

Name	Description	Contact	Location
P:ear	p:ear builds positive relationships with homeless and transitional youth through education, art and recreation to affirm personal worth and create more meaningful and healthier lives.	https://www.pearmentor.org/	Portland, OR
HomePlate	HomePlate supports the positive development of young people experiencing homelessness or housing instability through community building, education, access to services and resources, and youth empowerment.	https://www.homeplateyouth.org/	Beaverton, OR
Dress for Success	The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.	https://oregon.dressforsuccess.org/	Portland, OR
Oregon Foster Youth Connection	Oregon Foster Youth Connection (OFYC) empowers current and former foster youth to share their voice and to be heard in key decisions affecting children and youth in foster care. With peer support, leadership skills, and civic engagement, these inspiring youth take the lead in improving their own lives and the lives of thousands of kids in Oregon's foster care system. OFYC youth establish long-term change within the foster care system by developing and advocating for policies in the Oregon Legislature.	http://www.ofyc.org/	N/A
Project Lemonade	Project Lemonade is a Portland, Oregon non-profit 501(c)3 run entirely by volunteers. Our mission is to support and promote confidence in foster youth. Foster youth with open cases and those under the supervision of the state of Oregon are eligible to schedule an appointment to shop. Youth are referred to us via non-profit and government agencies, such as the Department of Human Services – Child	http://www.projectlemonadepdx.org/	Portland, OR

	Welfare, Morrison Center, and Janus Youth.		
NW Children's Outreach	Has been open since 2001 and is a resource center for providers whose families or clients are in need of clothes. Age ranges from 0-18 years old. Contact your services to see if they are affiliated with NW Children's Outreach.	http://www.northwestchildrensoutreach.org/index.php	Beaverton, OR Tualatin, OR Portland, OR Vancouver, WA Belfair, WA
Peak7	Faith-based non-profit that works with marginalized youth that live across the Pacific Northwest. They work towards providing youth the experience of the outdoors that helps them grow not only physically but emotionally, mentally, and spiritually as well.	http://peak7.org/	Prineville, OR
With Love	A non-profit foster care resource providing many of the physical needs that are needed to care for children such as clothing, books, toys and other necessities for children between the ages of 0-5.	http://www.withloveoregon.org/about/	Portland, OR
Foster Care Closet	Available to DHS State Certified Foster Parents, Relative Care Givers, Pre-Adoptive and Adoptive placement homes through DHS as well as DHS Child Welfare open cases. Provide and assist in providing basic items for children such as clothing, shoes, coats, underwear, socks, strollers and some baby furniture, baby gear, and Baby Bundles for newborn infants. Register online before shopping at the store (store hours are online).	http://www.fosterclosetinc.org/resources	Hillsboro, OR
Building Blocks 4 Kids	Has various programs that allow youth to participate in various activities in and out of the home. -Wish to Reality: Scholarship program for activities such as: Various sports, music lessons and dance, tutoring, science camp, and outdoor school -Bloomin Boutique: Provides children with clothing, backpacks, toiletries, bedding, school supplies, and toys. Personal one-on-one shopping	https://www.bb4kids.org/	Serving youth in areas in: Multnomah, Washington, and Clackamas counties

	<p>experience where they can select and choose clothing of their choice</p> <p>-Aging Out of Foster Care: For youth who are 18 and have dropped from foster care. Committed to providing these youth transition into adulthood through job training, educational support, rental assistance and household goods</p>		
Abby's Closet	Provides free formal gowns for prom and other memorable events	https://abbyscloset.org/	West Linn, OR
New Avenues for Youth	A nonprofit organization dedicated to the prevention and intervention of youth homelessness. Provide opportunities from meals and counseling to provide opportunities for education, job training, employment, and housing.	http://newavenues.org/our-services	Portland, OR
Catholic Community Services (CCS)	<p>Serves youth between the ages of 5-18 years old. Referred by contracted funder such as Health Share of Oregon, Family Care, or Optum which includes Providence Behavioral Health and United Behavioral Health. CCS works towards providing a community based alternative for youth with mental health challenges and their families. The hope is to give alternative care which will allow them to live safely in their homes and community ultimately avoiding institutional care.</p> <p>Services offered:</p> <ul style="list-style-type: none"> -Crisis Stabilization -Wraparound Care -Family Search & Engagement 	https://ccsww.org/get-help/child-youth-family-services/family-behavioral-health/oregon-family-behavioral-health/	Portland, OR
Cascadia Project Respond	<p>Mobile mental health crisis response team which is focused on providing individuals and family</p> <ul style="list-style-type: none"> -Crisis Team: provides crisis risk assessment and support to individuals and families in Multnomah County 24 hours a day 7 days a week. Call the Multnomah County Call Center: 503-988-4888 -Child & Family Services: Provides outpatient services to children between 	https://cascadiabhc.org/project-respond/	Portland, OR

