



PERINATAL SUPPORT
WASHINGTON

RESOURCES & REFERRALS

YAKIMA COUNTY

Community resources for pregnant and postpartum families in Washington State

FREE PARENT SUPPORT LINE: Call or text 1-888-404-7763 (PPMD). Perinatal Support Washington's Warm Line offers warm, understanding and private support through our parent volunteers and trained staff. Answered Live 9 am-4:30 pm, Mon-Fri. All other times please leave a message and we will return your call within 12 hours.

PS-WA SPANISH WARM LINE: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763. La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Deja un mensaje y te regresamos la llamada..

FREE WELLNESS PLAN TEMPLATE to keep track of your recovery plan: <https://perinatalsupport.org/for-parents/#resources>

THERAPY & MENTAL HEALTH SERVICES

Many women experiencing postpartum adjustment problems have been helped by the support and advice of a therapist.

Therapy Providers:

Martha Burns, MA, LMFT

6 A 2nd St #203, Yakima, WA 98901. 509-761-3723. Accepted Insurance Plans - Aetna, Anthem, Blue Cross, Blue Shield, Cigna, First Choice, MHN, Magellan, Medicaid, Molina, Optum, Pacific Blue Cross, Premera, Regence, Reliant, TriWest, United Healthcare.

Dorothy Hanson, MA, LMHC

Yakima Valley Memorial Hospital 509-575-8160. Counseling services are provided at no cost.

Renee Slaven, LICSW

609A S 48th Ave, Yakima, WA 98908. 509-823-4130. Accepted Insurance Plans - Blue Cross, Blue Shield, BridgeSpan Health Company, Cascade EAP, Cigna, Cigna EAP, First Choice Health, First Choice EAP, Healthcare Management Administrators, LifeWise, Optum, Premera

Jennifer Sudbury, MS, LMHC, NCC

Phone 509-426-2207. Email yakimawellness@gmail.com
Accepted Insurance Plans - Blue Cross, Blue Shield, First Choice, Regence, Premera, Kaiser (Out-of-Network), Out-of-Network.

Therapy and Medication Providers:

Catholic Charities

5301 Tieton Dr, Yakima, WA 98908. 509-965-7100

Central Washington Comprehensive Mental Health

201 S 2nd Ave, Yakima, WA 98902. 509-575-4084

Central Washington Comprehensive Mental Health

1319 Saul Rd. Sunnyside, WA 98944 509-412-1051

Central Washington Family Medicine

1806 . Lincoln Ave, Yakima, WA 98902. 509-452-4520

Kolynn Sinclair, ARNP

1450 N 16th, Yakima, WA 98908. 509-249-0105

Yakima Valley Farm Workers Behavioral Health Services 918

E Mead Ave, Yakima, WA 98903. 509-453-1344.

Yakama Nation Behavioral Health

16 W 1st Ave, Toppenish, WA. 509-856-5121.

CONTACTING A NEW PROVIDER

Creating your own care plan can be difficult. Enlist a friend or family member to help you, and feel free to call Perinatal Support Washington's Warmline for help creating an individualized care plan.

Locating a new provider can also be challenging. It is important to feel comfortable with a provider, but stick to discussing logistics at first. Once you know they take your insurance and have appointments available, then you can share more about your story and see if they are a good fit for you.

What to have on hand when you call a new provider:

- Insurance or health care card
- List of current medications

Questions to ask:

- Do you have experience with postpartum mood and anxiety disorders?
- Do you take my insurance?
- What is your experience working with families of color?
- Can I bring my baby?
- Can I bring someone else (partner, parent, friend, doula) to the session with me?
- When is your soonest appointment?
- Do you do phone appointments or Telehealth? (Note that insurance often won't cover this.)
- If you are a student, contact your school's counseling office.

ONLINE SUPPORT

Postpartum Support International.

Closed Facebook Group- facebook.com/groups/25960478598
Online Support Groups www.postpartum.net

PPMD Support Group chatroom.

www.tapataalk.com/groups/postpartumdepression

Solace for Mothers.

