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 (360)632-7539 (call or text)

### Want to Stay Up-To-Date on Events, Articles, Research?

Sign up for our Newsletter mailing. There is a newsletter every month. The quarterly newsletter is packed with resources (local, state and federal), events, and up to date research/articles. The monthly newsletter is events and tips. Our Facebook page is updated almost daily with articles, events and tips on raising a child with special needs or supporting an adult with special needs.

Tiffany Wheeler-Thompson, Parent to Parent Coordinator  
 (360)632-7539 t.wheeler-thompson@islandcountywa.gov



<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>  
<https://www.facebook.com/islandcountyparent2parent/>

**Mission:** We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the next step.

**Vision:** All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.

Parent to Parent No Cost Services:

Support

Resources

Newsletters

Support Meetings

Educational Workshops

Social/Recreational Events

Presentations in our Community

Call/Text Tiffany (360)632-7539



Island County Disability/Special Needs Resource Guide, Autism Spectrum Resource Guide, Behavioral Health Directory and Island County Transition: School Age to Adulthood guides are available on our website.

Please let us know if you find an error, something out-of-date or want to add a resource. We do our best to keep it current. **Updated March 2022**



## Island County Disability Resource Guide



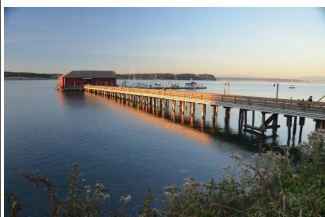
**Resources, information and support for families in  
 Island County, Statewide and throughout the region.**

They say “*It Takes A Village*”, but in our case,

## **“It Takes Two Islands”**

Navigating various complex systems can be overwhelming at times. Another way of saying “**You Don’t Know, What You Don’t Know**”. This guide can help you and your family on your journey.

We provide a comprehensive list of resources for families



with special needs/disabilities in Island County and in our region. Information on resources, opportunities & support in our community.

This Guide offers you choices, access, diversity, promote inclusion and supports available. If you have questions, please contact Tiffany Wheeler-Thompson with Island County Parent to Parent Program. .

For an online/printable version of this guide, visit our website at <https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

The website has archived newsletters as well as our resource guides for Disabilities, Behavioral Health and Autism.

### **Island County Autism Spectrum Disorder Resource Website**

Autism Partnership of Island County presents an Island County ASD website of resources for families. Have a concern? Need a screening? Need resources? Need support?

<https://www.pilotace.org/>

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Websites, Facebook Pages & Various Resources .....	30-31

Local County Developmental Disabilities Programs (Skagit, Snohomish, etc.) offer resource guides as well. Seattle Children’s Hospital offers webinars, toolkits and resources. We do our best to keep this guide up to date. Always call to check days and times. Services should not be considered an endorsement from Island County Government.

The Arc of Washington and Island County Developmental Disabilities are the Sponsoring agencies for the Island County Parent to Parent Program.



Tiffany Wheeler-Thompson, Island County Coordinator  
[t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

or call/text (360)632-7539

Resource Guides available on the Parent to Parent website:

- Island County Disability Resource Guide
- Island County Autism Spectrum Disorder Resource Guide
- Island County Behavioral Health Resource Guide
- Transition Services & Resources in Island County: School age to Adulthood. 2 versions available Quick Guide & In-Depth

[www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx](http://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)

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## Understanding the Bigger Picture

### Federal Government

#### SSI— Supplemental Security Income

\*Basic Living Allowance  
\*Linked to Medicaid  
\*Implemented by State Community Service Office (CSO)  
(800)772-1213

#### SSA—Social Security Administration

\*US Citizen  
\*Medically Disabled  
\*Apply at age 18 or younger based on income  
www.ssa.gov (800)772-1213

#### SSDI/DAC—Soc. Security Disability Insurance

\*Paid into system through employment  
\*Or based on parents  
\*Medicare  
(800)772-1213

### State Government

#### Department of Social and Health Services (DSHS)

#### DDA - Developmental Disabilities Administration

Can Apply at any age for:  
\*Early Intervention Services (Birth-3)  
\*Case Management  
\*DD Endowment Special Needs Trust \*Employment Support (as available)  
\*Supported Living Program  
\*Adult Family Home Referral  
\*Personal Care Services (if eligible)

Island County Region 2  
(800)788-2053  
(360)544-6539  
www.dshs.wa.gov/dda

#### HCS - Home & Community Services

Services seniors and adults with disabilities who do not qualify for DDA  
\*COPES (Physical Needs)  
\*MPC (Personal Care)  
Island County Region 3  
(866)608-0836  
<https://www.dshs.wa.gov/dda/consumers-and-families/home-and-community-based-waivers-hcbs>

#### Long Term Services & Info

\*Long Term Care Housing  
\*In-Home Care for Adults  
\*Caregiver Resources  
Northwest Regional Council  
(360)676-6749

#### CSO - Community Service Office

\*Medicaid  
\*Childcare  
\*Food Stamps  
\*Financial  
\*Employment/Training  
Island County (877)501-2233  
www.dshs.wa.gov

#### DVR - Division of Vocational Rehabilitation

Begins working with students in their final year of school preparation for employment  
(800)637-5627  
www.dshs.wa.gov/ddd

#### Local - Island County Developmental Disabilities

Contracts with Community Providers Include:  
Early Intervention Services (Birth—Three)  
Employment Providers (Job Development/Coaching)  
DD Coordinator Mike Etzell (360)678-7883

#### DSB

#### Department of Services for the Blind

Services to support home, school, mobility & employment.  
(800)552-7103 www.dsb.wa.gov

## Island County Human Services

This project was produced and distributed by Island County Human Services: Developmental Disabilities and the Parent to Parent Program.

Human Services provides the following programs: **(360)678-7880**

- Behavioral Health (360)678-2346
- Early Childhood (360)678-7054
- Veteran's Assistance (360)678-7328
- Housing Assistance and Support Center (360)678-8284
- Developmental Disabilities (360)678-7883
- Parent to Parent (360)632-7539
- Opioid Outreach and Substance Use Disorder (360) 678-8295
- Jail Transition

If you are feeling anxious, scared, or are in need of resources related to mental health, please call the **Island County Helpline** at: [360-678-2346](tel:360-678-2346)



## Advocacy

**Washington PAVE** (800)5-PARENT [www.wapave.org/](http://www.wapave.org/) PAVE works with families, individuals with disabilities, professionals and community members and with all types of disabilities.

**Washington Autism Alliance and Advocacy** (425)894-7231 Supportive network of families of children on the spectrum who help find providers and school services, as well as personal support. A free online Resource Directory [www.washingtonautismadvocacy.org/](http://www.washingtonautismadvocacy.org/)

**Office of Developmental Disabilities Ombuds** [www.DDOombuds.org](http://www.DDOombuds.org) (833)727-8900 Promotes the wellbeing of people receiving DDA services through resident-directed, person-centered support and complaint resolution.

**The North Sound Behavioral Health Ombuds** (360)416-7004 The North Sound BHO Regional Ombuds provide advocacy for anyone applying for or receiving public behavioral health services in Island County [www.nsbhaso.org/get-help/ombuds](http://www.nsbhaso.org/get-help/ombuds)

## Legal Assistance

**Northwest Justice Project CLEAR Hotline** (888)201-1014

Washington's toll-free, centralized intake, advice and referral service for low income people seeking free legal advice with civil (not criminal) legal problems.

**Disability Rights of Washington ( DRW)** (800)562-2702

[www.disabilityrightswa.org/](http://www.disabilityrightswa.org/) Legal services for disability rights violations, general information about legal rights

**WA Law Help** [www.washingtonlawhelp.org/](http://www.washingtonlawhelp.org/) Provides education, materials, tools and information for an array of legal issues, linking to programs and resources. Available in multiple languages. Part of NW Justice Project

**Benefits Law Center** [www.benefitslawcenter.org/](http://www.benefitslawcenter.org/)

Legal advocacy, physical & mental disability, DHAP & SSAP projects, Social Security, SSDI, SSI.

