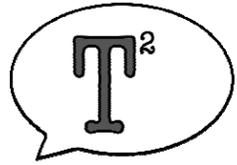


Clark County Young People’s Purple Pages



Brought to you by TeenTalk.
Let’s talk it over.
360.397.CHAT (2428)

updated September 2018

In case of emergency

Police, Fire, Ambulance
911

Southwest Washington
Crisis Line
360.696.9560 or 1.800.626.8137

End Harm Line
1.866.562.5624

Poison Control
1.800.222.1222
aapcc.org

YWCA Clark County:
Sexual Assault Crisis Line
360.695-0501 or 1.800.695-0167
ywcaclarkcounty.org

Tips for approaching agencies
It may be hard to contact a resource/ agency and know what questions to ask, so here is a list!
· In what situations would you have to call/notify my parents?
· What are your rules regarding privacy and confidentiality?
· Does it cost anything? If so, how much?
· What are the next steps?
· Are there any other resources/ agencies you know about that I could benefit from?
· Do I qualify/what are the qualifications required by the agency?
· How can you help me?

Things to takes notes on during a call to an agency:
· Any instructions they give you for after the call (such as documents you might have to bring)
· The name of the person you spoke to and a call back number/email, or keep the original number you called
· Contact information for other agencies they give you

If you are having any trouble or confusion, we encourage you to contact us for additional support. Call us at 360.397.2428, Monday to Thursday from 4-9 pm and Friday from 4-7 pm. Or you can email us at ccteentalk1@hotmail.com, or message us on Facebook @PeppyPenerson or @ClarkCountyTeenTalk.

Child abuse and neglect
360.993.7901
After Hours 1.866.562.5624

Children’s Home Society: Child Sexual Abuse Treatment
360.695.1325 or 360.835.7802
childrenshomesociety.org/
clarkcowlitz

Counseling
Catholic Community Services
360.567.2211
ccsww.org

Children’s Center
360.699.2244
thechildrenscenter.org

Children’s Home Society
360.695.1375 or 360.835.7802
childrenshomesociety.org/
clarkcowlitz

Columbia River Mental Health Services
360.993.3000 or 360.597.7500
crmhs.org

Dougy Center for Grieving Children
1.866.775.5683 or 1.503.775.5683
dougy.org/

Family Solutions
360.695.1014
family-solutions.net

Stepping Stones Grief Counseling
360.696.5100
peacehealth.org/southwest/for-grieving-children

Dating and healthy relationships
athinline.org
breakthecycle.org
lovegoodbadugly.com
loveisrespect.org
stayteen.org

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Support for family members of alcoholics
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al-anonfamilygroups.org

Alateen
Support for teens who are family members of alcoholics
1.888.425.2666
al-anonfamilygroups.org

Alcoholics Anonymous
360.694.3870
vancouveraa.org

Alcohol-Drug Teen Help Line
1.877.345.8336
adh.org

Community Services Northwest
360.397.8484 or 360.397.8488
csnw.org

Lifeline Connections: Youth Outpatient Program
360.397.8246 ext. 7437
lifelineconnections.org

Narcotics Anonymous
360.703.0990
swanaonline.org

Consequences for a DUI 1
· Possible jail time up to one year
· A fine up to \$5000
· Record on file with the circuit or municipal court
· Driving privileges suspended
· Mandatory drug and alcohol assessments at your expense
· Increased car insurance rates for up to 10 years
· Possibility of loss of ability to qualify for financial aid for college

Consequences for a Minor in Possession 1
· Possible fine
· Record on file with the circuit or municipal court
· Suspension of driving privileges or license if under 16
· Court notification in order to reinstate
· Community service
· Possibility of loss of ability to qualify for financial aid for college

Fort Vancouver Regional Library

Battle Ground: 360.687.2322
Cascade Park: 360.256.7782
La Center: 360.619.1800
Ridgefield: 360.887.8281
Three Creeks: 360.571.9696
Vancouver: 360.695.1506
Vancouver Mall: 360.892.2586
Washougal: 360.835.5393
Yacolt: 360.906.5000

