

Last update: April 21, 2020 (12:20 PM)

Here are some resources we want Roosevelt High School families to know about, starting with an alphabetical index to help you find what you are looking for. We will add to this list as opportunities develop, and email families *just the new information* each week. Note: the district has a variety of child care, meals, technology and mental health resources they want you to know about. You can access those at <https://www.pps.net/coronavirus>. We will try to not duplicate the information found on the PPS website in our information below.

**Alphabetical index of resources we have heard about, with direct links to the external websites.** ([Click here for the full listing](#) of all resources we have compiled, including the index and full descriptions.)

[Aging and Disability](#)

[APANO](#)

Child Care - [Oregon Early Learning](#)

Child Care - [DHS Employment Related Day Care assistance](#)

[Community Care resources](#)

Crisis line (Multnomah Co.): (503) 988-4888

Day Care - [DHS Employment Related Day Care assistance](#)

Delivery resource for seniors: (503) 360-0058

Domestic Violence Hotline (SEI): (503) 972-3698

Domestic violence help (Native Americans): [StrongHearts Native Helpline](#)

Energy Assistance Appointment Line: (503) 713-5590

Entertainment: [Museums you can visit virtually](#)

Food resources: [free meals at restaurants](#)

Food resources: Oregon Food Bank partnerships at the following PPS locations

- Franklin HS, 5405 SE Woodward, (Friday, 11:30 - 1:30)
- Lent K-8, 5105 SE 97th Ave (Monday, 11:30 - 1:30)
- Rosa Parks Elementary, 8960 N Woolsey Ave (Thursday, 12:00 - 2:00)
- Scott Elementary, 6700 NE Prescott St (Tuesday, 11:00 - 1:00)
- Woodmere Elementary, 7900 SE Duke St (Wednesday, 11:00 - 1:00)
- Sitton Elementary, 9930 N Smith St (Monday, 11:00 - 1:00)
- Dr. King Elementary, 4906 NE 6th Ave (Thursday, 11:00 - 1:00)

Food resources: [Oregon Food Bank](#)

Food resources: [Rose Quarter list](#)

Food resources: [SEI's list](#)

Food resources: [Sunshine Division food box delivery](#)

Gun Safety Resources: <https://besmartforkids.org/>

Gun Safety Resources: <https://projectchildsafes.org/parents-and-gun-owners>

Homeless Resource: [Outside In](#)

Immigrant Families Resource: [Lutheran Community Services](#)

Internet Resource: [Charter](#) or call 1-844-488-8395

Internet Resource: [Comcast](#)

Internet Resource: [Keep Americans Connected Pledge](#)

[Latino Network resources page](#)

LGBTQIA+ Resource: [National Center for Transgender Equality COVID-19 Guide](#)

LGBTQIA+ Resource: [PDX Trans Housing Coalition](#)  
LGBTQIA+ Resource: [Transgender Legal Defense Fund](#) - trans people and navigating COVID-19  
LGBTQIA+ Resource: [The Trevor Project](#)  
Library Resource:  
Library Resource: [Guide to using Google Books](#)  
Library Resource: [Library of Congress Films and Videos](#)  
Library Resource: [Reading at home to your student](#)  
Library Resource: [Roosevelt Library webpage](#)  
Library Resource: [Test prep, such as for AP tests](#)  
[Multnomah County community resources page](#)  
[Multnomah County COVID-19 health page](#)  
Multnomah County Crisis Line: (503) 988-4888  
[Multnomah County Culturally-Specific Behavioral Health Resources](#)  
[Museums you can visit virtually](#)  
[NAYA community resources page](#)  
[PPS coronavirus resource page](#)  
[Self Enhancement Resources from SEI](#)  
Special Education Resource: [INCIGHT](#)  
Special Education Resource: [Multnomah County resources for SpEd](#)  
[StrongHearts Native Helpline](#)  
Suicide Prevention Resource: [from Harvard University](#)  
Suicide Prevention Resource: [from Oregon Health Authority](#)  
Transportation Resource: [HOP cards](#)  
Transportation Resource: [Free Spin](#)  
Unemployment Resource: [Restaurant Workers Community Foundation COVID-19 Relief Fund](#)  
Unemployment Resource: call 503-280-2600 to apply for unemployment benefits

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## Descriptions of the resources mentioned above:

**PPS COVID-19 Page:** A list of urgent resources for families can be found on the PPS website [here](#), including in translation in the five supported languages.

