



PERINATAL SUPPORT
WASHINGTON



RESOURCES & REFERRALS

CLALLAM COUNTY

Community resources for pregnant and postpartum families in Clallam County, WA

FREE PARENT SUPPORT LINE: Call or text 1-888-404-7763 (PPMD). Perinatal Support Washington's Warm Line offers warm, understanding and private support through our parent volunteers and trained staff. Answered Live 9 am-4:30 pm, Mon-Fri. All other times please leave a message and we will return your call within 12 hours.

PS-WA SPANISH WARM LINE: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763. Ofrece comprensión y apoyo confidencial.

FREE WELLNESS PLAN TEMPLATE to keep track of your recovery plan: <https://perinatalsupport.org/for-parents/#resources>

DIRECT COUNSELING, THERAPY & HOME VISITING

PROVIDERS LISTED HERE ARE NOT "SPECIALISTS" IN PERINATAL MOOD OR ANXIETY DISORDERS UNLESS NOTED. NOT AN EXHAUSTIVE LIST & WILL BE EXPANDED AS NEEDED.

Emily Landis, LICSW. 113 S Eunice, Port Angeles & can do home visits. (360)215-347. emilylandiscounseling@gmail.com
Accepts Veterans Choice, Medicaid, Sliding scale & Private insurance.

Lindsay Hood, LMHC. 502 South Still Rd Suite 102, Sequim. (360)797-3509. lhoodlmhc@gmail.com, Accepts Medicaid, Private Insurance & Sliding Scale (\$110 per session for cash payments)
hoodcounselingservices.com,

New Growth Counseling Services. 430 E Lauridsen Blvd., Port Angeles, WA 98363. (360)457-1610. Organization of mental health therapists. Accepts private insurance & cash discounts.
office@thinknewgrowth.com, thinknewgrowth.com

Peninsula Behavioral Health. 118 E 8th St, Port Angeles #(360) 457-0431 & 490 North 5th Avenue, Sequim 360- 681-0585
Private, nonprofit community mental health center. Accepts Medicaid, Private Insurance, alternative payments & Sliding Scale.
peninsulabehavioral.org

Bogachiel Clinic and Clallam Bay Clinic. Rachael Adair, ARNP, CNM, PMHNP. Specialty: Women's Health and Psychiatry. Accepts Medicaid, medicare & private insurance. 551 Bogachiel Way, Forks.(360) 374-6271
forkshospital.org/clinics-and-medical-offices/

West End Outreach Services. M Linton Petersen, LMHC. Offers Behavioral Therapy & Spanish speaking. Accepts Medicaid, medicare, alternative payments & private insurance. 530 Bogachiel Way, Forks (360)374-5011& 74 Bogachiel St, Clallam Bay #360-374-5011

Jamestown Family Health Clinic. Offers Behavioral & Women's Health Services. Accepts Medicaid, medicare & private insurance. 1033 Old Blyn Highway, Sequim. (360)683-1109

Lower Elwha Health Clinic. Offers Behavioral Health Services. 2851 Lower Elwha Road, Port Angeles. (360)452-8471
Accepts Medicaid/DSHS CNP, Medicare, Regence, Premera, Blue Cross, KPS, Champs and VA health insurance plans.

The Caring Place. Pregnancy Resource Center. 481 West E Street Forks. Accepts all patients, no insurance needed. (360) 374-5010 info@thecaringplace.org

CONTACTING A NEW PROVIDER

Creating your own care plan can be difficult. Enlist a friend or family member to help you, and feel free to call Perinatal Support Washington's Warmline for help creating an individualized care plan.

Locating a new provider can also be challenging. It is important to feel comfortable with a provider, but stick to discussing logistics at first. Once you know they take your insurance and have appointments available, then you can share more about your story and see if they are a good fit for you.

What to have on hand when you call a new provider:

- Insurance or health care card
- List of current medications

Questions to ask:

- Do you have experience with postpartum mood and anxiety disorders?
- Do you take my insurance?
- What is your experience working with families of color?
- Can I bring my baby?
- Can I bring someone else (partner, parent, friend, doula) to the session with me?
- When is your soonest appointment?
- Do you do phone appointments (Note that insurance often won't cover this.)

My Choices/Obria Clinic. Pregnancy centers in Port Angeles Sequim, Jefferson County & Mobile Center. (360)452-3300. Accepts Medicaid, United Healthcare, Regence, sliding scale/free.

