SENIOR HOMELESSNESS
ACTION,
RESOURCES,
and EDUCATION

Project SHARE Resource Notebook

(Please send updates, broken link notices, and suggestions to mason@pmsc-dtfb.org)

A project of the Pike Market Senior Center and Wallingford Community Senior Center
supported by United Way of King County
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NEED FOR TRAUMA-INFORMED CARE

Trauma is a near universal experience of individuals with behavioral health problems. According to the U.S. Department of Health and Human Services’ Office on Women’s Health, 55% - 99% of women in substance use treatment and 85% - 95% of women in the public mental health system report a history of trauma, with the abuse most commonly having occurred in childhood. The Adverse Childhood Experiences (ACE) study conducted by the Centers for Disease Control and Prevention and Kaiser Permanente is one of the largest investigations ever conducted to assess associations between childhood maltreatment and later-life health and well-being. Almost two-thirds of the study participants reported at least one adverse childhood experience of physical or sexual abuse, neglect, or family dysfunction, and more than one of five reported three or more such experiences.

Trauma-Informed Approach and Trauma-Specific Interventions

Substance Abuse and Mental Health Administration’s (SAMHSA) six key principles of a trauma-informed approach and trauma-specific interventions address trauma’s consequences and facilitate healing.

Trauma-Informed Approach

According to SAMHSA’s concept of a trauma-informed approach, “A program, organization, or system that is trauma-informed:

1. **Realizes** the widespread impact of trauma and understands potential paths for recovery;
2. **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
3. **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
4. Seeks to actively resist re-traumatization.”

A trauma-informed approach can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions or treatments that are designed specifically to address the consequences of trauma and to facilitate healing.
SAMHSA’s Six Key Principles of a Trauma-Informed Approach

A trauma-informed approach reflects adherence to six key principles rather than a prescribed set of practices or procedures. These principles may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues

From SAMHSA’s perspective, it is critical to promote the linkage to recovery and resilience for those individuals and families impacted by trauma. Consistent with SAMHSA’s definition of recovery, services and supports that are trauma-informed build on the best evidence available and consumer and family engagement, empowerment, and collaboration.

Trauma-Specific Interventions

Trauma-specific intervention programs generally recognize the following:

- The survivor's need to be respected, informed, connected, and hopeful regarding their own recovery
- The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers

Needs, Strengths Based Approach and Resilience & Trauma Informed Care
Maslow’s Hierarchy of Needs

- **Physiological needs:** food, water, warmth, rest
- **Safety needs:** security, safety
- **Belongingness and love needs:** intimate relationships, friends
- **Esteem needs:** prestige and feeling of accomplishment
- **Self-actualization:** achieving one’s full potential, including creative activities

(*Source: https://www.simplypsychology.org/maslow.html*)
**Strength Based Service**

- Rebuild control through choice and empowerment
- Support decision making rather than giving direction
- Promote and reward social engagement
- Help identify choices and options, and assist them to consider possible options
- Identify what strengths have allowed survival
- Foster skill-building, mastery and resiliency
- Increased Self-efficacy

(*Source: www.nchv.org/images/webinars/Webinar_-_15.03_.24_-_Trauma-Informed_Care_(Part_2).pdf)
Resilience

Resilience refers to the ability to adjust to stressors and being able to maintain a sense of well-being in the face of adversity. It’s the ability to navigate difficult experiences. Resilience is not a trait that that people either have or don’t have. It involves behaviors, thoughts, and actions that can be learned and developed in everyone.

Resilience is about being adaptable and flexible. It’s about recognizing that everyone has strengths that might not be obvious on the surface and/or recognized by the average person. Perhaps we never knew we had certain skills until we must use them. The more we find out about resilience (and certainly the more we are challenged to use it) then the more resilient we become.

Resilient individuals are able to or find a way to acclimate to stress, crises, and trauma. They discover ways to negotiate and deal with difficult life situations. Some people are born with a strong sense of resilience. Others may need to learn skills and develop resilience.

As service providers who work with elders struggling with insecure housing, hope is present when we focus on the individual’s resilience and strength.

(*Source: https://www.state.gov/m/med/dsmp/c44950.htm)
Affordable Housing Terms
Affordable Housing Jargon 101

Subsidies

Tenant-based: Subsidy follows the tenant. Tenant chooses where to live. Subsidy provider pays the difference between the tenant’s portion of rent and the unit rent.

Sponsor-based: Subsidy follows the agency (sponsor) that also provides services to the tenant. Sponsor master-leases units from a landlord and sub-leases or holds a program agreement with the tenant/client who lives in the unit.

Project-based: Subsidy is dedicated to a specific development (project).

Operating Subsidy: Subsidy is dedicated to a specific development and is based on a gap in the operating budget that is caused by charging rents that are affordable to low-income tenants.

HAP Contract: Housing Assistance Payments Contract between a Housing Authority and an Owner.

Income Graduation: Occurs when a tenant can pay the full rent on his/her unit without subsidy.

Housing and Service Timeframes

Permanent Housing: housing that is not time-limited.

Permanent Supportive Housing: (abbreviated from the Corporation for Supportive Housing) Non-time-limited, subsidized housing for a household that is homeless or at-risk of homelessness and has multiple barriers to employment and housing stability, which might include mental illness, chemical dependency, and/or other disabling or chronic health conditions. All members of the tenant household have facilitated access to a flexible and comprehensive array of supportive services designed to achieve and sustain housing stability. Property management and service delivery are coordinated to address challenges with a focus on fostering housing stability.

Transition Housing: A package of time-limited housing, subsidies and services that is designed to provide households with up two years of support to enable them to move into independent housing.

Transitional Services: Housing and subsidies are not time-limited. Services are provided upon move-in and for as they are needed. Services re-enter tenants’ lives as needed to ensure housing stability.

Housing Models

Scattered-site: Program participants are housed in many different locations.

Single-site: Program is in a single housing development usually owned/operated by a nonprofit with some form of subsidy attached directly to the development. Housing is sometimes owned by a private landlord and master-leased by a nonprofit.
Clustered: Clients/tenants are housed in small groups of usually 6-8 at each development.

Set-asides: An owner forms a written agreement with a nonprofit to set-aside a specific number of apartments for a specific program or population.

Approaches

Housing Ready: An individual must demonstrate a prescribed level of stability and “readiness” to comply with lease requirements prior to being “rewarded” with access to affordable housing.

Housing First: A philosophical approach that supports the direct provision of permanent housing to people who are homeless without a “housing readiness” test. Housing is not contingent upon compliance with services.

Rapid Re-housing: An approach that moves a homeless household (usually a family) quickly into permanent housing with some level of services to assist in housing stability.

Tents

Fair Market Rent (FMR): Rent levels set by HUD for specific geographic areas that are intended to reflect the rents of at least 40% of the non-subsidized, quality rental units in that market.

Payment Standard: A limit for subsidized rent levels that is a percentage of FMR set by a Public Housing Authority (PHA). The rent limit on a PHA-subsidized unit is the lesser of 1) the landlord’s request; 2) the comparable rent for that unit type and location, or 3) the Payment Standard.

Income-based Rent: Tenant rent is a percentage of tenant income (usually 30% of gross income). When a tenant pays a portion of his/her income to cover rent and utilities, their portion is referred to as the total tenant payment (TTP).

Rents based on AMI (Area Median Income): Some rents are fixed at a level that is affordable to people in particular income ranges (usually 30%, 40%, 50%, and 60% of the median income for a geographic area).

Other Commonly-used Jargon

Low Income Housing Tax Credits (LIHTC): The IRS allocates tax credits to states. States award them to affordable housing developers. Developers sell them to investors. The money that investors pay for the credits is used as equity to finance the development of affordable housing. The housing sponsor then becomes accountable to its investors for a 15-year compliance period.

2060: A Washington State document recording fee that creates a dedicated funding course for affordable housing. The fund is administered in part by the State and in part by the Counties. It is currently used to pay for housing capital and operating.

2163: A similar fund to 2060 but these funds can be used to pay for housing or services. This fund, along with another document recording fee and the King County Vets and Human Services
Levy are managed by King County and known collectively as the Homeless Housing Services Fund (HHSF).

Debbie Thiele, Seattle Office of Housing: debbie.thiele@seattle.gov, 206-615-0995
Coordinated Entry & Rapid Rehousing
CEA
Coordinated Entry for All
DROP-IN SERVICE
In-person intake only

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<th>THURSDAY</th>
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<tr>
<td>9AM – 12PM</td>
<td>10AM – 4PM</td>
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<td>Catholic Community Services</td>
<td>NORTH SEATTLE COMMUNITY COLLEGE WORKSOURCE OPPURTUNITY CENTER 9600 COLLEGE WAY NORTH SEATTLE, WA. 98103</td>
<td>LAKE CITY WAY NORTH HELPLINE 12736 33RD AVE N.E. SEATTLE, WA. 98125</td>
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MONDAY – FRIDAY
8AM – 6PM
*Main Site
2-1-1

TELEPHONE NUMBERS:
King County 211: (206) 461-3200
King County 211 Toll-free: (800) 621-4636
King County 211 TTY: (206) 461-3610

V.A. ASSESSMENTS CALL 1-877-904-8387

* Focus Populations:
* Languages other than English
  Interpreter services
  Internet Web

*Description:

- Coordinated Entry for All (CEA) ensures that people experiencing homelessness can get help finding stable housing. Participants attended an assessment at which CEA staff will help them identify and connect to housing support services and resources.

- Program uses a standardized assessment tool that matches the right level of services and housing resources to the persons facing a housing crisis.

- In some cases, clients might not receive a housing referral through CEA, but be referred to other supportive services instead.

- After the assessment, clients can stay in touch with CEA to provide updates to their contact information or living situation while they wait for a referral to become available for a housing program.

- When housing resources become available, clients are contacted by CEA to discuss eligibility. If the client is eligible for one of the available housing resources, CEA will refer the client to that housing program. If the resources available at that time are not a good fit, the client will remain active on the placement list until a good fit is identified.
*Eligibility:*

- Homeless adults, couples, veterans, and families with children who are staying in a place not meant for human habitation.
- Young adults ages 17½-24, without children, who are homeless or who are at risk of homelessness within 14 days.
- Families or individuals fleeing domestic violence.
- Families or individuals staying in transitional housing who were literally homeless before entering that program.
- Families or individuals exiting an institution they have resided in for fewer than 90 days and who were literally homeless before entering the institution.
- Assessment is available to veterans and veteran households regardless of military discharge status.
- New Bethlehem Day Center site is for families with children only.

*Application Instructions:*

**OPTION 1**

- Visit in person for an assessment.
- Due to demand it's possible that not all households that seek an assessment will be able to be accommodated at the time of drop in.

**OPTION 2**

- Call 2-1-1 for a telephone screening.
- Eligible callers will be scheduled for a Coordinated Entry for All (CEA) assessment appointment with a Housing Assessor at an available Regional Access Point.
- Appointments may not always be available; if all appointments are filled, 2-1-1 provides information on when appointments may next be available for scheduling.
- The assessment will take 30-60 minutes; assessments with language interpretation services will usually be 60 minutes.
- During the assessment, clients will discuss their housing needs and barriers and explore available housing resources with the Housing Assessor.

It’s here at last! CEA has released the list of single adult agencies that require a CEA referral:

- Catholic Community Services Dorothy Day House
- Catholic Community Services Rose of Lima
- Catholic Community Services Patrick Place Apartments
- Catholic Community Services Noel House
- Catholic Housing Services Ozanam-McKinney
- Catholic Housing Services Westlake
- Community Psychiatric Clinic Valor Apartments
- Compass Housing Alliance Compass on Dexter
- Compass Housing Alliance Nyer Urness
- DESC 1811 Eastlake
- DESC Aurora House
- DESC Canaday House
- DESC Cottage Grove
- DESC Interbay
- DESC Kerner Scott Clean and Sober Housing
- DESC Rainier House
- DESC Evans House
- DESC Lyon Building
- DESC Union Hotel
- DESC Morrison
- LIHI/Sound Mental Health Gossett Place
- LIHI/Sound Mental Health McDermott Place
- Low Income Housing Institute Ernestine Anderson Apts
- Plymouth Housing Group Scargo
- Plymouth Housing Group Humphrey
- Plymouth Housing Group Lewiston
- Plymouth Housing Group Plymouth on Stewart
- Plymouth Housing Group St. Charles
- Plymouth Housing Group Plymouth of First Hill
- Plymouth Housing Group Pacific Hotel
- Plymouth Housing Group Simons
- Plymouth Housing Group Plymouth Place
- Transitional Resources Avalon Way
- Valley Cities Homeless Services Enhancement
- Valley Cities United Permanent Supported Housing
- Valley Cities VCC Landing
HOUSED PEOPLE ARE NOT HOMELESS

Rapid Re-Housing (RRH) ends homelessness for families and individuals.

**FIND LANDLORDS & APARTMENTS**
Help people quickly find housing within one month or less.

**HELP PAY FOR HOUSING**
Help people pay for housing short term, longer-term help an option.

**CONNECT TO JOBS & SERVICES**
Help access services so people can stay in housing.

The Core Components of Rapid Re-Housing help people find housing fast, help pay for housing, and connect to jobs and services.

(*Source: https://endhomelessness.org/rapid-re-housing-works/)
Rapid Rehousing

Rapid rehousing is designed to help households quickly exit homelessness and return to permanent housing. Core components of rapid rehousing include housing identification, rent and move-in assistance, and case management services. Rapid rehousing assistance is offered without preconditions and services are tailored to the unique needs of the household.