**Jones & Ibrahim** [www.seattledisabilitylaw.com/](http://www.seattledisabilitylaw.com/) (206)405-3240

Serving people with disabilities and their families. Estate planning, guardianship, special needs trusts, probates, benefits advocacy and special education.

## Federal Assistance

### Supplemental Security Income (SSI)

It is designed to help aged, blind, and disabled people, who have little or no income; and it provides cash to meet basic needs for food, clothing, & shelter.

<https://www.ssa.gov/ssi/>

(800)772-1213

Supplemental Security Income (SSI), a program administered by the Social Security Administration (SSA), pays benefits to disabled adults and children who have limited income and resources. A child younger than age 18 can qualify if his or her family's income and resources fall within the eligibility limits and he or she meets SSA's definition of disability for children. For some conditions, if the child is eligible based on the family's income and resources, SSI payments are granted right away, while the agency decides whether he/she meets the disability definition. If the agency decides that the child's disability is not severe enough for SSI, the family will not have to pay back the SSI payments that the child received. *Just a heads up, hold time can be very long. Try not to call at the beginning of the month.*

Social Security Administration (SSA): Eligibility Determination Office Locations

- Mount Vernon Office serves North Whidbey Island  
710 E College Way,  
Mt. Vernon 98275
- Everett Office serves South Whidbey Island and Camano Island  
3809 Broadway,  
Everett 98201

### **SSDI vs. SSI**

Social Security Disability Insurance	Supplemental Security Income
Payments come from the Social Security trust funds and are based on a person's earnings.	Payments come from the general treasury fund, NOT the Social Security trust funds. SSI payments are not based on a person's earnings.
An insurance that workers earn by paying Social Security taxes on their wages.	A needs-based public assistance program that does not require a person to have work history.
Pays benefits to disabled individuals who are unable to work, regardless of their income and resources.	Pays disabled individuals who are unable to work AND have limited income and resources.
Benefits for workers and for adults disabled since childhood. Must meet insured status requirements.	Benefits for children and adults in financial need. Must have limited income and limited resources.



Securing today  
and tomorrow

[SocialSecurity.gov](http://SocialSecurity.gov)

**Social Security Disability Insurance (SSDI)** (800)772-1213 Sometimes also abbreviated as SSD) is a Social Security program that pays monthly **benefits** to you if you become disabled before you reach retirement age and aren't able to work. Some people know it as "workers disability." <https://www.ssa.gov/planners/disability/index.html>

# WA State Assistance

## Department of Social Health Services (DSHS)

<https://www.dshs.wa.gov/> (877)501-2233



Washington State  
Department of Social  
& Health Services  
Island County Community Service Office  
(877)501-2233  
275 SE Pioneer Way #201  
Oak Harbor, WA 98277

Each administration within DSHS has a refined focus on this mission.  
Individually we have the following missions:

- 1) Aging and Long-term Support Administration – to transform lives by promoting choice, independence and safety through innovative services.
- 2) Behavioral Health Administration – to transform lives by supporting sustainable recovery, independence and wellness.
- 3) Developmental Disabilities Administration – to transform lives by creating partnerships that empower people.
- 4) Economic Services Administration – to transform lives by empowering individuals and families to thrive.
- 5) Rehabilitation Administration – to transform lives by creating pathways for self-sufficiency through meaningful partnerships, employment, new opportunities and effective rehabilitation.
- 6) Financial Services Administration – to transform lives by promoting sound management of Department resources.
- 7) Services and Enterprise Support Administration – to transform lives by helping those who serve succeed.

<https://www.dshs.wa.gov/disability-support>

# Apoyo para Familias en Español

PAMI Padres Apoyando Motivando Informando (Grupo de apoyo para familias de niños con necesidades especiales). Laiza Ramos (787)529-6788

[pamiespanol@gmail.com](mailto:pamiespanol@gmail.com)

la Coordinadora para la comunidad Latina (360)416-7570 Skagit

la Coordinadora para la comunidad Latina: (360) 255-2056 x 2 Whatcom

la Coordinadora para la comunidad Latina: (425)258-2459 xt 114 Snohomish

Los programas de apoyo de Padres a padres ofrecen apoyo emocional e información a las familias de niños con diferencias y retrasos del desarrollo o enfermedades crónicas. Toda su información se mantiene confidencial.

Servicios ofrecidos:

- Apoyo emocional para familias de niños con diferencias del desarrollo por padres/madres voluntarios.
- Actividades sociales y de recreación en nuestra comunidad - gratis.
- Visitas de/citas con la coordinadora para la comunidad hispana, individualizadas para su familia.
- Boletín de noticias y recursos en español por correo postal o correo electrónico.
- Promoción social con participación de la comunidad en la inclusión de las personas con retrasos del desarrollo.

Información y herramientas que pueden ayudarle a cuidar a su hijo(a) que padece de una condición crónica física, de desarrollo, de comportamiento o emocional.

Social Security Administration <https://www.ssa.gov/espanol/agencia/contacto/>

Developmental Disabilities <https://www.ssa.gov/espanol/agencia/contacto/>

Island County Spanish Resource Manager (425)977-6636

## Open Doors for Multicultural Families

(253) 216-4479

Arabic, Mandarin, Cantonese, Korean, Russian, Somali, Spanish and Vietnamese  
Ensuring families with family members with developmental/intellectual disabilities and special health care needs have equal access to culturally and linguistically appropriate information, resources and services.

Información  
en  
Español

## Sensory Friendly Opportunities

Always call ahead to verify dates and times

**Swimming - Sensory Splash at Oak Harbor Pool:** Sensory Splash is a swim time dedicated to community members with special needs and their families. Sundays: 11:15am-12:15pm Special Admission Price: \$3 per person (360)675-7665

**Movies**—Sensory Friendly AMC Movies at Cascade Mall, Burlington. Family movies offered on the 2nd and 4th Saturday mornings and PG13 and up movies offered on the 2nd and 4th Tuesday nights. Sounds are turned down, lighting is slightly on. Check website or call for times and movie listings. (360)707-2727

**Chuck E Cheese**—Sensory Sensitive Sundays. Cascade Mall, Burlington Opens early for this opportunity. 9-11am on the 1st Sunday of the month for families with autism and other disabilities. Lights are dimmed, limited appearances by Chuck E Cheese, less crowding and noise. (360)755-1901

**Morrison Gymnastics Academy**, Mt. Vernon. Come run, jump and play at our special needs open gym! Mobility, stability and sensory stations will be available. 1st Saturday of the month, 1-2pm \$5 entry. (316)655-3014

**Pacific Science Center**, Seattle—Explorations for All. Free admission with morning or evening opportunities on the 2nd Saturday of the month. Experience our exhibits without heavy crowds when we have softened general lighting and decreased the noise level and visual stimulation on interactive exhibits wherever possible. (206)443-2001

**Point Defiance Zoo & Aquarium** in Tacoma offer Free Days for seniors and people with disabilities on the 3rd Tuesday of the month. Don't forget to check out their sensory bags during your visit. (253)404-3800

**The Paramount Theater**, Seattle offers a Sensory Friendly performances on occasion. (206)682-1414

**Woodland Park Zoo** Seattle. <https://www.zoo.org/access>  
Zoo for All! (206)548-2500 Sensory maps and planning tools available.

Always call ahead to verify dates and times. During 2020 most places were shut down or modified and many continue in 2022. Always double check before you venture out.

## Developmental Disability Administration (DDA)

(formally DDD) A division of DSHS. Assists individuals with developmental disabilities and their families to obtain services and supports based on individual preference, capabilities and needs. Services are based on DDA guidelines and available funding.



Island County - Region 2  
Oak Harbor Outstation,  
275 SE Pioneer Way, Suite 203  
(360)544-6543

DSHS Statewide Disability Support  
[www.dshs.wa.gov/disability-support](http://www.dshs.wa.gov/disability-support) [www.dshs.wa.gov/dda](http://www.dshs.wa.gov/dda)

State/Island County Region 2: (800)788-2053

Eligibility and Intake: (425)977-6520

General Questions: (360)544-6539

Island County Developmental Disabilities program  
<https://www.islandcountywa.gov/Humanservices/Pages/ddp.aspx>

coordinates, funds, and manages local services for children from birth to three and for adults 21 and over who have developmental disabilities. We work actively with families, schools, the business community, as well as local, state, and federal governments to facilitate full contribution for all citizens who experience developmental disabilities.

