

RESOURCES FOR WOMEN IN WASHINGTON COUNTY



This handbook features resources for women who use substances. Resources are focused on reproductive health, prenatal care and addiction support during and after pregnancy.



Public Health
Prevent. Promote. Protect.

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GLOSSARY OF TERMS

HIV (human immunodeficiency virus)

A virus that attacks the body's immune system. Most people who get HIV get it through anal or vaginal sex, or sharing needles, syringes, or other drug injection equipment.

STI (sexually transmitted infection)

A virus, bacteria, fungus, or parasite people can get through sexual contact. Passes through anal, vaginal or oral sex. Many STIs have no or mild symptoms.

PrEP (pre-exposure prophylaxis)

Medicine taken to prevent getting HIV. Reduces the risk of getting HIV from sex by about 99% and injection drug use by at least 74%.

Metro Area

This area refers to the following counties in Oregon: Multnomah, Washington and Clackamas.

REPRODUCTIVE CARE

Planned Parenthood:

- Services: Abortions, pregnancy tests, emergency contraception and STI/HIV testing.
- Location: 12220 SW 1st Suite 200, Beaverton, OR.
- Available: Monday - Friday by appointment.
- Call **1-888-875-7820** or book online.

Neighborhood Health Center Reproductive Health Clinic:

- Services: Pharmacy, PrEP, birth control, pregnancy tests and STI/HIV testing.
- Location: 266 W Main St., Hillsboro, OR.
- Hillsboro Clinic Tuesdays 8-4pm by appointment.
- Teen Clinic: Tuesdays 4-7pm for walk-ins.
- Call **503-941-3016**

Virginia Garcia Reproductive Health Clinic:

- Services: Pharmacy, PrEP, STI/HIV testing, pregnancy tests, postpartum care, and pregnancy care in partnership with OHSU.
- Location: 333 SE 7th Ave, Suite 5500, Hillsboro, OR 97123
- Call **503-359-5564**

STD Check:

- Services: Offers free HIV/Syphilis testing at a local lab for anyone 18 years and older using STDcheck.com.
- Test results will be available electronically in 1-2 days.
- Call **1-800-456-2323** and press 1 to schedule your free test(s) after you've found a local lab.

Abortion services:

- Services include abortion and miscarriages call to see if you qualify.
- Planned Parenthood: **1-888-875-7820**
- OHSU: **(503) 418-4500**
- Cascades Abortion Support Collective: **(503) 610-0692**
 - Provides free confidential abortion and reproductive health care support.
- Find other providers using abortionfinder.org

PROJECT NURTURE PROVIDERS

OHSU Hillsboro Medical Center Primary Care Clinic at Orenco Station:

- 6355 N.E. Cornell Road, Suite 100, Hillsboro, Oregon 97124
- Call **503-597-3130**
- Services: pregnancy care, behavioral health, mental health and wellness and addiction services during pregnancy.

OHSU Hillsboro Medical Center Primary Care Clinic at South Hillsboro:

- 7529 S.E. Tualatin Valley Highway, Hillsboro, Oregon 97123
- Call **503-681-4240**
- Services: pregnancy care, behavioral health, mental health and wellness and addiction services during pregnancy.

Kaiser Permanente:

- Pregnancy care by Kaiser and addiction services by Mental Health & Addiction Association of Oregon.
- Delivery at Kaiser Westside Medical Center
2875 NE Stucki Ave, Hillsboro
- Call **(855) 285-4246** and ask about Project Nurture.

CODA/OHSU:

- Addiction treatment services by CODA.
Pregnancy and newborn care by OHSU.
- Delivery at OHSU 3181 SW Sam Jackson Park Rd.
- Call **(855) 733-2632**

HOUSING DURING RECOVERY

Providers in the metro area, providers with an * next to their name are in Washington County.

Lifeline Connections:

- For moms that have children from newborns to 5 years of age.
- Provide substance use treatment, parenting classes, basic life skills classes and therapeutic childcare.
- 16 beds in Vancouver, WA
- Call **(360) 397-8246**

Lifeworks NW Mountindale*:

- For pregnant women, women and moms with children.
- Offers positive parenting tools to build healthy communications, structure and secure attachment.
- Call **(503) 528-2140**

Letty Owings Center:

- For pregnant women and moms that have children under 6 years old.
- Provide substance use treatment, peer support, therapy, skill-building programs and childcare.
- Call **(971) 352-8765**

Lifeworks Project Network*:

- For pregnant women and women who are 18 years old and up, regardless of whether they have children.
- Provides African American specific services.
- Offers relapse prevention skills, parent child therapy and residential structured living.
- Call **(503) 335-0855**

Oxford House*:

- For pregnant women and women with or without children.
- Self-run housing which allows individuals in recovery to learn responsibility.
- Rely on Narcotics Anonymous or Alcoholics Anonymous groups for accountability.
- Call **(301) 587-2916**

Transcending Hope*:

- For pregnant women and women with or without children.
- Offers transitional programs and community restoration.
- Call **971-449-6794** (bilingual English/Español)

Nara Northwest:

- For pregnant women and women with or without children.
- Culturally competent treatment for Native Americans.
- Good Medicine 12-step based approach.
- Offers cultural groups and activities, parenting support and individualized treatment.
- Call **(503) 621-1069**

CODA Inc.:

- For pregnant women and women with or without children.
- Offers medication-assisted treatment, daily structure and community integration.
- Call **(855) 733-2632**

WASHINGTON COUNTY

Washington County's Maternal Child and Family Branch

Home visiting programs can help prepare and guide you with the first years of parenting.

There may be programs you are eligible for.

- Some programs are specific to first births, others are for everyone.
- Call for more information and refer yourself if interested.
- **503-846-4872** English and Español available.

ONLINE SEXUAL HEALTH RESOURCES

Use the QR codes to access online resources.

CDC Testing Locator:

Find a clinic near you to get tested for HIV/STIs.



ONE Condoms Oregon:

Free condoms and lube delivered to your home in discreet packaging.



Take me home test:

Free HIV and STI test kits sent to your home in discreet packaging.

