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Idaho CareLine     Phone: 211 or 877-211-9274
Provides resources and information throughout Idaho
Crisis Services

Suicide Prevention National Hotline  Phone:  800-273-8255

Behavioral Health Crisis Line  1350 Troy Rd. #2, Moscow, ID  Phone:  208-882-0562

Rural Crisis Center Network  Phone:  877-897-9027
  531 S. Main, Moscow, ID  1002 Idaho Street, Lewiston, ID

Adult Protection Services (APS)  Phone:  208-743-5580
  Region 2/Latah County  Whitman County  Phone:  800-459-0421

Child Protection Services (CPS)  Phone:  855-552-5437
  Region 2/Latah County Reporting  Phone:  208-882-0670
  Whitman County  Phone:  509-397-5040

Safe Haven  Idaho Careline:  800-926-2588
Safe Haven locations: Hospitals, clinics, EMS provider. Must be within 30 days of delivery. www.idahochild.org

Alternatives to Violence of the Palouse  Phone:  877-334-2887
  Pullman Office  Phone:  509-332-4357
  Moscow Office  Phone:  208-882-4357

National Domestic Violence Hotline  Phone:  800-799-7233

Idaho Domestic Violence Hotline  Phone:  800-669-3176

YWCA – Lewiston, ID  Phone:  208-743-1535
  24 Hour Crisis Service  Toll-free Phone:  800-669-3176
  Or  Phone:  208-746-9655
Idaho State Police District 2
Phone: 208-799-5151

Latah County Sheriff
Phone: 208-882-2216
Crime Victim Information
Phone: 208-883-2246

Moscow Police Dept
Phone: 208-882-2677

Pullman Police Department
Phone: 509-334-0802

Washington State Patrol
840 W. Fairview St, Colfax, WA
Phone: 800-283-7804
Phone: 509-397-3600

Whitman County Sheriff – Colfax, WA
Crime Victims Assistance
Phone: 509-397-6266
Phone: 509-397-6250

Local Physicians Offices

Apple A Day Family Medicine
Phone: 509-332-2400
1205 SE Professional Mall Blvd #105, Pullman, WA

Chas Clinic
Phone: 208-848-8300
803 S. Main, Moscow, ID

Internal Medicine Clinic
Phone: 208-883-1152
719 2. Main, Moscow, ID

Kendrick Family Care
Phone: 208-289-3841
610 E Main St Kendrick, ID

Moscow Family Medicine
Phone: 208-882-2011
623 S Main St # 1, Moscow, ID

Moscow Medical
Phone: 208-882-7565
213 N. Main St. Moscow, ID
Moscow Pullman OB/GYN
623 South Main #5 Moscow, ID Phone: 208-883-0813
1205 SE Professional Mall Blvd #102 Pullman Phone: 509-332-7511

Palouse Medical
825 SE Bishop Blvd # 200, Pullman, WA Phone: 509-332-2517

Palouse Pediatrics
1420 S. Blaine St., Suite 5, Moscow, ID Phone: 208-882-2247
1205 SE Professional Mall Blvd #104 Pullman Phone: 509-332-2605

Potlatch Family Care
225 6th Street Potlatch, ID Phone: 208-875-2380

Pullman Family Medicine
915 NE Valley Rd, Pullman, WA Phone: 509-332-3548

Story Family Medicine (Direct Primary Care)
1150 Alturas Dr. #1010, Moscow, ID Phone: 208-310-7773

Total Health Physician Group
619 S Washington St # 203, Moscow, ID Phone: 208-892-1346

Troy Clinic
412 South Main Street, Troy, ID Phone: 208-835-5550

Specialty Care

Cardiology (HCNW) Phone: 208-625-5250
Dr. Williams, Dr. Janout, Dr. Byazrova and Michael Mohr PA-C see patients in Moscow.

Neurology- Dr. Said Phone: 208-813-7519
2400 W. A Street, Suite G, Moscow ID
Oncology- Dr. Rai  Phone: 208-754-3100
803 S. Main St., Suite 210

Pulmonology- Dr. Shrestha  Phone: 208-883-6779
719 S. Main Street, Moscow ID

Free and Sliding Scale Clinics

Chas Clinic  Phone: 208-848-8300
803 S. Main, Moscow, ID
338 6th St., Suite 101, Lewiston, ID 83501
Medicare, Medicaid, private insurance and sliding scale for those who qualify

Marimn Health (formerly Benewah Clinic)  Phone: 208-686-1931
427 N 12th St, Plummer, ID
Medical, Dental, Counseling, Sliding scale

Palouse Free Clinic  Phone: not available
825 SE Bishop Blvd, Suite 140, Pullman WA
Provides free, high quality care for community members with an emphasis on reducing barriers to care. Primary care for acute and chronic conditions provided on a first-come-first-serve basis. Does not supply or prescribe narcotics. Prescription, OTC medication and medical supply assistance provided. Open most Tuesdays 6pm-8pm.