Online support community for traumatic birth.
<http://www.solaceformothers.org/online-forum/online-community-for-mothers/>

HOME VISITING SERVICES

Maternal Child Health Services Home visiting or office visits available for pregnant women and women up to 18 years old. Health and education services, breastfeeding support, and behavioral health services available to support families and children. Maternal Health Services, Yakima Valley Memorial Hospital. 509-575-8106

Infant Case Management - Home visiting program for parents with children 3 months to 1 year of age. May start program anytime up to 1 year of age. Provides advocacy, linkages, information, and referrals. Must have Medicaid insurance.

Maternal Support Services (MSS). Preventive health and education services to help a woman have a healthy pregnancy and healthy baby. Women can receive MSS any time during pregnancy up to 2 months postpartum. Must have Medicaid insurance. MSS is offered in addition to medical and prenatal care.

The following organizations offer these services:

Yakima Neighborhood Health Services

12 South 8th Street, Yakima 509-454-4115
617 Scoon Rd, Sunnyside 509-837-8200

Yakima Valley Farm Workers Clinic

240 Division St, Grandview 509-882-4700
510 W First Ave, Toppenish 509-865-6901 ext 2151
1112 E Nob Hill Blvd, Suite 109, Yakima 509-575-3375
602 E Nob Hill Blvd, Yakima 509-457-6540
2205 West Lincoln Ave, Yakima 509-457-6540

Nurse Family Partnership. Provides a specially trained nurse to help first-time mothers during pregnancy and through the baby's second birthday. Referrals can be made by primary care providers, community agencies, and individuals by contacting Sandra at sandraso@yvwfw.org or calling 509-941-4561.

Parent/Child Assistance Program (PCAP).

Intensive case management model serving the highest risk women who are pregnant or parenting who have alcohol and or drug use disorders. 801 Summitview Ave, Yakima, WA 509-203-1006 x101 dmoss@triumphptx.org

Parents as Teachers

Home visiting program promoting healthy child development, problem solving skills, & healthy parent support networks for families with children 0 to 4 years of age. This program fosters strong, loving relationships between parents and their children; provides opportunities to connect with other parents; and prepares children for kindergarten. Catholic Charities 5201 Tieton Drive, Yakima, WA 98908, 509-965-7100

Prepares Program

Provides pregnancy and parenting support and activities, serving all families from pregnancy to their child's fifth birthday. If you're expecting or have a child under the age of 5, and in need of basic baby supplies, you may receive a Prepares Bag. These are gifts filled based on child's age and can include diapers, wipes, formula, clothing, books and toys. Catholic Charities 5301 Tieton Drive, Yakima, WA 98908, 509-965-7100

Family Companions.

Pregnant or parenting families are matched with a trained volunteer for ongoing support and encouragement. Call Catholic Charities for more information 509-965-7100.

SUPPORT SERVICES FOR MOTHER & BABIES/CHILDREN

Childbirth Education Classes. Offering Childbirth classes, Baby Basics, Boot Camp for New Dads, Prenatal Yoga, and Infant CPR Classes. Yakima Valley Memorial Hospital, Memorial Education Center, 2505 W Nob Hill Blvd, Yakima Call 509-575-8160 or go to Yakimamemorial.org to register. Scholarships available.

Breastfeeding Support - Virginia Mason Memorial Hospital Maternal Health Services, 2903 W Walnut Ave, Yakima WA 98902. Drop-ins Wednesdays Noon-1:00PM, 509--575-8160.

Le Leche League of Yakima. Helping mothers to breastfeed through mother-to-mother support.

3405 W Nob Hill Blvd Ste.B, Yakima, WA 98902
www.Facebook.com/LLL Yakima 509-654-6976

Magnolia Moms - Support Group to empower women who are experiencing perinatal depression and anxiety.

2nd & 4th Wednesday each month - 1:30-3:00PM
Wellness House, 210 S. 11th Ave., #40 Yakima, WA for more information call 509-575-6686
Spanish Speaking: 3rd Wednesdays each month - 11:30-1:00
303 East D St, Ste 5 Yakima. For information call 509-901-9132

Moms of Preschoolers, MOPS Find support and connect with other mothers. Every 1st and 3rd Friday from 9:00-11:30 during the school year. Grace of Christ Presbyterian Church, 9 S 8th Ave, Yakima, WA 98902

Nami/Family to Family Support Class. This class is for family member whose loved one has a mental health condition. Provides information about diagnoses, treatment, recovery, crisis prevention, communication skills, and advocacy. It is free. Call 509-453-8229 or email info@NAMIIYakima for more information.