Accessing Rapid Re-Housing Services in Seattle/King County

- All referrals to RRH will come from Coordinated Entry for All (CEA).
- To receive a referral a household has to meet the eligibility criteria for CEA and complete a housing assessment (VI SPDAT).
- The latest information on how to schedule an assessment can be found on the CEA website or by calling 2-1-1.
- Eligibility for Rapid Re-Housing Services CEA will assess all households for eligibility to receive homeless housing resources.
- RRH programs for young adults, single adults, and families require the household to be experiencing literal homelessness, which includes the following situations:
  - living and sleeping outside;
  - sleeping in a place not meant for human habitation;
  - staying in a shelter; or
  - fleeing or attempting to flee domestic violence.
  (Note: Families or individuals in transitional housing are not eligible for RRH.)
- Enrollment in RRH and case management should begin immediately upon RRH referral and should include support in obtaining proof of homelessness documentation.
  - Verification of homelessness is needed prior to receiving financial assistance.
  - Third party documentation is preferred, but self-certification may be used in some cases. For details regarding the best methods to document homelessness, view the NAEH Homeless Status: Record Keeping presentation.
Rapid Re-Housing FAQ

If a household doesn’t have income after the first month, will they be responsible for taking over their rent?

*Financial assistance is based on net income. If a family does not have income after the first month, the rapid re-housing provider may pay for the full rent while the provider and household continue to pursue an income development plan.*

If a household has income, but an unexpected emergency happens will they still be responsible for their full portion of the rent?

*Exceptions to the rental guidelines are handled by a case by case basis depending on the unique circumstances of the household. Funder approval is required for exceptions.*

Recertification for ongoing assistance happens every 90 days. If income changes before the 90 day recertification, does that impact the household’s portion of the rent?

*Yes. While recertification is required every 90 days, it is expected the provider meets with the household every month to determine rental subsidy and to review goals under the Housing Stability Plan. A change of income should be captured during that time.*

Is it true that young adults have different needs in rapid re-housing?

*Rapid re-housing for young adults has the same core components of housing location, case management and financial assistance. While we don’t know if young adults will need different or longer services, there are specific guidelines for HUD funded Young Adult Rapid Re-Housing. For more information or for a copy of those guidelines, contact Jen Chwalibog at Jen.Chwalibog@seattle.gov.*

What if rapid re-housing doesn’t end a household’s poverty?

*Many people in our community (and across the country) are rent burdened, but that shouldn’t deter our efforts to assist people in getting back into their own housing, ending their episode of homelessness and putting them back on a path of recovery and stability.*

What will the role of the new Landlord Liaison Project/Housing Resource Center be in housing search/placement?

*Housing location is a rapid re-housing required core component. LLP/HRC can be a useful tool in locating housing.*
What happens if RRH isn’t a sufficient resource for the household to maintain housing?

If a household experienced chronic homelessness before enrolling in rapid re-housing and it’s determined that they are unable to maintain independent living without more intensive supports, case managers can help the household apply for a mobility request through Coordinated Entry for All (see the CEA Operations Manual for more details at www.kingcounty.gov/cea.

Housing Resources
Housing Program Definitions

**Market Rate Rental Housing**  A general term used to refer to units where the rents are set by the landlord based on how much the unit is worth in the market (i.e., units that are not subsidized or discounted).

**Fixed Below-Market Rate Rental Housing**  A general term used to refer to housing where rents are lower than market rate (what people should normally pay for renting the unit), but where the rent is not based on a percentage of the tenant’s income. Rent is generally based on a specified percentage of the median income for the area, and a tenant may have to be within a certain income range to live there.

**Income-Based Rental Housing**  A general term used to refer to housing where the tenant pays rent based on his income, generally, the lower the income, the lower the rent. A common example is that a tenant may be asked to pay 30% of his income for rent. May also be called Sliding Scale.

**Public Housing**  Housing owned by a local public housing agency. Tenants generally pay 30% of their income toward rent, and qualify based on family income (less than or equal to 80% of the median household income for the area) and other factors.

**Section 8 Project Based Subsidy**  Privately owned (either for-profit or non-profit) rental housing that is made available to people with low incomes. A contract between HUD (U.S. Dept. of Housing and Urban Development) and the property owner governs the administration of the subsidies. Subsidies are paid directly to the owner of the property, who then rents units to tenants who generally pay 30% of their income toward rent. Some units are available specifically for those 62 and older, those who are chronically mentally ill, people with AIDS, families, and those with mobility-impairments. Subsidies are not portable, they stay with the building.

**Section 8 Voucher**  Also known as the Housing Choice Voucher. Tenants receive a voucher and find a private landlord willing to lease to them and accept the voucher. Tenants generally pay 30% of their income toward rent and HUD (U.S. Dept. of Housing and Urban Development) pays the rest. Vouchers are portable, tenants take them when they move.

**VASH**  The HUD-Veterans Affairs Supportive Housing (HUD-VASH) program combines Housing Choice Voucher (HCV) rental assistance for homeless Veterans with case management and clinical services provided by the Department of Veterans Affairs (VA).
Non-Profit Organization & Housing Resources

Seattle has a strong nonprofit affordable housing community, providing a range of homes for low-income families. The Office of Housing provides funding for these buildings, ensuring the apartments remain affordable and livable for at least 50 years. Each organization manages its own application process. Contact each organization to learn more. [http://www.seattle.gov/housing/renters/find-housing](http://www.seattle.gov/housing/renters/find-housing)

**ArtSpace Projects**
612-333-9012
Building better communities through the arts.

**Bellwether Housing**
206-623-0506
A nonprofit organization meeting the region's affordable housing needs by developing and managing quality, safe and permanent affordable housing.

**Capitol Hill Housing**
206-329-7303
Offers secure, comfortable and affordable housing opportunities for individuals and families across a broad range of incomes to support social and economic diversity.

**Catholic Housing Services**
206-328-5696
Permanent and transitional housing programs for homeless and low-income persons

**Central Area Development Association (CADA)**
206-328-2240
Affordable multifamily apartments, mixed-use developments and community programs in the Central Area.

**Compass Housing Alliance**
206-357-3100
A coalition of Lutheran congregations whose mission is to build safe and nurturing communities that recognize the right to affordable housing, the importance of self-determination, and the value of mutual respect.
Delridge Neighborhoods Development Association (DNDA)
206-923-0917
Affordable housing resource program, offering housing that is less expensive than for-profit buildings so that families with lower incomes can always live in Delridge.

DESC (Downtown Emergency Service Center)
206-464-1570
Serves disabled and vulnerable homeless adults, providing a variety of housing options, which all include case management and/or on-site coordination of support services.

Habitat for Humanity Seattle- King County
206-453-2950
A homeownership program with homeowners investing hundreds of hours of their own labor (sweat equity) into building their Habitat house and they pay a no-profit, no-interest mortgage.

Interim Community Development Association
206-623-5132
Affordable housing development in Seattle's International District and the larger Asian/Pacific community.

Low Income Housing Institute (LIHI)
206-443-9935
Develops, owns and operates housing for the benefit of low-income and homeless families and individuals.

Mt. Baker Housing Association
206-725-4152
Owns and operates apartments in the Rainier Valley for low-income persons, mostly with Section 8 rental assistance.

Plymouth Housing Group (PHG)
206-374-9409
Providing affordable housing and supportive services to people in transition from city streets to permanent homes.

Seattle Chinatown International District Preservation and Development Authority (SCIDPDA)
206-624-8929
Provides opportunities for low- to moderate-income individuals, families and seniors to afford a safe and decent place to live in the heart of the bustling Chinatown International District, near the city center and city jobs.
Seattle Housing Authority
206-239-1737
Provides low-income housing and Section 8 housing vouchers.

SouthEast Effective Development (SEED)
206-723-7333
A not-for-profit community development corporation concerned with affordable housing, economic development, arts and cultural programs.
YWCA
206-461-4888
Owns and operates permanent and transitional low-income apartments for women and their families. Also has an employment and daycare center in downtown Seattle.

(*Source: www.seattle.gov/housing/renters/find-housing#nonprofitaffordablehousingsubsidized)

2-1-1 Community Resources

Toll Free: 1-800-621-4636
Local: 2-1-1
TTY: 206-461-3219

Looking for community resources? Information about health and human service programs, find resources like food banks (food pantries), emergency shelters, transportation, health clinics, rent or utilities assistance, legal help, and many more. If you need additional assistance, you can also call 2-1-1 to speak directly with an information & Referral Specialist.

Crisis Connections (formerly Crisis Clinic)
https://www.crisisconnections.org/
http://crisisclinic.org

Crisis Connections offers telephone-based crisis intervention and information and referrals to community services for youth and adults in Seattle-King County, WA. We offer emotional support to those in crisis or considering suicide through our 24-Hour Crisis Line. For youth we offer Teen Link, a teen answered help link. King County 2-1-1 offers information and referrals to community services based on our database of more than 5,000 services. The Washington Recovery Help Line is a state wide service offering emotional support and linkage to substance abuse, problem gambling and mental health services to anyone in Washington State. Our Washington Warm Line is a peer-answered help line for people living with mental illness.
CENTERSTONE RESOURCE LIST 2016-2017

UTILITY ASSISTANCE, HOME WEATHERIZATION, AND REPAIR

Centerstone Appointment Line/Online Scheduler
Hopelink Appointment Line - Serves North of NE 145th St and East of Seattle 425.658.2592
Multi-Service Center Appointment Line - Serves South King County 253.517.2263
Seattle City Light Customer Service - 7:30 am - 6 pm live person available 206.684.3000
Seattle City Light Emergency Low Income Assistance (ELIA) & Project Share 206.684.3688
Seattle City Light Budget Billing 206.684.5800
Utility Discount Program - 60% off monthly SCL bill, open to all low income households 206.684.3417
SPU Water Emergency Assistance Program - Water assistance only 206.684.5800
Puget Sound Energy Customer Service 888.225.5773
SPU Free Toilet Program and Minor Home Repair 206.448.5751
Seattle Office of Housing - Free weatherization and low interest home loan 206.684.0244

FINANCIAL AND BASIC NEEDS ASSISTANCE

Catholic Community Services (Housing and Essential Needs) - Open M-F, 9 am - 4 pm 206.323.6336
Jewish Family Services - Open to people of all faiths 206.461.3240
CCSWW Kinship Navigator - For caregivers of relative’s children only, open M-F, 9 am - 4:30 pm 206.328.5951
St. Vincent de Paul - Helpline open M-F, 8 am to 3 pm 206.767.6449
University Churches - 98103, 98105, 98115 206.524.7885
Wellspring Family Services - For families with children under 18 206.826.3050
Salvation Army - 98101, 102, 104, 108, 109, 112, 118, 119, 121, 134, 144, 199 206.447.9944
Salvation Army - West Seattle, White Center, Burien, South Park 206.767.3150
King County Crisis and Resource Line 2.1.1 or 800.621.4636
North Helpline - North of 110th St 206.365.8043
West Seattle Helpline 206.932.4357
White Center Helpline - West Seattle and White Center 206.767.7124
Neighborhood House (98122) - Multiple Locations 206.461.4568
Mount Zion Baptist Church 206.322.6500
Queen Anne Helpline 206.282.1540
Department of Senior and Health Services (DSHS) - Multiple Locations 877.501.2233
Ballard Food Bank - 98107, 109, 117, 119, 177, 199, open T-TH, 11 am - 3 pm 206.789.7800
El Centro de la Raza (Hablo Español) 206.957.4634

RENT AND MOVE-IN ASSISTANCE

Family Housing Connection - Call to schedule an appointment M-F, 8 am - 6 pm 2.1.1 or 800.621.4636
Interim Community Development Association - Open M, T, TH 9 am - 5 pm 206.623.5132
Salvation Army - First month’s rent, no deposit assistance, eviction notice required 206.447.9944
University Churches - Move-in assistance for 98105, 115, 103, eviction notice not required 206.524.7885
Wellspring Family Services - For families with children only, call first Tuesday of the month at 10 am 206.902.4275
Neighborhood House - Eviction notice required 206.461.4568
Ballard Food Bank - Rent/deposit assistance for 98107, 109, 117, 119, 177, 199, eviction notice required 206.789.7800
Queen Anne Helpline - Rent/move-in assistance for 98109, 119, 199 206.282.1540
Jewish Family Services - Move-in assistance for homeless households who are pregnant or parenting 206.861.8796
Catholic Community Services - Rent/move-in assistance, motel vouchers for homeless families 425.213.1963
Supportive Services for Veteran Families - Rehousing for homeless veterans 206.545.2344
Refugee Women’s Alliance (ReWA) - For immigrant and refugee woman and families 206.721.0243
YMCA Young Adult Service - Housing assistance for adults ages 18-25 206.749.7557
Friends of Youth - Housing assistance for adults ages 18-25 206.409.6009
Muslim Housing Services - For families with children under 18 206.723.1712
St. Vincent de Paul - Eviction notice not required 206.767.6449
TENANT COUNSELING AND LEGAL ASSISTANCE

Tenant's Union 206.723.0500
Northwest Justice Project 206.464.1519
Catholic Community Services Legal Action Center 206.324.6890
Solid Ground (Mortgage and tenant counseling) 206.694.6767

SENIORS AND PEOPLE WITH DISABILITIES

Alliance for People with Disabilities 206.545.7055
Aging and Disability Services 206.545.7055
Chicken Soup Brigade - Home delivered meals for homebound seniors 206.957.1686
Community Living Connections - Hotline for in-home and community resources/services 844.348.5464
Senior Services Sound Generation 206.448.5757
Mayor’s Office for Senior Citizens 206.684.0500

RELICENSEING PROGRAMS

King County District Court Relicensing Program 206.205.9200
Legacy of Equality Leadership & Organizing (LELO) 206.860.1400
Seattle Municipal Court Relicensing Program 206.684.5600

