

How to Use the Resource Wall Guide

Thank you to everyone who contributed to the Resource Wall at the 2018 Community Health Worker Conference, “*The Power of Relationships*”!

To use this guide, go the Table of Contents and click on the text of the category you want to look at.

Each resource is listed as:

- Resource Name, from Organization
- Location
- Contact Information
- Website

Attendees brought a variety of resources, primarily in the form of informational pamphlets, brochures, or business cards. Click on the name of the resource to pull up a PDF scan of the material.

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Asian and Pacific Islands Culture

- [Asia Pacific Cultural Center: Project & Membership](#), from *Asia Pacific Cultural Center*
Tacoma, WA
253-383-3900
www.asiapacificculturalcenter.org

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Caregiver Support

- [Caregiver Support Program](#), from *Rural Resources Community Action*
Ferry, Pend Oreille, Stevens, & Whitman counties
800-873-5889

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Childcare

- [Training for Childcare Providers](#), from *Cowlitz Community Network*
Cowlitz county
360-442-7089 cowlitzntwk@mpcu.net
- [Special Needs are Basic Needs](#), from *Within Reach, WA Department of Health, & WA Department of Early Learning*
National
1-800-322-2588
www.ParentHelp123.org
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA
- [Boys & Girls Club Membership](#), from *Boys & Girls Clubs of Washington, Washington Apple Health, and UnitedHealthcare*
WA State
1-877-542-8997
www.begreatwa.org www.UHCCommunityPlan.com
- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org

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Continuing Education

- [Northwest Center for Public Health Practice](#), from the *University of Washington*
Online
www.phlearnlink.nwcphp.org
- [Bachelor of Applied Science in Community Health](#), from the *Tacoma Community College*
Online
www.tacomacc.edu/BAS
- [“Experiential Teaching for Public Health Practice”](#), **free E-book** from the *University of Washington*
Online
Hagopian@uw.edu
www.ebooks.bethamscience.com/book/9781681083872
- [Online Executive Master of Public Health](#), from the *University of Washington*
Online
206-616-1397 hservask@uw.edu
www.executivemph.uw.edu
- [Graduate Certificate in Public Health Practice](#), from the *University of Washington*
Online or Seattle, WA
206-616-1397 uwemph@uw.edu
www.executivemph.uw.edu/overview/Certificate-Option
- [Master of Public Health in Community-Oriented Public Health Practice](#), from the *University of Washington*
Seattle, WA
cophp@us.edu
www.mphpublichealthpractice.uw.edu
- Lauren Brackenbury, Marketing and Student Recruitment Specialist for the *University of Washington, Department of Health Services*
206-616-1397 hservask@uw.edu
- Josué Guadaramma, Motivational Interviewing Trainer
714-402-8761 josuepsyc@gmail.com

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Diabetes

- [Diabetes Self-Management class](#), from the *Benton-Franklin Health District*
Benton & Franklin counties
509-460-4216

- [Key ADA Resources](#), from the *American Diabetes Association*
National
1-800-DIABETES askada@diabetes.org preguntas@diabetes.org
- [ADA Ambassadors](#), from the *American Diabetes Association*
WA State
206-282-4616 Ext 7212 kstefanikguizlo@diabetes.org
<https://register.gotowebinar.com/rt/347843263687374338>

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Events

- April 20, 2018: [North Central Accountable Community of Health 2018 Annual Summit](#)
North Central WA
www.NCACH.org
- May 5, 2018: [Samoan Arts & Academic Competition](#), *Asia Pacific Cultural Center*
Tacoma, WA
- May 12 and 13, 2018: [Thousand Faces Chinese Opera](#), *Asia Pacific Cultural Center*
Seattle and Tacoma, WA
- August 18, 2018: [Polynesian Luau](#), *Asia Pacific Cultural Center*
Tacoma, WA
253-383-3900
www.apcc96.org

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Exercise

- [Lisa Stuebing](#), Medical Exercise Specialist for *Mud Puddle Fitness*
Greater Seattle Area
206-524-6788 CoachLisa@MudPuddleFitness.com
www.MudPuddleFitness.com
- Melissa Bless, Zumba Instructor for *Sea Mar Community Health Centers*
Tacoma, WA
360-259-4428 melibless@seamarchc.org

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Family Support

- [Children, Youth, and Families](#), from the *Asian Counseling and Referral Service*
Greater Seattle Area
206-695-7600
www.acrs.org
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA

