

Okanogan County Resource Guide

**Pateros, Twisp, Winthrop,
Omak, Brewster, Okanogan,
Oroville, Tonasket**

Behavioral Health, Substance Use & Eating Disorder Treatment

- **Crisis Lines**
- **Behavioral Health Providers**
- **Substance Use Treatment**
- **Eating Disorder Treatment**
- **Virtual and Phone Services**

Access to Behavioral Health and Substance Use Treatment

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Crisis Lines					
Mental Health Crisis Line	Crisis Services		(509)662-7105 or (800)852-2923, or text "home" to 741741	24 hours, 7 days per week	Offer Services in Spanish, Russian
Domestic Violence Line	Crisis Services		(800)799-SAFE or (800)799(7233), TTY (800)787-3224, or text "START" 88788	24 hours, 7 days per week	
Suicide Hotline	Crisis Services		988 National Suicide Prevention Lifeline	24 hours, 7 days per week	www.suicidepreventionlifeline.org
Behavioral Health					
Children's Behavioral Health - Columbia Valley Community Health	Pediatric behavioral health services	317 East Johnson Ave Chelan	(509)682-6000	8:00am-4:00pm Mondays	Accept Apple Health, sliding scale fees available
Columbia Valley Community Health	Outpatient Mental Health, Medication Services, Counseling all ages, Substance Use Counseling, In-person and telehealth services	105 S Apple Blossom Dr Chelan	(509)682-6000, Fax: (509)664-4590	8:00am-6:00pm Monday-Friday	www.cvch.org Accepts Medicaid, Medicare, financial assistance available; CVCH will not refuse to provide you with care based on your ability to pay
Confluence Health Behavioral Health -	Behavioral Health, Suboxone Prescriber	Brewster, Methow, Omak, Oroville, Tonasket, Family Practice	(509)996-8180		In-Network contracts with Asuris, First Choice, Cigna, Aetna, United Healthcare, CHPW, Ambetter. Medicaid and Medicare coverage. Check with individual insurance for coverage. Charity care and financial assistance programs offered
Counseling for Children -	Family, individual, and couples therapy	134 Riverside Ave Suite F, Winthrop	(509)996-3423	By Appointment	www.counselingforchildren.org Accepts Molina and other major insurance. Sliding scale fees available
Colville Tribal Behavioral Health	Crisis services, general counseling, chemical dependency program, mental health for individuals, families, couples, and children	Nespelem Main Office	(509)634-2610, Fax: (509)634-2607		www.colvilletribes.com/behavioral-health
Family Health Centers		541 2nd Avenue, Twisp	(800)660-2129	8:00am-5:00pm Monday-Friday	www.myfamilyhealth.org Accept Apple Health/ Medicaid, Medicare, most private insurance, & offer sliding scale

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Jeffrey M. Ulmer, PhD	Clinical Psychology for adolescents and adults depression, anxiety, bipolar disorder	134 Riverside Ave Ste D, Winthrop	(509)779-8628		Accepts Auris, LifeWise, Medicare, Premera, Regence. \$150 per session out of pocket. Telehealth available
Catherine A. MacLennan, PhD	Individual, couples, and family therapy, EFT	127 Ash St N, Omak	(509)826-5615		www.catherineamclennan.com Offers telehealth
Jodie Field MS and Associates	General counseling services	105 Dewberry Ave W, Omak	(509)826-5731		
Lisa Spitzmiller, MA, LMHC	Counseling for children and adults	134 Riverside Ave Ste I, Winthrop	(509)341-4542		
Megan A. Schmidt, PsyD	Psychotherapy for older children, adolescents and adults.	134 Riverside Ave Ste H, Winthrop	(509)996-3810		
Michele Koger, MA, LMFT	Art facilitated marriage and family therapy, trauma, grief, child	104 Glover St, Twisp	(425)522-1335		Accepts Asuris, Regence. May be able to file for reimbursement if out of network. \$100-200 cash per session, sliding scale available
North Glover Healing Center Nick Crimp, LMHC & Molly Flier, LMHC	BT, DBT, addiction counseling, relationships, mood disorders, mindfulness	214 N Glover St, Twisp	(206)779-5194, (509)860-0521		www.northgloverhealing.com Accept Lifewise, Premera
Savannah Miller, MSW, LICSW	Older children and adult therapy.	201 Glover St, Twisp	(509)630-5678		
Susan Peterson MS, LMHC Counseling Services	CBT, ACP, LI, ART. Individual and couples therapy. Spiritual therapy, Christian-based	105 Norfolk Rd, Winthrop	(509)341-4487	By Appointment	www.suepetersonms.com/index May be eligible for insurance reimbursement
Pateros-Brewster Community Resource Center	Behavioral/mental health services, case management, and client advocacy	169 Pateros Mall Suite A, Pateros	(509)923-7460		www.paterosresource.com Partnership with Okanogan Behavioral Healthcare
Okanogan Behavioral Healthcare	Referrals, mental health, drug and alcohol treatment, prevention, developmental disabilities, supportive housing, support groups, employment services, senior assistance				

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Quartet Health	Quartet's care navigation team matches members to in-person and telemedicine behavioral health providers who are in the plan's network, have availability, and offer an array of behavioral health services, including, but not limited to, mental health counseling, substance use disorder, and psychiatry services.		1-888-849-3681 (TRS: 711)		www.quartethhealth.com PEBB (Public employees benefits board) SEBB (School employees benefits board)
Wellspring Counseling		8 Grouse Paradise Rd, Winthrop	(509)997-0779		
Open Door Counseling Services -	Child-parent counseling, eye movement desensitization reprocessing, grief counseling, CBT, trauma-focused play therapy for children	39 Clarkston Mill Rd, Tonasket	(509)322-6254	Mon-Wed 10 - 7 or by appointment	www.opendoorcounseling.org
Substance Use Treatment					
Alcoholics Anonymous	Group for alcoholics. Meetings offered in Spanish in Brewster.	Brewster, Chelan, Pateros	(509)664-6469	Vary	Printable AA Schedule, www.aancw.org www.aa92aa.org
Alcoholics Anonymous	General meetings, womens meetings	Winthrop, Twisp		Vary, Mon-Sun	AA Area 92, www.aa92aa.org
Alcoholics Anonymous	Group for alcoholics. Meetings offered in Spanish in Brewster.	1715 Main St, Oroville	(509)664-6469	Mon/Fri 7:00pm, Sun 8:00pm	www.aancw.org www.aa92aa.org
Alcoholics Anonymous	Group for alcoholics. Meetings offered in Spanish in Brewster.	515 S Tonasket Ave, Tonasket	(509)664-6469	Tues/Sat 7:00pm	www.aancw.org www.aa92aa.org
Narcotics Anonymous	Group for narcotic users	211 3rd St, Twisp	(888)942-0042	Fridays at 7:00pm 24hr help line	Held at The Cove, www.na.org www.golna.org
New Start Clinics	Substance Use Treatment, Outpatient Treatment, Suboxone	520 W Indian Ave, Brewster	(509)587-0105 or (509)593-5622	8:00am-5:00pm, Mon and Tues 8:00am-3:00pm Fri	www.newstartclinics.com Accept most insurance, fee adjustment available
Colville Tribal Alcohol/Drug Program	Dual diagnosis substance abuse rehab for alcohol and other substances. Does not manage opioid addiction	11669 S Hwy 21, Keller/ Colville St Suite 21, Nespelem	(509)634-2610		www.colvilletribes.com Accept Medicaid, Medicare, IHS, private, federal. Payment assistance available
Peer Pathfinder Services	Outreach Services for Individuals experiencing homelessness and specifically opioid and stimulant use disorders. WA DOH Program		(360)763-2129, lisa.bennett-perry@hca.wa.gov		Peer Pathfinder Services Information Sheet WA DOH Program

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
BetterHelp	Online Counseling for individuals, couples, and adolescents				www.betterhelp.com Average \$80-100 per week, insurance typically does not cover
Cerebral	Online Counseling for individuals, couples, and adolescents. Prescribing of psych medications				www.getcerebral.com. Accept some insurance - Cigna, as low as \$30/month average for therapy, \$7/month prescriptions only
Mindful Therapy Group			(971)352-6971		www.mindfultherapygroup.com Accepts all main WA insurances
Talkspace	Online Counseling for individuals, couples, and adolescents 13-17 yrs old				www.talkspace.com Accept some insurance - Cigna. Plans start at \$65 per week.
University of Washington Psychiatry Consult Line	For Providers - questions about mental health and substance use care of adult patients	University of Washington	877-WA-Psych or (877)924-7924	24hrs, 7 days week	www.pcl.psychiatry.uw.edu
Partnership Access Line (PAL)	For providers - Questions on mental health care for children	Seattle Children's	(866)599-7257 paladmin@seattlechildrens.org	8:00am-5:00pm Monday-Friday	www.seattlechildrens.org/PAL
PAL for Moms	For Providers with perinatal psychiatry questions	University of Washington	877-PAL4MOM or (877)725-4666, PPCL@uw.edu	9:00am-5:00pm Monday-Friday	www.momh.uw.edu/ppcl
Tobacco Quitline	Support with quitting tobacco and smoking, counseling, and access to free nicotine patches by enrolling in the quit program	Washington State	1-800-QUIT-NOW or (800)784-8669, Text "READY" to 200-400, Age 13-24yrs text "VAPREFREWA" to 88709. "2Morrow Health" Mobile Application.	24hrs, 7 days week	www.quitline.com.
Washington's Mental Health Referral Service for Children and Teens	WA mental health referral service for children and teens to connect patients and families with outpatient services		(833)303-5437 or (866)583-1527 to access with interpreter		www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens
Washington Recovery Helpline	24 hr crisis line, support for substance abuse, gambling, and mental health		(866)789-1511, TTY (206)461-3219, Teens: (866)833-6546, recovery@crisisclinic.org		www.warecoveryhelpline.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Eating Disorder Treatments Emily Program	Residential, Intensive OP, OP & Virtual programs for children, adolescents and adults	Seattle and Spokane	1-888-364-5977		www.emilyprogram.com Takes private/commercial insurance and medicald
Recovery and Wellness Center of Eastern WA	Intensive outpatient care for adolescents and adults	Richland	(509)619-0519		www.recoveryandwellness.org Takes private insurances and medicald and offers scholarships and payment plans for self-pay

Care/Walk-In Clinic & Emergency Services

- **Emergency Services**
- **Ambulance Services**
- **Primary Care**
- **Public Health/Community Clinics**
- **Specialists**
- **Health Insurance Resources**
- **Dental**
- **Pharmacy**
- **Primary Care**
- **Alternative Services**