EMPLOYMENT SERVICES

Goodwill Job Training and Resources 206.860.5791
Seattle Jobs Initiative 206.628.6975
Work Source Employment and Training Services (98103) - Multiple Locations 206.440.2500
FamilyWorks - Pre-employment services 206.694.6727
Pioneer Human Service - Workforce training for people who were incarcerated 206.768.7333
Refugee Federation Service Center - Employment training and ESL classes for refugees and immigrants 206.725.9181
Asian Counseling and Referral Services - ESL classes, job counseling for refugees and immigrants 206.786.5437
Urban League of Metropolitan Seattle - Assistance with job readiness, job search, work training 206.461.3792 ext.3025
CARES of Washington - Employment, self-sufficiency and asset development 206.938.1253

TRANSPORTATION PROGRAMS

Regional Reduced Fare Permit - For seniors and people with disabilities 206.553.3000
ORCA LIFT - Low income reduced fare bus card 206.553.3000
Access Bus - For Seniors 206.553.3000

HEALTH AND DENTAL CARE SERVICES

Swedish Community Specialist Clinic - Low cost specialized medical and dental care 206.806.6656
International Community Health Services (98118) - Dental care 206.788.3502
 Neighborcare Health (98118) - Low cost medical and dental care, multiple dental/medical clinic locations 206.722.8444
Odessa Brown Children’s Clinic - Low cost medical and dental care for children 206.987.7210
Community Health Access Program (CHAP) - Hotline for insurance and health care resources 800.756.5437

VETERAN SERVICES

King County Veterans Program 206.296.7656
Washington Department of Veteran Affairs 877.904.8387
# FAIR HOUSING AGENCIES IN WASHINGTON STATE

## FAIR HOUSING ENFORCEMENT AGENCIES

<table>
<thead>
<tr>
<th>U.S. Dept. of Housing &amp; Urban Development</th>
<th>Washington State Human Rights Commission</th>
<th>King County Office of Civil Rights</th>
<th>Seattle Office for Civil Rights</th>
<th>Tacoma Human Rights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fair Housing</td>
<td>711 S. Capitol Way Suite 402 Olympia, WA 98504-2490</td>
<td>Chinook Building 401 Fifth Avenue Suite 215 Seattle, WA 98104-1818</td>
<td>810 Third Avenue Suite 750 Seattle, WA 98104-1627</td>
<td>747 Market Street Room 836 Tacoma, WA 98402-3779</td>
</tr>
<tr>
<td>states/washington</td>
<td></td>
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</tr>
</tbody>
</table>

### Protected Classes

- Race
- Color
- National Origin
- Religion
- Sex
- Disability
- Familial Status
- Protected Classes
- Race
- Color
- National Origin
- Religion
- Sex
- Disability
- Familial Status
- Marital Status
- Sexual Orientation (incl. gender identity)
- Veteran/Military Status
- Age
- Section 8
- Ancestry
- Use of a Service or Assistive Animal
- Race
- Color
- National Origin
- Religion/Creed
- Sex
- Disability
- Familial Status
- Parental Status
- Marital Status
- Sexual Orientation
- Gender Identity
- Age
- Section 8
- Political Ideology
- Veteran/Military Status
- Race
- Color
- National Origin
- Religion
- Sex
- Disability
- Familial Status
- Marital Status
- Sexual Orientation
- Gender Identity
- Age
- Ancestry
- Veteran/Military Status

### File within 1 year

- Jurisdiction: United States
- Jurisdiction: Washington
- Jurisdiction: Unincorporated King County
- Jurisdiction: City of Seattle
- Jurisdiction: City of Tacoma

## FAIR HOUSING ADVOCACY, EDUCATION & OUTREACH ORGANIZATIONS

### In Western Washington:

**Fair Housing Center of Washington**
- 1517 S. Fawcett Avenue, Suite 250
- Tacoma, WA 98402
- 253-274-9523, 888-766-8800 (toll free), Fax 253-274-8220 www.fhcwashington.org

### In Eastern Washington:

**Northwest Fair Housing Alliance**
- 35 West Main Avenue, Suite 250
- Spokane, WA 99201
- 509-325-2665, 800-200-FAIR (in 509 area code), Fax 509-325-2716 http://www.nwfairhouse.org

### RETALIATION

Fair housing laws prohibit retaliation – an act of harm by anyone against a person who has asserted fair housing rights (by making an informal discrimination complaint, filing a civil rights complaint, or being otherwise involved in an investigation).
Fair housing laws are subject to change. The federal Fair Housing Act, state and local fair housing laws exempt certain housing from coverage. For questions, contact each agency concerning the laws that agency enforces.

### SECTION 8 ORDINANCE ENFORCEMENT

In addition to the City of Seattle and unincorporated King County, the following cities enforce local ordinances prohibiting housing discrimination based on participation in the Section 8 Program:

- **City of Bellevue** -- To file a complaint, contact Code Compliance, 425-452-4570  
  email: codecompliance@ci.bellevue.wa.us  
  web: www.ci.bellevue.wa.us/reportproblem.html

- **City of Kirkland** -- To file a complaint, contact Code Compliance, 425-587-3225  
  email: codecompliance@ci.bellevue.wa.us  
  web: www.kirklandwa.gov/depart/planning/Code_Enforcement.htm

- **City of Redmond** -- To file a complaint, contact Code Compliance, 425-556-2474  
  email: codeenforcement@redmond.gov  

---


Online Resources
Activities

Calendar - Aging & Disability Services for Seattle & King County
Events Archive | Belltown Seattle
Newsletter: AgeWise King County
Article: Making Each Day Better and Safer for Older Adults - AgeWise King County
Pike Market Senior Center
Calendar – Greater Seattle on the Cheap

For STAFF - trainings, articles, and information for case managers

Washington State Community Living Connections
Aging & Disability Services for Seattle & King County
The Distance Learning Center for Addiction Studies
The Athena Forum The site for substance abuse prevention and mental health promotion professionals and volunteers
Adverse Childhood Experiences (ACEs) Important info related to Trauma Informed Care
YWCA Pierce County - Community Trainings
Trauma Integration Programs - Welcome
Seattle Tech 4 Housing
Social Worker Success Where social workers learn burnout prevention & turn for career guidance
9 Life Lessons From Prince For Social Workers - Social Worker Success
What It's Like To Be Suddenly Poor and Homeless At 70 | HuffPost

Resources

Community Living Connections | Aging & Disability Info | Seattle & King County
Washington State Department of Social and Health Services | Transforming Lives
Washington State Community Living Connections
Community Resource Exchange - United Way of King County
Washington Information Network 2-1-1
Resources for Partners – All Home King County
King County 2-1-1 - Crisis Connections (formerly Crisis Clinic)
Organization for Prostitution Survivors: A Social Service agency and an agent of social change
Seattle Meals Programs: (Seattle Crisis Resource Directory)
About MID - Downtown Seattle
Disability.gov's "Quick Links" — A fast and easy way to access information!
Aging and Long-Term Support Administration | Washington State Department of Social and Health Services
AGING SERVICES FOR OLDER ADULTS - ACRS - Asian Counseling and Referral Service
King County Caregiver Support Network
Healthy Aging - Aging & Disability Services for Seattle & King County
Movement From Within - self care through movement
Washington Connection Community Partnership Program | Washington State DSHS
Welcome to Bike Works - Bike Works
King County Metro Transit Trip Planning
Lifelong - Delivering food, housing, and health services to people living with chronic illnesses, including HIV and AIDS
VA Community Provider Toolkit - mental and behavioral health resources and support for veterans
Make the Connection - Videos & Info for Military Veterans

Housing Resources

Key Strategies for Connecting People Experiencing Homelessness to SSI/SSDI
Home - ACRS Asian Counseling and Referral Service
Advocacy | Washington Low Income Housing Alliance
Affordable Housing and Housing Authorities in Seattle, Washington
aptfinder | Low Income Housing at AptFinder.org
ARCH housing - A Regional Coalition for Housing
Arion Court | Low Income Housing Institute
Association of Washington Housing Authorities - CONTACTS
bellwetherhousing | QUALIFICATIONS
DESC - Shelter, Housing and Services for Homeless Adults in Seattle
DESC Supportive Housing
Fair Tenant Screening Act - Tenants Union of Washington State
Find Affordable Housing | Washington Low Income Housing Alliance
For rent section 8 seattle - Trovit
Golden Sunset : Seattle, WA | Quantum Property Management
GoSection8.com - Section 8 Rental Housing & Apartments Listing Service for Landlords & Tenants
Hilltop House Retirement Community in Seattle
Housing Development Consortium
Compass Housing Alliance
Catholic Community Services of Western Washington - Housing
Housing and Homelessness Advocacy Day | Washington Low Income Housing Alliance
Housing Program | Applying for Public Housing
HousingSearchNW.org | Apartments & Homes for Rent in Seattle, Snohomish, Spokane, across Washington

King County Housing Authority > Find a Home > Subsidized Housing > How to Apply
Landlord Liaison Project - King County
Northwest Fair Housing Alliance
Operation Nightwatch Seattle - Home
Pioneer Human Services
Pioneer Square Men’s Program - Compass Housing Alliance
Prime Locations - Commercial Real Estate - Olympia, Tumwater, Lacey
Providence Health & Services | Providence Supportive Housing
Providence Joseph House | Seattle Senior Housing | Providence Washington | Providence Supportive Housing
Renton Housing Authority
Pike Place Market Housing
Revitalizing Neighborhoods w/ Affordable Housing | Mercy Housing
Seattle Housing Authority - Rental housing and rental assistance for low-income households
Save My Spot - Seattle Housing Authority
Senior Housing | Senior Living | Senior Apartments
Senior Housing Assistance Group - SHAG
The Sophia Way - Assisting women from homelessness to independence
The Bremerton Housing Authority - BHA
HUD Exchange
Washington Connection Community Partnership Program | Washington State Department of Social and Health Services
Tiny Houses: A big help for the homeless | Low Income Housing Institute
Home | GRANTS.GOV
Housing Justice Project

Addiction

getnaloxonenow.org
Drugs Over Dinner
Harm Reduction Conference
Danny Glover Recalls His Family's Struggles with Addiction
ADAI News: Alcohol & Drug Addiction Institute
Opioid Overdose Prevention Partnership
Recovery Cafe - Seattle, Washington
Center for Opioid Safety Education
Waiting to be asked: Trauma-informed care - Conference 365
stopoverdose.org
Washington - Harm Reduction Coalition
Opioid Overdose Prevention Partnership - King County
LEAD - Law Enforcement Assisted Diversion
NARCAN® Testimonial Videos
Start a naloxone program | stopoverdose.org
Pierce County Recovery Response Center, Pierce County, WA – RI International
Chemical Dependency Training Consortium of the Northwest
Janelle Hanchett - YouTube “We don’t start with needles in our arms”

Medical

Centers for Medicare & Medicaid Services
Sea Mar Community Health Centers
Details for title: April 2016
Neighborcare Health at Pike Place Market
blindness.org
Washington Health Plan Finder

LGBT

LGBTAgingCenter.org - Resources - In Washington
QLaw: the GLBT Bar Association of Washington - Home
Law Resources for the LGBT Community - Jim Adler & Associates
2017 King County Trans Resource & Referral Guide | King County Trans Resource & Referral Guide

Dental

NeighborCare Health at Pacific Tower | NeighborCare Health
Employment

Seattle Jobs Initiative
Cares of WA
LEAD Center
M.L. King County Labor Council
Apprenti - careers in tech
My Employment Options - For Jobseekers with Disabilities and Other Challenges
Free File: Do Your Federal Taxes for Free
WorkSource - State of Washington Employment Security Department

Mental Health

Navos Mental Health Solutions
Seattle Counseling Service - Links
Seattle Counseling Service
A Thank You Letter to Myself For Living With Depression and Anxiety | The Mighty
Homelessness Programs and Resources | Substance Abuse & Mental Health Services Administration
Mental Health Support - Mental Health Recovery and Advocacy

Disability

ABLE National Resource Center | Achieving Better Life Experience

HEP C

Hepatitis Education Project - home
National Hepatitis Corrections Network - Home

Legal

Municipal Court of Seattle
Law Resources for the LGBT Community - Jim Adler & Associates
Neighborhood Legal Clinics
Get Legal Help | NW Justice
Rental Assistance
&
Eviction Prevention
King County Assistance Programs - multiple links

Queen Anne Helpline
Rent, Move-in, and Utility Assistance
info@queenannehelpline.org
206-282-1540

Interim CDA
Rental Assistance
206-623-5143

North Helpline
Emergency Financial Assistance
foodbank@northhelpline.org
206-365-8043

Multi-Service Center
Rent and Move-In Assistance
Kent, WA
253-893-0024

Wellspring
Homelessness Prevention
jbold@wellspringfs.org
206-902-4275
EXT. 292
Shelter
&
Transitional Housing
Safe Parking Program - A safe place for women and families who live in their cars to park, sleep in their cars, and become part of the Lake Washington United Methodist Church community.

After a short intake process and background check, guests are invited to stay in the parking lot. Guests have access to indoor bathrooms (there is a portable toilet in the parking lot), kitchen and phone. Free wifi access available. A refrigerator set aside for guests. Information on community resources available in the office, including where to shower and do laundry. Guests are welcome to join church activities, but are under no obligation to do so. Co-located with a Wednesday night Community Dinner. This program works in partnership with Connections Counseling, a network of pastorally-trained counselors and therapists integrating spirituality and mental health and providing resources for faith communities. the sacred worth of the one seeking counsel. Website: http://www.lwumc.com/do/community-involvement/safe-parking-program/
7525 132nd Ave NE Kirkland, WA 98033
Contact: Karina O’Malley
(425) 739-7332
kcfom@hotmail.com

City of Seattle - Human Services Department – Transitional Living & Support
Winter Shelter for Men and Women
Provides winter shelter for men and women; open October 1 through March 31 each year.
Website: http://www.cityofseattle.net/humanservices
600 4th Ave Seattle City Hall, Seattle, WA, 98104
(206) 684-0231
Line up no earlier than 8pm. Intake: 8pm-7am or until full.
Shelter: 9pm-6am

Seattle’s Union Gospel Mission – Hope Place
Operates an emergency shelter for single women.
Website: http://www.ugm.org/
3802 S Othello, Seattle, WA, 98118
(206) 628-2008
M-F, 8:30-9am.

