

HITCHHIKER'S GUIDE TO KITSAP



2020 YOUTH EDITION

ABOUT THE COFFEE OASIS

MISSION STATEMENT

Changing the world for homeless and at-risk youth in one community after another through a strategic continuum of services supported by sustainable coffee businesses.

WHAT WE DO

The Coffee Oasis is a faith-based, non-profit organization that exists to change the world for homeless and at-risk youth. The Coffee Oasis is made up of two things: coffee businesses and youth programs.

CONTACT US:

Administration: 360.377.5560

Oasis Line: Text **HELP** to **360.377.5560**

INTRODUCTION

This guide was created to help youth and those who help youth who are seeking support to connect with other organizations and supportive systems in our county. The hope is to increase awareness of the resources and connections that exist to serve their needs.

TIPS FOR USING THIS GUIDE

You will find a letter in parenthesis next to each phone number if there are multiple numbers for different locations. The symbol designates the region the agency serves as follows:

- (SK)** South Kitsap: Port Orchard, Olalla, Manchester, McCormick Woods
- (B)** West Bremerton, East Bremerton, Navy Yard City, Illahee
- (CK)** Central Kitsap: Silverdale, Seabeck, Tracyton
- (NK)** North Kitsap: Poulsbo, Suquamish, Bangor
- (K)** Kingston, Hansville
- (BI)** Bainbridge Island

TIPS FOR DEALING WITH AGENCIES/ ORGANIZATIONS

Before calling agencies, it is a good idea to have a list of questions that you hope to have answered. Some important questions to ask are:

- What part of Kitsap are you located in?
- When are you open?
- Where are you located?
- Do I need to have parental consent?

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ABOUT THE OASIS LINE

The Coffee Oasis began a Crisis Intervention Program in 2015 with the intention to help fill a gap in services with youth who are at-risk and experiencing homelessness. The crisis program includes crisis case managers, outreach support staff, therapists, and substance use counselors. The Coffee Oasis crisis program also provides a 24-hour crisis text line called the Oasis Line.

Many teens and young adults experience difficult events such as sudden homelessness, depression, anxiety, suicidality, loneliness, etc. and without a caring adult they are left to find alternative means of support, many of which can have negative impacts on their well-being.

THE OASIS LINE: Text HELP to 360.377.5560

TRAINING, VOLUNTEERING, & INTERNSHIPS

Training is offered by The Coffee Oasis for Kitsap County and is lead by qualified trainers. It includes information on teen and young adult suicide, struggles they face, and includes an overview of local resources. These trainings are designed to help teens and young adults identify warning signs and learn how to help themselves and others who may be dealing with a mental health challenge. Students are encouraged to talk openly about stress, coping mechanisms, depression, and suicidal behavior. To schedule a training or for more information, please call The Coffee Oasis at 360.377.5560

HITCHHIKERS GUIDE TO KITSAP: YOUTH EDITION

The Hitchhiker's Guide to Kitsap: Youth Edition is updated annually and published in January. This resource guide is an effective way to connect teens and young adults with agencies serving youth. If you are interested in ordering or including your organization please call our administration building at 360.377.5560

OASIS LINE & OTHER VOLUNTEER OPPORTUNITIES WITH THE COFFEE OASIS

Volunteering is a great way to develop leadership skills, learn about the community, resources, and connect with others. For more information about volunteering call 360.377.5560 or visit www.thecoffeeoasis.com

VOLUNTEER OPPORTUNITIES

- Street Hope (Outreach to community and schools)
- Oasis Centers (Youth Centers)
- Hope Homes Program (Youth Shelter and Host Homes)
- Partnering Hope (Mentorship)
- Crisis Intervention/Response (Oasis Line & Outreach)

MISSION STATEMENT

Adults 21+ can gain agency and practice experience by volunteering with specific programs that The Coffee Oasis offers. This experience goes towards service hours needed to obtain an undergraduate or graduate level degree in programs related psychology, mental health, and social work. Email: connect@thecoffeeoasis.com

ALCOHOL, DRUGS, & SUBSTANCE USE

Research from the Washington State Department of Health shows that teen alcohol use is at an all-time low and the percentage of teens reporting cigarette use is half of what it was a decade ago. On the other hand, vaping rates have increased significantly and many people are uninformed about the health risks. ~WA STATE HEALTHY YOUTH SURVEY 2018

Signs that someone's substance use may be a problem:

- Drinking to forget something in their life or past
- Seeking out alcohol/ drugs when you're feeling down or worried
- Can't sleep or wake up without a drink or drug
- Having trouble maintaining relationships, hobbies, or activities
- Having a hard time managing stress without alcohol or drug

RESOURCES

Kitsap Needle Exchange Schedule

https://kitsappublichealth.org/communityhealth/hs_exchange.php

COUNSELING

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2901 | www.thecoffeeoasis.com

