through mobile service.

PO Box 1416, Everett, WA 98206

(425) 903-1130

[withahelpinghand@msn.com](mailto:withahelpinghand@msn.com)

### BASIC HEALTH

**• Planned Parenthood:**

Information and education on family planning and women's health care services. Website has resources specific to individuals with intellectual disabilities.

1805 E. Division St., Mount Vernon, WA 98273

(360) 848-1744

[www.plannedparenthood.org/mbpp](http://www.plannedparenthood.org/mbpp)

**• Safe Harbor Free Clinic:**

Free health care and referral service for the underinsured.

7209 265th St. NW, Ste 203, Stanwood, WA 98292

(425) 870-7384

[www.safeharborfreeclinic.org](http://www.safeharborfreeclinic.org)

**• Sea Mar Community Health Centers:**

Community-based organization committed to providing quality, comprehensive health and human services in Washington State.

**Skagit Valley Women's Clinic:**

Family planning, annual health exams, OB services, infertility counseling, etc.

125 N. 18th St., Mount Vernon, WA 98273

(360) 588-5550

**Concrete Medical Clinic & Pharmacy:**

Family medicine, immunizations, family planning, acute care, internal medicine, lab services.

7438 S. D Ave., Concrete, WA 98237

(360) 853-8183

**Mount Vernon Medical Clinic, Dental & Pharmacy:**

Dental, behavioral health, preventive health, maternity support services, homeless program, and a child-care subsidy program for seasonal agricultural workers.

1400 N. La Venture, Mount Vernon, WA 98273

(360) 428-4075

### TIPS & TRICKS

It is important to choose an adult health care provider at age 18.

- **Apple Health** is Washington State's Medicaid funded medical insurance plan for individuals who are low income. It's the most typical insurance for adults with disabilities who are no longer covered under their parent's insurance plan.
- **Medicaid** provides health coverage, vision, dental care and transportation to Medicaid covered services.
- Clients of the **Developmental Disabilities Administration (DDA)** may also receive additional medical coverage.
- **Dental Care** is often available prior to the age of 18. After 18 it is more difficult to find dentists who will accept Medicaid. For a list of dentists and other dental resources go to [www.happyteeth.org](http://www.happyteeth.org).





- **Skagit County Public Health Department:**

Nutrition programs, maternal/child health care, WIC, family planning, food safety and food handler's card, birth certificates, disease/injury prevention, and others.

700 S. 2nd St., Rm 301, Mount Vernon, WA 98273

(360) 416-1500

[www.skagitcounty.net/health](http://www.skagitcounty.net/health)

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## DENTAL

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- **ABCD (Access to Baby and Child Dentistry):**

Access to Baby and Child Dentistry for low income families. To find out about ABCD providers in Skagit County, contact:

Skagit County Public Health

(360) 416-1500

- **DECOD (Dental Care for Individuals with Disabilities):**

University of Washington's School of Dentistry's web-based registry helps to locate dental resources for persons with dental needs and physical, mental, medical or other disabilities.

(206) 448-1914

[www.wsda.org/special-needs-directory](http://www.wsda.org/special-needs-directory)

- **PROVAIL:**

Provides dental care for adults with developmental disabilities.

10215 Lake City Way NE, Ste E, Seattle, WA 98125

(206) 632-2612

[www.provail.org](http://www.provail.org)

- **Sea Mar Community Health Center - Mount Vernon Dental Clinic:**

1400 N. La Venture, Mount Vernon, WA 98273

(360) 428-4075

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## HEALTH INSURANCE

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- **Apple Health (Medicaid):**

Provides health care for individuals with low income; includes youth, families and prescription drugs.

1-800-562-3022

[www.hca.wa.gov](http://www.hca.wa.gov)

- **Apple Health For Kids:**

A Department of Social & Health Services program that provides free or low cost insurance for Washington's children and teens. Families who qualify can receive either free or low cost medical, dental and vision insurance for their children under age 19. Call the Apple Health for Kids Hotline to see if your children might qualify.

1-877-543-7669

[www.hca.wa.gov/applehealth](http://www.hca.wa.gov/applehealth)

[www.wahbexchange.org](http://www.wahbexchange.org)

- **Basic Health Plan of Washington:**

Health insurance for low income Washingtonians living under 65.

1-800-660-9840

[www.basichealth.hca.wa.gov](http://www.basichealth.hca.wa.gov)

- **Benefits Checkup:**

Contains benefit screening tools.

[www.benefitscheckup.org](http://www.benefitscheckup.org)

- **Healthcare for Workers with Disabilities (HWD):**

Washingtonians with disabilities who are working may purchase healthcare coverage for a monthly amount based on a sliding income scale.

(206) 272-2169 or 1-800-871-9275

[www.dshs.wa.gov/onlinecso/hwd.shtml](http://www.dshs.wa.gov/onlinecso/hwd.shtml)

- **Medicare/Medicaid Customer Service Unit:**

Informs Medicaid clients about Medicaid and providers.

1-800-MEDICARE or 1-800-633-4227

[www.medicare.gov](http://www.medicare.gov)

- **SHIBA Insurance Commissioner Consumer Advocacy Division:**

Addresses questions, concerns, and complaints regarding health insurance. Volunteers through SHIBA Statewide Health Insurance Benefits Advisors assist in pursuing claims, filing appeals and understanding individual's rights.

1-800-562-6900

[www.insurance.wa.gov](http://www.insurance.wa.gov)

- **Washington Association of Community and Migrant Health Centers:**

Advocates for low-income, uninsured and underserved Washington State residents served by community health centers.