	<p>the ages of 3-17 and families. Fill out an application online or call to schedule an appointment: 503-674-7777</p> <p>-Urgent Care Walk-Ins Clinic: Open from 7am-10:30pm Monday-Sunday. Serves anyone regardless of insurance, income, or age. Offers: counseling, referrals to affordable mental health care, psychiatric prescriber services, substance treatment referrals, and other community resources. Phone number: 503-963-2573</p>		
Albertina Kerr	<p>Committed to helping those experiencing mental health challenges and other social barriers. They provide various services for children with developmental disabilities and mental health as well as behavioral health challenges all while supporting the families.</p> <p>-Crisis Psychiatric Care Subacute: Short term about 2 weeks of 24 hour care with mental health professionals for children with urgent mental health crisis.</p> <p>-Intensive Community Based Treatment: For youth between the ages of 3-17. Works with those who are at-risk of not being able to stay at home due to mental health challenges</p> <p>-Outpatient Services: Mental health services for children, youth, and families that is provided in the community setting.</p> <p>-Community Inclusion: A program for people with developmental disabilities that gives them the opportunity to participate in the workforce, join in activities, and pursue hobbies</p> <p>-Adult/Youth Group Homes: Housing that provides around the clock care.</p>	http://www.albertinakerr.org/AboutUs/OurServices	Portland, OR
Lifeworks NW	<p>LifeWorks NW provides various services that range from prevention, addiction recovery services, and</p>	https://www.lifeworksnw.org/	Portland, OR Tigard, OR Hillsboro, OR

	mental health care. Services are offered to adults and teens/families -NOW Program: New Options for Women (NOW) provides intensive outpatient mental health, chemical dependency, as well as a needs assessment for women who have experienced sexual exploitation while involved in the sex industry.		
Kinship House	Kinship House was created by a group of professionals when they noticed a gap in services for those in child welfare and getting mental health services. They provide mental health services to foster and adopted children and families. Also work with families that are working towards reunification. Provide both long and short term services.	https://kinshiphouse.org/	Portland, OR
Portland & Multnomah County Crisis Line	24/7	Phone: 503-988-4888 Toll Free:1-800-716-9769	
Clackamas County Crisis Line	24/7	Phone: 503-655-8585	
Washington County Crisis Line	24/7	Phone: 503-291-9111	
Lines for Life	24/7	Phone: 800-273-8255 Text to Talk: 273Talk to 839863	
National Suicide Prevention Lifeline Phone Number	24/7	Phone: 1-800-273-8255	
Crisis Text Line	24/7	Text to Talk: HOME to 741741	
YouthLine	4pm-10pm Pacific Time (Adults are available by phone at all other times)	Phone: 877-968-8491 Text to talk: teen2teen to 839863	