Access to Care/Walk-In Clinic and Emergency Services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Emergency Services					
Always dial 911 for any emergency, non-emergency dispatch number (509)689-2331					
Aero Methow Rescue Service	Advanced and intermediate life support, SAR, education	1005 Hwy 20 East, Twisp	(509)997-4013	24hrs, 7 days week	www.aeromethow.org
Mid Valley Hospital	Hospital offering emergency services, general surgery, laboratory services, behavioral health, orthopedics, birthing center, radiology, swing bed unit, and trauma services	810 Jasmine St, Omak	(509)826-1760, Fax: (509)826-7211	24hrs, 7 days week	www.mvhealth.org 53 minutes from Methow Confluence Health
Three Rivers Hospital	Hospital offering emergency services, urgent care, primary care, orthopedics, general surgery, gynecologic therapy, radiology, laboratory testing	507 Hospital Way, Brewster	(509)689-2517 ext. 3105	24hrs, 7 days week	www.threerivershospital.net 3 minutes from Brewster Confluence Clinic
Lake Chelan Health Hospital	24 hr crisis line, support for substance abuse, gambling, and mental health Hospital offers express care, inpatient services, imaging/radiology, laboratory services, 24hr crisis line, etc.	503 E Highland Ave, Chelan	(509)682-3300	24hrs, 7 days week	www.lakechelancommunityhospital.org
North Valley Hospital	Hospital offering ED, primary care clinic, ancillary services, dietary, extended care, imaging, rehab, sleep lab, surgery, and swing bed.	203 S Western Ave, Tonasket	(509)486-2151	24hrs, 7 days week	www.nvhospital.org. 20 minutes from Oroville Confluence Health. Accepts Apple Health/ Medicaid, Medicare, Most Insurances, and a charity care program
Poison Control Center - Washington	Immediate, free, and expert advice in case of exposure to poisonous, hazardous, or toxic substances.		(800)222-1222	24hrs, 7 days week	
Ambulance Services					
Douglas Okanogan Fire District 15	EMS transport service - Trauma care, medical emergencies, medications, OBGYN	412 W Indian Ave, Brewster	(509)689-4041	24hrs, 7 days week	www.doctd15.com
Lake Chelan Health Emergency Medical Services	Advanced life support, medical care and transportation	Chelan	(509)682-3300	24hrs, 7 days week	
Lifeline Ambulance	Emergency and transport ambulance service	912 Koala Ave, Omak	(509)422-4212	24 hrs, 7 days week	www.lifelineambulance.net

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Primary Care					
Brewster Clinic - Confluence Health	Primary care, anticoagulation, dermatology, and ENT services	418 W Main Ave, Brewster	(509)689-8900, Fax: (509)436-3000	8:00am - 5:00pm Monday - Friday	Accept Apple Health/ Medicaid, Medicare, most private insurance
Methow Valley Clinic - Confluence Health	Primary care for pediatrics and adults	1116 WA-20, Winthrop	(509)996-8180, Fax: (509)667-7370	8:00am - 5:00pm Monday - Friday	Accept Apple Health/ Medicaid, Medicare, most private insurance
Omak Clinic - Confluence Health	Primary care with walk-in clinic on site. Offer specialty care including allergy, anticoagulation, audiology, behavioral health, cancer care, cardiology, ENT, GI, hepatology, cardiology, vascular, infectious disease, nephrology, occupational medicine, orthopedics, podiatry, pulmonology, urology. Also have imaging/radiology and lab services	916 Koala Dr, Omak	(509)826-1800, Fax: (509)826-7916	7:00am - 4:00pm Monday - Friday	Accept Apple Health/ Medicaid, Medicare, most private insurance
Oroville Clinic - Confluence Health	Primary care clinic for adults and pediatrics	1617 Main St, Oroville	(509)476-3631, Fax: (509)476-2643	9:00am - 5:00pm Monday - Friday	Accept Apple Health/ Medicaid, Medicare, most private insurance
Tonasket Clinic - Confluence Health	Primary care with anticoagulation, lab, and cardiology services	17 S Western Ave, Tonasket	(509)486-2174, Fax: (509)486-1189	M-F 8 - 5 (Closed 12 - 1)	Accept Apple Health/ Medicaid, Medicare, most private insurance
Three Rivers Family Medicine	Family practice, chronic care management, family planning, annual physicals, immunizations, HRT, CDL physicals, health education, L&I cases, laboratory, and imaging services	415 Hospital Way, Brewster	(509)689-3749	9:00am - 5:00pm Monday - Friday, Walk-ins: 9:00am - 4:00pm Monday - Friday	Accept Apple Health/ Medicaid, Medicare, most private insurance, and offer sliding scale
Public Health/Community Clinics					
Columbia Valley Community Health	Medical and behavioral health services	105 S Apple Blossom Dr, Chelan	(509)682-6000, Fax: (509)664-4590	8:00am - 6:00pm Monday - Friday	www.cvch.org Accepts Medicaid, Medicare, financial assistance available, CVCH will not refuse to provide you with care based on your ability to pay
Family Health Centers Medical Clinic & Pharmacy	Primary care services for residents of Okanogan County - immediate treatment for concerns, ongoing care for chronic conditions, preventive care, pediatric care, immunizations, OB care, WIC, behavioral health	525 Jay Avenue Northwest, Brewster/ 520 West Indian Avenue, Brewster 1003 Koala Ave, Omak	(800)660-2129, Pharmacy: (509)422-7637	8:00am - 5:00pm Monday - Thursday, 8:00am - 3:00pm Friday 8 - 9 (closed 12-1) Pharm: 8 - 5 (closed 12-1)	www.myfamilyhealth.org Accept Apple Health/ Medicaid, Medicare, most private insurance, and offer sliding scale www.myfamilyhealth.org/Omak-medical-clinic-and-pharmacy

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Family Health Centers Medical Clinic	Primary care services for residents of Okanogan County - immediate treatment for concerns, ongoing care for chronic conditions, preventive care, pediatric care, immunizations, OB care, WIC, behavioral health	541 2nd Avenue, Twisp	(800)660-2129	8:00am - 5:00pm Monday - Friday	www.myfamilyhealth.org Accept Apple Health/ Medicaid, Medicare, most private insurance, and offer sliding scale
Family Health Centers Medical Clinic	Primary care services for residents of Okanogan County - immediate treatment for concerns, ongoing care for chronic conditions, preventive care, pediatric care, immunizations, OB care, WIC, behavioral health	106 North Whitcomb Ave, Tonasket	(800)660-2129	8:00am - 5:00pm Monday - Friday (Closed 12 - 1)	www.myfamilyhealth.org
Rural Health Clinic - Mid Valley Hospital	Routine health services, well baby-care, immunizations, pediatrics, physicals, adult care, preventive care, chronic disease management, OBGYN, general surgery, orthopedics, ECGs, imaging, laboratory services, splinting/casting, wound care, osteoporosis screening	529 Jasmine St, Omak	(509)826-1600	M - F 8:00 - 5:30 with drop-in hours 7:30 - 12:00	Accept Apple Health/ Medicaid, Medicare, most private insurance, and offer sliding scale
Okanogan County Public Health	Community health, environmental health, health education, prevention	1234 2nd Ave South, Okanogan	(509)422-7140	M-F 7:30 - 4:30	www.okanogancount.org/government/public_health

Specialists

Lake Chelan Health - Orthopedics		219 E Johnson Ave, Chelan	(509)682-6134, Fax: (509)682-2515	8:00am-5:00pm Mon, Tues, and Thurs; Surgeries on Wed; 9:00am-12:00pm Fridays	Accept many major insurances including Medicare, Molina, Premiera, Aetna, Ambetter, Amerigroup, Asuris, Cigna, Coordinated Care, Corvel, Coventry, DSHS, First Choice, Group Health, Health Alliance, Humana, Magellan, Multi-Plan, Pacificare, PHCS, Regence, Soundpath, Triwest, Zenith
----------------------------------	--	---------------------------	-----------------------------------	---------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Lake Chelan Health - General Surgery		219 E Johnson Ave, Chelan		8:00am-5:00pm Wednesday	Accept many major insurances including Medicare, Molina, Premiera, Aetna, Ambetter, Amerigroup, Asuris, Cigna, Coordinated Care, Corvel, Coventry, DSHS, First Choice, Group Health, Health Alliance, Humana, Magellan, Multi-Plan, Pacificare, PHCS, Regence, Soundpath, Triwest, Zenith
--------------------------------------	--	---------------------------	--	----------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Lake Chelan Health - Pain Management		219 E Johnson Ave, Chelan		8:00am-12:00pm Tuesdays for consultations, procedures done Tuesday afternoons	Accept many major insurances including Medicare, Molina, Premiera, Aetna, Ambetter, Amerigroup, Asurs, Cigna, Coordinated Care, Corvel, Covently, DSHS, First Choice, Group Health, Health Alliance, Humana, Magellan, Multi-Plan, Pacificare, PHCS, Regence, Soundpath, Triwest, Zenith
Health Insurance Resources					
Confluence Health Insurance Navigators		Confluence Health - Mares Campus	Phone:(509)436-6224, Fax(509)664-4846, Email: SM_CH_Navigators@confluencehealth.org		Offer services in Spanish
Gaylen Willett Insurance	Medicare, Rx, Dental, Critical Care, Nursing Home Benefit Plans	311 Henderson Rd, Chelan	(509)679-4619, Fax:(509)682-4617, gaylenwillettinsurance@gmail.com		
Benefits Specialist - Brian Keene	Life, Health, Medicare, Disability, LTC, Final Expense Assistance and Planning	169 Pateros Mall Suite A, Pateros	(509)679-5377, bkeene.sbs@outlook.com	9:00am-4:00pm Monday-Thursday, 9:00am-12:00pm Fri	Consultative, no fees for services offered
Statewide Health Insurance Benefits Advisors (SHIBA)	Support in managing and understanding Medicare enrollment and benefits	504 S Chelan Ave, Wenatchee	Chelan/Douglas/Okanogan County: (888)452-0731, shiba@communitychoice.us	8:00am-5:00pm Monday-Friday	WA State-wide program
Washington State Insurance Commissioner	Insurance assistance to understand benefits		(800)562-6900	8:00am-5:00pm Monday-Friday	www.insurance.wa.gov
Dental					
Brewster Dental - Adrian Tomarere, DDS	Diagnostic, preventive, cosmetic, restorative, endodontics	11 Hospital Way, Brewster	(509)689-2557	8:30am-5:00pm Monday-Thursday	www.brewsterdds.com. May be eligible for insurance reimbursement, financing available through CareCredit. Financial assistance may be available--"we will do everything we can to help you afford the treatment you need"
Family Health Centers Dental Clinic	Dental care services to Okanogan County Residents - check-ups, sealants, cleanings, fillings, extractions, root canal, limited prosthetic services	101 6th St N, Brewster	(509)689-3789 or (800)660-2129	7:00am-6:00pm Monday-Friday, 7:00am-4:00pm Sat	Accept WA Apple Health/Medicaid, Medicare, offers sliding scale www.myfamilyhealth.org/brewster-dental-clinic
Family Health Centers Dental Clinic	Dental care services to Okanogan County Residents - check-ups, sealants, cleanings, fillings, extractions, root canal, limited prosthetic services	1321 Main St, Oroville	(800)660-2129	Tues-Fri 7am-6pm (Closed 12:00-1:00)	Accept Apple Health/ Medicaid, Medicare, most private insurance, and offer sliding scale

