

Updated 11/4/20

## Adolescent Brain Cognitive Development

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# COVID-19 Resources for Oregon Youth and Parents

Thank you for participating in the ABCD study. If you or someone you know needs a resource in this trying time, help is available.

### General Resources:

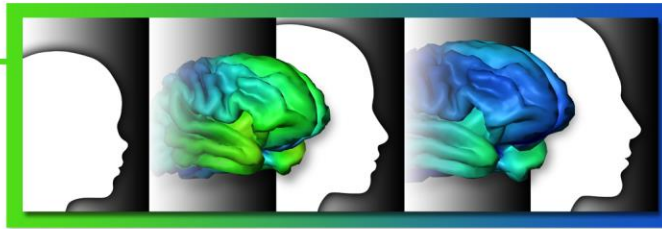
- **COVID-19 Emergency Relief Resources for PDX:**
  - [https://docs.google.com/spreadsheets/d/1\\_vxTr5ze9Po3noASrmc3075x9EMsKZQczUe-QHsWADQ/edit#gid=0](https://docs.google.com/spreadsheets/d/1_vxTr5ze9Po3noASrmc3075x9EMsKZQczUe-QHsWADQ/edit#gid=0)
- **Portland Public School's COVID-19 resource page:**
  - <https://www.pps.net/coronavirus>
- **Multnomah County's COVID-19 resource list:**
  - <https://multco.us/novel-coronavirus-covid-19/community-resources>

### National Information Resources:

- **Centers for Disease Control and Prevention (CDC)**
  - <https://www.cdc.gov/>
- **World Health Organization (WHO)**
  - <https://www.who.int/>
- **What you need to know about COVID-19:** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>
- **Symptoms of COVID-19:** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf>
- **Stop the spread of germs:** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

### Mental health:

- **COVID-19 related mental health resource list:**  
<https://docs.google.com/spreadsheets/d/1wM8N-JfHOSIDrXQ3NCKKvjhIFeWISK7XEIHfi-wa2zg/edit#gid=0>
- **Call to Safety:** If you are an adult and worried about your safety at home, 888-235-5333. Interpretation line available.
- **Proyecto Unica:** Spanish version of Call to Safety, 503-232-4448
- **National Domestic Violence Hotline:**  
<https://www.thehotline.org/help/>
- **DHS Hotline** (Oregon Department of Human Services) If you are worried about the safety of a child, 855-503-7233. Interpretation services available.
- **Multnomah County Crisis Services:** Call Center/Crisis Line, 503-988-4888 (24 hours a day, 7 days a week). Interpretation services available.
- **Kaiser Crisis Line:** Available if you have Kaiser insurance, 503-331-6425
- **National Suicide Prevention Lifeline:** English, 800-273-8255; Spanish, 800-628-9454 (24 hours a day, 7 days a week). Interpretation services available.
- **Trans Lifeline:** Supporting trans community members, call 877-565-8860
- **Preventing Youth Suicide:** Tips for Parents and Educators (from the National Association of School Psychologists)  
[https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4/Preventing%20Youth%20Suicide\\_English.pdf](https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4/Preventing%20Youth%20Suicide_English.pdf)
- **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline:** SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. (Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.
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- **National Alliance on Mental Illness (NAMI) Oregon Hotline:** The NAMI Oregon Helpline is operating as usual weekdays from 9:00 am to 5:00 pm as a resource for individuals and families affected by mental health and substance use disorders. They also have online support groups for parents/caregivers raising school-age children with mental health issues; adults living with mental illness; and family members and other loved ones with an adult loved one in their life living with serious mental illness. (Call 503-230-8009 or 800-343-6264, [namioregon@namior.org](mailto:namioregon@namior.org))