Snake River Clinic  Phone: 208-743-5899
215 10th St, Lewiston, ID (Basic health care, referrals, and labs. Uninsured free, some free meds, free labs up to 185% fed poverty level Numbers are given out at 5:00pm - first come, first served only. Arrive an hour to an hour and a half early, to wait in line. No narcotic filled or on site. Prescription refills must be turned in one week in advance. Non-emergent care only. Small fee for prescriptions. They will not see any patients with insurance.)
Public Health

Idaho Regional Health Office-Lewiston Phone: 208-799-4400
Idaho North Central District Phone: 208-882-7506
333 E Palouse River Dr, Moscow
215 10th St, Lewiston, ID Phone: 208-799-3100

Whitman County Health Department
310 N Main, Colfax, WA Phone: 509-397-6280
1205 SE Professional Mall Blvd#203 Pullman Phone: 509-332-6752

Developmental Disability Services

Idaho
C&R Inc. Phone: 208-882-8040
1107 S Logan St, Moscow

Center on Disabilities & Human Development (CDHD)
University of Idaho Phone: 208-885-6000

Developmental Disabilities Program Phone: 800-393-4337
Dept. of Health & Welfare Phone: 208-883-4529
1350 Troy Hwy, Moscow, ID

Disability Action Center Phone: 208-883-0523
505 North Main, Moscow, ID

Families Together- Moscow Phone: 208-874-7891
www.familiestogether.org

Idaho Assistive Technology Project Phone: 800-432-8324
129 W. Third St., Moscow, ID

Inclusion North Phone: 208-762-0119
Coeur d’Alene, ID
Milestones
611 S Main, Moscow, ID
Phone: 208-423-3472

Opportunities Unlimited
119 East 4th Street, Moscow, ID
Phone: 208-883-5587

Scott Community Care
200 S. Almon St., Moscow, ID
Phone: 208-882-3504

SL Start Idaho
Coeur d’Alene, ID
Phone: 208-772-4639

Social Security
1617 19th Ave, Lewiston, ID
Phone: 800-772-1213
www.ssa.gov

Special Olympics
Phone: 800-915-6510

UI Disability Support Services
For UI students
Phone: 208-885-6307

Vocational Rehabilitation
505 N Main St., Moscow, ID
Phone: 208-882-8550

Washington
Families Together-Pullman
Phone: 208-874-7720
www.familiestogether.org

Boost Collaborative
1235 SE Professional Mall Blvd, Pullman, WA
Phone: 509-332-6561

Palouse Area Therapeutic Horsemanship
Phone: 509-335-7347

Vocational Rehabilitation
Colfax
Phone: 800-657-2929

Clarkston
Phone: 509-397-5071

Phone: 509-751-4668
WA State Division of Dev. Disabilities  Phone: 509-397-5053

WSU Disability Resource Center  Phone: 509-335-3417
For WSU students

In Home Care Assistance

Idaho
Dept of Health & Welfare  Phone: 208-799-4430

Addus Heath Care  Phone: 208-746-8881
1037-A 21st St. Lewiston, ID

Alternative Nursing Services (ANS)  Phone: 800-930-3050
828 S. Washington, Moscow, ID  Phone: 208-882-0616
1827 8th St, Lewiston  Phone: 208-746-3050

Choice Care Services  Phone: 208-883-5587
119 E. 4th Street, Moscow
By: Opportunities Unlimited

Compassionate Care  Phone: 866-919-2273
150 126th St Suite B, Orofino, ID  Phone: 208-476-3714

Dementia & Alzheimer’s Wellbeing Network  Phone: 208-669-3456
PO Box 8063, Moscow, ID

Disability Action Center  Phone: 208-883-0523
505 N. Main, Moscow, ID

Family Resource Home Care  Phone: 208-874-2329
220 E 5th St., Suite 209, Moscow ID

Home Care Services  Phone: 509-758-1458
549 5th St. #E, Clarkston, WA
Idaho Partners In Care
820 Elm Dr., St. Maries, ID
Phone: 208-245-4576
Phone: 800-576-1825

Seubert’s Quality Home Care
325 W Third St., Moscow, ID
609 Bryden Ave #B, Lewiston
Phone: 208-883-1114
Phone: 208-743-1818

