COMMUNITY RESOURCE LIST

TREATMENT AND RECOVERY

Addictions and Family Counseling, PC..... 503-667-2023
Outpatient, DUII
Advance Treatment Center, LLC..... 503-766-2582
Outpatient, DUII, Culturally Specific
Acadia Northwest, LLC 503-245-6262
Outpatient, DUII
Alcohol & Drug Helpline..... 503-223-8569
(Español) 503-395-7188
Allied Health Services .....*Methadone & Suboxone outpatient, accepts OHP*
Another Chance Clinical Services, LLC..... 971-269-8124
Outpatient, DUII
Cascadia Health 503-674-7777
Outpatient, OHP/sliding scale.
Cascadia Gambling Treatment 503-674-7777
Free service
CCC Recovery Center (CCCRC) 503-228-7134
Outpatient, OHP/free for Multnomah County residents.
Central City Concern..... 503-294-1681
Outpatient & Residential, DUII, Detox, Culturally Specific
Cielo Treatment Center, LLC..... 503-506-0246
Outpatient, DUII, Co-Occurring Disorders
CODA 503-239-8400
Residential, outpatient, detox & Methadone/Suboxone, Accepts OHP
Colonial Management Group – Portland Metro Treatment Center..... 503-762-3130
Outpatient Synthetic Opiate Treatment
Confederated Tribes of Grand Ronde Recovery Center Community OTP..... 800-422-0232
Outpatient Synthetic Opiate Treatment
Crestview Recovery Services, LLC..... 866-580-4160
Outpatient & Residential, DUII
Bridges to Change..... 503-465-2749
Fora Health 503-535-1151
1312 SW Washington - *Detox, residential, outpatient & youth treatment, OHP/sliding scale*
Holistic Healing Behavioral Healthcare..... 503-954-2077
Outpatient, DUII, Culturally Specific
Hooper Detox 503-238-2067
1535 N Williams - *Detox. Accepts OHP/uninsured, CCC (Central City Concern)*
Integrated Health Clinics NE 503-353-9415
Outpatient Synthetic Opiate Treatment
Kaiser Permanente 800-813-2000
Outpatient Substance Use Disorder Services, DUII
Kinship House 503-460-2796
Outpatient Substance Use Disorder Services
LifeStance Health, Inc. 503-460-2796
Outpatient Substance Use Disorder Services
LifeWorks NW 503-645-3581
Outpatient & residential, Co-Occurring Disorders, DUII
Lutheran Community Services Northwest 503-231-7480
Outpatient, Co-Occurring Disorders, Community-Based Criminal Justice Services, DUII
Mind Solutions, LLC 503-206-8856
Outpatient, Co-Occurring Disorders, DUII
Modus Vivendi, LLC 503-781-9065
Outpatient, Culturally Specific, DUII
Morrison Child and Family Services 503-258-4200
Outpatient Substance Use Disorder Services
Narcotics Anonymous 503-345-9839
portlandna.com or call for meetings.
NARA (Native American Rehab. Ass.).....
Outpatient 503-231-2641
Residential 503-621-1069
Outpatient & residential, serves couples & families w/ children under 5. Outpatient walk-ins M-Th at 8:00am., Accepts OHP
Needle Exchange Info Line 503-280-1611
New Narrative 503-726-3742
Outpatient & Residential Substance Use Disorder Services
New Start Program 971-279-4993
Outpatient Substance Use Disorder Services, DUII
New Season Portland Metro Treatment 503-762-3130
16420 SE Division - *Methadone/Suboxone, cash only*
Northwest Family Services 503-546-6377
Outpatient Substance Use Disorder Services
Northwest Treatment 503-655-1029
Outpatient Substance Use Disorder Services, DUII
Oregon Change Clinic 503-984-2173
Outpatient, DUII, Culturally Specific
Oregon Health & Science University – Avel Gordly Center for Healing *Outpatient, DUII, Culturally Specific*..... 503-518-5311
Outside In 503-535-3800
Outpatient Substance Use Disorder Services
Parrot Creek Child & Family Services ..... 503) 772-4110
Outpatient Substance Use Disorder Services
Progressive Counseling Services, Inc. 503-328-6973
Outpatient Substance Use Disorder Services, DUII
Project Network 503-335-0855
Residential treatment for women, Lifeworks
Providence Health System Outpatient 503-15-9320
Outpatient Substance Use Disorder Services, DUII
Puentes 503-546-9975
Outpatient A&D, mental health treatment for Latinos; Servicios y tratamiento ambulatorio para las adicciones al alcohol y drogas, y la salud mental, para Latinos, CCC (Central City Concern)
Quest Center for Integrative Health 503-238-5203
Outpatient Substance Use Disorder Services, DUII
Reaching In Serving Kids & Families, LLC - RISK
Outpatient Substance Use Disorder Service, Community-Based Criminal Justice Services 503-593-7764
Recovery Works NW, LLC 503-906-9995
Outpatient Substance Use Disorder Services, DUII
Robbie Miller, MAC, SAP, CADC III 503-816-0345
Outpatient Substance Use Disorder Services, DUII
Serenity Lane 503-244-4500
Outpatient Substance Use Disorder Services, DUII
Sex Addicts Anonymous 346-808-0722
porlandsaa.org
Siletz Community Health Clinic 503-238-1512
Outpatient, DUII, Culturally Specific
Sober Living Oregon Recovery Center 503-594-4750
Outpatient Substance Use Disorder Services, DUII
Suicide/Crisis Lifeline 988
Sunrise Counseling Services 503-516-4808
Outpatient Substance Use Disorder Services, DUII
Teen Challenge International Pacific NW Centers dba Life Renewal 855-932-3852
Outpatient Substance Use Disorder Services, DUII
Teras Interventions and Counseling, Inc 503-719-5250
Outpatient Substance Use Disorder Services, DUII
Tobacco Quit Line.....1-800-784-8669
(Español) 1-855-335-3569
Tree House NW, Inc. 503-719-5250
Outpatient Substance Use Disorder Services
VA Medical Cente 503-220-8262
Outpatient Substance Use Disorder Services
Volunteers of America 503-235-8655
Outpatient & Residential Substance Use Disorder Services, DUII