Kitsap Mental Health Services

(SK)(B) 360.373.5031 | www.kitsapmentalhealth.org

Come Alive Youth Services

(NK) 360.731.9884

Kitsap Recovery Center

(B) 360.337.4625

West Sound Treatment

(B) 360.876.9430 | www.westsoundtreatment.org

Action Counseling

(SK) 360.876.9430 | www.alternativecounseling.org

Agape Unlimited

(B) 360.373.1529 ext. 105 | www.agapekitsap.org

Suquamish Tribe Wellness Program

(NK) 360.394.8558

Cascade Addiction Treatment

(B) 360.373.0155

The Mission House

360.509.2775 | www.themissionhouse.info

SUPPORT GROUPS

Celebrate Recovery

(SK) 360.509.0452 | (B) 360.286.3699 | (NK) 360.271.6928

Al-Anon & Alateen

206.790.0000 | www.kitsap-al-anon.org

Narcotics Anonymous

206.790.8888 | www.seattlena.org

United Way

(B) 360.377.8505 | www.unitedway.org

NOTES:

BIRTH CONTROL & PREGNANCY

According to the National Campaign to Prevent Teen Pregnancy nearly 3 in 10 teen girls became pregnant before the age of 20. Many of these pregnancies are unplanned, bearing health and socioeconomic risks for people and their communities.

If you believe you may be pregnant, it's important to make an appointment to get tested by a health professional as home pregnancy kits are not always accurate. In Washington State, teens, 13 and older do not need a parent's/ legal guardian's permission to be tested for pregnancy or STD's, or to access birth control methods. If you are pregnant, seek emotional support from someone you trust, and talk with a medical professional about your options.

RESOURCES

Pregnancy Resource Services

(B) 360.479.0243 | www.prskitsap.org

Hope Circle

www.kitsaphopecircle.org

All-Options

1.888.493.0092 | www.all-options.org

Olive Crest

(CK) 360.328.1650 | www.olivecrest.org

Open Adoption & Family Services

1.800.772.1115 | text "open" to 971.266.0924 | www.openadopt.org

Planned Parenthood

1.800.769.0045 | www.plannedparenthood.org

Answers

253.851.1801

Dispute Resolution Center

(B) 360.307.6155 | www.kitsapdrc.org

Olympic College

(B) 360.475.7625 | www.olympic.edu/parenting

The Parenting Place

(B) 360.473.2134 | www.kcr.org

Summit Ave. Presbyterian Church

(B) 360.377.2240

Nurse Family Partnership Program

English: 360.728.2235 / Spanish: 360.536.7884,
www.kitsappublichealth.org/communityhealth/pch_nfp.php

Celebrate Life Center

(SK) 360.876.4229 | www.celebratelife.org

Catholic Community Services

360.792.2020 | www.ccsww.org

Childbirth Education at Harrison

360.792.6765

First Steps Pre-Natal Program

360.337.4821

YWCA Women's Resources

360.479.0522 | www.ywcakitsap.org

TEEN CLINICS FOR YOUTH WITH CHILDREN

Kitsap Public Health Community Health

360.728.2235

Peninsula Community Health

(SK)(B)(NK)(K) 360.377.3776 | www.pchsweb.org

Women, Infants, & Children (WIC)

(SK) 360.473.2144 | (B) 360.377.0053 | (CK) 360.692.6530 | (NK) 360.394.8473 | www.kcr.org/wic

CHILD ABUSE

Children who experience child abuse and neglect are more likely to experience teen pregnancy or become involved in criminal activity. According to Childhelp, abuse and neglect are often linked to substance use and psychological disorders.

There are four main types of child abuse:

Physical Abuse

Emotional Abuse

Sexual Abuse

Neglect

While the first three categories get the most attention, neglect is the most common form of child abuse, accounting for more than 75% of all cases of child maltreatment. No child or youth deserves to be abused.

RESOURCES

Childhelp USA - National Child Abuse Hotline

1.800.422.4453

Child Advocacy Centers of WA

www.cacwa.org/locations.shtml

End Harm - Child Protection Services (24-Hours)

1.888.713.4276

Bremerton DCFS Office

Reception: 360.475.3501 | After Hours: 1.800.562.5624

Police Department Emergency Number

9.1.1

COMMUNITY SUPPORT FOR AT-RISK YOUTH

Children and young adults who may become involved in crime, domestic violence abuse, drugs and alcohol, early pregnancy, school-related problems, and suicide are sometimes referred to as at-risk youth. In response to growing youth crime and violence rates, many programs have been developed for at-risk youth. Here are some agencies and programs where teens can participate in recreation, education, and community-based activities without fear or violence

