



## Portland Metro Area Patient Resources

**The resources below provide support for our patients and community members.**

\*= known cost-free programs, services, or options available

Note: All information is pulled and updated from the organization’s website annually. TOC cannot guarantee that the information is up-to-date and that the contact method listed is the best way to reach them.

### Addiction Recovery/Mental Health

<p><a href="#">Addiction Center - Oregon Drugs Rehab</a>          Website: <a href="http://addictioncenter.com/rehabs/oregon/">addictioncenter.com/rehabs/oregon/</a>          Phone Number: 1-855-635-2334</p>	<p>Since 2014, Addiction Center has been an informational web guide for those who are struggling with substance use disorders and co-occurring behavioral and mental health disorders.</p> <p>Start your search for Oregon drug and alcohol rehab, detox facilities, and outpatient or inpatient rehabs for yourself or a loved one today.</p>
<p><a href="#">Asian Health and Service Center – Mental Health</a>          Website: <a href="http://ahscpdx.org/mental-health">ahscpdx.org/mental-health</a>          Phone Number: (503) 772-5893          Email: <a href="mailto:bh@ahscpdx.org">bh@ahscpdx.org</a></p>	<p>AHSC provides state-certified outpatient mental health services for individuals insured by the Oregon Health Plan (CareOregon). Our clinicians are especially aware of the challenges Asian communities face when accessing mental health services, from language barriers to cultural misconceptions about mental health.</p>
<p>*<a href="#">Central City Concern – Health Care</a>          Website:  <a href="http://centralcityconcern.org/services/health-care">centralcityconcern.org/services/health-care</a>          Phone Number: (971) 361-7888</p>	<p>CCC values all pathways to recovery, from abstinence-based to medication-supported approaches. Our services include substance use treatment through primary care, detoxification services, medications like Suboxone that reduce withdrawal symptoms, recovery groups, one-on-one counseling and peer support.</p>
<p>*<a href="#">FindTreatment.gov – Search For Treatment</a>          Website: <a href="http://findtreatment.gov/locator">findtreatment.gov/locator</a>          Phone Number: 1-833-888-1553          Email: <a href="mailto:FindTreatment@samhsa.hhs.gov">FindTreatment@samhsa.hhs.gov</a></p>	<p>Confidential and anonymous resource for locating treatment facilities for mental and substance use disorders in the United States and its territories.</p>
<p><a href="#">NARA NW – Services</a>          Website: <a href="http://naranorthwest.org/services">naranorthwest.org/services</a>          Phone Number: (503) 224-1044          Email: <a href="mailto:info@naranorthwest.org">info@naranorthwest.org</a></p>	<p>The mission of NARA NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.</p>
<p>*<a href="#">Outside In – Substance Use Peer Services</a>          Website: <a href="http://outsidein.org/health-services/substance-use-peer-services">outsidein.org/health-services/substance-use-peer-services</a></p>	<p>We offer peer support and substance use disorder treatment programs as well as harm reduction services. Our programs are free of charge, available</p>

Phone Number: (503) 535-3852	to all, and guided by a harm reduction model where everyone deserves respect and is a valued member of the community.
<a href="#">Project Nurture</a> Website: <a href="http://healthshareoregon.org/health-equity/project-nurture">healthshareoregon.org/health-equity/project-nurture</a> Phone Number: 855.SEE.CODA Email: <a href="mailto:alisonnoice@codinc.org">alisonnoice@codinc.org</a>	Project Nurture provides prenatal care, inpatient maternity care, and postpartum care for women who struggle with addictions as well as pediatric care for their infants. Women enrolled in Project Nurture receive outpatient addiction treatment by certified alcohol and drug counselors (CADCs), and receive Medication for Opioid Use Disorder (MOUD), including methadone or buprenorphine, alongside their pregnancy care.
<a href="#">*Provoking Hope – Addiction and Recovery Wrap-Around Services</a> Website: <a href="http://provokinghope.com">provokinghope.com</a> Phone Number: (971) 261-2259	As an addiction and recovery non-profit organization, we are committed to being non-judgmental and providing equal access to our services for all individuals.
<a href="#">Recovery Network of Oregon</a> Website: <a href="http://recoverynetworkoforegon.org">recoverynetworkoforegon.org</a>	Our mission is to bridge all recovery pathways in Oregon through a central hub, connecting individuals to the services and people that are prepared to support them in their journey.
<a href="#">The Equi Institute – Recovery Support and Harm Reduction</a> Website: <a href="http://equi-institute.org/recovery-harmreduction">equi-institute.org/recovery-harmreduction</a> Phone Number: (503) 459-2584 Email: <a href="mailto:info@equi-institute.org">info@equi-institute.org</a>	The Equi Institute’s Recovery Mentorship and Harm Reduction Support Program is an LGBTQ2SIA+-specific support service for adults.