Our underlying belief is that all individuals with developmental disabilities have the skills, interests, and talents to enhance their community and have a responsibility to do so. We also know that employment is a powerful way to contribute both to the larger community as well as to continue to grow and learn.

To contact the coordinator for Island County Developmental Disabilities please call or e-mail **Mike Etzell** at (360) 678-7883 or [MikeEt@islandcountywa.gov](mailto:MikeEt@islandcountywa.gov)

# Who do you call when you have a concern about your child's development?

## Ages Birth until 3rd Birthday

### Whidbey Island

Call Toddler Learning Center

(360)679-1039

### Stanwood/Camano Island

Call Sherwood Community Services

(425)334-4071

## Ages 3-21 Call Your Local School District

### South Whidbey Island

South Whidbey  
School District

Special Education Office  
(360)221-6808 x 2206

### Central Whidbey Island

Coupeville School District

Special Services

(360)678-2420

### North Whidbey Island

Oak Harbor School District

Hand in Hand Ages 3-5  
(360)279-5928

Special Education Office  
Ages 5-21 (360)279-5073

### Stanwood/Camano Island

Stanwood/Camano Island  
School District

Special Education Office

(360)629-1236

## Washington State Park Discover Pass

<http://www.discoverpass.wa.gov/131/Exemptions>

Disability placards or license plates- The Department of Licensing issues Washington state disability permits and license plates, and holders of these are exempt from needing the Discover Pass on State Parks lands. Holders of these permits and plates will need the Discover Pass to access lands managed by WDFW and DNR. Free WA State Park Days offered throughout the year.



## National Parks and Federal Recreational Lands Pass

[www.nps.gov/findapark/passes.htm](http://www.nps.gov/findapark/passes.htm) Access Pass for free admission to National Parks and Federal Recreational Lands for U. S. Citizens or permanent residents with permanent disabilities. The pass may be obtained in person at a federal recreation site or through the mail using the application form on website.

## ADA Access: Accessing Washington's Outdoors for Persons with Disabilities



[www.wdfw.wa.gov/accessibility/](http://www.wdfw.wa.gov/accessibility/) Washington State is recognized for its wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statutes, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. **Trustland Trails located is near the intersection of Hwy 525 & Craw Rd (Langley)**

## Fishing Licenses [www.fishhunt.dfw.wa.gov/wdfw/disability\\_apps.html](http://www.fishhunt.dfw.wa.gov/wdfw/disability_apps.html)

The following are eligible for a combination fishing license (fresh water, salt water, and shellfish) and/or hunting license at a discounted rate. Resident who permanently uses a wheelchair as certified by the doctor, blind or visually impaired, developmental disability as determined by DSHS authority or physicians signature.



**Skagit Adult Day Programs** (360)293-4466 Anacortes Gentry House, (360)755-1235 Burlington Bradford House. A supervised daytime program where adults with special needs can participate in a supportive group setting.

## Outdoors for All (206)838-6030 <https://outdoorsforall.org/>

To enrich the quality of life for children and adults with disabilities through outdoor recreation.

## Recreation



**Special Olympics of Washington** <http://specialolympicswashington.org/>



**Special Olympics**

Olympics programs for children and adults with intellectual disabilities who love sports and want the challenge of competing with their peers. The programs run year round offering competition in several sports. The goal is to provide a physical fitness with an emphasis on sportsmanship, friendships, and FUN!

South Whidbey Coordinator –Mike Etzell (360)678-7883 (Basketball)

North Whidbey Coordinator – Chris Becker (360)320-2549

[wispecialolympics@gmail.com](mailto:wispecialolympics@gmail.com) (Bowling, Basketball, Track, Cycling Bocce Ball)

Stanwood Regional Coordinator - Punkie Doyle [snohomishad@outlook.com](mailto:snohomishad@outlook.com)



**Challenger Division Baseball:** Through North Whidbey Little League but waivers available for south end families. Ages 5-18 experience the joys of baseball. Learn the fundamentals at your own pace.

**Art as a Way** Carol Way [carol@artsaway.org](mailto:carol@artsaway.org)

(360)730-1135

Teaching life skills through art. DDA respite funds accepted.

**Sensory Splash at Oak Harbor Pool:** (360)675-7665

Sensory Splash is a swim time dedicated to community members with special needs and their families. Call to verify dates and times.



**Hope Therapeutic Riding Program** (360) 221-7656

<http://www.hope-whidbey.org/> Physical, cognitive or emotional - to discover their abilities, independent skills and explore their potential through use of our nationally accredited safe and effective equine-assisted activities and therapy .

**Senior Centers / Camano Center** (360)387-0222

Offers support, resources and a variety of classes and events throughout the year..

Camano (360)387-0222 OH (360)279-4580 South Whidbey (360)321-1600

Anacortes (360)293-7473 The **Time Together Adult Day Program** is a for seniors and adults (ages 18 & up) that have cognitive or physical disabilities. Participants enjoy a social, fun, engaging program that is designed for everyone to experience “successful moments” in a comfortable and safe environment. All staff and volunteers are trained in Positive Approach to Care. DDA funding accepted

## School Districts and Child Find

Each Island County School District provides evaluation and services for children beginning at age three. If a delay is suspected in any of the five areas (cognition, communication, fine motor, gross motor and/or social emotional) the school district will provide an interdisciplinary evaluation. Eligible children will be provided a program with an Individualized Education Plan (IEP).

**Special Education Department**

Oak Harbor School District (360)279-5073

Coupeville School District (360)678-2420

South Whidbey School District (360)221-6808 xt 2206

Stanwood/Camano Island School District (360)629-1236



South Whidbey School District Resource: Readiness to Learn Foundation  
(360)221-6198 xt 4602 Langley

## Early Intervention

**Early Intervention**



**Early intervention** is a system of services that helps babies and toddlers with developmental delays or disabilities. Early Intervention provides a free screening to all families that suspect a delay or disability. No referral needed.

**Department of Children, Youth and Families (DCYF)** Information and resources for children's first and most important teachers— parents—as well as others who care for and teach young children. Early Support for Infants and Toddlers (ESIT) - Ages birth -3 years Provides services to children birth to 3 who have disabilities and/or developmental delays. Eligible infants and toddlers and their families are entitled to individualized, quality early intervention services in accordance with the federal Disabilities Education Act (IDEA), Part C.

**Toddler Learning Center:** Ages Birth to Three Whidbey (360)679-1039

**Sherwood Community Services:** Ages Birth to Three Camano (425)334-4071

**Within Reach / Parent Help 123**

Help Me Grow, ParentHelp123 [www.parenthelp123.org](http://www.parenthelp123.org) (800) 322-2588

Provides free developmental screening, connections to early learning and family support services, referrals to early intervention for developmental delays, and family support in English and Spanish to families across Washington.

# Special Education Law (IDEA)

US Department of Education: Building the Legacy: IDEA 2004. Ages 0-21 years <http://idea.ed.gov/>

The Individuals with Disabilities Education Act (IDEA) is a law ensuring services to children with disabilities throughout the nation. IDEA governs how states and public agencies provide early intervention, special education and related services to more than 6.5 million eligible infants, toddlers, children and youth with disabilities. Infants & toddlers with disabilities (birth-2) and their families receive early intervention services under IDEA Part C. Children and youth (ages 3-21) receive special education and related services under IDEA Part B.. See website for full definition.

