

# Resources & Local Mental Health Providers

Links to various community resources and helpful websites		
More can be found on Lake Stevens School District Website. <a href="https://www.lkstevens.wednet.edu/Page/5412">https://www.lkstevens.wednet.edu/Page/5412</a>		
<b>GENERAL INFO</b>	<b>CALL 211</b> Provides local resource connections throughout the county (financial, food, medical, dental, etc.)	
<p><b>CRISIS HELP</b></p> <p>If you are in crisis and/or are having <a href="#">suicidal thoughts</a> please know that verbalizing those thoughts is a good thing. Sometimes the weight of keeping those feelings secret is unbearable and makes things worse. Here are tips related to <a href="#">starting a conversation specific to suicidal thoughts</a>. It may be uncomfortable but it also is necessary.</p> <p>If someone shares that they are suicidal please take it seriously and <a href="#">reach out to an adult for help</a>.</p> <p>If your child is struggling, make an appointment with their primary care doctor. If safety is in question, call the crisis line and/or go to the local emergency room.</p>	<p><a href="#">Care Crisis Line (Call)</a> 425-258-4357 or 1-800-584-3578 May also be able to consult, <a href="#">dispatch mobile outreach unit</a>, follow-up, find out if inpatient beds are available.</p> <p><a href="#">The Care Crisis CHAT online</a> website <a href="http://imhurting.org">imhurting.org</a></p> <p><a href="#">Care Crisis Text Line</a> TEXT "LISTEN" TO 741741</p>	
	<b>Other Supports</b>	
	<a href="#">Cocoon House</a>	Call or text 425-877-5171 email: <a href="mailto:safeplace@cocoonhouse.org">safeplace@cocoonhouse.org</a>
	<a href="#">Child Protective Services (CPS)</a>	866-829-2153
	<a href="#">Crisis Connections WA Warm Line:</a>	Calls are answered by specially-trained peer volunteers who have lived experience with mental health challenges. 12:30pm - 9:00pm
	<a href="#">National Suicide Prevention Lifeline en Español</a>	888-628-9454
	<a href="#">Providence Sexual Assault Crisis Line:</a>	425-252-4800 (24-Hour Hotline)
	<a href="#">Suicide Hotline for Deaf or Hard of Hearing</a>	For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255
	<a href="#">Teen Link</a>	866-833-6546 6-10 pm (phone) and chat or text from 6-9:30 pm every night. Substance use specialist from 2-10 pm Mon-Fri. (Call the same number and press 2).
	<a href="#">Trevor Project Lifeline:</a>	24-hour hotline focusing on supports for LGBTQ young people in crisis. Contact by phone at 888-488-7386, chat and text services also available
	<a href="#">Trans Lifeline</a>	877-565-8860 Trans Lifeline's Hotline is a peer support phone service.
	<a href="#">Washington Indian Behavioral Health HUB</a>	866-491-1683
	<p><b>Immediate danger?</b></p> <p>Please do not send an email to a school person when in crisis. We try not to check emails, texts, or calls after our work hours so that we can take care of our mental wellness too. We care about your safety. Please talk to an adult you trust, call the crisis line, or call 911.</p> <p><a href="#">Warning Signs for Suicide</a>      <a href="#">Coping Apps</a></p> <p><a href="#">You Don't Have To Be In Crisis To Text Crisis Text Line</a> – (article about calling/texting a crisis line)</p> <p><a href="#">Taking a Child to the Emergency Room</a> – article about what it might be like to go to the ER</p> <p><a href="#">Tools to (help) Manage Your Child's Mental Health</a> – article about ways to be supportive/help with coping</p> <p><a href="#">How to help someone you love with suicidal thoughts</a>- SAMHSA article with suggestions</p> <p><a href="#">A Journey Toward Hope</a>: A handbook for recovery after a suicide attempt</p>	