SHARE/WHEEL
Bunkhouse Day Shelter
Provides self-managed daytime shelter for men and women who work late-night jobs and need somewhere to sleep during the day; residents can stay up to two years.
Website: [http://www.sharewheel.org](http://www.sharewheel.org)
1902 2nd Ave Josephinum - 1st Floor, Seattle, WA, 98101
(206) 448-7889
Screening: M, 1pm; W F, 9pm. Shelter: Daily, 7am-6pm.

City of Seattle - Human Services Department –
Transitional Living & Support
Winter Shelter for Women
Provides 25 winter shelter beds for women; open October 1 through March 31 each year. Walk in. Shelter opens at 8pm and accepts clients throughout the night, until all spaces are full.
Website: [http://www.cityofseattle.net/humanservices](http://www.cityofseattle.net/humanservices)
505 3rd Ave DESC Connections, Seattle, WA, 98104
(206) 684-0231
Intake: 8pm until full. Shelter: 8pm-7am.
Compass Housing Alliance
Hygiene Facility
Offers free shower and restroom facilities, laundry service, nurse care
and hygiene packets; serves homeless women and men, ages 18 and
older, living on the streets or in shelters.
Website: http://www.compasshousingalliance.org
210 Alaskan Way S Client Services Office, Seattle, WA,
98104
(205) 357-3180
Showers: M-F, 7am-2pm. Toilets: M-F, 7am-2:30pm.
Laundry: M-F, 7am-12:45pm. Nurse: Variable.

YMCA of Seattle/King County/Snohomish County – Seneca Emergency Shelter
Provides emergency shelter for single women, ages 18 and older;
LEAVE A MSG. EVERY DAY - ONLY IF RECORDING
STATES SHELTER AVAIL.
Website: https://www.ywcaworks.org/housing
1118 5th Ave, Seattle, WA, 98101
(206) 461-4882
Voicemail only.

Church of Mary Magdalene & Mary’s Place Day Center - Women’s Day Center
Offers a partially self-managed drop-in day center for WOMEN,
with or without children; provides showers, nurse service, laundry,
meals. Includes information, referral & support with housing and
employment.
Website: http://www.marysplaceseattle.org/
1830 9th Ave, Seattle, WA, 98101
(206) 621-8474
M-F, 7am-3:30pm.

Compass Housing Alliance - Adult Service Center
Operates a drop-in center for homeless adults ONLY; offers laundry,
showers, phone services and information and referral.
Website: http://www.compasshousingalliance.org
2015 3rd Ave, Seattle, WA, 98121
(205) 357-3190
Su-Th, 10:30am-7pm.
DESC
Women’s Shelter
REFERRAL REQUIRED FROM THE WOMEN’S REFERRAL CENTER: Operates a shelter for women with mental illness.
Website: http://www.desc.org
510 Minor Ave N, Seattle, WA, 98109
(206)770-0156
Shelter: Daily, 7:30pm-7am.

Suburban King County YWCA –
Family Village Redmond
Angeline’s Eastside Women’s Center
Provides a daytime drop-in center for single women; offers meals, snacks, showers, laundry, phone/computer/internet use, temporary mailing address, hygiene items, and outreach worker visits. Also provides Working Wardrobe vouchers.
Website: http://www.ywcaworks.org
752 108th Ave NE, Bellevue, WA, 98004
(425) 451-8519
M-F, 9am-3pm. Lunch: M-F, 11:30am-1pm.
Elizabeth Gregory Home - Women’s Drop-in Center
Provides a daily drop-in center for women, ages 18 and older; offers a food pantry, cooking facilities, laundry, hygiene kits, computer use, mailing address, voicemail, kitchen use, and optional case management.
Website: http://www.eghseattle.org/
1604 NE 50th St University Lutheran Church, Seattle, WA, 98105
(206) 523-6031
M-F, 9am-6pm.

Salvation Army - Social Services Department - Women’s Shelter
Provides transitional shelter for single women may stay 6 months to a year; provides case management and support. No fees for first two weeks. After two weeks fees are income based.
Website: http://www.salvationarmynw.org
1101 Pike St, Seattle, WA, 98101
(206) 447-9944
Intake: M-F, 9am-noon and 1-4pm.

YWCA of Seattle/King County/Snohomish County - Angeline’s Center for Homeless Women
Women’s Winter Shelter
Provides 40 seasonal shelter beds for women, every night October 2, 2012 through April 15, 2013.
Website: http://www.ywcaworks.org
2030 3rd Ave YWCA, Seattle, WA, 98121
(206) 770-0156
Intake: Daily, 6pm, until full. Shelter: Daily, 9pm-8am.

YWCA of Seattle/King County/Snohomish County - Angeline’s Center for Homeless Women
Drop-in Day Center
Provides drop-in day services for homeless and low-income women; offers hygiene facilities, health care and mental health counselling, access to phones and computers, and daily meals.
Website: http://www.ywcaworks.org
2030 3rd Ave YWCA, Seattle, WA, 98121
(206) 436-8650
Daily, 8am-6pm. Meals: Daily at 7:20am, 8:10am, 11:30am, 12:30pm and 3pm.
# Housing & Shelters
For women, men, youth & families

<table>
<thead>
<tr>
<th>Community Resource</th>
<th>Phone Number</th>
<th>Address</th>
<th>Services Offered/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis Connections (formerly Crisis Clinic) <a href="https://www.crisisconnections.org/">https://www.crisisconnections.org/</a></td>
<td><strong>24 hour crisis line:</strong> 1-866-427-4747 (206) 461-3222</td>
<td></td>
<td>Community Resources Online is the most up-to-date and comprehensive database of health and human services in King County. Over 13,000 services &amp; 3,000 agencies listed, it is the most effective way to find assistance with such needs as: rent/mortgage payments, in-home care services, low-cost mental health or chemical dependency counseling.</td>
</tr>
<tr>
<td>Aloha Inn (through Archdiocesan Housing Authority) <a href="http://www.alohainn.org/">http://www.alohainn.org/</a></td>
<td>(206) 283-6070</td>
<td>PO Box 2548 Seattle, WA 98111</td>
<td>Houses homeless persons temporarily up to 9 months. Provides some basic services &amp; career counseling.</td>
</tr>
<tr>
<td>Bellevue Police Department</td>
<td>(425) 452-7853</td>
<td>450 110th Ave NE Bellevue, WA 98004</td>
<td>Limited number of motel and food vouchers for Bellevue residents who are stranded or victims of domestic violence. Vouchers are 1 night only &amp; referrals are not accepted.</td>
</tr>
<tr>
<td>The Compass Center <a href="http://www.compasscenter.org">www.compasscenter.org</a></td>
<td>(206) 357-3100</td>
<td>77 S. Washington St. Seattle, WA 98104</td>
<td>Alcohol &amp; drug free transitional housing programs (18 years+). Services include: shelter/day services, bank, hygiene center, job counseling, mental health services, recovery management, and more.</td>
</tr>
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<tr>
<td>Cocoon House</td>
<td>(425) 259-5802</td>
<td>2929 Pine St. Everett, WA 98201</td>
<td>Exclusively serves homeless and runaway youth age 13-17. Programs include emergency shelter, long term transitional housing, and advocacy. Eligibility requirements and interview.</td>
</tr>
<tr>
<td>Domestic Abuse Women’s Network</td>
<td>24 hour crisis line: 425-656-7867</td>
<td>P.O. Box 88007 Tukwila, WA 98138</td>
<td>Shelter programs for women &amp; children, access to health &amp; career services. Transitional housing has application &amp; eligibility requirements.</td>
</tr>
<tr>
<td>Dorothy Day House (through Archdiocesan Housing Authority)</td>
<td>(206) 374-4364</td>
<td>106 Bell St. Seattle, WA 98121</td>
<td>Housing project in Belltown for formerly homeless, single, adult women. Sliding scale for rent &amp; some tenant responsibilities.</td>
</tr>
<tr>
<td>LifeWire</td>
<td>24 hour crisis line: (425) 746-1940 1-800-827-8840</td>
<td>Various confidential addresses</td>
<td>Safe, confidential shelters &amp; transitional housing for victims (and families) of domestic violence &amp; substance abuse.</td>
</tr>
<tr>
<td>El Centro de la Raza</td>
<td>(206) 957-4636</td>
<td>2524 16th Ave S Seattle, WA 98144</td>
<td>Low-income &amp; transitional housing facility. 2 year supportive housing &amp; homeless assistance.</td>
</tr>
<tr>
<td>Wellspring Family Services</td>
<td>(206) 826-3050 1-800-273-8969</td>
<td>1900 Rainier Ave S Seattle, WA 98144</td>
<td>Provides case management and emergency services for homeless families, couples, &amp; individuals in King County. One time service with access to training &amp; resources.</td>
</tr>
<tr>
<td>Solid Ground</td>
<td>(206) 694-6700</td>
<td>1501 N. 45th St. Seattle, WA 98103</td>
<td>Transitional housing for homeless, &amp; moderate to low income. Emergency shelters, crisis services, counseling, and educational programs.</td>
</tr>
<tr>
<td>Friends of Youth</td>
<td>(425) 489-1838</td>
<td>13116 NE 132nd St Kirkland, WA 98034-2306</td>
<td>Transitional housing and services for homeless young people, families, and others.</td>
</tr>
</tbody>
</table>

48
<table>
<thead>
<tr>
<th>Community Resource</th>
<th>Phone Number</th>
<th>Address</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Hopelink</td>
<td>Emergency: 2-1-1</td>
<td></td>
<td>Various programs including: eviction prevention, 1st month rent assistance, emergency</td>
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<tr>
<td></td>
<td>Admin line (425) 869</td>
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<td>family shelter, &amp; transitional housing.</td>
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<td>6000</td>
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<tr>
<td>Bellwether Housing</td>
<td>(206) 623-0506</td>
<td>1651 Bellevue Ave</td>
<td>Non-profit that develops &amp; manages quality, safe, &amp; permanent housing. Maximum</td>
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<tr>
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<td>Seattle, WA 98122-2014</td>
<td>income limit, proof of 90 days of employment, no criminal record, ID &amp; Social Security</td>
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<td>card needed with application.</td>
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<tr>
<td>Jubilee Women's Center</td>
<td>(206) 324-1244</td>
<td>620 18th Ave E</td>
<td>Transitional housing for women who are homeless or at risk of becoming homeless.</td>
</tr>
<tr>
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<td>Seattle, WA 98112</td>
<td>Eligibility: drug &amp; alcohol free, age 21-62, low income w/ ability to pay rent, &amp;</td>
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<td>more.</td>
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<td>(206) 545-4200</td>
<td>5071 8th Ave NE</td>
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<td>Seattle WA 98105</td>
<td></td>
</tr>
<tr>
<td>King County Veterans Program</td>
<td>(206) 477-8282</td>
<td>2106 2nd Ave #100</td>
<td>Short &amp; long term transitional housing for veterans.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seattle, WA 98121</td>
<td>Link to brochure</td>
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<tr>
<td>Kirkland Interfaith Transitions</td>
<td>(425) 576-9531</td>
<td>125 State St., Ste B</td>
<td>Transitional housing &amp; community based low-income permanent housing. Case management</td>
</tr>
<tr>
<td>Housing</td>
<td></td>
<td>Kirkland, WA 98033</td>
<td>services are available.</td>
</tr>
<tr>
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<tr>
<td>Lifelong Aids Alliance</td>
<td>(206) 957-1717</td>
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<td>Assistance with emergency, transitional, &amp; permanent housing for individuals with HIV/</td>
</tr>
<tr>
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<td></td>
<td>AIDS. Also provides housing search resources.</td>
</tr>
<tr>
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<tr>
<td>Mamma’s Hands</td>
<td>(425) 802-9595</td>
<td>PO Box 40464, Bellevue, WA 98015</td>
<td>Safe &amp; secure 24 hour housing for women &amp; children in crisis. Outreach each Wednesday at 7pm in Occidental Park</td>
</tr>
<tr>
<td>Multi-Service Center (Kent &amp; Federal Way)</td>
<td>(253) 838-6810</td>
<td>1200 S. 36th St., Federal Way, WA 98003</td>
<td>Homeless family emergency shelter program, transitional housing, affordable housing, &amp; housing support services.</td>
</tr>
<tr>
<td>New Beginnings</td>
<td>24 hour crisis line (206) 522-9472</td>
<td>PO Box 75125, Seattle, WA 98175</td>
<td>Confidential 24 hr emergency shelter with basic needs &amp; transitional housing program (THP). To apply for THP, clients must be referred by another agency. For victims of physical, emotional, or sexual abuse.</td>
</tr>
<tr>
<td>Noel House (through Archdiocesan Housing Authority)</td>
<td>(206) 441-3210</td>
<td>118 Bell Street, Seattle, WA 98121</td>
<td>Shelter for homeless women.</td>
</tr>
<tr>
<td>Operation Nightwatch</td>
<td>Day phone: (206) 323-4359 Evening phone: (206) 323-2099</td>
<td>302 14th Avenue South, Seattle, WA 98144</td>
<td>Makes calls to local shelters after hours through dispatch service. Clients are placed &amp; given bus ticket. Women &amp; children do not need a referral. Unable to serve entire families.</td>
</tr>
<tr>
<td>Pioneer Human Services</td>
<td>(206) 624-0082 ext 104</td>
<td>7440 W. Marginal Way S. Seattle, WA 98108</td>
<td>Non-profit operating 525 housing units in King &amp; Pierce counties. Supporting families &amp; individuals with safe &amp; affordable housing (transitional &amp; permanent).</td>
</tr>
<tr>
<td>Rose of Lima House (through Archdiocesan Housing Authority)</td>
<td>(206) 456-3100</td>
<td>118 Bell Street, Seattle, WA 98121</td>
<td>Rose of Lima House prioritizes serving women who have been chronically homeless and struggling with physical or mental disabilities, addiction, trauma histories or other destabilizing issues.</td>
</tr>
<tr>
<td>Community Resource</td>
<td>Phone Number</td>
<td>Address</td>
<td>Services Offered/Notes</td>
</tr>
<tr>
<td>--------------------</td>
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<td>-----------------------</td>
</tr>
<tr>
<td>Salvation Army – Catherine Booth House</td>
<td><a href="http://salvationarmydomesticviolenceprograms.org/programs.html">http://salvationarmydomesticviolenceprograms.org/programs.html</a></td>
<td><strong>Collect calls accepted:</strong> (206) 324-4943</td>
<td>Confidential shelter for abused women &amp; children. Services include: counseling, health clinic, legal advocacy, parenting program, children’s program &amp; referral program.</td>
</tr>
<tr>
<td>Seattle Emergency Housing Services</td>
<td><a href="https://www.shelterlistings.org/details/22968/">https://www.shelterlistings.org/details/22968/</a></td>
<td>(206) 461-3660</td>
<td>Emergency shelters, transitional housing, &amp; access to permanent housing programs.</td>
</tr>
<tr>
<td>Seattle Indian Center</td>
<td><a href="http://seattleindian.org/community-services/">http://seattleindian.org/community-services/</a></td>
<td>(206) 329-8700</td>
<td>1265 S Main St, #105 Seattle, WA 98144</td>
</tr>
<tr>
<td>South King County Youth Shelter</td>
<td>(253) 275-1634 (253) 350-0443</td>
<td></td>
<td>Ages 12-17, Temporary 24 hour shelter, meals and referrals to other services available.</td>
</tr>
<tr>
<td>United Indians Labetayah Youth Home</td>
<td><a href="http://www.unitedindians.org/programs/youth-home/">http://www.unitedindians.org/programs/youth-home/</a></td>
<td>(206) 781-8303</td>
<td>9010 13th Ave NW Seattle, WA 98117</td>
</tr>
</tbody>
</table>

