



Community Resource Guide



208-882-4511
700 S. Main St.
Moscow, ID 83843
www.gritman.org

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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

531 S. Main, Moscow, ID

1002 Idaho Street, Lewiston, ID

Phone: 877-897-9027

Adult Protection Services (APS)

Region 2/Latah County

Whitman County

Phone: 208-743-5580

Phone: 800-459-0421

Child Protection Services (CPS)

Region 2/Latah County Reporting

Whitman County

Phone: 855-552-5437

Phone: 208-882-0670

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

Pullman Office

Moscow Office

Phone: 877-334-2887

Phone: 509-332-4357

Phone: 208-882-4357

National Domestic Violence Hotline

Phone: 800-799-7233

Idaho Domestic Violence Hotline

Phone: 800-669-3176

YWCA – Lewiston, ID

24 Hour Crisis Service

Or

Phone: 208-743-1535

Toll-free Phone: 800-669-3176

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

Whitman County Sheriff – Colfax, WA Phone: 509-397-6266
Crime Victims Assistance 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) Phone: 208-310-7773

1150 Alturas Dr. #1010, Moscow, ID

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)

Dr. Williams, Dr. Janout, Dr. Byzrova and Michael Mohr PA-C
see patients in Moscow. Phone: 208-625-5250

Neurology- Dr. Said

2400 W. A Street, Suite G, Moscow ID Phone: 208-813-7519

Oncology- Dr. Rai
803 S. Main St., Suite 210

Phone: 208-754-3100

Pulmonology- Dr. Shrestha
719 S. Main Street, Moscow ID

Phone: 208-883-6779

Free and Sliding Scale Clinics

Chas Clinic

803 S. Main, Moscow, ID
338 6th St., Suite 101, Lewiston, ID 83501
Medicare, Medicaid, private insurance and sliding scale for those who qualify

Phone: 208-848-8300

Phone: 208-848-8300

Marimn Health (formerly Benewah Clinic)
427 N 12th St, Plummer, ID
Medical, Dental, Counseling, Sliding scale

Phone: 208-686-1931

Palouse Free Clinic

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.

Phone: not available

Snake River Clinic

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.)*

Phone: 208-743-5899

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 Phone: 208-423-3472
611 S Main, Moscow, ID

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

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

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

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

Special Olympics Phone: 800-915-6510

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

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

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

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

Palouse Area Therapeutic Horsemanship Phone: 509-335-7347

Vocational Rehabilitation Phone: 800-657-2929
Colfax Phone: 509-397-5071
Clarkston 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 Health 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

PO Box 8063, Moscow, ID

Phone: 208-669-3456

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 Phone: 509-334-6016
1610 NE Eastgate Blvd #850, Pullman, WA

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

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

Assisted Living

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

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

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

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

Skilled Nursing Facilities

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

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

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

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

525 SW Cityview, Pullman, WA

Phone: 509-334-5786

623 E Valleyview St., Colfax, WA

Phone: 509-397-9009

Considerate Care

Phone: 509-339-6146

730 SE Carolstar Drive, Pullman, WA

Glen Haven

352 Johnson Road, Pullman, WA

Phone: 509-332-7472

2510 NW Parr Dr., Pullman, WA

Phone: 509-332-0595

1511 Cedar Street, Colfax

Phone: 509-397-1114

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

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

Serves those calling on behalf of seniors age 60+ Must meet

Federal Poverty Guideline. For free legal advice on all but criminal issues

Phone: 866-345-0106

Lifeline – call Good Samaritan for referrals Phone: 208-882-6560
Phone: 800-242-1306

Retired Senior Volunteer Program Phone: 208-746-7787
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 Phone: 509-758-2355
744 Fifth St Suite C, Clarkston, WA
www.altcWASHINGTON.com

Council on Aging Phone: 509-397-4305
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

Frozen meals delivered to your door via FedEx. Accept self pay and Idaho Medicaid (waiver). www.homestyledirect.com

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

1424 Main St., Lewiston, ID

Phone: 208-743-6983

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
428 W. 3rd Street, Suite 4, Moscow, ID Phone: 208-882-3535

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

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 Phone: 208-883-7209
P.O. Box 9124, Moscow, ID

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

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

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

1546 Maple St., Clarkston, WA 99403

Phone: 509-758-7085

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

Phone: 509-595-3048

215 E Church St., Palouse WA
4th Wednesday 1-3pm

Pullman Food Bank

Phone: 509-334-9147

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)