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<p><b>Substance Use Disorder</b></p> <p><b>Supports</b></p>	<ul style="list-style-type: none"> <li>• <b>Mr. Pitkin Lake Stevens School District Intervention Specialist:</b> 425-335-1571 <a href="https://www.lkstevens.wednet.edu/Page/3885">https://www.lkstevens.wednet.edu/Page/3885</a></li> <li>• <b>SAMSHA:</b> 877-726-4727 <a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a></li> <li>• <b>Washington Recovery Help Line 866-789-1511</b> <a href="http://www.warecoveryhelpline.org">www.warecoveryhelpline.org</a></li> <li>• <b>Confidential Teen answered help line</b> 6-10pm 866-833-6546; <a href="http://866teenlink.org">866teenlink.org</a></li> <li>• <b>Snohomish County Recovery Info:</b> <a href="http://snohomishcountywa.gov/462/Alcohol-Other-Drugs-Treatment">snohomishcountywa.gov/462/Alcohol-Other-Drugs-Treatment</a></li> <li>• <b>Alanon/Alateen:</b> Help for concerned family/friends <a href="http://www.dist23.org/index.html">http://www.dist23.org/index.html</a></li> </ul> <p><b>Local Providers:</b></p> <p><b>Substance Use Disorder Agencies Snohomish County: (call to inquire about walk-in intake days/times and/or to schedule)</b></p> <ul style="list-style-type: none"> <li>○ Catholic Community Service Recovery Center <ul style="list-style-type: none"> <li>▪ Everett 425-258-5270</li> <li>▪ Marysville 425-651-2366</li> </ul> </li> <li>○ Seamar <ul style="list-style-type: none"> <li>▪ Monroe 360-805-3122</li> <li>▪ Everett 425-609-5505</li> </ul> </li> <li>○ Center for Human Services <ul style="list-style-type: none"> <li>▪ Shoreline 206-362-7282</li> </ul> </li> <li>○ Therapeutic Health Services (THS) <ul style="list-style-type: none"> <li>▪ Everett 425-263-3006</li> </ul> </li> </ul>
<p><b>Parent Support</b></p>	<p><b>Parent Support/resources:</b></p> <ul style="list-style-type: none"> <li>• <b>Cocoon House Project Safe:</b> 425.317.9898 <a href="http://www.cocoonhouse.org/helpforparents">http://www.cocoonhouse.org/helpforparents</a></li> <li>• <b>NAMI (National Alliance on Mental Illness):</b> <a href="https://namisnohomishcounty.org/">https://namisnohomishcounty.org/</a></li> <li>• <b>Snohomish County At Risk Youth</b> (click parent/caregiver support tab) <a href="http://snocoatriskyouth.weebly.com">snocoatriskyouth.weebly.com</a> 425-388-7800</li> <li>• <b>Parent Help 123:</b> <a href="http://www.parenthelp123.org">www.parenthelp123.org</a> 800-322-2588</li> <li>• <b>Familias Unidas:</b> 425-513-2880</li> <li>• <b>Anger Management:</b> Court ordered and also general public (for adults; call to inquire about 13+ with parent participation) Cost 150\$ for 6 weeks <a href="https://www.compasshealth.org/events/anger-management/">https://www.compasshealth.org/events/anger-management/</a></li> <li>• <b>Special Needs Parent Support:</b> <a href="https://www.arcsno.org/programs/parent-to-parent">https://www.arcsno.org/programs/parent-to-parent</a></li> </ul>
<p><b>Family Support</b></p>	<p><b>Lake Stevens School District: Family Engagement Support Specialist</b></p> <p><a href="https://www.lkstevens.wednet.edu/Domain/1586">https://www.lkstevens.wednet.edu/Domain/1586</a></p>
<p><b>Foster Care / Adoption Support / Kinship Care</b></p>	<ul style="list-style-type: none"> <li>• <b>Coordinated Care Apple Health Connections</b> 844-354-9876</li> <li>• <b>Kinship Caregiver Support:</b> 425-513-1900 <a href="https://www.homage.org/social-services/caregiver-programs/">https://www.homage.org/social-services/caregiver-programs/</a></li> <li>• <b>Hand in Hand:</b> <a href="https://handinhandkids.org/">https://handinhandkids.org/</a></li> </ul>
<p><b>Grief/Loss Support Services</b></p>	<p><b><a href="#">Hospice Providence Children's Bereavement</a></b></p> <p>425-261-4844 Main number: 425-261-4807</p> <p>Brief 1:1 Counseling for adults and kids/ teens. Support Groups. Summer Program <b>Camp Erin.</b></p>
<p><b>Housing/Financial/ Food</b></p>	<ul style="list-style-type: none"> <li>• <b>Call 211-</b> for immediate access to local housing resources <a href="https://snohomishcountywa.gov/2238/Investing-In-Futures">https://snohomishcountywa.gov/2238/Investing-In-Futures</a></li> <li>• <b>Clothes for Kids:</b> Clothes for Kids 425-741-6500 <a href="https://clothesforkids.org/">https://clothesforkids.org/</a></li> <li>• <b>Cocoon House,</b> housing for homeless teens, advocacy, parenting classes, support groups 425-259-5802 <a href="http://www.cocoonhouse.org">www.cocoonhouse.org</a></li> <li>• <b>DSHS Economic Services:</b> <a href="https://www.dshs.wa.gov/esa/community-services-offices/how-apply-services">https://www.dshs.wa.gov/esa/community-services-offices/how-apply-services</a></li> <li>• <b>Energy Assistance:</b> 425-388-3411 <a href="https://snohomishcountywa.gov/552/Energy-Assistance">https://snohomishcountywa.gov/552/Energy-Assistance</a></li> <li>• <b>Friends of Youth,</b> housing for youth 425-869-6490 <a href="https://www.everetthelplink.org/friends-of-youtheverett">https://www.everetthelplink.org/friends-of-youtheverett</a></li> </ul>