National Youth Crisis		Phone: 1-800-227-8922	
Call to Safety (Formerly the Portland Women's Crisis Line)	Provides a comprehensive 24/7 crisis line, follow-up advocacy for survivors, support groups, community outreach and education, and sexual assault medical advocacy. Can also connect survivors to local culturally-specific resources or co-advocacy.	Phone: 1-888-235-5333 Local: 503-235-5333 https://calltosafety.org/who-we-are/	
Oregon State Parks- Discounted Recreation	Obtain a special access pass for Foster, Guardian & Adoption Foster Parents of Oregon Foster Children. Foster children must be present during the park visit and applies only to state parks. This allows you to free camping and day-use parking in Oregon. Follow instructions on website to figure out how to apply.	https://oregonstateparks.org/index.cfm?do=v.page&id=20	Various locations around Oregon.
Portland Children's Museum	A Museum that allows children to explore through familiar objects that allows for creative play. -Family Access Pass: This is available to families who live within 35 miles of the Museum and it is a reduced cost which includes an unlimited admission. You will need to complete an application and a copy of your foster home certificate which is issued through DHS. Go online to view more details -Second Sunday Savings: Offers reduced admission to the Museum: Just \$3 dollars per person between the hours of 9am-noon every second Sunday of the month. You can stay all day once you are there. -Access Play Events: An opportunity for families with children experiencing disabilities to visit the Museum. This is a low sensory playtime that are calmer, less crowded. Call or go online to see when the next Access Play event is happening	https://www.portlandcm.org/join/family-access-program	
Portland Royal Family Camp	This is a camp for kids in foster care. This camp is equipped with volunteers who have gone through training and	https://rfk.org/	Albany, OR: Eugene, OR Grants Pass, OR

	<p>are there to provide youth a week of fun and laughter. Send your child to camp by visiting their website and calling your area director. Click on the city and the location will drop down.</p> <p>https://rfk.org/locations/oregon/</p>		<p>Hood River, OR Jefferson, OR Newberg, OR Portland, OR Roseburg, OR Salem, OR Tualatin, OR Wilsonville, OR</p>
Camp to Belong	<p>Camp to Belong is committed to helping foster parents reunite brothers and sisters in Oregon who are placed in separate foster care, kinship care, and adoptive homes a place to reunite. This is done through a week long camp experience in Oregon. Brothers and sisters reunite in a safe, neutral, week-long camp environment that focuses on creating childhood memories together that they might not have otherwise due to living in separate homes. If your children/youth are in DHS custody the application process needs to involve the assigned DHS Caseworker</p>	<p>http://camptobelongoregon.org/</p>	<p>Oregon</p>
Foster Parent Night Out	<p>A non-profit organization that started in 2006. FPNO is a faith-based organization that provides monthly respite care for DHS foster families. This is possible due to local churches that host FPNO which allows foster parents to have a night off. Trained volunteers care for their foster, adopted, and biological children.</p>	<p>http://fpno.org/</p>	<p>Benton County Clackamas County Marion County Multnomah County Columbia County Coos County Josephine County Washington County Lane County Yamhill County</p>
KEEP	<p>Evidenced-based support and skills education program for foster and kinship parents of children and teens. Their goal is to support foster families and prevent placement breakdowns</p>	<p>https://www.keepfostering.org/</p>	
Ted Talks	<p>Ted Talks that feature information on sex trafficking, human trafficking, and trauma.</p>	<p>https://www.ted.com/talks/roy_thrupkaew_human_trafficking_is_all_around_you_this_is_how_it_works</p> <p>https://www.ted.com/talks/nikki_clifton_3_ways_bu</p>	

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Ted Talk	Nadine Burke Harris gives a quick talk regarding the science behind trauma and how it relates to overall care.	https://www.ted.com/tal ks/nadine burke harris how childhood trauma a ffects health across a lif etime/up- next?language=en	
Ted Talk	Brene Brown discusses in this video the ways and importance of creating genuine empathic connection with others.	https://www.youtube.co m/watch?v=1Ewvngu369J w	
Wounded Children, Healing Home: How Traumatized Children Impact Adoptive and Foster Families	This books addresses the reality of the unmet expectations and offers validations as well as solutions for challenges that arise when fostering or adopting.	https://www.amazon.co m/Wounded-Children- Healing- HomesTraumatized/dp/ 1615215689/	
The Connected Child	By: Karyn B. Purvis, David R. Cross, & Wedny Lyons Sunshine This book helps build bonds of affection and trust with adopted child. Effectively deal with any learning or	https://www.amazon.co m/The-Connected-Child- healing- adoptive/dp/007147500 1/ref=sr_1_1?ie=UTF8&q	

