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PARENT RESOURCES

Common Q & A

Drug Testing

· **Where can we get a urine analysis done for my child?**

If your child is a current client, he or she will be drug tested by counselor which is part of the program.

Stores such as Rite Aid and Walgreens sell home tests to test your child. Amazon has tests available online to purchase. The prices vary depending on the number of substances you are testing for. There are also labs in the community who can perform drug and alcohol tests.

· If you are looking to obtain a UA specifically for " Fentanyl" the UA does have to be sent to a lab and requested that "Fentanyl " testing be done.

Medications

· **Where can I find Narcan in my area?**

-Any local pharmacy can dispense Narcan with an order from a prescriber. For the standing order from the Department of Health, [Naloxone \(Narcan\) standing order](#)

Click this link to search for available Narcan in your area [Find naloxone by zip-code](#)

· **Where can I dispose of prescription medications?**

- Most pharmacies have a drop box where you can dispose of all prescription medications. You may also click the link and search the DEA website to find official controlled substance disposal locations.

[DEA controlled substance disposal locator](#)

· **My child is taking medication, how is that managed during treatment?**

-Please bring the medications they are currently taking with you when you arrive for admission. We will continue the current medication regime until they see a Daybreak provider and adjust if needed for ongoing management. If your child is on other over-the-counter medications that you would like to continue while in treatment, please bring an order from your child's prescriber and an unopened bottle of the medication. This includes topical creams/ointments.

· **Do you use Medication Assisted Treatment (MAT) and how can my child participate in the program?**

-We connect clients with resources in the community for evaluation of MAT services. If they meet criteria for MAT, they will start the program while in treatment and connect with local resources upon discharge for continued management.

What is Medication Assisted Treatment (MAT)?

-Clients who have an opioid use disorder may benefit from being on a medication like Suboxone to help with their recovery and treatment. We are able to take clients who are already prescribed this medication or who would like to start the medication.

• **What happens if my child misses a class to come to Outpatient (OP) counseling?**

-At any time, your child needs to miss a class for counseling. This is an excused absence, and your child can get a note from the counselor for the school if we have an active Release of information (ROI).

• **How does my child keep up with school while in residential treatment?**

-Daybreak is considered an alternative school. Clients have the ability to study for the GED test, complete credit recovery classes, or complete work from their home school so they do not fall behind. We work closely with the client's home school to ensure a smooth transition when completing our program. The credit's earned do transfer over. Our Brush Prairie location is affiliated with Battle Ground School District and our Spokane location is with Spokane Public Schools. Our certified teachers would be happy to answer any questions you may have.

• **How do I get my child to the treatment facility for their scheduled intake date?**

-Your child can be driven by either you or someone you designate. They also have the option of taking a bus, train, or airplane. A staff member will be available to meet your child at the station or airport to bring them safely to our facility.

• **Where can I find treatment options?**

- <https://findtreatment.samhsa.gov>

What is anxiety?

Anxiety is intense feelings of being afraid, nervous, tense, or worried that are too strong for the situation, go on too long and get in the way of normal life. Being afraid is normal for survival in situations of real danger but sometimes the feelings are transferred to situations that are not actually dangerous. The same is true about worry. Worrying can be helpful when it is important to be prepared and consider possible things that could go wrong. But worrying about many things all the time is unhelpful and distressing. All anxiety problems involve being overly afraid or worried. When fear and worry are not necessary, are too strong and interfere with life it is a problem and important to get help.

There are several different types of anxiety disorders. The type of anxiety is related to what the fears and worries are about and how they are handled. For example, separation anxiety is an extreme worry that something bad will happen if the child is separated from the parent (e.g., school). Generalized anxiety is having extreme and constant worries about a lot of different things. Social anxiety is an extreme fear of being humiliated in social situations- Phobias are unrealistic and extreme fears of situations or things (e.g., snakes, flying). Panic is the fear of dying or having a heart attack because of physical feelings of anxiety.

Anxiety is a very common mental health problem. Between 5-10% of children have an anxiety condition.