(360) 786-9722

[www.wacmhc.org](http://www.wacmhc.org)

- **Washington Health Plan Finder:**

Compare and enroll in quality health insurance plans and access important cost savings.

1-855-923-4633

[www.wahealthplanfinder.org](http://www.wahealthplanfinder.org)

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## MEDICAL SUPPORT

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- **Adolescent Health Transition Project:**

Provides information to assist with transitioning to adult health care services.

(206) 685-1350

[www.depts.Washington.edu/healthtr](http://www.depts.Washington.edu/healthtr)

- **APRIA:**

Offers a comprehensive range of home respiratory therapy, diabetic supplies, medications and equipment, home infusion therapy and home medical equipment services.

709 W. Orchard Dr., Ste 6 & 7, Bellingham, WA 98225

(360) 738-8300 or 1-800-531-1818

[www.apria.com](http://www.apria.com)

- **Children's Hospital Children's Resource Line:**

1-866-987-2000

[www.seattlechildrens.org](http://www.seattlechildrens.org)

- **Children with Special Health Care Needs - Skagit County Public Health Department:**

Home visits by public health nurses. Includes developmental and growth screening; health guidance; nutrition; service coordination; information and referral. Services are available to families in Skagit County regardless of income.

700 S. 2nd St., Rm 301, Mount Vernon, WA 98273

(360) 416-1500

[www.skagitcounty.net/health\\_or\\_jennis@co.skagit.wa.us](http://www.skagitcounty.net/health_or_jennis@co.skagit.wa.us)

- **Citrine Health:**

Connects women and their families to services that improve the quality of their health, including health screenings, insurance, and food programs. Provides breast, cervical and colon health screening for uninsured people between 40 and 60 years of age.

1-888-651-8931

[www.citrinehealth.org](http://www.citrinehealth.org)

- **Medicaid Personal Care Services DSHS:**

Provides in-home assistance to individuals who receive Medicaid and need assistance with personal care. Call your DDA case manager. (or Home and Community Services DSHS if not DDA eligible)

1-877-501-2233

[www.hca.wa.gov/health-care-services-supports/program-administration/medicaid-personal-care](http://www.hca.wa.gov/health-care-services-supports/program-administration/medicaid-personal-care)

- **MS Helping Hands Donation Closet:**

Nonprofit agency that provides new and recycled medical and mobility equipment. Items are available through donations for individuals who are low income, uninsured or denied coverage.

(425) 712-1807

[www.mshelp.org](http://www.mshelp.org)

- **Shield Health Care:**

Medical supplies for care at home, including incontinence (adult and pediatric) external nutrition, ostomy, urological, free home delivery, language services, and home evaluations. Accepts Medicare/Medicaid and some private insurance.

1-800-765-8775

[www.shieldhealthcare.com](http://www.shieldhealthcare.com)

- **Washington State Medical Home Website:**

Designed to support youth and families to partner with health care providers, understand health conditions and make informed health care decisions. Includes practical and current tools, strategies and information for children with special health care needs.

206-685-1279

[www.medicalhome.org](http://www.medicalhome.org)

- **Within Reach:**

Private, nonprofit organization working to ensure optimal health for all families in Washington State by connecting them with the programs, resources and information they need to build healthy families. Committed to removing language, socio-economic and access barriers.

Family Health Hotline: 1-800-322-2588 or

[www.parenthelp123.org](http://www.parenthelp123.org)

Apple Health for Kids Hotline: 1-877-543-7669

[www.withinreachwa.org](http://www.withinreachwa.org) or [info@withinreachwa.org](mailto:info@withinreachwa.org)

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## MENTAL HEALTH

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- **Catholic Community Services:**

CCS provides children's mental health services to Medicaid eligible children and their families in Whatcom, Skagit and Snohomish Counties. After an initial assessment and determination of need for ongoing help, core mental health services available at CCS include individual and/or family counseling/therapy, medication evaluation/management and coordination with primary care physicians, and case management.

614 Peterson Rd., Ste 200, Burlington, WA 98233

(360) 856-3054

[ccsww.org/get-help/skagit-county/](http://ccsww.org/get-help/skagit-county/)

- **Care Crisis Line (24-hour service):**

A Volunteers of America program. Information, referral and intervention services for adults/children in mental health crisis. Certified peer counselors and mental health professionals provide voluntary face-to-face early interventions in homes and community settings for those not currently enrolled with another provider.

1-800-584-3578 or Call 211

[www.voaww.org/behavioralhealth](http://www.voaww.org/behavioralhealth)

EMERGENCY

DIAL  
9-1-1

- **Community Mental Health Program Ombudsman:**

Provides consumer-directed advocacy to consumers of publicly funded mental health services and anyone applying for publicly funded mental health services. Ombuds assist consumers to ensure that their individual rights are honored and publicly funded mental health services respond to consumer needs and wishes.

330 Pacific Place, Mount Vernon, WA 98273

(360) 416-7004 or 1-888-336-6164

[www.communityactionskagit.org/behavioral-health-ombuds/](http://www.communityactionskagit.org/behavioral-health-ombuds/)

- **Compass Health:**

Psychiatric services are an integrated component of almost all programs at Compass Health. Psychiatrists and Advanced Registered Nurse Practitioners provide evaluations, medication management and medication training/administration for adults, older adults, children and youth.

1100 S. 2nd St., Mount Vernon, WA 98273

(360) 419-3500

1005 S. 3rd St., Mount Vernon, WA 98273

(360) 419-3600

- **Island Hospital Emergency Room:**

1211 24th St., Anacortes, WA 98221

(360) 299-1311

[www.islandhospital.org](http://www.islandhospital.org)

- **National Alliance on Mental Illness (NAMI):**

Provides advocacy, public education, information/referral and self-help support groups for people with mental illness and their families.