CLOTHING – FOOD

Best Foot Forward..... 503-916-4009
Referral required, Free professional men's clothing
Blanchet House..... 503-241-4340
310 NW Glisan - *Meals Mon-Sat - Breakfast 6:30-7:30am; Lunch 11:30am-12:30pm; Dinner 5-6pm.*
Francis Center..... 503-775-6784
6535 SE 82nd - *Food Boxes M-Th 10am-2pm. Clothing M-Th 10am-1pm.*
Mainspring (formerly FISH)..... 503-233-5533
3500 NE 82nd - *Meals & Clothing. Mon-Wed 10am-1pm.*
Meals on Wheels.....503-736-6325 (Multnomah/Washington)
866-788-6325 (Clark)
Oregon Food Bank..... 503-282-0555
oregonfoodbank.org - Search for food boxes/meals.
Portland Dress for Success 503-249-7300
Referral required. Free professional women's clothing
Rahab's Sisters..... 247 SE 82nd
Friday 7pm-10pm - Meals for anyone identifying as female.
Rose Haven..... 503-248-6364
627 NW 18th - *M-F 8:30am-4pm. Drop-in center, clothing & showers for anyone identifying as female*
Sisters of the Road Cafe..... 503-222-5694
133 NW 6th - *Tu-Sat 10am-12pm. Meals for $1.50 or work/ barter/food stamps*
SNAP (Food Stamps)..... 503-945-5600
St. Andre Bessette (Red Door Church)..... 503-228-0746
601 W Burnside - *Breakfast & Clothing: M-Th 9:30-11:30am. Dinner: Fri 7-8:30pm. Food Pantry: Tu-Th 1:30-3pm.*
St. Francis Dining Hall..... 503-234-2028
311 SE 11th - *Meals: M-Th 3:30pm, Fri 12:30pm, Sun 2pm*