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Family Health Centers Dental Clinic	Dental care services to Okanogan County Residents - check-ups, sealants, cleanings, fillings, extractions, root canal, limited prosthetic services	626 2nd Ave S, Okanogan	(800)660-2129	M-F 7-6(Closed 12-1), Sat 7-4 (Closed 12-1)	www.myfamilyhealth.org/okanogan-dental-clinic
Family Health Centers Dental Clinic	Dental Services	106 North Whitcomb Ave, Tonasket	(800)660-2129	M-F 8:00 - 5:00 (Closed 12 - 1)	www.myfamilyhealth.org . Accept Apple Health/ Medicaid, Medicare, most private insurance, and offer sliding scale
Colville Tribal Dental Clinic	General dentistry	Omak	(509)422-7416	M/Tu/Th/F 8 - 4:30, Wed 12:30 - 4:30	
Chase Family Dentistry	Bonding, fillings, bridges, gum treatments soft tissue laser, crowns, whitening, dental cleaning, implants, wisdom teeth, dentures, nightguards, imaging, oral hygiene, extractions, root canals	108 2nd Ave S, Okanogan	(509)422-3200	Mon-Thurs 8 - 5	www.smilesbybrooke.com
Gary A Bramer, DDS	Cleanings, prevention, cosmetic dentistry, periodontal services, restorations	706 Okoma Dr, Omak	(509)826-2744	Mon-Thurs	www.drgarybramer.com Accept most major insurance, financing available through Care Credit
Grillo Robeck Dental	Cleaning and Prevention, family dentistry, emergency care, cosmetic dentistry, extractions, implants, Invisalign, oral appliance, sedation dentistry	739 Haussler Rd, Omak	(509)826-4050	Mon-Thurs 8 - 5	www.grillorobeckdds.com Accept most major insurance, financing available through Care Credit
Merlin Ekvall, DDS	Orthodontist	800 Jasmine St #4, Omak	(509)826-4831	Tues-Thurs 9 - 5	www.drekvall.com Accept most major insurance, financing available through Care Credit
Howard R Carlson, DDS	Comprehensive dental care	145 Lakeshore Dr., Pateros	(509)923-2250		Accepts Aetna, Ameritas, Delta Dental, Dental network of America, most private insurance
Robert N Nau, DDS	Bridges, crowns, cosmetic, dentures, maintenance, oral surgery, partials, preventive care, restorative care, fillings	232 2nd Ave N, Okanogan	(509)422-4881	Mon-Thurs 8:30 - 5	www.okvdental.com
Sawtooth Dental Care - John O'Keefe DDS	Comprehensive dental care, invisalign, surgical implants, restoration, oral surgery, periodontics, cosmetic dentistry	115 S Glover St, Twisp	(509)997-7533	8 - 5 Mon & Tues, 10 - 2 Wed, 7 - 5 Thurs, 8 - 4 Friday	www.sawtoothdentalcare.com Accepts most major insurance. Does not accept DSHS coupons. Financing available through Care Credit
Steven C. Harrop, DDS	Comprehensive dental care and orthodontics	505 State Route 20, Winthrop	(509)996-2293	8:30-5:00 Mon-Wed, 8:30-12:00pm Thurs	harropdentistry@methownet.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Oroville Dental Center	Fillings, crowns, bridges, emergency treatment, dental cleaning, Invisalign, none grating	1600 Main St, Oroville	(509)476-2151	Mon/Wed/Sat/Sun 8:00-5:00	www.orovalledentalcenter.net
Robert N Nau, DDS	Bridges, crowns, cosmetic, dentures maintenance, oral surgery, partials, preventive care, restorative care, fillings	202 N Whitcomb Ave Tonasket	(509)486-2902	Mon/Tues 8:00-5:00	www.okvdental.com
Wahl Dental	Routine care, emergency care, cancer screening, cleanings, periodontal therapy, pediatric dentistry, family dentistry, oral health education, fillings, crowns, bridges, cosmetics, implants, dentures, extractions, oral surgery, night guards	19 W 4th St, Tonasket	(509)486-8001, www.wahldentalco.com	Tues- Thurs 8:00 - 5:00, Fri 7:00 - 3:00	
Pharmacy					
Brewster Pharmacy		811 US-97, Brewster	(509)689-2421	9:30am-6:00pm Monday-Friday	
Colville Indian Health Pharmacy		617 Benton St S, Omak	(509)422-7735	Mon - Fri 8:00 - 4:30	
Omak Pharmacy	Prescription services, immunizations, Drive-through	903 Engh Rd, Omak	(509)422-1500	Mon-Sat 9:00 - 1830	
Rite Aid Pharmacy	Prescription services, immunizations	609 Omaache Dr, Omak	(509)826-2806	M-F 8 - 7, Sat 9 - 6, Sun 10 - 5	
Secure Medication Storage	Home medicine lock boxes	Omak City Hall, DSHS Omak Office, Mid Valley Hospital	(509)826-8483 or (509)826-8454		
Walmart Pharmacy	Prescriptions services, immunization.	902 Engh Rd, Omak	(509)826-6146		\$4 prescription offerings, lower cost insulin
Ulrich Valley Pharmacy	Prescriptions services, immunizations	423 Methow Valley Hwy, Twisp	(509)997-2191	9 - 5 Mon - Fri, 9 - 1 Saturday	
Lakeside Pharmacy	Prescription services, immunizations.	1117 Main St, Oroville	(509)476-4747	M-F 9:00am-6:00pm	www.lakesidepharmacyoroville.com
Oroville Pharmacy	Prescription services	1416 Main St, Oroville	(509)476-3411	M-F 9:30am-6:30pm	www.orovillepharmacy.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Whitestone Pharmacy	Prescription services, immunizations	316 N Whitcomb Ave, Tonasket	(509)486-9120	M-F 9:00 - 7:00	www.whitestonepharmacy.org
Alternative Services					
Lewis Holston Acupuncture	Acupuncture, herbal medicine	202 White Ave, Winthrop	(509)996-8194	9:00am - 5:00 pm Monday - Friday	
Twisp River Wellness - Chaya Kudla LAc, NTP	Acupuncture, naturopathy, holistic care, functional medicine	214 Glover St N, Twisp	(509)997-2488	9:00am - 5:00 pm Tuesday - Friday	www.twispriverwellness.com

Chronic Disease Resources

- **Education & Support Groups**
- **Medication Assistance**
- **Medical Supplies**

Chronic Disease Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Education & Support Groups					
Diabetes Self-Management Education Service - Family Health Centers	Education on diabetes, nutrition, physical activity, diabetes medication management, and more.		(509)422-7618, outreach@fhc.us, alugo@fhc.us		Free service. Classes offered in Spanish.
DSHS Chronic Disease and Education Materials	Education material on advance care planning, behavioral health, disability, diabetes, falls, hearing loss, heart disease, oral health, pain, medication, sleep disorders, pediatrics, substance use disorder, gambling				www.dshs.wa.gov/alsa/stakeholders/chronic-disease-and-education-materials
Wellness Program at Lake Chelan Health	Diabetes education, nutrition education, and workshops for individuals with type 1 & 2 diabetes	503 East Highland Ave, Chelan	(509)682-3300	Vary - call for schedule, Office M - F 8:00 - 5:00	www.lakechelancommunityhospital.org
Support Groups at Room One	Various support groups for breast cancer, grief and loss, family caregiver support, and other groups	315 South Lincoln Street, Twisp	(509)997-2050, info@roomone.org		www.roomone.org
Medication Assistance					
FamilyWize Prescription Savings	Prescription Discounts		(800)222-2818		www.familywize.org
GoodRx	Prescription Discounts		www.goodrx.com		Prescription Discount Cards can be made available for patients
Medicare Extra Help	Prescription Discounts		(800)772-1213		
WA Prescription Drug Program	Prescription Discounts		(800)913-4146		
Medical Supplies					
Hometown Medical	Durable medical equipment, patient education	520 W Indian Ave, Brewster	(509)689-1117	8:30am - 5:00pm Mon - Thurs	
Lincare	Oxygen, sleep, enteral, pediatric supplies	307 S Main St Suite A, Omak	(509)826-5060	M-F 8:00 - 5:00	www.lincare.com
Omak Senior Center	Loans medical equipment to members	214 Juniper St North, Omak	(509)826-4741	Mon - Thur 9 - 3, Fri - 9 - 2	www.omakseniorcenter.com >55yrs for membership

Physical Rehabilitation Resources

- **Physical & Occupational Therapy**
- **Rehabilitation Facilities**
- **Disability Resources**