	behavioral disorders and discipline your child with love without making him or her feel threatened http://empoweredtoconnect.org/	id=1352041561&sr=8-1&keywords=the+connected+child	
The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma	By Bessel van der Kolk, M.D., an expert on trauma has spent almost three decades working with survivors. Through this book he uses scientific advances to show how trauma reshapes the body and brain. He also explores different styles and forms of treatment.	https://www.amazon.com/dp/0143127748?encoding=UTF8&isInframe=0&n=283155&ref=dp_product_desc_0&s=books&showDetailProductDesc=1#product-description+feature+div	
The Betrayal Bond	By Patrick J. Carnes, Ph.D This book presents an in-depth look at exploitive relationships and why they can lead to trauma bonds. Trauma bonds as explained by Carnes, are chains that link a victim to someone who is dangers. Carnes explains why they form, who is susceptible, and how they become powerful.	https://www.amazon.com/Betrayal-Bond-Breaking-Exploitive-Relationships/dp/1558745262/ref=sr_1_1?ie=UTF8&qid=1537214102&sr=8-1&keywords=the+betrayal+bond+patrick+carnes	
The Whole Brain Child	By Daniel J. Siegel, MD., and Tina Payne Bryson, PhD. Explains the science of how a child's brain is wired and how it matures in this pioneering and practical book	https://www.amazon.com/Whole-Brain-Child-Revolutionary-Strategies-Developing/dp/0553386697/ref=sr_1_2?ie=UTF8&qid=1537214430&sr=8-2&keywords=the+whole+brain+child	
Trauma Stewardship	By Laura van Dernoot Lipsky with Connie Burk Lipsky offers a deep look into the world of trauma work. She explores the toll that is taken on those who work towards making this a better place. She identifies how this affects us both individually as well as collectively. Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves.	https://www.amazon.com/Trauma-Stewardship-Everyday-Caring-Others/dp/157675944X/ref=sr_1_1?ie=UTF8&qid=1537214595&sr=8-1&keywords=trauma+stewardship	
Helpful Handouts for Sex Trafficking	http://victimsofcrime.org/docs/default-source/Trafficking-Trainings/cst-fact-sheet-for-parents-and-guardians-july-2014-final.pdf?sfvrsn=2		

from various websites.	https://www.flcourts.org/content/download/216091/1962492/Parents-Sex-Trafficking-Brochure.pdf		
Fostering Perspective	This resources provides helpful information for foster parents with youth specifically trafficking.	http://fosteringperspectives.org/fpv18n2/trafficking.htm	
Human Trafficking: What Parents Need to Know	This blog post provides parents with helpful ways to understand sex trafficking and useful ways to protect your children.	https://www.nationwidechildrens.org/family-resources-education/700childrens/2017/10/human-trafficking-what-parents-need-to-know	
Male Victims of Sex Trafficking Resource Guide	This website is to help find resources for male victims of sex trafficking. It will have you answer a survey to help assist.	https://www.indystar.com/story/opinion/2018/01/24/how-find-help-male-victims-sex-trafficking/1048740001/	*Please be mindful that this isn't a secured website and the internet and phone can be monitored*
Sex Trafficking Prevention: A Trauma Informed Approach for Parents and Professionals	By Savannah J. Sanders Written by a survivor of sex trafficking Sanders explains what makes young people vulnerable to trafficking and discussing the root of the problem. By mixing together her personal experience with her education she speaks of ways to intervene youth who are displaying warning signs. She also describes ways to help victims find healing.	https://www.amazon.com/Sex-Trafficking-Prevention-Trauma-Informed-Professionals/dp/1936268841/ref=sr_1_4?s=books&ie=UTF8&qid=1537215373&sr=1-4&keywords=Sex+Trafficking	*Due to language and intense situations depicted in this book, viewer discretion is advised. If you need support after reading please reach out to a trusted friend or counselor *
Girls Like Us: Fighting for a World Where Girls Are Not For Sale: A Memoir	By Rachel Lloyd Lloyd, recounts her story of escaping "the life" and enduring inhuman abuse, enduring hope, and the promise of redemption.	https://www.amazon.com/Girls-Like-Us-Fighting-Memoir/dp/0061582069/ref=sr_1_1?ie=UTF8&qid=1487565145&sr=8-1&keywords=girls+like+us+rachel+lloyd	*Due to language and intense situations depicted in this book, viewer discretion is advised. If you need support after reading please reach out to a trusted friend or counselor *
Tricked	This in-depth documentary looks into America's sex-trafficking trade. Directors: John Keith Wasson, Jane Wells	Available on Netflix https://www.imdb.com/title/tt2246924/	*Due to language and intense situations depicted in this documentary, viewer discretion is advised. If you need support after reading please reach out to a trusted friend or counselor *