Washington
DSHS Community Services Office
418 S Main Suite 1, Colfax, WA
Phone: 509-397-5050

Addus
Whitman/Spokane Counties
Phone: 509-326-1090

Alternative Nursing Services (ANS)
Phone: 800-930-3050

Beneficial In-Home Care, Inc.
727 S. Grand Ave, Pullman
Phone: 844-637-9911
Phone: 509-339-7733

Family Resource Home Care
845 Port Way, Clarkston
Phone: 509-496-1945

Res Care Home Care
744 5th St. Suite B, Clarkston, WA
Phone: 509-758-2055

Home Care Services
549 5th St. #E, Clarkston, WA
Phone: 509-758-1458

Home Health/Hospice

Advanced Home Care & Hospice
2852 Juniper Drive, Lewiston, ID
Phone: 208-748-7803

Elite Home Health & Hospice
1372 Bridge St., Clarkston, WA
Phone: 509-758-2568
Kindred Home Health
1610 NE Eastgate Blvd #850, Pullman, WA
Phone: 509-334-6016

Kindred Hospice
1610 NE Eastgate Blvd #610, Pullman, WA
Phone: 509-332-2236

SJRMC Hospice & Palliative Care
1250 Idaho St, Lewiston, ID
Phone: 208-799-5275

Assisted Living

Bishop Place
815 SE Klemgard St, Pullman, WA
Phone: 509-334-9488

Good Samaritan Village
640 N Eisenhower St, Moscow, ID
Phone: 208-882-6560

Palouse Hills Assisted Living & Memory Care
1401 N Polk St, Moscow ID
Phone: 208-882-3438

Regency Pullman
1285 SW Center Street, Pullman, WA
Phone: 509-332-2629

Skilled Nursing Facilities

Aspen Park
420 Rowe St, Moscow, ID
Phone: 208-882-4576

Avalon Care Center
NW 1310 Deanne, Pullman, WA
Phone: 509-332-1566

Good Samaritan Village
640 N Eisenhower St, Moscow, ID
Phone: 208-882-6560
Gritman Swing Bed  Phone: 208-883-6355
700 S. Main, Moscow, ID
Post hospitalization rehabilitation and medical care.

Adult Family Homes

Arcadia Drive Adult Family Home  Phone: 509-332-1230
1500 NW Arcadia Drive, Pullman, WA

Bella Vista  Phone: 509-339-6987
1540 NW Bella Vista Drive, Pullman, WA

Cityview  Phone: 509-334-5786
525 SW Cityview, Pullman, WA
623 E Valleyview St., Colfax, WA

Considerate Care  Phone: 509-339-6146
730 SE Carolstar Drive, Pullman, WA

Glen Haven  Phone: 509-332-7472
352 Johnson Road, Pullman, WA
2510 NW Parr Dr., Pullman, WA
1511 Cedar Street, Colfax

Good Hope  Phone: 509-332-7057
320 SE Nebraska, Pullman, WA

Graceland AFH  Phone: 509-339-6031
505 NW Darrow, Pullman, WA

Kimani’s AFH  Phone: 509-339-6979
330 NW Terre View Dr., Pullman WA

Miss Dorothy AFH  Phone: 509-338-5217
1785 SW Panorama Dr., Pullman, WA
Precious Elders  
320 NW Terre View, Pullman, WA  
1010 SW Viento Dr., Pullman, WA  
Phone: 509-339-6200 
1010 SW Viento Dr., Pullman, WA  
Phone: 509-432-6479 

Purity Adult Family Home  
1725 NW Kenny Drive, Pullman, WA  
Phone: 509-334-3476 

Robville  
218 NW Sunrise Drive, Pullman, WA  
Phone: 509-592-8273 

St. John Adult Family Home  
404 Marjorie Ct., St. John, WA  
Phone: 509-648-8005 

Sunrise Garden AFH  
238 NW Sunrise Dr., Pullman, WA  
Phone: 509-332-1008 

Aging Services 

Idaho 

Area Agency on Aging  
124 New 6th St, Lewiston, ID  
Phone: 800-877-3206  
Phone: 208-743-5580  
Adult Protection, ombudsman, caregiver support, information & assistance 

Carelink – Similar to lifeline  
Phone: 208-877-1999 

Circles of Caring Adult Day Health  
588 SE Bishop Blvd Suite D, Pullman, WA  
Phone: 509-334-6483  
Provides day services for adults that are at risk because of dementia or disabilities 

