

Resources & Local Mental Health Providers

Links to various community resources and helpful websites

More can be found on Lake Stevens School District Website. <https://www.lkstevens.wednet.edu/Page/5412>

GENERAL INFO	CALL 211 Provides local resource connections throughout the county (financial, food, medical, dental, etc.)
CRISIS	<ul style="list-style-type: none"> • The Care Crisis Line in Snohomish County 425-258-4357 • The Care Crisis CHAT website imhurting.org • Care Crisis Text line TEXT "LISTEN" TO 741741 • Safe Place Crisis Text line: TEXT "SAFE and your location" to 69866 they will text you back with the nearest teen shelter location and option to talk to continue texting with a mental health professional • Cocoon House Get Help 24/7: Call or text 425-877-5171 email: safeplace@cocoonhouse.org • Providence Sexual Assault Crisis Line: 425-252-4800 • Child Protective Services (CPS): 866-829-2153 • Teen Link: confidential teen-answered help line 6-10 PM 866.833.6546 866teenlink.org • Mobile Crisis Outreach Team (formerly CPIT): 425-349-7447, if no answer this will route to crisis line 425-258-4357 https://www.compasshealth.org/services/cpit/
Drug and Alcohol	<ul style="list-style-type: none"> • Mr. Pitkin Lake Stevens School District Intervention Specialist: 425-335-1571 https://www.lkstevens.wednet.edu/Page/3885 • SAMSHA: 877-726-4727 https://findtreatment.samhsa.gov/ • Washington Recovery Help Line 866-789-1511 www.warecoveryhelpline.org • Confidential Teen answered help line 6-10pm 866-833-6546; 866teenlink.org • Snohomish County Recovery Info: snohomishcountywa.gov/462/Alcohol-Other-Drugs-Treatment • Alanon/Alateen: Help for concerned family/friends http://www.dist23.org/index.html <p><u>Local Providers:</u> Substance Use Disorder Agencies Snohomish County: (call to inquire about walk-in intake days/times and/or to schedule)</p> <ul style="list-style-type: none"> ○ Catholic Community Service Recovery Center <ul style="list-style-type: none"> ▪ Everett 425-258-5270 ▪ Marysville 425-651-2366 ○ Seamar <ul style="list-style-type: none"> ▪ Monroe 360-805-3122 ▪ Everett 425-609-5505 ○ Center for Human Services <ul style="list-style-type: none"> ▪ Shoreline 206-362-7282 ○ Therapeutic Health Services (THS) <ul style="list-style-type: none"> ▪ Everett 425-263-3006
Parent Support	Parent Support/resources: <ul style="list-style-type: none"> • Cocoon House Project Safe: 425.317.9898 http://www.cocoonhouse.org/helpforparents • NAMI (National Alliance on Mental Illness): https://namisnohomishcounty.org/ • Snohomish County At Risk Youth (click parent/caregiver support tab) snocoatriskyouth.weebly.com 425-388-7800 • Parent Help 123: www.parenthelp123.org 800-322-2588 • Familias Unidas: 425-513-2880 • Anger Management: Court ordered and also general public (for adults; call to inquire about 13+ with parent participation) Cost 150\$ for 6 weeks https://www.compasshealth.org/events/anger-management/ • Parenting Tweens/Teens / current (9/19) Snolsle series (FREE): https://www.sno-isle.org/parentingteens#cocoonhouse • Special Needs Parent Support: https://www.arcsno.org/programs/parent-to-parent

