



## LOCAL RESOURCES

### **Cascade School District Office**

Superintendent: Tracey Beckendorf-Edou 548-5885

### **Cascade High School**

548-5277

Principal: Elia Ala'ilima-Daley      Assistant Principal: Rudy Joya  
Counselor: Ashley Bartanen      Career Counselor: Sarah Applegate  
Intervention Specialist: Brooks Murphy  
Special Education Casemanagers: Jessi Klancke & TBD

### **Icicle River Middle School**

548-4042

Principal: Mike Janski  
Counselor: Thomas Tilton      Dean of Students: Brett Johnson  
Special Education Casemanagers: Becca Fritz & Sheila Hove

### **Alpine Lakes Elementary & Beaver Valley**

548-5839

Principal: Kenny Renner-Singer  
Counselors: Becky Wilkinson (Alpine Lakes) & Thomas Tilton (Beaver Valley)  
Special Education Casemanagers: Madeline Praye & Jessica Bengston

### **Peshastin-Dryden Elementary**

548-5832

Principal: Emily Ross      Counselor: Becky Wilkinson  
Special Education Casemanager: Peggy Kinnear

### **Cascade School District Special Services**

Special Education Director: Brett Johnson 548-4042  
School Psychologist: Tyler Cox 548-4042  
Federal Programs Secretary: Maren Cagle 548-4004  
Speech Language Pathologist: Megan Christie      Physical Therapist: Stephanie Astell  
Cascade School Nurses: Shelly Zehm & Kesha Milne      All Cascade Schools  
Early Childhood Program Teacher: Lindsay Camp 888-7761  
CSD Transportation Department Director: Tim Bentz 548-6039  
CSD Emails-- Initial of First Name Last Name@cascadesd.org i.e. (bjohnson@cascadesd.org)

### **EMERGENCY CONTACTS:      Any Emergency 911**

Designated Mental Health Providers (DMHPs): Suicide Prevention/Risk Assessments  
<https://wadmhp.org/directory.html>

Chelan-Douglas County DMHP Catholic Family & Child Services 888-2118  
Agency's Main DMHP Contact Eric Skansgarrd

Crisis Line (24 hrs) 662-7105

Chelan-Douglas RSN Mental Health Crisis Lines 1-800-852-2923

Suicide Prevention 1-800-273-TALK (8255)

Wenatchee DCFS 1-800-562-5624      CPS for Eastern WA 1-800-557-9671

### **Chelan County Juvenile Justice Resources**

Safety Resource Officer: Mike Morrison 663-9911

Youth at Risk Petition: Mireya Guitierrez 667-6350

Juvenile Center Manager: Corey Stephens 667-6647

Probation Officers: Narda Ponce 667-6350



## LOCAL RESOURCES 2

### HEALTH CARE PROVIDERS/AGENCIES/COUNSELING RESOURCES:

SAGE/Domestic/Sexual Violence Center (24hrs)	663-7446
Therapist that serves CSD: Maile Davelaar	
Teen Text Hot Line	669-9652
Catholic Family Services	662-6761
Children's Home Society	663-0034
Therapist that serves CSD: Courtney Taylor	
WISe Program Supervisor: Blake Suzelis	
Columbia Valley Community Health (adults & youth)	662-6000
Therapist that serves CSD: Jennifer Willett LMHC	
Confluence Health	663-8711
Behavioral Health Clinic	
Developmental & Behavioral Pediatrician: Petra Swidler	
Strength of Life Counseling	888-4866
The Ripple Foundation	548-8109
'Ohana Occupational Therapy	699-0214
Mt. Stuart Physical Therapy	548-3133
Treehouse Therapy	357-9593
Leavenworth Family Naturopathic Medicine	881-0722
Cascade Medical Center	
Emergency Room & Admitting	548-5815
Maxwell Moholy, Licensed Clinical Psychologist	548-3420
Katie Walker, Clinical Social Worker	548-3420
Physical, Speech, and Occupational Therapy	548-3421

### PRIVATE COUNSELORS/HEALTH CARE PROVIDERS:

Susan Dodge	548-5298	Stacey Barnhill	881-1772
Lori Van Lith	667-7790	Thomas Rowe	663-6828
Julie Broxson	663-3304	Lynn Madsen	663-2880
Maile Davelaar	676-6009		