Idaho Senior Legal Hotline  
Phone: 866-345-0106  
Serves those calling on behalf of seniors age 60+ Must meet Federal Poverty Guideline. For free legal advice on all but criminal issues
Lifeline – *call Good Samaritan for referrals*  
Phone: 208-882-6560  
Phone: 800-242-1306

**Retired Senior Volunteer Program**  
1424 Main, Lewiston, ID  
*Matches seniors who want to volunteer to community organizations.*

**SHIBA**  
Phone: 800-247-4422  
Senior Health Insurance Benefits Advisors- help Medicare recipients access benefits such as extra help and Medicare savings programs

**Washington**  
**Aging & Long Term Care**  
744 Fifth St Suite C, Clarkston, WA  
Phone: 509-758-2355  
www.altcwashington.com

**Council on Aging**  
210 S Main, Colfax, WA  
*Provides respite care, information and assistance, and care management.*  
www.coacolfax.org

**Elder care locator line**  
Phone: 800-677-1116  
www.eldercare.gov

**Pullman Senior Center - City Hall**  
Phone: 509-332-1933  
Open Monday through Friday

**Rural Resources-Whitman County**  
Phone: 509-332-0365

**Home Delivered Meals**

**Community Action Partnership**  
Phone: 208-746-3351  
Home delivered meals for homebound Idahoans age 60 and older and their spouses.
Homestyle Direct  
Phone: 866-735-0921  

Mom’s Meals  
Phone: 877-508-6667  
Refrigerated meal delivered to your door. Accept self pay, Medicaid waiver and some Medicare Advantage plans with prior authorization.  www.momsmeals.com

Senior Meal Sites

Colfax- Plymouth Congregational Church  
Phone: 509-397-3011  
321 S Main St., Colfax, WA  
Wednesday at 12:00 pm

Deary Fire Hall  
Phone: 208-877-1515  
403 Main St. Deary, ID  
Tuesday at 12:00 pm

Elk City VFW  
Phone: 208-842-2393  
50 American River Road, Elk City, ID  
Monday at 12:00 pm

Kendrick Senior Citizens Center  
Phone: 208-289-5031  
104 6th St., Kendrick, ID  
Wednesday and Friday at 12:00pm

Lewiston Community Center/ Senior Program  
Phone: 208-743-6983  
1424 Main St., Lewiston, ID  
Monday through Wednesday at 12:00 pm

Moscow Senior/Community Center  
Phone: 208-882-1562  
412 E. Third St. (1912 Building), Moscow, ID  
Tuesday & Thursday at 12:00pm
Orchards United Methodist Church  Phone: 208-743-9201
1213 Burrell Avenue, Lewiston, ID
*Monday, Tuesday, Wednesday at 12:00pm*

Palouse Federated Church  Phone: 509-878-1509
635 N. Bridge Street- Palouse, WA
*Wednesday at 12:00 pm*

Potlatch Senior Center  Phone: 208-875-1071
645 Pine St., Potlatch, ID
*Tuesday & Friday 12:00pm*

Pullman Senior Center  Phone: 509-332-1933
City Hall-SE 325 Paradise, Pullman, WA
*Monday & Friday at 11:45am*

**Financial Assistance**

Community Action Partnership-Latah County  Phone: 208-882-3535
428 W. 3rd Street, Suite 4, Moscow, ID

Community Action Center- Whitman County  Phone: 509-334-9147
350 SE Fairmont Rd., Pullman, WA

Department of Health and Welfare  Phone: 208-882-2433
1350 Troy Highway, Moscow, ID

Department of Health and Welfare  Phone: 509-397-4326
418 S. Main, Colfax, WA
Phone: 800-654-8130

Gritman Financial Counseling  Phone: 208-883-2223
700 South Main, Moscow, ID
*For assistance with making arrangements for medical bills*

Hope Center  Phone: 208-882-4144
1212 W Pullman Rd, Moscow
Idaho Care Line 211 or 877-211-9274
Provide resource and referral information throughout Idaho

Latah County Social Services
P.O. Box 9124, Moscow, ID
Phone: 208-883-7209

Public Consulting Group
200 Fair Street, Clarkston WA
Social security disability advocacy
Phone: 509-254-2600

Sojourners Alliance
627 N. Van Buren St, Moscow, ID
Phone: 208-883-3438

St. Vincent DePaul Society
Phone: 208-883-3284

United Way of Moscow-Latah County
Phone: 208-882-3474

Transportation

COAST Transportation
Phone: 800-873-9996
Volunteer drivers, donations accepted
Phone: 509-397-2935

Dial-A-Ride
Phone: 208-883-7747
www.smarttransit.org

Idaho Medicaid Transportation
Phone: 877-503-1261
Call To arrange Medicaid non-emergent transport to physician appointments. Must have 24 hours notice

Food Banks

Idaho

Adventist Community Services
Phone: 208-877-7414
405 Main Deary, ID 83823
Tuesday & Thursday 10am-3pm
Genesee Food Bank  Phone: 208-285-1195
Call for appointment: Vicki Luedke. Genesee residents, USDA low income guidelines. Emergency assistance for special situations.

