



OFFICE OF  
**Community  
& Civic Life**

**COMMUNITY SAFETY  
PROGRAM**

## Local Trauma-Informed Care Resources

### **Local directory to help you find community-based care after a traumatic or violent incident.**

These resources are not intended to cover all situations, the brief description of services is from online sources and you will need to contact the organization or the source directly for more or up-to-date information.

If you know of a related resource that is not listed, please contact us by filling out this [form](#) and we will review.

#### **BIPOC, CULTURALLY SPECIFIC CARE**

##### [African Family Holistic Health](#)

Empowers, educates, trains, and connects African families to essential programs and resources that make them physically, mentally, emotionally, and financially healthy. Between the techniques behind emotional health and the presence of care, we are committed to exploring how to create safe spaces for each other.

##### [African Youth & Community Organization \(AYCO\)](#)

Strengthens culturally guided efforts to promote healing and well-being in East African immigrant communities. Provides a holistic approach to supports and services that are trauma-informed and attentive to the emotional, spiritual,

cultural, familial and community strengths and needs of participants. Our capacity to attend to the mental health concerns of immigrant families is expanding with a reflection of cultural resilience and collective healing.

#### [Asian Health & Service Center](#)

Provides a safe and culturally sensitive approach to therapy for Asians who seek mental health care. It is a culturally competent and linguistically appropriate service that is offered in Cantonese, English, Korean, Mandarin or Vietnamese. Clinical services are provided by a team of bilingual professionals and contracted psychiatrists. Clients may also access onsite, low-cost naturopathic clinic and Chinese Medicine clinics weekly.

#### [Avel Gordly Center for Healing](#)

Provides cognitive behavioral therapy, mindfulness based therapy, and psychotherapy. Focuses on culturally sensitive care for the African and African-American community at OHSU. We have a close collaboration with community partners to ensure that we reach a population who are under-served. We recognize how trauma affects the health of our patients and we strive to remove the stigma that is associated with mental illness.

#### [Bienestar de La Familia](#)

Offers mental health and addiction services, case management, afterschool programs for teens and hosts a monthly produce distribution. It was established to serve the Latinx community in Multnomah County. Today staff also work with the Somali community, other immigrant and refugee families, and other residents in the Cully neighborhood.

#### [Black Mental Health Oregon](#)

Provides African American/African Caribbean and Refugee Communities the much needed support, resources, services and referrals that they need and deserve to create wellness. We want to connect communities with Ethnocultural effective service for individuals, children, couples, families, transgenders, homeless youth, our U.S. Vets.

### [Black Parent Initiative](#)

Together We Can program combines relationship-based home visiting with group-based support, education, and community engagement to stabilize and strengthen families. Designed to strengthen cultural identity and practices, motivate parents to attain greater economic stability and self-sufficiency, create safe and healthy family environments, and promote the family's healthy engagement in their community.

### [El Programa Hispano](#)

Is a social service nonprofit that serves the entire lifespan to address the social determinants of health. We have five main programming areas, education, from early childhood to adulthood, housing, community wellness. Program Purpose Provides information and referral to the Hispanic community and a comprehensive array of social services to low-income Latino families.

### [Esperanza Juvenil](#)

Works with Latino youth ages 14-21 who have drug or alcohol issues or are susceptible to gang involvement. Esperanza's bilingual team provides addiction treatment, individual and family counseling, in home family support and education. This Central City Concern program also utilizes gang prevention strategies and works closely with school counselors to promote ongoing prevention and follow up treatment.

### [Imani Center](#)

Provides culturally specific and responsive Afrocentric approaches to mental health and addictions treatment, peer support and case management. The services at Imani Central City Concern also create honor within the participant, our services and the agency. The Center also connects program clients to housing, employment and benefits support, and natural support systems within their own cultural community.