Washington Healthplanfinder
Free and affordable health insurance
1.855.923.4633
wahealthplanfinder.org

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Health care
Clark College Dental Hygiene Clinic
360.992.2158
clark.edu/academics/programs_old/dental/dental_hygiene.php

Department of Social and Health Services: Columbia River Community Services Office
Health insurance for low-income
360.397.0002 or 1.877.501.2233
dshs.wa.gov/food-cash-medical

Eating Disorders Information and Referral Line
1.800.931.2237
nationaleatingdisorders.org

Free Clinic of Southwest Washington
Medical care for low income/ uninsured
360.313.1390
freeclinics.org

Planned Parenthood: Vancouver
1.888.875.7820
plannedparenthood.org

Sea Mar Community Health Centers
Must be accompanied by an adult
360.852.9070 or 360.342.8060
Hazel Dell Dental Clinic:
360.574.4074
seamar.org

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Homeless or runaway
Housing Solutions Center Hotline
360.695.9677
councilforthehomeless.org/housing-solutions-center/

Family Reconciliation Services
360.993.7901

Friends of the Carpenter
360.750.4752
friendsofthecarpenter.org

Oak Bridge Youth Shelter
360.891.2634 or 1.888.979.4357
janusyouth.org/programs/washington-state

The Perch and Yellow Brick Road Outreach
360.314.5716
janusyouth.org/programs/washington-state

Harry’s Mother
1.503.233.8111 or 1.503.912.3423
janusyouth.org/programs/runaway-youth

National Runaway Switchboard
1.800.786.2929
1800runaway.org

New Avenues for Youth
1.503.224.4339 or 1.971.754.4350
newavenues.org

Outside In
1.503.535.3800
outsidein.org

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newavenues.org

Outside In
1.503.535.3800
outsidein.org

Jobs
Educational Services District #112:
Connect 2 Careers
360.952.3454
esd112.org

Food worker card
foodworkercard.wa.gov

Job Corps
1.800.733.5627
cascadesjobcorpscca.com

Partners in Careers: Next
360.696.8417

Partners in Careers: YouthFirst
360.696.8417 ext. 129
partnersincareers.org/programs.html

Legal issues
Clark County Volunteer Lawyers
360.695.5313
ccvlp.org

CLEAR Hotline
Free legal advice and information for low income
1.888.201.1014
nwjustice.org

Lutheran Community Services: Crime Victim Advocacy
360.694.5624 or 1.888.425.1176
lcsnw.org

Washington State Human Rights Commission
1.800.233.3247
hum.wa.gov

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LGBTQ+
Janus LGBTQ Youth Group
Support group for 18-24
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Helpline with focus on LGBTQ+ youth
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Text “Trevor” to 1.203.304.1200
thetrevorproject.org

Trans Lifeline
1.877.565.8860
translifeline.org

Triple Point
Support groups for 13-18
360.695.1325
facebook.com/vancouvertriplepoint/

Multicultural
Cowlitz Youth Program
360.947.2235 or 360.562.5185
cowlitz.org

Lutheran Community Services
360.694.5624
lcsnw.org

Pregnant and parenting
Baby Blues Connection
1.866.616.3752
babybluesconnection.org

Birthright
360.694.8156
birthrightwa.org

Boys and Girls Aid
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boysandgirlsaid.org

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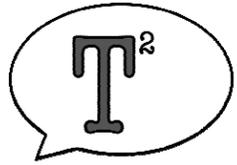
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Washougal: 360.835.5393
Yacolt: 360.906.5000

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Free and affordable health insurance
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wahealthplanfinder.org

Pregnant and parenting (continued)
Children’s Home Society
360.695.1325 or 360.835.7802
childrenshomesociety.org/
clarkcowlitz