Physical Rehabilitation Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Physical Therapy & Occupational Therapy					
Eagle Rock Physical Therapy	Physical therapy, post-op care, rehabilitation	411 Hospital Way, Brewster	(509)689-4301	8:00am - 5:00pm Monday - Thursday, 8:00am - 1:00pm Fri	Accept most insurance
Lake Chelan Physical Therapy	General physical therapy, post-op physical therapy, vertigo and lymphedema management	123 E Johnson Ave #4, Chelan	(509)682-4713	8:00am - 5:00pm Monday - Friday	www.lakechelanphysicaltherapy.com Accept Molina, Medicare, DSHS, Premera, Labor & Industries, WA Hospital Worker's Comp, AARP, Aetna, Ambetter, CHPW, Coordinated Care, Humana, Lifewise Mutual of Omaha, OWCP, PGBA, Regence, Soundpath, TriCare, United Health
Mark A Miller Physical Therapy	Physical therapy, post-op care, rehabilitation	537 W Main, Brewster	(509)689-2260	7:00am - 5:30pm Mon and Wed, 7:00am - 2:00pm Fri	Accepts Aetna, Anthem, BCBS, First Health, and other insurance
Winthrop Physical Therapy		202 White Ave, Winthrop	(509)996-8234		
Ascent Physical Therapy	Physical Therapy	11 N Main St, Omak	(509)826-2859		
Byerly Physical Therapy	Physical therapy, rehabilitation	509 Locust St, Omak	(509)826-9426		www.byerlypt.com
Mid Valley Physical Therapy	Physical therapy, occupational therapy, speech therapy, orofacial myofunctional therapy, hand therapy	724 Jasmine St, Omak	(509)826-7666	M-F 8:00 - 5:00	www.mvhealth.org/hospital-services/therapy-services Accept most insurance, financial assistance available
Re+Active Rehab	Occupational Therapy	568 Pine St, Omak	(509)846-7453	M-F 8:00 - 5:00	www.re-activerhabomak.com
North Valley Hospital	Physical therapy, occupational therapy, SLP, Massage therapy	1417 N Main St, Oroville	(509)476-4050	M-F 8:00 - 4:00	www.nvhospital.org/rehab-services
North Valley Hospital	Physical therapy, occupational therapy, SLP, Massage therapy	1118 S Whitcomb Ave, Tonasket	(509)486-2784	M-F 8:00 - 5:00	www.nvhospital.org/rehab-services
PT Works	Physical Therapy	39 Clarkston Mill Rd, Tonasket	(509)486-1616		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Rehabilitation Facilities					
Regency Harmony House Rehabilitation and Nursing Center	Skilled Nursing Facility and Long Term Care Services. Nursing, dietary, social services, therapy, therapeutic recreation for recovery from serious injury, illness, or surgery	100 River Place, Brewster	(509)689-2546		www.regency-pacific.com/senior-living/wa-brewster/regency-harmony-house-rehabilitation-and-nursing-center Accept most insurance
Regency	Rehabilitation, skilled nursing, long term care services	901 Shunway Rd, Omak	(509)846-7700		www.regency-pacific.com/senior-living/wa-omak/regency-omak-rehabilitation-and-nursing-center
North Valley Hospital Extended Care	Rehabilitation services, skilled nursing, social services	22 W 1st St, Tonasket	(509)486-3110		www.nvhospital.org/long-term-care-division
Disability Resources					
Social Security Disability Assistance - Cheryl Mullins	Accredited Disability Representative/ Paralegal. Support with social security disability benefits and applications	Omak	(509)322-2210, Fax: (509)826-4566, cmullins826@gmail.com		

Diet & Nutrition Resources

- **Food Banks, Hot Meals & Markets**
- **Nutritionist Services**
- **Women, Infants, Children (WIC)**

Diet and Nutrition Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Food Banks/Hot Meals/Markets					
Brewster Food Bank	Food Bank	301 S 4th St. Brewster	(509)322-1009	9:00am - 10:30am Thursday	
Bridgeport Food Bank	Food Bank	1300 Foster Ave. Bridgeport	(509)499-8189	Varies	Facebook Page for Hours
Lake Chelan Food Bank	Food Bank	417 S Bradley St. Chelan	(509)368-4151	8:30am - 10:00am Tuesday & Saturday	www.lakechelanfoodbank.org
Community Action Council	Food Bank, emergency food vouchers	424 2nd Ave S, Okanogan	(509)422-4041, info@occac.com	Mon, Tues 9:00 - 2:30	www.occac.com Residents of Okanogan and surrounding area
Omak Food Bank	Food Bank, clothing	101 W 4th Ave, Omak	(509)826-1717	M-Thu 9:00 - 11:00	Families and individuals, residents of Omak and surrounding area
Conconully Food Bank	Food Bank	219 N Main St, Conconully	(509)422-4041	1st and 3rd Wed 1:30 - 3:00	
Tonasket Food Bank	Food Bank	101 Hwy 97, Tonasket	(509)486-2192	Mon-Sat 8:00 - 7:00, Sun 8:00 - 6:00	
Oroville Food Bank	Food Bank	922 Main St, Oroville		Thurs 9:30 - 11:30	At Seventh Day Adventist Church
Wauconda Food Bank	Food Bank	129 Toroda Creek Rd, Wauconda	(509)486-1431	2nd and 4th Thursdays 1-2	
Chelan Senior Center Senior Meals	Home Delivered Meals for Seniors	534 E Trow Ave, Chelan	(509)888-4440	Meals delivered at 1200 Mon - Thurs	www.chelanseniorcenter.com
Okanogan County Transportation & Nutrition	Home Delivered Meals for Seniors	302 2nd Ave, Okanogan	(800)635-4391 or (509)826-7979	M-F 7:00 - 6:00, Sat 8:00 - 4:30	www.octn.org >60 years
Senior Farmer's Market Nutrition Program	Farmer's Market vouchers for seniors >60 yrs (<55yrs if Native American /Alaska Native)	Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan Counties	(509)886-0700ext.235 or (800)572-4459 ext.235		www.dshs.wa.gov/altsa/home-and-community-services/senior-farmers-market-nutrition-program 185% below poverty line. Apply through Aging and Adult Care of NCW
The Cove	Food bank, hot meal, Neighbors helping neighbors holiday food drive	206 South Glover St, Twisp	(509)997-0227	Thursdays 12:00pm - 4:00pm	www.thecovecares.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Red Shed Produce	Provides local, high-quality produce to low-income residents	315 South Lincoln St. Twisp	(509)997-2050		Free
Room One Food Access	Food distribution	315 South Lincoln St, Twisp	(509)997-2050, info@roomone.org	9:00am - 4:00pm Monday - Friday	www.roomone.org
Colville Tribal Food Distribution	Food distribution	37 Lakes St, Nespelem	(509)634-2767	M-F 7:30 - 4:00 (closed 11:30 - 12:30)	Application for Food Distribution
Grant's Market	Delivery Groceries at no additional cost	18 W 4th St, Tonasket	(509)486-2127	Mon-Sat 8 - 7, Sun 8 - 6	www.familyfoodstores.com/tonasket.html
Beyer's Market	Online ordering available	212 N Hwy 97, Tonasket	(509)486-2183	Mon - Sun 8 - 8	
Nutritionist Services					
Confluence Health Nutritionist - Franco Lopez, RD	Outpatient dietitian	1617 Main St, Oroville	(509)826-1800		
Women, Infants, Children (WIC)					
Room One Outstation	Nutritional assistance and education to women with infants and small children	525 W Jay Ave, Brewster	(509)422-7636, (800)660-2129ext.3600 for appointments	By appointment	Make appointment for WIC services, coupons up to \$50/month for healthy foods
Room One WIC	Nutritional assistance and education to women with infants and small children		(509)997-2050, info@roomone.org.	1st Thurs of month 9 - 3:30 by appt	www.roomone.org Make appointment for WIC services, coupons up to \$50/month for healthy foods
WIC Remote Services	Nutritional assistance and education to women with infants and small children				WIC appointments available by phone or video www.doh.wa.gov/YouandYourFamily/WIC/WICRemoteServices
Family Health Centers	Nutritional assistance and education to women with infants and small children	1003 Koala Ave, Ornak	(509)422-5700		
Family Health Center WIC	Nutritional assistance and education to women with infants and small children	106 North Whitcomb Ave, Tonasket	(800)660-2129	M-F 8 - 5 (Closed 12 - 1)	www.myfamilyhealth.org

Physical Activity Resources

- Pools, Parks, Fitness & Activity Centers

Physical Activity Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Pools, Parks, Fitness & Activity Centers					
Brewster Pool	Seasonal swimming pool and swim lessons	603 W Cliff Ave, Brewster	(509)689-6689		
Gamble Fitness	Cardio, weights, boxing, locker rooms and showers. Share building with physical therapy and durable medical equipment	537 W Main Ave, Brewster	(509)723-4078	5:00am-8:00pm Mon-Fri, 10:00am - 3:00pm Saturday and Sunday	
Lifejacket Loaner Stations	Stations to borrow infant, child, and adult life jackets for the day or weekend, return the jacket at the end of your trip. Located at marinas, boat launches, state parks, and other locations near waterways	Throughout WA State			www.parks.wa.us/956/Life-Jacket-Loaner-Program List of Life Jacket Loaner Stations
Valley Fitness Chelan	Strength, cardio, functional training tools	224 E Johnson Ave, Chelan	(509)682-1161	24/7	www.valleyfitnesschelan.com Memberships \$45pp/month, some discounts with packages available
Central Valley Sports Complex	Walking trail, exercise stations, playground, picnic area, ball courts for baseball, softball, and soccer	93 Rodeo Trail, Okanogan	(509)422-3600		
Fitness Zone	Gym	11 N Main St, Omak	(509)826-1050	24/7	www.thefitnesszoneomak.business.site
North Cascades Athletic Club	Gym, group fitness, classes, pickleball, tennis, crossfit	568 Pine St, Omak	(509)826-5552	Mon - Sun 4:00am - 11:00pm	www.ncaac-omak.com Class and membership packages available
Washington State Parks	Alta Lake, Bridgeport, Lake Chelan, Steamboat Rock State Parks, Perrygin Lake				www.parks.state.wa.us Free or discounted passes for Veterans, Disabled, Seniors, and Foster Children
Methow Trails	Trail system, cross-county skiing	21 Horizon Flats Road, Winthrop	(509)996-3287		www.methowtrails.org Tickets required in winter months
Methow Valley Community Center	Gym	201 State Route 20 Twisp	(509)997-2926	9:00am - 5:00pm Monday - Friday	www.methowcommunity.org
Wagner Memorial Pool	Public pool, swim lesson, swim team	325 N Lincoln St, Twisp	(509)997-5441	Opens June 15th	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Winthrop Public Tennis Courts		4 Johnson Rd, Winthrop Legion Park			
Legion Park	Park, open areas, picnic areas, camping	1406 2nd Avenue N, Okanogan	(509)422-3600		
Alma park	Seasonal swimming pool, playground, basketball, horseshoe pits, volleyball, skate park, picnic areas	601 1st Ave S, Okanogan	(509)422-3600		
Osoyoos Lake Park	Walking trail, beach, lawn, boat launch	2207 Juniper St, Oroville	(509)476-3321		
The Warehouse Sports and Fitness Center	Fitness center, cardio, weight training, classes	1404 Ironwood St, Oroville	(509)560-3054	M - F 4:30 - 8:00, Sat 6:00 - 3:00, Sun 6:00 - 12:00	
History Park	Basketball court, picnic tables, open areas, children's play equipment, community pool	209 S Whitcomb Ave, Tonasket	(509)486-2132		