### [Immigrant and Refugee Community Organization \(IRCO\)](#)

Provides youth programs such as one-on-one mentoring and after school activities, gang prevention and intervention for at-risk youth, IRCO provides culturally and linguistically specific support to help close the achievement gap.

### [Latino Network Community Healing Initiative \(CHI\)](#)

Supports healing from violence and trauma with targeted supervision, intervention, and prevention strategies for families of probation youth who are likely to be involved in violent activities, specifically gun violence. Trained Spanish speaking and bicultural staff who support youth and their families to create an individualized Success Plan. Access and referral to on-staff licensed mental health therapists.

### [Lutheran Community Services Northwest Multicultural Counseling Services](#)

Provides counseling, peer support, case management and medication services. Offers Trauma-informed care based on the sanctuary model with individual and group therapy, intensive/medical case management and care coordination. With community wellness and healing, we build on community strengths. Services offered in Arabic, Burmese, English, Farsi, French, German, Italian, Nepali, Russian, Spanish, Somali, and Zomi.

### [Native American Youth & Family Center \(NAYA\)](#)

Provides case management services and outreach to children, their families, and other important individuals in their lives. NAYA's wrap around services include programs that are essential to the health and wellbeing of a family when times are difficult. The Gang Prevention Program serves self-identified Native youth.

### [Russian Oregon Social Services](#)

Provides culturally-specific services that include crisis intervention, long-term case management, individualized resource planning/referrals, advocacy, emotional support, mental health counseling, safety planning, assistance accessing low-cost or free legal services, short-term financial assistance and support groups. Assistance with applying for Crime Victims Compensation and other services as needed.

### [Urban League](#)

Offers community health, education and well-being, for our youth, adults and seniors. Our culturally specific programs and services, combined with our powerful advocacy and civic engagement, empowers Black communities to thrive. One of Oregon's oldest civil rights and social service organizations, empowering African-Americans and others to achieve equality in education, employment, health, economic security and quality of life.

### [Western Conexiones](#)

Offers multicultural counseling and trauma healing services (in Spanish/English). Offers services that address an array of mental health issues and specialize in helping people overcome the impact of personal, collective and inter-generational traumas. We consider cultural context, systemic influences, and dynamics of power in the process of healing. We are a Crime Victims provider, who pays for any costs not covered by insurance.

## **YOUTH CARE**

### [Communities for Safe Kids](#)

Provides educational workshops on violence prevention to elementary school students, school staff, and student caregivers. Through developmentally appropriate, trauma-informed education around personal safety, we provide communities with support, knowledge, and tools to help children grow in a safe, respectful, and healthy environment.

### [Portland Opportunities Industrialization Center \(POIC\)](#)

Is a minority-led nonprofit that provides emergency support to families and individuals impacted by community violence in collaboration with Rosemary Anderson High School. The Community Outreach Team helps reconnect youth with services, reduces the stressors linked to the high rates of violence and trauma that youth of color face.

### [School-Based Mental Health Program](#)

Provides mental health services to children and teens in schools. By locating therapists directly in schools, we help families overcome barriers that make it hard to get help for mental health needs. Some locations have clinicians of color who offer culturally specific services. Students can go to the school counselor or go to [student health center](#). They'll connect you with a therapist to talk to privately. If you're 14 and over, you can seek services on your own.

### [STRYVE](#)

Engages young leaders ages 10-24 years old, who are primarily youth of color, using evidence-based strategies that build authentic, youth-adult partnerships. Our team includes 2 community health workers with lived experience and deep

connections to the community. They offer support and technical assistance to youth and community partners to engage systems for change.

#### [TransActive Gender Project](#)

Delivers facilitated support groups for adult family/allies and youth age 4-18 and screened referrals to mental health & medical providers. Experienced in trans youth care.

#### [Trillium Family Services](#)

Provides mental and behavioral healthcare for children and families. Offers a full continuum of children's mental and behavioral health services. Whether we are addressing a one-time mental health crisis or an ongoing condition, we equip children and their families with the right tools to understand their challenges, treat their conditions, and gain new skills.