### Culturally Specific Healthcare

<a href="#">Asian Health and Service Center</a> Website: <a href="http://ahscpdx.org">ahscpdx.org</a> Phone Number: (503) 872-8822 Email: <a href="mailto:info@ahscpdx.org">info@ahscpdx.org</a>	Asian Health & Service Center is rooted in a holistic, integrated model of care—an innovative blend of language and culturally specific Physical and Mental Health Services, Public Health and Wellness Programs, and Community Engagement opportunities for the Portland Metro region’s growing Asian population.
<a href="#">*Black Parent Initiative Portland – Sacred Roots Doula</a> Website: <a href="http://thebpi.org/sacred-roots-doula">thebpi.org/sacred-roots-doula</a> Phone Number: (503) 284-8000 Email: <a href="mailto:sacredroots@thebpi.org">sacredroots@thebpi.org</a>	Sacred Roots Doulas provide mothers and families with consistent, continuous reassurance, comfort, encouragement, and respect. Our Doulas provide culturally specific care for mothers based on their circumstances and preferences.
<a href="#">*Central City Concern – Health Care</a> Website: <a href="http://centralcityconcern.org/services/health-care">centralcityconcern.org/services/health-care</a> Phone Number: (971) 361-7888	For clients who are Black, African American and Latinx/Hispanic, we offer mental health care and addiction treatment in a setting that supports your culture and lived experience.

<p><a href="#">East County Community Health</a>          Website: <a href="http://ecchealth.org">ecchealth.org</a>          Phone Number: (503) 847-9163 Ext. 710</p>	<p>ECCH is a permanent, self-sustaining team that improves the health outcomes of East Multnomah County. We are a diverse group of Community Health Workers (CHWs) that are led by a professional staff, and are integrated into the Community Development Corporation of Oregon's networks.</p>
<p><a href="#">The Equi Institute</a>          Website: <a href="http://equi-institute.org">equi-institute.org</a>          Phone Number: (503) 459-2584</p>	<p>To enrich the health of the trans, queer, intersex and gender diverse communities through trauma-informed care, culturally-affirming services and social justice advocacy. Equi has 5 years of experience facilitating Oregon's first Trans &amp; Queer integrative Primary Care Program.</p>
<p>*<a href="#">Outside In</a>          Website: <a href="http://outsidein.org">outsidein.org</a>          Phone Number: (503) 535-3800          Email: <a href="mailto:info@outsidein.org">info@outsidein.org</a></p>	<p>Health care and social services for youth experiencing homelessness and other marginalized people in downtown Portland and the surrounding community.</p>
<p><a href="#">Prism Health</a>          Website: <a href="http://prismhealth.org">prismhealth.org</a>          Phone Number: (503) 445-7699          Email: <a href="mailto:info@prismhealth.org">info@prismhealth.org</a></p>	<p>Prism Health offers a safe, affirming, and non-judgmental space where all members of the lesbian, gay, bisexual, transgender, and queer community can obtain the compassionate and culturally effective health care they need and deserve.</p>
<p><a href="#">NARA NW – Services</a>          Website: <a href="http://naranorthwest.org/services">naranorthwest.org/services</a>          Phone Number: (503) 224-1044</p>	<p>The mission of NARA NW is to provide education, physical and mental health services and substance abuse treatment that is culturally appropriate to American Indians, Alaska Natives and anyone in need.</p>