Lewiston Community Action Food Bank  Phone: 208-798-4210
133 New 6th Street Lewiston, ID 83501
Monday-Friday 9am—4pm

Potlatch Food Bank  Phone: 208-875-0385
195 6th St., Potlatch ID
Tuesday 10-11am and 6-8pm

St. Mary’s Food Bank  Phone: 208-882-4813
110 N Polk, Moscow, ID
Tuesday-Friday 2-4pm

Trinity Baptist Church  Phone: 208-882-2015
711 Fairview Dr., Moscow, ID
Tuesdays 5-7pm

Troy Food Bank  Phone: 208-835-4357
106 E 6th St., Troy, ID
Wednesday 4-6pm

Washington

Asotin County Food Bank Associates Incorporated  Phone: 509-758-7085
1546 Maple St., Clarkston, WA 99403
Open from 10:00-3:00, Monday through Friday. One service per person every three months

Colfax Food Bank  Phone: 509-397-2205
210 S Main St., Colfax, WA
2nd and 4th Tuesday 3-6pm
**Palouse Food Bank**
215 E Church St., Palouse WA
4th Wednesday 1-3pm

**Pullman Food Bank**
350 Fairmont Road, Pullman, WA
*Monday & Thursday 9 -11am, Wednesday 4-6pm*

### Housing Assistance

**Asotin County Housing Authority**
Phone: 509-758-5751

**Community Action Partnership-Latah County**
428 W. 3rd Street, Suite 4, Moscow, ID
124 New 6th St, Lewiston, ID
Phone: 208-882-3535
Phone: 208-746-3351

**Idaho Housing & Finance (Section 8)**
215 10th St., Suite 101, Lewiston, ID
Phone: 208-743-0251

**Latah County Sheriffs Office**
Latah County Courthouse
*Go to the Sheriffs office after 5:00 and they may be able to provide 1 night of hotel*

**Palouse Habitat for Humanity**
1036 West A Street, Moscow, ID
www.palousehabitat.org
Phone: 208-883-8502

**Sojourner’s Alliance**
627 N Van Buren St., Moscow, ID
Phone: 208-883-3438

**Whitman County Housing Authority**
**YWCA** – Lewiston, ID
24 Hour Crisis Services Toll-free
Or
Phone: 509-328-2953
Phone: 208-743-1535
Phone: 800-669-3176
Phone: 208-746-9655
Medication Cost Assistance Programs

**Good Rx**
Phone: 866-850-9382
www.goodrx.com

**Needy Meds Program**
Phone: 800-503-6897
www.needymeds.com

**Medicare and Medicaid Services**
Phone: 800-633-2273
www.medicare.gov/perscription/home.asp

**Partnership for Prescription Assistance**
Phone: 888-477-2669
www.pparx.org

**RX Hope**
Phone: 908-850-8004
www.RxHope.com

**Rx Assist and Rx Outreach Assistance Program**
www.rxassist.org

**Together Rx Access**
www.togetherrxaccess.com

Drug and Alcohol Counseling

**Website to locate substance abuse treatment facilities anywhere in US** - http://findtreatment.samhsa.gov

**Alcohol-Drug Treatment Referrals (Nationwide)**
Phone: 800-454-8966

**Alcoholics Anonymous**
www.aa.org for locations and times of meetings
www.area92aa.org for meetings in Moscow, Pullman and surrounding area
Al-Anon  Phone:  888-425-2666
Idaho  www.al-anon-idaho.org
Washington  www.wa-al-anon.org
Programs for the families and friends of alcoholics

Narcotics Anonymous
24 hour help line and meeting information  Phone:  509-325-5045
Moscow/Pullman area  Phone:  208-883-5006
www.wnirna.org for meeting times and locations

Idaho
Alcoholics Anonymous  Phone:  208-882-1597

Business Psychology Associates (BPA)  Phone:  800-922-3406
Provides a fifteen minute assessment over the phone, refers the client to an approved treatment facility and screens for financial assistance