**Community Resource** | **Phone Number** | **Address** | **Services Offered/Notes** |
|--------------------------|-----------------|-------------|--------------------------|
| **Vision House**  
http://visionhouse.org/ | (425) 228-6356 | P.O. Box 2951 Renton, WA 98056 | Vision House is a Christian non-profit that provides transitional housing, critical support and life skills training and the time needed for a family experiencing homelessness to identify their strengths to become more resilient and housing ready. Our facilities are located in Renton and Shoreline, Washington. |
| --- | --- | --- | --- |
| **Watson Manor**  
http://kyfs.org/watson-manor | (253) 859-0300 x 3035 |  | Provides up to 18 months of transitional housing and support service to single, homeless, extremely low income teenage and young adult mothers and their children. |
| **Way Back Inn**  
http://www.way-back-inn.org/ | (206) 682-7382 | P.O. Box 621, Renton WA 98057 | 90 day transitional housing for homeless families with children age 14 or younger. |
| **YMCA Young Adults in Transition**  
https://www.seattlymca.org/transitionalhousing | (206) 749-7550 | YAIT Program Address: 2100 24th Avenue South, Suite 250, Seattle, WA 98144 | Housing services for young adults, age 18-24 for up to 2 years. Career & educational counseling. Must be referred through community based agency. |
| **Youth Care (shelters)**  
| **Youth Care (adolescent living)**  
http://www.youthcare.org/services-info.cfm | 800.495.7802 |  | Programs providing short & long term housing for youth, age 12-17. Some eligibility requirements. |
| **Youth Care (transitional living)**  
http://www.youthcare.org/our-programs/shelter-and-housing/transitional-housing | 800.495.7802 |  | Community houses & apartments offering homeless youth, age 18-24, supportive housing while learning to live independently. Some eligibility requirements. |
<table>
<thead>
<tr>
<th>Community Resource</th>
<th>Phone Number</th>
<th>Address</th>
<th>Services Offered/Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>YWCA - Angeline's Day Center for Homeless Women</td>
<td>(206) 436-8650</td>
<td>2025 Third Avenue Seattle, WA 98121</td>
<td>Offers safety and support to women experiencing homelessness. More than 200 women each day access Angeline's drop-in services, which includes meals, laundry, showers, lockers, and connections to community resources.</td>
</tr>
<tr>
<td>YWCA – Central Family Emergency Housing</td>
<td>206.819.9988</td>
<td>EAST CHERRY BRANCH 2820 E. Cherry Street Seattle, WA 98122 THE WILLOWS 3800 S Myrtle St Seattle, WA 98118</td>
<td>This program specializes in providing culturally appropriate services to homeless families of color, including emergency housing at two enhanced shelters, and other shelter and transitional units throughout the City of Seattle.</td>
</tr>
<tr>
<td>YWCA - Family Homelessness Prevention</td>
<td>(425) 264-1400</td>
<td>RENTON REGIONAL CENTER 1010 S. Second St. Renton, WA 98057</td>
<td>Provides supportive services to help families facing homelessness overcome multiple barriers, regain stability and maintain their current housing.</td>
</tr>
<tr>
<td>YWCA - Domestic Violence Shelter</td>
<td>206.461.4882</td>
<td></td>
<td>Confidential emergency shelter and advocacy for women and children facing domestic violence, with locations serving King and Snohomish Counties.</td>
</tr>
<tr>
<td>YWCA – Opportunity Place</td>
<td>(206) 436-8660</td>
<td></td>
<td>YWCA Opportunity Place provides comprehensive solutions to the issues of homelessness and poverty.</td>
</tr>
</tbody>
</table>

(Original source: http://webshare.northseattle.edu/elearning-vc/resource/basic_needs_resources/housingResources.pdf - Updated in September 2018)
ATTENTION PEOPLE WHO NEED SHELTER:  
SHARE/WHELL SHELTERS HAVE OPERNINGS!

SHARE and WHEEL are self-managed organizing efforts of homeless people. We sponsor 15 different indoor shelters which are run by the people who stay here. Sobriety is required, and so are participation and chores.

NORTH END
Lakeview (Women only) 10-bed women’s shelter, open 7:30 PM – 8 AM.
Screenings for Lakeview are 11 AM MONDAYS at Mary’s Place (1830 – 9th Avenue), 7 PM WEDNESDAYS at the Women’s Referral Center (2024 – 3rd) and 6 PM FRIDAY at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
Maple Leaf (Co-ed, separate areas) 20-person shelter, open 9 PM – 7:30 AM.
Screenings for Maple Leaf are 1 PM MONDAYS, and 6 PM WEDNESDAYS and FRIDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
Woodland Park UMC (Men only) 20-person shelter, open 7 PM – 7 AM.
Screenings for Woodland Park are 6 PM TUESDAYS, 1 PM THURSDAYS, and 6 PM SATURDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
St. John (Co-ed, separate areas) 20-person shelter, open 9 PM – 7 AM.
Screenings for St. John are 1 PM MONDAYS, and 6 PM WEDNESDAYS and FRIDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).

GREENLAKE
Bethany Lutheran Shelter (Men only)
This is a 20-person men’s shelter, open 8 PM – 7 AM
Screenings for Bethany Lutheran are 6 PM TUESDAYS, 1 PM THURSDAYS, and 6 PM SATURDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).

BALLARD
St. Luke Shelter (Co-ed, separate areas) 15-person shelter, open 7 PM – 7 AM.
Screenings for St. Luke are 6 PM TUESDAYS, 1 PM THURSDAYS, and 6 PM SATURDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
OFB (Ballard) (Men only) 20-person shelter, open 7 PM – 7 AM.
Screenings for OFB are 1 PM MONDAYS, 6 PM WEDNESDAYS and FRIDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
*Vets Hall Shelter (Co-ed, separate areas) 20-person shelter, open 7:15 PM – 7 AM.
Screenings for Vets Hall are 6 PM TUESDAYS, 1 PM THURSDAYS, and 6 PM SATURDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).

WALLINGFORD
Gift of Grace (Co-ed, separate areas) 20-person shelter, open 7 PM – 7 AM.
Screenings for GOG are 1 PM MONDAYS, and 6 PM WEDNESDAYS and FRIDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
U DISTRICT
*Christ Episcopal Church Shelter (Co-ed, separate areas) 30-person shelter, open 7:30 PM – 7 AM.
Screenings for CEC are 1 PM MONDAYS, and 6 PM WEDNESDAYS and FRIDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
University Friends (Co-ed, separate areas) 20-person shelter, open 6:30 PM – 7 AM (8 AM on weekends).
Screenings for University Friends are 1 PM MONDAYS, and 6 PM WEDNESDAYS and FRIDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
*University Lutheran Shelter (Women only) 15-bed shelter, open 6 PM – 9 AM (later entry Sundays/Mondays).
Screenings for ULu are 1 PM TUESDAYS at Mary’s Place (1830 – 9th Avenue), 10 AM THURSDAYS at the Elizabeth Gregory Day Center (1604 NE 50th), and 7 PM SUNDAYS at the Women’s Referral Center (2024 – 3rd).

INT’L DISTRICT
*Safe Haven (Co-ed, separate areas) 30-person shelter, open 7 PM – 7 AM.
Screenings for Safe Haven are 6 PM TUESDAYS, 1 PM THURSDAYS, and 6 PM SATURDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).

SOUTH END
*Bunkhouse Nights Shelter (Co-ed, separate wings for women) 25-bed night shelter, with small shared rooms, open 6 PM – 6 AM.
Screenings for Bunkhouse Nights are 6 PM THURSDAYS, 1 PM THURSDAYS, and 6 PM SATURDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).
Bunkhouse Days Shelter (Co-ed, separate wing for women) 25-bed shelter, with small shared rooms, open only during the day 6 AM – 6 PM.
Screenings for Bunkhouse Days are 1 PM MONDAYS and 9 AM WEDNESDAYS and FRIDAYS at the SHARE Office (b/w 2nd & 3rd off Stewart, alley entrance).

*=Late access opportunities for workers.  Enquire at Screening.
SCREENING SCHEDULE AT SHARE OFFICE**
(b/w 2nd & 3rd off Stewart, alley entrance):

MONDAY, 1 PM: All Saints, UFriends, CEC, GOG, Maple Leaf, St John, OFB
TUESDAY, 6 PM: Bethany Lutheran, Safe Haven, Vets, Woodland Park, BHN, St Lukes
WEDNESDAY, 6 PM: All Saints, UFriends, CEC, GOG, Maple Leaf, St John, OFB
THURSDAY, 1 PM: Bethany Lutheran, Safe Haven, Vets, Woodland Park, BHN, St Lukes
FRIDAY, 6 PM: All Saints, UFriends, CEC, GOG, Maple Leaf, St John, OFB
SATURDAY, 6 PM: Bethany Lutheran, Safe Haven, Vets, Woodland Park, BHN, St Lukes
SUNDAY==NO SCREENINGS

**See by-shelter listings for special times/locations for Lakeview, Ulu, BHD
CALL (206) 448-7889 for information about our shelters.
Emergency Shelters

Seattles King County

February 2016

Couple without Children

Domestic Violence

Reach Center of Hope

Family Housing Connection (FHC)

Winter Shelter

Day Shelter

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**Transitional Resources**

**Mental Health:** All of the agencies below practice client-oriented case management, i.e. client determines goals around their treatment/work with CM. All have interpreters available as needed, and perform Special Population consultations (for minority clients) annually. Each agency has different specializations.

