



CHILDREN'S
HOME SOCIETY
Washington

Children's Home Society of Washington
East County Family Center

In the
East County Social Services Building
1702 C Street
Right Across from City Hall

The Center is designed to help
neighbors help neighbors

Call or drop by:

- Weekly Play and Learn parent and tot group
 - Make Parenting a Pleasure Classes
 - Information and referral
 - Emergency food
 - Children's clothing support
 - Internet access
 - Kinship care support
 - Children's Counseling
- (call for intake advice – Children's Home Society and Columbia River Mental Health)
- Family Support
 - WIC Prenatal and new mom nutrition program
 - Maternity Support Services
 - Local teen drug and alcohol counseling
 - Volunteer opportunities
 - Donations always welcomed

Open Monday to Friday 9 to 1
Tues and Thursday 9 to 5

1702 C Street
360-835-7802



CHILDREN'S
HOME SOCIETY

Washington

**Children's Home Society of Washington
East County Family Center**

Children's Home Society of Washington serves as lead agency for the partnership of services offered at the East County Family Center in, what is also known as, the East County Social Services Building. As lead agency, CHSW coordinates space and facility issues, staffs the main desk, and provides a variety of on-site services.

Information and Resources.

Center staff respond to walk-ins and phone calls from residents about far-reaching needs. With a comprehensive understanding of community based services, staff work to connect families to the resources they need.

Emergency Food Pantry

The Pantry is not designed to replace traditional Food Banks but rather provides supplemental foods for emergency extra needs. Demand for food bank supplies has increased dramatically during the current economic downturn and distributions are over double last year's monthly totals. In January, 210 individuals were given one or two bags of food to tide them over.

Clothing:

CHSW currently coordinates its clothing program through Northwest Children's Outreach services. In 2009, we begin our 3rd year of association with Northwest Children's Outreach (NCO). The Christian organization provides gently used children's clothing, coats, boots and shoes. Both Vancouver Family Resource Center (Vancouver FRC) and East County Family Resource Center (ECFRC) rely on the resource to help children from some of our neediest families including those who are single parents and those that are homeless. In August and September we saw a peak in number, 227 kids, receiving "clothing bags" as families prepared for back to school. In East County, we served 295 children from 126 families between July and December 2008.

Play and Learn

CHSW Family Educators, in partnership with the Washougal Community Library hold a weekly drop-in Play and Learn for parents and caregivers and children ages 0 to 3. The goal of the group is to encouraging families to learn more about child development, age appropriate expectations and early literacy skills.

Children's Counseling

A CHSW therapist provides on site (or school based) services to children and their families. The program is designed to make access to services easier and is open to Medicaid eligible children with diagnosed need.

Links to other CHSW Services

CHSW provides a wide variety of child and family programs at its Vancouver Center and in community locations. Families can access these services easily through Center staff and participate in Kinship Care Support groups (for Grandparents and other relatives raising related children), parent education, support groups, Parents as Teachers home visiting, and family advocacy help.

Community Engagement

The Center is designed to bring residents of Camas and Washougal together to support family success. To this end, CHSW participates in a wide range of community partnerships - - with the Camas Washougal Community Chest, the Soroptimists, and amazing group of wonderful faith based communities, the Cities, and wonderful individuals. Staff also coordinate or participate in community based activities such as the Covering Kids Health Fair, Stuff the Bus, Giving Tree etc.

Women, Infants and Children, Clark County Public Health

The Women, Infants and Children (WIC) program provides supplemental foods, nutrition education, breastfeeding promotion, health assessment and referral to other social and health services. The federally funded program serves as an adjunct to health care during the critical stages of growth and development, thus striving to prevent occurrence of health problems and improve the health status of these women and children. The program serves pregnant women, infants, children, breastfeeding women up to one year post delivery and postpartum women up to six months post delivery. 5% of their 9180 Clients are served at the East County family Center in Washougal.