Resources & Local Mental Health Providers

Family Support	<p>Lake Stevens School District: Family Engagement Support Specialist https://www.lkstevens.wednet.edu/Domain/1586</p>
Foster Care / Adoption Support / Kinship Care	<ul style="list-style-type: none"> • Coordinated Care Apple Health Connections 844-354-9876 • Kinship Caregiver Support: 425-513-1900 https://www.homage.org/social-services/caregiver-programs/ • Hand in Hand: https://handinhandkids.org/
Grief/Loss Support Services	<p>Hospice Providence Children’s Bereavement https://washington.providence.org/services-director Lulu Verneuil 425-261-4844 Main number: 425-261-4807 Brief 1:1 Counseling for adults and kids/ teens. Support Groups. Summer Program Camp Erin.</p>
Housing/Financial/ Food	<ul style="list-style-type: none"> • Call 211- for immediate access to local housing resources https://snohomishcountywa.gov/2238/Investing-In-Futures • Clothes for Kids: Clothes for Kids 425-741-6500 https://clothesforkids.org/ • Cocoon House, housing for homeless teens, advocacy, parenting classes, support groups 425-259-5802 www.cocoonhouse.org • DSHS Economic Services: https://www.dshs.wa.gov/esa/community-services-offices/how-apply-services • Energy Assistance: 425-388-3411 https://snohomishcountywa.gov/552/Energy-Assistance • Friends of Youth, housing for youth 425-869-6490 friendsofyouth.org • Hungry Hearts Foundation: https://www.hungryheartsfoundation.com/ • Holiday Help: http://www.christmas-house.org/ • Internet Essentials-free/low-cost internet from Xfinity 855-846-8376 internetessentials.com • Lake Stevens Food Bank: 425-334-3430 https://www.lakestevensfoodbank.org/ • Operation School Bell: https://www.assistanceleague.org/everett/ •
Inpatient Mental Health Care	<p>For mental health evaluations to determine need for inpatient care:</p> <ul style="list-style-type: none"> ○ Go to your Local Emergency Room ○ Smokey Point Behavioral Hospital intake line 844-202-555 (Smokey Point) FREE 24/7 ○ Fairfax intake line 425-284-3000 (Kirkland) 24/7 ○ Seattle Children’s Hospital 206-987-2055 Psychiatric & Behavioral Medicine Unit (PBMU)
LGBTQI+	<ul style="list-style-type: none"> • GLOBE (groups, advice, resources, connections for youth identifying with LGBTQI+ community)-group: Wednesdays 6-8pm. Call for more info 425-263-2908 www.globeyouth.com • PFLAG (groups, advice, resources, connections for parents/friends of youth identifying with LGBTQI+ community). https://www.pflageverett.org/ • Gender Spectrum Resources: https://www.genderspectrum.org/ • Trevor Project: https://www.thetrevorproject.org/get-help-now/ • Human Rights Campaign: https://www.hrc.org/resources/transgender-children-and-youth-finding-support-for-you-and-your-family • 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.
Medicaid (Apple Health)	<p>Insurance application. Apply for Insurance / Benefits: www.wahealthplanfinder.org (on phone application 800-562-3022) DSHS local: 877-501-2233</p>
Medicaid Transportation	<p>Medicaid TRANSPORTATION (If you have Apple Health coverage) Hopelink Reservation Number: 855-766-7433 www.myrideonline.org</p>
Medical Resources	<ul style="list-style-type: none"> • Free Medical/Dental Clinics freeclinicdirectory.org • call 211 • Planned Parenthood Reproductive health care Everett 800-230-7526; www.plannedparenthood.org