# Resources & Local Mental Health Providers

<b>Housing/Financial/ Food</b>	<ul style="list-style-type: none"> <li>• <b>Hungry Hearts Foundation:</b> <a href="https://www.hungryheartsfoundation.com/">https://www.hungryheartsfoundation.com/</a></li> <li>• <b>Holiday Help:</b> <a href="http://www.christmas-house.org/">http://www.christmas-house.org/</a></li> <li>• <b>Internet Essentials</b>-free/low-cost internet from Xfinity 855-846-8376 <a href="http://internetessentials.com">internetessentials.com</a></li> <li>• <b>Lake Stevens Food Bank:</b> 425-334-3430 <a href="https://www.lakestevensfoodbank.org/">https://www.lakestevensfoodbank.org/</a></li> <li>• <b>Operation School Bell:</b> <a href="https://www.assistanceleague.org/everett/">https://www.assistanceleague.org/everett/</a></li> <li>• <b>Lake Stevens Family Center:</b> VOA <a href="https://www.voaww.org/lscrc">https://www.voaww.org/lscrc</a> (425) 405-2252</li> <li>• <b>YOUTH / Parent resources and advocacy (Cocoon House);</b> Emergency housing resource call <b>425.877.5171 (24/7)</b></li> </ul>
<b>Inpatient Mental Health Care</b>	<p><b>For emergency mental health evaluations to determine need for inpatient care:</b></p> <ul style="list-style-type: none"> <li>○ <b>Go to your Local Emergency Room</b></li> <li>○ <b>Seattle Children’s Hospital <a href="#">Emergency Department</a></b> 206-987-2055 Psychiatric &amp; Behavioral Medicine Unit (<a href="#">PBMU</a>)</li> <li>○ <b><a href="#">Smokey Point Behavioral Hospital</a></b> intake line 844-202-5555 (Smokey Point) FREE 24/7</li> <li>○ <b><a href="#">Fairfax</a></b> intake line 425-821-2000 (Kirkland) 24/7</li> </ul>
<b>LGBTQI+</b>	<ul style="list-style-type: none"> <li>• <b>GLOBE</b> (groups, advice, resources, connections for youth identifying with LGBTQI+ community)-group: Wednesdays 6-8pm. Call for more info 425-263-2908 <a href="http://www.globeyouth.com">www.globeyouth.com</a></li> <li>• <b>PFLAG</b> (groups, advice, resources, connections for parents/friends of youth identifying with LGBTQI+ community). <a href="https://www.pflageverett.org/">https://www.pflageverett.org/</a></li> <li>• <b>Gender Spectrum Resources:</b> <a href="https://www.genderspectrum.org/">https://www.genderspectrum.org/</a></li> <li>• <b>Trevor Project:</b> <a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a></li> <li>• <b>Human Rights Campaign:</b> <a href="https://www.hrc.org/resources/transgender">https://www.hrc.org/resources/transgender</a></li> <li>• There are counselors that specialize in supporting families and kids who identify with LGBTQI+ community. Some are listed here. GLOBE/PFLAG may be able to provide additional resources.</li> </ul>
<b>Medicaid (Apple Health)</b>	<p><b>Insurance application. Apply for Insurance / Benefits:</b> <a href="http://www.wahealthplanfinder.org">www.wahealthplanfinder.org</a> (on phone application 800-562-3022) DSHS local: 877-501-2233</p>
<b>Medicaid Transportation</b>	<p>Medicaid TRANSPORTATION (If you have Apple Health coverage) <b>Hopelink</b> Reservation Number: 855-766-7433 <a href="http://www.myrideonline.org">www.myrideonline.org</a></p>
<b>Medical Resources</b>	<ul style="list-style-type: none"> <li>• <b>Free Medical/Dental Clinics</b> <a href="http://freeclinicdirectory.org">freeclinicdirectory.org</a></li> <li>• <b>call 211</b></li> <li>• <b>Planned Parenthood</b> Reproductive health care Everett 800-230-7526; <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a></li> </ul>
<b>Mental Health Liaison</b>	<p><b>Snohomish County Human Services Mental Health Liaison</b> <a href="https://snohomishcountywa.gov/2886/Childrens-Mental-Health">https://snohomishcountywa.gov/2886/Childrens-Mental-Health</a> (If you get stuck in the process/need resources &amp; connections) 425-388-7254</p>
<b>Military Resources</b>	<ul style="list-style-type: none"> <li>• <b>Military One Source-</b> 800-342-9647 Call and they will direct you to a provider in the area that best fits your needs. <a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a></li> <li>• <b>Network of Care-</b><a href="http://snohomish.wa.networkofcare.org/Veterans/index.aspx">http://snohomish.wa.networkofcare.org/Veterans/index.aspx</a></li> </ul>
<b>Navy Resources</b>	<ul style="list-style-type: none"> <li>• <b>Fleet and Family Support Center</b> <a href="http://Fleet &amp; Family Support Center - Smokey Point (navylifepnw.com)">Fleet &amp; Family Support Center - Smokey Point (navylifepnw.com)</a></li> </ul>
<b>Tulalip Tribe Resources</b>	<p><b>Tulalip Tribes Behavioral and Mental Wellness:</b> 360-716-4224 <a href="https://www.tulaliphealthsystem.com/BehavioralHealth/CYFMentalWellness">https://www.tulaliphealthsystem.com/BehavioralHealth/CYFMentalWellness</a></p>
<b>Victim of Crime Compensation (CVC) Application</b>	<p><b>CVC</b> 800-547-8367 <a href="https://lni.wa.gov/claims/crime-victim-claims/apply-for-crime-victim-benefits/">https://lni.wa.gov/claims/crime-victim-claims/apply-for-crime-victim-benefits/</a> Application available online</p>