Feelings

- Heart pounding
- Numbness
- Outbursts of irritability or anger
- Trouble falling or staying asleep
- Sweating
- Muscle tension
- Nausea or stomach aches
- Trouble concentrating

- Jumpiness
- Dizzy, faint, lightheaded
- Trouble breathing
- Trembling & shaking

Thoughts

- thinking that danger is everywhere; a thing or situation is very dangerous when it is not
- worrying way too much about bad things happening
- constant thought or images of bad things happening

Behavior

- avoiding situations, people, or things (e.g., flying, social situations, memories)
- clinging to safe people or refusing to leave them
- temper tantrums or outbursts when faced with separation or feared situations
- repetitive rituals

Causes of Anxiety

Anxiety isn't caused by any one thing but usually happens because of a combination of things. It can be caused by bad experiences, stress, chronic illness, or chemicals in the brain (not working like they should). Instability and unpredictability at home or in the community are

common causes. Or it can seem to come out of the blue. Anxiety can run in families, so someone with a close relative who has anxiety may be more likely to experience it.

When to get help for Anxiety

Since everyone feels scared, anxious, or worried sometimes, it is important to pay attention when feelings, thoughts and behaviors are very intense, go on too long and get in the way of being able to do what you normally do. The main way that people handle anxiety is by avoiding "facing up" to fears and worries. This coping approach works very well at the moment because it lowers the anxious feelings right away (e.g., staying home, not going into social situations). The problem is that avoiding never solves the problem of unrealistic or too intense fears and worries.

Avoidance can become a problem. Avoiding things, you are afraid of getting in the way of normal life like going to school and having friends. Other times, avoidance can be risky or harmful. For example, a teenager may drink or take drugs to avoid or lessen anxious feelings. Sometimes, even engaging in risky behavior or self-harming behavior can be a form of avoiding "facing up" to fears and worries.

Get help right away when:

You are doing things on purpose to hurt yourself.

You are drinking and taking drugs to block out negative feelings.

Treatment for Anxiety

The good news is that there is help for anxiety. There are 2 different types of treatment that work.

1. Cognitive behavioral therapy (CBT). CBT is a time-limited, problem-focused intervention that teaches how to change unhelpful or unrealistic thoughts and how to learn new behaviors like calming coping skills and taking steps toward facing up to fears and worries and finding out that it is possible to lessen anxious feelings. The therapist and client identify the specific type of anxiety, the unhelpful thoughts, and behaviors, and come up with new ones to practice and try out.

2. Antidepressant medicine. These medicines work on the brain and uplift and calm down moods. Medicine is usually not the only treatment but can be taken along with doing therapy.

Most people who are anxious can recover and be back to normal with 10-20 sessions of therapy, often without medication. It's important to know that CBT is a treatment that requires active participation and practicing new ways of thinking and behaving to work. Just like medicine only works when it is taken, therapy only works when clients do things a new way.

Be a good consumer:

1. Ask the therapist what kind of therapy is available; get a description of what is involved in the therapy (e.g., how long, how to know when better, what skills are learned).

2. Is there practice? Remember, learning new thoughts and behaviors is the "cure". Therapy should include practice between sessions.

3. Effective anxiety treatments always involve facing up to fears and worries and learning that they can be handled. If the treatment does not involve facing up to fears, it is not likely to work.

4. If you don't start feeling better, start asking questions and consider options. What is Depression?

What is depression?

Depression is when normal feelings like being sad, down, grumpy, or irritable are very intense, go on too long and get in the way of normal life. Depressed feelings happen to everyone sometimes, especially after a loss or disappointment. When they happen too much and interfere with life—get in the way of doing things you want to do and need to do—is when it is important to get help.

Depression can be a specific episode or repeated episodes that are out of the ordinary for the person. The episode can be mild, moderate, or severe. Severe depressions usually involve suicidal thoughts or behaviors. In some cases, depression can be chronic.

Depression is a very common mental health problem worldwide. About 20% of teens will experience depression at some point.