## Food Access

<p><a href="#">Immigrant &amp; Refugee Community Organization – Community Safety &amp; Wellbeing Services</a></p> <p>Website: <a href="http://irco.org/services/community-safety-and-wellbeing-services/">irco.org/services/community-safety-and-wellbeing-services/</a></p> <p>Multnomah County          Phone Number: (971) 354-7228          Email: <a href="mailto:irenac@irco.org">irenac@irco.org</a></p> <p>Washington County          Phone Number: (503) 988-0273.          Email: <a href="mailto:huypp@irco.org">huypp@irco.org</a></p>	<p>Multnomah County: IRCO Main and Africa House provide on-site, culturally specific meals (Tuesday, Wednesday, Thursday) for older adults and caregivers, plus supplemental food bags with dry and canned food once a week. Serving elders from the Slavic, Somali, Ethiopian, Romanian, Vietnamese, Burmese and Bhutanese communities.</p> <p>Washington County: Phat Quang Buddhist Temple in Beaverton provides in-person congregational meals for older adults from Asian communities.</p>
<p>*<a href="#">Meals on Wheels People – Online Meal Request</a></p>	<p>Meals on Wheels are nutritious meals that are delivered Monday through Thursday between 10 a.m. and 2 p.m. We serve seniors who live in</p>

<p>Website: <a href="http://mowp.org/what-we-do/online-meal-request/">mowp.org/what-we-do/online-meal-request/</a>  Phone Number: 866-788-6325</p>	<p>Multnomah and Washington counties in Oregon and Clark County in Washington. The cost of each meal is \$10.50. Participants are asked to contribute to the cost of the meal.</p>
<p>*<a href="#">Oregon Food Bank</a>  Website: <a href="http://oregonfoodbank.org/find-support">oregonfoodbank.org/find-support</a>  Phone Number: (503) 282-0555</p>	<p>Our network of food pantries and meal sites is here to provide free groceries, fresh produce and nutritious meals for all. At many free food locations, you can also connect with additional services, such as nutrition support and affordable health insurance.</p>
<p>*<a href="#">Potluck in the Park – Sunday Meal</a>  Website: <a href="http://potluckinthepark.org/events/sunday-meal">potluckinthepark.org/events/sunday-meal</a>  Phone Number: (503) 255-7611  Email: <a href="mailto:potluck@potluckinthepark.org">potluck@potluckinthepark.org</a></p>	<p>Potluck has been serving a free hot meal to anyone in need since 1991. Rain or shine, 52 weeks a year, we provide a hot meal, every Sunday, now at 8th Ave and Park Ave on NW Glisan.</p>
<p>*<a href="#">SNAP Food Benefits – Oregon Department of Human Services</a>  Website:  <a href="http://oregon.gov/odhs/food/pages/snap.aspx">oregon.gov/odhs/food/pages/snap.aspx</a>  Phone Number: 1-800-699-9075</p>	<p>This program helps people pay for groceries, learn about nutrition, and get job training and support.</p>
<p>*<a href="#">WIC – Oregon Health Authority</a>  Website: <a href="http://fns.usda.gov/wic">fns.usda.gov/wic</a>  Phone Number: 971-673-0040  Email: <a href="mailto:robin.l.moulton@dhsosha.state.or.us">robin.l.moulton@dhsosha.state.or.us</a></p>	<p>WIC is a place where families like yours get healthy food and a lot more. WIC is for pregnant people, new and breastfeeding moms, and children under 5. WIC helps improve the health of mothers and supports a healthy start for infants and children through:</p> <ul style="list-style-type: none"> <li>• Nutrition education</li> <li>• Breastfeeding support</li> <li>• Healthy foods</li> <li>• Health screenings and referrals</li> </ul>