# Resources & Local Mental Health Providers

Victim Support	<b>Victim Support Services (VSS):</b> One on One Advocacy, One on One Therapy, Media Intervention, Resources/Referrals Contact: 425-252-6081 24/7 Crisis Line 888-288-9221 <a href="https://victimssupportservices.org/">https://victimssupportservices.org/</a>
Violence (Domestic Violence Support)	<ul style="list-style-type: none"> <li>• <b>Domestic Violence Services Snohomish County</b> 425-252-2873  <a href="https://dvs-snoco.org/who-we-are-services/">https://dvs-snoco.org/who-we-are-services/</a> Legal Advocate: 425-259-2827 (during business hours)</li> <li>• <b>Protection Orders (Snohomish County Clerk's Office)</b> 425-388-3638</li> <li>• <b>Legacy of Healing (Tulalip Tribes):</b> Advocacy, Support, Transitional Housing Support, Counseling, Safe House: 360-7164100</li> </ul>
Violence Child Physical and/or Sexual Assault	<ul style="list-style-type: none"> <li>• <b>Dawson Place Child Advocacy Center:</b> 425-789-3000 <a href="http://www.dawsonplace.org/">http://www.dawsonplace.org/</a></li> <li>• <b>Child Advocacy Program</b> (Free Counseling Services for Sexual Abuse Victims age 0-22)- 425-349-7964 <a href="https://www.compasshealth.org/services/child-advocacy-program/">https://www.compasshealth.org/services/child-advocacy-program/</a></li> <li>• <b>Providence Intervention Center</b> (Groups, Advocacy, Medical): 425-297-5774; 24/7 Crisis Line 425-252-4800</li> <li>• <b>Tulalip Tribes Legacy of Healing:</b> <a href="https://www.tulaliptribes-nsn.gov/Dept/LegacyOfHealing">https://www.tulaliptribes-nsn.gov/Dept/LegacyOfHealing</a></li> </ul>
<b>Apple Health / Medicaid (finding Mental Health Counseling / also referred to as Behavioral Health Counseling)</b>	
<p><b>What kind of insurance do I have?</b>  <b>**Don't have your card? Don't know if you have Apple Health? Don't know which MCO? You can look it up.</b> (Need social security number, date of birth, zip code)  <a href="https://www.waproviderone.org/client">https://www.waproviderone.org/client</a></p>	
<b>How do I get a counselor if I have Medicaid (can also be referred to as Apple Health)?</b>	
<p><b>Types of Apple Health Insurance Plans</b> are referred to as Managed Care Organizations (MCO). Check your coverage and call the customer service department for information about providers that are in-network.</p> <ul style="list-style-type: none"> <li>• <a href="#">Amerigroup</a> 800-600-4441</li> <li>• <a href="#">Community Health Plan</a> 800-440-1561</li> <li>• <a href="#">Coordinated Care</a> (foster/out of home placement) 877-644-4613</li> <li>• <a href="#">Molina Healthcare</a> 800-869-7165</li> <li>• <a href="#">United Health Care</a> 877-542-8997</li> </ul> <ul style="list-style-type: none"> <li>• <b>It is usually a good idea to start with your Primary Care Physician to talk about symptoms and seeing a counselor.</b></li> <li>• Call the number on the insurance card to connect with the Managed Care Organization (MCO) to inquire about in-network providers.</li> <li>• You may have the option to be seen in the <b>"Behavioral Health Department"</b> if you have a Primary Care Physician (PCP) within a larger organization like Providence or The Everett Clinic. <b>(Ask your PCP and/or your MCO.)</b></li> </ul> <p><b>Community Mental Health Centers</b> accept Apple Health (all MCO's) insurance plans. Each agency has walk-in "Intake" appointments. <b>Call agency to inquire. SEE "Community Mental Health Centers" in the next section.</b></p>	
<p><b>Mental Health Providers (Agencies / Groups)</b></p> <ul style="list-style-type: none"> <li>• Start with your Primary Care Physician / ask for referrals</li> <li>• It may be helpful to first call your insurance plan for information about providers that are 'in network'</li> <li>• ** Prescriber onsite             <ul style="list-style-type: none"> <li>○ Note: In Washington State medication management (aka prescriber) can be provided by Medical Doctor (MD), Doctor of Osteopathic medicine (DO), Advanced Registered Nurse Practitioner (ARNP), Physician Assistant (PA)</li> </ul> </li> </ul>	
Edmonds	<b>Affordable Counseling</b> 425-778-5544 <a href="http://www.myaffordablecounseling.com">www.myaffordablecounseling.com</a> Sliding Scale (pay what you can afford).
Lynwood	<b>Alderwood Counseling Associates</b> (425) 640-7919 Insurance- paneled with many Including Group Health (Kaiser Permanente). <a href="http://www.alderwoodcounseling.com">www.alderwoodcounseling.com</a>
Everett **Prescriber onsite	<b>Bay Psychiatric Center</b> 425-252-9216 Insurance- paneled with many, contact provider. <a href="https://www.baypsychiatric.net/">https://www.baypsychiatric.net/</a>