Birthright of Yakima.

Birthright is available to women facing the challenges related to unplanned pregnancies. Services include information about: pregnancy, childbirth, adoption, prenatal care, community programs, parenting skills, and child care. 315 S 11th Ave Ste A, Yakima, WA 98902, 509-590-1301

Life Choices offers a supportive environment to explore all options and plan for the future, providing medically accurate, evidence-based education concerning reproductive and sexual health issues. Services are free and confidential and available to anyone. Located at:

Pregnancy Medical Center, 305 S 11th Ave, Suite 1, Yakima, WA 98901 509-248-2273

Planned Parenthood Yakima - providing reproductive health care, sex education, and information.

1117 Tieton Dr, Yakima, WA 98902 509-207-3077

Sunrise Midwifery. midwife@sunrisemidwifery.net
509-780-3330

Little Blessing Birth Services. 3405 W Nob Hill Blvd, Yakima, WA Midwifery Services. 509-902-8020

Cuddles and Cream Lactation Support.

www.cuddlesandcream.com or 509-480-0544

ONLINE INFORMATION & RESOURCES

Online resources can be helpful when leaving the house is hard. These are our trusted resources.

Perinatal Support Washington. www.perinatalsupport.org. Information and resources for families and professionals in Washington state.

Postpartum Support International. www.postpartum.net. Information and resources for families and professionals.

Postpartum Dads. www.postpartumdads.org. Help for dads and families by providing first-hand information and guidance through postpartum depression.

Perinatal Mental Health Alliance for Women of Color. <http://www.pmhawoc.org/>.

Every Mother Counts. www.everymothercounts.org/pages/about. Educates the public about maternal health, engages individuals to advocate for the well-being of mothers, and invest in community led programs to improve access to essential maternal care.

Postpartum Collective. www.facebook.com/postpartumcollective. Fourth trimester education, planning and coaching.

A'Driane Nieves. www.addyeb.com/butterflyconfessions. A writer, artist, activist, and speaker with a heart for serving others and social good. A mental health advocate living with bipolar disorder, and a survivor of postpartum depression and anxiety.

ICAN International Cesarean Awareness Network. www.ican-online.org

Online Breastfeeding Support
www.babygooroo.com
www.kellymom.com
www.bfmed.org
www.breastfeedingmadesimple.com
www.healthychildren.org
www.naturalbreastfeeding.com

LANGUAGE RESOURCES

Perinatal Mood & Anxiety Disorders Resources in Other Languages. <http://www.postpartum.net/resources/resources-in-other-languages/>.

Pacific Postpartum Society provides the option to translate its website into the following languages: Simplified Chinese, Traditional Chinese, Farsi, Punjabi, and Spanish. <http://postpartum.org/>.

Perinatal Support Washington Spanish Warm Line: Línea Gratuita De Apoyo Para Padres: Llama o textea al 1-888-404-7763 (PPMD). La línea de Apoyo Perinatal en el Estado de Washington ofrece comprensión y apoyo confidencial. Proveemos referencias e información sobre recursos en tu comunidad. Deja un mensaje y te regresamos la llamada dentro de 12 horas.

CRISIS SERVICES

If you experience any of these symptoms, call 911, go to the emergency room, or use one of the resources below:

- Being afraid to be by yourself
- Hearing sounds or voices that no one else does
- Having thoughts of harming yourself
- Having thoughts of harming your baby

Yakima County Crisis Line (24/7):
(509)575-4200.

Crisis Triage Center Yakima:
509-453-8229

National Suicide Prevention Lifeline (24/7):
1-800-273-8255
Get connected with a skilled, trained crisis counselor at a crisis center in your area.

National Sexual Assault Hotline (24/7):
1-800-656 HOPE.

Washington State Domestic Violence Hotline:
(8AM - 5PM). 1-800-562-6025