Transportation Resources

- **Transit/Transportation**
- **Taxi**
- **Flight**

Transportation Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Transit/Transportation					
DART Transport	Dial-A-Ride Transportation for travel within Chelan	Chelan, Wa	(509)662-1155 for enrollment, (509)662-3569 for reservations	9:00am - 6:00pm daily	Ride requests should be made 1-5 days prior to need. No cost
Link Transit	Route 20: Wenatchee to Chelan	300 S Columbia St, Wenatchee	(509)662-1155	4:30am - 9:45pm Monday - Friday, 7:00am - 8:15pm Saturday & Sunday	www.linktransit.com One year fare-free pilot project in process since 7/1/2021
People for People	Non-emergent medical transportation for Medicaid Patients	Chelan and Okanogan County	(800)233-1624		Needs provider approval, must be initiated by the patient. 2 day notice for local trips; 5 day notice for long distance trips
Okanogan County Transportation & Nutrition	Door-to-door transportation in Brewster, Pateros, Bridgeport, Omak, Okanogan, Oroville, Tonasket, Twisp, and Winthrop	302 2nd Ave, Okanogan	(800)635-4391	7:00am - 6:00pm Monday - Friday, 8:00am - 4:30pm Sat	www.octn.org \$2 per boarding in city, \$4 per boarding out of city, seniors suggested donation of \$2 per day with unlimited rides
Trango Transportation	Appelline Bus or Door to Door Service, vanpool services	303 2nd Ave S. Okanogan	(509)826-4391 or (800)366-6975	7:05am - 6:52pm Monday - Friday, 8:05am - 7:52pm Sat.	www.okanogantransit.com/services Door to door service \$2-\$4, intercity bus \$1 per ride
All Ways Caring Home	Local and long-distance non-emergency transportation	523 Riverside Dr, Omak	(509)422-1791	Office M - F, 8 - 5, on-call 24 hours	www.allwayscaring.com For referred Medicaid patients or those willing to pay out of pocket, arrange at least 24 hours in advance
Greyhound Bus Stop	Bus Company	800 E Riverside Dr, Omak	(800)366-6975		Approx \$30 each way to Wenatchee
Shipping Post	Ride program to take patients as far as Wenatchee for medical appointments				Works with insurance for reimbursement
Washington State Department of Transportation	Real-time travel alerts for WA roads		(800)695-7623 or dial 511		www.wsdot.com/travel/real-time/map
Taxi					
Molina Taxi Transport	Taxi Service	95 Westlake Rd, Oroville	(504)722-1082		
Omak Taxi Cab			(509)826-2626		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Flight Angel Flight West	"Links volunteer pilots and airlines with people who require air travel to access non-emergency care and other essential services"		(310)390-2958, info@angelflightwest.org		www.angelflightwest.org
Airift Northwest Membership	Insurance for Emergency Medical Air Transport		(888)835-1599		\$60 per year for entire household www.uwmedicine.org/airiftnw/membership

Child and Adolescent Resources

- **Local Line for CPS**
- **Early Childhood Education/Education**
- **Childcare Resources**
- **Youth Activities**
- **Family Unit Resources**
- **Hotlines/Virtual Services**

Child and Adolescent Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Local Line for CPS					
Child Protective Services - Omak	Mandatory reporting, Intake, screening, and investigative services for suspected child abuse or neglect	130 S Main St, Omak	(800)869-4018 Omak Office, 1-800-ENDHARM or (800)557-9671 central reporting line	24 hours, 7 days per week	
Early Child Education/Education					
Early Childhood Education and Assistance Program	Early Education and Subsidy Program		eceap@dcyf.wa.gov	Partial, Full, or Extended Days	
Head Start and Early Headstart Center	Head start, early headstart	601 West Cliff, Brewster	(509)429-7387, dcyf:hscos@dcyf.wa.gov		Early Education Program for 3-5 year olds, subsidized
Head Start Center	Head start	18 Twin Lakes Road Winthrop	(509)662-0683ext.222, dcyf:hscos@dcyf.wa.gov	Partial, Full, or Extended Days	
Head Start Center	Head start, early head start	1114 Main St, Oroville/ 33436A US 97, Oroville	(509)429-7387/ (509)826-2466, dcyf:hscos@dcyf.wa.gov		Early Education Program for 3-5 year olds, subsidized
Head Start Center	Headstart, early head start	114 S Locust Ave, Tonasket 6 W 5th St, Tonasket	(509)429-7387 (509)826-2466		Early Education Program for 3-5 year olds, subsidized
National School Lunch Program	Free school lunch program for school aged children				www.fns.usda.gov/nsip Application through your school district. Incomes below 130% of the poverty level.
School District Services	K-12 education. Resources for students experiencing homelessness - transportation, supplies, food, and other assistance		Brewster School District (509)689-3418 Chelan School District: (509)682-7744 Pateros School District: (509)923-2751 Omak: (509)826-0320 Oroville School District: (509)476-2281 Tonasket School District: (509)486-2126		www.brewsterbears.org; www.chelanschools.org www.pateros.org www.omaksd.wednet.edu www.oroille.ss19.sharpschool.com www.tonasket.wednet.edu
Little Star School	Ages 18 months- kindergarten. Montessori school	509 State Route 20, Winthrop	(509)996-2801	M -F	www.littlestarschool.org Scholarships available, Accept DSHS childcare assistance
Masters Christian School	Christian school, grades 1-12	1119B Methow Valley Hwy, Twisp	(509)997-4060		
Methow Valley Community School	Home schooling option for grades K-6	201 Hwy 20 S, Twisp	(509)996-4447	8:30am - 3:00pm Monday - Friday	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Methow Valley School District	K-12 education. Resources for students experiencing homelessness - transportation, supplies, food, and other assistance	18 Twin Lakes Rd, Winthrop	(509)996-9205		www.methow.org
National School Lunch Program	Free school lunch program for school aged children				www.fns.usda.gov/nslp Application through your school district. Incomes below 130% of the poverty level.
Okanogan County Child Development	Head Start, Early Head Start	615 N Methow Valley Hwy, Twisp	(509)996-2202		www.oocda.net Daycare for low-income kids 3-5
WISE Program WA DOH	Support for children, youth, and families				www.hca.wa.gov/health-care-services-supports/behavioral-health-recovery/wraparound-intensive-services-wise
Childcare Resources					
Working Connections Childcare Subsidy	Childcare Subsidy Program		(844)626-8687		www.WashingtonConnection.org
Child Care Aware	Child Care	115 Main St, Omak	(800)446-1114		Subsidized Program
Partnership Access Line (PAL)	For providers - Questions on mental health care for children	Seattle Children's	(866)599-7257, paladmin@seattlechildrens.org	8:00am - 5:00pm Monday - Friday	www.seattlechildrens.org/PAL
Youth Activities					
Brewster Boys and Girls Club	After school program, healthy snacks and meals, homework help, positive support	601 W Cliff Ave, Brewster	(509)689-1192		www.bgsc.org Families pay \$30/year
4-H Youth Development Program Okanogan County	Youth development education program through agricultural and animal husbandry activities, community service	1234 2nd Ave S, Okanogan	(509)422-7245	Mon - Thurs 8:00 - 5:00	www.extension.wsu.edu/okanogan/youth
FYRE	After school programs, tutors, school supplies, college applications, education, leadership, essential needs, physical and mental health	23 Ash St S, Omak	(509)557-6457, info@okfyre.org		www.okfyre.org Ages 5-19, do not have to own animals or live on a farm. No membership fee, no uniform required
Valley Teen Center	Community center for teens	502 S Glover St, Twisp	(509)341-4279	Teen Center: 3:45pm - 10:30pm on Fridays: Office Mon/Wed 9 - 5	www.mvalleyteencenter.wordpress.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Working Connections Childcare Subsidy	Childcare Subsidy Program		(844)626-8687		www.WashingtonConnection.org
Family Unit Resources					
DSHS Division of Child Support	Assistance with child support application and enforcement	130 S Main St, Omak	(800)442-KIDS or (800)442-5437	M-F 8:00 - 5:00	www.dshs.wa.gov/dcs
Family Law Facilitator	Referrals to family law litigants; support to stabilize family situations; mediation, educational classes on parenting, divorce/separation	237 N 4th Ave, Okanogan	(509)422-7132	Walk-in Hours Weds 8:30 - 11:30 and 1:30 - 3:30	
Family Reconciliation Services	Program for runaway youth to aid in crisis situations to find temporary housing and to help resolve crisis		(800)869-4018, Intake and after hours: (800)557-9671		Kids age 12-17 https://www.dcyf.wa.gov/services/at-risk-youth/frs
Okanogan County Dispute Resolution Center	Family law support; mediation, co-parenting classes; parent/teen mediation	113 N Main St, Omak	(509)422-7250		www.okanogandrc.org
Hotlines/Virtual Services					
Runaway Switchboard and Hotline	Hotline for youth, parents, and guardians		(800)RUNAWAY or (800)786-2929	24 hours, 7 days per week	www.1800runaway.org
Stop Bullying	Resources for bullying and cyberbullying		1-800-273-TALK or (800)273-8255	24 hours, 7 days per week	www.stopbullying.gov
Teen Link	Program for WA State adolescents for support with bullying; substance use, relationships, stress, depression, and other concerns		1-866-TEENLINK or (866)833-6546	24 hours, 7 days per week	www.teenlink.org