## Resources & Local Mental Health Providers

Edmonds **Prescriber onsite	<b>Bluestone Psychological Services</b> 425-775-4059 Some Saturday appointments available. Insurance- paneled with many, including Group Health, contact provider. <a href="http://www.bluestoneps.com">www.bluestoneps.com</a>
Everett & Lynwood	<b>Cedar Valley Counseling</b> 425-338-7589 multiple specialties, see website/call Insurance- multiple including Aetna/Apple Health, contact provider. <a href="http://www.cedarvalleycounseling.com">www.cedarvalleycounseling.com</a>
Everett, Monroe, Smokey Point **Prescriber onsite	<b>Community Mental Health Centers: more info under “Medicaid (Apple Health)” section</b> Each agency has walk-in “Intake” appointments. Call agency to inquire. <ul style="list-style-type: none"><li>• <b>Compass Health</b> (offices in Everett, Monroe, Smokey Point): 425-349-8200 (call to inquire) <a href="https://www.compasshealth.org/our-services/">https://www.compasshealth.org/our-services/</a></li><li>• <b>Seamar:</b> (offices in Everett: 425-312-0277 Monroe: 425-512-2044) (Walk-in T/Th 0830 subject to change, call to inquire) <a href="https://www.seamar.org/services-snohomish.html">https://www.seamar.org/services-snohomish.html</a></li><li>• <b>Catholic Community Services:</b> 425-257-1621 (M, T, W, Th appointments, call to schedule) <a href="https://ccsww.org/get-help/snohomish-island-counties/">https://ccsww.org/get-help/snohomish-island-counties/</a></li></ul>
Lake Stevens, Everett, Mill Creek  **Prescriber onsite	<b>Everett Clinic Behavioral Health 425-339-5453</b> Everett, Lake Stevens, Marysville, Mill Creek, Smokey Point, Stanwood locations. Note: <ul style="list-style-type: none"><li>• Behavioral Health Department only sees established Everett Clinic patients.</li><li>• If you are an established patient, ask your Primary Care Physician (PCP) for a Behavioral Health Referral</li><li>• If you are looking to establish care at the Everett Clinic, call 425-339-4204 and inquire. <a href="https://www.everettclinic.com/resources/appointments-and-referrals/become-everett-clinic-patient">https://www.everettclinic.com/resources/appointments-and-referrals/become-everett-clinic-patient</a></li><li>• Insurance- paneled with many, takes some Apple Health/Medicaid; List: <a href="https://www.everettclinic.com/resources/billing-insurance/insurance-plans">https://www.everettclinic.com/resources/billing-insurance/insurance-plans</a></li><li>• ADD/HD and Autism Specialist: <a href="https://www.everettclinic.com/departments/pediatrics/adhd-behavior-clinic">https://www.everettclinic.com/departments/pediatrics/adhd-behavior-clinic</a><ul style="list-style-type: none"><li>○ For more information call<ul style="list-style-type: none"><li>▪ Marysville Clinic 360-651-7492</li><li>▪ Harbour Point Clinic 425-493-6002</li></ul></li></ul></li><li>• LGBTQ Transgender Medical Care <a href="https://everettclinic.com/physicians/daniel-berjac">https://everettclinic.com/physicians/daniel-berjac</a></li><li>• <a href="#">Groups offered</a></li></ul>
Marysville	<b>Fountain Gate</b> 360-653-0374 Group of many practitioners Insurance- paneled with many, contact provider. <a href="http://www.fountaingate.net">www.fountaingate.net</a>
Everett  **prescriber onsite	<b>Kaiser Permanente Behavioral Health Services</b> 1-888-287-2680 <a href="https://wa.kaiserpermanente.org/html/public/specialties/mental-health/mental-health-wellness">https://wa.kaiserpermanente.org/html/public/specialties/mental-health/mental-health-wellness</a>
Everett, Marysville, Monroe, Snohomish	<b>Providence Health &amp; Services</b> If your Primary Care Physician is within this system, ask for a behavioral health referral. If you are wanting to establish care with a Primary Care Provider (verify in-network with your insurance plan by calling number on back of card). Provide short term counseling and works in partnership with medical provider. Call <ul style="list-style-type: none"><li>• Everett: 425-261-4940</li><li>• Marysville: 360-658-6800</li><li>• Monroe: 360-794-7994</li><li>• Snohomish: 360-563-5900</li></ul> You can also search for provider information (search for Family Medicine or Primary Care specialty) <a href="https://www.providence.org/doctors">https://www.providence.org/doctors</a> **Inquire about prescriber services. Insurance- paneled with many; Apple Health (limited) contact provider
Everett	<b>Snohomish Psychology Associates</b> 425-789-1073