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Financial

- [Money Smart for Young Adults](#), from the *Cowlitz Community Network*
Cowlitz county
360-442-7089 cowlitzntwk@mpcu.net
- [Financial Counseling](#), from *El Centro de la Raza*
Greater Seattle Area
206-717-0085 jbtrejo@elcentrodelaraza.org
www.elcentrodelaraza.org
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*
Seattle, WA
206-764-4700 Ext 40154 freidagatewood@seamarchc.org
www.seamar.org
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA
- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org
- [Sea Mar Service Directory](#), from *Sea Mar Community Health Centers*
Western WA
www.seamar.org

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Food Access

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*
Seattle, WA
206-764-4700 Ext 40154 freidagatewood@seamarchc.org
www.seamar.org
- Larnette Slade, Community Resource Specialist for *Kaiser Permanente*
Seattle, WA
206-326-3801
- Najja E Brown, Executive Director of *Yield to the King Ministry*
Seattle, WA
206-552-9202 najja.brown@yieldtothekingministry.org
www.yieldtothekingministry.org
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA
- [Get Help with Your Health Goals](#), from *Kaiser Permanente*
WA State
Contact Larnette Slade at 206-326-3801
- [Healthy Guidelines for Meetings and Events](#), from the *WA Department of Health*
WA State
Choosewell-livewell@doh.wa.gov
www.doh.wa.gov/CommunityandEnvironment/WorksiteWellness/HealthyNutritionGuidelines/MeetingsEvents
- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org
- [Finding the Right Help is Hard](#), from *WithinReach*
WA State
1-800-322-2588
www.parenthelp123.org

- [Sea Mar Service Directory](#), from *Sea Mar Community Health Centers*
Western WA
www.seamar.org
- Fartun Farah, Community Relations Coordinator for *Coordinated Care*
253-442-1453, Cell 253-244-4852 ffarah@coordinatedcarehealth.com
www.CoordinatedCareHealth.com
- Michelle Chiou, from *WithinReach*
206-830-7663 MichelleC@withinreachwa.org
www.withinreach.org, www.parenthelp123.org, www.immunitycommunitywa.org
Family Health Hotline 800-322-2588, WithinReach 206-284-2465

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Health Education

- Lupita Espinoza, Promotora de Salud for *Chelan-Douglas Health District*
Chelan & Douglas counties
509-886-6442 lupita.espinoza@cdhd.wa.gov
- [Lisa Stuebing](#), Medical Exercise Specialist for *Mud Puddle Fitness*
Greater Seattle Area
206-524-6788 CoachLisa@MudPuddleFitness.com
www.MudPuddleFitness.com
- [Refugee Health Promotion Program](#), from *Refugees Northwest*
Greater Seattle Area
rhpp@lcsnw.org
www.refugeesnw.org
- [Stay Independent](#), from *Centers for Disease Control and Prevention*
www.cdc.gov/steady www.stopfalls.org
- [Healthy at Home Workshops for Better Balance](#), from *Rural Resources Community Action*
Pend Oreille, Ferry, & Stevens counties
509-684-3932 or 1-800-219-5542
- [Living Well with Chronic Conditions Workshops](#), from *Rural Resources Community Action*
Pend Oreille, Ferry, Stevens, & Whitman counties
509-684-3932 or 1-800-219-5542
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA

- Kimberly Kreber, Outreach Educator for Breast, Cervical, & Colon Health Program at the *Spokane Regional Health District*
Spokane, WA
509-324-1587 kkreber@srhd.org
www.srhd.org
- [Ovarian Cancer Facts](#), from the *Ovarian Cancer Alliance of Oregon and SW Washington*
SW Washington
877-682-2679
www.ovariancancerosw.org
- Melissa Bless, Zumba Instructor for *Sea Mar Community Health Centers*
Tacoma, WA
360-259-4428 melibless@seamarchc.org
- [Get Help with Your Health Goals](#), from *Kaiser Permanente*
WA State
Contact Larnette Slade at 206-326-3801
- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org
- Nick Fradkin, Tobacco Cessation Consultant at the *Washington State Department of Health*
WA State
360-236-3518 nick.fradkin@doh.wa.gov
- [Recipe: Berry and Mixed Green Salad](#), from the *WA Department of Health*
WA State
www.doh.wa.gov/CompleteEats

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Healthcare

- Myeasha CUBEAN, Community Connector for *Molina Healthcare*
Bothell, WA
253-293-3681 myeasha.cubean@molinahealthcare.com
www.MolinaHealthcare.com
- [Peninsula Community Health Services](#)
Bremerton, Poulsbo, Port Orchard, & Belfair, WA
360-377-3776
www.pchsweb.org