Prenatal, Maternal, and reproductive Health Resources

- **Prenatal**
- **Support Programs**
- **Family Planning**

Prenatal, Maternal, and Reproductive Health Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Prenatal					
Family Health Centers Medical Clinic & Pharmacy	OB/GYN services	525 Jay Ave. Northwest, Brewster / 520 West Indian Ave., Brewster	(800)660-2129, Pharmacy: (509)422-7637	8:00am - 5:00pm Monday - Thursday, 8:00am - 3:00pm Fri.	www.myfamilyhealth.org OB services at Three Rivers Hospital ceased in 2020, now performed at Mid-Valley Hospital in Omak
Family Health Centers Medical Clinic	OB/GYN and CNM team. Complete obstetrical services, family planning, preventive care	626 2nd Ave S, Okanogan	(800)660-2129	M-F 7 - 5, Sat 7 - 4, (Closed 12:00-1:00)	www.myfamilyhealth.org/okanogandentalclinic Accept WA Apple Health/Medicaid, Medicare, offers sliding scale
Mid Valley Hospital	Birthing center, labor and delivery	810 Jasmine St, Omak	(509)826-1760, Fax: (509)826-7211	24/7	www.mvhealth.org Accepts most insurance, Medicare, Medicaid
Family Health Centers Medical Clinic	Blue Bradley, CNM; Allison Fitzgerald, MD w/ OB; James Wallace, MD w/ OB	541 2nd Avenue, Twisp	(800)660-2129	8:00am - 5:00pm Monday -Friday	www.myfamilyhealth.org Accept Apple Health/ Medicaid, Medicare, most private insurance, and offer sliding scale
Lake Chelan Health Hospital	OB, Labor and Delivery services, childbirth classes	503 E Highland Ave, Chelan	(509)682-3300		www.lakechelanhealth.org/services/pregnancy-and-childbirth
Support Programs					
Childbirth Classes - Lake Chelan Health			ChildBirthClass@lch.net	3rd Saturday of each month 8:00am - 12:00pm	Classes are currently virtual due to COVID. Classes available in Spanish
PAL for Moms	For Providers with perinatal psychiatry questions	University of Washington	877-PAL4MOM or (877)725-4666, PPCL@uw.edu	9:00am - 5:00pm Monday - Friday	www.mcmh.uw.edu/ppcl
Parent Help 123	Education for parents on child development, maternity support, health, and special needs. Information and support for eligibility for WIC, food benefits, other DSHS programs for parents.	WA	(800)322-2588	8:00am - 5:30pm Monday - Thursday, 8:00am - 5:00pm Fri	www.parenthelp123.org Services offered in Spanish, other languages through interpretation line
Dads MOVE	Programs to strengthen the father's role in raising children through education, peer support, and training	25 S Main St, Omak	(509)429-6704		www.dadsmove.org
First Steps Family Health Centers	Pregnancy education, maternity support services, lactation support	1003 Koala Ave, Omak	(509)422-5700 or (509)422-7140		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Methow Valley Midwifery	Pregnancy and post-partum support, newborn care, lactation support, family planning. Free cervical cancer screening through BCHP	214 N Glover St, Twisp	(509)341-4256	Meetings 2nd Tues of the month at 6:00	www.methowvalleymidwifery.com Accepts DSHS, Molina and most other insurance
Okanogan County Breastfeeding Coalition	Increasing parent support resources for breastfeeding	716 1st Ave S, Okanogan	(425)501-4578	Meetings 2nd Tues of the month at 6:00	
Family Planning					
Care Net Pregnancy Center	Provide pregnancy testing, STI testing, and limited ultrasound. Counseling on pregnancy symptoms; abortion, adoption, parenting, STDs, and sexual health	205 Third St, Brewster	(509)587-6583 or (800)395-4357	1pm - 4 pm Mon, 10am - 2pm Tues, 9am - 3pm Wed, 12pm - 3pm Thurs	Free Services
Care Net Pregnancy Center	Provide pregnancy testing, STI testing, and limited ultrasound. Counseling on pregnancy symptoms; abortion, adoption, parenting, STDs, and sexual health	4 S Main St, Omak	(509)476-0500 or (800)395-4357	Tues/Thurs/Fri 12:00 - 4:00	Free services

Aging Care Resources

- **Adult Protective Services**
- **Senior Services**
- **Advanced Home Directives**
- **In-Home Care**
- **Assisted Living**

Aging Care Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Adult Protective Services					
APS Reporting Line	System to report concerns involving vulnerable adults	130 S Main St, Omak	(800)459-0421 Omak Office, 1-800-ENDHARM or (800)557-9671 central reporting line	Online reporting 24hrs, 7 days per week	https://www.dshs.wa.gov/alsa/home-and-community-services/report-concerns-involving-vulnerable-adults
Senior Services					
Brewster-Bridgeport-Pateros Senior Center	Events, activities, hot meals	109 S Bridge St, Brewster	(509)689-2815	9:00am - 2:00pm Monday - Thursday	
Chelan Senior Center	Events, activities, resources	534 E Trow Ave, Chelan	(509)888-4440	8:00am - 4:00pm Monday - Friday	www.chelanseniorcenter.com
Omak Senior Center	Senior activities, community, hot meals, loans medical equipment	214 Juniper St North, Omak	(509)826-4741	Mon - Thurs 9 - 5, Fri 9 - 2. Meals: Tues/Fri 11:45-12:30	www.omakseniorcenter.com
Lookout Coalition	Well-being and community resource connection for aging Methow Valley community members - planning for care, medical needs, and end of life; Social and health service referrals; development of in-home plans; mental health services; assistance with transition from hospital to home	Twisp	(509)761-9917	Calls returned within 48 hours M-F	www.lookoutcoalition.blogspot.com All services are free
Methow At Home	Community group for seniors, social events. Support with transportation, household support, meals, referrals for professionals.	Twisp	(509)996-5844		www.methowathome.clubexpress.com Fees \$240/yr individual, \$360/year couples
Twisp Senior Center	Nutrition and transportation services, rummage room	201 State Route 20, Twisp	(509)997-7722	M/Thu/Fri 8:30 - 1:30 for nutrition, 9:00 - 3:30 for transportation and rummage room	Wenatchee trips 2nd Tues 8:00 - 6:00, Omak trips 3rd Tues 8:30 - 4:00
Oroville Senior Citizens	Events, activities, meals	1521 Golden St, Oroville	(509)476-2412 oroseniors@gmail.com		\$10 membership for 2022. Suggested meal donation \$4 for seniors >60 yrs

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Advanced Directives Information					
Apple Health Advance Directive Resources	Support with advance directives, living wills, POLST		(877)644-4613, TTY/TDD: (866)862-9380		https://www.coordinatedcarehealth.com/members/medicaid/resources/advance-directive.html
End of Life Washington	Support with end of life choices, planning/documentation, education around end of life, and death with dignity	9311 SE 36th St Suite 110, Mercer Island WA	(206)256-1636		www.endoflifewa.org
Physician Orders for Life Sustaining Treatment (POLST)	Access to POLST information, document download/ordering, and training materials		General information line: (360)725-2300		https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/PhysiciansOrderforLifeSustainingTreatment
WA DSHS Legal Planning Resources	Summary of Wills, advance directives, living wills, health care directive, durable power of attorney, POLST, guardianship				https://www.dshs.wa.gov/itsa/home-and-community-services/legal-planning
Washington State Medical Association Advance Directive Information	Education for patients and providers on advance directives.				https://wsma.org/advance-directives Patient education print-outs and low-cost booklet orders available
In-Home Care					
Tender Loving Care	Non-medical visits to seniors for friendship/social visits, chores, making healthcare appointments, transportation to local appointments, service connection, and respite for caregivers	417 Bradley Street, Chelan	(509)699-9042, tlcprogram4@gmail.com	8:00am - 5:00pm Monday - Friday	
Visiting Angels	Safe and steady fall program, respite care, Alzheimer's care, homecare, personal care, palliative care, social care, Ready Set Go Home program	131 S Apple Blossom Dr #121, Chelan	(509)888-4781		
Aging & Adult Care of Central WA	Services for adults >60 yrs or with disability, respite care, Medicaid application assistance, nutrition assistance, transportation assistance	739 Hausler Rd Ste A&B, Omak	(509)826-7452 or (800)572-4459		www.aacw.org
Aging & Adult Care of Central WA Volunteer Chore Service	In-home volunteer chore services		(509)647-5351		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
All Ways Caring Home	Hospital to home care, respite care, companion care, personal care, memory care	523 Riverside Dr, Omak	(509)591-9347 or (866)737-2273		Accept Medicaid waivers, VA, area agency on aging, TriCare, federal employee's compensation, occupational illness
Ambitions	Supported living services, community access	320 Omak Ave, Omak	(509)826-5286, Fax: (509)826-5213		
Beneficial In-Home Care	Personal and companion care, live-in and overnight care, memory care, respite care, hospice support	226 S Main St, Omak	(509)846-7224 or (888)585-2442		www.binc.biz
Encompass Health	Skilled nursing, skilled therapy, care transitions, home health aids, social work, fall prevention, community care, diabetes management, orthopedics	800 Jasmine St Suite 1, Omak	(509)422-8621		www.encompasshealth.com
Family Caregiver Support Program			(509)826-7452		
Inhabitant Home Health and Hospice	Home health aids and skilled nursing services, hospice, PT, OT, SLP, medical, and social aid	800 South Jasmine Ste 3, Omak			Accept Molina, DSHS, Medicare. Options available for uninsured individuals
In-Home Care of Central Washington	Provides in-home personal & companion care, chores & errands, no nursing or physical therapy services.	130 N Main Suite 2, Omak	(509)826-5825 or (800)640-6907		DSHS referral or private insurance accepted. Serve Adams, Chelan, Douglas, Grant, Lincoln, and Okanogan Counties

Assisted Living

Heritage Heights	Assisted Living	505 E. Highland Dr, Chelan	(509)682-1998		Accept Medicaid
Regency Harmony House Rehabilitation and Nursing Center	Long term care, respite care	100 River Place, Brewster	(509)689-2546		www.regency-pacific.com/senior-living/wal-brewster/regency-harmony-house-rehabilitation-and-nursing-center Accept most insurance
Rosewood Cottage at Lake Chelan	Adult Family Home	320 E Nixon, Chelan	509-682-1072		
Apple Springs Senior Living	Assisted living, respite care	1001 Senna St, Omak	(509)822-2425		www.applespringsseniorliving.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Regency	Rehabilitation, skilled nursing, long term care services	901 Shumway Rd, Omak	(509)846-7700		www.regency-pacific.com/senior-living/wal-omak/regency-omak-rehabilitation-and-nursing-center
Welcome Home Villa	Assisted Living	163 Nichols Rd, Omak	(509)826-3631		
Long Term Care Ombudsman	Advocacy for people living in care facilities, DSHS program		(509)886-0700, (800)572-4459, Fax: (509)884-6943		
Orchard County Manor		7 State St, Tonasket	(509)486-1923	Assisted Living	