# Resources & Local Mental Health Providers

	Group of providers that specialize in different/multiple areas (autism, behavior challenges, ADHD, Anxiety, family challenges). Insurance- paneled with many, contact provider. <a href="http://www.snohomishpsychology.com">www.snohomishpsychology.com</a>
Everett **prescriber onsite	<b>Western Washington Medical Group-</b> Start with your Primary Care Physician for a referral to Psychology department. You do not have to be an established patient with WWMG to make a Psychology department appointment. Insurance- paneled with many, contact provider. Does not accept Apple Health at this time. Psychology: (425) 259-1366 Info about providers in group <a href="http://www.wwmedgroup.com">www.wwmedgroup.com</a>
<b>Mental Health Providers (Private Practice or Small Group Offices)</b> <b>Helpful database of local therapists: <a href="http://psychologytoday.com">psychology today</a></b>	
<ul style="list-style-type: none"> <li>• Start with your Primary Care Physician / ask for referrals</li> <li>• It may be helpful to start by calling your insurance plan for information about providers that are 'in network'</li> </ul>	
Everett	<b>Albert, Linda</b> 425-257-9388 LGBTQ+ issues are a stated specialty <a href="http://SelahHouseCounselingLakeStevens.WA">Selah House Counseling Lake Stevens, WA</a>
Lake Stevens	<b>Arends, Charline</b> , LMFT, CMHS 425-923-9053 Selah House Counseling Child, Adult, Marriage & Family Therapy. Insurance- paneled with many, including Apple Health, contact provider.
Arlington	<b>Basher, Carrie</b> ; also has adolescent groups 425-309-8149 Insurance- paneled with many, including Apple Health, contact provider. <a href="http://www.journeysofhopecounseling.com">www.journeysofhopecounseling.com</a>
Smokey Point	<b>Beard, Lindsay</b> LMHC, CMHS: 360-420-9488, Multiple Specialties, including ABA. Insurance- paneled with many, contact provider. <a href="http://www.lindsaybeardtherapy.com">www.lindsaybeardtherapy.com</a>
Lake Stevens	<b>Bohlin, Erik</b> 425-334-8916 multiple specialties and approaches to counseling. (also provides faith based / Christian counseling as requested by client). Insurance- paneled with many, contact provider. <a href="http://www.erikbohlin.net">www.erikbohlin.net</a>
Lake Stevens	<b>Bowers, Tatiana</b> 425-320-4025 multiple specialties, see website/call. (also provides faith based / Christian counseling as requested by client). No insurance billed, provides statement. May inquire about sliding scale availability, contact provider. <a href="http://www.embracehopecounseling.com">www.embracehopecounseling.com</a>
Lake Stevens	<b>Callahan, Rebekah</b> 458-206-0870 ages 14+ many specialties, see website/call (also provides faith based counseling / Christian as requested by client). Insurance- contact provider. <a href="http://www.callahancounselingsvc.com">www.callahancounselingsvc.com</a>
Lake Stevens	<b>Castano, Taylor LMHCA</b> : Specializes in working with LDS population / teens. Insurance- contact provider. Works with Koa, therapy dog. <a href="https://www.uhanecounseling.com">https://www.uhanecounseling.com</a> 425-224-5025
Everett	<b>Cowan-Long, Rochelle</b> , MA, LMHC) 425-374-8273 Long Counseling (specialty includes co-parenting, family counseling, reunification). Insurance- paneled with many, contact provider. <a href="http://www.longcounseling.com">www.longcounseling.com</a>
Mountlake Terrace	<b>Elliott, Liz</b> , LMFT; 425-322-9515 Insurance- paneled with many, contact provider. <a href="http://www.elliottcounseling.com">www.elliottcounseling.com</a>
Everett	<b>Falihee, Wendy</b> 360-631-3742 Insurance- paneled with many, contact provider. <a href="http://www.astillmindcounseling.com">www.astillmindcounseling.com</a>
Lake Stevens	<b>Ferraro, Cindy</b> , LMHC, 425-345-7683 Insurance- paneled with many, contact provider.
Lynwood	<b>Frame-Adams, Christa</b> 425-248-0905 Insurance- contact provider, sliding scale. <a href="http://www.christaframe.com">www.christaframe.com</a>
Everett	<b>Glendenning, Lisa</b> LMHC <b>and Schildt, Betsy</b> LMFT (425) 252-6172 (same office) Insurance- paneled with many, contact provider.

1/31/22 Lake Stevens School District (LSSD) does not endorse any of these providers.

List compiled by LSSD Mental Health Support Specialist, Jennifer Hudson MA LMHC CMHS 425-335-1515