### Telehealth:

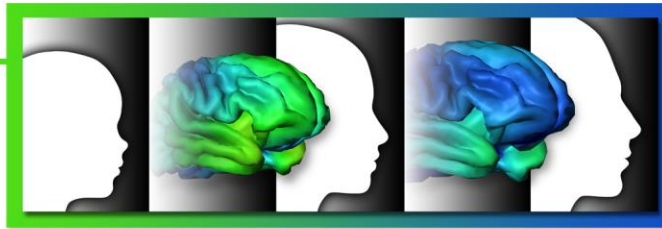
- **Multco Telemedicine Services:** Multnomah County Primary Care Clinics will begin offering most medical appointments by telemedicine, beginning Monday, March 23. Telemedicine is when health care professionals offer medical advice and treatment over the phone.
  - <https://multco.us/novel-coronavirus-covid-19/news/multnomah-county-primary-care-changes-way-it-serves-help-slow-spread>
- **Multnomah County** also offers low-cost family health care to all county residents, including those who are low income and uninsured, at Primary Care Clinics.
  - Please call 503-988-5558 for an appointment.
  - Telemedicine appointments also are available at 503-988-3392 (Parkrose for students) and 503-988-5538 (primary)
- **Multnomah County Student Health Center at Parkrose High School:** Offers free medical care for students. Please call 503-988-3392 first for more information about appointments. The center is open to students ages 5-18 who live in Multnomah County. There is no out-of-pocket cost. (Address: 12003 NE Shaver St.) Monday to Friday, 8:15 a.m-4:45 p.m.
- **Oregon Health Plan.**
  - Families that have had a loss of income or have lost insurance coverage could be eligible for the Oregon Health Plan.
  - Go to [www.oregonhealthcare.gov](http://www.oregonhealthcare.gov) to apply. Certified assisters can help you apply; find one through the website or by calling 800-699-9075.

### Child Care:

- To receive a customized referral to emergency child care programs, contact 211info by:
  - Option 1: Calling 211
    - Press 1 for English, 2 for Spanish, # for all other languages
    - Enter your 5 digit zip code
    - Press 3 for child care
    - Press 2 to access a child care provider for your family.
  - Option 2: Texting the keyword “children” or “niños” to 898211 (TXT211).
  - Option 3: Emailing [children@211info.org](mailto:children@211info.org).
- 211 HOURS: Monday-Friday: 7 a.m. to 11 p.m.; Saturday-Sunday: 8 a.m. to 8 p.m.

### Food Meals and School Lunches:

- **Oregon Food Bank**
  - Oregon Food Bank has a Food Finder, enter in your zip code and to find a location near you. You can find:
    - Free Groceries
    - Free Meals
    - Free Produce
    - Other Programs (Food Markets)
  - <https://www.oregonfoodbank.org/find-help/find-food/>