Housing Resources

- **Housing Services**
- **Phone/Internet Assistance**
- **Pet Services**

Housing Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Housing Services					
Casa Guadalupe - Workforce Housing	Subsidized housing for individuals and families with income below 80% of the area median income	10115 S Bradley St, Chelan	(509)682-2654, casaguadalupe@coastmgt.com	8:00am - 5:00pm Tuesday - Friday	Wait approx. 6 months to 1 year www.coastmgt.com
Chelan Valley Hope	Housing Services	417 S Bradley St, Chelan	(509)888-2144, info@chelanvalleyhope.org	9:00am - 3:00pm on Mon and Wed	www.chelanvalleyhope.org
Okanogan Housing Authority	Housing Services, section 8 vouchers	110 Oak St, Okanogan	509-422-3721,	8:00am - 4:30pm Mon/Wed/Thurs	www.okanoganhousing.org
Caribou Trail Apartments	Low-income, subsidized apartments	1125 5th Ave South, Okanogan	(509)422-3721, info@okanoganhousing.org	Mon/Wed/Thurs 9:00 - 4:00	www.okanoganhousing.org Income 50% of median income for Okanogan County, subsidized units at 30%
Community Action Council	Utilities, rental assistance, shelter assistance, food, clothing, gas vouchers, transit bus pass, and other essential needs	424 2nd Ave S, Okanogan	(509)422-4041 or (877)641-0101, info@occac.com	Mon-Thurs 8:00 - 5:00	www.occac.com
IronStraw Agricultural Housing - Housing Authority of Okanogan County	Housing for agricultural workers	431 5th Avenue West, Omak	(509)422-3721	Mon/Wed/Thurs 9:00 - 4:00	www.okanoganhousing.org
Manfisher Ministries	Temporary shelter November-March. Winter clothing, food pantry, furniture, housewares, salvation army emergency funds	16 S Main, Omak	509-826-5699	Mon, Wed, Fri 9:00 - 11:00, Sunday 1:00 - 3:00	
Pine Meadows Senior Housing	Low-income, subsidized apartments for Seniors	620 Pine Street, Omak	(509)422-3721, info@okanoganhousing.org	Mon/Wed/Thurs 9:00 - 4:00	www.okanoganhousing.org >62yrs, income less than 50% of median Okanogan county income
Shove House Shelter	Clean and sober living for individuals experiencing homelessness and behavioral health concerns	1009 Koala Ave, Omak	(509)826-8444		Must be enrolled in services at Okanogan Behavioral Healthcare
The Support Center	Shelter, referrals, advocacy, resource connection, and support for domestic violence and sexual assault survivors. Crime victim services.	619 2nd Ave South, Okanogan	24-hour crisis line: (888)826-3221, (509)826-3221, Fax: (509)422-1742	Crisis line 24 hours, Drop-in M-F 8 - 5	www.thesupportcenter.org

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Colville Indian Housing Authority	Housing assistance, elder home repairs	42 Convalescent Blvd, Nespelen	(509)634-2160	Mon - Thurs 7:00 - 5:30	www.colvilletribes.com/indian-housing-authority
Colville Low Income Energy Assistance Program (LHEAP)	Energy assistance, senior heating, food distribution	Nespelem	(509)634-2796	M-F 9:00 - 4:00	Affordable housing and housing for seniors and individuals with disability available www.oroVILLEhousingauthority.com
Oroville Housing Authority	Housing services, winter emergency shelter Nov-April, Migrant farm worker housing April-Nov	617 Hwy 97, Oroville	(509)476-3059	M-F 9:00 - 4:00	Affordable housing and housing for seniors and individuals with disability available www.oroVILLEhousingauthority.com
Cedarwood Apartments	Low-income, subsidized apartments	220 White Avenue, Winthrop	(509)996-2201		Income 50% of median income for Okanogan County, subsidized units at 30%
Garden Apartments	Low-income, subsidized apartments for Seniors	500 East 2nd Avenue, Twisp	(509)997-7962, info@okanoganhousing.org	10:00am - 12:00pm Monday - Friday	>62yrs, income less than 50% of median Okanogan county income www.okanoganhousing.org
IronStraw Agricultural Housing - Housing Authority of Okanogan County	Housing for agricultural workers	500 East 2nd Avenue, Twisp	(509)422-3721, info@okanoganhousing.org	Mon/Wed/Thurs 9:00am - 4:00pm	www.okanoganhousing.org
Methow Housing Trust	Affordable community homeownership program	31 West Chewuch Rd Suite 102, Winthrop	(509)996-5943	Mon/Wed/Thurs 8:00am - 4:30pm	www.methowhousingtrust.org
Riverview Apartments	Low-income, subsidized apartments	401 East 2nd Ave, Twisp	(509)997-5440		Income 50% of median income for Okanogan County, subsidized units at 30%
Salvation Army Emergency Assistance	Funds for lodging, food, gas, prescriptions, rental assistance, and utilities in emergency and disaster situations	315 South Lincoln Street, Twisp	(509)997-2025	Mon/Wed/Thurs/Fri 9:00am - 4:00pm	https://oomone.org/resources/salvation-army-emergency-assistance
Whispering Rivers Apartments	Low-income, subsidized apartments	209 Canyon St, Twisp	(509)997-0099		Income 50% of median income for Okanogan County, subsidized units at 30%
Ruth's House of Hope	Faith-based, 1 year live-in program for women	1019 Main St, Oroville	(509)476-HOPE or (509)476-4673, (509)476-HOME or (509)476-4663		
Community Action Council	Utilities, Shelter Assistance, food, clothing, gas vouchers, transit bus pass, and other essential needs	17 South Western Ave, Tonasket	(509)422-4041 or (877)641-0101, info@occa.com	Mon/Wed 8 - 4	

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Phone/Internet Assistance					
SafeLink Wireless	Access to mobile phones, wireless phone service, texting, and data service for low-income individuals		(800)723-3546		www.safeinkwireless.com Eligible with enrollment in SNAP, Medicaid, Veterans Pension, Social Security Income, Federal Public Housing/Section 8. Assurance Wireless not available in Okanogan county
Washington Telephone Assistance Program	Access to landline telephone services for low-income residents. Call individual area telephone company for specific application requirements		(800)700-8880		Must be a DSHS client.
Pet Services					
Okanogan Regional Humane	Free spay/neuter, pet food assistance, disaster assistance, emergency medical fund, animal surrenders/re-homing	398 Omak River Rd, Omak	(509)422-9960	9:00am - 3:00pm Monday-Wednesday	www.ok-humane.org

Community and Cultural Centers

- **Amercian Legion Posts**
- **Community Centers**
- **Lions Club**

Community and Cultural Centers

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
American Legion Posts					
American Legion Post 97	Activities, events, meals, and support services for Veterans and their families	102 E Main, Brewster	(509)689-3307, amerlegion97@outlook.com		
American Legion Post 84	Activities, events, meals, and support services for Veterans and their families	314 14th Ave, Oroville	(509)476-2761	Wed - Sun 1:00 - 8:00	
Community Centers					
Chelan Valley Hope	Community connections, helping individuals and families in crisis with emergency shelter, utilities and rent assistance, food and transportation vouchers, food, clothing, and other social and health services; enrichment, family, mental health, and educational programs	417 S Bradley St, Chelan	(509)888-2144, info@chelanvalleyhope.org	9:00am - 3:00pm Mon and Wed	www.chelanvalleyhope.org
Pateros-Brewster Community Resource Center	Community Resource Connection, case management, client advocacy, commercial kitchen project, pandemic assistance	169 Pateros Mall Suite A, Pateros	(509)923-7460		www.paterosresource.com Partnerships with Okanogan Behavioral Health Care, WorkSource, Economic Alliance, Family Health Centers, Okanogan Community Action Council, Housing Authority of Okanogan County, Okanogan Long Term Recovery and Room One
American Indian and Alaska Native Center	Headstart program	169 N End Omak Lake Rd, Omak	(509)634-2760		
Economic Alliance	Promotes economic development through planning, research, small business advising and development. Connects private businesses, county, local, and tribal governments	238 East Oak St, Okanogan	(509)826-5107	M-F 8:00 - 5:00	www.economic-alliance.com
Omak Longhouse - Colville Tribes	Community events and support		(509)978-9564		
The Cove	Utility assistance, rental assistance, minor car and home repairs, food bank, clothing, neighbors helping neighbors program	206 South Glover St, Twisp	(509)997-0227		www.thecovecares.com Services for low-income Methow Valley residents

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Methow Arts Alliance	Art center, events, classes, education	109 2nd Ave, Twisp	(509)997-4004	8:30am - 4:00pm Monday-Wednesday, 8:30am - 5:00pm Thursday & Friday	www.methowarts.org
Methow Net Community Board (Online)	Community resources, events, news, health, and education				https://methownet.com/index2.html
Methow Valley Citizens Council	Promotes health of Methow Valley by working towards building a strong community for the future	305 E Methow Valley Hwy, Twisp	(509)997-0888		www.mvccitizens.org
Methow Valley Community Center	Community events, community resources, gym, event spaces	201 State Route 20, Twisp	(509)997-2926	8am-5:30pm M-F 9am-2pm Sat from April-October; 10am-2pm on Sat from Nov-March	www.methowcommunity.org
Room One	Services and referrals, family and parenting support, youth programs, support groups and classes, food and supplies	315 South Lincoln Street, Twisp	(509)997-2050, info@roomone.org	Mon/Wed/Thurs/Fri 9:00am - 4:00pm	www.roomone.org
TwispWorks	Community Organization, events, business support	502 S Glover St, Twisp	(509)997-3300	9am-4pm Mon-Thurs, 9am-3pm Friday, 10am-3pm Saturday	www.twispworks.org
Royal Neighbors Chapter 9500	Women-led, community outreach, coat closet, support of youth	1308 Ironwood Rd, Oroville		Every 3rd Wed 11:30 - 2:00	
Community Cultural Center of Tonasket	Community events and activities - arts, recreation, and education	411 Western Ave, Tonasket	(509)486-0365	Tues/Thurs 9 - 3	www.communityculturalcenter.org
Lions Club					
Lions Club	Community organization, community service	302 S Whitcomb, Tonasket	(509)486-2653	2nd and 4th Wed	