RESOURCES

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

YMCA

(B) 360.813.1813 | (CK) 360.698.9622 | www.ymcapck.org

WSU Teen Leadership

360.337.1813 x6270

Youth Build Kitsap

360.473.0572 | www.oesd.org/youthbuildkitsap

Bainbridge Youth Services

(BI) 206.824.9675 | www.askbys.org

Boys and Girls Clubs

(B) 360.830.9647 | (K) 360.297.1263 | (BI) 206.436.1860

United Way: Volunteer Kitsap

1.360.473.2017 | www.volunteerkitsap.org

Kitsap Youth Rally: Human Rights

www.kitsapyouthrally.org

West Sound Youth for Christ

360.779.9929 | www.westsoundyfc.org

COUNSELING AND MENTAL WELLNESS

Confidential, low-cost counseling and support groups are available throughout the Kitsap County area. Talking about your problems with a professional or seeking support from others can help you deal with your feelings in a healthy way. In Washington State, youth may access confidential counseling at age 13 without parent/guardian consent.

RESOURCES

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

Come Alive Youth Services

(NK) 360.731.9884 | www.comealiveyouthservices.org

New Leaf Mental Wellness

(SK) 360.769.3636 | www.newleafmentalwellness.org

Kitsap Mental Health Services

(SK) (B) 360.373.5031 | www.kitsapmentalhealth.org

Catholic Community Services

(B) 360.792.2020 | www.ccsww.org/get-help/mental-health-services/

Bainbridge Youth Services

(BI) 206.842.9675 | www.askbys.org

Pacific Hope and Recovery Center

(B) 360.415.6685

Peninsula Community Health Services

(B)(SK) 360.377.3776 | www.pchsweb.org

If you are having trouble communicating with people you care about, mediation is available to provide a safe space to talk.

Helpline House

(BI) 206.842.7621 | www.helplinehouse.org/counseling

Gateway Counseling

(NK) 360.394.4158 | www.gatewaycounseling.co

Dispute Resolution Center

(B) 360.692.1582 | www.kitsapdrc.org

CULTURALLY INCLUSIVE AGENCIES

Serving youth and families from diverse race and ethnic backgrounds, these agencies offer additional opportunities for cultural engagement. Examples include youth leadership and job readiness programs, services for ELL (English Language Learners), interpreters, behavioral health treatment, and more. You can visit their websites. For more information contact the Oasis Line if you have questions.

RESOURCES

Suquamish Tribe

(NK) 360.598.3311 | www.suquamish.nsn.us

S'klallam Tribe

(NK) 360.297.2646 | www.pgst.nsn.us

Olympic College Multicultural Services

(B) 360.475.7680 | www.olympic.edu/student-life/multicultural-services

Kitsap Immigrant Assistance Center: Family Services Center

(B) 360.440.2376 | www.kitsapiac.org/home-2/

Kitsap Immigrant Assistance Center: Legal Services

(B) 360.616.0479 | www.kitsapiac.org/legal-services

Kitsap Community Resources

(SK) 360.471.2144 x1 | (B) 360.377.0053 | (CK) 360.692.6530, www.kcr.org

YWCA Kitsap

(B) 360.479.0522 | www.ywcakitsap.org

Suquamish WIC

(NK) 360.394.8473

Nurse Family Partnership Program

English: 360.728.2235 | Spanish: 360.536.7884 |
www.kitsappublichealth.org/communityhealth/pch_nfp.php

Goodwill

360.373.3692 | www.goodwill.org

INTIMATE PARTNER VIOLENCE

Dating violence is any form of emotional, verbal, psychological, physical, sexual, or threatened abuse by a romantic partner. Victims often experience abuse that gets more severe over time as the abuser tries to control or dominate them.

Characteristics of an abusive relationship can include:

Jealousy and possessiveness	Name-calling and put-downs
Pressure to engage in activities (sexual or other)	Physical threats to hurt you or themselves
Choking, hitting, or other injurious behavior	

DV Includes:

Spouses | Intimate Partners | Family Members | Children | Cohabitants

Fear, threats, shame, and the belief that an abuser's behavior will change often contribute to the victim feeling unsure about talking to someone about their situation. It is important that there is support available. No one deserves to feel unsafe in a romantic relationship.

RESOURCES

Kitsap Sexual Assault Center (KSAC)

360.876.3282 | www.ksacservices.com

YWCA Kitsap

360.479.0522 | 24-hour Crisis Line 1.800.500.5513 | www.ywcakitsap.org

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091

www.thecoffeeoasis.com | text "help" to 360.377.5560 24-hours a day

Love is Respect

1.866.331.9474 | www.loveisrespect.org | text "loveis" to 22522

National Domestic Violence Hotline, 1.800.799.7233

Kitsap County Domestic Violence Task Force

360.373.5392 | www.kcdvtf.org

NW Network of Bisexuals, Trans, Lesbian & Gay Survivors Abuse

206.325.7777 | www.nwnetwork.org

YWCA A.L.I.V.E Program

(B) 360.479.7980 | 800.500.5513 | (NK)(BI) 206.780.2931

Scarlett Road

(B) 360.850.9718 | www.scarletroad.com

RAPE & SEXUAL HARASSMENT | ASSAULT

By the age of 18, one in every four girls, and one in every six boys has been sexually assaulted. One in two transgender individuals are sexually abused or assaulted at some point in their lives.
-HARBORVIEW CENTER FOR SEXUAL ASSAULT