Signs and Symptoms of Depression

- Sad mood, despondency, despair
- Irritability, anger, or hostility
- Hard time sleeping or sleeping too much
- No energy, bored
- Extreme sensitivity to (and easily upset about) things that happen
- Difficulty concentrating
- Physical aches and pains such as headaches or stomachaches
- Down on self, thoughts of not being worth anything, or not being lovable
- hopeless that things can change
- Believe cannot change things for the better

- No or less interest in socializing with friends or doing things you used to like
- Thinking it would be better to be dead, thoughts of killing yourself
- Withdrawing, stopping doing much of anything, isolating from people
- Poor communication
- Crying about little things or crying a lot
- Difficulty with relationships
- Absences from school or a drop in school performance
- Talking about or trying to run away from home
- Alcohol or substance abuse
- Hurting yourself on purpose, Suicide attempt

Causes of Depression

Depression isn't caused by any one thing but usually happens because of a combination of things. It can be caused by stress, chronic illness, or chemicals in the brain (not working like they should). Stressful life events like the death of a loved one, a divorce, a move to a new area, or a breakup with a girlfriend or boyfriend can bring on depressive feelings. Certain times of life when there are many changes, like entering the teenage years, can be especially stressful and lead to depression. Sometimes, depression can seem to come out of the blue. Depression sometimes runs in families, so someone with a close relative who has depression may be more likely to experience depression.

When to get help for Depression

Since everyone feels sad or down sometimes, it is important to pay attention when the feelings, thoughts and behaviors are very intense, go on too long and get in the way of life. Some symptoms can be dangerous or risky, so it is very important to talk to someone—a parent, trusted adult, school counselor, doctor, or nurse—right away when these occur (see below):

Get help right away when:

You have thoughts about killing yourself or thinking it would be better to be dead.

You are doing things on purpose to hurt yourself.

You are drinking and taking drugs to block out negative feelings.

Treatment for Depression

The good news is that there is help for depression. There are three different types of treatment that work.

1. Cognitive behavioral therapy (CBT). CBT is a time-limited, problem-focused intervention that teaches how to change unhelpful thoughts and how to learn new behaviors like taking steps toward goals, spending more time doing positive activities, and learning how to problem solve. The therapist and client identify unhelpful thoughts and behaviors and come up with new ones to practice and try out.
2. Interpersonal Therapy (IPT). IPT is a time-limited, problem-focused intervention that focuses on patterns of interactions with other people and teaches more positive ways to have relationships and friendships. The therapist and client identify unhelpful patterns of interactions and come up with new ones to practice and try out.
3. Antidepressant medicine. These medicines work on the brain and uplift and calm down moods. Medicine is usually not the only treatment but can be taken along with doing therapy.

Most people who are depressed can recover and be back to normal with 10-20 sessions of therapy, often without medication. It is important to know that CBT and IPT are treatments that require active participation and practicing new ways of thinking and behaving, outside of the therapy sessions, to work. Just like medicine only works when it is taken, therapy only works when people do things a new way. Treatment takes work, but it will pay off!

Sometimes depression comes back, so part of therapy is learning warning signs and having a plan to put into place. It also really helps when a caregiver is part of therapy and available to help support the new thoughts and behaviors. If there is concern about safety, this will be a priority of your treatment. There will safety plan:

Be a good consumer:

1. Ask the therapist what kind of therapy is available; get a description of what is involved in the therapy (e.g., how long, how to tell when better, what skills are learned).
2. Is there practice? Remember, learning new thoughts and behaviors is the "cure". Therapy should involve practice between sessions.
3. Treatment for depression always involves getting out in the world and doing activities. If the treatment does not involve help to be more active and involved, it is not likely to work.
4. If you don't start feeling better, start asking questions and consider options.

Trauma & Post Traumatic Stress

What is trauma?

A trauma is an event or series of events that involve fear or threat. Traumas include child abuse, sexual or physical assault, witnessing violence, disasters, serious accidents, violent crime, and the sudden or violent death of a loved one.

What is Post Traumatic Stress (PTS)?

PTS is reactions to trauma. These reactions could occur if the trauma happened to the person, the trauma was witnessed or if the trauma happened to someone very close.

PTS can include:

- Upsetting and unwanted memories of the trauma
- Nightmares or feeling like it is happening all over again (flashbacks)
- Trying not to think about the trauma
- Avoiding reminders of the trauma even when they are not dangerous
- Having changes in mood such as being scared, confused, sad, ashamed, or angry a lot
- Being hyper alert, jumpy, nervous, on edge
- Trouble sleeping or concentrating
- Blaming yourself for what happened
- Thinking you are a bad person because of what happened
- Not trusting people
- Worry that it will happen again

What causes PTS?

PTS is caused by the memory of the trauma, the feelings connected to the memories or reminders, and by how the person makes sense out of the trauma.

Is PTS normal?

It is normal to have reactions to trauma. Most people are upset after a trauma. Some have stronger reactions than others. No matter how a person reacts in the beginning it is still possible to recover.

