



# FINDING HEALTHCARE IN RURAL RHODE ISLAND



## Where to find services in rural Rhode Island

Below is a list of providers that are located near rural communities.

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### Health Centers

|   |                     |
|---|---------------------|
| <b>WellOne</b> 36 Bridge Way (across from Post Office), Pascoag   | <b>401-567-0800</b> |
| Monday-Friday, 8 a.m. - 8 p.m.; Saturday, 8:30 a.m. - 4:30 p.m.   |                     |
| <b>Wood River Health Services</b> 823 Main St., Hope Valley   | <b>401-539-2461</b> |
| Monday-Thursday, 8 a.m. - 8 p.m.; Friday, 8 a.m. - 5 p.m.; Saturday, 9 a.m. - 2 p.m.                          |                     |
| <b>East Bay Family Health Center-Newport (EBCAP)</b> 6 John H. Chafee Blvd., Newport                          | <b>401-848-2160</b> |
| Monday/Wednesday/Friday, 8 a.m. - 5 p.m.; Tuesday/Thursday, 8 a.m. - 8 p.m.; Saturday, 8:30 a.m. - 12:30 p.m. |                     |
| <b>Block Island Health Services</b> 6 Payne Rd., New Shoreham   | <b>401-466-2974</b> |
| Hours vary  |                     |

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### Behavioral Health

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| <b>WellOne</b> 36 Bridge Way (across from Post Office), Pascoag  | <b>401-567-0800</b> |
| Monday/Thursday/Friday, 6 a.m. - 7 p.m.; Tuesday, 10 a.m. - 7 p.m.; Wednesday, 8:30 a.m. - 7 p.m.;<br>One Saturday/month 6 a.m. - 3 p.m. |                     |
| <b>Gateway- South Shore Center</b> 4705A Old Post Rd., Charlestown   | <b>401-364-7705</b> |
| Monday-Friday, 9 a.m. - 5 p.m.; Evening hours, Wednesday, 5 p.m. - 7:30 p.m.   |                     |
| <b>Thundermist- Wakefield</b> 1 River St., Wakefield   | <b>401-783-0523</b> |
| Monday-Thursday, 8 a.m. - 8 p.m.; Friday, 9:30 a.m. - 5 p.m.; Saturday, 8 a.m. - 1 p.m.  |                     |

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### Oral Health

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|---|---------------------|
| <b>WellOne</b> 36 Bridge Way (across from Post Office), Pascoag   | <b>401-567-0800</b> |
| Monday/Tuesday/Wednesday/Friday, 8 a.m. - 5 p.m.; Thursday 8 a.m. - 5:30 p.m.;<br>One Saturday/month, 8:30 a.m. - 4:30 p.m. |                     |
| <b>Wood River Health Services</b> 823 Main St., Hope Valley   | <b>401-387-9601</b> |
| Monday-Thursday, 8 a.m. - 8 p.m.; Friday, 8 a.m. - 5 p.m.   |                     |
| <b>EBCAP Dental Clinic</b> 19 Broadway, Newport   | <b>401-845-0564</b> |
| Monday/Wednesday/Thursday/Friday, 8 a.m. - 5 p.m.; Tuesday, 8 a.m. - 8 p.m.   |                     |

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### WIC Sites

|   |                     |
|---|---------------------|
| <b>Thundermist Health Center</b> 450 Clinton St., Woonsocket  | <b>401-767-4109</b> |
| Monday/Thursday, 8:30 a.m. - 5 p.m.; Tuesday/Wednesday, 8:30 a.m. - 8 p.m.; Friday, 8:30 a.m. - 4 p.m.                                    |                     |
| <b>Wood River Health Services</b> 823 Main St., Hope Valley   | <b>401-387-9638</b> |
| Thursday, 8 a.m. - 4 p.m.; Second and third Tuesday of month, 10 a.m. - 7 p.m.  |                     |
| <b>Wood River Westerly Satellite</b> 93 Tower St., Westerly   | <b>401-387-9611</b> |
| Monday, 9 a.m. - 5 p.m.; First, fourth, and fifth Tuesday, 10 a.m. - 7 p.m.; Wednesday, 9:30 a.m. - 5:30 p.m.;<br>Friday, 8 a.m. - 4 p.m. |                     |
| <b>East Bay Community Action Program (EBCAP)</b> 1048 Stafford Rd., Tiverton  | <b>401-625-1364</b> |
| Thursday, 11:30 a.m. - 7 p.m.   |                     |

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### SNAP (Food Stamps)

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|--|-----------------------|
| <b>Woonsocket DHS</b> 800 Clinton St., Woonsocket                                    | <b>1-855-697-4347</b> |
| Monday/Thursday/Friday, 8:30 a.m. - 4 p.m.; Tuesday/Wednesday, 8:30 a.m. - 6:30 p.m. |                       |
| <b>Newport Regional Family Center</b> 272 Valley Rd., Suite 1, Middletown            | <b>1-855-697-4347</b> |
| Monday-Friday, 8:30 a.m. - 4 p.m.  |                       |