DOMESTIC VIOLENCE – ASSAULT

Bradley Angle 503-595-9591
Emergency shelter, housing assistance. Culturally-specific for LGBTQ and African American available
Call to Safety 1-888-235-5333
(24/7)
Domestic Violence Resource Center 503-469-8620
24/7 Crisis Line & help accessing shelter in Wash. Cty
Family Justice Center (FJC) 503-469-8620
735 SW 158th Ave in Beaverton. (DV Resource Center)
Counseling, advocates, referrals, legal help in Wash. Cty
Gateway Center for DV Services 503-988-6400
10305 E Burnside - M-F 9am-4pm. *Drop-in center, legal needs, restraining orders*
Home Free (VOA) ..... 503-771-5503 (Hotline)
Emergency, transition support. Housing/motel vouchers, legal advocates, support groups
Oregon Coalition Against Domestic & Sexual Violence
www.ocadsv.org/find-help
Portland Bad Date Line 503-535-3901
Takes reports of violent or abusive customers for printed list
Proyecto UNICA 1-888-232-4448
24 horas. Servicios de prevención e intervención de violencia doméstica y asalto sexual
Raphael House 503-222-6222
(crisis line/shelter access)
Emergency shelter & advocacy/support for female & male survivors, survivors w/children
Sexual Assault Resource Center 503-640-5311 (24/7)
Crisis/support line, advocacy, counseling for sexual assault survivors. Latinx supported

ENERGY–RENT–EMERGENCY HELP

Assurance Wireless ..... assurancewireless.com
Oregon Lifeline for free cell phone
Human Solutions ..... 503-405-7877 (Energy Help)
503-548-0217 (Water Help)
503-548-0200 (Portland Office)
Energy Hotline for help with NW Natural, PGE, Pacific bills, Portland office help with eviction prevention funding
Impact NW 503-294-7444
10055 E. Burnside - Walk-in Energy/Utility assistance, M-Th 9am until full. Bring ID, bills, SS card and income info
Low Income Energy Assistance Hotline.....1-800-453-5511
Neighborhood House 503-246-1663
Help with energy, water bills, rent, & food
Oregon Energy Fund ..... oregonenergyfund.org
SEI Family & Community Services 503-240-0828
(Energy Hotline) 503-972-3698 (DV services)
Energy Hotline for PGE, Pacific, NW Natural, water, and walk-in info

EMPLOYMENT – RE-ENTRY

Vocational Rehabilitation.....971-673-2555 (Central Office)
971-673-5858 (East Office)
Job training for people with disabilities
SE Works *503-772-2300*
7916 SE Foster - *Employment assistance, including for people with criminal justice involvement*

LGBTQ

CAP 503-223-5907
Free HIV/STD testing, services for people living w/ HIV/AIDS
OHSU Transgender Health Program 503-494-7970
Gender transition support services
Outside In - Trans Clinic & ID Project 503-535-3828
Prism 503-445-7699
2236 SE Belmont - LGBTQ-focused health care
Q Center..... 503-234-7837
4115 N Mississippi - Space for events/groups
SMYRC 503-872-9664
1220 SW Columbia & 16570 SE Oak - Serving youth 12-23

HEALTH – MEDICAL – DENTAL

Aging and Disability Resource Connection
adrcoforegon.org 503-988-3646
Billi Odegaard Dental Clinic 503-988-5770
33 NW Broadway, Suite 380 - *M-F 8:30am-6:30pm. Walk-in for standby appt. OHP/uninsured*
Children's Community Clinic 503-284-5239
Medical care ages 0-21. OHP/uninsured.
Medical Teams Int'l 503-624-1026
Urgent dental care ..... 503-624-6626 (Español)
Multnomah County Health Clinics..... 503-988-5558
Serves uninsured/undocumented
Multnomah Dental Access 503-988-6942
Routine and urgent care. OHP/uninsured
NUNM Clinics 503-552-1515
503-552-1502 (Español)
Naturopathic medical clinics for low income/uninsured