#### [Western Psychological & Counseling Services School Based Program](#)

Provides therapeutic services to schools, while removing any barriers for students and families by placing therapists inside of the school. Western works in collaboration with the school staff and administration to develop a cohesive model of care for each of the partnering Portland Public Schools listed [here](#). The therapist may provide services at the school and may also recommend services in the community.

#### [Youth Empowerment Project](#)

We partner with schools and communities to serve youth today. We strive to help young people develop a strong sense of self, emotional awareness, self-regulatory skills, and the resiliency needed to build successful lives. We provide school-based mental health, mentorship, family engagement, cultural identity development, and hate incidence response services.

### **COMMUNITY CARE**

#### [Cascadia Behavioral Healthcare](#)

Crisis Respite provides short-term stability and supports to individuals who are experiencing a mental health-related crisis. This is a community-based alternative to psychiatric hospitalization, or as a step-down from higher levels of care.

Respite is a voluntary program, which works collaboratively with residents and community treatment providers to address an individuals' treatment needs.

### [Healing Hurt People Portland](#)

Provides services while in the emergency room at Legacy Emanuel Medical Center. A multi-disciplinary team begins to address the trauma and find ways to connect the victim to resources including emotional support, family support, housing, medical follow-up, substance abuse treatment, legal and educational support. For more information contact the Portland [Office of Violence Prevention](#).

### [Lifeworks NW](#)

Provides holistic care and behavioral health to support trauma-informed care. LifeWorks NW supports whole person needs. LifeWorks NW clinicians are in schools and local primary care clinics to ensure whole person care. We have holistic health care sites in NE Portland.

### [Lutheran Community Services Northwest Crime Victim Service Center](#)

Offers individualized advocacy, educational crime prevention workshops and support groups for victims of crime. We believe that all crime victims should have access to high-quality, culturally-appropriate, victim-centered services. Our advocates are bilingual and interpretation services are available. We work with anyone who identifies as a victim.

### [Northwest Family Services](#)

Supports family stability, child well-being, and victims of crime by focusing on the social determinants of health. Programs and services include health and social service navigation, support for youth and families affected by incarceration, mental health services and more offered in both English and Spanish.

### [Outside In Transgender and Gender Non-Conforming](#)

Support for transgender, non-binary, intersex, and gender non-conforming individuals include trauma informed behavioral health, counseling resources, information, advocacy and financial aid (for those eligible) and healthcare services whether you are questioning your gender or have been in transition for years.

### [Portland United Against Hate \(PUAH\)](#)

Provides a reporting hate tool built for and by communities most targeted by hate violence. Portland United Against Hate is here to track, respond to, and heal from acts of hate while providing the support that our communities need.

### [Q Center](#)

Offers peer-led support for people who identify as LGBTQ+ living with mental health issues such as anxiety, depression, bipolar, PTSD, or related illnesses. Provides connection to LGBTQ2SIA+ resources.

### [Trauma Intervention Programs, Inc. Portland/Vancouver Chapter](#)

Provides emotional first aid to survivors of tragedy in order to ease their immediate suffering and facilitate their healing and long-term recovery. A nonprofit group of specially trained volunteers called by the emergency response system who provide support and resources to victims of traumatic events and their families in the first few hours following a tragedy.

## **ALTERNATIVE CARE**

### [Living Yoga](#)

Provides trauma-informed services and resiliency training in order to ensure all individuals have the tools to heal from the impacts of trauma, prevent re-traumatization, and realize their full potential. The nonprofit's mission is fostering healing and resilience through trauma-informed yoga.

### [NAMI Multnomah Peer-to-Peer](#)

Provides free, peer-led education programs, support groups, and advocacy initiatives that actively support community mental health. We passionately promote improved access to services, increased opportunities for recovery, reduced stigma and discrimination, and increased public understanding of mental illness. We strongly believe in our peer-led services. We know what you are going through, and we are here to help.