Due to the violence that often accompanies a rape or sexual assault, and the potential for sexually transmitted infections (STI's) or pregnancy, it is important for a survivor to go to the emergency department of their local hospital to be examined as soon as possible. At the hospital, a social worker will discuss the survivors options, including evidence collection. Because of this, it is helpful if the victim does not shower, clean up, or change clothes before having an exam, as doing so may remove any remaining evidence. You do not have to do any part of the exam you don't want to.

If the victim is under the age of 18, the law required the police to be notified. However, going to the hospital and submitting a report does not necessarily mean that charges must be tied against the perpetrator or that participation in a legal case must occur. Counselors at the hospital or at the below agencies can talk about available alternatives and help the victim decide what the best choice is going to be for them.

RESOURCES

Kitsap Sexual Assault Center (KSAC)

360.876.3282 | www.ksacservices.com

24-hour Sexual Assault Hotline, 1.866.831.2050

24-hour Crime Victim Hotline, 1.888.500.9221

YWCA Kitsap

360.479.0522 | 24-hour Crisis Line 1.800.500.5513 | www.ywcakitsap.org

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091

www.thecoffeeoasis.com | text "help" to 360.377.5560 24-hours a day

1 in 6

www.1in6.org (Resources for male survivors of sexual assault)

Abused Deaf Women's Advocacy Services

1.855.812.1001 | www.adwas.org

Rape, Abuse & Incest National Network (RAINN)

1.800.656.HOPE | www.rainn.org

Kitsap Domestic Violence Task Force

360.373.5392 | www.kcdvtf.org

EATING DISORDERS

Thirty million people suffer from a clinically significant eating disorder at some point in their lives, including anorexia, bulimia, binge eating disorder, or other associated dietary conditions.

-NATIONAL EATING DISORDERS

Eating disorders involve extreme emotions and behaviors surrounding food and weight issues. They can arise from psychological, emotional, social and familial situations, but they have no one reason or cause. By controlling food intake, people with eating disorders attempt to gain control over factors such as: low self-esteem, feelings of inadequacy, and anxiety. Eating disorders can become life threatening so getting professional help is important.

RESOURCES

National Eating Disorders Association Helping

1.800.931.2237 | www.nationaleatingdisorders.org

The Emily Program: Residential

1.866.247.6440 x1612 | www.emilyprogram.com

WRAP AROUND WITH INTENSIVE SERVICES

Wrap Around With Intensive Services (WISe)

Wraparound is a team-based planning process for youth with complex needs and their families. It is designed to help produce better outcomes for youth so that they can live in their homes and communities and realize their hopes and dreams. The program provides extra support that some people may need to hit reset and start successfully managing complex situations.

Visit www.kitsapgov.com/hs/Pages/SBHO-WISe.aspx

EDUCATION

Many teens have difficulties at school and need more support for their education. There are many agencies that offer tutoring programs, testing for learning disabilities, referrals for ELL, and information about the GED (General Education Development) Certificate.

RESOURCES

General Education Testing

1.877.392.6433 | www.GED.com

Learning Disabilities Association of Washington

1.425.882.0820 | www.ldawa.org

Olympic College Running Start / HS21+ / GED Program

360.475.7646 | www.olympic.edu/current-students/running-start

Washington Youth Academy

(B) 360.473.4734 | www.mil.wa.gov/youthacademy

Open Doors Career and Academic Program

(B) 360.473.4734 | www.bremertonschools.org/opendoors

Kitsap County Alternative Schools

(SK)	Discovery Alternative School,	360.443.3680
(B)	Renaissance Alternative School,	360.473.4700
(NK)(K)	Choice Academy School,	360.396.3000
(BI)	Commodore Options School,	206.780.1646
(CK)	Barker Creek Community School,	360.662.2570

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

KCR Early Learning Center

360.473.2075 | www.kcearlylearning.org

Bainbridge Youth Services

(BI) 206.842.9675 | www.askbys.org

United Way of Kitsap

(B) 360.377.8508 | www.unitedwaykitsap.org

For computer resources, call Kitsap Regional Library

(SK) 360.876.2224 | (B) West- 360.377.3955 | (B) East- 360.405.9100 | (CK) 360.692.2779
(NK) 360.779.2915 | (K) 360.297.3330 | (BI) 206.842.4162 | www.krl.org/locations