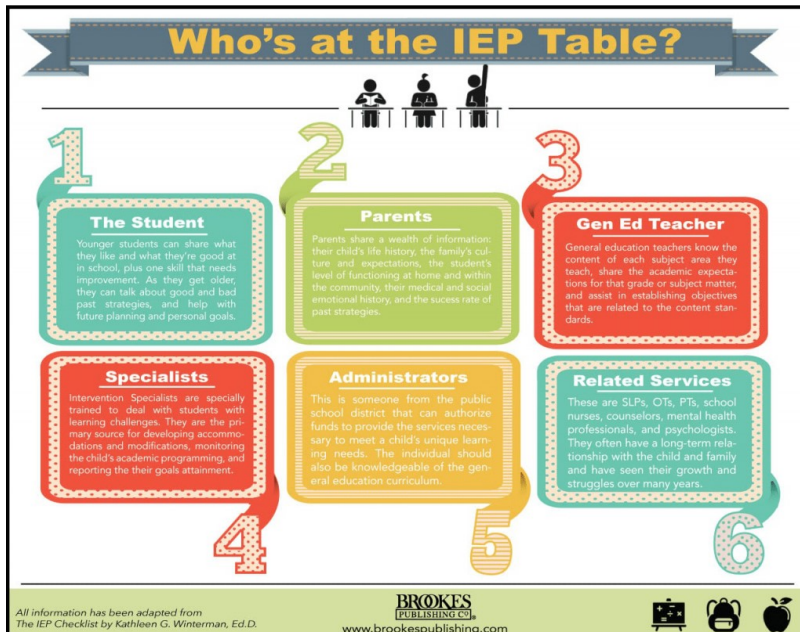
## Office of Superintendent of Public Instruction– Special Education

**(360)725-6075** Special Education serves approximately 143,000 eligible students in Washington state. Children with disabilities have access to a free and appropriate public education. <https://www.k12.wa.us/student-success/special-education>

## Office of Special Education Programs (800)872-5327

<https://www2.ed.gov/about/offices/list/osers/osep/index.html>

US Department of Education: The Office of Special Education Programs (OSEP) is dedicated to improving results for infants, toddlers, children and youth with disabilities ages birth through 21 by providing leadership and financial support to assist states and local districts.



- ◇ Informing Families [www.informingfamilies.org](http://www.informingfamilies.org) (FB)
- ◇ ARC Of Washington and Parent to Parent [www.arcwa.org](http://www.arcwa.org) (FB)
- ◇ Island County Parent to Parent [www.islandcountywa.gov/humanservices/pages/parent-to-parent.aspx](http://www.islandcountywa.gov/humanservices/pages/parent-to-parent.aspx) (FB)
- ◇ ARC of Snohomish County [www.arcsno.org](http://www.arcsno.org) (FB)
- ◇ ARC of Whatcom County [www.arcwhatcom.org](http://www.arcwhatcom.org) (FB)
- ◇ Disability Support with DSHS [www.dshs.wa.gov/disability-support](http://www.dshs.wa.gov/disability-support)
- ◇ Washington Autism Alliance and Advocacy [www.washingtonautismalliance.org](http://www.washingtonautismalliance.org)
- ◇ Senior Services of Island County [www.senior-resources.org](http://www.senior-resources.org) (FB)
- ◇ Washington PAVE [www.wapave.org](http://www.wapave.org) (800)5PARENT (FB)
- ◇ WA State Father's Network [www.fathersnetwork.org](http://www.fathersnetwork.org) (FB)
- ◇ Readiness to Learn (360)221-0484 [www.readinesstolearn.org/](http://www.readinesstolearn.org/) (FB)
- ◇ Ed Wiley Autism Acceptance Lending Library Stanwood (425)791-0869
- ◇ WA State Long Term Care Ombudsman (800)562-6028
- ◇ Senior Aging and Disability Resource So. Whidbey (360)221-1600  
No Whidbey (360)675-0311 Camano (360)387-6201
- ◇ CADA—Citizens Against Domestic and Sexual Abuse (360)675-7057
- ◇ NAMI –National Alliance Mental Illness in WA [www.namiwa.org/](http://www.namiwa.org/) (FB)
- ◇ Whidbey Island Macaroni Kid Activities/events for families on Whidbey [www.whidbeyisland.macaronikid.com/](http://www.whidbeyisland.macaronikid.com/) (FB)
- ◇ Understood– Learning Disabilities [www.understood.org](http://www.understood.org) (FB)
- ◇ Learning Disability Association of Washington [www.ldawa.org/resources/](http://www.ldawa.org/resources/)
- ◇ Disability Rights of Washington [www.disabilityrightswa.org](http://www.disabilityrightswa.org)

(FB) indicates Facebook page

## Helpful Websites/Facebook Pages

**Within Reach / Parent Help 123/Help Me Grow** (800) 322-2588

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

Within Reach provides free developmental screening, connections to early learning and family support services, referrals to early intervention for developmental delays, and family support in English and Spanish to families across Washington.

**Washington Connections** <https://www.washingtonconnection.org/home/>

Offers a fast and easy way for families and individuals to apply for a variety of services such as food, Cash, Childcare, Long Term Care and Medical Savings Programs. Individuals that are age 65 or older, blind or disabled may also apply for medical assistance.

**Washington Listens** <https://www.walistens.org/>

(800)681-0211

Provides no-clinical support to people who feel sad, anxious, stressed due to COVID19. WA Listens is free and anonymous.

**Opportunity Council** <https://www.opcco.org/>

(800)317-5427

Agency serving homeless and low-income families and individuals with basic needs such as food and housing; emergency shelter, rental assistance, referrals for affordable housing, food and nutrition, home and energy assistance, home repair, weatherization.

**Community Resource Center** of Stanwood & Camano Island [www.crc-sc.org/](http://www.crc-sc.org/)  
(360)629-5257 Assistance with food vouchers, assistance to avoid homelessness, financial utility assistance and vehicle/fuel assistance.

**The Family Helpline** (800)932-4673 Call this number from anywhere in Washington and access the online resource database anytime 24/7 for parenting information, family support, referrals to community classes, services and resources

**Washington 211** <https://wa211.org/> Call 211 and you will be connected at no cost, to critical health and human services in their community.

**Open Doors for Multicultural Families**

(253) 216-4479

Arabic, Mandarin, Cantonese, Korean, Russian, Somali, Spanish and Vietnamese Ensuring families with family members with developmental/intellectual disabilities (FB)

**Center on Human Development and Disability**

(206)543-7701

<https://depts.washington.edu/chdd/> University of Washington The Center on Human Development and Disability (CHDD) is one of the nation's largest and most comprehensive interdisciplinary service, research, and training centers focusing on children and adults at risk for or who have established developmental disabilities.

## Special Education Advocacy

**Washington State Governor's Office of the Education Ombudsman**

<http://oeo.wa.gov/> (866) 297-2597 Email: [OEOfinfo@gov.wa.gov](mailto:OEOfinfo@gov.wa.gov)

The role of the Office of the Education Ombudsman is to:

- Listen to concerns and perspectives • Advocate for consumer access to fair processes • Ensure focus is on positive student outcomes • Resolve complaints through alternative dispute resolution techniques • Collect data, identify trends, and report recommendations to policy makers and elected officials to improve educational access and outcomes for students



Learning Knows No Bounds

**Special Education Ombudsman** (360)725-6075

<http://www.k12.wa.us/SpecialEd/Families/Assistance.aspx>

**Washington PAVE** – Partnership for Action. Voices for Empowerment

<http://wapave.org/> (800)5-PARENT

PAVE is a parent directed organization that works with families, individuals with disabilities, professionals and community members in all walks of life and with all types of disabilities. Since 1979, PAVE has provided information, training and support for over 1,000,000 individuals with disabilities, parents and professionals. email: [pave@wapave.org](mailto:pave@wapave.org)

**Washington Autism Alliance and Advocacy**

<http://www.washingtonautismadvocacy.org/updates/> (425)894-7231

WAAA provides access to a supportive network of families of children on the spectrum who help find providers and school services, as well as personal support. A free online Resource Directory includes statewide Autism services of all types with personal recommendations from member families. .

**Wright's Law**

<http://www.wrightslaw.com>

[webmaster@wrightslaw.com](mailto:webmaster@wrightslaw.com)

Information about special education law, education law and advocacy for children with disabilities.