### CHEMICAL DEPENDENCY RESOURCES:

The Center for Alcohol & Drug Treatment (pp & coupons) 327 Okanagon	662-9673
New Hope Recovery 238 N. Chelan Ave	293-7724
Shipowick-Smith Counseling (insurance & credit cards) 326 N. Miller	667-0679

### RESOURCES/WEBSITES:

Suicide Prevention: <http://www.suicidepreventionlifeline.org/>  
Cascade School District: <http://cascadesd.org/>  
Crisis Management/Student/Family Support: <http://www.cmionline.org/>  
Counseling: <http://4people.org> <http://www1.dshs.wa.gov/mentalhealth/crisis.shtml>  
<https://www.psychologytoday.com/us/therapists/wa/wenatchee>  
<http://www.ncwbh.org/mental-health-services/>  
Disability information: <http://www.wsasp.net/dislinks.html>  
Teen/adult support: <http://theteenline.org/>  
Education: OSPI: <http://www.k12.wa.us/> <http://studentaid.ed.gov/> [www.pta.org/](http://www.pta.org/)  
Medical: <http://www.ncbi.nih.gov/entrez/query.fcgi> <http://www.nlm.nih.gov/>



## LOCAL RESOURCES 3

### LOCAL PROGRAMS & SERVICES:

**The Community Cupboard:** Formed as a food bank by local churches in 1983, the Community Cupboard has grown both in size and services over the years. Currently located in a space donated by the City of Leavenworth, the Cupboard now includes a food bank, thrift store, and Emergency Family Assistance services. Location: 219 14th Street Leavenworth Phone: 509-548-6727

**Upper Valley Mend:** MEND stands for Meeting Each Need with Dignity. We are an independent human service organization dedicated to meeting the basic health, housing and hunger needs of residents and transients in the Upper Wenatchee Valley. Our goal is to meet these basic needs in a way that respects the integrity and dignity of each person. Location: 347 Division St. Leavenworth WA 98826 Phone: (509)548-0408

**The Upper Valley Free Clinic:** Provides free medical care and dental consultation at the Cascade Medical Center in Leavenworth. No appointment is necessary and patients are seen on a first-come, first-serve basis. Major dental work, including dental surgery, is not done at the free clinic, but patients can be referred to local partner dentists. The cost of care with partner dentists may be subsidized depending on the patient's income and specific situation. **Hours:** 6:30 - 8pm on Mondays Location: Cascade Medical Center, 817 Commercial Street

**Cascade Medical Center's Financial Assistance:** CMC's program can help reduce or eliminate medical bills for patients who meet income criteria, even if they have insurance. Discounts are applied on a sliding scale for patients who earn a household income of up to 250 percent of the federal poverty level. Applications are available in both English and Spanish on Cascade Medical's website, [www.cascademedical.org](http://www.cascademedical.org). If you think you may be eligible for Medicare, Medicaid or other government or community programs, an insurance navigator at Cascade Medical can help you get started. Call CMC's staff at 509-548-3436 for details.

**Cornerstone Community - Mission Statement:** To provide a loving home and gathering place for people with developmental disabilities. Cornerstone Community is a home for six adults with developmental disabilities. Location: 12125 Detillion Road (509) 888-3311

**Tierra Learning Center** – Trails Program, Coyote House, & Mountain Sprouts Daycare TRAILS is a program based in a beautiful natural setting that offers opportunities to fully immerse ourselves in both our environment and our community. TRAILS Recreational Arts component encompasses fun and engaging activities that build self-esteem, self-awareness, teamwork, trust and self-expression. Our Independent Life Skills component includes a focus on pre-vocational training, service, meaningful work opportunities, and life skills practice. Location: Tierra Village 11864 Sunitsch Canyon Road 509 548-1200 ext. 5

**Upper Valley Connection** - Envisioning communities that embrace and provide life-long support for specially-abled individuals and their families by providing an environment that cultivates compassion in which all people are seen, heard, and loved for their unique gifts. Activities include: Soccer, Baseball, Basketball, Cross Country Skiing, Social Outings, Theatre Camp & More!!!  
For more info contact: Maren Cagle Phone: (509) 888-4181 Email: [uppervalleyconnection@gmail.com](mailto:uppervalleyconnection@gmail.com)