

Resources for Families

February 2020

Get answers to your questions

OTSD Teacher Office Hours: Oregon Trail teachers have daily office hours when they are available to respond to parent or student questions. Email your teacher to schedule time.

Help @ Home: Visit OTSD's Help @ Home website for parent and student resources and tech support:
<https://sites.google.com/ortrail.k12.or.us/otsdhelphome/home>

Bookmobile: Oregon Trail K-12 students may access their school library via the Alexandria digital library catalog, using their assigned Alexandria login. Books are delivered to neighborhoods throughout the community via the OTSD Bookmobile. Visit bit.ly/OTSDbookmobile to view the Bookmobile schedule, drop-off locations, and information on reserving books.

NEW: Hybrid Learning: Learn more about OTSD's hybrid learning program: <https://bit.ly/2ZauNiP>

Distance Learning: Learn more about OTSD's distance learning program: <https://bit.ly/3je2Yh0>

Free tutoring with community volunteers

AntFarm staff and volunteers provide free WIFI support and in-person and virtual tutoring

In-person tutoring: Monday-Friday: 3:00pm-5:00pm

Virtual tutoring: Monday-Friday: 8:00am-2:00pm, individually scheduled for 30-45 minutes

For more information contact: karleee@antfarmyouthservices.com or call 503-668-9955.

Community Church of Sandy volunteers provide free tutoring help with 1 or 2 hour sessions each Wednesday, 1:00-5:00 PM, in-person at the church. Contact: Gregg.chastain@ccsandy.com or 503-668-4543.

COVID Relief Program

AntFarm is providing support to families affected by Covid-19.

If you, a family member, or someone you know who lives in Clackamas County has been quarantined from exposure or diagnosed with Covid-19, financial assistance and support for food, rent, mortgage, utilities, and medical bills is available. For more information contact covidrelief@antfarmyouthservices.com or call 503-668-9955.

Health Care

School Based Health Center: OTSD students have access to comprehensive physical, mental, and preventive health services at the Sandy School-Based Health Center located at Sandy High School. The clinic is staffed by a family nurse practitioner, mental health therapist, and certified medical assistant.

During the COVID-19 pandemic, services are offered primarily through the use of telephone and video visits. Limited in-person visits will also be available on an as-needed basis, as will visits for immunizations, labs, blood pressure checks and other screenings. Call (503) 668-3483 to make an appointment.

Oregon Health Plan:

If your income has changed you may be eligible for OHP, even if you have been denied in the past. Apply at ONE.Oregon.gov or call [800-699-9075](tel:800-699-9075). Wait times may be long. You can also get free help from a local community partner. Find one at <http://bit.ly/ohplocalhelp>.

Women, Infants, and Children Program (WIC)

38872 Proctor Blvd

Sandy, OR 97055

(503) 655-8476

<https://www.clackamas.us/publichealth/wic.html>

Mental Health Resources:

- Clackamas County Crisis Line 24/7: 503-655-8585
- Sandy Behavioral Health Center: 503-722-6350
- National Suicide Prevention Lifeline: 1-800-273-8255
- Oregon Youth Line: 1-877-968-8491 or text "TEEN2TEEN" to 839863
- Trevor Project: support of LGBTQ youth, 1-866-488-7386
- Youth Era: virtual drop-in/peer support/crisis response, www.youthera.org
- Reach Out Oregon: support for families with children experiencing mental, emotional or behavioral health challenges, 1-833-732-2467 or reachoutoregon.org

Food Assistance

Oregon Trail School District: Meal Pack Breakfast and Lunch for students

- UPDATE:** Effective the week of *February 22*, students participating in Hybrid In-Person Learning will be given a meal pack as they exit school.
- UPDATED SCHEDULE:** Meal packs are free for all children age 1-18 and available on Tuesdays and Thursdays at school pick-up and community drop-off sites. Meals are delivered to your vehicles, curbside, at schools or walk up at select other sites as follows:

| School pick-up sites | Serving time | Community drop-off sites | Serving time |
|----------------------|--------------|-------------------------------|--------------|
| Sandy High | 1:00-2:00 PM | Pioneer Mobile Park | 12:30 PM |
| Welches Middle | 1:00-2:00 PM | Vista Loop Apartments | 12:50 PM |
| | | Wunder Mobile Park | 1:10 PM |
| | | Barlow Trail Mobile Home Park | 1:30 PM |
| | | Big Valley Woods | 1:45 PM |

Questions? Contact: Nutrition services office: 503-668-3377, otsd.nsd@ortrail.k12.or.us

Neighborhood Missions — Hoodland Senior Center

Neighborhood Missions hosts a free food market from 9-10AM the last Monday of every month in the parking lot behind the Hoodland Senior Center, 65000 Highway 26, Welches. The program is a partnership between Neighborhood Missions and the Oregon Food Bank. Contact: 503-622-9213.