**Yellow Pages for Kids with Disabilities**

<https://www.yellowpagesforkids.com/help/wa.htm>

## Post Secondary

### Skagit Valley College

(360)416-7623

INVEST Fast Track Employability Certificate: The INVEST program is designed to address the unique academic and employment needs of post-secondary students with intellectual disabilities. INVEST students may earn a 1 or 2 year local employability certificate. INVEST courses focus on academic enrichment, inclusive socialization and recreation, assistive technology, self-advocacy, independent living skill development, career exploration and integrated work experiences. Contact the Director of Disability Services for more information “Individualized Next Step Vocational Education and Social Skills Training” (INVEST)

WSU ROAR (Responsibility Opportunity Advocacy and Respect) is a two-year inclusive postsecondary education program for students with intellectual and developmental disabilities (I/DD). A few highlights include: Individualized programs of study in education. Individualized social skills classes. Individualized vocational training. Students live communally on the Pullman campus. Students complete WSU audit courses with same-aged peers. eWSU ROAR is an approved Comprehensive Transition Program (U.S. Department of Education).

## Employment Assistance

### Division of Vocational Rehabilitation (DVR)

360-240-4732 OH

Helps individuals with disabilities participate fully in their communities and become employed. Provides individualized employment services and counseling to people with disabilities. Also provides technical assistance and training to employers about the employment of people with disabilities. (800)637-5627

### Service Alternatives

(800)292-6697

Community & Employment Services (CES), a division of Service Alternatives, Inc., provides a multitude of services designed to support people finding and keeping meaningful employment in their communities.

### Washington Vocational Services (WVS)

(360)419-0910—Burlington

(425)774-3338—Everett Provides employment services to persons with a variety of disabilities while specializing in services to person who are deaf or hard of hearing and person with disabilities who desire customized employment services.

### Sherwood Community Services

(425)334-4071

Sherwood never stops believing in the abilities and potential of people.

## Child Care/ Home Care/Respite

Childcare Subsidy Program (877)501-2233 The Working Connections Child Care program pays for child care subsidies to eligible households with parents who are working or are participating in a DSHS approved work activity.

Child Care Aware of NW Washington (360)734-8396 xt 227 or (888)444-1862 xt 227 A community services that works with parents/families, early childhood educators, businesses and community organizations to help promote the availability of high quality early care and education programs in Island County.

Child Care Action Council <http://www.ccacwa.org/> (800)446-1114



### Home Care Referral Registry of Washington State

Island County (360)707-2368 The Home Care Referral Registry is customized internet-based system operated by local registry offices across Washington State. It is designed to assist seniors, individuals with developmental disabilities, their families and representatives to find pre-screened home care workers that best meet their personal and respite care needs.

### All Ways Caring-ResCare HomeCare

(360)240-0044 Oak Harbor (360)331-7441 S Whidbey Respite care offers family caregivers temporary relief from care for Individuals with various needs.

### All Heart Agency (360)969-3553

Provides quality support services for people with developmental disabilities.

Visiting Angels (888)264-3528 We assist people in Whatcom, Skagit, Island, San Juana and Snohomish County. We are a non-medical franchise agency and not a nursing agency. It is our job to assist people.

### A Better Solution –In Home Care

Camano (866)669-4510

### Home Care Agency– Sunrise Services Oak Harbor

(360)336-0798

Keeping independence and the comforts of home a reality

### Exceptional Family Members (EFMP) Respite Care (800)424-2246

This program is a partnership specifically designed for EFM families identified as Category IV or V. EFMP Respite Care will help Navy families with children with special needs by providing respite care. For Navy Active Duty and Reserve on Active Duty, children must reside with the service member.



# Caregiver/Kinship Support

## **Kinship Caregiver Services (part of Northwest Regional Council**

[www.nwrcwa.org/kinship-caregiver-services/](http://www.nwrcwa.org/kinship-caregiver-services/)

(800) 317-5427 or (360) 676-6577

Grandparents and other family members raising a relative's child are known as Kinship Caregivers. Kinship Navigators connect Caregivers with community resources, including healthcare, financial and legal services, support groups and emergency funds. Almost all Kinship Care families qualify for some benefits. AARP GrandFacts: State fact sheets for grandparents and other relatives raising children <http://www.aarp.org/relationships/friends-family/grandfacts-sheets/>

## **Washington State Department of Social and Health Services Kinship Care**

<https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care> The financial, legal, and emotional issues of raising a relative's child can be challenging. Services and support when raising a relative's child can be a lifesaver. Getting answers to questions and finding services, programs, and support can be confusing and overwhelming. Benefit Finder, Health Resources: Food Assistance, Summer Meals Program, Family Health Hotline, Health Insurance Program,

**Family Caregivers Support Program** at Island Senior Resources Coupeville (360)678-4886, SW (360)321-1600, OH (360)675-0311, Camano (360)678-4886

**Siblings Guide to Autism** <https://www.autismspeaks.org/tool-kit/siblings-guide-autism>



**Autism Research Institute: Siblings:** <https://www.autism.org/category/webinar/siblings/>

**Sibling Support by Organization for Autism Research** (OAR) booklets for parents, autism siblings, and self-advocates: <https://researchautism.org/>

**The Sibling Experience** packet, video and info for siblings, by Sesame Street: <http://autism.sesamestreet.org/brothers-and-sisters>

**Grandparent's Guide to Autism** and **Friend's Guide to Autism** <https://www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care>

**A Friends Guide to Autism** <https://www.autismspeaks.org/tool-kit/friends-guide-autism>

## **WorkSource Whidbey**

(360)675-5966

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

# Health Insurance Access

\*Most Apple Health providers also offer free cellphones

## **Washington Health Plan Finder**

<https://www.wahealthplanfinder.org/content/Homepage.html>

1-855-923-4633; TTY 1-855-627-9604

WAHealthPlanFinder.org is the official insurance exchange for Washington State use this site to apply for Apple Health for Kids, Medicaid, and Affordable Care Act (ACA) health plans.

## **Health Care Authority/Apple Health/Medicaid**

<http://www.hca.wa.gov/> (800)562-3022  
Managed Care Health Plans offered by Apple Health  
Amerigroup (800)600-4441

Community Health Plan of WA (800)440-1561

Coordinated Care Corp (877)644-4613

Molina Healthcare of WA (800) 869-7165

United Healthcare Community Plan (877)542-8997

## **ParentHelp123/ Within Reach**

<https://www.parenthelp123.org/>

(800) 322-2588 ParentHelp123.org is operated by the statewide non-profit Within Reach, and helps Washington State families. Use their Benefit Finder to apply for health insurance, food assistance programs and more.

## **Opportunity Council**

(360) 679-6577 (800) 317-5427

1791 NE 1st Ave. Oak Harbor, 98277 Connects people with community resources to help meet basic needs such as health insurance, food and housing.

## **State Health Insurance Benefits Advisors SHIBA**

(800)562-6900

To promote understanding about Medicare, Medicare Supplement Insurance, Long-term care insurance, consumer protection, and general health insurance topics. Consultations are free.

## **Washington State Insurance Commissioner**

(800)562-6900

**Tricare** Military Medical Insurance

(844)866-9378



## Area Hospitals

**Whidbey Health** (360)678-5151 101 N Main Street, Coupeville

**Island Hospital** (360)299-1300 1211 24th Street, Anacortes  
Resource Center (360)299-1397

**Providence Regional Medical Center Everett:**

Colby Campus (425)261-2000 1700 13th Street, Everett  
Pacific Campus (425) 261-2000 916 Pacific Avenue, Everett

**Skagit Valley Regional Hospital** (360)424-4111 Mt Vernon



**Seattle Children's Hospital** (206)987-2000

<http://www.seattlechildrens.org/> 4800 Sand Point Way NE, Seattle, WA 98105

**University of Washington Medical Center** (206)520-5000

<https://www.uwmedicine.org/locations/uw-medical-center>

## Health Department

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



Whidbey Island (360)678-7940 Camano (360)629-4522 xt7940

**Island County Public Health** Main (360)678-5111

Coupeville and Camano Offices

## Financial Assistance with Medical Care

**Safe Harbor Free Clinic**

Stanwood (425)870-7384

Free health care and referral service for those underinsured.

**North Whidbey Medical Help** (Formally Medical Safety Net of N. Whidbey)

Zip codes 98277 & 98278 only (360)675-0681

**Small Miracles Medical Support Fund**

Coupeville (360)672-5651

**Friends of Friends Medical Support Fund**

S. Whidbey (360)221-4535

**Kids Health** <http://kidshealth.org/>

Kids Health provides families with perspective, advice, and comfort about a wide range of physical, emotional, and behavioral issues that affect children and teens.