CONTINUED ON BACK

Suicide Hotline 24/7 - Dial 988

Crisis Line 503-988-4888

Call 211 for info

COMMUNITY RESOURCE LIST

North by NE Health Center 503-287-4932
Serves uninsured, focus on African-Americans
Old Town Clinic 503-228-4533
727 W Burnside St - *Primary care w/mental health providers Walk-in intakes M-F 8:30am-3:30pm. OHP/uninsured*
Outside In 503-535-3800
1132 SW 13th - *M-F 8:30am-5pm. Call/Walk-in to establish care, walk-in for wound care at 12pm. OHP/sliding scale*
OHSU Richmond Walk-In Clinic..... 503-418-1500
4212 SE Division - *M-F 8am-8pm, Sat. 9am-3pm. Urgent care, serves all*
OHSU Richmond Clinic 503-418-3900
Accepts OHP/uninsured
Oregon Poison Control Center 1-800-222-1222
Pacific Eye Care 503-352-2500
OHP, Medicare
Quest Center for Integrative Health 503-238-5203
Naturopathic, eastern, osteopathic Medicine. Has LGBTQ-specialized care, acupuncture, non-Opioid chronic pain program
Ride Connection 503-226-0700
Transportation assistance for Seniors & People with disabilities
Ride to Care.....1-855-321-4899
Non-emergency medical transport for OHP Health Share
Rosewood Family Health Center 503-772-4335
OHP, Medicare.
Southwest Community Health Center.....
503-977-0733 (Portland)
503-846-4418 (Hillsboro)
Primary care for low-income and uninsured
Tri-County MedLink..... 866-336-2906
Non-emergency medical transportation for OHP Open Card

HIV/AIDS CARE

Cascade AIDS Project..... 503-223-5907
Esther's Pantry 503-349-4699
10202 SE 32nd, Suite 601, Milwaukie - *Food, personal care items for low-income people living w/ HIV/AIDS*
HIV Day Center 503-460-3822
2941 NE Ainsworth - *Meals and drop-in hours M, T, Th, F 9am-3pm*
HIV Health Services Center..... 503-988-5020
Primary care and support services for Oregon residents
Partnership Project..... 503-230-1202
Case management and free counseling by referral
Quest Center - WOW.....503-238-5203 x311
Services and support for women living with HIV
Russell Street Dental 503-494-6822
*Sliding scale dental care - indicate **HIV**+ when calling*

HOUSING AND HOMELESS

Community Alliance of Tenants (CAT)..... 503-288-0130
(Hotline)
Renters' Rights Hotline *M, W, F, Sa. 1-5pm, Tu. 6-8pm.*
Central City Concern (CCC). 503-525-8483
523 NW Everett - *Waitlists for housing*
City Team Ministries 503-231-9334
526 SE Grand - *Men's shelter - $5/night for bed, meal and shower. Check-in 5:45-6:30pm.*
CRRC - Community Resource & Referral Center 503-808-1256
308 SW 1st - *Drop-in center for veterans, case management, housing assistance, free clinic*
Human Solutions 503-538-0200
Homeless/affordable housing services
JOIN..... 503-232-2031
1435 NE 81st Ave, Suite 100 - *Day Center 10am-3pm - Showers, laundry, phone, internet, mail*
NW Pilot Project 503-227-5605
Housing services/support for 55+, call for screening
Oxford Houses 800-689-6411
oxfordvacancies.com - Affordable shared recovery houses for adults and families
Operation Nightwatch 503-220-0438
1432 SW 13th - *Th-Sat 7-11pm. Services & supplies for houseless, including foot care*
Urban Alchemy - Admin Office 415-757-0896
1490 SE Gideon St, Portland, OR 97202
Urban Alchemy - City Alternative Shelters
- » Clinton Triangle - (1490 SE Gideon St.)
- » Multnomah Safe Rest Village (2731 SW Multnomah Blvd.)
- » North Portland Road (10505 N Portland Road)
- » Reedway Safe Rest Village - 10550 SE Reedway St.