Change Point  Phone:  208-750-1000
1020 Main Street, Lewiston

Ideal Options  Phone:  877-522-1275
1443 Idaho Street, Lewiston

Latah Recovery Center  Phone:  208-883-1045
531 S. Main #B, Moscow, ID

Riverside Recovery  Phone:  208-746-4097
1720 18th Ave., Lewiston

Weeks & Vietri Counseling  Phone:  208-882-8514
818 South Washington, Moscow, ID

Washington
Alcoholics Anonymous  Phone:  208-882-1597
Ideal Options  
Phone: 877-522-1275  
745 N. Grand Ave, Suite 107, Pullman  
1372 Bridge St., Clarkston

Palouse Recovery Center  
Phone: 509-334-0718  
1240 SE Bishop Blvd, Suite P, Pullman, WA

Palouse River Counseling Center  
Phone: 509-334-1133  
340 NE Maple St., Pullman, WA

Quality Behavioral Health  
Phone: 509-758-3341  
900 Seventh St., Clarkston, WA  
www.qbhs.org

Washington Recovery Help Line  
Phone: 866-789-1511  
Referrals, information and 24 hour crisis support  
www.warecoveryhelpline.org

Counseling Services/Mental Health

Idaho

ActivMinds Counseling  
Phone: 208-596-1745  
127 S. Washington St., Ste. 6, Moscow, ID

Aspire Counseling Services  
Phone: 208-310-4578  
200 S. Almon, Suite 204, Moscow, ID  
www.aspirecounselingservices.net

Counseling Center of the Palouse  
Phone: 208-883-0619  
814 S. Washington, Moscow, ID

Department of Health and Welfare  
Phone: 208-882-0562  
1350 Troy Rd # 2 Moscow, ID  
1118 F Street, Lewiston, ID  
www.healthandwelfare.idaho.gov
Educational and Psychological Services
2301 West A Street Suite C, Moscow, ID
629 6th St., Clarkston, WA
Phone: 208-883-1144
www.epclarkston.com

Integrative Mindworks
814 S. Washington, Moscow, ID
Phone: 208-882-8159
www.integrativemindworks.com

Mark Yama, Phd.
PO Box 3033 Moscow, ID
Phone: 208-885-7376
208-882-2182

Martha Kitzrow, PhD
106 E 3rd St, Suite 6, Moscow, ID
Phone: 208-883-1842

Masom Counseling and Consulting
106 E 3rd St, Ste 2B, Moscow, ID
Phone: 208-882-1289
www.masomcounseling.com

Moscow Counseling
414 S Jefferson St., 2nd floor, Moscow, ID
Phone: 208-402-4430
moscowcounseling.com

Jamie Nekich, PhD
University of Idaho
Phone: 208-885-5057

Julie Reynolds
112 West Fourth Street, Suite 5, Moscow
(Accepts TriCare & VA only)
Phone: 210-685-8974

Paradise Creek Counseling
530 S. Asbury, Suite 2, Moscow
Phone: 208-882-2566
www.paradisecreekcounseling.com
Scott Community Care
200 S. Almon, Moscow, ID Phone: 208-882-3504
119 New 6th Street, Lewiston, ID Phone: 208-746-9946

University of Idaho Student Counseling & Testing Center
Mary E. Forney Hall, Room 306 Phone: 208-885-6716
1210 Blake Avenue, Moscow, ID

Weeks & Vietri
818 S Washington St., Moscow, ID Phone: 208-882-8514

Washington
Hope in the Hills Counseling Services Phone: 509-334-4673
107 S. Grand Ave., Suite D, Pullman
www.hopehillspullman.com

Len McCoy, PhD Phone: 509-338-9100
1260 SE Bishop Blvd Suite B, Pullman, WA

Lori Bobo, LMHC Phone: 509-643-3416
594 SE Bishop Blvd, Suite 102 ½ Pullman, WA

Palouse Psychiatry and Behavioral Health Phone: 509-339-2394
840 SE Bishop Blvd, Suite 203, Pullman WA
www.palousebehavioralhealth.com

Palouse River Counseling Center Phone: 509-334-1133
340 NE Maple, Pullman, WA
www.palouserivercounseling.org

Psychological Services Phone: 509-334-0782
1240 SE Bishop Blvd. Pullman, WA

Quality Behavioral Health Phone: 509-758-3341
900 Seventh St., Clarkston, WA
WSU Counseling & Psychological Services  Phone: 509-335-4511
Washington Building, Room 302  After hours: 509-335-2159
For WSU students: www.counsel.wsu.edu

WSU Psychology Clinic  Phone: 509-335-3587
362 Johnson Tower, Pullman, WA
Serves community, adults, youth and veteran’s.
www.psychologyclinic.wsu.edu