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### Food Assistance

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|---|----------------------------|
| <b>Scituate Food Pantry</b> 1315 Chopmist Hill Rd., North Scituate  | <b>401-647-2768</b>        |
| Tuesday, 6 p.m. - 8 p.m.; Friday, 9 a.m. - Noon; Please call first. |                            |
| <b>WARM Shelter Meal Site Program</b> 54 Spruce St., Westerly       | <b>401-596-WARM (9276)</b> |
| Daily: lunch, Noon - 1 p.m.; dinner, 5:30 p.m. - 6:30 p.m.          |                            |
| <b>EBCAP Tiverton Pantry</b> 1048 Stafford Rd., Tiverton            | <b>401-625-5134</b>        |
| Tuesday, 9 a.m. - 2 p.m.; Wednesday, 9 a.m. - 6:30 p.m.             |                            |

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## Home Visiting Services for Pregnant and Parenting Families

**First Connections - for pregnant women and families with children younger than age three**

**Northern Rhode Island: Family Resources Community Action**

**401-222-5960**

Call to see which programs may benefit you and your family. All services are free of cost.

**South County: VNS Home Health Services**

**401-782-0500**

Call to see which programs may benefit you and your family. All services are free of cost.

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## Special Healthcare Needs

**Family Voices at the Rhode Island Parent Information Network**

**401-270-0101**

1210 Pontiac Ave., Cranston

Healthcare information, family-to-family support, and leadership development for families of children with special healthcare needs.

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## Shelters

**Woonsocket Family Shelter Family Resources Community Action**

**401-767-0866**

1176 Sayles St., Woonsocket

Area Served: All of Rhode Island

Admission criteria: Families with children, Single and two-parent heads of household; Please call for information.

**Welcome House of South County** 8 North Rd., Peace Dale

**401-782-4770**

Area Served: Washington County

Admission criteria: Single adults, Male or female, 18 or older

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## Domestic Violence

**Sojourner House** 386 Smith St., Providence

**24-Hour Hotline: 401-765-3232 V/TTY**

Area Served: Burrillville, Foster, Glocester, North Smithfield, Providence, Smithfield, Woonsocket

Monday-Friday, 9 a.m. - 5 p.m.

**401-861-6191**

**Domestic Violence Resource Center of South County** 61 Main St., Wakefield

Area Served: Washington County

**24-Hour Helpline: 401-782-3990**

Call toll free

**1-800-494-8100**

Monday-Friday, 8:30 a.m. - 4:30 p.m.

**401-782-3995**

**Women's Resource Center of Newport & Bristol** 1114 Touro St., Newport

**401- 846-5263**

Area Served: Newport and Bristol counties

Drop in center for referrals, support, or advocacy: Monday-Friday, 8:30 a.m. - 4:30 p.m.

24-hour hotline, shelter, and assistance

**1-800-494-8100**

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## Alcohol/Drug Addiction

**The Journey to Hope, Health, and Healing Center** 86 Beach St., Westerly

**1-877-400-4673 (24 hour)**

Monday-Friday, 5 a.m. - 1 p.m.

**Community Care Alliance** 800 Clinton St., Woonsocket

**401-235-7120 (24 hour)**

**CODAC Newport** 93 Thames St., Newport

**401-846-4150**

Specializes in substance abuse, detoxification, and methadone maintenance for adults and adolescents

Monday/Friday, 6 a.m. - 5 p.m.; Tuesday/Wednesday/Thursday 6 a.m. - 8 p.m.

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## Tobacco Cessation

**Smoker's Helpline**

**1-800 QUITNOW (1-800-784-8669)**

Free cessation information, multi-session telephone counseling, and self-help materials

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## RIPTA Services

**RIPTA** offers Flex Service for suburban and rural areas that have little or no fixed service. **401-784-9500 ext. 1220**

You must call 24 hours in advance to make a reservation.

## Rural Rhode Island

Despite its small size and urban reputation, nearly half of Rhode Island's towns are rural. About 18% of the State's population lives in rural communities, a total of more than 190,000 people.

In Rhode Island, as in rural communities throughout the US, small numbers of local healthcare providers and limited public transportation create barriers to accessing healthcare.

## Rural Rhode Islanders face health disparities

- High school students living in rural communities report some of the highest alcohol, drug, and cigarette use in the state.
- Participation in the Women, Infants, and Children (WIC) supplemental nutrition program in rural communities is lower than in metro areas. According to Rhode Island KIDS COUNT, only 42% of women and children in rural areas who are eligible for WIC participate, compared to the statewide average of 65%.
- Mental health services are an area of need in rural communities. In Burrillville, 28.6% of adults reported having a diagnosis of depression from a provider, exceeding the State and national average.

## Treatment and Recovery Support Resources in Rhode Island:

Prevent Overdose Rhode Island <http://preventoverdoseri.org/>

Call **401-942-STOP** to connect with a licensed counselor, 24 hours a day, seven days a week.

### Contact:

Office of Primary Care and Rural Health

Jill D'Errico

401-222-1488

[www.health.ri.gov](http://www.health.ri.gov)

**Use this Guide to find the care you need, or visit**

[health.ri.gov/find/healthservices](http://health.ri.gov/find/healthservices)

**For more information on rural services in New England, please visit**  
[www.newenglandruralhealth.org](http://www.newenglandruralhealth.org)