Resources & Local Mental Health Providers

Mental Health Liaison	Snohomish County Human Services Mental Health Liaison https://snohomishcountywa.gov/2886/Childrens-Mental-Health (If you get stuck in the process/need resources & connections) 425-388-7254
Military Resources	<ul style="list-style-type: none"> • Military One Source- 800-342-9647 Call and they will direct you to a provider in the area that best fits your needs. www.militaryonesource.mil • Network of Care-http://snohomish.wa.networkofcare.org/Veterans/index.aspx
Navy Resources	<ul style="list-style-type: none"> • Katelyn Smetana School Liason (425) 304-3688 • Fleet and Family Support Center office 425-304-3367 navylifepnw.com
Tulalip Tribe Resources	Tulalip Tribes Behavioral and Mental Wellness: 360-716-4224 https://www.tulaliphealthsystem.com/BehavioralHealth/CYFMentalWellness
Victim of Crime Compensation (CVC) Application	CVC 800-547-8367 www.lni.wa.gov/ClaimsIns/CrimeVictims Application available online
Victim Support	Victim Support Services (VSS): One on One Advocacy, One on One Therapy, Media Intervention, Resources/Referrals Contact: 425-252-6081 24/7 Crisis Line 888-288-9221 https://victimsupportservices.org/
Violence (Domestic Violence Support)	<ul style="list-style-type: none"> • Domestic Violence Services Snohomish County 425-252-2873 https://dvs-snoco.org/who-we-are-services/ Legal Advocate: 425-259-2827 (during business hours) • Protection Orders (Snohomish County Clerk's Office) 425-388-3638 • Legacy of Healing (Tulalip Tribes): Advocacy, Support, Transitional Housing Support, Counseling, Safe House: 360-7164100
Violence Child Physical and/or Sexual Assault	<ul style="list-style-type: none"> • Dawson Place Child Advocacy Center: 425-789-3000 http://www.dawsonplace.org/ • Child Advocacy Program (Free Counseling Services for Sexual Abuse Victims age 0-22)- 425-349-7964 https://www.compasshealth.org/services/child-advocacy-program/ • Providence Intervention Center (Groups, Advocacy, Medical): 425-297-5774; 24/7 Crisis Line 425-252-4800 • Tulalip Tribes Legacy of Healing: https://www.tulaliptribes-nsn.gov/Dept/LegacyOfHealing

Apple Health / Medicaid (finding Mental Health Counseling / also referred to as Behavioral Health Counseling)

What kind of insurance do I have?

**Don't have your card? Don't know if you have Apple Health? Don't know which MCO? You can look it up. (Need social security number, date of birth, zip code)

<https://www.waproviderone.org/client>

How do I get a counselor if I have Medicaid (can also be referred to as Apple Health)?

Types of Apple Health Insurance Plans 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.

- [Amerigroup](http://www.amerigroup.com) 800-600-4441
- [Community Health Plan](http://www.communityhealthplan.com) 800-440-1561
- [Coordinated Care](http://www.coordinatedcare.com) (foster/out of home placement) 877-644-4613
- [Molina Healthcare](http://www.molinahealthcare.com) 800-869-7165
- [United Health Care](http://www.unitedhealthcare.com) 877-542-8997

- **It is usually a good idea to start with your Primary Care Physician to talk about symptoms and seeing a counselor.**
- Call the number on the insurance card to connect with the Managed Care Organization (MCO) to inquire about in-network providers.
- You may have the option to be seen in the **"Behavioral Health Department"** if you have a Primary Care Physician (PCP) within a larger organization like Providence or The Everett Clinic. **(Ask your PCP and/or your MCO.)**

Community Mental Health Centers accept Apple Health (all MCO's) insurance plans. Each agency has walk-in "Intake" appointments. **Call agency to inquire. SEE "Community Mental Health Centers" in the next section.**