(360) 313-7080

[www.namiskagit.org](http://www.namiskagit.org)

- **North Sound Behavioral Health Administrative Services Organization:**

Improving the mental health and well-being of individuals and families. Outpatient Services are accessed through the centralized access center and are provided to people with a Medicaid mental health benefit and to low-income people as resources are available. All people with Medicaid are entitled to an assessment.

1-800-684-3555

Crisis Services: 1-800-584-3578

[nsbhaso.org](http://nsbhaso.org)

- **SeaMar Anacortes Behavioral Health Center:**

Provides mental health and chemical dependency services to children, youth, adults and families.

1004 M Ave., Anacortes, WA 98221

(360) 293-8007

- **SeaMar Behavioral Health Clinic-Mental Health Services:**

Provides mental and behavioral health services to children, youth, adults and families.

2203 Old Highway 99 S., Mount Vernon, WA 98273

(360) 542-8810

[www.seamar.org/skagit-bh-mountvernon-family](http://www.seamar.org/skagit-bh-mountvernon-family)

- **SeaMar Mount Vernon Behavioral Health Center:**

MAT and chemical dependency services to children, youth, adults and families.

1010 E. College Way, Mount Vernon, WA 98273

(360) 542-8920

- **Skagit Behavioral Health:**

This clinic is a multi-disciplinary mental health group which brings a number of independent practitioners together for ease of physician referrals, contracting with insurance companies, billing, training, and consultation. Each practitioner is independently licensed and maintains his or her own practice, including setting work and appointment times, practice policies, treatment planning and records.

406 S. First St., Ste 308, Mount Vernon, WA 98273

(360) 424-0400

<http://skagitbehavioralhealth.com/>

- **Skagit Valley Hospital - Emergency Room:**

(3rd Floor Psychiatric Care Center: 360-428-2273)

1415 E. Kincaid, Mount Vernon, WA 98274

(360) 428-2165

[www.skagitvalleyhospital.org](http://www.skagitvalleyhospital.org)

- **Skagit Valley REACH Center:**

Offers a recovery-based supportive community dealing with mental illness and/or chemical dependency. Provides self-help classes, recovery groups, a variety of trainings, and access to computers, volunteer opportunities, and social activities.

1413 E. College Way, Mount Vernon, WA 98273

(360) 873-8635

[www.cvabonline.org/reach-center](http://www.cvabonline.org/reach-center)

- **Sunrise Services:**

Sunrise has nearly 40 years of experience providing supports for persons with behavioral health diagnoses. We also connect people with services and benefits. Our qualified professionals and our extensive network of relationships with other community supports can help you find solutions that last.

2500 E. College Way, Mount Vernon, WA 98273

(360) 336-3815

[sunriseservicesinc.com/community-behavioral-health-mount-vernon/](http://sunriseservicesinc.com/community-behavioral-health-mount-vernon/)

- **National Suicide Prevention Lifeline:**

1-800-273-8255

TTY: 1-800-799-4889

Spanish: 1-888-628-9454

Suicide Prevention, awareness and education: 1-800-784-2433

<https://suicidepreventionlifeline.org/>

- **United General Hospital:**

2000 Hospital Dr., Sedro-Woolley, WA 98284

(360) 856-6021

[www.peacehealth.org/united-general-medical-center](http://www.peacehealth.org/united-general-medical-center)

## HOUSING & LIVING INFORMATION

### IN-HOME SUPPORT

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- **Home Care Quality Authority of Washington State:**

Registry referral system to locate in-home caregivers.

(425) 212-4250 or 800-970-5456

[www.hcrr.wa.gov](http://www.hcrr.wa.gov)

- **Meals on Wheels program of Skagit County - Skagit County Public Health:**

Provides nutritious, noontime meals to senior citizens, age 60 and older, who have difficulty leaving their home unassisted and who are unable to prepare their own meals.

700 S. 2nd St., Ste 301, Mount Vernon, WA 98273

(360) 416-1511

[www.skagitcounty.net/departments/humanservices/mow.htm](http://www.skagitcounty.net/departments/humanservices/mow.htm)

- **Northwest Regional Council - Aging and Disability Resources Program:**

Provides information about many services and programs that assist older adults and people with disabilities.

301 Valley Mall Way, Ste 100, Mount Vernon, WA 98273

(360) 428-1301

[www.nwrcwa.org](http://www.nwrcwa.org)

#### **In-Home Care:**

Detailed information and guidance on obtaining in-home support services for seniors and people with disabilities who need assistance with housekeeping, meal preparation, transportation, and personal care. This includes a list of individuals and agencies who provide care privately and through state-funded programs such as COPES, Medicaid Personal Care, and Developmental Disabilities Waivers.

**Medical Insurance:**

The latest information on medical and dental coverage for seniors, including Medicare, Medicare Advantage Plans, Medigap policies, Medicare Prescription Drug coverage.

**Medicaid:**

Information about Medicaid coverage and the application process.

**Caregiver Support:**

Programs that support the family caregiver by providing respite services, consultation, and information on meeting the caregiver's needs.

**Housing:**

Lists of retirement residences, property management companies, publicly-subsidized apartments, and mobile home parks appropriate for older adults.

**Long-term Care Options:**

A comprehensive list of boarding homes, assisted living facilities, adult family homes, nursing homes, and respite care facilities.

**General Resources:**

Information about accessing a wide variety of services and programs such as property tax deferrals, powers of attorney, living wills, advance directives, transportation, and parking permits for persons with disabilities.

**• Visiting Nurse Home Care:**

Visiting Nurse Home Care can help with a wide range of care; from companionship and hourly help around the home to comprehensive care 24 hours a day.

