CULTURAL

- **Asian Health & Service Center** – 503-872-8822, 9035 SE Foster Rd., Portland
- **Bienestar de la Familia** – 503-988-3509
  6736 NE Killingsworth St., Suite 100, Ptld.
- **Domestic Violence Resource Center** – 503-469-8620 – 24 hour crisis line
  503-640-5352 – Counseling Services for children ages 5 and up, Confidential Shelter
- **El Programa Hispano** – 503-669-8350
  333 SE 223rd Ave., Suite 100, Gresham
  Serves the Latino community
- **Immigrant & Refugee Community Organization (IRCO)** – 503-234-1541
  Translation 503-505-5186
  10301 NE Glisan St., Portland
- **Jewish Family and Child Service** – 503-226-7079 – 1221 SW Yamhill St., Suite 301, Portland
- **La Clinica de Buena Salud** – 503-988-3991 – 6736 NE Killingsworth St., Portland
  New patients 503-988-5558
- **Lutheran Community Services** – 503-231-7480
  605 SE Cesar E Chavez Blvd., Portland
  Russian speaking therapist
- **Native American Youth & Family Center (NAYA)** – 503-288-8177
  5135 NE Columbia Blvd., Portland
  www.nayapdx.org
- **Self-Enhancement, Inc.** – 503-249-1721
  3920 N. Kerby Ave., Portland
- **Slavic Oregon Social Services** – 503-777-3437
  7931 NE Halsey St., Suite 304, Portland

School Contact Information

David Douglas Online Academy
1400 SE 135th Ave
Portland, OR, 97233

phone number: 503-389-0288 (call or text)
Fax: 503-261-0233

Principal:
Shawna Myers - 503-482-8392 (call or text)

Counselor:
Kim Anderson – 971-225-0094 (call or text)

Secretaries:
Naomi Schneider – 503-389-0288 (call or text)
Stephanie Torralba (**Habla Español**) - 503-272-1075 (call or text)

Staff Email address:
firstname_lastname@ddsd40.org

David Douglas Online Academy

A Resource Directory for Parents and Students

2025-2026

COUNSELING RESOURCES

- **Albertina Kerr Youth and Family Services** – 503-408-4705 – Access/Intake
- **Cascadia Health** – 503-674-7777
- **Dougy Center** – 503-775-5683
  3909 SE 52nd Ave., Portland
- **Janus Youth Program Access Center** – 503-432-3986
- **Kaiser Permanente** – 503-249-3434
- **LifeWorks NW** – 503-645-9010
- **Lutheran Community Services** – 503-231-7480
  605 SE Cesar E Chavez Blvd., Portland
  Russian speaking therapist
- **Metropolitan Family Service** – 503-232-0007
- **Morrison Child and Family Services** –
  Intake #: 503-258-4381 – OHP only
  831 NW Council Dr., Suite 300, Gresham
  1507 NE 122nd Ave., Portland
- **Oregon Behavioral Health Support Line** – 1-800-923-HELP (4357)
- **Trillium Family Services** – 503-234-9591
  Outpatient Services, Day Treatment
- **William Temple House**- 503-226-3021

CRISIS RESOURCES

- **Care Oregon** – 503-416-4100
- **Child Abuse Hotline** – 1-855-503-SAFE (7233)
- **Dial 211** – to connect to range of social services
- **Helping Survivors** – Domestic Violence and Sexual Abuse
  helpingsurvivors.org/domestic-violence-and-sexual-abuse/
- **Multnomah County Behavioral Health Call Center** – 503-988-4888 24-hour crisis line
- **National Suicide Prevention Lifeline** –
  Dial 988
- **New Avenues for Youth** – 503-224-4339
- **Oregon Behavioral Health Access System** – 1-800-923-HELP (4357)
- **Sexual Assault Resource Center** –
  503-640-5311
- **Youthline** – 503-244-1611, 1-877-Youth911 (968-8491) – 24-hour youth help line, Text TEEN2TEEN to 839863 7 days a week 6:00pm-10:00pm