North Olympic Health Network. Offers Behavioral & Women's Health Services. Accepts Medicaid & private insurance. 240 W. Front St, Port Angeles. (360)452-789. nohn-pa.org

Olympic Peninsula Community Clinic. Free behavioral health program includes counseling and limited medication management. New patients are seen on Monday's 1-4pm 819 Georgiana St, Port Angeles. (360) 457-4431 olympicpeninsulacommunityclinic.org/

Planned Parenthood. Offers Women's Health Services. Accepts Sliding scale, Medicaid & private insurance. 426 East 8th Street Port Angeles. 800-769-0045. plannedparenthood.org

DIRECT COUNSELING, THERAPY & HOME VISITING, CONTINUED

First Step Family Support Center - Offers parenting education, home-visiting programs, advocacy, support groups, and access to vital health and safety information and supplies. All programs are free or paid for by Medicaid. 323 E 6th St, Port Angeles. #360-457-8355. firststepfamilysupport.org

First Step's Programs:

- **Infant Case Management.** Home-visiting program for parents with children 2 months to 1 year of age. May start program anytime up to 1 year of age. Provides advocacy, linkages, information, and referrals. Need to have Medicare eligibility.
- **Maternity Support Services.** Community Health Nurse, Nutritionist and Community Health Worker actively support women to encourage a healthy pregnancy and healthy birth outcomes. Services are provided from beginning of pregnancy through child's first two months. Need to have Medicare eligibility.
- **Parent/Child Assistance Program (PCAP).** Intensive case management model serving the highest risk women who are pregnant or parenting who have alcohol and or drug use disorders.
- **Parents as Teachers Evidence-based** home visiting program promoting healthy child development, problem solving skills, & healthy parent support networks for families with children 0 to 3 years of age.
- **Supportive Parenting.** Intensive home-visiting program to help parents with cognitive limitations raise their children and to help their children develop on target and thrive. Parents must have an open case with the Washington Developmental Disabilities Administration.

Olympic Medical Center. Olympic Medical Center is a medical organization located in Port Angeles and Sequim. Accepts Medicaid & private insurance. 939 Caroline St. Port Angeles. (360) 417-7652.

Olympic Medical Center's Programs:

- **New Family Services.** Breastfeeding Consults & Postpartum Outpatient Visits. RNs/lactation consultants that do outpatient visits for new moms and babies. Accepts Medicaid & private insurance.
- **Birth Center.** Offers Birthing & Perinatal Support Classes. Accepts Medicaid & private insurance.
- **Children's Clinic.** Offers Pediatricians & Mental Health Therapists. Accepts Medicaid & private insurance. 303 W. 8th Street Port Angeles. (360) 565-0999 & 840 N. 5th Avenue, Suite 2200, Sequim (360) 565-0999
- **Women's Clinic.** Offers OB-GYN's, Certified Nurse Midwives and well-women care. Offers Behavioral & Women's Health Services.

Women, Infants and Children (WIC) Program. WIC is a nutrition education, health promotion, and supplemental food program to assist eligible women, infants, and children who have nutritional needs. cillam.net/HHS/PublicHealth/wic.html

Locations:

- 111 East 3rd Street, Port Angeles. 360-417-2275
- 583 W. Washington St. Sequim. 360-417-2275
- 140 "C" Street, Forks. 360-374-3121

SOCIAL SUPPORT, ACTIVITIES FOR MOTHER & BABIES/CHILDREN

The Caring Place - Childbirth Education Classes. Classes held each Tuesday, for six weeks from 6:30 pm - 8:30 pm. Courses offered 4 times a year. Spanish speaking classes.

Family Preservation Specialist/Incredible Years. The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers. Port Angeles. Diana Velasco (360) 461-2682. incredibleyears.com

First Step - Drop In Center. Safe place to find what you need for your family. Information & referrals, a children's play area, emergency diapers & formula, access to phones, computers, fax and copier, healthy snacks, and free children's books. Monday-Thursday 1 PM to 4 PM. 325 E 6th St, Port Angeles.

First Step - Kaleidoscope Play & Learn. Parent & children play group. The play groups help demonstrate to parents that they are their child's first & most important teacher, even during playtime. Groups in Port Angeles, Sequim, Brinnon and Port Hadlock. firststepfamilysupport.org

First Step - Parenting Education Classes. Parenting education series to help you enhance your relationship with your child. Childcare provided. Port Angeles. firststepfamilysupport.org

First Step - Mothering Together Support Group. A peer support group for new or expecting mothers. firststepfamilysupport.org

Olympic Medical Center - Childbirth Education Classes. Childbirth preparation classes, including newborn care and breastfeeding. Offered about every 8 weeks. Evenings, usually Mondays from 6:30-8:30PM. Accepts private insurance & medicaid. 939 Caroline St, Port Angeles, olympicmedical.org

Olympic Medical Center - You and Your New Baby Support Group. You and Your New Baby Group meets on a drop-in basis every Monday and Thursday from 4 to 5:30 p.m. 939 Caroline St, Port Angeles, olympicmedical.org