425 Commercial St., Ste 203, Mount Vernon, WA 98273  
1-800-624-2714 or (360) 416-0343

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## SUPPORTED LIVING

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**• RehabCo:**

Direct care services for people who have disabilities. Some services include; intensive tenant support, community protection support, independent living, supported living.

117 N. 1st St., Ste 20, Mount Vernon, WA 98273  
(360) 336-3136, ext. 24  
[www.rehabco.net](http://www.rehabco.net)

**• Soundview Association:**

Small, group-home environment for severely physically and developmentally challenged young adults.

PO Box 2576, 225 Digby Rd., Mount Vernon, WA 98273  
(360) 424-0397  
[www.soundviewassn.org](http://www.soundviewassn.org)



- **Visiting Angels:**

Living assistance services.

1222 Riverside, Mount Vernon, WA 98273

(360) 419-5877

[www.visitingangels.com/mtvernon/home/?vs\\_key=CA6phlAMa0FqrwC7&gclid=EAlalQobChMIl5-Mh96l5wIVBB-tBh13bgoOEAAAYASAAEgKkzFD\\_BwE](http://www.visitingangels.com/mtvernon/home/?vs_key=CA6phlAMa0FqrwC7&gclid=EAlalQobChMIl5-Mh96l5wIVBB-tBh13bgoOEAAAYASAAEgKkzFD_BwE)

- **Volunteers of America Disability Services:**

Makes a positive impact on the lives of people by providing efficient, effective services and supports which allow individuals to live in their own homes and apartments in the community.

117 N. 1st St., Ste 4, Mount Vernon, WA 98273

(360) 428-3718

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## RESOURCES TO OBTAIN AFFORDABLE HOUSING

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- **Anacortes Housing Authority:**

Subsidized housing programs for low-income households.

719 Q Ave., Anacortes, WA 98221

(360) 293-7831

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

- **Developmental Disabilities Administration (DDA):**

Provides information on housing options and supports. Connects individuals to Adult Family Homes and other residential supports based on eligibility and available funding.

900 E. College Way, Ste 110, Mount Vernon, WA 98273

Local: (360) 429-3103 or Toll Free: 1-800-491-5266

[www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)

Housing resources may include:

- **Adult Family Homes (AFH):**

Licensed by the State. A room, meals, laundry, supervision and varying levels of assistance and care is provided.

[www.dshs.wa.gov](http://www.dshs.wa.gov) (Click on Adult tab)

- **Adult Residential Care (ARC):**

Provides assistance for residents who are able to take medication but need help in the form of a reminder or need to have it handed to them and/or with personal care e.g. bathing, dressing and personal hygiene. Residents who require monitoring for their own safety may receive limited supervision.

- **Supported Living Services:**

DDA Residential Program, *eligibility criteria varies and funding is limited*. Provides instruction and support to persons living in their own homes within the community. Supports may vary from a few hours a month, to 24 hours a day, or one-to-one support. Clients pay for their rent, food and other personal expenses. DDA contracts with private agencies to provide Supported Living services.

- **Compass Health:**

Provides safe and affordable housing in a variety of ways, through ownership and management of houses and apartment complexes, sponsorship of subsidies such as Shelter Plus Care and Section 8, and collaborations with area Housing Authorities and other housing providers.

1100 S. 2nd St., Mount Vernon, WA 98273

(360) 419-3500

[www.compasshealth.org/locations](http://www.compasshealth.org/locations)

- **Home Trust of Skagit:**

A community land trust organization that helps secure affordable housing for limited-income people.

612 S. First St., Mount Vernon, WA 98273

(360) 428-0014

[www.hometrustedskagit.org](http://www.hometrustedskagit.org)

- **Housing Authority of Skagit County:**

Subsidized housing programs for low-income households.

1650 Port Dr., Burlington, WA 98233

(360) 428-1959

[www.skagitcountyha.org](http://www.skagitcountyha.org)

- **Parkview Services Home Ownership Program:**

Offers home buying assistance in King, Skagit and Snohomish County to people with disabilities and family members who will live with them.

Marnie Claywell

(206) 542-6644, ext 126 or [marnie@parkviewservices.org](mailto:marnie@parkviewservices.org)

TTY: 711 or (800) 833-6388

[www.parkviewservices.org](http://www.parkviewservices.org)

- **Samish Indian Nation:**

Provides affordable, decent, safe and sanitary housing for Tribal members through supportive and orderly community development; offer services that support social, physical and community housing activities and education to promote harmony, cooperation and values.

715 Seafarer's Way, Ste 103, Anacortes, WA 98221

(360) 899-5282

[www.samishtribe.nsn.us/departments/housing](http://www.samishtribe.nsn.us/departments/housing)

- **Sedro-Woolley Housing Authority:**

Established in 1969, the Sedro-Woolley Housing Authority provides high-quality, affordable housing to some of the community's most vulnerable residents. SWHA manages 80 units of subsidized housing, ensuring that more than 150 people have a place to call home. These people include economically disadvantaged families, seniors, and persons with disabilities.

830 Township St., Sedro-Woolley, WA 98284

(360) 855-0404

[www.sedrowoolleyha.org](http://www.sedrowoolleyha.org)

- **Skagit Habitat for Humanity:**

Skagit Habitat for Humanity is dedicated to breaking the downward cycle of poverty by creating affordable housing solutions for low-income families. SHH aims to eliminate substandard housing by building safe, healthy, affordable homes together with qualified future homeowners, volunteers, donors, sponsors and community partners.