DOMESTIC VIOLENCE

- **Call to Safety** – 503-235-5333, 1-888-235-5333 – 24 hour crisis line, Text & Chat available M-F 8:00-6:00
  Information and referrals for domestic and sexual violence, stalking, victim assistance, infrequent funding for transportation and motel, & support groups for survivors of sexual assaults
- **Domestic Violence Resource Center** –
  503-469-8620 – 24-hour crisis line,
  503-640-5352 – Counseling Services for children ages 5 & up, Confidential shelter
- **Gateway Resource Center** –
  503-988-6400 M-F 9:00-4:00
- **National Domestic Violence Hotline** –
  1-800-799-SAFE (7233) – 24 hour crisis line
- **Raphael House of Portland** – 503-222-6222
  24 hour crisis line – safe, confidential, short term emergency shelter for women and children

DRUG AND ALCOHOL

- **Al-Anon/Alateen** – 503-292-1333
  www.al-anonportlandoregon.org
- **Alcoholics Anonymous** – pdxaa.org
  503-223-8569 – 24 hour hotline
- **Cascadia Health** – 503-674-7777
- **LifeWorks NW** – 503-645-9010
- **Narcotics Anonymous** – 503-345-9839
  24 hour hotline
- **Oregon Tobacco Quit Line** –
  1-800-QUIT-NOW (784-8669)

FOOD/SHELTER/CLOTHING

- **Boys and Girls Aid** – 503-222-9661
- **Janus Youth Program Access Center –**
  503-432-3986
- **Oregon Food Bank** – 503-282-0555
- **Oregon Trail Card** – 1-888-997-4447
- **Our Just Future** – 503-548-0200
- **Portland Adventist Community Services (PACS)** – 503-252-8500, 11020 NE Halsey St., Portland
- **Self Suffiency** – 971-673-2550
  8129 SE Malden St., Portland
- **SnowCap Community Charities** – 503-674-8785
- **St. Vincent De Paul** – 503-235-8431
  8101 SE Cornwell St., Portland
- **William Temple House** – 503-226-3021

HEALTH CARE/CLINICS

- **Ava Health –**
  503-666-6527 – 104 NW 11th St., Gresham
  503-777-7097 – 5117 SE Powell Blvd. Suite 3, Portland
- **Mid County Health Center** – 503-988-3601
  12710 SE Division St., Portland
- **Multnomah Co. School Based Health Centers**:
  Services for Students in Grades K-12
  Free services to those without health insurance, insurance companies billed for those with health insurance
  Centennial Campus SBHC – 503-988-5488
  3505 SE 182nd Ave, Gresham
  David Douglas Campus SBHC – 503-988-3554
  1034 SE 130th Ave, Portland
  Parkrose Campus SBHC – 503-988-3392
  12003 NE Shaver St., Portland
- **Oregon Lions Sight & Hearing Foundation** – 503-413-7399,
  971-270-0203 – adults needing assistance
- **Outside In** – 503-535-3800
- **Planned Parenthood** – 1-888-875-7820
  14601 SE Division St, Portland
  3727 NE Martin Luther King Jr Blvd, Portland
- **William Temple House** –503-226-3021

HOTLINES

- **Center for Disease Control and Prevention** – 1-800-CDC-INFO (232-4636)
- **Multnomah County Behavioral Health Call Center** – 503-988-4888 24-hour crisis line
- **National Child Abuse Hotline** –
  1-800-4-A-CHILD (422-4453)
- **National Domestic Violence Hotline** –
  1-800-799-SAFE (7233) – 24 hour crisis line

HOTLINES (cont.)

- **National Drug & Alcohol Treatment Hotline** – 1-800-662-HELP (4357)
- **National Runaway Safeline** – 1-800-RUNAWAY (786-2929), 24 hour crisis line
- **National Suicide Prevention Lifeline** –
  Dial 988
- **National Youth Crisis Hotline** –
  1-800-442-HOPE (4673)
- **Oregon HIV/STD Hotline** – 503-223-2437, 1-800-777-2437
- **211info.org** – Website with information on local resources

PARENTING RESOURCES

- **Dougy Center** – 503-775-5683
  3909 SE 52nd Ave., Portland
- **Oregon Family Support Network** –
  www.ofsn.org – Non-profit organization where families who have children and adolescents with any type of mental, emotional or behavioral disorders support each other, support groups available

RECREATIONAL ACTIVITIES

- **Boys and Girls Club** – 503-775-1549
- **Girls Incorporated** – 503-230-0054
- **East Portland Community Center** –
  503-823-3450 – 740 SE 106th Ave, Portland