- [Maternity Support Services \(MSS\)](#), from *Sea Mar Community Health Centers*
Clark, King, Grays Harbor, Skagit, Snohomish, Thurston, & Whatcom counties
www.seamar.org
- [Refugee Health Promotion Program](#), from *Refugees Northwest*
Greater Seattle Area
rhpp@lcsnw.org
www.refugeesnw.org
- [Aging and Adult Services](#), from the *Asian Counseling and Referral Service*
Greater Seattle Area
206-695-7600
www.acrs.org
- [Nurse-Family Partnership](#)
Kitsap, Jefferson, Mason, Pierce, & King counties
360-728-2235
www.kitsappublichealth.org
- [Shield Healthcare Medical Supplies Ordering](#), from *Shield HealthCare*
National
800-720-7440
www.shieldhealthcare.com
- [Time Released Medication Device](#), from *Assured Independence*
National
- Ivonne Radovich, Community Relations Coordinator for *Coordinated Care*
Northwestern WA
206-247-4131 magda.i.radovich@coordinatedcarehealth.com
www.coordinatedcarehealth.com
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- Freida Gatewood, Regional Coordinator for *Sea Mar Community Health Centers*
Seattle, WA
206-764-4700 Ext 40154 freidagatewood@seamarchc.org
www.seamar.org
- Larnette Slade, Community Resource Specialist for *Kaiser Permanente*
Seattle, WA
206-326-3801

- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA
- Kimberly Kreber, Outreach Educator for Breast, Cervical, & Colon Health Program at the *Spokane Regional Health District*
Spokane, WA
509-324-1587 kkreber@srhd.org
www.srhd.org
- Cameryn Flynn, Medical Transportation Coordinator for *SNAP*
Spokane, WA
509-456-7627 Ext 5251, Cell 509-385-4119 flynn@snapwa.org
www.snapwa.org
- [Health Home Program: Washington](#), from *Rural Resources Community Action*
WA State
Contact Heather Peterson at 509-550-7049 Ext 4013 or hpeterson@ruralresources.org
www.hca.wa.gov/billers-providers/programs-services/health-homes
- [Community Living Connections](#), from *Aging & Long Term Care of Eastern Washington*
Ferry, Pend Oreille, & Stevens counties
509-458-2509
www.altcew.org
- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org
- [CHW Integration Resource Library](#), from the *Foundation for Healthy Generations*
WA State
- Gerardo Rangel-Morales, Outreach and Enrollment Specialist for *Columbia Valley Community Health Member Services*
Wenatchee, WA
509-662-6000 grangelmorales@cvch.org
www.cvch.org
- Rosa Pulido, Outreach and Enrollment Specialist for *Columbia Valley Community Health Member Services*
Wenatchee, WA
509-662-6000 rpulido@cvch.org
www.cvch.org

- [Washington Apple Health](#), from *Community Health Plan of Washington*
WA State
1-800-440-1561
www.chpw.org
- [Community HealthFirst Medicare Advantage Plans](#), from *Community Health Plan of Washington*
WA State
1-800-944-1247
www.healthfirst.chpw.org

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Housing

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA
- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org

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Job Postings

- [Community Advocate](#) at *International Community Health Services*
Shoreline, WA
www.ichs.com

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Legal Assistance

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA

- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org

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LGBTQ & Transgender Support

- Luis Fernando Ramirez, Executive Director for *Entre Hermanos*
Seattle, WA
206-322-7700, 206-274-1510 fernando@entrehermanos.org
www.entrehermanos.org
- [Resources](#) & [Referrals](#), from *Ingersoll Gender Center*
Seattle, WA
206-849-7859 support@ingersollgendercenter.org
www.ingersollgendercenter.org
- Ebo Barton, Program Manager at *Ingersoll Gender Center*
Seattle, WA
206-849-7859 ebo@ingersollgendercenter.org
- Alison Davison, Hart Case Manager at *Lifelong*
Seattle, WA
206-957-1683 AlisonD@lifelong.org
www.lifelong.org

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Mental Health

- Roslynn Watson, Facilitator/Trainer/Speaker for *Renewed Mind*
Greater Seattle Area
1-404-917-4173 rwatsonl.renewedmind@gmail.com
- [Refugee Health Promotion Program](#), from *Refugees Northwest*
Greater Seattle Area
rhpp@lcsnw.org
www.refugeesnw.org
- [Mental Health](#), from *Asian Counseling and Referral Service*
Greater Seattle Area
206-695-7600
www.acrs.org