1022 Riverside Dr., Mount Vernon, WA 98273

(360) 428-9402

[www.skagithabitat.com](http://www.skagithabitat.com)

- **USDA Rural Development:**

Provides grants and low interest loans for health or safety related repairs. Available to rural, low income homeowners unable to secure conventional financing or living in substandard housing.

2005 E. College Way, Ste 203, Mount Vernon, WA 98273

(360) 428-7684

[www.rd.usda.gov/contact-us/state-offices/wa](http://www.rd.usda.gov/contact-us/state-offices/wa)

- **Whatcom Skagit Housing:**

A private non-profit corporation funded by the U.S. Department of Agriculture to assist limited income families interested in building their own homes.

(360) 398-0223 or 888-360-0223

[www.whatcomskagithousing.com](http://www.whatcomskagithousing.com)



### TIPS & TRICKS

Take steps to achieve independence by getting involved with daily chores like cooking, cleaning, and household maintenance

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## ADDITIONAL HOUSING RESOURCES

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- **Community Action Housing Resource Center:**

The Housing Resource Center serves as the primary point-of-entry for the Coordinated Entry System in Skagit County. Anyone experiencing homelessness, or at imminent risk of homelessness, is encouraged to apply.

Mount Vernon location: (360) 416-7585  
330 Pacific Place, Mount Vernon, WA 98273

East County Location: (360) 416-1733  
45770A Main St., Concrete, WA 98237

[www.communityactionskagit.org/housing-resource-center](http://www.communityactionskagit.org/housing-resource-center)

- **Dispute Resolution Center:**

Provides mediation services regarding landlord tenant disputes, fair housing information and counseling.

117 N. First St., Ste 30, Mount Vernon, WA 98273

(360) 542-8487

[www.voaww.org/drc](http://www.voaww.org/drc)

- **Energy Assistance Program-Community Action of Skagit County:**

Provides assistance to households who would otherwise be unable to pay for heat and energy.

330 Pacific Place, Mount Vernon, WA 98273

Schedule an appointment: (360) 428-1011 or (360) 416-7585

[www.communityactionskagit.org/energy-assistance/](http://www.communityactionskagit.org/energy-assistance/)

- **Northwest Indian Housing Association (NWIHA):**

Provides training/education opportunities, as well as information/referral regarding affordable housing and financial resources for tribal members in the Pacific Northwest.

(206) 526-8630

[www.nwiha.org](http://www.nwiha.org)

- **Washington Access Fund:**

A nonprofit organization that offers low interest loans up to \$25,000 for any type of home access modification for seniors and people with disabilities who live in Washington.

(206) 328-5116

[www.washingtonaccessfund.org](http://www.washingtonaccessfund.org)

### TIPS & TRICKS

If you rent, be aware of landlord and tenant rights and responsibilities



- **Washington State Manufactured Housing Dispute Resolution Program:**

Homeowners and landlords may file a request for dispute resolution if they believe that there may be a violation of their rights under the MHLTA.

1-866-924-6458

[www.atg.wa.gov](http://www.atg.wa.gov)

- **Washington State Low Income Housing Alliance:**

The Washington Low Income Housing Alliance ensures that all residents have the opportunity to thrive in safe, healthy, affordable homes through advocacy, education, and organizing.

(206) 442-9455

[www.wliha.org](http://www.wliha.org)

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## SHELTERS

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- **Anacortes Family Center:**

The Anacortes Family Center's mission is to serve homeless women, children and families in crisis by providing shelter in addition to comprehensive transformational services to achieve long lasting personal success and self-sufficiency. AFC's unique approach has led to the distinction of being one of the most successful shelters in the state at helping clients achieve self-sufficiency.

2702 Commercial Ave., Anacortes, WA 98221

(360) 293-2993

[www.anacortesfamily.org/](http://www.anacortesfamily.org/)

- **Friendship House:**

Men's shelter: provides emergency shelter for homeless men.

Women's shelter: provides emergency shelter for single women and women with children

1002 S. 3rd St., Mount Vernon, WA 98273

(360) 336-6138

[www.skagitfriendshiphouse.org/](http://www.skagitfriendshiphouse.org/)

- **Housing Authority of Skagit County:** See page 42

- **Northwest Youth Services:**

Transitional and supportive housing for youth age 18-21. Contact for details.

2021 E. College Way, Ste 216, Mount Vernon, WA 98273

(360) 336-1988

[www.nwys.org/programs](http://www.nwys.org/programs)

- **Oasis Teen Shelter:**

A licensed shelter that provides six beds for teens age 13-17 a place to stay overnight for up to 21 days.

125 N. 5th St., Mount Vernon, WA 98273

(360) 419-9058

[www.skagitymca.org/ymca-oasis](http://www.skagitymca.org/ymca-oasis)

- **Skagit Domestic Violence Shelter:**

Provides temporary shelter through a confidential emergency shelter program for victims who cannot safely remain in their homes due to violence. Services include food, clothing and other necessities, individual advocacy as well as legal, medical and social service agency advocacy and support groups.

1521B Leigh Way, Mount Vernon, WA 98273

(360) 336-9591

[www.skagitdvsas.org](http://www.skagitdvsas.org)

- **Transitional Housing Program:**

2 year transitional housing program to help families with children attain self-sufficiency.

Community Action of Skagit County

330 Pacific Place, Mount Vernon, WA 98273

(360) 419-7585

## Legal Services

- **American Civil Liberties Union:**

705 2nd Ave., Seattle, WA 98104  
(206) 624-2180

[www.aclu-wa.org/about-getting-help](http://www.aclu-wa.org/about-getting-help)

- **Child Care Law Center:**

National, nonprofit legal services organization that uses legal tools to make high quality, affordable child care available to all children.