Urban Alchemy City Day Center
- » NW Glisan Oasis Day Center (NW 6th Ave & NW Glisan)

Porchlight & Streetlight Youth Shelters.....
503-432-3986 (Screening/Day #)
503-222-5988 (Porchlight/N
Portland Community Reinvestment Initiative..... 503-288-2923
6329 NE MLK - *Rentals for low-income. Apply in office or at pcrihome.org*
Portland Homeless Family Solutions..... 503-915-8306
Shelter and housing assistance for families with children
Portland Rescue Mission 503-906-7690
111 W Burnside - *Men's shelter/showers, daily meals for all Faith-based shelter & recovery programs available*
SAFES – Salvation Army
Female Emergency Shelter 503-227-0810
30 SW 2nd Ave
TPI - Transition Projects 503-280-4700
650 NW Irving - *Day Center. Check in at 1:00 PM M-F, 12:00 PM Sa. & Su. for bed. Servicios en Espanol'*

PARENTING/FAMILY RESOURCES

Albina Head Start/Early Head Start *503-236-9389*
503-282-1975 (kids 3-5)
Support to low-income pregnant women, teen moms, kids 0-5
Black Parent Initiative 503-284-8000
Center for Family Success 503-286-0600
Classes and support for criminal justice-involved families
Impact NW 503-721-6777
Early childhood, youth and family services
Insights Teen Parent Service 503-239-6996
Education, support services for parents up to age 22, housing assistance for homeless mothers up to age 20
Lifeworks NW ..... 503-283-4776 (St. John's)
503-594-1772 (Gladstone)
503-597-6089 (Hillsboro)
Children's Relief Nurseries: parenting/family classes & support
PAW Team 503-206-6033
1718 NE 82nd - *Free pet care, bring ID, proof of income (if available), pet must be spayed/neutered*
Pongo Fund Pet Food Bank 503-939-7555
3632 SE 20th - *pongofund.org for Pet Food Bank dates, bring ID, proof of address & income, pet must be spayed/neutered*
Portland Public Schools Head Start 503-916-5724
Services supporting 3-4 year-olds and their families
Project Nurture .....503-413-4500 (Emanuel)
855-733-2632 (CODA)
503-513-8950 (Providence)
Prenatal care & support for pregnant women using drugs, Methadone & Suboxone, peer support available
WIC 503-988-3503

LEGAL

Catholic Charities
Immigration Legal Services 503-542-2855
2740 SE Powell, suite 2 - *Servicios en Español*
Child Support Helpline 800-850-0228
oregonchildsupport.gov
Immigration Counseling Services 503-221-1689
Low-cost immigration legal assistance
Legal Aid Services of Oregon..... 503-224-4086
Legal services for low-income
Lutheran Community Services NW 503-231-7480
Immigrant/Refugee assistance, including crime victims
Metropolitan Public Defender 503-225-9100
Legal assistance for Home Forward residents, records expungement

MENTAL HEALTH SUPPORT

24-hr Suicide Prevention Hotline.....1-800-273-8255
Text '273TALK' to 839863..... 1-888-628-9454 (Español)
Avel Gordly Center for Healing (OHSU).. 503-418-5311
Counseling, medication management. Only African-American specific services accepts OHP
Cascadia Behavioral Health..... 503-674-7777 (Intake Line)
David Romprey Oregon Warmline.....1-800-698-2392
Peer support, 9am-11pm
Folk Time Social Program - NE PDX .....folktime.org
4837 NE Couch - *Drop-in center*
Lewis & Clark Counseling Center 503-768-6320
Student-provided sliding-scale counseling, including couples & substance abuse
Lifeworks NW 503-645-9010
Mental health/A&D services for youth & adults