Case Management Services

Opportunities Unlimited  Phone: 208-883-5587
119 E 4th, Moscow, ID

Region II Adult Mental Health  Phone: 208-882-0562
Region II Children’s Mental Health
1350 Troy Highway #2, Moscow, ID

Scott Community Care  Phone: 208-882-3504
200 S. Almon, Moscow, ID
119 New 6th Street, Lewiston, ID  Phone: 208-746-9946

Susan Call’s Case Management  Phone: 208-798-8070
313 D Street, Lewiston, ID

Weeks & Vietri  Phone: 208-882-8514
818 S. Washington, Moscow, ID

Children and Family Services

Idaho
DHW – Dept. of Health & Welfare  Phone: 208-882-0670
1350 Troy Road #2 Moscow, ID
1118 F Street, Lewiston, ID  Phone: 208-799-4360
CASA (Court Appointed Special Advocates)  Phone: 208-746-3378
1618 Idaho St., Suite 100, Lewiston, ID
*Guardian Ad Litem for child protection cases & volunteers available*

Community Action Partnership  Phone: 208-882-3535
428 W. 3rd St., Suite 4, Moscow, ID  Phone: 800-326-4843
*Latah county family specialists to help with goal setting and self sufficiency. Emergency and financial services, multiple resources*

Gritman Childbirth Education  Phone: 208-883-6399

Infant-Toddler Program  Phone: 208-883-4529
Dept. of Health & Welfare – Moscow Office
Children birth to 3 with any disabilities

KinCare in Idaho  Phone: 800-926-2588
*Support for grandparents raising grandchildren*

La Leche League of the Palouse  Phone: 208-310-3038
*Breast feeding support and monthly meetings, telephone help with breastfeeding questions*

Lewis-Clark Early Childhood Program  Phone: 208-883-3940
514 Northwood, Moscow, ID
*Head start & services for ages 3-5. Provide preschool Education nutrition, screenings and help with resources. Free preschool for low income families*

Literacy Council of the Palouse  Phone: 208-883-2626
*Free and Confidential Tutoring for adults to improve English speaking, reading, writing, math and/or ESL*
Ages and Stages Questionnaire program for birth to 36 months. Dietary counseling and food vouchers for milk, formula, etc. to ensure healthy diet in pregnant women and children under two. Additional resources avail.

All services are free of charge and confidential. Provides pregnancy testing and obstetric ultrasound during the first 1-2 trimesters to confirm pregnancy through Wish Medical.

Parenting education and support serving Latah and Whitman Counties.

Offers free activities for anyone with children ages 0-6 years.

Washington
Community Action Center  Phone: 509-334-9147
350 SE Fairmont Rd, Pullman, WA
Provides critical services to those in need, including housing, supplemental food, energy assistance, legal referrals, home weatherization and repair

Community Childcare Center – Pullman  Phone: 509-334-9290
Headstart & Early Childhood Assistance (ECEAP). Provide comprehensive pre-school, childcare and family support services for families in Whitman County

Division of Children and Family Services  Phone: 509-397-5040
Toll Free: 800-642-5179
Provides free developmental services and supports to children birth to age 3 and their families

La Leche League of the Palouse  Phone: 509-334-5439
Breast feeding support, monthly meetings, telephone help with breastfeeding questions

Palouse Early Learning Center  Phone: 208-882-5437
Parenting education and support serving Latah and Whitman Counties

Palouse Resource Network for Families  Phone: 509-332-4420
Resources and services for families

Pullman Child Welfare  Phone: 509-338-0801
Provides emergency food, clothes and gas to low income families with children in the school

Success by Six of the Palouse  Phone: 208-882-7162
Offers free activities for anyone with children ages 0-6 years

United Way of Pullman/Whitman County  Phone: 509-332-3691
WA State Dept. of Early Learning  Phone: 866-482-4325

WIC- Whitman County – Pullman, WA  Phone: 509-332-6752
Colfax, WA  Phone: 509-397-6280

Within Reach- Family Health Hotline  Phone: 800-322-2588
Resources and assistance for families in Washington state

**Durable Medical Equipment & Supplies**

Coram CVS Specialty Services  Phone: 800-423-1411

Area Agency on Aging- Lewiston, ID  Phone: 208-743-5580
*Free Equipment Loan Closet*

Bellevue Healthcare  Phone: 208-997-3033
233 Warbonnet, Moscow, ID

Buri’s Medical Equipment  Phone: 509-397-4635
119 S Main St, Colfax, WA

Disability Action Center  Phone: 208-883-0523
505 N. Main, Moscow, ID
*Free Equipment Loan Closet*