## Health Financial Assistance

<p>*<a href="#">CareOregon</a>  Website: <a href="http://careoregon.org">careoregon.org</a>  Phone Number: 1-800-224-4840  Email: <a href="mailto:customerservice@careoregon.org">customerservice@careoregon.org</a></p>	<p>CareOregon provides physical, dental and mental health care and substance use treatment through the Oregon Health Plan (OHP) as part of Health Share of Oregon, one of two coordinated care organizations (CCOs) serving the tri-county area. You may be eligible for OHP based on your income or other factors.</p>
<p>*<a href="#">Central City Concern – Health Care</a>  Website:  <a href="http://centralcityconcern.org/services/health-care">centralcityconcern.org/services/health-care</a>  Phone Number: (971) 361-7888</p>	<p>CCC is a Federally Qualified Health Center and provides services at multiple locations. Our providers meet our patients where they are, offering judgment-free treatment and support.</p>
<p>*<a href="#">Coalition of Community Health Clinics – Find a Clinic</a>  Website: <a href="http://coalitionclinics.org/find-a-clinic/find-a-clinic-tool">coalitionclinics.org/find-a-clinic/find-a-clinic-tool</a></p>	<p>The Coalition of Community Health Clinics (CCHC) is a non-profit organization that serves a network of seventeen non-profit community health clinics that provide a range of health and preventive services for</p>

Phone Number: (503) 546-4991 Email: <a href="mailto:info@coalition-clinics.org">info@coalition-clinics.org</a>	low-income, uninsured, and under-served community members.
* <a href="#">Northwest Abortion Access Fund</a> Website: <a href="http://nwaafund.org/funding">nwaafund.org/funding</a> Phone Number: 1-866-692-2310	The Northwest Abortion Access Fund is an abortion fund serving Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run our toll-free hotline. We help people pay for their abortion care by sending funding directly to the clinic. We also help people get to and from the clinic and make sure people traveling for care have a safe place to stay.
* <a href="#">Nurse Family Partnership</a> Website: <a href="http://nursefamilypartnership.org/first-time-moms">nursefamilypartnership.org/first-time-moms</a> Phone Number: (844) 637-6667	With your very own free Nurse--Family Partnership personal nurse, you will get the support, advice and information you need during your pregnancy and when your baby arrives.
* <a href="#">Project Access NOW – Insurance Enrollment &amp; Payment Support</a> Website: <a href="http://projectaccessnow.org/programs/insurance-enrollment-payment-support">projectaccessnow.org/programs/insurance-enrollment-payment-support</a> Phone Number: (503) 345-7031 Email: <a href="mailto:oea@projectaccessnow.org">oea@projectaccessnow.org</a>	Payment Assistance clients earn below 300% of the Federal Poverty Level (FPL). The program leverages tax credits and cost-sharing reductions and pays the monthly insurance premium for participants. Program staff also work with participants and providers to help lower additional out-of-pocket expenses and educate on how to utilize insurance once covered.
<a href="#">State of Oregon – Senior Health Insurance Benefits Assistance</a> Website: <a href="http://shiba.oregon.gov/get-help/Pages/help-near-you.aspx">shiba.oregon.gov/get-help/Pages/help-near-you.aspx</a> Phone Number: 800-722-4134 Email: <a href="mailto:shiba.oregon@odhsoha.oregon.gov">shiba.oregon@odhsoha.oregon.gov</a>	The Senior Health Insurance Benefits Assistance program uses trained counselors to educate and advocate for Oregonians with Medicare.

## Housing Security

<a href="#">Central City Concern – Housing</a> Website: <a href="http://centralcityconcern.org/services/housing">centralcityconcern.org/services/housing</a> Phone Number: 503-525-8483	We offer many types of affordable and transitional housing, combined with programs to help recently homeless people overcome barriers to permanent housing.
* <a href="#">Outside In – Meals, Housing, and Support</a> Website: <a href="http://outsidein.org/young-adult-services/meals-housing-and-support">outsidein.org/young-adult-services/meals-housing-and-support</a> Phone Number: (503) 432-3986 Email: <a href="mailto:info@outsidein.org">info@outsidein.org</a>	Outside In's Drop In Day Program provides services like meals and showers and helps you connect with a supportive and caring community. Join us for three healthy meals each day, enjoy a hot shower, do some laundry, check your mail, and learn about available housing options – all in a safe and affirming place.
<a href="#">Rebuilding Together Portland – Home Repairs</a> Website: <a href="http://rtpdx.org/get-help">rtpdx.org/get-help</a> Phone Number: (503) 206-7993 Email: <a href="mailto:info@rtpdx.org">info@rtpdx.org</a>	Rebuilding Together is a nation-wide nonprofit organization that provides critical home repairs, modifications, and improvements for low-income homeowners.