North Star Clubhouse..... 971-271-7273
5600 NE Glisan - *Support center M-F 9am-5pm.*
Oregon Military Assistance Helpline.....800-511-6944 (24hr)
Free, anonymous help for military/veterans and families
Pacific Psychology Clinic ..... 503-352-2400 (Portland)
503-352-7333 (Hillsboro)
Counseling, assessments, OHP/sliding scale
Quest Center for Integrative Health 503-238-5203
Holistic mental health, A&D services, OHP, Medicare
Unity Center..... 503-944-8000
1225 NE 2nd ave - *Crisis inpatient/stabilization,Triage area for walk-ins*
Urgent Walk-In Clinic (Cascadia)..... 503-963-2575
4212 SE Division - *7am-10:30pm daily, crisis counseling, prescribing, referrals, serves all*
Western Psychological & Counseling 503-253-4600
Counseling, medication management, groups, A&D, accepts OHP/Medicare
William Temple House 503-226-3021 x220
Individual, couples, family counseling, sliding scale, get application at williamtemple.org

TESTING (HEP, HIV, STD, TB, PREG) AND REPRODUCTIVE HEALTH

Cascade AIDS Project (CAP)..... 503-223-5907
HIV & STD testing
Lovejoy Surgicenter 503-221-1870
Abortion, pregnancy tests, vasectomy services, OHP, payment plans for uninsured
Multnomah County STD Clinic 503-988-3700
426 SW Harvey Milk, 6th Floor - *HIV/STD testing by appointment, OHP accepted, $50 or sliding scale*
Planned Parenthood .....1-888-875-7820 (Call Center)
HIV/STD/pregnancy testing, birth control, morning-after pill, full range of women's care, OHP, sliding scale, NE location has gender transition services

EAST COUNTY/CLACKAMAS

Alcohol/Drug/Mental Health

CCC - Eastside Concern 503-253-5954
1949 SE 122nd Ave - *Outpatient A&D/DV treatment, MAT walk-ins M-F 9am-12pm*
Clackamas County Behavioral Health Centers..... 503-655-8401
A&D, Mental Health Services
Riverstone Urgent/Walk-in Clinic 503-742-5335
11211 SE 82nd, Suite 0 - *Crisis, assessment, referral, post release support*
Clackamas County Crisis Line 503-655-8585 (24/7)
Western Psychological Counseling 503-666-8832
Individual, group, & family therapy, westernpsych.com for locations, OHP/Medicare/private insurance

Medical/Dental Care

Clackamas County Medical/Dental Care..... 503-655-8471
Legacy GoHealth Urgent Care 503-666-5050
2850 SE Powell Valley Rd., Suite 100, Gresham - OHP
Mt. Hood Comm. College Dental Clinic 503-491-7176
27000 SE Stark St, Gresham - *Low-cost dental care*
Wallace Medical Concern 503-489-1760
124 NE 181st, Suite 120 - *Medical & dental, OHP/sliding scale*

Basic Needs/Housing/Food

Ambleside Meals on Wheels People 503-953-8201
600 NE 8th, Suite 155 Gresham - *M-F lunch for 60+ adults*
Clackamas Service Center 503-771-7914
8800 SE 80th - *mail, clothing, food, hygiene/showers, medical, dental, haircuts, HIV testing, peer support, needle exchange*
Clackamas Women's Services 1-888-654-2288 (24/7)
256 Warner Milne, Oregon City - *Drop-in & shelter for survivors of domestic/sexual violence*
El Programa Hispano 503-669-8350
138 NE 3rd St, #140 - *Emergencia, legal, empleo, y ayuda adicional para Latinos*
MT. Hood Head Start 503-491-6111
10100 NE Prescott - *For east Multnomah County outside Portland Public Schools. Walk-in M-F 9am-4pm*
Operation Nightwatch 503-220-0438
8800 SE 80th - *Hospitality Center w/meals Fri 7-9pm, Sat 5-8 pm*
SnowCap Community Charities 503-674-8785
17805 SE Stark St - *Food, clothes, school supplies, M-F 10am-2pm, Mon & Wed 6-8pm*

Suicide Hotline
24/7 - Dial 988

Crisis Line
503-988-4888

Call 211
for info

The contents of this list are options and not endorsed by the Multnomah County Health Department. Call 503-988-3030 to update.