## Support/Social/ Advocacy Groups

**Coffee & Conversations**

(360)632-7539

**Virtual** option- Daytime and Nighttime versions to meet new people on a similar journey, ask about resources and/or support, or just chat about life. To receive the Zoom link, email [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

**Parent to Parent Virtual Office Hour** Pop in on Zoom to ask questions, find resources, seek support, referrals, match up with another family on a similar journey and more. Email [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov) to receive zoom link.

**NAS Whidbey Island: Exceptional Family Member Program EFMP**

(360)527-5266 Resource, information and support group for military families

**Padre Apoyando Motivando Informando PAMI**

(787)529-6788

Spanish Support Group. Aptitude Habilitation Services. Childcare offered with RSVP when not virtual. [pamiespanol@gmail.com](mailto:pamiespanol@gmail.com)

**People First of Washington:**

(360)720-4918

Support and advocacy for adults with disabilities that meets monthly for support, advocacy skills and social events. Email Diane [pmmdfm@cablespeed.com](mailto:pmmdfm@cablespeed.com)

**Heritage Adventurers**

(360)321-5748

A friendship group for adults 18 and over that meets for outings and events. Various disabilities and different ways of learning make it a fun group.

**Washington Father's Network:** <https://fathersnetwork.org/>

Mike Etzell (360)678-7883 Information and resources for fathers raising a child with special needs.

**Flying Fingers Deaf & Hard of Hearing Social** (360)221-0383

Langley Contact Susan for more details. They meet the 1st Friday of the Month.

**Family Caregivers Support Program** Coupeville (360)678-4886, SW (360)321-

1600, OH (360)675-0311, Camano (360)678-4886

\*\*Most of these support groups have a Facebook Page as well. Island County Parent to Parent, PAMI and WA Father's Network. Great resources, information and support offered on these pages.

# Family Support

**Parent to Parent of Island County (P2P)** (360)632-7539

<https://www.islandcountywa.gov/Humanservices/Pages/ddp.aspx>

Emotional support and information to families of children with developmental disabilities, delays, and ongoing health care needs. Trained Helping Parents who parenting experiences match yours as closely as possible. \*See Padres a Padres

- Emotional support for parents of children with disabilities and chronic illnesses.
- Information and referrals to community resources.
- Trained Helping Parents whose parenting experiences match yours as closely as possible.
- Social and recreational events.
- Current information on disabilities, medical conditions and community resources.



Island County Parent to Parent:

Tiffany Wheeler-Thompson, Coordinator

(360)632-7539 (call/text)

Email: [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

**Island County Special Health Care Needs Nurse**

**Whidbey Island (360)678-7940 Camano (360)629-4522 xt7940**

A program of Seattle Children's Hospital. And Department of Health. Information for families and professionals focusing on children with special healthcare needs who have chronic physical, developmental, behavioral or emotional conditions. They provide: Information and resources, Program evaluation and needs assessment, Health education and training, Finding support and making connections

<https://www.doh.wa.gov/YouandYourFamily/InfantsandChildren/HealthandSafety/ChildrenwithSpecialHealthCareNeeds>

# Center of Excellence Providers

**Certified Autism Diagnostic Clinics**

**Pediatric Associates of Whidbey Island**

<https://www.pediatricsofwhidbey.com/>

North (360)675-5555 275 SE Cabot #B102, Oak Harbor

South (360)331-1314 or (360)678-6848 1690 Layton Rd, Freeland

**Connections Psychology** (206)718-0906 Dr. Julie Davies

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

**Seattle Children's Autism Center** (206)987-8080

<https://www.seattlechildrens.org/clinics/autism-center/>

**University of Washington Autism Center** (877)408-UWAK

<https://depts.washington.edu/uwautism/>

**Island County Autism Spectrum Disorder Resource Website**

Autism Partnership of Island County presents an Island County ASD website of resources for families. Have a concern? Need a screening? Need resources?

Need support? <https://www.pilotace.org/>

## ABA Therapy

**Applied Behavioral Analysis (ABA) Therapy Program**

**Health Care Authority** [www.hca.wa.gov/medicaid/abatherapy/Pages/](http://www.hca.wa.gov/medicaid/abatherapy/Pages/index.aspx)

[index.aspx](http://www.hca.wa.gov/medicaid/abatherapy/Pages/index.aspx) 360-725-1681 email [ABA@hca.wa.gov](mailto:ABA@hca.wa.gov) The Health Care Authority has an Applied Behavior Analysis (ABA) therapy benefit for Apple Health Kids clients with a diagnosis in the Autism Spectrum Disorder.

**Blue Water Behavior Consulting** [www.bluewateraba.com](http://www.bluewateraba.com) (360)333-5684

Serves Coupeville to Anacortes. Accepts most insurance.

**Aptitude Blue Spring Pediatrics** (360)279-9000

<https://www.bluespringautism.com/>

Serves Coupeville to Oak Harbor.

**Leaps and Beyond, Inc.** [www.leapsandbeyond.com](http://www.leapsandbeyond.com) (866)240-0808

231 Se Barrington Serves Whidbey Island. And Intensive Preschool Program.

**Organization for Research and Learning** South Whidbey [www.o4rl.com](http://www.o4rl.com)

**Autism Learning Solutions** (TriCare only) [autismlearningsolutions@gmail.com](mailto:autismlearningsolutions@gmail.com)  
(541) 517-0095

# Therapies (OT, PT,SLP)

## Occupational Therapy (OT)

## Physical Therapy (PT)

## Speech Therapy (SLP)

Whidbey Health offers OT, PT & SLP

Locations in Coupeville and Oak Harbor (360)678-7619 (360)679-1415

Island Hospital offers OT, PT & SLP (360)299-1328 1015 25th St, Anacortes

Family Care Physical Therapy PT (360)279-1445 Oak Harbor (360)331-7250

Freeland (360)341-1299 Clinton

IRG Physical Therapy PT (360)914-5504 275 SE Cabot Dr. #05, OH

Harada Physical Therapy & Rehab Services PT (360)679-8600 Oak Harbor

(360)682-2770 Coupeville

Rue & Primavera OT & PT (360)279-8323 210 SE Pioneer Way #2, OH

Coupeville Physical Therapy OT (360)678-1200 35 NW 1st St, Coupeville

Speech Bubbles SLP (360)279-8220 (Log Cabin Oak Harbor)

Life Without Limits OTR/L (360)675-6000 Sharon Andor

WA Elks Therapy Program for Children OT/PT(800)825-3557 All Island

Island Speech (206)409-6639 South Whidbey

South Whidbey Speech and Language (206)409-6639

Stanwood Camano Physical Therapy PT (360) 629-8043 Stanwood

Saratoga Transitional Rehabilitation OT/PT/SLP Stanwood (360)629-2126

<https://www.josephinecc.com/saratoga/>

Awareness Healing SLP (360)631-3459 Camano Island

Hope Therapeutic Riding Program (360) 221-7656 hope@whidbey.com

<http://www.hope-whidbey.org/> Langley

South Whidbey Physical Therapy (360)341-1299 southwhidbeyPT.com

Puget Sound Speech Therapy Anacortes (360)303-2486



Assistive Technology continued.....

## Washington Sensory Disabilities Services (WSDS) (800)572-7000

Provides information, training, technical assistance and resources to families and educators (statewide) for individuals age birth to 21 with sensory disabilities.

## Enabling Devices (800)832-8697

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

## Safe In Home (855)476-6665 <https://www.safeinhome.com/>

Seizure management, kitchen safety, elopement mitigation, fall risk mitigation, medication management, overnight supports, remote supports, personal centered solutions to become more independent.

## Provail (206)363-7303 <https://provail.org/>

Life opportunities for individuals with disabilities. Finding a voice with assistive technology.

# Accessibility

## Island County Accessibility Community Committees (360)632-7539

Join us as we brain storm ideas to make our communities more accessible for all. Camano Island and Whidbey Island each have a committee but work together on the projects. We brainstorm, draft a proposal and seek funding from the Governor's Accessibility Committee. We have been very successful with 3 projects proposed and approved.