Resources & Local Mental Health Providers

Mental Health Providers (Agencies / Groups)	
<ul style="list-style-type: none"> Start with your Primary Care Physician / ask for referrals It may be helpful to first call your insurance plan for information about providers that are 'in network' ** Prescriber onsite <ul style="list-style-type: none"> 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) 	
Edmonds	Affordable Counseling 425-778-5544 www.myaffordablecounseling.com Sliding Scale (pay what you can afford).
Lynwood	Alderwood Counseling Associates (425) 640-7919 Insurance- paneled with many Including Group Health (Kaiser Permanente). www.alderwoodcounseling.com
Everett **Prescriber onsite	Bay Psychiatric Center 425-252-9216 Insurance- paneled with many, contact provider. www.baypsychiatric.net
Edmonds **Prescriber onsite	Bluestone Psychological Services 425-775-4059 Some Saturday appointments available. Insurance- paneled with many, including Group Health, contact provider. www.bluestoneps.com
Everett & Lynwood	Cedar Valley Counseling 425-338-7589 multiple specialties, see website/call Insurance- multiple including Aetna/Apple Health, contact provider. www.cedarvalleycounseling.com
Everett, Monroe, Smokey Point **Prescriber onsite	Community Mental Health Centers: more info under "Medicaid (Apple Health)" section Each agency has walk-in "Intake" appointments. Call agency to inquire. <ul style="list-style-type: none"> Compass Health (offices in Everett, Monroe, Smokey Point): 425-349-8200 (call to inquire) https://www.compasshealth.org/our-services/ Seamar: (offices in Everett: 425-312-0277 Monroe: 425-512-2044) (Walk-in T/Th 0830 subject to change, call to inquire) https://www.seamar.org/services-snohomish.html Catholic Community Services: 425-257-1621 (M, T, W, Th appointments, call to schedule) https://ccsww.org/get-help/snohomish-island-counties/
Lake Stevens, Everett, Mill Creek **Prescriber onsite	Everett Clinic Behavioral Health 425-339-5453 Everett, Lake Stevens, Marysville, Mill Creek, Smokey Point, Stanwood locations. Note: <ul style="list-style-type: none"> Behavioral Health Department only sees established Everett Clinic patients. If you are an established patient, ask your Primary Care Physician (PCP) for a Behavioral Health Referral If you are looking to establish care at the Everett Clinic, call 425-339-4204 and inquire. https://www.everettclinic.com/resources/appointments-and-referrals/become-everett-clinic-patient Insurance- paneled with many, takes some Apple Health/Medicaid; List: https://www.everettclinic.com/resources/billing-insurance-plans ADD/HD and Autism Specialist: https://www.everettclinic.com/departments/pediatrics/adhd-behavior-clinic <ul style="list-style-type: none"> For more information call <ul style="list-style-type: none"> Marysville Clinic 360-651-7492 Harbour Point Clinic 425-493-6002 LGBTQ Transgender Medical Care https://everettclinic.com/physicians/daniel-berjac
Marysville	Fountain Gate 360-653-0374 Group of many practitioners Insurance- paneled with many, contact provider. www.fountaingate.net
Everett **prescriber onsite	Kaiser Permanente Behavioral Health Services 1-888-287-2680 https://wa.kaiserpermanente.org/html/public/specialties/mental-health/mental-health-wellness

Resources & Local Mental Health Providers

Everett, Marysville, Monroe, Snohomish	<p>Providence Health & Services 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</p> <ul style="list-style-type: none"> • Everett: 425-261-4940 • Marysville: 360-658-6800 • Monroe: 360-794-7994 • Snohomish: 360-563-5900 <p>You can also search for provider information (search for Family Medicine or Primary Care specialty) https://www.providence.org/doctors **Inquire about prescriber services. Insurance- paneled with many; Apple Health (limited) contact provider</p>
Everett	<p>Snohomish Psychology Associates 425-789-1073 Group of providers that specialize in different/multiple areas (autism, behavior challenges, ADHD, Anxiety, family challenges). Insurance- paneled with many, contact provider. www.snohomishpsychology.com</p>
Everett **prescriber onsite	<p>Western Washington Medical Group- 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 www.wwmedgroup.com</p>
<p>Mental Health Providers (Private Practice or Small Group Offices)</p> <ul style="list-style-type: none"> • Start with your Primary Care Physician / ask for referrals • It may be helpful to start by calling your insurance plan for information about providers that are 'in network' 	
Everett	<p>Albert, Linda 425-257-9388 LGBTQ+ issues are a stated specialty</p>
Lake Stevens	<p>Arends, Charline, LMFT, CMHS 425-923-9053 Selah House Counseling Child, Adult, Marriage & Family Therapy. Insurance- paneled with many, including Apple Health, contact provider.</p>
Arlington	<p>Basher, Carrie; also has adolescent groups 425-309-8149 Insurance- paneled with many, including Apple Health, contact provider. www.journeysofhopecounseling.com</p>
Smokey Point	<p>Beard, Lindsay LMHC, CMHS: 360-420-9488, Multiple Specialties, including ABA. Insurance- paneled with many, contact provider. www.lindsaybeardtherapy.com</p>
Lake Stevens	<p>Bohlin, Erik 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. www.erikbohlin.net</p>
Lake Stevens	<p>Bowers, Tatiana 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. www.embracehopecounseling.com</p>
Lake Stevens	<p>Callahan, Rebekah 458-206-0870 ages 14+ many specialties, see website/call (also provides faith based counseling / Christian as requested by client). Insurance- contact provider. www.callahancounselingsvc.com</p>
Everett	<p>Cowan-Long, Rochelle, MA, LMHC) 425-374-8273 Long Counseling (specialty includes co-parenting, family counseling, reunification). Insurance- paneled with many, contact provider. www.longcounseling.com</p>
Mountlake Terrace	<p>Elliott, Liz, LMFT; 425-322-9515 Insurance- paneled with many, contact provider. www.elliottcounseling.com</p>