Government Offices and Services

➤ **Local Government**

Government Offices and Services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Local Government					
Brewster Chamber of Commerce	Business and community support, events		(509) 593-0771, brewsterwachamber@gmail.com		www.brewsterwachamber.com
City of Brewster	Government services, public works, parks and recreation	105 S 3rd St, Brewster	(509)689-3464	8:00am - 4:00pm Monday-Friday	www.cityofbrewsterwashington.org
City of Chelan	Government services, public works, parks and recreation	135 E Johnson Ave, Chelan	(509)682-4037		www.cityofchelan.us
City of Pateros	Government services, events, public works, parks and recreation	113 Lakeshore Dr, Pateros	(509)923-2571	8:00am - 4:30pm Monday - Friday	www.pateros.com
City of Okanogan	City services, public works, parks and recreation	120 3rd Ave N, Okanogan	(509)422-3600	8:30 - 4:30 Monday - Friday	www.okanogancity.com
City of Omak	City services, public works	2 Ash St N, Omak	(509)826-1170	7:00 - 4:00 Monday - Friday	www.omakcity.com
Department of Social and Health Services (DSHS)	Financial assistance through TANF, Aged Blind and Disabled (ABD), Social Security Application Assistance and Advocates, Additional Requirements and Emergent Needs (AREN), Diversion Cash Assistance (DCA), Housing and Essential Needs (HEN), Refugee Cash Assistance (RCA)	130 Main St. S, Omak	(877)501-2233, askdsts@dshts.wa.gov	M-F 8:00 - 5:00	www.washingtonconnection.org
Omak Chamber of Commerce	Business services, community events	401 Omak Ave, Omak	(509)826-1880, omakchamber@gmail.com		www.omakchamber.com
Rotary Club of Okanogan-Omak	Community organization with an emphasis on supporting education and athletics	110 Ash St, Omak		Thurs 12:00	www.okanogan-omakrotary.org
Okanogan County	Government services, emergency response, COVID-19 response,	149 N 3rd Ave, Okanogan			www.okanogancounty.org
Colville Tribal Services	Social services, Indian Health Services, behavioral health, housing authority, government programs and services	21 Colville St, Nespelem	(509)634-2200		www.colvilletribes.com

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Town of Twisp	Town government, public works, parks and recreation	110 E 2nd Ave, Twisp	(509)997-4081	9:00am - 5:00pm Monday - Thursday	www.townoftwisp.com
Town of Winthrop	Town government	206 Riverside Ave, Winthrop	(509)996-2320	9:00am - 4:00pm Monday - Friday	www.townofwinthrop.com
Tonasket Chamber of Commerce	Community events and business support	215 S Whitcomb Ave, Tonasket	(509)486-4429		
Veteran's Services - Okanogan County	Administer a number of benefits and services for Veterans including VA benefits, pension, survivors' benefits, rehabilitation, employment assistance, education, and insurance coverage	1 Tonasket Shop Rd, Tonasket	(509)486-2121	Mon-Thurs 8 - 4:30, Fri 8 - 3	www.okanogancountyvets.com

Employment Services

- **Services**
- **Largest Employers**

Employment Services

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Northwest Center Employment Services	Employment opportunities, placement training, skill building for individuals receiving TANF or persons with disabilities	307 S Main St #5, Omak	(206)285-9140, (800)992-2060		
Vocational Rehabilitation	Assists people with disabilities to find suitable employment		(509)826-7571 or (509)826-7568		
Work Source	Education and employment services, life skills, and computer training	126 S Main St, Omak	(509)826-7310	M-F 8:00 - 5:00	www.skillsource.org

Largest Employers

Colville Confederated Tribes		Omak, Okanogan			Source: The Economic Alliance
Confluence Health,		Brewster, Omak, Winthrop Tonasket, Oroville			
Family Health Centers		Brewster, Pateros, Omak, Oroville, Okanogan, Tonasket			
Gebbers Farms		Brewster, Pateros, Winthrop, Twisp, Omak,			
Home Depot		Omak, Okanogan			
North 40		Omak, Okanogan			
North Valley Hospital		Tonasket			
Okanogan Behavioral Health		Omak, Okanogan			
Okanogan County/ Public Works		Omak, Okanogan			
Okanogan National Forest		Omak, Okanogan			
Okanogan PUD		Omak, Okanogan			

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Oroville Raman & Reload		Oroville			
Safeway		Ormak, Okanogan			
Sun Mountain Lodge		Winthrop			
Suntopa Fruit		Ormak, Okanogan			
Three Rivers Hospital		Brewster, Pateros, Okanogan			
Walmart		Ormak, Okanogan			

Education Resources

➤ Libraries

Education Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Libraries					
Brewster Public Library	Library, book check-out, public computers, printer/copies, educational events	108 S 3rd St, Brewster	(509)689-4046	10:00am - 6:00pm Mon - Wed, 10:00am - 2:00pm Thurs and Fri, 2:00pm - 6:00pm Sat	www.ncwlibraries.org/locations/brewster-public-library
Ornak Public Library	Book borrowing, public computers, education classes for adults and children	30 Ash St S, Ornak	(509)626-1820	Mon - Thurs 10 -6, Fri/Sat 10 - 5	www.ncwlibraries.org/locations/ornak-public-library
Wenatchee Valley College	Adult education classes, job skills, ESL	116 W Apple Ave, Ornak	(509)422-7952 info@wvc.edu	M-F 8:00 - 5:00 September - June	18yrs or older. \$20/\$25 fee per class www.wvc.edu
Twisp Public Library	Library, public computers, educational programs for kids and adults, free wifi, printing and copying	201 Methow Valley Hwy #1, Twisp	(509)997-4681	Tues/Wed 10am-7pm (Closed 2-3pm), Thurs-Sat 10am-2pm	
Oroville library	Book borrowing, book clubs, educational events	1276 Main St, Oroville	(509)476-2662	Tues/Wed 9 - 6, Thurs - Sat 10 - 2	
Tonasket Library	Book borrowing, public computers, free Wi-Fi, printer/copies	209 S Whitcomb Ave, Tonasket	(509)486-2132	Mon/Tues/Sat 10 - 2, Wed/Thurs 10 - 7, Fri 1 - 7	www.ncwlibraries.org/locations/tonasket-public-library

Community Safety Resources

- **Environmental Safety**
- **Fire and Emergency Management**
- **Law Enforcement**

Community Safety Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Environmental Safety					
Radon Testing	Free testing, quotes for mitigation		(509)202-4296, (800)299-3578		WA DOH Radon Information Sheet
Well Water Testing for Arsenic Information	WA DOH information on well water testing. Average cost \$20-\$35.		List of well water testing sites:		https://apps.ecology.wa.gov/laboratorysearch/ Arsenic and Well Water Information Sheet
Fire and Emergency Management					
Chelan County Fire Department	Emergency preparedness and response, fire safety, wildfire program	232 E Wapato Ave, Chelan	(509)682-4476		www.chelancountyfire.com
Douglas Okanogan Fire District 15	Emergency preparedness and response, fire safety, EMS	412 W Indian Ave, Brewster	(509)689-4041	24 Hours 7 days per week	www.docfd15.com
American Red Cross	Respond to local disasters/needs - food, clothing, emergency funds for victims of natural disasters	149 N 3rd, Okanogan	(509)422-3440	Mon - Thurs 10 - 6	www.redcross.org
Pateros Volunteer Fire Department	Emergency and fire response	191 Industrials Way, Pateros	(509)923-1962	24 Hours / 7 days per week	Sign up for alerts by phone/text/email by going to the website and "opt-in"
Okanogan County Emergency Management	Emergency and Disaster Response		(509)422-7206, em@co.okanogan.wa.us		www.okanogancounty.org/emergency-management
Okanogan County Long Term Recovery		Pateros	(509)733-0318, cartoncomplexrebuild@gmail.com		www.okanogancountyrecovery.com Recovery and rebuilding project for wildfire survivors
Methow Ready	Community disaster recovery, emergency preparedness, evacuation planning, education on insurance	Twisp	(509)449-0069, methowready@gmail.com		www.methowready.org
Okanogan County Fire District 6	Emergency preparedness and response, fire safety	234 W 2nd Ave, Twisp	(509)997-2981		www.okanogancountyfd6.com
Omak Volunteer Fire Department	Emergency preparedness and response, fire safety	8 N Ash St, Omak	Omak Fire Department		
Winthrop Fire Department	Emergency preparedness and response, fire safety	223 Engler Rd, Winthrop	(509)996-2227		

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Colville Reservation Emergency Alert System	Building closures, evacuation notices, road conditions, missing persons, severe weather, fire alerts				www.colvilletribes.com/alert Sign-up for emergency alerts from the website
Oroville Volunteer Fire Department	Emergency preparedness and response, fire safety	1300 Ironwood St, Oroville	(509)476-2582		
Tonasket Volunteer Fire Department	Emergency preparedness and response, fire safety	520 Western Ave, Tonasket	(509)486-2611		
Law Enforcement					
Brewster Police Department		105 3rd St, Brewster	(509)689-2331		
Chelan County Sheriff		207 N Emerson St, Chelan	(509)682-2588		
Okanogan County Sheriff		123 5th Ave, Okanogan	(509)422-7200		
Omak Police Department		8 N Ash St, Omak	(509)826-0383		Permanent Prescription drug take back site
Twisp Police Department		118 Glover St, Twisp	(509)997-6112 or (800)572-6604 after hours nonemergency line		
Winthrop Marshal's Office		206 Riverside Ave, Winthrop	(509)996-2160		
Oroville Police Department		1304 Ironwood St, Oroville	(509)476-2913		
Colville Tribal Police		25 Okanogan St, Nespalem	(800)551-5800		
US Customs and Border Protection		21 Shirley Rd, Oroville	(509)476-3622		

Occupational Harzard Resources

- **Water Testing**
- **Labor and Industries**

Occupational Hazard Resource

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Occupational Safety & Health Administration (OSHA)	Report any work-related severe or fatal injury	Nearest office: 300 Fifth Ave Suite 1260, Seattle	24-hour hotline 1-800-321-OSHA or (800)321-6742 or Seattle office (206)757-6677	24 hour reporting line	www.osha.gov/report
Labor & Industries State of Washington	Worker's health and safety, workers compensation, protection from hazardous jobs, safe work places		(800)547-8367 or (360)902-5800		

Legal Resources

➤ Legal Service

Legal Resources

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Legal Services					
CLEAR Legal Services	Legal help in civil matters for low-income households		(888)201-1014, Seniors: (888)387-7111		
Northwest Justice League	Legal assistance for low income individuals	300 Okanogan Ave Suite 3A, Wenatchee			www.nwjustice.org
Northwest Justice League	Legal assistance for low income individuals	646 Okoma Dr, Omak	(509)422-2345		www.nwjustice.org
Volunteer Attorney Services Chelan & Douglas Counties	Twice-weekly advice clinics, monthly Will and Estate clinics. Quarterly bankruptcy clinics		(509)663-2778		
Northwest Immigrants' Rights Project	Domestic Violence, Asylum, Family services, children & youth, Citizenship, DACA, Detention & Deportation Defense		(888)756-3641		
National Hispanic Family Health Helpline	Provides free reliable and confidential health information in Spanish and English to help callers navigate the health system		(866)783-2645		

Other Resources Directories

Name of Resource	Services	Location	Contact Information	Hours	Additional Information
Other Resources Directories					
WA211					www.wa211.org
Okanogan County					www.okanogancounty.org https://occac.com/resource-directory/