[www.childcarelaw.org](http://www.childcarelaw.org)

- **Clear-Point Credit Counseling:** See page 25

- **Community Action of Skagit County - Volunteer Lawyer Program:**

Sponsored by the Skagit County Bar Association, Community Action's Volunteer Lawyer Program offers free legal assistance to eligible low-income Skagit County residents. For legal assistance, call CLEAR at 1-888-201-1014, Monday through Friday, from 9:15 a.m. to 12:15 p.m. CLEAR is staffed by attorneys and paralegals who screen clients for eligibility and provides them with brief advice and services. If further assistance is needed, CLEAR staff will refer the client to the Volunteer Lawyer Program.

330 Pacific Place, Mount Vernon, WA 98273  
(360) 416-7585

[www.communityactionskagit.org/legal-aid](http://www.communityactionskagit.org/legal-aid)

- **Disability Rights of Washington (DRW):** See page 7

- **Northwest Immigrant Rights Project:**

Promotes justice for low-income immigrants by pursuing and defending their legal status. Provides direct legal services.

1-800-445-5771

Monday to Friday: 9:30am - 12pm and 1pm - 4:30pm

[www.nwirp.org](http://www.nwirp.org)

- **CLEAR - Northwest Justice Project:**

Free legal assistance for public benefit problems and civic legal problems to low income individuals. Website includes free self-help materials.

1-888-201-1014

[www.nwjustice.org](http://www.nwjustice.org)

- **Skagit County Dispute Resolution Center:**

Services include: information and referral, conciliation, mediation, arbitration, training programs, practicum internships and consultation services.

N. 1st St., Ste 30, Mount Vernon, WA 98273

(360) 542-8487

[www.voaww.org/drc](http://www.voaww.org/drc)

- **Washington Law Help:**

Guide to free civil legal services for low income Washington State residents. Provides education, materials, tools and information for array of legal issues, linking to variety of programs with many resources available in multiple languages.

[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)

- **Northwest Women's Law Center:**

Legal Voice secures and protects women's legal rights through legislation, self-help resources and litigation.

(206) 682-9552 Administrative Office

(206) 621-7691 Legal Information and Referral

Toll free 1-866-259-7720

[www.legalvoice.org](http://www.legalvoice.org)

## Recreational Opportunities

### ■ LOCAL

- **Boys and Girls Clubs of Skagit County:**

Anacortes - 904 6th St., Anacortes, WA 98221

(360) 416-3723 x 11

Mount Vernon - 1100 N. La Venture, Mount Vernon, WA 98273

(360) 419-3723 x 31

Sedro-Woolley - 915 McGarigle Rd., Sedro-Woolley, WA 98284

(360) 419-3723 x 41

Burlington - Lucille Umbarger Elementary & Allen Elementary

(360) 419-3723

Concrete - Concrete Elementary & Concrete High School

(360) 350-5380 - Concrete Elementary

(360) 853-4068 - Concrete High School

- **Camp Korey:**

Camp Korey empowers children and families living with serious medical conditions through year-round, life-changing experiences.

24880 Brotherhood Rd., Mount Vernon, WA 98274

(425) 440-0850

[www.campkorey.org](http://www.campkorey.org)

- **The Foundation for Academic Endeavors:**

FAE is a non-profit organization serving Skagit County, WA that seeks to improve the academic performance of low-income students through an innovative summer program that brings learning to life through hands on creative problem solving.

PO Box 945, Mount Vernon, WA 98273

(360) 941-3076

[www.skagitfae.org](http://www.skagitfae.org)

- **Mt. Baker Gymnastics:**

Offers specialized instruction time to meet the needs of individual children experiencing disabilities as well as a group class Wednesday afternoons at 4:00 pm. Coach Gordy has 30 years of experience teaching gymnastics to children of all abilities and his coaching team are talented in planning activities to help children meet their physical goals and have fun.

1635 S. Walnut St., Burlington, WA 98233

(360) 757-7565

[www.mtbakergymnastics.com](http://www.mtbakergymnastics.com) or [mt-baker-gymnastics@live.com](mailto:mt-baker-gymnastics@live.com)

- **Out & About - CFI North Sound:**

A peer support group for people with disabilities who want to participate in their community.

(360) 393-3890 or toll free 1-888-482-4839

Shawn Latham: [shawnl@cfinorth.org](mailto:shawnl@cfinorth.org)

[www.cfi-wa.org/support-groups](http://www.cfi-wa.org/support-groups)

- **Out of the Ashes:**

An interactive musical program that brings people of all abilities and the healing properties of music together to add a quality of life that has been typically underestimated as a power to transcend and transform lives.

Jon Dalgarn: (360) 770-2404 or (360) 770-9715

[musicman@wavecable.com](mailto:musicman@wavecable.com)

- **Skagit County 4-H Club:**

A voluntary, informal education program for young people ages 5 - 19.

11768 Westar Lane, Ste A, Burlington, WA 98233

(360) 428-4270

[www.skagit.wsu.edu/4-hsc](http://www.skagit.wsu.edu/4-hsc)



- **Skagit County Parks and Recreation:**

1730 Continental Place, Mount Vernon, WA 98273  
(360) 416-1350  
[www.skagitcounty.net/parks](http://www.skagitcounty.net/parks)

- **Skagit Special Olympics:**

Provides ten weeks of sports training and athletic competition, each season, for children (at least eight years of age) and adults with intellectual disabilities. The goal is a quality program of physical fitness training and sports competition with a focus on friendship and FUN!