<table>
<thead>
<tr>
<th>Agency/Program</th>
<th>Eligibility</th>
<th>Program Description</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Psychiatric Clinic (CPC)</td>
<td>Regence Blue Shield, Community Health Plan of Washington, Molina, Aetna, and First Choice Health Network</td>
<td>-Specializes in more main-stream low-income population but does work with chronic mental illness and CD issues. Also specializes in veterans, couple/family/group counseling and criminal justice system (esp Drug Court). -“Recovery-oriented” meaning goal is to help clients overcome symptoms and challenges of behavioral health concerns and lead a full, productive life. -CD services available. -Comprehensive case management.</td>
<td>(206) 545-2354</td>
</tr>
<tr>
<td>Location: Lake City and Northgate</td>
<td>18+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Consejo</td>
<td>Medicaid, Private Pay, non-medicaid</td>
<td>-Specializes in youth, Spanish-Speakers, Hispanic/Latino/Latina cultures, gang prevention-intervention, sexual assault, and HIV/AIDS infected clients. -Case management, CD services, some transportation, lunches, natural health services (acupuncture, Chinese and herbal medicine)</td>
<td>(206) 461-4880</td>
</tr>
<tr>
<td>Location: Columbia City</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Downtown Emergency Service Center/ Support, Advocacy, Growth, Employment (DESC/SAGE)</td>
<td>Medicaid, Private Pay ($140), limited non-medicaid funds if eligible</td>
<td>-Specializes in treatment of severe mental illness and co-occurring disorders. -Focus on maintaining benefits, finding/maintaining housing, mental health providers, employment -CD services available -Protective Payeeships available -Case loads of approx 40</td>
<td>(206) 464-6454 to request SAGE Intake</td>
</tr>
<tr>
<td>Location: Belltown, Pioneer Square, Outreach</td>
<td>18+</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Downtown Emergency Service Center/Homeless Outreach Stabilization and Transition (DESC/HOST) | Not currently enrolled in another KC tiered agency, not required to have benefits 18+ | -Specializes in treatment of severe mental illness and co-occurring disorders.  
-Outreach-based  
-Focus on connecting clients to benefits, housing, mental health providers  
-Will transfer to appropriate program once benefits are established/client is okay with interactions with services  
-CD services available  
-Protective Payeeships available  
-Case loads of approx 15-20 | (206) 464-6454 to request HOST Intake |
| Seattle Counseling Services | Medicaid, many private insurance plans, sliding fee scale based on your monthly income  
ALL AGES, IF UNDER 18, NO PARENTAL CONSENT REQUIRED | -Specialize in LGBT community.  
-Couples/Family counseling available  
-More therapy-oriented than other programs  
-Different support groups available  
-Project Neon: Special CD treatment specifically focused on gay and bisexual men who use crystal methamphetamine to reduce health risks associated with use | Call (206) 323-1768  
Or apply online at: http://www.seattlecounseling.org/ApplyNow.htm |
| Sound Mental Health (SMH) | Medicaid, Private Pay, non-medicaid funds | -Specialize in those who have DD, those adults and youth involved in Criminal Justice System, those who are deaf or hard of hearing, domestic violence issues  
-Large sphere of services  
-Focus on connecting clients to benefits, housing mental health providers  
-Protective Payeeships available (but limited)  
-Case loads ranging from 40-80 | Call Access Center Staff at (206) 302-2300 or email info@smh.org |

Permanent Housing: All housing is 18+ on this list. This list is comprised of the first housing applications I get my clients on, how to access them, and notes regarding those programs.

<table>
<thead>
<tr>
<th>Name of Housing/Program</th>
<th>How to Apply</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic Community Service/Catholic Archdiocese housing (CCS)</td>
<td>Visit <a href="https://ccsww.org/get-help/housing/">https://ccsww.org/get-help/housing/</a> to see what properties are accepting applications and requirements.</td>
<td></td>
</tr>
<tr>
<td>DESC</td>
<td>VAT assessment via shelter staff or through a case manager at DESC. Must be completed annually to maintain spot on list.</td>
<td>Only those who are considered the most vulnerable get housed. In general, this means they must have a VAT score above 24.</td>
</tr>
<tr>
<td>Low Income Housing Institute (LIHI)</td>
<td>Visit <a href="https://lihi.org/find-housing/">https://lihi.org/find-housing/</a> daily to see what units are accepting applications.</td>
<td>No waiting list for any of the properties on this list HOWEVER apply immediately when opening is announced as they are first come, first served.</td>
</tr>
<tr>
<td>Plymouth Housing Group</td>
<td>Visit Plymouth’s Housing Rental Office: 1524 1st Avenue, Seattle, WA 98101. Hours of operation: Mon.-Fri., 9-3, closed on Wednesdays.</td>
<td>Must check in monthly by phone or in person to maintain spot on list. (206-652-8325)</td>
</tr>
<tr>
<td>Seattle Housing Authority</td>
<td>Complete pre-application online: <a href="https://www.seattlehousing.org/housing/sha-housing-programs/application-instructions">https://www.seattlehousing.org/housing/sha-housing-programs/application-instructions</a> They will mail application to CM. Must check in by phone or online 1x/month to maintain spot in line. <strong>Check in online via:</strong> <a href="https://savemyspot.seattlehousing.org/">https://savemyspot.seattlehousing.org/</a></td>
<td>2-3 year waiting list</td>
</tr>
</tbody>
</table>

**Medical Clinic (that accept Medicaid):**

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>How to Apply</th>
</tr>
</thead>
<tbody>
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</tbody>
</table>

**Medical Clinic (that accept Medicaid):**

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Info</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>45th St Clinic (Neighborcare Health)</td>
<td>206-633-7650 1629 N 45th, Seattle WA 98103</td>
<td></td>
</tr>
<tr>
<td>Carolyn Downs Family Medical Center (Country Doctors)</td>
<td>(206) 299-1900 2101 E. Yesler Way, Seattle, WA 98122</td>
<td></td>
</tr>
<tr>
<td>Country Doctor Community Clinic</td>
<td>(206) 299-1600 500 19th Ave. E, Seattle WA 98112</td>
<td></td>
</tr>
<tr>
<td>Pioneer Square Clinic (Part of HMC)</td>
<td>(206) 299-1500 206 3rd Avenue South, Seattle, WA</td>
<td></td>
</tr>
<tr>
<td>Pike Market Clinic (Part of Neighborhood Care)</td>
<td>(206) 728-4143 1930 Post Alley, Seattle, WA</td>
<td>After 3 missed appointments, must do drop in only</td>
</tr>
</tbody>
</table>

* Neighborcare has other clinics in Greenwood, Ballard, High Point, Lake City, [https://neighborcare.org/clinics/medical](https://neighborcare.org/clinics/medical)

**Dental Clinic:**

<table>
<thead>
<tr>
<th>Name</th>
<th>How to get appt.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Tenants’ Rights
&
Evictions
Residential Landlord-Tenant Resources

The Attorney General's Office does not handle complaints about issues relating to the Residential Landlord-Tenant Act. Here is a list of resources that may assist you with residential landlord/tenant issues:

Help for Tenants:

- **Self Help Brochure**
  - Northwest Justice Project's "Your Rights as a Tenant in Washington"

- **Lawyer Referral**
  - If you need low cost legal assistance, contact the Washington State Bar Association, or your county bar association and ask about its lawyer referral program.

- **Statewide Legal Services for Tenants**
  - Northwest Justice Project™ (NJP) Coordinated Legal Education Advice and Referral Service (CLEAR) provides information, advice & referral for low-income people and seniors
    - Dial "211" in King County
    - 1-888-201-1014 outside of King County
    - 1-888-387-7111 for Seniors (age 60 and over)
    - Mondays-Fridays 9:15 AM-12:15 PM
  - Washington Law Help has self-help packets for tenants

- **Solid Ground** Tenant Counseling & Education
  - Tenant Services Line
    - 10:30 a.m. - 4:30 p.m. Monday and Thursday, 10:30 a.m. - 1:30 p.m. Wednesday
    - (206) 694-6767
Complaints and Inquiries about Housing Codes:
- Call your local city or county zoning or building departments

Low Income Housing:
- U.S. Department of Housing and Urban Development
  909 First Avenue, Suite 190
  Seattle, WA 98104
  (206) 220-5205
  Website

Senior Housing Issues:
- U.S. Department of Housing and Urban Development

Housing Discrimination:
- Washington State Human Rights Commission
  1511 Third Ave.
  Suite 921
  Seattle, WA 98101
  (206) 464-6500
  Toll-free: 1-800-233-3247
  Website
- Also, contact your city or county Human Rights or Civil Rights agency.

Resources for Rental Housing Landlords:

The Rental Housing Association of Washington provides advocacy and education services for roughly 5,000 rental housing owners—ranging from single family homes to multifamily communities. They also provide information for tenants. Based in Seattle, they can be reached toll-free at 1-800-335-2990.

Information about Small Claims Court:

To recover money for an amount up to $5,000.

A number of local agencies offer landlord-tenant information.

King County:
King County Bar Association Housing Justice Project
(206) 267-7090
Website

The Tenants Union
(206) 723-0500
www.tenantsunion.org

Seattle Office of Housing
(206) 684-2489

Catholic Community Services, Legal Action Center
Website
(206) 324-6890

Pierce County:
Tacoma-Pierce County Bar Association
Volunteer Legal Service Program
Tacoma-Pierce County Housing Justice Project
Website

Skagit County:
Skagit Community Action Agency
Volunteer Lawyer Program for eligible low-income residents
(888) 201-1014 (CLEAR) to determine eligibility
(360) 416-7585 for questions
Email: VLP@communityactionskagit.org

City of Tacoma:
Landlord-Tenant Services
747 Market Street
Room 108
Tacoma, WA 98402
(253) 591-5000
website

Whatcom County:
Whatcom County Opportunity Council
(360) 734-5121 From Bellingham
(360) 384-1470 County-Wide
www.oppco.org
There are a number of local organizations that offer dispute resolution services:

City of Bellevue:
Bellevue Neighborhood Mediation Program
(425) 452-4091
Website

Clark County:
Community Mediation Services
360) 334-5862
Website

Island County:
Dispute Resolution Center of Snohomish, Island and Skagit Counties
1-800-280-4770
Website

King County:
King County Dispute Resolution Center
(206) 443-9603
www.kcdrc.org

Lewis County:
Community Mediation Center of Lewis County
(360) 748-0492
http://cmclc.org/
Pierce County:
Dispute Resolution Center of Pierce County
(253) 572-3657
www.pccdr.org

Skagit County:
Dispute Resolution Center of Snohomish, Island and Skagit Counties
(360) 542-8487
Website

Snohomish County:
Dispute Resolution Center of Snohomish, Island and Skagit Counties
(425) 339-1335
Website

Spokane:
Northwest Mediation Center
(509) 456-0103
www.nwmediationcenter.com

Thurston County:
Dispute Resolution Center of Thurston County
(360) 956-1155
www.mediatethurston.org

(*Source: https://www.atg.wa.gov/print/9918)
Tenants Rights Counseling

The Tenant Education Program helps tenants get the knowledge and skills to keep themselves and their families safely housed. The TU provides empowerment-based tenant counseling, education and assistance to help tenants learn their rights and take action to resolve housing problems. Trained non-attorney Tenant Counselors offer free phone and walk-in tenant counseling services to assist people with questions about landlord-tenant laws and discuss strategies to prevent housing loss.

Tenants Rights Hotline: 206-723-0500
(Please note that these hours are for the hotline only, see below for walk-in clinic hours)
- Monday – Thursday from: 10am-12:30pm and 1:30-4pm
- Friday from: 10am-12:30pm

Interpretation is available in many languages.

We are closed:
- New Years Day
- MLK, Jr. Day
- Presidents Day
- International Worker’s Day / May Day
- Memorial Day
- Independence Day
- Labor Day
- Indigenous People’s Day
- Veterans Day
- Thanksgiving and day after
- Christmas Eve
- Christmas Day
- New Years Eve

Walk In Clinics

Columbia City Clinic
Monday and Tuesday 1:30 – 4:00pm
The Walk In clinic is NOT OPEN on Wed/Thurs/Fri. Please call the Hotline instead.
Interpretation available in many languages.

Tenants Union Office
5425 Rainier Avenue S Ste. B
Seattle, WA 98118
The TU office is located just south of Columbia City on the corner of Rainier Avenue S & S Lucile Street.


**Northeast Clinic**
Thursdays 4:00 – 6:00pm
North Helpline Food Bank
12736 33rd Ave NE, Seattle, WA 98125
Please bring any paperwork and/or notices you’ve received regarding your housing issue.

**If you are a member of the Tenants Union**
Current Tenants Union members may leave messages on our Members Hotline by dialing 206-722-6848 × 8. Calls for current members are usually returned within one week. To join the TU, see Tenants Union Membership or call 206-722-6848 × 3.

**Other ways to access help**
If you have a question about your rights as a tenant, you may also call the
CLEAR Line Legal Help: 888-201-1014
Solid Ground Tenant Services: 206-694-6767


**Community Resources**
Some of the following resources are specific to King County. For resources in your area, contact the Washington State 2-1-1 at 2-1-1 from a landline, 206-461-3200 or 800-621-4636 or 206-461-3610 for TTY/hearing impaired calls. 2-1-1 is a clearinghouse for all community resources, including rental assistance and low-income housing.

- **Solid Ground Tenant Services**: 206-694-6767, TTY 7-1-1 – Solid Ground’s housing counseling services provide tenants with the resources and tools they need to prevent eviction and ensure housing stability. Open Mondays, Wednesdays and Thursdays from 10:30 am – 4:30 pm.
- **City of Seattle Department of Planning & Development**: 206-615-0808 — Code Enforcement Inspectors respond to tenant complaints regarding housing conditions & permits.
- **King County Dispute Resolution Center**: 206-443-9603 — Trained mediators can assist tenants and landlord in resolving conflicts.
- **King County Tax Assessor Parcel Viewer**: 206-296-3850 — Find a mailing address for your landlord by looking up the property in the Tax Assessor database.
- **Washington Utilities and Transportation Commission**: 888-333-WUTC (9882) – Protecting and helping Washington residents who have complaints about their utility bill, phone service or movers. For disputes concerning privately held

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utility companies, not public utilities. They will get you answers and help resolve your complaint.

- **Attorney General Mobile Home Dispute Resolution: 866-924-6458** — Assistance for owners of mobile homes and manufactured housing to resolve disputes with landlords.

(*Source: https://tenantsunion.org/en/rights/community-resources)

**Dispute Resolution**

Mediation and dispute resolution are invaluable tools to assist renters in solving problems with landlords. Since there is no enforcement for landlord-tenant laws in Washington State, negotiation with landlords is one of the best ways to solve problems and assert your rights. Every county in Washington offers free dispute resolution and mediation services. For more information and a detailed list of organizations, go to Resolution Washington or the Washington Courts Dispute Resolution Centers listings.

(*Source: https://tenantsunion.org/en/rights/dispute-resolution)

**Code Enforcement**

Many cities have code enforcement offices that will send inspectors to take a look at any rental housing code violations. Availability and responsiveness vary from city to city and not all municipalities do inspections. Some inspectors will follow up directly with a landlord to ensure that housing codes are being met and permits up-to-date. Typically Code Enforcement will want you to first go through the initial repair process of notifying the landlord in writing of the need for a repair and to wait the appropriate timeframe.

