



Regional School District Contact Support Sheet
Deschutes County Behavioral Health

My Concern is High

A student wants to hurt themselves, someone else or has a weapon.

- Call 911 if you feel the individual is in immediate danger or is refusing to accept supportive intervention
- Call the Tri-County Flight Team 503-585-3484
- Call the **Deschutes County Mobile Crisis Team 541-322-7500x9**
- Attempt to provide a safe place for the student to be observed and supported until help arrives
- Call a member of the Child & Family Leadership Team if you need additional support or are unsure of what to do next:
 - **MaryAnne McDonnell, clinical supervisor 541-322-7562**
 - **Elizabeth Fitzgerald, clinical supervisor 541-322-7580**
 - **Janice Garceau, program manager 541-322-7664**


My Concern is Moderate

A student is crying, angry, tired, not doing well in class or having trouble with friends.

- Attempt to check-in with the student and ask them if they want or need help
- Ask the student if they would like a referral to a therapist
- **See a list of providers on the back of this sheet for referral recommendations**
- Call Child Welfare and make a report if the student has disclosed any form of parental abuse or neglect:
 - **Deschutes County Child Abuse Hotline: (541) 548-9499**

My Concern is Ongoing

A student is not accepting help but they continue to struggle.

- Call Maryanne or Elizabeth to discuss your concerns and potentially create alternative solutions for the student
- If you have made attempts to get a child help and have ongoing concerns, such as physical, emotional or medical neglect call DHS
- Offer the student these alternative community resources:
 - **Youth Advisory Council with our school-based health educator Jessica Hiddleston (541) 322-7478**
 - **211 –warm-line with a variety of links to basic needs and services**
 - Tell them about this app for their iPhone  called Moodnotes
 - Connect them to a group, club, sport or mentor at school

**Crisis Resources:**

- 911
- Deschutes County Mobile Crisis Team 541-322-7500x9
- Tri County Flight Team, CMI-Cheri Louvre, Karen Maloney 503-585-3484
- Children and teens seen at the Emergency Room at St. Charles can also be served by Youth Villages Intercept program 24 hours a day 7 days a week for acute mental health needs

Out-Patient Therapy Resources for Oregon Health Plan: *Please note this is a partial list*

- Juniper Mountain Counseling & Wellness, Bend 541- 617-0377
- ST. Charles Outpatient Behavioral Health Services, Bend 541- 706-7730
- Juniper Ridge Clinic, Bend 541- 385-5515
- Deschutes County Behavioral Health Services, Bend 541-322-7500
- KIDS Center, Bend 541- 383-5958
- New Priorities, Redmond 541- 923-2654
- Deschutes County Behavioral Health, Redmond 541-322-7414
- Deschutes County Behavioral Health, LaPine 541-322-7146
- *Please note that any student can receive a screening and referral at Oregon school-based health centers*
- Bend High School-Based Health Center, Bend-Marie Jackson
- Ensworth Elementary School-Based Health Center, Bend-Marie Jackson 541-678-2263
- Redmond High School-Based Health Center, Redmond-Melissa Heil 541- 419-8024
- Lynch Elementary School-Based Health Center, Redmond-Jaymie Kaczmarek 541- 410-9991
- Sisters School-based Health Center, Sisters-Jennifer Noble 541-516-3841
- LaPine School-Based Health Center, LaPine-Seeley Gutierrez 541-419-7432
- Gilchrist School-Based Health Center, Gilchrist- Seeley Gutierrez 541- 419-7432

Out-Patient Therapists for Private Insurances:

- Visit www.psychologytoday.com and choose Find a Therapist for complete list of local providers with photos and description of specializations
- Visit www.GoodTherapy.org and enter your zip code for a complete list of therapists with photos and descriptions of specializations
- Or call your insurance provider for a list of recommended providers in your network

Specialty Services: *Please note this is a partial list*

- Deschutes County Intellectual & Developmental Disabilities 541-322-7554
- Cascade Youth & Family Center, The LOFT 541- 382-0934 for homeless youth
- Heart of Oregon Corps 541- 633-7834 for youth at risk of drop-out
- J Bar J Learning Center 541- 389-2748 alternative learning program