

## About Our Program

Aspen is dedicated to the elimination of abuse and sexual assault and all other forms of oppression through social change. We are a non-profit program of Central Washington Comprehensive Mental Health. All services are free and confidential.

The aspen tree represents our program because of the similarities between the aspen and the victims we support. In the wake of natural disasters, aspen trees are the first to take root and grow again, creating new life in the midst of upheaval. Their success is built on catastrophe. Survivors of domestic violence and sexual assault often display these same qualities. Out of what many survivors would describe as personal catastrophe grows strength and success. Aspen is here to support survivors.



Abuse Support and Prevention Education Now



Central Washington Comprehensive Mental Health provides services to all people without discrimination due to race, religion, creed, color, sex, age, national origin, ethnicity, physical, sensory or mental disability, marital or veteran status, pregnancy, income, sexual orientation or any other basis prohibited by federal law.

ASPEN  
220 W 4th Ave  
Ellensburg, WA 98926

Call 24 Hours Toll Free:  
**1-866-925-9384**

or phone **509/925-9384**  
Email: [dvs@cwcmh.org](mailto:dvs@cwcmh.org)



24-Hour Access  
Advocacy-Based Counseling  
Emergency Housing  
Legal Advocacy  
Medical Advocacy  
Support Group  
Information/Referral  
Prevention Education

A Division of  
Central Washington  
Comprehensive Mental Health

# Our Services

All services are FREE and CONFIDENTIAL.

## 24-Hour Access

Advocates are available twenty-four hours a day, seven days a week. After business hours, calls are routed through Crisis Line. Just ask for an Aspen Advocate, and someone from our program will contact you immediately. Interpreters are available.

## Advocacy-Based Counseling

Advocates support victims of domestic violence and sexual assault and the victims' support networks. Advocates can assist victims with safety planning, exploring options, locating resources, and implementing choices. Advocates provide support and education to promote healing and empowerment.

## Emergency Housing

Aspen operates a home for victims needing safe housing. This house is alarmed and in a confidential location.

Aspen's Shelter Advocate provides advocacy-based counseling to shelter residents. If you are in need of safe housing, please call Aspen.

## Legal Advocacy

Aspen's Legal Advocate can help clients fill out protective orders, answer questions concerning the legal system, explore legal remedies, and accompany clients to court, interviews or other legal appointments.

## Medical Advocacy

Advocates can accompany clients to the hospital or other medical appointments. Aspen has applications for Crime Victim's Compensation and can assist clients with this program. Advocates can help clients determine which medical options best meet their needs.

## Support Group

The Women's Domestic Violence Support Groups meet weekly and are free of charge. Free childcare may be provided. Call Aspen for support group meeting dates and times.

## Information

Aspen provides information regarding domestic violence and

sexual assault to clients and the community. We have an extensive library including books, videos and brochures. All materials can be checked out to the public.

## Referral

Aspen has a directory of community resources, and advocates can provide case-specific referrals. We are able to provide education, explanation and referrals regarding social service and government agencies.

## Prevention Education

Aspen is dedicated to eliminating all forms of violence. Because of this commitment, our program works closely with local schools, community agencies, businesses, and individuals concerning the prevention of domestic violence and sexual assault. We view community members as resources and partners in prevention and are committed to changing the underlying conditions that support violence.

**Ad-vo-cate**, *n.* 1. A person who speaks or writes in support of a cause or person, 2. A person who pleads for or in behalf of another; intercessor.