Phone: 208-743-0251

215 10th St., Suite 101, Lewiston, ID

Latah County Sheriffs Office

Phone: 208-882-2216

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

Phone: 208-883-8502

1036 West A Street, Moscow, ID
www.palousehabitat.org

Sojourner’s Alliance

Phone: 208-883-3438

627 N Van Buren St., Moscow, ID

Whitman County Housing Authority

Phone: 509-328-2953

YWCA – Lewiston, ID

Phone: 208-743-1535

24 Hour Crisis Services Toll-free

Phone: 800-669-3176

Or

Phone: 208-746-9655

Medication Cost Assistance Programs

Good Rx

www.goodrx.com

Phone: 866-850-9382

Needy Meds Program

www.needymeds.com

Phone: 800-503-6897

Medicare and Medicaid Services

www.medicare.gov/perscription/home.asp

Phone: 800-633-2273

Partnership for Prescription Assistance

www.pparx.org

Phone: 888-477-2669

RX Hope

www.RxHope.com

Phone: 908-850-8004

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

745 N. Grand Ave, Suite 107, Pullman
1372 Bridge St., Clarkston

Phone: 877-522-1275

Palouse Recovery Center

1240 SE Bishop Blvd, Suite P, Pullman, WA

Phone: 509-334-0718

Palouse River Counseling Center

340 NE Maple St., Pullman, WA

Phone: 509-334-1133

Quality Behavioral Health

900 Seventh St., Clarkston, WA

www.qbhs.org

Phone: 509-758-3341

Washington Recovery Help Line

Referrals, information and 24 hour crisis support

www.warecoveryhelpline.org

Phone: 866-789-1511

Counseling Services/Mental Health

Idaho

ActivMinds Counseling

127 S. Washington St., Ste. 6, Moscow, ID

Phone: 208-596-1745

Aspire Counseling Services

200 S. Almon, Suite 204, Moscow, ID

www.aspirecounselingservices.net

Phone: 208-310-4578

Counseling Center of the Palouse

814 S. Washington, Moscow, ID

Phone: 208-883-0619

Department of Health and Welfare

1350 Troy Rd # 2 Moscow, ID

1118 F Street, Lewiston, ID

www.healthandwelfare.idaho.gov

Phone: 208-882-0562

Phone: 208-799-4440

Educational and Psychological Services

2301 West A Street Suite C, Moscow, ID
629 6th St., Clarkston, WA
www.epclarkston.com

Phone: 208-883-1144

Phone: 509-758-9698

Integrative Mindworks

814 S. Washington, Moscow, ID
www.integrativemindworks.com

Phone: 208-882-8159

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
www.masomcounseling.com

Phone: 208-882-1289

Moscow Counseling

414 S Jefferson St., 2nd floor, Moscow, ID
moscowcounseling.com

Phone: 208-402-4430

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
www.paradisecreekcounseling.com

Phone: 208-882-2566

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

Phone: 208-882-8514

818 S Washington St., Moscow, ID

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
200 S. Almon, Moscow, ID Phone: 208-882-3504
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
1350 Troy Road #2 Moscow, ID Phone: 208-882-0670
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

North Central District Health Department Phone: 208-882-7506

WIC – Women Infant Children

333 E Palouse River Dr Moscow, ID

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.

Palouse Care Network

Phone: 208-882-2370

1515 West A Street, Moscow, ID

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

Palouse Early Learning Center

Phone: 208-882-5437

Parenting education and support serving Latah and Whitman

Counties

Success by Six of the Palouse

Phone: 208-882-7162

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

Shriner's

Phone: 208-743-6916

University of Idaho Early Childhood Learning Center

Phone: 208-885-6414

University of Idaho Child and Youth Study Center

121 W. Sweet Ave, Moscow

Phone: 208-885-6191

Psychological assessment and counseling ages 2-18. Primarily

autism spectrum. Idaho Medicaid and sliding scale and private

insurance

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 Phone: 208-882-7541
209 E. 3rd St., Moscow, ID

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

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

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

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

Physical/Occupational/Speech Therapy

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

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

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

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

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

Pullman Sport Physical Therapy Phone: 509-332-7778
588 SE Bishop Blvd Ste A, Pullman, WA

Summit Therapy & Health Services
1620 SE Summit Ct, Pullman, WA

Phone: 509-332-5106

Emergency Medical Transport/Membership

Life Flight

<http://www.lifeflight.org/>

Life Flight Membership (ID, WA, OR)

Phone: 800-422-2440

Phone: 800-232-0911

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