**Aging and Disability Resource:** [Aging and Disability Resource Connection \(ADRC\)](#) | 1-855-ORE-ADRC Call for resources.

**Asian Pacific American Network of Oregon** [resource list](#)

### Child Care Resources

- [www.oregonearlylearning.com](http://www.oregonearlylearning.com)
- DHS Employment Related Day Care Assistance has expanded! Kate Brown approved the DHS Employment Related Daycare program to cover costs of approved daycare providers with a \$0.00 copay! The income eligibility limit has increased to \$4,012 per month for a single parent with 1 kid, and goes up with more people in the household. DHS approved child care providers can be found through 211. Need childcare? [Apply here through ERDC.](#)

**Community Care Resources:** <https://www.coalitioncommunitiescolor.org/ccm-members>

**Crisis Line (Multnomah County Crisis Line):** (503) 988-4888: 24/7/365 mental health support.

Confidential and staffed by trained mental health providers.

**Culturally Specific Resources:** [Multnomah County Culturally-Specific Behavioral Health Resources](#) For Native American, African American, Russian, Latinx, Asian and Pacific Islander, and more.

**Delivery Resource:** Roosevelt students have created a free grocery delivery service for seniors and our neighbors who have an underlying medical condition that puts them at risk during the pandemic.

- People over the age of 60 and those with underlying medical conditions can call (503) 360-0058 to place an order. The phone line is open from 8 a.m. to 6 p.m., seven days a week.
- Groceries will be delivered as soon as possible, typically 24-72 hours after placing the order. Volunteers will also deliver meals from food pantries within the service area. Volunteers will follow all available safety precautions, such as wearing gloves and masks at delivery time
- Spanish-speaking volunteers are available.
- The service area covers the neighborhoods of St. Johns, Cathedral Park, Portsmouth, Kenton, University Park, Arbor Lodge and Overlook.
- To qualify, people must either be over the age of 60 or have a serious underlying medical condition that prevents them from safely shopping by themselves.

#### **Domestic Violence Resources**

- Domestic Violence Hotline (SEI): (503) 972-3698
- [StrongHearts Native Helpline](#) | 1-844-7NATIVE (762-8483) - Domestic violence and dating violence helpline for American Indians and Alaska Natives.

**Energy Assistance Appointment Line:** (503) 713-5590

**Entertainment Resource:** If you're looking to keep your kids entertained and learning, check out this guide to [30 virtual field trips](#) of educational places you can explore together from your couch. Or [visit a museum virtually](#).

#### **Food Resources**

- There are Oregon Food Bank partnerships at the following PPS locations:
  - Franklin HS, 5405 SE Woodward, (Friday, 11:30 - 1:30)
  - Lent K-8, 5105 SE 97th Ave (Monday, 11:30 - 1:30)
  - Rosa Parks Elementary, 8960 N Woolsey Ave (Thursday, 12:00 - 2:00)
  - Scott Elementary, 6700 NE Prescott St (Tuesday, 11:00 - 1:00)
  - Woodmere Elementary, 7900 SE Duke St (Wednesday, 11:00 - 1:00)
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  - Dr. King Elementary, 4906 NE 6th Ave (Thursday, 11:00 - 1:00)
- Here's the link to the [food resources from Oregon Food Bank](#).
- SEI (Self-Enhancement Inc.) has Community Food Resources listed [here](#).
- For those in need, the Portland food community is coming together to provide free meals to the recently unemployed or anyone who needs extra help. Eater rounded up a [full list of Portland restaurants offering free meals](#).
- [The Rose Quarter has curated a list of organizations](#) in our community providing food, mental health services, and activities for kids. You can also donate to local nonprofits and support organizations in need.
- [Sunshine Division is offering food box delivery](#) if families are not able to make it to the warehouse.