Parenting Matters/First Teacher. Weekly groups helping parents do an excellent job as their child's first teacher. Contact Nicole Brewer (360)681-2250. <http://firstteacher.org/> and www.facebook.com/FirstTeacherPMF

Peninsula College Family Life Education. Parenting Education Programs for families with young children. Each program offers developmentally appropriate learning activities for young children ranging in ages from birth to five years of age. Contact Kaylee Cammack (360)417-6496. 1502 E. Lauridsen Blvd, Port Angeles. <http://pencol.edu/FLE>

NAMI/ Family to Family Support Group. Support Group for the family members/loved ones of those who are experiences mental illness or depression. This group is for people to understand what their family members or loved ones are going through and to learn how to support during difficult times. This is a Co-Ed Group and meets at Sequim Community Church 950 North Sequim Ave, Sequim

Olympic Peninsula MOPS. MOPS is a non-profit group of Moms with kids age 0-6. Join us for brunch, creative activities, relevant speakers, and a great supportive community. mops.org/groups/olympicpeninsula

HEAD START PROGRAMS

Head Start & Early Childhood Services are focused on addressing the needs of families with children age five and younger. Additionally, the Early Head Start program promotes healthy prenatal outcomes, promotes healthy family functioning, and strengthens the development of infants and toddlers.

Lower Elwha Head Start. Accepts Medicaid/DSHS CNP, Medicare, Regence, Premera, Blue Cross, KPS, Champus, and VA health insurance plans. 2851 Lower Elwha Road, Port Angeles (360)452-8471. elwha.org

Makah Early Head Start. Free program. PO Box 115 Neah Bay. (360) 645-2336

Olycap Head Start & Early Head Start. 228 W. First St. Suite J Port Angeles. (360)452-4726. olycap.org/get-help/early-childhood

Quileute Tribal Head Start. 8 By-Yak-Way, La Push. (360) 374-2631. quileutenation.org/human-services/head-start-program/

ONLINE INFORMATION & RESOURCES

Online resources can be helpful when leaving the house is hard. These are our trusted resources.

Perinatal Support Washington. www.perinatalsupport.org. Information and resources for families and professionals in Washington state.

Postpartum Support International. www.postpartum.net. Information and resources for families and professionals.

Postpartum Dads. www.postpartumdads.org. Help for dads and families by providing first-hand information and guidance through postpartum depression.

Perinatal Mental Health Alliance for Women of Color. <http://www.pmhawoc.org/>.

Every Mother Counts. <https://www.everymothercounts.org/pages/about>. We educate the public about maternal health, engage individuals to advocate for the well-being of mothers, and invest in community-led programs to improve access to essential maternity care.

Postpartum Collective. <https://www.facebook.com/postpartumcollective>. Fourth trimester education, planning and coaching.

A'Driane Nieves. <http://www.addyeb.com/butterflyconfessions>. A writer, artist, activist, and speaker with a heart for serving others and social good. A mental health advocate living with bipolar disorder, and a survivor of postpartum depression and anxiety.

Tyrese Coleman. What it's like having PPD as a Black Woman. https://www.buzzfeed.com/tyresecoleman/what-its-like-having-post-partum-depression-when-youre-black?utm_term=.oxrpJVEj6q#.nfYARVo0Qx.

ONLINE SUPPORT

Postpartum Support International's Closed Facebook Group. www.facebook.com/groups/25960478598

PPMD Support Group chatroom. www.tapatalk.com/groups/postpartumdepression

Solace for Mothers. Online support community for traumatic birth. <http://www.solaceformothers.org/online-forum/online-community-for-mothers/>

LANGUAGE RESOURCES

Perinatal Support Washington Spanish Warm Line: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763 (PPMD). La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Proveemos referencias e información sobre recursos en tu comunidad. Deja un mensaje y te regresamos la llamada dentro de 12 horas.

Perinatal Mood & Anxiety Disorders Resources in Other Languages. <http://www.postpartum.net/resources/resources-in-other-languages/>.

Pacific Postpartum Society provides the option to translate its website into the following languages: Simplified Chinese, Traditional Chinese, Farsi, Punjabi, and Spanish. <http://postpartum.org/>.

CRISIS SERVICES

If you experience any of these symptoms, call 911, go to the emergency room, or use one of the resources below:

- Being afraid to be by yourself
- Hearing sounds or voices that no one else does
- Having thoughts of harming yourself
- Having thoughts of harming your baby

Clallam County Crisis Line: (360)452-4500. Open 24/7. Speak to a mental health professional trained to support individuals & families who are overwhelmed and need assistance.

National Suicide Prevention Lifeline: 1-800-273-8255
Get connected with a skilled, trained crisis counselor at a crisis center in your area. 24 hours a day/7 days a week.