Very Young Girls	A documentary that exposes the commercial sexual exploitation of girls in New York City. This documentary follows adolescents as well as film that is shot by pimps themselves. This documentary does offer hope through the organization called GEMS (Girls Educational and Mentoring Services) which was founded by survivor Rachel Lloyd.	http://www.gems-girls.org/get-involved/very-young-girls	*Due to language and intense situations depicted in this documentary, viewer discretion is advised. If you need support after reading please reach out to a trusted friend or counselor *
Sex and Money: A National Search for Human Worth	This documentary follows a group of students as they travel around the USA and attempt to understand how sexual exploitation of children has become one of the nation's fastest growing form of organized crime	https://www.imdb.com/title/tt2023681/	*Due to language and intense situations depicted in this documentary, viewer discretion is advised. If you need support after reading please reach out to a trusted friend or counselor *
Shared Hope International	Shared Hope is committed to bringing an end to sex trafficking through prevention, restoration, and bringing justice	https://sharedhope.org/	
Polaris	Polaris is working towards preventing and disrupting human trafficking around the world through their data-driven strategies. They serve victims and survivors through their 24/7 National Human Trafficking Hotline as well as having one of the largest public data on Human Trafficking.	https://polarisproject.org/	
Rebecca Bender Initiative	Rebecca Bender a survivor of sex trafficking is a worldwide leader in the anti-trafficking movement.	https://rebeccabender.org/	
National Human Trafficking Hotline	A national anti-trafficking hotline serving victims and survivors of human trafficking and the anti-trafficking community in the United States. Available in more than 200 languages. The hope of the National Hotline is to provide survivors and victims with access to critical care as well as equipping the anti-trafficking community with the tools to effectively combat all forms of human trafficking	https://humantraffickinghotline.org/	

A21	A non-profit organization that is working towards abolishing slavery everywhere. Each of their 14 offices which are located all around the world are focused on doing different things. From reducing vulnerability to protecting and caring for survivors their teams are working together to see all free.	https://www.a21.org/	
Love146	An organization that serves children from their offices both in the United States as well as overseas. Here in the United States they are working to end child trafficking and exploitation through their survivor care & prevention program. They have effectively implemented a youth curriculum called Not A #Number that seeks to reach children before traffickers do. They also have a survivor care and Rapid Response program located in Connecticut which serves about 200 youth. They also provide more information on their website for educating individuals and parents about Sexual Exploitations.	https://love146.org/programs/	
The Epik Project	A non-profit that is recognized as a national leader in the anti-trafficking movement. EPIK works towards disrupting the purchase of human beings for sex. They work with local law enforcement with specific information regarding illegal activity.	https://epikproject.org/	
River West Church	Foster Parent Night Out	https://riverwest.org/serving-oregons-foster-kids-and-families/	
Willamette Christian Church	Opportunities and ways to get involved	https://willamette.cc/afc/	West Linn, OR
Imago Dei	Opportunities and ways to involved: -Foster Parent Night Out -Bridge Builders: facilitating visitation play times at the church for parents with children that have been removed by Child Welfare	http://idcpdx.com/outreach/city-ministries/foster-care/	Portland ,OR

	-Foster and Adoptive Parent Support Groups		
City Bible Church	Foster Parent Night Out	https://groups.citybiblechurch.org/groups/341	