Resources & Local Mental Health Providers

Everett	Falihee, Wendy 360-631-3742 Insurance- paneled with many, contact provider. www.astillmindcounseling.com
Lake Stevens	Ferraro, Cindy , LMHC, 425-345-7683 Insurance- paneled with many, contact provider.
Lynwood	Frame-Adams, Christa 425-248-0905 Insurance- contact provider, sliding scale. www.christaframe.com
Everett	Glendenning, Lisa LMHC and Schildt, Betsy LMFT (425) 252-6172 (same office) Insurance- paneled with many, contact provider.
Lake Stevens	Golden, Carl 206-939-9012 Soul Craft Counseling Insurance- paneled with many including Apple Health. www.soulcraft.co
Monroe	Harpster, Christina LMFT 253-347-4860 Insurance- paneled with many, contact provider. www.christinaharpster.org
Lake Stevens	Hammack, John 425-870-5142 multiple specialties, see website/call. Insurance- contact provider. www.hammackcounseling.com
Everett	Huffman, Barb; Beckley, Sue , MSW 425-252-1049 (same office/contact). Insurance- paneled with many, contact provider.
Mukilteo	Jolly, Cynthia LMHC 866) 666-0423 Great w/ youth, self-harm/anger/depression (GROUPS too) Insurance- paneled with many, contact provider www.cynthiajolly.com
Lake Stevens	Kolle, Jessie , MA, LMHC (425) 954-3450 Doesn't bill insurance. 60.00 session. Contact provider www.jessiekolle.com
Everett	Langstraat, Michelle MA LMHC Compassion Everett Counseling Center (425) 970-9131 (also provides faith based / Christian counseling as requested by client). Family therapy. Doesn't bill insurance. Contact provider
Everett	Myxter, Charolette Blue Sparrow Counseling Services 425-780-5915 Insurance- paneled with many, contact provider. www.bluesparrowcounseling.com
Monroe/ Everett	Newell, Brenda LICSW 425-280-6508 Rainbow Counseling and Equine Connections. LGBTQ Specialty. Equine Specialty. www.brendanewell.com
Everett Mukilteo	Norman, Joanne , MA LMHC 425-750-4937 Insurance- paneled with many, contact provider.
Everett	Pauley, Michelle , MSW 425-312-1857 Insurance- paneled with many, contact provider
Snohomish	Phillips, David LMHC (Snohomish Counselors) 425-953-4361 Insurance- contact provider. http://www.snohomishcounselors.com/
Lake Stevens Everett	Roessler, Kristen MA LMHC 425-870-0895 Insurance- paneled with many, contact provider discoverhealing.net
Edmonds	Ruby, Susan , MA LMHC 206-915-9876 Insurance- paneled with many, contact provider. www.susanruby.com
Snohomish	Sproul, Kate MA LMHC 425-686-9977 Private pay; some sliding scale; contact provider. www.katesproulcounseling.com