## Resources & Local Mental Health Providers

Lake Stevens	<b>Golden, Carl</b> 206-939-9012 Soul Craft Counseling Insurance- paneled with many including Apple Health. <a href="http://www.treeoflifecounseling.life/">http://www.treeoflifecounseling.life/</a>
Monroe	<b>Harpster, Christina</b> LMFT 253-347-4860 Insurance- paneled with many, contact provider. <a href="https://www.chcounselingservices.org/">https://www.chcounselingservices.org/</a>
Lake Stevens	<b>Hammack, John</b> 425-870-5142 multiple specialties, see website/call. Insurance- contact provider. <a href="http://www.hammackcounseling.com">www.hammackcounseling.com</a>
Everett	<b>Huffman, Barb; Beckley, Sue</b> , MSW 425-252-1049 (same office/contact). Insurance- paneled with many, contact provider.
Mukilteo	<b>Jolly, Cynthia</b> LMHC 866) 666-0423 Great w/ youth, self-harm/anger/depression (GROUPS too) Insurance- paneled with many, contact provider <a href="http://www.cynthiajolly.com">www.cynthiajolly.com</a>
Lake Stevens	<b>Kolle, Jessie</b> , MA, LMHC (425) 954-3450 Doesn't bill insurance. 60.00 session. Contact provider <a href="http://www.jessiekolle.com">www.jessiekolle.com</a>
Everett	<b>Langstraat, Michelle</b> MA LMHC (425) 970-9131 (also provides faith based / Christian counseling as requested by client). Family therapy. Doesn't bill insurance. Contact provider. <a href="http://CypressCounselingCenter.com">Cypress Counseling Center</a>
Lake Stevens	<b>Meyers, Elizabeth</b> MSW LSCW: Discover Healing - 512 91st Ave NE Suite C, Lake Stevens 425-870-0895. Call provider to inquire about insurance billing. <a href="https://www.discoverhealing.net/?page_id=18">https://www.discoverhealing.net/?page_id=18</a>
Everett	<b>Myxter, Charolette</b> Blue Sparrow Counseling Services 425-780-5915 Insurance- paneled with many, contact provider. <a href="http://www.bluesparrowcounseling.com">www.bluesparrowcounseling.com</a>
Monroe/ Everett	<b>Newell, Brenda</b> LICSW 425-280-6508 Rainbow Counseling and Equine Connections. LGBTQ Specialty. Equine Specialty. <a href="http://www.brendanewell.com">www.brendanewell.com</a>
Everett Mukilteo	<b>Norman, Joanne</b> , MA LMHC 425-750-4937 Insurance- paneled with many, contact provider.
Everett	<b>Pauley, Michelle</b> , MSW 425-312-1857 Insurance- paneled with many, contact provider. <a href="https://www.psychologytoday.com/us/therapists/michelle-pauley-everett-wa/420930">https://www.psychologytoday.com/us/therapists/michelle-pauley-everett-wa/420930</a>
Snohomish	<b>Phillips, David</b> LMHC ( <b>Snohomish Counselors</b> ) 425-953-4361 Insurance- contact provider. <a href="http://www.snohomishcounselors.com/">http://www.snohomishcounselors.com/</a>
Marysville	<b>Denise Redford LMCT, MHP:</b> Trauma informed work with teens / adults. Many specialties <a href="tel:4252648735">(425) 264-8735</a> <a href="mailto:reflections.denise@gmail.com">reflections.denise@gmail.com</a>
Lake Stevens	<b>Rokey, Brianne, EdS, NCSP, LMHCA</b> Phone 425.256.3546 <a href="http://EmbaldenedMentalHealth.com">Embaldened Mental Health</a> Fax 425.224.3473 <a href="mailto:brianne@embaldenedmentalhealth.com">brianne@embaldenedmentalhealth.com</a>
Lake Stevens Everett	<b>Roessler, Kristen</b> MA LMHC 425-870-0895 Insurance- paneled with many, contact provider <a href="http://discoverhealing.net">discoverhealing.net</a>
Edmonds	<b>Ruby, Susan</b> , MA LMHC 206-915-9876 Insurance- paneled with many, contact provider. <a href="http://www.susanruby.com">www.susanruby.com</a>
Snohomish	<b>Sproul, Kate</b> MA LMHC 425-686-9977 Private pay; some sliding scale; contact provider. <a href="http://www.katesproulcounseling.com">www.katesproulcounseling.com</a>
Everett	<b>Turnbill, Jane</b> 206-445-8784 Insurance- paneled with many, contact provider. <a href="http://www.janeturnbulltherapy.com/index.html">http://www.janeturnbulltherapy.com/index.html</a>

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List compiled by LSSD Mental Health Support Specialist, Jennifer Hudson MA LMHC CMHS 425-335-1515