Be aware that if your unit lacks water or electricity, it could be condemned by the city. Call Code Enforcement to describe your situation and ask them what actions they are likely to take so that you can balance the decision to file a complaint. Some municipalities will be able to impose fines on the landlord, or otherwise penalize code violations. If the city provides inspections be sure to ask for a copy of their report as this documentation can be very helpful.

The Seattle Department of Planning & Development (DPD) can be reached at 206-615-0808. Search for your city code enforcement office online or call City Hall and ask for the office that enforces building codes. They are otherwise known as the Planning, Community Development, or Building Code Enforcement departments.

(*Source: https://tenantsunion.org/en/rights/code-enforcement)

**Rental Assistance Resources**

1. **If You Cannot Pay Your Rent**
   Contact your landlord as soon as you realize you may not be able to pay your rent. Clear communication is essential. Let your landlord know that while you may not be able to pay on
time, you are looking for help. Ask if he or she will accept partial payments until the rent is paid in full — and write out a payment plan that you can afford.

2. Where to Turn
Start by calling Washington State 211 at 2-1-1 from a landline, 206-461-3200 or 800-621-4636 or 206-461-3610 for TTY/hearing impaired calls. You’ll be asked to explain your situation and give your address and zip code for referrals to agencies serving the area where you live. The staff at the Community Information Line will tell you about agencies that can help with rental and move-in costs. They can also refer you to other resources such as financial education classes.

3. Next Steps
Do not wait to call once Washington State 211 gives you referrals. You may need to call a number more than once – or call back at a specific date and time – to get an answer.
Be clear about what help you need when calling agencies for assistance. Explain what happened that put you at risk of losing your housing. For example: “I lost my job last month, but I’m starting a new job in a week. I need help with this month’s rent.” Most rental assistance programs will expect you to have income to pay rent. If you do not, the CIL will help you find resources to assist you. If you have children, ask for the number of the closest DSHS office.
Be prepared if you are given an appointment with an agency to apply for rental assistance. Bring paperwork documenting what you owe, income verification, your lease and your landlord’s contact information. Some programs will have you create a budget or set goals to help you stabilize your housing.
Try to stay calm and patient. The process can be frustrating. Be organized and politely persistent to find the help you need.

(* Source: https://tenantsunion.org/en/rights/rental-assistance-resources)

Legal Resources
Some of the following resources are specific to King County. For resources in your area, contact the Washington State 2-1-1 at 2-1-1 from a landline, 206-461-3200 or 800-621-4636 or 206-461-3610 for TTY/hearing impaired calls.

- **Washington LawHelp:** (online only) — Provides self-help legal information for renters, including detailed packets on repairs, deposits, small claims court and the eviction process.

- **CLEAR Line Legal Help:** 888-201-1014 — Northwest Justice Project’s free legal help and assistance for low-income Washington State residents. Open Mon–Fri, 9:15 am–12:15 pm.

- **Housing Justice Project:** 206-267-7090 — King County Bar Association’s walk-in legal information and assistance. Priority service for renters facing evictions. Open Mon–Fri, 8–10:30 am, in the King County Courthouse (516 3rd Ave, Room W-314) in Seattle and Kent Regional Justice Center (401 4th Avenue N Room 1281). Seattle location also open Mon, 4–6 pm.
• **Legal Action Center**: 206-324-6890 — A part of Catholic Community Services, Legal Action Center offers legal advice and assistance for low-income Seattle renters facing eviction, repair problems, deposit loss, subsidy termination, lockouts and other issues.

• **Neighborhood Legal Clinics**: 206-267-7070 — King County Bar Association’s legal clinics located across King County, NLC attorneys can provide a free half hour of legal advice to renters, regardless of income.

• **Northwest Justice Project**: 206-464-1519 — Legal help for tenants in public housing or with Section 8 vouchers facing subsidy termination or eviction.

• **Volunteer Legal Services**: 206-267-7010 — King County Bar Association’s lawyer referral service.

• **Moderate Means Program** — The Moderate Means Program is a partnership between the Washington State Bar Association and Washington’s 3 law schools. MMP connects people within 200–400% of the Federal Poverty Level to lawyers who offer legal help at reduced fees.

• **CLEAR** — **Senior Legal Help**: 888-387-7111 — Northwest Justice Project’s free legal help and assistance for persons over 60 years of age of all income levels. Seniors can call the CLEAR Senior Line starting at 9:15 am and leave a message. The line will close for the day once the voicemail message system is full.

• **Lawyer Referral Service**: 206-267-7010 — King County Bar Association attorneys for hire at regular rates.

• **Legal Voice**: — Empowers women with knowledge about their legal rights and tools to help them navigate the legal system.

(* Source: [https://tenantsunion.org/en/rights/legal-resources1](https://tenantsunion.org/en/rights/legal-resources1))

**Fair Housing Resources**

• **Washington State Human Rights Commission**: 800-233-3247 — Enforces the law against discrimination and investigates complaints regarding civil rights violations.

• **King County Office of Civil Rights**: 206-296-7592 — Fair Housing enforcement and information for tenants in unincorporated King County.

• **Seattle Office for Civil Rights**: 206-684-4500 — Enforces civil rights protections and investigates discrimination complaints for Seattle residents.

• **Fair Housing Center of Washington**: 888-766-8800 — Provides support and education for renters filing discrimination complaints or requesting reasonable accommodations from their landlords.

• **Fair Housing Agencies in Washington State**

• **Live-In Caregivers for Tenants Who are Persons with Disabilities**

• **Assistance and Service Animals for Tenants Who are Persons with Disabilities**

• **Reasonable Accommodations & Modifications: Guidance for Residents with Disabilities**

(* Source: [https://tenantsunion.org/en/rights/fair-housing-resources](https://tenantsunion.org/en/rights/fair-housing-resources))

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Make a Property or Building Complaint

What Is It?
We rely on complaints from the public to identify potential violations of our housing, land use, construction, noise, and other codes. We investigate your complaint and determine whether a property owner violated our codes.

Life-threatening emergencies and after-hours noise complaints should be reported to 911. If you've received notice of a violation on your own property, see “What Should I Do If I’m Cited?” online.

What It Isn’t
Your complaint does not always lead to an enforcement action. When we investigate, sometimes the owner has already fixed the problem or we discover that the owner has done nothing wrong or that the activity is not a violation under our laws. Sometimes we may not be able to see the violation.

What Information We Need

The property address of the potential violation.
- If our inspectors cannot find a potential violation, we cannot investigate or act to correct it.
- If you’re unsure of the address, give us the address of the property next door or a description of the location (such as SE corner of 5th Avenue and Columbia Street).
- If the violation is inside a house, apartment or building, our inspector will need to be able to get inside to see it. Usually this means we need permission from the unit’s occupant or the building’s manager.

Your name and number. We use your contact information in case we have follow-up questions and to tell you about the outcome of your complaint. If you choose, you can submit a complaint anonymously or request your identity remain confidential.

Description of the possible violation.
- Where is it on the property?
- What is it?
- How long has it been happening?

Ways to File Your Complaint

You can file a complaint in one of four ways:

1. Call our Violation Complaint Line at (206) 615-0808:
   - For time-sensitive complaints
   - If you don't have a valid email address
   - Are unable to fully describe the potential violation using the online form

2. Use our online Code Violation Complaint Form for complaints that are not time-sensitive

3. Visit us in person at 700 Fifth Ave, 19th floor
   M, Tu, Thu, F: 8:00 a.m. - 4:30 p.m.
   W: 10:00 a.m. - 4:30 p.m.

(* Source: http://www.seattle.gov/dpd/codesrules/makeacomplaint/)
Following Up on Your Complaint
To track our investigation and findings of your complaint, you need either the address of the property or case number. We assign a case number after we have processed your complaint.

- Check complaint status online
- Call the complaint line at (206) 615-0808
- Call or email the Seattle DCI inspector assigned to the case

(* Source: http://www.seattle.gov/dpd/codesrules/makeacomplaint/)
How to Stop a Landlord from Denying your Housing Application Because of an Eviction

Intro

Many landlords automatically deny rental applications from anyone with any “eviction record.” This typically means an unlawful detainer (eviction) appears on your tenant-screening report.

These reports usually include all filed cases dating back at least seven years, no matter if or how you resolved them. An eviction record can lead to a landlord denying your application even if the judge or landlord dismissed the case before trial, you won, or the case is very old.

State law at RCW 59.18.367 may allow you to get an order from the eviction court stopping tenant screening companies from using your eviction record when you apply for housing.

How can I keep my eviction record from working against me?

You might try to get the court to redact (black out your name) or change the court record, so your name does not appear. The law permits this only in a few cases, such as for domestic violence victims who were not at fault for their eviction.

For everyone else, the court may now grant an Order of Limited Dissemination. If you get this order, tenant screening companies cannot tell your landlord about the eviction or use it in calculating a score or making a recommendation. You must:

- Ask the court for an order stopping companies from using the eviction record.
- Send a copy of the order to any company doing a tenant screening for your landlord to make sure they do not report your eviction. This packet has a sample cover letter.

This order does not keep a potential landlord from asking if you have ever been evicted or looking up the records on their own. It does keep the tenant screening report from telling the landlord about the eviction.

Can I get an Order of Limited Dissemination?

Possibly, if you were a defendant in an eviction case AND you have “good cause” for the court to limit dissemination of the record. There are three kinds of good cause:

- The court found that the landlord’s case was “sufficiently without basis in fact or law.” Generally, you won the case by showing the landlord was wrong.
- You “reinstated” the tenancy: the landlord filed an eviction, but you then fixed the problem with the landlord (such as by paying off a rent balance) and stayed in the unit.
You might be able to persuade the court that you have “other good cause.” Some examples: you had a good defense to the eviction case and settled the matter out of court. The landlord agrees you have good cause to limit dissemination. You have strong evidence of changed circumstances since the eviction (like a new job, a housing voucher, or treatment for mental health issues or a substance abuse problem that caused the eviction).

I am currently in an eviction. Can I get an Order of Limited Dissemination?

Maybe. You can

- Ask the court to order limiting dissemination of the court record.
- Ask the landlord or attorney to “stipulate” (agree) to the entry of this order. The landlord may agree to this if you agree to something in return, such as paying rent you owe or promising to move out.

If your case is already over, you can also use the process below.

My eviction case is already over. How do I get an Order of Limited Dissemination?

You must file a motion and have a hearing before a judge or commissioner. You must give your landlord a copy of the paperwork. The landlord can come to the hearing and object to the order.

Filling out the Forms

1. Instructions for the Motion for Order of Limited Dissemination

Fill out the caption with your name (Respondent), landlord’s name (Petitioner), court’s name, and court case number from the eviction.

I. Relief Requested. In the first blank, put your full legal name. In the second blank, put the case number.

II. Statement of Facts/Statement of Grounds. In the first short blank, put the case number. Then put the facts that support your motion.

- Example 1: My landlord filed the eviction action on August 1, 2015. The court dismissed the case on August 3, 2015 after the landlord and I came to agreement about different issues. I still live in the unit.
- **Example 2**: The landlord filed the eviction action on August 1, 2015. I filed an Answer and Counterclaims on August 5, 2015. After a trial on August 30, 2015, this court ruled in my favor.

- **Example 3**: The landlord and I entered into a one-year lease agreement on February 1, 2015. The landlord filed the eviction action on August 1, 2015. At trial on August 30, 2015, this court found I owed $300 in late rent plus fees. On August 31, 2015, I paid the entire amount owed, plus the landlord’s attorney fees, into the court registry.

**III. Statement of Issues.** In this section, you connect the facts of your case to the relevant section of the new law. You must state the issue as a question.

- **Example 1**: Does the dismissal of this unlawful detainer on August 3, 2015, constitute a finding that plaintiff’s case was sufficiently without basis in fact or law?

- **Example 2**: Does the court’s ruling in the defendant’s favor in the eviction action constitute a finding that defendant’s case was sufficiently without basis in law or fact?

- **Example 3**: Did defendant’s payment of the judgment and costs constitute reinstatement of the tenancy?

**IV. Evidence Relied Upon.** List any declarations or other evidence you are filing with your motion.

**Legal Authority.** This section is very important. Check all boxes that apply.

**Person making this motion fills out below.** Sign and date the motion on the last page. Print or type your address.

1. Instructions for the Notice of Hearing (ask the clerk if your county has their own form for this. If so, use theirs.)

Fill out the caption as you did for the motion.

- Getting a hearing date and time: Call the court clerk for the Superior Court in your county. Tell them what type of motion you are filing. Ask for a hearing date. Every county has its own rules about how many days before a hearing to file a motion. Ask the clerk when you must file the motion. In most counties, it is at least seven days before the hearing. Put the info they give you in the appropriate spaces.

Sign your name and put the date you signed.
3. **Instructions for the Declaration of Defendant**

Fill out the caption.

On the first line, put your name.

Fill out the declaration statement after “I declare” with the facts you put in your motion under Statement of Facts. Put the date and place you are signing this form. Then sign.

4. **Instructions for the (proposed) Order**

Fill out the caption.

In the first blank, put your hearing date.

a) Put your name.

b) Put your name.

At the end of the Order, sign on the bottom left signature line. Below that, print your name, address and phone number.

- **LEAVE THE REST OF THE ORDER BLANK.** This is your proposed Order only. The judge will fill out and sign this if s/he decides in your favor.

### I filled out the forms. Now what?

Now you must

1. make copies
2. make sets of those copies
3. have a set served on the landlord (or landlord’s attorney. See note below)
4. file your original papers with the court

**Copy your papers:** Make three copies of every paper, including the proposed order and financial documents.

**Make sets of the copies:** Make **three full sets of copies** of your papers:

- One for you
- One for the landlord or landlord’s attorney
- One for the judge for “working papers”
Working papers (also called working copies) are a courtesy set for the judge. Sometimes the originals do not make it into the court file in time for the judge to read them. What are Working Copies has more info.