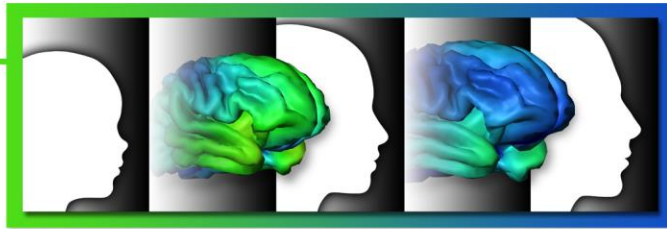


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- **Partners for a Hungry Free Oregon: Where to Find School Meals by School District in Oregon During COVID-19 Closures**
  - <https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuWgK2d3GnFHMqWP5EOM4C9sTKriEoTXNlbCFjJuxHIOz8wKv89L-dtDAOf4lWcjl8QM82L-mOW3/pubhtml?gid=1537028636&%3Bsingle=true&%3Bwidget=true&%3Bheaders=false&urp=gmail-link>
- **Free School Lunches at Multnomah County Schools**
  - The document below is organized by schools and has information on what days and times lunches are offered as well as what ages they serve. Some school will only provide lunches for kids ages 1-18, others offer lunches for the whole community
  - <https://multco.us/file/87234/download>
- **Free Meals Calendar**
  - Calendar listing times, locations, and dates for free food
  - [https://calendar.google.com/calendar/embed?src=ohf9hp6njrkmg1378b0utir7mk@group.calendar.google.com&ctz=America/Los\\_Angeles&fbclid=IwAR0kXZWxOx6YfiZZLwX6sjO2YSmkzp7phrBCnwWNWMeZl4PKW51AQqXJ30&pli=1](https://calendar.google.com/calendar/embed?src=ohf9hp6njrkmg1378b0utir7mk@group.calendar.google.com&ctz=America/Los_Angeles&fbclid=IwAR0kXZWxOx6YfiZZLwX6sjO2YSmkzp7phrBCnwWNWMeZl4PKW51AQqXJ30&pli=1)
- **Free Meals Map**
  - Meals will be available for pickup outside the school from 11 a.m.-1 p.m. at the following locations
  - [https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4/Map\\_food.pdf](https://www.pps.net/cms/lib/OR01913224/Centricity/Domain/4/Map_food.pdf)
- **Restaurants Offering Free Food in Portland**
  - Restaurants offering free food for anyone in need:
    - Lionheart Coffee: offered in front of the store from 7:00am-2:00pm 503-521-7051 <http://www.lionheartcoffee.com/>
    - Plaza Del Torro: offered in front of the store at 2:00pm every Friday <https://www.torobravoinc.com/covid-response>
    - Sugar Street Bakery & Bistro: offering free made-to-order meals <http://sugarstreetportland.com/>
  - Restaurants with sliding scale menu pricing and free kids' meals available for those in need:
    - Tasty n Alder: Call (503) 621-9251 to order sliding scale pricing.
    - Tasty n Daughters: Call (503) 621-1400 to order sliding scale pricing.
    - Mediterranean Exploration: Call (503) 222-0906 to order with sliding scale pricing.
    - Toro Bravo: Call 503-281-4464 to order with sliding scale pricing.
    - Bless Your Heart Burgers: Call 503-281-4464 to order with sliding scale pricing.
    - Shalom Y'all Restaurant East: <https://www.torobravoinc.com/covid-response>
  - Restaurants offering free student lunches:
    - Grain and Gristle: Free lunch for students on free/reduced lunch. Honor system - ask for "school lunch special" <https://www.grainandgristle.com/>
    - Kachka Lavka: While Portland area schools are closed, all children under the age of 12 can choose one item off their new kids menu <https://www.kachkapdx.com/meals-grocery?category=Free+Kids+Meal>
    - Spielman Bagels: Free lunches for students in need from 12- 2pm every Monday, Wednesday, and Friday at the Lovejoy, Broadway and Multnomah locations <https://www.spielmanbagels.com/catering>



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### Access to cellular data

- The Keep Americans Connected Pledge reads as follows:  
Given the coronavirus pandemic and its impact on American society, [[Company Name]] pledges for the next 60 days to [starting March 13, 2020]:
  - (1) not terminate service to any residential or small business customers because of their inability to pay their bills due to the disruptions caused by the coronavirus pandemic;
  - (2) waive any late fees that any residential or small business customers incur because of their economic circumstances related to the coronavirus pandemic; and
  - (3) open its Wi-Fi hotspots to any American who needs them.

### Access to internet

- Comcast announces 60 days of free Comcast Internet for low-income households, the elderly, and veterans - continued service not required, can be cancelled at any time: [https://corporate.comcast.com/covid-19?fbclid=IwAR2rm1tfa894SkM003tdL9uphMg8wCg6Ijtx\\_9HHjbf3J9hN1oVlxEXbhEk](https://corporate.comcast.com/covid-19?fbclid=IwAR2rm1tfa894SkM003tdL9uphMg8wCg6Ijtx_9HHjbf3J9hN1oVlxEXbhEk)

### Utilities and Rent Assistance

- <https://multco.us/dchs/energy-assistance>
- <https://www.211info.org/energy>
- [https://www.needhelppayingbills.com/html/multnomah\\_county\\_assistance.html](https://www.needhelppayingbills.com/html/multnomah_county_assistance.html)
- <https://www.portlandgeneral.com/residential/help/bill-payment-assistance>
- <https://www.oregonenergyfund.org/energy-assistance/>
- <http://www.homeforward.org/find-a-home/get-help-paying-rent/short-term-help>