<p><a href="#">Transition Projects – Housing</a>  Website: <a href="http://tprojects.org/housing">tprojects.org/housing</a>  Phone Number: (503) 280-4700</p>	<p>Through our shelters and Resource Center, we provide support to individuals at all stages of their journey from homelessness to permanent housing. We provide short- and long-term support for participants to rent housing units throughout the metro area.</p>
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### Interpreter Services

For interpretation or translated patient intake forms, inform the clinic staff during scheduling or call the clinic.

### Prenatal Services

<p>*<a href="#">Black Parent Initiative Portland   Sacred Roots Doula</a>  Website: <a href="http://thebpi.org/sacred-roots-doula">thebpi.org/sacred-roots-doula</a>  Phone Number: (503) 284-8000  Email: <a href="mailto:sacredroots@thebpi.org">sacredroots@thebpi.org</a></p>	<p>Sacred Roots Doulas provide mothers and families with consistent, continuous reassurance, comfort, encouragement, and respect. Our Doulas provide culturally specific care for mothers based on their circumstances and preferences.</p>
<p>*<a href="#">Northwest Abortion Access Fund</a>  Website: <a href="http://nwaafund.org/funding">nwaafund.org/funding</a>  Phone Number: 1-866-692-2310</p>	<p>The Northwest Abortion Access Fund is an abortion fund serving Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run our toll-free hotline. We help people pay for their abortion care by sending funding directly to the clinic. We also help people get to and from the clinic and make sure people traveling for care have a safe place to stay.</p>
<p>*<a href="#">Nurse Family Partnership</a>  Website: <a href="http://nursefamilypartnership.org/first-time-moms">nursefamilypartnership.org/first-time-moms</a>  Phone Number: (844) 637-6667</p>	<p>With your very own free Nurse--Family Partnership personal nurse, you will get the support, advice and information you need during your pregnancy and when your baby arrives.</p>
<p><a href="#">Project Nurture</a>  Website: <a href="http://healthshareoregon.org/health-equity/project-nurture">healthshareoregon.org/health-equity/project-nurture</a>  Phone Number: 855.SEE.CODA  Email: <a href="mailto:alisonnoice@codinc.org">alisonnoice@codinc.org</a></p>	<p>Project Nurture provides prenatal care, inpatient maternity care, and postpartum care for women who struggle with addictions as well as pediatric care for their infants. Women enrolled in Project Nurture receive outpatient addiction treatment by certified alcohol and drug counselors (CADCs), and receive Medication for Opioid Use Disorder (MOUD), including methadone or buprenorphine, alongside their pregnancy care.</p>
<p>*<a href="#">WIC – Oregon Health Authority</a>  Website: <a href="http://fns.usda.gov/wic">fns.usda.gov/wic</a>  Phone Number: 971-673-0040  Email: <a href="mailto:robin.l.moulton@dhsosha.state.or.us">robin.l.moulton@dhsosha.state.or.us</a></p>	<p>WIC is a place where families like yours get healthy food and a lot more. WIC is for pregnant people, new and breastfeeding moms, and children under 5. WIC helps improve the health of mothers and supports a healthy start for infants and children through:</p> <ul style="list-style-type: none"> <li>• Nutrition education</li> <li>• Breastfeeding support</li> </ul>



	<ul style="list-style-type: none"> <li>• Healthy foods</li> <li>• Health screenings and referrals</li> </ul>
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### Transportation to Appointments