### [Peace in Schools](#)

Provides mindfulness programs that are an evidence-based, equitable, and trauma-informed approach to social-emotional learning. Our model is based in expert mindfulness facilitators, the innovative Peace in Schools' curriculum, and highly relational, student-centered pedagogy. Research shows that our programs serve as an accessible, practical, effective, and critical resource for all youth with particular benefit for marginalized youth and youth with high trauma.



### [Pdx Care Collective](#)

Building an alternative system to mental health care through peer support, radical wellness, community education, resources, and crisis care.

### [PFLAG Portland](#)

Support Circles are offered twice a month safe space where you can learn, share, or simply be yourself in a supportive and friendly environment filled with LGBTQ+ persons, family members, friends, and allies of all ages. Get personalized support requesting an online private circle with a PFLAG Volunteer.

### [Quest Center for Integrative Health](#)

Is a non-profit community wellness center that offers integrated health services to marginalized community members. Quest will collaborate with you to create a service plan that focuses on your mental health goals and incorporates your strengths and lived experiences. Mental health needs are met in a community-based setting that emphasizes empowerment and agency.

### [Radical Rest](#)

Providing coaching, acupuncture, movement, yoga, meditation, bodywork, ritual, tarot, and herbs. A decentralized pop up of healing providers seeking to support the bodies of the racial justice movement. All providers are donating their time through Radical Rest.

## **HELP LINES**

### [Aging and Disability Services](#)

24-hour information and assistance to seniors, people with disabilities, and caregivers by assessing their needs, identifying services to meet those needs and linking them with providers of those services.

(503) 988-3646 (24/7)

(503) 988-4450 (General)

### [Crisis Respond](#)

24-Hour mental health crisis hotline and mobile mental health crisis response team at Cascadia that provides an array of crisis, specialized, and culturally aware services. Contact Project Respond via the Multnomah County Call Center.

(503) 988-4888

### [Reach out Oregon](#)

For peer-to-peer support for parents and families  
Available Mon-Fri 12p - 7p (except holidays)  
(833)-732-2467

### [Trans Lifeline](#)

For Trans-led support  
1-877-565-8860

### [Trevor Project](#)

Life-saving community programs and services for LGBTQIA+ youth  
1-866-488-7386  
Text START to 678-678

### [Chat](#)

### [Youthline](#)

Free confidential teen-to-teen support. Reach a teen to talk between 4 p.m. and 10 p.m. daily – adults available by phone 24/7.  
(877) 968-8491  
Text “teen2teen” to 839-863

### [Chat](#)

## **OTHER RESOURCES (County, State, National)**

### [Coping with Traumatic Events at the National Institute of Mental Health](#)

Online resource for coping with traumatic events.

### [Multnomah County District Attorney Victim Assistance Program](#)

### [NAMI's Tools for Managing Traumatic Stress](#)

### [National Child Traumatic Stress Network](#)

NCTSN was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. NCTSN.org is a resource for the public, professionals, and others who care about children and are concerned about child traumatic stress.

### [Oregon Crimes Victim Law Center](#)

State and local resources including the Oregon Crime Victim's Compensation Program (CVCP) to help ease the financial burden suffered by victims.

### [Oregon Department of Justice Crime Victim and Survivor Services](#)

### [Safe+Strong Oregon](#)

Find resources to get through COVID-19 safely so you, your family and our communities stay strong.

### [Trauma Informed Oregon](#)

Works with state agencies, state and local providers, communities, family and youth organizations, and diverse constituents to bring many voices and perspectives to the table to learn from one another and to advocate for informed policies and practices to promote healing and support wellbeing for all.

### [Trauma Intervention Program Northwest's Resource Guide](#)

### [Trauma Resource Center Websites](#)

Provides a listing and description of further resource websites you can visit for more information on children and families affected by trauma exposure.