Resources & Local Mental Health Providers

Everett	Turnbill, Jane 206-445-8784 Insurance- paneled with many, contact provider. http://www.janeturnbulltherapy.com/index.html
Snohomish	Volmert, Judy MSW, LCSW (Snohomish Counselors) 425-953-4360 Insurance- contact provider. http://www.snohomishcounselors.com/
Your home	Yafa Crane Luria 206-326-8446 ADHD specialist (comes to your home); classes. Insurance- not paneled, free 20 min consultation; out of pocket payment. https://blockedtobrilliant.com/
Psychiatrists: Evaluations, Medication Management (prescriber) <ul style="list-style-type: none"> • Start with your Primary Care Physician / ask for referrals • It may also be helpful to start by calling your insurance plan for information about providers that are 'in network' • Also see Providers listed above with **prescribers onsite 	
Everett	Everett Clinic Psychiatry 425-339-5453 https://www.everettclinic.com/medical-departments/behavioral-health (click Providers on Right hand side and scroll down for list of doctors and contact information)
Edmonds	Dr. Greg Johnson 425- 582-8275 http://www.gregjohnsondoplcc.com/
Bellevue Office	Dr. Hower Kwan 425-454-2911 https://www.howerkwonmd.com/
Bellevue Office	Interlake Psychiatry 425-462-9511 https://www.interlakepsychiatry.com/
Bothell	Puget Sound Psychiatric Center Tonya Peck, Psychiatrist, PA-C (425) 312-6730 Dr. Mustafa, Psychiatrist, MD(425) 292-5102 www.pspc.org
Mill Creek	Shifa Health , Edward Ebert, ARNP, Psychiatric Nurse Practitioner (425) 742-4600 See website for other providers in group- www.shifahealth.org/about-us
Everett office	Western Washington Medical Group- 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"> • Psychology: (425) 259-1366 • Info about providers in group www.wwmedgroup.com • *Neuropsychology scheduling (same as Psychology number above)
Woodinville	Woodenville Psychiatric 425-481-0429 http://www.woodenvillepsychiatric.com/
FAQ on Pediatric Neuropsychology on Western Washington Medical Group website: https://www.wwmedgroup.com/wp-content/uploads/2016/01/neuropsychology_faq_pediatric.pdf	
Autism Spectrum Disorder (ASD) Resources Spectrum Disorder 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"> • Boyden Family Autism Center (Providence): Everett- 425-258-7097; https://washington.providence.org/locations-directory/b/boyden-family-autism-center • Crystal and Patrick Gray; 206-883-6175 cgrayconsulting@hotmail.com (evaluation, ongoing counseling, social skill groups) • Evergreen Neurodevelopmental Center www.endc.org Nicole Bain, PhD Licensed Psychologist; 425-753-5001, NicoleBainPhD@live.com • Providence Hospital Everett, Seattle Children's Everett, 425-304-6080

Resources & Local Mental Health Providers

Autism Spectrum Disorder Evaluation Clinics	<ul style="list-style-type: none"> • Lakeside Center for Autism, 1871 Gilman Blvd, Issaquah 98027; 425-657-0620 lakesideautism.com • University of Washington Autism Center; 1701 Columbia Road, Seattle 98195; 206-221-6806 • Seattle Children’s Hospital Center, 206-987-8080
Smokey Point	Beard, Lindsay , LMHC, CMHS Roots and Wings Counseling 360-420-9488; ABA Autism Specialty Insurance- paneled with many, contact provider. https://lindsaybeardtherapy.com/
Lynwood	Gray, Patrick PhD; Gray, Crystal MEd ; 206-883-6175 (evaluation, ongoing counseling, social skill groups) ABA Autism Specialty https://www.pugetsoundpsychology.com/
Online Autism Society of Washington: https://autismsocietyofwa.org/v2/resources/state-and-federal-resources/	
Attachment	
Kirkland office	Attachment Center Northwest 800-550-2105 www.attachmentandtraumaspecialists.com