WIC services are provided at the Center one full day a week plus one Thursday per month

Maternity Support Services Clark County Public Health

The Parent and Child Health Maternity Support Services program at Clark County Public Health offers services to pregnant women and new parents to assure a healthy pregnancy and birth. Each client/family is assigned a public health nurse, a social worker and a nutritionist to work with the pregnant woman to determine her unique needs. Families are invited to join the program when they present pregnancy risk factors including low income and potential health concerns. The team provides assistance on finding health care, problem-solving, health education, preparation for baby, safety, parenting education, growth and development of the fetus and baby, early brain development, stress reduction strategies, relationship issues, breast and bottle-feeding, support and referral to needed services.

MSS staff also regularly provide “Make Parenting a Pleasure’ class series in the Center. From 5 to 12 participants learn the importance of taking care of themselves so they can better care for their children; practical stress management and communication skills; effective parenting skills and positive approaches to discipline; and gain greater understanding of their children.

The goals of the Parent and Child Health Program are:

- Improving health outcomes for pregnant women and infants
- Preventing or reducing problems of child health or development and inadequate parenting
- Promoting families' abilities to meet their own needs

The program carries a case load of approximately 30 families at any one time.

Columbia River Mental Health Services

6926 E Fourth Plain Blvd. Vancouver, WA 98661, (360) 993-3000

Columbia River Mental Health Services (CRMH) serves all ages with outpatient therapy, psychiatric evaluation, medication management, individual and group therapy, dual diagnosis case management, drug and alcohol addiction therapy.

In Washougal, Columbia River therapists provide mental health counseling to children and their families. Services are funded through the Regional Support Network Medicaid funding. Therapists use the Center approximately 3 days a week

Community Services Northwest

1601 E. Fourth Plain Blvd. Vancouver, WA 98668, 360-397-8488 (phone),
lstott@communityservicesnw.org

CSNW’s youth co-occurring disorders program, in collaboration with Clark County’s Department of Community Services Alcohol and Drug program has made a significant contribution to serving adolescents with co-occurring disorders in Clark County by opening a satellite office in East County to improve access to services.

Access to services has been a critical issue when youth have to ride the bus two hours each way to attend group treatment services. When youth encounter barriers to participation in treatment, they are less likely to complete the program and more likely to have continued problems with alcohol and drug use, mental health, and related problems with family, school, and the community.

The timing of this expansion was also a critical issue because of the increased incidence and severity of heroin and prescribed opiate abuse among youth. In addition to traditional substance abuse education and treatment, CSNW utilizes Moral Reconciliation Therapy (MRT) as an evidence based practice which enhances outcomes, particularly

among youth who have had legal involvement. CSNW strives to provide integrated services, recognizing that while accountability is an important element in facilitating change, the presence of a co-occurring mental illness requires greater individualization in motivation for change, treatment planning, case management and wrap-around services.

The location of CSNW's services with the Children's Home Society in the East County Family Service Center is another benefit. This location provides greater opportunity for integration with other social service supports in the community. Referrals for other services are easily facilitated, especially for the many low-income families who seek services through CSNW. Too often, the legal system is the gateway for treatment services. By bringing treatment closer to the community and linking it with other social services, stigma is reduced and intervention can occur at an earlier stage.

CSNW provides services at the Center with an active caseload of about 20 youth. They receive group services from 1 – 3 times per week, individual sessions and assessments. The services are coordinated with schools and juvenile probation.

CSNW received a CODIAC ACHIEVEMENT AWARD as an Outstanding Service Award Agency in 2008.

Supervised Visitation

Department of Children Families (DCFS) social workers work with families, children and foster parents to help parents move towards family reconciliation. As part of this program, parents get to spend supervised time with the children in a safe supportive environment. The Center is an ideal location since it has space equipped with child-friendly furniture, toys and resources. DCFS and Innovative Services Northwest (ISNW) provide supervised visitation at the Center currently about twice a month.