Sandy Community Action Center

38982 Pioneer Blvd.

Sandy, OR 97055

(503) 668-4746

<https://sandyactioncenter.com/>

- The food pantry is open from noon to 6PM Wednesdays and 10AM-4PM Fridays. Appointments are advised but not required.
- Free food market: pick up a free food box every third Thursday of the month, 9AM.
- Food donations are accepted Monday-Friday, 10AM-4PM.
- Household donations are accepted Tuesday-Thursday, 11AM-3PM.

Seventh Day Adventist Church - Boring

Mobile Pantry

Call (503) 960-7313 to pre-register and get date, time, and place

Supplemental Nutrition Assistance Program (SNAP)

Apply online at ohp.oregon.gov

Finding Childcare

If you need help with free childcare, food, housing, health care, or other essential services - dial 211, text your zip code to 898-211, or email children@211info.org.

211info.org helps people identify, navigate and connect with the local resources they need.

Other Assistance

Abundant Life Church — Care Network

Abundant Life Church in Sandy is coordinating as a congregation to meet the needs of those asking for assistance. Visit alcpnw.com for more information or to volunteer.

Sandy Assembly of God Church

39800 Highway 26

Sandy, OR 97055

(503) 668-5589

<http://www.sandyassemblyofgod.org/>

Sandy's Helping Hands

Volunteers are taking calls daily to help those in need in any way possible. Call 503-710-1082, email sandyshelpinghands@gmail.com, or visit sandyshelpinghands.com to inquire about possible assistance.

St. Michael's Catholic Church

18090 SE Langensand Road

Sandy, OR 97055

(503) 668-4446

<https://mjarparishescluster.org/contact-st-michael>

Resources to help you through COVID-19

These are challenging times. If you need help, call.

211

For food service eligibility please call or text the numbers listed.
Call..... 211 or 1-866-698-6155
Text your zip code to 898211 (TXT211)
Email help@211info.org

General Numbers

Clackamas County Call Center 503-655-8224
Aging & Disability Resource Connection..... 503-650-5622

Housing

Coordinated Housing Access (CHA) 503-655-8575
Clackamas Housing Rights and Resources 503-650-5750
Renter Assistance: Fannie Mae 1-800-2FANNIE

Mental Health/Peer Supports

24/7 Crisis and Support Line 503-655-8585
Cascadia Behavioral Health 503-674-7777
Health Centers - Hilltop Behavioral Health Center. 503-655-8401
MHAEO EVOLE..... 503-922-2377
Morrison Child and Family Services 503-258-4381
Senior Loneliness Line 503-200-1633
Suicide Prevention Hotline 1-800-273-8255
Western Psychological 503-659-5515
Youth ERA 971-334-9295

Violence and Discrimination

A Safe Place Family Justice Center 503-654-2288
Casa Esperanza 503-974-9882
Clackamas Women's Services 503-654-2288
District Attorney's Victim Assistance 503-655-8616
El Programa Hispano - Projecto Unica..... 503-232-4448
Oregon Hate and Bias Incident Reporting Line... 1-844-924-2427

Unemployment and Workforce

Employment Department's Claim System..... 1-877-345-3484
WorkSource Clackamas 971-673-6400

Meals and Food Boxes

ADRC Home Food Delivery 503-650-5622
Clackamas Service Center 503-560-6178
Oregon Food Bank Statewide Food Finder..... 503-505-7061
The Community Cares Initiative..... 503-794-8008

Child and Family Services

Children's Center (Child Abuse Intervention) 503-655-7725
Northwest Family Services..... 503-546-6377
WIC..... 503-655-8476

Substance Use and Recovery Resources

Bridges to Change – Recovery Mentor Support 971-256-4135
Bridges to Change – Treatment Services 503-560-7800
CODA..... 503-654-7444
DePaul Detox and Outpatient..... 503-535-1151
Lifeworks NW..... 503-645-9010
Mental Health and Addiction Association of Oregon
..... 971-337-6757
Project Hope 503-314-3309

LGBTQ+

SAGE (adults)..... 1-877-360-LGBT
Trans Lifeline (all ages) 1-877-565-8860
Trevor Project (youth) 866-488-7386

Healthcare & Health Insurance

Clackamas Health Centers 503-655-8471
*Locations: Beaver Creek Health Center, Gladstone Health Center,
Sunnyside Health Center, Sandy Health Center*
Oregon Health Plan..... 1-800-699-9075
Volunteers in Medicine Founders Clinic 503-722-4400

