

# Social Needs Resources

INLAND NORTHWEST REGION COVID-19

# MCC

## General Support

- [Findhelp.org](https://findhelp.org)
  - Aunt Bertha supported resource directly specifically for organizations supporting those affected by COVID19
- 211
  - Supports and assists with questions and directs people to support systems
- [Spokane County Resource Directory](#)
  - List of general resources offered in Spokane County

## Food Access

- School Meal Sites – [map](#)
- Humana
  - Home-delivered meals for Humana members with food access concerns due to COVID19. Providers should send member's name and member ID number to John Eddy at [JEddy2@humana.com](mailto:JEddy2@humana.com)
- Spokane County Emergency Food Outlets' [Food Bank List](#)
- [Excelsior Care Team](#)
  - Food and cleaning supplies delivery service
- [Mom's Meals](#)
  - Home delivered meals (takes insurance)
- Meals on Wheels Spokane – [application](#)
  - Greater Spokane Ph: 509-924-6976
  - Mid City Concerns Ph: 509-747-3257
- Senior-only grocery hours
  - [List](#) of local stores participating and their hours
- [Jewel's Helping Hands](#)
  - Mobile bus with meals. Provides warming tents and shelter for homeless.
- School Districts offering free breakfasts and lunch to kids 18 & under
  - [Spokane Public Schools](#)
  - [Central Valley School District](#)



- [East Valley School District](#)
- [Freeman School District](#)
- [Cheney School District](#)
- [Liberty School District](#)
- [Mead School District](#)
- [Medical Lake School District](#)
- [Nine Mile Falls School District](#)
- [Valley School District](#)
- [West Valley School District](#)

## Utility Bills / Rent Support

- [Xfinity free WiFi](#)
- Avista
  - Suspending late payment collection activity and disconnects. Anyone with financial difficulties can call (800) 227-9187
- Vera Water & Power
  - No disconnections, late fees suspended
- Liberty Lake Sewer and Water District
  - No water shutoffs
- Statewide moratorium on evictions for 30 days (starting March 18)
  - Residential landlords prohibited from issuing a 20-day notice for unlawful detainer.
- WA employment scenarios and benefits available [worksheet](#)
  - [Application site](#) for unemployment benefits
- [Family Promise of Spokane](#)
  - Serving homeless families and implementing safe, social distancing in shelters.
- [Our Place Community Outreach](#)
  - Offers one-time utility assistance to West Central Spokane residents.
- [Washington Lifeline Phone Service Providers](#)
  - List of all providers giving free cell phones to low income individuals at or below 135% of the Federal Poverty Level (FPL)



## Social Isolation

- MultiCare's Senior Support Calls
  - Making phone calls to isolated seniors
  - Email [Celebrate.Seniority@multicare.org](mailto:Celebrate.Seniority@multicare.org)  
(Subject line: Senior Support Call)
- SAMHSA Disaster Distress Helpline: 800-985-5990 (24/7)
  - Provides crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
- WA State WARM line: 877-500-WARM (9276) (M-F, 5 to 9pm; Sat-Sun, 12:30 to 9pm)
  - Call if you are experiencing: anxiety, loneliness, depression, problems with family or friends, or other emotional or mental health challenges.
- [Jewish Family Services](#)
  - Making check-in phone calls and identifying and meeting additional client needs. Also operating a food bank.
- [YMCA's Senior Resources for staying health at home](#)
  - Includes resources for mental, physical, and emotional health specific to the aging population

## Child Care

- [Child Care Aware of WA Family Center](#) or 1-800-446-1114
  - Connects families to vacant child care slots and tracks openings and closures
- Central Valley School District child care for medical workers and first responders: [application](#)

## Domestic Violence

- National Domestic Violence Hotline - 1-800-799-7233

## Mental Health and Substance Use

- Children's Home Society



# MCC

- Providing counseling sessions by phone. Please call (509) 598-4131 or (509) 747-4174
- [Compassionate Addiction Treatment](#)
  - Street outreach, peer support, substance use treatment - searching for ways to treat substance use disorders during the increase in telemedicine.
- Regional Behavioral Health crisis line: 877-266-1818
  - Available 24/7 for Spokane, Adams, Ferry, Lincoln, Pend Oreille and Stevens counties
- American Red Cross Virtual Resiliency Workshops
  - For veterans, active duty military, and their families to learn stress management and coping mechanisms
  - Contact the Northwest Regional Office at (206)-323-2345
- [YMCA's Free Virtual Exercise Classes](#)
  - Offering varying types of classes for all ages