First Steps Maternity Support Services and Infant Case Management
Sea Mar: 360.852.9092
Vancouver Public Schools: 360.313.4000
clark.wa.gov/public-health

Nurse-Family Partnership
360.397.8440
360.397.8483 ext. 1
nursefamilypartnership.org

Options 360*
Battle Ground: 360.687.8943
Vancouver: 360.567.0285
options360.org

Pathways Pregnancy Clinic
360.834.2829
pathways180.com

Planned Parenthood: Vancouver
1.888.875.7820
plannedparenthood.org

Sea Mar Maternity Support Services
Battle Ground: 360.213.1340
Vancouver and Washougal:
360.852.9092
http://seamar.org/clark-preventive-health-vancouver.html

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Text4Baby
Text “baby” to 511411 for help through pregnancy and baby’s first year
text4baby.org

WashingTeenHelp
1.800.322.2588
washingteenhelp.org

Sexual abuse ² and ³
Have you:
· Felt pressured, forced or manipulated into being sexual or having sex with someone you know or someone you are romantically interested in?
· Been touched by a family member, adult friend or anyone else and it made you feel uncomfortable, unhappy or confused?
· Traded sex or sexual acts in exchange for drugs, food, shelter, money or anything you felt you needed to survive?

If so, please reach out to us or any of these resources because you might be a survivor of sexual assault, date rape, sexual exploitation or sex trafficking. You are an incredibly strong and amazing person, and we want to make sure you are safe.

Sexual assault ²
Approximately 44 percent of people who are survivors of sexual assault are under the age of 18 (Bureau of Justice Statistics). Due to the violence that often accompanies a rape or sexual assault, it is important to go to the emergency room to be examined

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for injuries. At the hospital, a social worker will discuss your options, including that of evidence collection. Because of this, it is helpful to not shower, clean up or change clothes before having an exam, as doing so may remove any remaining evidence. Additionally, the doctor can discuss medications that are available to reduce the chances of contracting a sexually transmitted infection (STI) or getting pregnant. If you are under the age of 18, the law requires the police to be notified. However, going to the hospital and submitting a report does not necessarily mean that charges must be filed against the perpetrator or that participation in a legal case must occur. Counselors can talk about available alternatives and help you decide what the best choice is going to be for you.

To report sexual assault, call 911
YWCA Clark County:
Sexual Assault Crisis Line
360.695.0501 or 1.800.695.0167
ywcaclarkcounty.org

YWCA Clark County: Teen Girl Sexual Assault Support Group
360.906.9151

Sexual Activity-Safe Choices ³
· Abstinence is the only 100 percent sure method of protection against pregnancy and sexually transmitted infections.
· If you are thinking of having sex, talk to a trusted adult, counselor or teacher.

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· If you choose to have sex, reduce your risk of pregnancy or STIs. Use a condom every time you are involved in a sexual act.
· Remember: the most common symptom of an STI is no symptoms. That’s why it is important to be checked regularly for STIs once you choose to become sexually active.
· Don’t have sex with anyone who has sores, discharges, or blisters around their mouth or sexual organs.

Sexually Transmitted Infections (STIs)
Cascade AIDS Project
360.750.7964
cascadeaids.org/programs/sw-washington

Planned Parenthood: Vancouver
1.888.875.7820
plannedparenthood.org

Washington AIDS/STD Hotline
1.800.272.2437

School
Cascadia Tech Academy
A career and technical learning experience
360.604.1050
cascadiatechnicalacademy.org

Educational Services District #112:
Open Doors
360.949.1987
esd112.org

TeenTalk (M-Th 4-9 pm, Fri 4-7 pm)
360.397.2428 (CHAT)
ccteentalk1@hotmail.com
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ccteentalk.clark.wa.gov

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The Trevor Project
Helpline with focus on LGBTQ+ youth
1.866.488.7386
Text “Trevor” to 1.203.304.1200
thetrevorproject.org