PO Box 1162, Mount Vernon, WA 98273  
(206) 362-4949  
[www.specialolympicswashington.org](http://www.specialolympicswashington.org) or [Snohomishad@outlook.com](mailto:Snohomishad@outlook.com)

## ■ REGIONAL

- **American Trails:**

Provides information on how ADA affects trails and greenways. Learn about accessible trail and greenway designs, training opportunities, legal issues and federal guidelines.

[www.americantrails.org](http://www.americantrails.org)

- **Campfire USA:**

[www.campfireusasnohomish.org](http://www.campfireusasnohomish.org): Everett  
[www.campfiresamishcouncil.org](http://www.campfiresamishcouncil.org): Bellingham

- **Camp Prime Time:**

Provides families with seriously ill or disabled children with outdoor wilderness experience where families can enjoy themselves (without financial burden) in a supportive atmosphere.

(509) 248-2854  
[www.campprimetime.org](http://www.campprimetime.org)

- **Footloose Sailing Association:**

The Northwest's premiere sailing program for people of all disabilities, bringing independence on the water and competence in the sport of sailing to disabled participants.

7683 SE 27th St., PMB# 239, Mercer Island, WA 98040  
(206) 382-2680  
[www.footloosesailing.org](http://www.footloosesailing.org)

- **Girl Scouts: North Regional Office**

3224 Wetmore Ave., Ste A, Everett, WA 98201  
(360) 658-8083 or (877) 822-9435  
[www.girlscoutswa.org](http://www.girlscoutswa.org)

- **HOPE Therapeutic Riding Program:**

Empowers children and adults facing special challenges - whether physical, cognitive or emotional - to discover their abilities, independent skills and explore their potential through use of nationally accredited safe and effective equine-assisted activities and therapy.

819 Camano Avenue, P.O. Box 334, Langley, WA 98260

(360) 221-7656

[www.hope-whidbey.org](http://www.hope-whidbey.org) or email: [hope@whidbey.com](mailto:hope@whidbey.com)

- **National Center on Accessibility:**

Promotes access and inclusion for people with disabilities in parks, recreation, and tourism.

(812) 856-4422

[www.ncaonline.org](http://www.ncaonline.org)

- **National Parks and Federation Lands Access Pass:**

[store.usgs.gov/pass/access.html](http://store.usgs.gov/pass/access.html)

- **Outdoors For All:**

Recreation programs for individuals with disabilities (cycling, fishing, hiking, river rafting, water/snow skiing, in-line skating etc.)

6344 NE 74th St., Ste 102, Seattle, WA 98115

(206) 838-6030

[www.outdoorsforall.org](http://www.outdoorsforall.org)

- **Sundial Tours:**

Providing special vacations for developmentally disabled adults.

750 Marine Dr., Ste 100, Astoria, OR 97103

1-800-547-9198

[www.sundialtour.com](http://www.sundialtour.com)

- **Trips INC:**

Special Adventures Trips are designed for individuals with disabilities requiring staff assistance for a safe and enjoyable vacation.

PO Box 10885, Eugene, OR 97440

(541) 686-1013

[www.tripsinc.com](http://www.tripsinc.com)

- **U.S. Forest Service:**

Provides guidelines to maximize accessibility while recognizing and protecting the unique characteristics of the natural setting of outdoor recreation areas and hiker/pedestrian trails.

[www.fs.fed.us/recreation/programs/accessibility](http://www.fs.fed.us/recreation/programs/accessibility)

- **Washington State Accessible Outdoor Recreation Guide & Pass:**

Developed in partnership with State Parks, Department of Natural Resources, Fish and Wildlife and the US Forest Service Olympic National Park to provide information about accessible outdoor recreation.

(360) 902-8844 or 888-226-7688

[www.parks.wa.gov](http://www.parks.wa.gov) (Click on ADA Recreation)

- **Washington State Directory of Summer Camps and Resource Guide for Children with Special Health Care Needs:**

4800 Sand Point Way NE, Seattle, WA 98105

(206) 987-3736

[www.cshcn.org](http://www.cshcn.org)

- **Willow Place (Quilceda Community Services):**

Provides activities for persons with developmental disabilities. Willow Place provides 8 weekly sessions offering a fitness hour, art hour, and a social hour at each of the 8 sessions. All activities focus on wellness and are ability - appropriate to meet each client's level and to keep them social, active, verbal, and learning new things.

9610 48th Dr. NE, Marysville, WA 98270

(360) 653-2324

[www.quilcedacommunityservices.org](http://www.quilcedacommunityservices.org)

## Senior Resources

For a list of comprehensive senior resources in Skagit County, pick up a "Skagit & Island Counties Senior Resources" guide at any Skagit County senior center, Skagit County Public Health, or Northwest Regional Council.

Toll free: 1-866-379-3710

[www.nwseniors.com](http://www.nwseniors.com)

- **Adult Protective Services-DSHS:**

Contact Adult Protective Services if you suspect a vulnerable adult living in his/her own home is being harmed or exploited.

900 E. College Way, Ste 210, Mount Vernon, WA 98273

1-800-487-0416

[www.dshs.wa.gov/AL TSA/resources?field\\_counties\\_value=Skagit](http://www.dshs.wa.gov/AL TSA/resources?field_counties_value=Skagit)

- **Aging and Adult Services Complaint Line:**

1-800-562-6078

- **Area Agency on Aging - Northwest Regional Council:**

Implements state and federal programs for seniors and people who need long-term care. NWRC funds or provides flexible service options to help people stay in their own homes such as:

**For Older People:**

Information & Assistance	Congregate & Home Delivered Meals (Meals-on-Wheels)
Tribal Outreach	Legal Services

**For Everyone Who Is Eligible:**

Aging & Disability Resources	Caregiver Support & Respite
In-home Personal Care	Volunteer Chore
Medicaid Transportation	Adult Day Centers
Adult Day Health	Case Management

1650 Port Dr., Burlington, WA 98233

(360) 428-1301

[www.nwrcwa.org](http://www.nwrcwa.org)

- **Alzheimer's Association:**

The Alzheimer's Association is the leading global voluntary health organization in Alzheimer's care and support, and the largest private nonprofit funder of Alzheimer's research.