Inland Medical & Rehab  Phone: 509-455-9385
200 E 2nd Ave. Suite B, Spokane, WA

Kinetic Concepts Incorporated (KCI)  Phone: 800-275-4524

Kootenai Prosthetics & Orthotics  Phone: 208-457-1545
1160 E. Polston Ave., Post Falls

Lincare  Phone: 208-882-1847
428 West 3rd Unit 2, Moscow, ID
Marketime
209 E. 3rd St., Moscow, ID
Phone: 208-882-7541

Norco
223 W 3rd Street, Moscow, ID
Phone: 208-882-3571

Northwest Respiratory & Medical
619 S Washington, Suite 102, Moscow, ID
Phone: 208-882-9746

Owl Home Medical
312 St John’s Way Lewiston, ID
Phone: 208-743-7766

Wasem’s Home Medical
800 6th St, Clarkston, WA
Phone: 509-758-2565

Physical/Occupational/Speech Therapy

Elements of Wellness Aquatic & Manual Therapy
872 Troy Hwy Ste., 170, Moscow, ID
Phone: 208-892-8888

Gritman Therapy Solutions
810 South Main, Moscow, ID
Phone: 208-883-1522

McGreevy, Marianne & Quanta, Piko
1035 NW Nye St. Pullman, WA
Phone: 509-332-3257

Moscow Mountain Physical Therapy
904 E White Ave., Moscow, ID
Phone: 208-882-1426

ProFormance Physical Therapy
1225 S. Grand Avenue Ste. B, Pullman, WA
Phone: 509-338-9204

Pullman Sport Physical Therapy
588 SE Bishop Blvd Ste A, Pullman, WA
Phone: 509-332-7778
**Summit Therapy & Health Services**  
1620 SE Summit Ct, Pullman, WA  
Phone: 509-332-5106

**Emergency Medical Transport/Membership**

**Life Flight**  
Phone: 800-422-2440  
http://www.lifeflight.org/  
Phone: 800-232-0911  
Life Flight Membership (ID, WA, OR)  
Phone: 800-982-9299

**Gritman Support Groups and Classes**

**Diabetes Wellness Classes**  
First Tuesday of each month, 4-5:00pm  
Gritman Medical Office Building  
803 South Main, Moscow, ID

**Motherhood Connections**  
Wednesdays, 1-2:30pm  
The Martin Community Wellness Center  
510 Palouse River Drive, Moscow, ID  
Weekly meetings provide new moms with the support, tools and resources they need as they start this new chapter in life.

**Cancer Education Support Network Group**  
2nd and last Tuesday of each month, 5:30-6:30pm  
Gritman Medical Center- 2nd floor boardroom  
700 S. Main, Moscow, ID

**Ostomy Support Group**  
1st Wednesday of each month, 5:00-6:00  
1st floor conference room  
700 S. Main, Moscow, ID

This resource guide is maintained by Gritman Care Management.  
**Please contact Care Management at 208-883-6355** if you have any questions, concerns or suggested updates.
GRITMAN MEDICAL CENTER

Information/Switchboard  208-882-4511

Administration  208-883-2220
Auxiliary  208-883-6093
Bertie’s Gift Shop  208-883-6281
Cancer Resource Center  208-883-6030
Cardiac Rehab  208-883-6088
Cardiopulmonary/Respiratory  208-883-2235
Care Management  208-883-6355
Clinical Nutrition and Diabetes Care  208-883-6340
Community Relations  208-883-6008
Diagnostic Imaging  208-883-2228
Food Services  208-883-6424
Education  208-883-2232
Family Birth Center  208-883-2229
Foundation  208-883-6592
House Supervisor  208-669-0369
Human Resources  208-883-2222
Infection Control  208-883-6002
Internal Medicine Clinic  208-883-1152
Interventional Pain Clinic  208-883-6700
Kendrick Family Care  208-289-3841
Laboratory  208-883-2227
Medical Records  208-883-6092
Moscow Family Medicine  208-882-2011
Moscow Family Medicine – QuickCARE  208-882-0540
Patient Billing  208-883-2224
Potlatch Family Care  208-875-2380
Psychiatric Services  208-883-6774
Risk Management  208-883-6250
Sleep Center  208-883-6236
Surgery  208-883-6350
Therapy Solutions  208-883-1522
Troy Clinic  208-883-5550
Volunteer Services  208-883-6231
Women’s Imaging  208-882-5377
Wound Care Clinic  208-882-4325

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