Here is the full list of court papers:
- Motion for Order of Limited Dissemination
- Declaration of Defendant
- Any other attachment you are including (any attachments you mentioned in your Declaration)
- Order (your proposed Order)

Serve the papers: You (or someone else age 18 or over) must deliver a set of copies to the landlord, either in-person or by mail.

If the landlord had an attorney in the eviction case, and it is not yet 30 days since entry of the ruling in that case OR 63 days since the filing of the last pleading in that case, you must have the landlord’s attorney served. Follow the instructions below, but for the landlord’s attorney.

If you hand-deliver the papers to the landlord’s office, ask someone who works there to sign the Affidavit of Service. This is your proof they got their copies. After serving the landlord, you fill out the Affidavit of Service with both of these:
- The date you served the landlord.
- How you served him/her.

If you mailed the papers, you must put both of these:
- The name of the person who mailed it.
- The date they mailed the motion to the landlord.

Save all receipts for proof that you served the landlord.

After you fill out the form, have the server sign and date it.

Have the papers served before you go to the clerk’s office to file.
Filing your motion: Go to the Clerk’s office in the courthouse where the landlord filed your eviction action. Explain that you are filing a motion and scheduling (setting) a hearing. Give the Clerk the set of originals for filing. Ask the Clerk

- To stamp your set of copies with the “Filed” stamp.
- How to leave the judge a working copy.

Keep your copy of your papers for your own records.

I served and filed the motion. Now what?

Check your mail. The landlord might (does not have to) file and give you a copy of his/her response to your motion. If s/he does, read the response to know ahead of time what the landlord’s arguments are, if any.

How do I represent myself at the hearing?

Before the hearing date: Practice presenting your case. You will not have much time to talk. Your presentation should be organized and short. Write a list of important points to remember. You can bring this list with you to your hearing.

Day of the hearing: Try to arrive at least 30 minutes before your hearing time. When you get to the courtroom, have a seat. Wait until the judge calls your case or name. Let them know you are there.

Do I let the landlord know about the hearing?

Yes. You must deliver a copy of the motion and notice of the hearing to the landlord.

- If the landlord had an attorney in the eviction case, and it is not yet 30 days since entry of the ruling in that case OR 63 days since the filing of the last pleading in that case, follow these instructions, but for the landlord’s attorney.

You should mail it. The Notice of Hearing has a part where you state when you mailed the papers. After you have had the motion mailed or served on the landlord, file it with the court. Keep copies for yourself.

- If you do not serve the landlord the paperwork, the court may not give you the order.
I won the hearing! Now what?

Tenant screening companies should not disclose your eviction. They may still do so. Take extra steps to protect yourself. Send a copy of this order to all the tenant screening companies that commonly screen eviction records for landlords. Here are some:
I lost the hearing! Now what?

If a commissioner decided your case, you can ask a judge to revise (review) the decision. You must file a motion within ten days of the commissioner entering the order.

If a judge decided your case, you have 30 days to appeal the order. Talk to a lawyer before taking the next step.

What if I need legal help?

- Apply online with CLEAR*Online -  http://nwjustice.org/get-legal-help
- Call CLEAR at 1-888-201-1014

CLEAR is Washington’s toll-free, centralized intake, advice and referral service for low-income people seeking free legal assistance with civil legal problems.

- **Outside King County:** Call 1-888-201-1014 weekdays, 9:15 a.m. - 12:15 p.m.
- **King County:** Call 211 for info and referral to an appropriate legal services provider Monday – Friday, 8:00 am – 6:00 pm. You may also call (206) 461-3200, or toll-free 1-877-211-WASH (9274). You can also get info on legal service providers in King County through 211’s website, https://www.resourcehouse.info/win211/Index.
• **Persons 60 and Over:** Persons 60 or over may call CLEAR*Sr at 1-888-387-7111, regardless of income.

Deaf, hard of hearing or speech impaired callers can call CLEAR or 211 using the relay service of your choice.

211 and CLEAR will conference in free interpreters when needed.

Free legal education publications, videos, and self-help packets covering many legal issues are available at [www.washingtonlawhelp.org](http://www.washingtonlawhelp.org).

**If you think you need a lawyer and your local legal services office cannot help, look for a lawyer who will charge a reduced fee for your first meeting.**
Wise Caregiving/Self Care
Wise Caregiving - Boundaries & Capacity

Capacity

Knowing our capacity is essential to creating boundaries and offering effective, sustainable care. Capacity changes day to day, yet can be expanded through mindfulness practices.

<table>
<thead>
<tr>
<th>Depleted</th>
<th>Needy</th>
<th>Balanced</th>
<th>Energized</th>
<th>Surplus</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

Simple practices for increasing capacity

**Breathing**
The breath is always with us and anchors our awareness of the present moment. Stop frequently throughout the day and enjoy breathing in and out. Let a frequent activity such as putting on your coat or brushing your teeth become an invitation to stop and notice your breath.

**Walking**
Each step can bring nourishment and joy. When walking from place to place, let go of thinking and notice each foot as it touches the ground. The thoughts you need will return when you reach your destination.

**Eating**
When eating, just eat. Chew slowly. Put down your fork between bites. Turn off the TV and close the newspaper so you can enjoy this precious food. Notice when you begin to feel full, smile and give thanks.

**Entering**
Before each patient interaction, pause with your hand on the doorknob to remember why you choose to be here. Notice what you are feeling, smile and let go.

**Hand Washing**
Enjoy the warm water flowing over your hands, reminding yourself that the nature of life is fluid and changing. Wash away the residue of the past in order to be available in the present moment.

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Wise Caregiving - Boundaries & Capacity

Connection Types

The circle represent an object of our attention (usually a patient, but could be anything, including our own minds.) There are four ways we engage:

Skillful Connection

We are fully engaged with the object of our attention, while maintaining awareness of what is happening in our mind, bodies and emotions. Compassion extends to both self and other.

Boundary Setting

In the course of listening, we sometimes choose not to connect. We recognize that our involvement may be inappropriate or harmful and we decide to refer the situation to others. Our heart remains open even though our boundaries are clear.

Swept Away

We have jumped in with both feet and risk losing ourselves in the drama. Self-awareness and self-care are neglected. This behavior is a frequent tendency of those in the caring professions and leads to burnout and compassion fatigue.

Burnout

Our hearts are closed and we turn away in a misguided attempt to protect ourselves. We swing between being swept away and burning out. While this stance may appear to offer sanctuary from distress, it also cuts off joy.
Stress = The Body’s Alarm System

<table>
<thead>
<tr>
<th>Normal Stress Response</th>
<th>Extreme Stress Reaction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Pounding</td>
<td>Heart Feels Like Bursting</td>
</tr>
<tr>
<td>Rapid Breathing</td>
<td>Gasping, Feeling Smothered</td>
</tr>
<tr>
<td>Muscles Tense Up</td>
<td>Muscles Feel Like Exploding</td>
</tr>
<tr>
<td>Fight or Flight</td>
<td>Just Try and Get Through It</td>
</tr>
<tr>
<td>Feel Excited or Worried</td>
<td>Feel Terrified or Panicked</td>
</tr>
<tr>
<td>Feel Frustrated/Determined</td>
<td>Feel Enraged or Aggressive</td>
</tr>
<tr>
<td>Seeing/Thinking Clearly</td>
<td>Confused, Mentally Shut Down</td>
</tr>
<tr>
<td>Acting Rapidly</td>
<td>Automatic Reflexes or Freezing</td>
</tr>
<tr>
<td>Facing Problems</td>
<td>Desperately Avoiding Problems</td>
</tr>
<tr>
<td>Taking on Challenges</td>
<td>Taking Foolish Risks</td>
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<tr>
<td>Clear Memories</td>
<td>Memory Like a Broken Puzzle</td>
</tr>
<tr>
<td>Creating Solutions</td>
<td>Making a Mess of your Life</td>
</tr>
<tr>
<td>Feel Angry or Scared</td>
<td>Feel Hopeless or Doomed</td>
</tr>
<tr>
<td>Feel in Control</td>
<td>Feel Helpless or Out of Control</td>
</tr>
<tr>
<td>Feel Good About Yourself</td>
<td>Feel Worthless, like a Failure</td>
</tr>
</tbody>
</table>

(*Source: [http://www ptsdfreedom org/samplehandoutsforweb pdf](http://www ptsdfreedom org/samplehandoutsforweb pdf]*)
Different Types of Stress That Impact the Mind and Body

(*Source: [http://www.ptsdfreedom.org/SampleHandoutsfor.pdf](http://www.ptsdfreedom.org/SampleHandoutsfor.pdf))

**The Human Mind and Body** absorbs stress in many ways

### Environmental
- Noise
- Pollution
- Toxic Smells
- Allergies
- Crowds
- Severe Weather
- Seasons

### Psychological or Emotional
- Relationships
- Betrayal
- Loss
- Beliefs
- Trauma
- Spiritual Loss

### Physical Health
- Immune System
- Sickness
- Disease
- Broken Bone
- Pain Surgery
- Weight

### Social Influences
- Family
- Money
- Church
- Community
- Culture

### Biological or Chemical
- Nutrition
- Hydration
- Sleep
- Elimination
- Medication
- Substances/
- Caffeine/Tobacco

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Possible Maladaptive Coping Strategies

Raging
Drinking Drugging
Eating (Over or Under)
Gambling
High Risk Sexual Behavior
Toxic Relationships
Violence (Domestic or otherwise)
Excessive Caregiving
Shopping
Sleeping
Pornography
Excessive Exercising
Procrastination or avoidance
Risky High Speed Activities
Isolation via Computer, Television or Reading
Excessive Hours spent at Work

(*Source: http://www.ptsdfreedom.org/SampleHandoutsforWeb.pdf)
## EXTREME STRESS SYMPTOMS

<table>
<thead>
<tr>
<th>Mental Shutdown (Dissociation)</th>
</tr>
</thead>
<tbody>
<tr>
<td>My mind feels spacey, like I’m in a daze.</td>
</tr>
<tr>
<td>I feel detached from the world around me, like people and things are not real, or like it’s all a dream.</td>
</tr>
<tr>
<td>I feel as if I don’t know who I am and I’m watching myself from outside, or like there are separate parts of me that take control of my life.</td>
</tr>
</tbody>
</table>

### Trying to Feel Safe/In control by Extreme Eating

| I won’t let myself eat or I make myself throw up because I am afraid of losing control of my eating and gaining weight. |
| I find myself eating large amounts of food to help me feel better. |

### Problems with Sexuality

| I feel preoccupied with sex- I think too much about sex.. |
| I find myself avoiding sex, not wanting to think about it or not wanting anyone to touch me at all. |
| I am more sexually active than I really want to be. |

### Extreme Risk-Taking or Self Harm

| I find myself in dangerous situations, such as driving recklessly or being in places or with people where I could get hurt badly or even killed. |
| I get relief from feeling stressed by cutting, punching, or hurting my body in some other way. |

### Hopelessness and Self-Blame

| I think about dying as a way of ending the misery I feel. |
| I feel that religion and the spiritual aspects of life are worthless, or that they are bad and hurt people. |
| I feel I’m a bad person- I’m guilty whenever bad things happen even if they really aren’t my fault. |

### Too Much or Too Little Involvement in Relationships

| I focus my attention on others in my life, avoiding my own needs and desires. |
| I feel I’m really different from everyone around me-no one can understand what I’ve been through. |
| I feel no one can be trusted, that everyone lets you down or uses you and hurts you sooner or later. |

### Breakdown of the Body

| Physical pain, illnesses, or other physical health problems that doctors can’t explain or help me with. |

**The five Directions**

![Diagram of five directions]

**Trauma Stewardship**
A daily practice through which individuals, organizations, and societies tend to the hardship, pain, or trauma experienced by humans, other living beings, or our planet itself. By developing the deep sense of awareness needed to care for ourselves while caring for others and the world around us, we can greatly enhance our potential to work for change, ethically and with integrity, for generations to come.


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Self-care is a Lifestyle

When we think about self-care means, we often equate self-care with self-indulgence. Some think that self-care means engaging in rare and often costly activities, such as, going to the spa for the day, taking a vacation, or treating ourselves to a coveted clothing item. While it is completely fine for your self-care routine to include activities such as these, a good self-care practice is not limited to doing one-time or occasional nice things for yourself that involve you spending money. When practiced properly, self-care becomes a lifestyle orientation in which you prioritize and protect your mental wellness in all aspects of your life. Self-care should inform the way you treat yourself, the way you interact with others, and the way you respond to the chaotic world around you on a daily basis. Self-care means “taking care of you” but of course doing so in a mentally healthy way that does not violate the rights of others.

Reducing Personal Stress

How we perceive and respond to an event is a significant factor in how we adjust and cope with it. The stress you feel is a reality but, and it is also your perception of the situation. It is important to remember that you are not alone in your experiences. It is not selfish to focus on your own needs and desires when you are in a caregiving profession – it’s an important part of the job. Suggestions of self-care practices:

- Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly, even if only for 10 minutes at a time.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities, such as reading a good book, taking a warm bath.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor, friend.
- Identify and acknowledge your feelings, you have a right to ALL of them.
- Learn to feel good about saying no. “No” is a complete sentence.
- Create boundaries. Clear expectations and limits are our responsibility to uphold – not our clients.

I don't want to adult today. I don't even want to human today. Today, I want to dog. I'll be lying on the floor in the sun. Please pet me and bring snacks.

(*Source: https://diply.com/article/quotes-for-lazy-days?publisher=diply-hello&config=20)