US Department of Justice (800)514-0301 [www.ada.gov](http://www.ada.gov) Provides information and technical assistance on the Americans with Disabilities Act (ADA)

## ADA Access: Accessing Washington's Outdoors for Persons with Disabilities [www.wdfw.wa.gov/accessibility/](http://www.wdfw.wa.gov/accessibility/)

Washington State is recognized for its wide array of outdoor recreational activities and wildlife. The Department of Fish and Wildlife (WDFW) encourages all persons with a disability to experience recreation in Washington's wonderful outdoors. Numerous opportunities are offered for hunters and anglers with disabilities through legislative mandates, statues, and policies complying with provisions of the Americans with Disabilities Act (ADA). We have Trustland Trails, which is ADA Compliant. **Trustland Trails located is near the intersection of Hwy 525 & Craw Rd** (Langley)

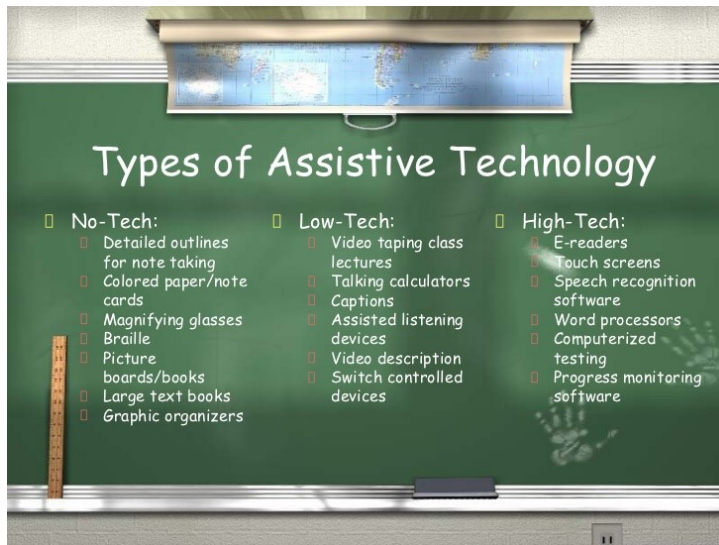


# Assistive Technology

**Washington Relay** (877)501-2233

<https://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services>

Free service that provides full telephone accessibility to people who are deaf, hearing, hard of hearing, deaf-blind, late –deafened, or have a speech disability. Allows text-telephone (TTY) or captioned telephone users through specially trained relay operators. Calls can be made anywhere in the world, 24 hours a day with no restrictions on the number of calls, length or type of calls. Long distance rates apply.



**Center on Technology & Disability** <https://www.ctdinstitute.org/>

The Center on Technology and Disability provides a wealth of free resources – personal and professional development (PPD) webinars, articles, guides, training materials and more.

**Western WA University-The Ershig Assistive Technology Resource**

<https://wce.wvu.edu/e-atrc/ershig-assistive-technology-resource-center>

Contains a collection of over 300 assistive technology (AT) items, equipment and products, with a focus on tech supports for students with diverse learning needs in preschool through grade 12 (360)650-2783

**Washington Assistive Technology Act Program (WATAP)** (800)214-8731

Technology resources for employment, education and independent living.

# Adaptive/Home Equipment

**Summit Assistance Dogs** (360)293-5609 Oak Harbor [info@summitdogs.org](mailto:info@summitdogs.org)

Organization that creates life-changing partnerships by providing highly-skilled mobility-assistance dogs for people living with disabilities, giving them increased independence and renewed confidence.

**Island Drug** Oak Harbor (360)675-6688 Clinton (360)341-3880

<http://islanddrug.com/medical.aspx> We are Contracted Medical Equipment

**Whidbey Home Medical** 360)679-7927 Oak Harbor

**Lions Club Wheel Chair Warehouse**

<http://www.bellinghamcentrallions.org/al-boe-wheelchair-warehouse/>

WCW loans durable medical equipment. It is a free service, Equipment loaned includes low vision aids, wheelchairs, power chairs, walkers, crutches, canes, and bed side and bathroom helpers of all kinds.

**Island Senior Resources** (360)344-3333 Has a lending closet with various medical equipment such as manual wheelchairs, walkers, crutches, shower chairs

# Transportation

**Island Transit and Paratransit** (360)678-7771 (800)240-8747

Specialized Transportation provides curb-to-curb transportation to people who are unable to ride fixed route buses due to a mental or physical disability. Eligibility requirements have been established by the Americans with Disabilities Act (ADA). Train the Rider program is available to those that might need a little extra help navigating the system.



**Medicaid Transportation—Northwest Regional Council**

<http://www.nwrcwa.org/medicaid-transportation/> (800) 860-6812

**Senior Resources of Island County** (360)321-1600

Offer volunteer drivers for adults with disabilities ages 18 & up and seniors

[https://senior-resources.org/index.php?page\\_id=1117](https://senior-resources.org/index.php?page_id=1117)

**Volunteer Medical Transportation** Camano (360)387-0222

Coupeville and Langley (360)678-4886

**Skagit Transit** (877)584-7528 **Community Transit** (800)562-1375

## Behavioral Health

(Formally known as Mental Illness/Health)

**Mental Health Crisis Line** (available 24 hours) (800)584-3578

**National Suicide Prevention Lifeline** (800)273-8255

**Island County Outreach Behavior Health** (360)678-2346

**Access Line for Medicaid Outpatient Services** (888)693-7200

**Texting Crisis Line** Text #741741

**Trevor Project** LGBTQ (866)488-7386 Text #678-678

**Washington's Mental Health Referral Service for Children and Teens**

Families can call 833-303-5437, Monday through Friday from 8 a.m. to 5 p.m. for a referral specialist and information. <https://www.seattlechildrens.org/healthcare-professionals/access-services/partnership-access-line/washingtons-mental-health-referral-service-children-teens/>

**Washington Listens** <https://www.walistens.org/> (800)681-0211

Provides no-clinical support to people who feel sad, anxious, stressed due to COVID19. WA Listens is free and anonymous. Any Washington resident can call and a support specialist will listen and help guide you to the connections within your county.

**National Institute of Mental Health** [www.nimh.nih.gov](http://www.nimh.nih.gov)

**National Alliance on Mental Health (NAMI)** <http://www.nami.org/>

**NAMI Skagit** [www.namiskagit.org](http://www.namiskagit.org) NAMI advocates for access to services, treatment, supports and research and raising awareness and building a community of hope for all of those in need. NAMI Skagit services Island, Skagit and Stanwood in Snohomish County. **Support Groups: Mt. Vernon (360)770-5666**

**Anacortes (360)424-8224 Camano (360)941-0996 or 360-420-7422**

**North Sound Behavioral Health Admin BHO** (800)684-3555 (360)416-7013

**North Sound Behavioral Health Ombuds** (888)336-6164 (360)416-7004

**NAMI-Navigating a Mental Health Crisis** <https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

**APA American Psychological Association** <http://www.apa.org/>

**The Balanced Mind** [http://www.dbsalliance.org/site/PageServer?pagename=bmpn\\_landing](http://www.dbsalliance.org/site/PageServer?pagename=bmpn_landing) Bipolar and Depression Parent Support

## Housing



**Island County Housing Support Center** (360)678-8284

Are you homeless or at risk of becoming homeless? We offer Assessments & Referrals to Housing Programs. Housing interest List with light touch case management. 105 NW 1st St Coupeville

**Housing Authority** (360)678-4181

Primary resource for senior citizens (62 or older) and persons with disabilities (minimum age 18). This housing is not assisted living, and does not have any supportive services

**Opportunity Council** – (360)679-6577 or (800)317-5427 for housing crisis.

<http://www.oppc.org/> Broad scope of services that range from helping people in crisis with immediate needs to addressing long-term systemic change Community Resource Centers: Connects people with community resources to help meet basic needs such as food and housing; including requests for emergency shelter, rental assistance, referrals for affordable housing and problem solving help with landlord/tenant issues • Food and Nutrition: Information about nutrition, and local food resources • Home and Energy programs include Conservation\*Education, the Energy Assistance, Home Repair, Lead Hazard Reduction, and Weatherization.