- [Recovery Services](#), from *Asian Counseling and Referral Service*
Greater Seattle Area
- Sharon J Ward, LMHC, CDP, at *Baxter Consultants LLC*
Lakewood, WA
253-221-8895 sharon.ward1922@gmail.com
www.baxterconsultantscounseling.com
- [Connection: A Free Peer-led Support Program](#), from *National Alliance on Mental Illness*
National
206-783-4288
www.namiwa.org
- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- Ray Corona, Community Outreach Specialist for *UnitedHealthcare*
Seattle, WA
425-345-0635 ray_corona@uhc.com
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA
- [Northwest Resources S.O.S.](#) (en español)
Mason county
360-868-2697 dilma.demartino@nwrii.com
www.nwrii.com
- [Behavioral Health Services](#), from *Northwest Resources II*
Thurston & Mason counties
360-868-2697
www.nwrii.com
- Pattie Marshall, Peer Support Program Manager at the *WA Department of Social and Health Services, Division of Behavioral Health and Recovery*
WA State
360-725-3258, Cell 360-338-2184 Pattie.Marshall@dshs.wa.gov
- Nick Fradkin, Tobacco Cessation Consultant at the *WA Department of Health*
WA State
360-236-3518 nick.fradkin@doh.wa.gov

- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org
- [Finding the Right Help is Hard](#), from *WithinReach*
WA State
1-800-322-2588
www.ParentHelp123.org
- Kim Olander, Peer Recovery Team Lead at *Telecare North Sound, Peer Bridger Program*
Western WA
360-318-5760 kolander@telecarecorp.com
www.telecarecorp.com
- [Sea Mar Service Directory](#), from *Sea Mar Community Health Centers*
Western WA
www.seamar.org

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Suicide Prevention

- [Watch for Signs: Stop Youth Suicide \(Observe si hay señales: A los suicidios los jóvenes\)](#), from the *WA Department of Health, Youth Suicide Prevention Program*
WA State
1-800-273-TALK
- [Men in the Middle Years](#), from *Suicide Prevention Resource Center*
National
877-GET-SPRC info@sprc.org
www.sprc.org
- [Safer Homes Suicide Aware](#), from the *Safer Homes Coalition*
National
www.SaferHomesCoalition.org
- [Suicide is Preventable](#), from the *Safer Homes Coalition*
National
www.SaferHomesCoalition.org
- [Washington State Suicide Prevention Plan](#), from the *WA Department of Health*
WA State
www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention

- [Veteran Suicide Prevention Resources](#), from the *WA Department of Health*
WA State

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Tobacco Cessation

- [Tobacco Quit for Life Program](#), from *UnitedHealthcare*
National
1-877-542-8997
www.UHCCCommunityPlan.com , www.quitnow.net
- [Tobacco Quitline](#), from the *WA Department of Health*
WA State
1-800-QUIT-NOW
www.quitline.com
- [Tobacco Quitline: Ready to Quit Smoking?](#), from the *WA Department of Health*
WA State
1-800-QUIT-NOW
www.quitline.com
- [Quit Smoking 4 Free](#), from the *WA Department of Health*
WA State
www.doh.wa.gov/quit
- Nick Fradkin, Tobacco Cessation Consultant at the *WA Department of Health*
WA State
360-236-3518 nick.fradkin@doh.wa.gov
- [Resources](#), from *El Centro de la Raza, WA Department of Health*
Seattle, WA
Contact Rocio G Martinez at 206-973-4404 Ext 386 or rmartinez@elcentrodelaraza.org
www.nuestravoces.org/join.html , www.elcentrodelaraza.org

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Transportation

- [Flexible Fixed-Route Bus Schedule](#), from *Rural Resources Community Action*
Pend Oreille county
1-800-776-9026 or 509-684-2961
www.ruralresources.org

- Carrie Creech, Community Resource Specialist for *Kaiser Permanente*
Port Orchard, WA
360-895-5114 creech-hamiel.c@ghc.org
www.kp.org/WA
- Larnette Slade, Community Resource Specialist for *Kaiser Permanente*
Seattle, WA
206-326-3801
- Camerynn Flynn, Medical Transportation Coordinator for *SNAP*
Spokane, WA
509-456-7627 Ext 5251 flynn@snapwa.org
www.snapwa.org
- [Spokane Area Resource List](#), from *Department of Social and Health Services*
Spokane, WA
- [WIN 2-1-1](#), from *Washington Information Network 211*
WA State
Call 211, Text zipcode to 898-211, or visit www.WIN211.org
- [Buckle Up](#), from *WA Transportation Safety Commission*
WA State
360-725-9860

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