# Resources & Local Mental Health Providers

Snohomish	<b>Volmert, Judy</b> MSW, LCSW (Snohomish Counselors) 425-953-4360 Insurance- contact provider. <a href="http://www.snohomishcounselors.com/">http://www.snohomishcounselors.com/</a>
Your home	<b>Yafa Crane Luria</b> 206-326-8446 ADHD specialist (comes to your home); classes. Insurance- not paneled, free 20 min consultation; out of pocket payment. <a href="https://blockedtobrilliant.com/">https://blockedtobrilliant.com/</a>
<b>Psychiatrists: Evaluations, Medication Management (prescriber)</b> <ul style="list-style-type: none"> <li>• Start with your Primary Care Physician / ask for referrals</li> <li>• It may also be helpful to start by calling your insurance plan for information about providers that are 'in network'</li> <li>• Also see Providers listed above with **prescribers onsite</li> </ul>	
Everett	<b>Everett Clinic Psychiatry</b> 425-339-5453 <a href="https://www.everettclinic.com/medical-departments/behavioral-health">https://www.everettclinic.com/medical-departments/behavioral-health</a> (click Providers on Right hand side and scroll down for list of doctors and contact information)
Edmonds	<b>Dr. Greg Johnson</b> 425- 582-8275 <a href="http://www.gregjohnsondoplcc.com/">http://www.gregjohnsondoplcc.com/</a>
Bellevue Office	<b>Dr. Hower Kwan</b> 425-454-2911 <a href="https://www.howerkwonmd.com/">https://www.howerkwonmd.com/</a>
Bellevue Office	<b>Interlake Psychiatry</b> 425-462-9511 <a href="https://www.interlakepsychiatry.com/">https://www.interlakepsychiatry.com/</a>
Bothell	<b>Puget Sound Psychiatric Center</b> Tonya Peck, Psychiatrist, PA-C (425) 312-6730 Dr. Mustafa, Psychiatrist, MD(425) 292-5102 <a href="http://www.pspc.org">www.pspc.org</a>
Mill Creek	<b>Shifa Health</b> , Edward Ebert, ARNP, Psychiatric Nurse Practitioner (425) 742-4600 See website for other providers in group- <a href="#">Shifa Health</a>
Everett office	<b>Western Washington Medical Group-</b> Start with your Primary Care Physician for a referral to Psychology department. You do not have to be an established patient with WWMG to make a Psychology department appointment. Does not accept Apple Health. <ul style="list-style-type: none"> <li>• Psychology: (425) 259-1366</li> <li>• Info about providers in group <a href="http://www.wwmedgroup.com">www.wwmedgroup.com</a></li> <li>• *Neuropsychology scheduling (same as Psychology number above)</li> </ul>
Woodinville	<b>Woodenville Psychiatric</b> 425-481-0429 <a href="http://www.woodenvillepsychiatric.com/">http://www.woodenvillepsychiatric.com/</a>
<b>FAQ on Pediatric Neuropsychology on Western Washington Medical Group website:</b> <a href="https://www.wwmedgroup.com/wp-content/uploads/2016/01/neuropsychology_faq_pediatric.pdf">https://www.wwmedgroup.com/wp-content/uploads/2016/01/neuropsychology_faq_pediatric.pdf</a>	
<b>Autism Spectrum Disorder (ASD) Resources Spectrum Disorder</b> It may be helpful to start by calling your insurance plan for information about providers that are 'in network'	
Autism Spectrum Disorder Evaluation Clinics	<ul style="list-style-type: none"> <li>• <b>Boyden Family Autism Center</b> (Providence): Everett- 425-258-7097; <a href="https://washington.providence.org/locations-directory/b/boyden-family-autism-center">https://washington.providence.org/locations-directory/b/boyden-family-autism-center</a></li> <li>• <b>Crystal and Patrick Gray</b>; 206-883-6175 <a href="mailto:cgrayconsulting@hotmail.com">cgrayconsulting@hotmail.com</a> (evaluation, ongoing counseling, social skill groups)</li> <li>• <b>Evergreen Neurodevelopmental Center</b> <a href="http://www.endc.org">www.endc.org</a> Nicole Bain, PhD Licensed Psychologist; 425-753-5001, <a href="mailto:NicoleBainPhD@live.com">NicoleBainPhD@live.com</a></li> <li>• <b>Providence Hospital Everett, Seattle Children's Everett</b>, 425-304-6080</li> <li>• <b>Lakeside Center for Autism</b>, 1871 Gilman Blvd, Issaquah 98027; 425-657-0620 <a href="http://lakesideautism.com">lakesideautism.com</a></li> </ul>



## Resources & Local Mental Health Providers

Autism Spectrum Disorder Evaluation Clinics	<ul style="list-style-type: none"> <li>• <b>University of Washington Autism Center</b>; 1701 Columbia Road, Seattle 98195; 206-221-6806</li> <li>• <b>Seattle Children’s Hospital Center</b>, 206-987-8080</li> </ul>
Smokey Point	<p><b>Beard, Lindsay</b>, LMHC, CMHS Roots and Wings Counseling 360-420-9488; ABA Autism Specialty Insurance- paneled with many, contact provider.  <a href="https://lindsaybeardtherapy.com/">https://lindsaybeardtherapy.com/</a></p>
Lynwood	<p><b>Gray, Patrick PhD; Gray, Crystal MEd</b>; 206-883-6175 (evaluation, ongoing counseling, social skill groups) ABA Autism Specialty <a href="https://www.pugetsoundpsychology.com/">https://www.pugetsoundpsychology.com/</a></p>
<p>Online  <b>Autism Society of Washington</b>: <a href="https://autismsocietyofwa.org/v2/resources/state-and-federal-resources/">https://autismsocietyofwa.org/v2/resources/state-and-federal-resources/</a></p>	
<p><b>Attachment</b></p>	
Kirkland office	<p><b>Attachment Center Northwest</b> 800-550-2105 <a href="http://www.attachmentandtraumaspecialists.com">www.attachmentandtraumaspecialists.com</a></p>