100 W. Harrison St, North Tower, Ste 200, Seattle, WA 98119

Monday - Friday, 8:30am - 5pm

1-800-272-3900

[www.alz.org/alzwa/index.asp](http://www.alz.org/alzwa/index.asp)

- **C.O.P.E.S (in home care for seniors):**

The Community Options Program Entry System, or COPES for short, is a Washington State Medicaid program designed to enable individuals who require nursing home level care, to receive that care in their home or community living environment such as an assisted living residence.

60 years of age and older: (360) 428-1301

Under 60 years of age: (360) 416-7289 or 866-608-0836

[www.nwrcwa.org](http://www.nwrcwa.org)

- **Reporting abuse or neglect:**

To report abuse or neglect of a vulnerable adult or a child, call the DSHS toll-free EndHarm hotline anytime day or night. When you call you will speak with a real person who will connect you to the direct, local person to make the report.

1-866-363-4276, TTY accessible

- **Skagit County Public Health:**

Information about activities and services are available at each of the Skagit County Senior Centers. Web sites are maintained by senior volunteers at each center and sponsored by Skagit County and its towns and cities.

Anacortes Senior Center: 360-293-7473

Burlington Senior Center: 360-755-0102

Concrete Senior Center: 360-853-8400

Mount Vernon Senior Center: 360-336-5757

Sedro-Woolley Senior Center: 360-855-1531

- **Meals on Wheels:**

Home delivered meals for home-bound people over 60.

700 S. 2nd Street, #301, Mount Vernon, WA 98273

(360) 416-1511

[www.skagitcounty.net](http://www.skagitcounty.net) or [www.skagitcounty.net/seniorcenters](http://www.skagitcounty.net/seniorcenters)

- **Social Security Administration:**

Provides federal benefits under Social Security and Supplemental Security Income programs. Workers, their families, and children may be eligible for financial assistance.

710 E. College Way, Ste A, Mount Vernon, WA 98273

1-800-772-1213

[www.ssa.gov](http://www.ssa.gov)

- **Visiting Angels Living Assistance Services:**

In home care provider for seniors.

1222 Riverside Dr., Mount Vernon, WA 98273

(360) 424-6777

[www.visitingangelswa.com](http://www.visitingangelswa.com)

- **Volunteer Services Program:**

Help low-income seniors live independently at home. Services include housekeeping, shopping, transportation, meal preparation, yard work, and minor home repair.

Community Action of Skagit County

330 Pacific Place, Mount Vernon, WA 98273

(360) 416-7585 x1177

[www.communityactionskagit.org](http://www.communityactionskagit.org)

## Transportation

- **Critical Needs Program:**

Vouchers for food, gas, clothing, transportation.

Community Action of Skagit County

360 Pacific Place, Mount Vernon, WA 98273

(360) 416-7585 Monday-Friday: 9am-5pm

[www.communityactionskagit.org](http://www.communityactionskagit.org)

- **Paratransit:**

For individuals whose conditions and/or disabilities prevent them from using Skagit Transit's regular fixed-route buses.

(360) 757-4433 or Toll Free (877) 584-7528

[www.skagittransit.org](http://www.skagittransit.org)

- **Disabled Parking Permits:**

Parking permits are available on the website or at the Department of Licensing. A physician needs to complete the medical portion of the form.

Mount Vernon Driver Licensing Office: 1920 S. 3rd St., Mount Vernon, WA 98273  
(360) 416-7563

Anacortes Driver Licensing Office: 1005 Commercial Ave., Ste C & D, Anacortes, WA 98221  
(360) 588-0508

- **Medicaid Transportation Program:**

Transportation for Medicaid-paid appointments for those with no other alternatives. Certain restrictions apply.

Toll Free 1-800-860-6812

[www.nwrcwa.org/medicaid-transportation](http://www.nwrcwa.org/medicaid-transportation)

- **Mercy Transportation:**

Provides non-emergency medical transportation throughout Western Washington. They have wheelchair vans and sedans available 24 hours a day, 7 days a week and accepts Medicaid, DSHS, L&I, Visa, MasterCard and American Express.

(425) 347-4700

[mercytransportation.net](http://mercytransportation.net)

- **Regional Reduced Fare Permit:**

Reduced fare permits, passes and ticket books to ride fixed route bus throughout Puget Sound Region / Washington State Ferry system. (Seniors age 65+ and individuals with disabilities).

(425) 348-2350

- **SKAT - Skagit County Public Transportation (connected through Island Transit):**

Skagit Transit's regular fixed route buses.

(360) 757-4433

- **Skagit Transit Travel Trainer - Sue Libby:**

The travel training program of Skagit Transit is designed for seniors and people with disabilities. It provides the assistance necessary for each person to successfully use Skagit Transit's fixed-route buses. Training is customized to meet individual needs. Travel training is a free service.

600 County Shop Lane, Burlington, WA 98233

(360) 757-4433 or (360) 229-2424

TDD: (360) 757-1938

- **Washington State Ferries:**

1-800-843-3779

[www.wsdot.wa.gov/ferries](http://www.wsdot.wa.gov/ferries)



### TIPS & TRICKS

Even if you don't drive, getting a **photo I.D. from the Department of Licensing** will help provide necessary documentation for many adult services.



SKAGIT COUNTY PUBLIC HEALTH