Pathways to Success

360.479.0993 | www.oesd114.org/page/310

EMPLOYMENT & JOB TRAINING

Almost 55% of young people ages 16-24 had jobs in the summer of 2017

Youth ages 14-15 can work up to 3 hours on a school day

Youth ages 16-17 can work up to 4 hours on a school day

Youth ages 18+ can perform any job with no restrictions

RESOURCES

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

United Way of Kitsap County

(B) 360.377.8508 | www.unitedwaykitsap.org

Pathways to Success

360.479.0993 | www.oesd114.org/page/310

Youth Build Kitsap

(B) 360.473.0572 | www.oesd114.org/page/1071

Kitsap Community Resources

(B) 360.478.2301 | (SK) 360.473.2144 ext. 1 | www.kcr.org/employment-assistance

Worksource WA

(B) 360.377.4810 | www.worksourcewa.com

Job Corps

1.800.733.5627 | www.jobcorps.gov

COMPASS Vocational Services

(B) 360.876.9430

SPIPA Tribal TANF & Healthy Families Program

(B) 360.377.6133

Goodwill Community Resource Centers

(B) 360.373.3692

Washington State Unemployment Benefits

1.800.318.6022

Sound Works Job Center

360.779.1160

Americorps

1.800.942.2677 | 360.473.2015 | www.kcr.org/ Americorps

GRIEF & LOSS

Dealing with the loss of a loved one can be difficult. Often times, the loss can seem too much to bear or can feel overwhelming. Seeking additional support and resources can help you manage some of the feelings that you're dealing with. These are some agencies and programs that have been developed for individuals that are dealing with a loss.

RESOURCES

The Coffee Oasis

Text "Help" to 360.377.5560

Grief-share

(B) 360.621.7537 | (CK) 360.337.1300 | (NK) 360.779.4689 | www.griefshare.org/groups/search

Kaiser Permanente 2020 Bereavement Support

(CK) 253.274.4627 | 1.888.781.573

Bridges Center for Grieving Children

253.403.1966 | www.marybridge.org

Crisis Connections

www.crisisconnections.org/cc-cares

NAMI Kitsap

www.namikitsap.org/support-events

New Leaf Mental Wellness

(SK) 360.769.3639 | www.newleafmentalwellness.org

HEALTH CONCERNS

Free, low-cost and pay-what-you-can health care are available to youth. If you do not want a parent or legal guardian to know you are seeking services, make sure to ask the agencies about their policies regarding confidentiality. Some clinics may require a patient's insurance information for primary health care even though they may not require this information for confidential birth control and sexual health services.

RESOURCES

Peninsula Community Health Services

(SK)(B)(NK) 360.377.3776 | www.pchsweb.org

United Way Kitsap County

(B) 360.377.8505 | www.unitedwaykitsap.org

Kitsap County Health District Bremerton Clinic

(B) 360.377.5235 | www.kitsappublichealth.org

West Sound Free Clinic

(B) 206.659.5631

Harrison Medical Center Emergency

(SK) 360.74.6275 | (B) 360.744.3911 | www.chifranciscan.org

Apple Health

1.800.652.3022

Basic Health

800.862.2444 | www.hca.wa.gov

HOMELESSNESS & RUNAWAYS

Kitsap County has the third largest homeless youth population in the state of Washington sitting behind King and Snohomish Counties.

Runaway youth come from every socioeconomic and racial group in America. More often than not, youth experiencing homelessness have not chosen to live on the streets. Many youth turn to the streets because of a combination of abuse, family problems, and dysfunction within their homes that cause them to feel unsafe. Drop-in centers, homeless shelters, hot meal programs, case management, and other services are available to help youth take care of themselves and/or get off the street.

RESOURCES: Drop in Centers

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com
Text help to 360.377.5560

Kitsap Rescue Mission

(B) 360.373.3428 | www.kitsaprescue.org

Q Center Drop In

(B) 360.515.2220 | www.qyouthresources.org

RESOURCES: Shelters

Shelters operate on different days and serve various ages. Space is limited, so call to determine which shelter may be able to assist you.

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com
Text help to 360.377.5560

Northwest Hospitality

1.888.222.5240 | www.hospitalitynw.org

RESOURCES: Supportive Housing

Supportive housing offers youth a safe place to live while they work toward acquiring necessary life skills, self sufficiency, and gainful employment. Please be aware that programs often have wait lists for acceptance, and most programs require a referral from a case manager or shelter program. If you are looking for transitional housing, please call your local 2-1-1

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com
Text help to 360.377.5560

Housing Solutions Center

(B) 360.602.0408 | (SK) 360.473.1460 | (NK) 360.801.2546 | www.kcr.org

RESOURCES: Seasonal Shelters

Emergency shelter beds function similarly to drop-in-centers, but are only available during a specific period, or dependent on severe weather.