<p>*<a href="#">Northwest Abortion Access Fund</a>          Website: <a href="http://nwaafund.org/funding">nwaafund.org/funding</a>          Phone Number: 1-866-692-2310</p>	<p>The Northwest Abortion Access Fund is an abortion fund serving Washington, Oregon, Idaho, and Alaska. Trained, compassionate volunteer advocates run our toll-free hotline. We help people pay for their abortion care by sending funding directly to the clinic. We also help people get to and from the clinic and make sure people traveling for care have a safe place to stay.</p>
<p><a href="#">Ride Connection – Portland Transportation Services</a>          Website: <a href="http://rideconnection.org/services">rideconnection.org/services</a>          Phone Number: (503) 226-0700          Email: <a href="mailto:info@rideconnection.org">info@rideconnection.org</a></p>	<p>The Ride Connection network is made up of a collection of agencies who serve older adults and people with disabilities as well as low-income individuals and general public by offering a variety of transportation options in Clackamas, Multnomah, and Washington counties</p>
<p>*<a href="#">Ride to Care – Oregon Health Plan</a>          Website: <a href="http://ridetocare.com">ridetocare.com</a>          Phone Number: 855-321-4899</p>	<p>Ride to Care provides free non-emergent (not for an emergency) medical transportation, or NEMT. Transportation services include vehicle-provided shared rides, public transportation passes or mileage reimbursement.</p>
<p>*<a href="#">Transportation, Lodging, and Meals – Cascades Abortion Support Collective</a>           Website:  <a href="http://cascadesabortionsupport.org/abortionsupport">cascadesabortionsupport.org/abortionsupport</a>          Phone Number: (503) 610-0692</p>	<p>Getting to and from the clinic can be difficult. CASC can arrange rides for you with trusted volunteers trained in emotional support. We can also help you find and navigate other options for logistical support such as housing, child care, hot meals, and aftercare supplies. If you are traveling to Oregon from another state for an abortion, we can help purchase bus and plan tickets.</p>

### Other

<p><a href="#">Aging and Disability Resource Connection of Oregon</a>          Website:  <a href="http://adrcforegon.org/consumersite/index.php">adrcforegon.org/consumersite/index.php</a>          Phone Number: 1-855-673-2372          Email:  <a href="mailto:ADRC.WebMessages@odhs.oregon.gov">ADRC.WebMessages@odhs.oregon.gov</a></p>	<p>When you are looking for information about services to address aging or disability needs, the Aging and Disability Resource Connection (ADRC) of Oregon can help you learn about local public and privately paid options. The ADRC has trained professional staff who can help you and your family with immediate needs, or help you plan for the future.</p>
<p>*<a href="#">Central City Concern – Services</a>          Website: <a href="http://centralcityconcern.org/services">centralcityconcern.org/services</a></p>	<p>Central City Concern has served the Portland community for more than 40 years with compassionate, judgment-free care. Our clinics deliver high-quality, evidence-based health care, with an emphasis on primary care, mental health services and addiction recovery. And our employment</p>

	services can connect you to tools, training and job opportunities to help you reach your goals.
<p>*<a href="#">Immigrant &amp; Refugee Community Organization</a>  Website: <a href="http://irco.org">irco.org</a>  Phone Number: (503) 234-1541</p>	As a community-based organization, we empower children, youth, families and elders from around the world to build new lives and become self-sufficient by providing more than 200 culturally and linguistically specific social services.
<p>*<a href="#">Native American Youth and Family Center</a>  Website: <a href="http://nayapdx.org/services">nayapdx.org/services</a>  Phone Number: (503) 288-8177</p>	We provide educational services, cultural arts programming, and direct support to reduce poverty to the Portland Metropolitan Area Native American community.
<p>*<a href="#">Rose City Resource</a>  Website: <a href="http://rosecityresource.streetroots.org">rosecityresource.streetroots.org</a>  <a href="#">Transition Projects – Veterans</a>  Website: <a href="http://tprojects.org/veterans-services">tprojects.org/veterans-services</a>  Phone Number: 855-425-5544</p>	Find reduced cost or free services in Multnomah, Washington and Clackamas counties.  We support individuals who have served in the military and their household who are experiencing homelessness or are in imminent risk of homelessness, with the goal of helping them find and keep safe, affordable housing in the Portland metro area.