**Community Resource Center** Stanwood (360)629-5257

Food vouchers for extreme circumstances when local food banks are not open. Financial help to avoid homelessness in form of hotel vouchers, state park vouchers, rent and/or mortgage assistance and move in costs. Financial help in the form of vouchers/cash for water and heat, fuel to get to needed appointments, work & school, necessary vehicle repair.

**Emergency Housing**

**The Haven** OH (360)320-7681; **Ryan's House** Coupeville(ages 18-24)

(360)331-4575; **Oasis Teen Center** Mt. Vernon (360)419-9058

## Food Resources/WIC

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a preventive health and nutrition program.

North Whidbey -(360)240-5554 South Whidbey (360)221-8880 Camano (360)387-0184 NASWI (360)679-8049

**Camano Center** (360)-387-0222 Meals on wheels nutrition program.

**Dept. of Social and Health Services (DSHS) Food Benefits** (877)-501-2233 apply online at [www.waconnections.org](http://www.waconnections.org) or call.

**Various Foodbanks in Island County: Whidbey Island:** Whidbey Island Nourishes (360)221-7787, Island Church of Whidbey (360)221-6980, SPIN Café Sack Meals (360)678-2348, St. Augustine's Church OH (360)675-2303, Ryan's House for Youth (ages 12-24) (360)331-4575, North Whidbey Help House (360)675-0681, Gifts from the Heart Food Bank (360)678-8312, Good Cheer Food Bank (360)221-6454 **Camano Island:** Stanwood/Camano Food Bank (360)629-2789 Camano Chapel (360)387-7202

## Oral Health

**Access to Baby and Child Dentistry** [www.abcd-dental.org/](http://www.abcd-dental.org/)



A dental program for children birth to age 5 with Apple Health for Kids (DSHS) Island County Public Health (360)678-8281

**Sea Mar Community Health Centers** Medicaid only (360)679-9216 <https://www.seamar.org/island-dental-oakharbor.html>

**DECOD (Dental Care of Individuals with Disabilities)** (206)543-4619 University of WA School of Dentistry's web-based registry helps locate dental resources for person with dental needs and physical, mental, medical or other disabilities. <https://dental.washington.edu/patient/>

**Oral Health for People with Special Needs** <http://www.doh.wa.gov/YouandYourFamily/OralHealth/PeoplewithSpecialNeeds>

• Educational Materials: Oral Health Promotions Cards and Brochures for Children with Special Needs oral health resources. Oral Health Fact Sheets for People with Special Needs.

## Inpatient/Outpatient Behavior Health Services

**Ituha Stabilization Center** (360)499-7011 275 NE 10th Ave Oak Harbor Voluntary sub-acute detox short-term residential facility for people experiencing substance use issues and/or mental health crisis. <https://www.islandcountywa.gov/Humanservices/Pages/Stabilization-Center.aspx>

**Skagit Valley Hospital** (acute voluntary/involuntary treatment) (360)814-2422

**Smokey Point Behavior Hospital** (inpatient/outpatient) (844)202-5555 <https://smokeypointbehavioralhospital.com/>

**Seattle Children's Psychiatry and Behavioral Medicine** (206)987-2164 [www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/](http://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/)

**For a comprehensive list of individual therapist in Island County** <https://www.psychologytoday.com/us/therapists/wa/island-county>

**Compass Health** OH (360)682-4100 Coupeville (360)678-5555 <http://www.compasshealth.org> Medicaid only

**Sea Mar Community Health Centers** (360) 679-7676 <http://www.seamar.org/island-bh-oakharbor.html> Medicaid Only

**Sunrise Community Behavioral Health** Medicaid only OH (360) 544-3800 Camano (360)929-8490

**Island Hospital Psychiatry and Behavioral Health** Anacortes (360)299-4297

**Island County Outreach Behavioral Health** (360)678-2346

**Island County Early Childhood Parent Support** (360)240-5517

**Washington's Mental Health Referral Service for Children & Teens** (833)303-5437 <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/>

## Substance Use

**Substance Abuse Mental Health Services Admin** [www.samhsa.gov/](http://www.samhsa.gov/)

**Island County Opioid Outreach Services** (360)499-5552

**Washington Recovery Help Line** (800)789-1511

**24 Hour Crisis Line** (800)584-3578

**Addiction Guide** <https://www.addictionguide.com/> (877)722-2906

**\*\*** Island County Behavioral Health Resource Guide on our website. [www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx](http://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)

# Vision - Hearing

## **Washington Sensory Disabilities Services (WSDS)**

(800)572-7000

<http://www.wsdsonline.org/deaf-blind/>

### 1. Technical Assistance and Consultation

Assess how the child is currently functioning and if there are classroom or home modifications that could help. Develop IFSP outcomes or IEP goals and activities that are meaningful to the student. Establish an effective communication system, or improve an existing one. Locate staff resources or materials. Start planning for life after high school.

### 2. Training

Local, regional, and state trainings throughout the year on topics relating to children and youths with deaf-blindness.

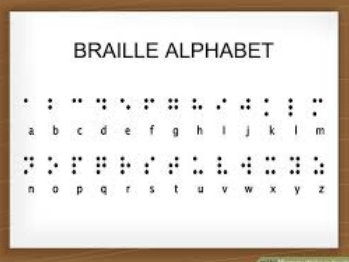


## **National Federation of the Blind** <https://nfb.org/>

Advocacy, education, research, technology, and programs encouraging independence and self-confidence. Information about vision loss. Resources for Living, Working, Learning and Recreation

## **Northwest Braille Services** <http://www.healthsupportcenter.org/nwbs/>

Ferndale, WA 98248 (360) 384-6494



Northwest Braille Services is a nonprofit organization, whose purpose is to provide Braille materials, education, and information to individuals, groups, and/or agencies. • Braille Transcription • Braille Book Loan • Braille Information Workshops (local) • Braille Transcriber Training • Resource Referral Service

## **Department of Services for the Blind:** (800)552-7103 <https://dsb.wa.gov/>

## **Washington State Hands & Voices** <http://www.wahandsandvoices.org/>

A parent-driven nonprofit organization providing families whose children are deaf, deaf/blind or hard of hearing with resources, networks, and information needed to improve communication and educational outcomes for their children.

**Guide by Your Side** Guide By Your Side Program Provides: A Parent Guide to listen and share resources. Unbiased Support. Compassion and knowledge from parents who have a child with hearing loss. (425)268-7087

## Vision and Hearing Continued.....

### **Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI)**

[www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/EarlyHearingLoss](http://www.doh.wa.gov/YouandYourFamily/InfantsChildrenandTeens/HealthandSafety/EarlyHearingLoss)

The Early Hearing-loss Detection, Diagnosis and Intervention (EHDDI) Program follows the 1-3-6 goals, to ensure that infants in Washington are:

- 1 – Screened for hearing loss before hospital discharge or by one month of age
- 3 – Have a diagnostic hearing evaluation by an audiologist by three months of age (if the infant did not pass two screens)
- 6 – Enrolled in early intervention by six months of age (if a hearing loss was found)

### **National Center for Hearing Assessment and Management**

<http://www.infanthearing.org/familysupport/index.html>

Family support is an essential component of an effective EHDI system. EHDI coordinators and other stakeholders, such as the medical home and audiologists, have a responsibility to ensure:



### **Speech to Speech**

<http://www.speechtospeech.org/>

(877)833-6341

This service, called Speech-to-Speech (STS), provides communication assistants (CA's) for people with difficulty being understood by the public on the telephone. It is available for business, medical, and personal communication.



### **Hearing Care Professionals**

Connect Hearing, Freeland (360)331-1415 Connect Hearing, OH(360)279-1229  
Connect Hearing, Stanwood (360)629-6554  
Hearing Health Services, Coupeville (360)678-1423

### **Washington School for the Deaf**

(360)696-6525 <https://www.wsd.wa.gov/>

### **Hearing Loss Association of Washington**

<https://hearingloss-wa.org/> email [info@hearingloss-wa.org](mailto:info@hearingloss-wa.org)