Salvation Army Winter Shelter

(B) 360.373.5550

The Birkenfeld Stella Maris Shelter (18+)

(B) 360.373.4505

The Kingston Community Center

(K) 360.297.1263 | www.myvillagegreen.org

Silverdale United Methodist Church

(CK) 360.692.9813 | www.silverdale-umc.org

RESOURCES: Misc.

Greyhound: Free Ticket Home Project

1.800.786.2929 | www.1800runaway.org

Youth and Family Resources Program: Kitsap County Juvenile Court

360.979.8344 | www.kitsap.gov

Taking it to the Streets Ministry

(B) 360.689.3219 | 360.801.3569

RESOURCES: Showers & Haircuts

The Salvation Army

(B) 360.373.0053

North Kitsap Fish Line

(NK) 360.779.4191 | www.fishlinehelps.org

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

Text help to 360.377.5560

RESOURCES: Clothing

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

Text help to 360.377.5560

Kitsap Rescue Mission

(B) 360.373.3428 | www.kitsaprescue.org

St. Vincent DePaul

(B) 360.479.7017 | (NK) 360.779.9980 | (SK) 360.876.6933 | www.svdpbremerton.com

Silverdale United Methodist Church

(CK) 360.692.9813 | www.silverdale-umc.org

FOOD BANKS

At times during the year food insecure households were uncertain of having, or unable to acquire, enough food to meet the needs of all their members because they had insufficient money or other resources of food.

RESOURCES

Bremerton Food Line

(B) 360.479.6188 | www.bremertonfoodline.org

St. Vincent DePaul

(B) 360.479.7017 | (NK) 360.779.9980 | (SK) 360.876.6933 | www.svdpbremerton.com

The Salvation Army

(B) 360.373.5550 | www.bremerton.salvationarmy.org

Central Kitsap Food Bank

(CK) 360.692.9818 | www.ckfoodbank.org

North Kitsap Fish Line

(NK) 360.779.5190 | www.fishlinehelps.org

BI Helpline House

(BI) 206.842.7621 | www.helplinehouse.org

Kingston Food Bank

(K) 360.297.4861 | www.sharenetfoodbank.org

SK Helpline

(SK) 360.876.4089 | www.skhelpline.org

LEADERSHIP & VOLUNTEER ACTIVITIES

Volunteering offers vital help to people in need, worthwhile causes and the community, but the benefits can be even greater for the volunteer. Giving to others can help protect your mental health and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose.

RESOURCES

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com
Text help to 360.377.5560

United Way of Kitsap County

(B) 360.377.8508 | www.unitedwaykitsap.org

Teen Leadership at the YMCA

253.534.7800 | <http://tinyurl.com/YMCALeadership>

Volunteer Kitsap

www.volunteerkitsap.org/need

Volunteer Opportunities List

www.volunteermatch.org

Kitsap Regional Library

www.krl.org/volunteer | volunteer@krl.org

Kitsap Humane Society

360.692.6977 ext. 1119 | www.kitsap-humane.org/get-involved/volunteer/

Kitsap Volunteer List

<https://tinyurl.com/kitsapvolunteerlist>

LEGAL SERVICES & YOUTH RIGHTS

Despite what society and other members of the community may tell you, youth under age 18 do have rights. Specific agencies can provide you with more information about juvenile criminal laws, labor laws, educational rights, and emancipation. These agencies advocate for youth and ensure that young adults are treated in a just and fair way.

RESOURCES

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

Text help to 360.377.5560

Kitsap County Juvenile and Family Court Services

(SK) 360.337.5401

Kitsap County Girls Court

206.696.7503 | www.ccjy.org/our-work/girls-court-kitsap-county/

Kitsap Legal Services

360.479.6125 | www.kitsaplegalservices.org

Kitsap County Council for Human Rights

(SK) 360.337.7174

Northwest Justice Project

1.888.201.1012 | www.nwjustice.org

YMCA Alive Legal Advocacy Program

360.479.0491

DISABILITY SERVICES

The Americans with Disabilities Act of 1990 guarantee equal access in employment, public accommodation, transportation, telecommunications, and state and local government. Call the numbers below for support, referrals, or information about available services.

RESOURCES

Kitsap County Developmental Disabilities

360.377.4622 | www.kitsapgov.com

Cares of Washington

206.938.1253 | www.caresofwa.org

Kitsap Community Resources

(SK) 360.471.2144 x1 | (B) 360.377.0053 | (CK) 360.692.6530 | www.kcr.org

Learning Disabilities Association of Washington

425.882.0820 | www.ldawa.org

United Way of Kitsap County

(B) 360.377.8508 | www.unitedwaykitsap.org

Easterseals Washington (18+)

253.884.2722 | www.easterseals.com/washington

Division of Vocational Rehabilitation

(CK) 360.698.4360 | www.dshs.wa.gov/dvr

LGBTQIA+

Lesbian, Gay, Bisexual, Transgender, Questioning, and Asexuality (LGBTQIA+) youth are frequently targets of discrimination, violence, and bullying/harassment both at school and in the community. Societal prejudice and disapproval from loved ones can be isolating and hurtful to teens that identify as LGBTQIA+. Support groups, drop in centers, activities, volunteer opportunities, and counseling services are available to promote acceptance and provide a safe environment of understanding.