GED (General Education Diploma)
Preparation classes and testing for those without a high school diploma
360.992.2761
clark.edu/academics/transitional-ed

Job Corps
1.800.733.5627
cascadesjobcorpscca.com

My school counselor’s name is:

Their contact information is:

Suicide prevention ⁴
According to the Washington State Department of Health suicide is the second leading cause of death for youth age 15-24

National Suicide Prevention Lifeline
(24/7/365)
1.800.273.8255
suicidepreventionlifeline.org

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thetrevorproject.org

Some warning signs of suicide
· Talking about or dropping hints about committing suicide
· Giving away prized possessions
· Being very obsessive
· Becoming a perfectionist
· Engaging in risky behaviors
· Significant changes in behavior
· Preoccupation with death
· Changes in eating/sleeping patterns
· Having a “plan” to commit suicide
· Depression—feeling unhappy for a long time
· Losing temper over small things
· Dropping grades
· Anxiety, strong feelings of fear, or nervousness

How to help
Steps 1 & 3 can be used to help a friend in any situation.
1. Show you care.
· Talk to the person you are concerned about in a caring way
· Be specific about the warning signs you have noticed
· Listen without judgment
2. Ask the question directly.
· "Are you thinking of suicide?"
· "I’m concerned about something you said. Do you wish you were dead?"
3. Get help.
· "We’re in this together. I know where we can get help."
· Talk to a trusted adult like a parent, teacher, school counselor, coach or club leader.
· Together, call the Southwest Washington Crisis Line (open 24/7/365) at 1.800.626.8137

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Teen parent programs
Evergreen Public Schools
360.604.3700 ext. 8795

Vancouver Public Schools
360.313.4400

Things to do and volunteering
4-H Youth Programs
360.397.6060
extension.wsu.edu/
clark/4hyouthfamilies/

Boys and Girls Clubs of SW WA
360.313.5670
360.313.5690
mybgc.org

Boy Scouts of America: Cascade Pacific Council
1.503.226.3423
cpbsa.org

Firstenburg Center
360.487.7001
cityofvancouver.us/parksrec/page/teens

Girl Scouts of OR and Southwest WA
1.800.338.5248
girlscoutsosw.org

Marshall Community Center
360.487.7086
cityofvancouver.us/parksrec/page/teens

Propstra Aquatic Center
360.313.3625
vansd.org/propstra-aquatic-center

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Southwest Washington Humane Society
southwesthumane.org/engage/volunteer/teen-volunteer-programs

Volunteer Connections
hsc-wa.org/volunteer-connections

VolunteerMatch
volunteermatch.org

Activities and challenges
How many times can you find the word “PEPPY”?

Y P P E P P E P P Y
P P E E E E E E P
P E P P Y P P E P P
E P P E P P Y P P E
P P Y Y P E P P Y P
P Y P Y E P P E E E
E P P E P P Y P P P
P P E E P P P P Y P
P E P P Y Y E Y E Y
Y P E P P Y P P E P

List three (or more) things that make you awesome!

Works Cited
1. atg.wa.gov
2. childwelfare.gov
3. teenwire.com
4. yspp.org

Whether you’re lonely and need someone to talk to or have something you’d like to get off your chest, contact TeenTalk and talk to someone your age who gets it.

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southwesthumane.org/engage/volunteer/teen-volunteer-programs

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TeenTalk
Nonjudgmental support,
by teens for teens.

Call 360.397.2428

Email ccteentalk1@hotmail.com

Follow us on Facebook, Instagram and Twitter @PeppyPenerson

Post anonymously on our online message bulletin board:
ccteentalk.clark.wa.gov



For more local resources
Call 211 or visit 211info.org

Or visit our website at
ccteentalk.clark.wa.gov

Works Cited
1. atg.wa.gov
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4. yspp.org

Special thanks:
Teen Link

Information compiled by:
Clark County TeenTalk

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