**Gun Safety Resources:** Securely storing your guns can save a student's life, especially during times of social isolation. Parents can get free gun locks from the Multnomah County Sheriff's Office and the Portland Police Department. Information about gun safety:

- <https://besmartforkids.org/>
- <https://projectchildsafe.org/parents-and-gun-owners>

**Homeless Resource:** [Outside In](#) offers assistance with OHP enrollment, food, housing, and so many wonderful great resources.

**Immigrant Families Resource:** [Lutheran Community Services](#) is offering free support for immigrant families.

### Internet Resources

- Effective Monday, March 16, 2020, Comcast Internet Essentials will provide two free months of Internet service to anyone who signs up: <https://www.internetessentials.com/covid19>.
- [Keep Americans Connected Pledge](#) - Companies such as Verizon, Spring, T-Mobile, AT&T, and others have agreed to not terminate service due to nonpayment, are waiving late fees, and offering WiFi hotspots
- [Charter Communications](#) - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription. To enroll call 1-844-488-8395. Installation fees will be waived for new student households. Wifi spots opened up for public use

Latino Network Resource List in [Spanish](#) or [English](#)

### LGBTQIA+ Resources

- [The Trevor Project](#)
- [Transgender Legal Defense Fund](#) - trans people and navigating COVID-19
- [The National Center for Transgender Equality COVID-19 Guide](#)
- [PDX Trans Housing Coalition](#)

### Library Resources

- If you have students concerned about returning materials, please tell them that the district is on hold, just like the public library, on returns and that no fines will be assessed.
- [Here's a good, short guide](#) to using Google Books (if you scroll down on your Google apps icon at the top right of your page (the box of dots), you'll find Books there.
- [Here's a doc](#) that has some ways for students to access reading materials.
- Motivated students can take all kinds of practice tests (SAT, AP) [at this link](#). Register once you get to the landing page.
- Access tons of resources on the [Roosevelt Library webpage](#). Note that there are multiple pages!
- The Library of Congress has a WEALTH of materials, including videos from the [National Book Festival](#).

Multnomah County [COVID-19 community resources page](#)

NAYA Family Center Resource list is [here](#).

Self Enhancement Resources: [www.selfenhancement.org/resource](http://www.selfenhancement.org/resource)

Special Education Resources

- Due to COVID-19, local nonprofit, [INCIGHT](#) (youth and young adults with disabilities) is providing distance learning options for teen students stuck at home during the pandemic. The INCIGHTFUL Transitions Curriculum is designed for high school students who are preparing for life after high school. For more information and for a free demo lesson, go to [incight.org/curriculum](https://incight.org/curriculum).
- SpEd Resource: <https://multco.us/dd>

#### Suicide Prevention

- <https://www.oregon.gov/oha/ph/PreventionWellness/SafeLiving/SuicidePrevention/Pages/plan.aspx>
- <https://www.hsph.harvard.edu/means-matter/>

#### Transportation Resources

- Trimet is offering low income support for HOP cards [here](#).
- **Reduced BIKETOWN fees:** BIKETOWN, the city’s bikeshare system, is offering significantly discounted pricing through April 30 to provide all Portlanders who need to complete essential trips with a convenient and affordable transportation option that allows for social distancing. Rides on the pay-as-you-go plan will now be only \$0.01/minute with a \$0.10 one-time sign-up fee, compared to the regular \$.08/minute with \$5 signup fee. Overage fees for all current and new annual and month-to-month members will also be reduced to \$0.01/minute, compared to the regular \$0.08/minute.
- **Reduced Spin e-scooter fees:** PBOT has partnered with Spin—one of Portland’s e-scooter providers—to reduce the cost of e-scooter rentals in order to encourage Portlanders to take advantage of this option for essential travel. Through the end of this month, Spin e-scooter rides will be 50% off. PBOT and Spin may extend this offer further, and PBOT will be increasing Spin’s fleet by 250 scooters to recognize their support for the community. Spin has also announced unlimited, free 30-minute rides for “Everyday Heroes,” like healthcare workers—medical professionals can apply for that benefit on their website: <https://www.spin.app/covid19>

#### Unemployment Resources

- [Restaurant Workers Community Foundation COVID-19 Relief Fund](#) - individual restaurant workers can apply for direct relief
- Urban League of Portland - call the Resource Line at 503-280-2600 for assistance applying for unemployment benefits