RESOURCES

Q Youth Resources

(B) 360.515.2220 | www.qyouthresources.org

Kitsap Pride

(B) 877.774.3369 | www.kitsappride.org

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com
Text help to 360.377.5560

PFLAG

(B) 888.636.0652 | www.pflag.org

Bainbridge Pride

www.bainbridgepride.org

NW Network of Bisexuals, Trans, Lesbian and Gay Survivors of Abuse

206.517.9670 | www.nwnetwork.org

RECREATION & YOUTH INVOLVEMENT

If you are bored, want to make more friends, or are looking for a fun place to hang out after school or on the weekends, there are a number of places for you. Community and recreational centers, drop-in centers, drop-in groups, classes, and sports leagues for youth are located throughout the Kitsap County area.

RESOURCES

Bremerton Family YMCA

(B) 360.377.3741 | www.ymcapc.org/bremerton-family-ymca

Bremerton Teen Center

(B) 360.830.6947 | www.bgcspcs.org/join-a-club/bremerton

South Kitsap Skate Park

(SK) www.facebook.com/skspa1

South Kitsap School District Club List

(SK) www.shhs.sksschools.org/student/clubs

Sheridan Park Community Center

www.bremertonwa.gov/751/Sheridan-Park-Community-Center

Marvin Williams Center

(B) <https://mwcenter.org>

The Coffee Oasis

(SK) 360.602.0408 | (B) 360.377.5560 | (NK) 360.598.2091 | www.thecoffeeoasis.com

Text help to 360.377.5560

The Suquamish Youth Center

(NK) 360.598.3311 | www.suquamish.nsn.us/home/departments/sportsrec

Bainbridge Island Tern Center

(BI) www.biparks.org/teen-center

Boys and Girls Clubs of North Kitsap

(K) 360.297.1263 | www.facebook.com/boysandgirlsclubsofnk/

STIS (HIV/AIDS)

Compared to older adults, sexually active adolescents and young adults are at a higher risk for acquiring STD's. Recent estimates suggest that 15-24 year olds acquire nearly half of all new STD's. ~CENTERS FOR DISEASE CONTROL AND PREVENTION

Many teens are unaware of the dangers associated with sexually transmitted infections (STI's) and how to prevent or identify them. Talking with your partner about STI's and getting tested regularly are important parts of being sexually active. Myths exist regarding all STI's, but it's important to learn about facts before potentially putting yourself at risk.

There are primary ways of contracting HIV:

- *Unprotected sex with an infected individual*
- *Sharing needles*
- *From mother to unborn child*

RESOURCES

Kitsap Public Health

360.728.2235 | www.kitsappublichealth.org/CommunityHealth/hs_stis.php

Planned Parenthood

(B) 800.769.0045 | www.plannedparenthood.org

SUICIDE

Suicide is the second leading cause of death in the state of Washington for 10 to 24-year-olds and the third leading cause of death nationally. ~WASHINGTON STATE DEPT. OF HEALTH

Warning signs for suicide include:

- *Changes in eating and sleeping patterns*
- *Dropping hints or talking about suicide; making a plan*
- *Giving away prized possessions*
- *Being very obsessive and perfectionistic*
- *Engaging in risky behaviors (driving recklessly, substance use)*

Consider the following questions to help you determine the urgency:

1. *Are there three or more warning signs?*
2. *Have the warning signs been present two weeks or longer?*
3. *How extreme or severe are the warning signs?*

If you are concerned that you or someone you know may be suicidal, it is important to address the situation immediately. Mentioning suicide will not give the person the idea or use them over the edge. They may feel relieved that someone is willing to talk about what they're thinking and feeling. Sharing your concerns can prevent a suicide attempt from occurring and can save a life.

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 manner*
 - *Be specific about the warning signs you have noticed*
 - *Listen without judgment*
2. *Ask the question directly*
 - *"Are you thinking about hurting or killing yourself?"*
3. *Talk to an adult you trust*

These are the initial steps toward ongoing mental health care. Every situation regarding suicide is different. Text "help" to 360.377.5560 (24-hours) or call this number M-F

(9am-5pm) to talk to a trained phone worker in more detail about how to get help.

If you need immediate crisis intervention services or feel like you need to talk to someone right away, these are numbers you can call to discuss your concerns.

The Oasis Line

Text "help" to 360.377.5560

Boys Town National Hotline

800.448.3000 | www.yourlifeyourvoice.org

Crisis Text Line

Text "hello" to 741741

Forefront Suicide Prevention

206.543.1016 | www.intheforefront.org

National Suicide Prevention Lifeline

1.800.273.TALK

The Trevor Project (24-hour help line with a focus on LGBTQIA+ youth)

1.866.488.7386 | www.thetrevorproject.org

Trans Lifeline

1.877.565.8860 | www.translifeline.org

TRIBAL

The Kitsap Peninsula is home to two Native American tribes, the Suquamish Tribe and the Port Gamble S'Klallam Tribe. Today both tribes operate local enterprises and host tribal celebrations, many of which are open to the public.

RESOURCES: Substance Abuse Support

Suquamish Tribe Wellness Program

(NK) 360.394.8558

RESOURCES: Culture

Suquamish Tribe

(NK) 360.598.3311 | www.suquamish.nsn.us

S'Klallam Tribe

(NK) 360.297.0646 | www.pgst.nsn.us

RESOURCES: Women, Infants, Children

Suquamish WIC

(NK) 360.394.8473

RESOURCES: Employment & Job Training

SPIPA Tribal TANF & Healthy Families Program

(B) 360.377.6113

RESOURCES: Support for At-Risk Youth

Chief Kitsap Academy Mentor Program

(NK) 360.394.8597

RANDOM SMILES

Alabama	Was the first place to have 9-1-1, started in 1968
Alaska	One out of every 64 people has a pilot's license
Arizona	Is the only state in the continental U.S. that doesn't follow Daylight Savings Time
Arkansas	Has the only active diamond mine in the U.S.
California	Its economy is so large that if it were a country, it would rank seventh in the entire world
Colorado	In 1976 it became the only state to turn down the Olympics
Connecticut	The Frisbee was invented here at Yale University
Delaware	Has more scientists and engineers than any other state
Florida	At 759 square miles, Jacksonville is the US's largest city
Georgia	It was here, in 1886, that pharmacist John Pemberton made the first vat of Coca-Cola
Hawaii	Hawaiians live, on average, five years longer than residents in any other state
Idaho	TV was invented in Rigby, Idaho, in 1922
Illinois	The Chicago River is dyed green every St. Patrick's Day
Indiana	Home to Santa Claus, Indiana, which gets half a million letters to Santa Claus every year
Iowa	Winnebagos get their name from Winnebago County.
Kansas	Liberal, Kansas, has an exact replica of the house in The Wizard of Oz
Kentucky	Has more than \$6 billion in gold underneath Fort Knox
Louisiana	Has parishes instead of counties because they were originally Spanish church units
Maine	It's so big, it covers as many square miles as the other five New England states combined
Maryland	King Williams School opened in 1696. It was the first school in the United States
Massachusetts	The Fig Newton is named after Newton, Massachusetts
Michigan	Fremont, home of Gerber, is the baby food capital of the world
Mississippi	Pres. Teddy Roosevelt refused to shoot a bear here. That's how the Teddy Bear got its name
Missouri	Is the birthplace of the ice cream cone
Montana	A sapphire from Montana is one of the Crown Jewels of England
Nebraska	More triplets are born here than in any other state
Nevada	Has more hotel rooms than any other place in the world
New Hampshire	Birthplace of Tupperware, invented in 1938 by Earl Tupperware
New Jersey	Has the most shopping malls in one area than anywhere in the world
New Mexico	Smokey the Bear was rescued from a 1950 forest fire here
New York	Is home to the nation's oldest cattle ranch, started in 1714 in Montauk
North Carolina	Home of the first Krispy Creme doughnut
North Dakota	Rigby, North Dakota, is the exact geographic center of North America
Ohio	The hot dog was invented here in 1900
Oklahoma	The grounds of the state capital are covered by operating oil wells
Oregon	Has the most ghost towns in the country
Pennsylvania	The smiley :-) was first used in 1980 by computer scientists at Carnegie Mellon University
Rhode Island	The nation's oldest bar, the White Horse Tavern opened here in 1673
South Carolina	Sumter County is home to the world's largest ginkgo farm
South Dakota	Is the only state that's never had an earthquake
Tennessee	Nashville's Grand Ole Opry is the longest running live radio show in the world
Texas	Dr. Pepper was invented in Waco back in 1885
Utah	The first Kentucky Fried Chicken restaurant opened here in 1952
Vermont	Montpelier is the only state capital without a McDonalds
Virginia	Home to the world's largest office building... The Pentagon
Washington	Seattle has the highest proportion of college graduates than any other US city
Washington DC	Was the first planned capital in the world
West Virginia	Had the world's first brick paved street, Summer Street, laid in Charleston
Wisconsin	The ice cream sundae was invented here in 1881 to get around Blue Laws prohibiting ice cream
Wyoming	Was the first state to allow women to vote

THIS GUIDE WAS CREATED BY



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