When is PTS a serious problem?

PTS is usually worst right after the trauma and then gradually gets better. After a few weeks or months, most of the time, PTS is not a big problem. When PTS does not get better or if it gets worse, then professional help may be necessary. When PTS does not get better over time it can become posttraumatic stress disorder (PTSD).

What is PTSD?

PTSD is a psychological condition that involves intense upsetting memories including nightmares and flashbacks; persistent avoidance of thoughts or reminders; high levels of hyper vigilance and jumpiness; negative beliefs about yourself or others because of the trauma; negative mood because of the trauma; sleep or concentration problems; irritability. The symptoms interfere with functioning in everyday life situations.

What helps with PTS?

It helps to understand the reactions, so they do not seem so strange or abnormal. Tips for managing PTS:

- Remind yourself that the trauma is over, and you are not in danger now
- Tell yourself you did the best you could in the situation
- Learn about your trauma reminders so you can be ready to handle them
- Practice stopping and calming down when you have reactions
- Try not to avoid reminders or situations if they are safe
- Let someone who is supportive know what they can do to help you feel safe and be safe

When is professional help needed?

If the PTS symptoms persist without getting better or get worse and they are interfering with functioning at home and in the community. If a person develops PTSD, professional help is usually necessary.

What is the treatment?

There are effective treatments for PTSD. The counseling treatments are brief (usually 12-20 sessions), structured and trauma focused. Medication can also be helpful. If you decided to seek treatment, make sure to check that the therapist or doctor is familiar with the evidence-based treatment approaches so that you get the highest quality care.

Long term impact of trauma

Traumas are often significant life experiences. Passage of time or treatment does not change the fact that the trauma happened, or that it was a very hard experience to go through. In some cases, there are permanent changes in outlook and lifestyle like being more aware of safety. This is not always bad. The goal of treatment is to lower distress, help put the experience into perspective and help return to normal functioning.

My Child's Problem Behavior:

Info for caregivers

Behavior problems are when kids are disobedient, defiant, disrespectful, destructive, or aggressive, or when they cheat, steal, or lie a lot. Some problem behavior is common in children of all ages, although the types of behaviors are different in toddlers, school-aged or adolescent children. During childhood and adolescence, children are learning what the rules and expectations are for getting along in the world. Some children learn and adapt quickly, whereas others test the limits and are challenging.

Behaviors become a problem when they happen a lot, get worse over time, do not respond to efforts to teach better behavior, or interfere with children's ability to engage in normal activities in the family, at school, with peers or in the community. When behavioral problems keep on going, they take a toll on parents and teachers, can disrupt family functioning for all members, and create problems for other people. When behaviors become serious, they can endanger others or lead to trouble with the law, particularly for older youth.

Causes of Behavior Problems

Almost all behavior is caused by an interaction between children and their environment. Humans learn by testing out different behaviors and finding out what happens—what do people do, or not do, in response? It is normal for children to want to get what they want immediately and normal for children to want to avoid unwanted situations or consequences. However, part of growing up is learning to be patient, ask nicely, share, and handle frustration or disappointment without making a huge fuss or being destructive. Children must also learn to separate from parents/caregivers, take on age-appropriate responsibilities, and consider other people's feelings and wishes. These are the normal tasks of child development. The key teachers are parents/caregivers and teachers, and it is NOT always easy!

Children sometimes learn lessons that we don't want them to. For example, almost all parents/caregivers have had the experience of young children whining or throwing temper tantrums to get attention or something they want at home or at a store. And almost all parents/caregivers have the experience of children dawdling, delaying, or not doing what they are told because they don't want to stop an activity such as watching TV or talking on the phone. If the child's behavior (e.g., tantrum,

yelling) "works," meaning the child gets what he or she wants (or gets out of doing what he/she does not want to do) the child will keep using that behavior, hoping it will "work" again.

There is an explanation for this pattern of behavior. The basic rule is that all behavior has a function or purpose. Behavior is intended to get something the child wants or get out of something the child does not want. Children might want attention, power over their situation, or specific rewards (e.g., allowance, privileges). They might want to get out of chores, doing homework, or trouble. This rule is not just true for children, it is true for everyone. People go to work to get something such as a paycheck and self-esteem; people don't answer the phone or sometimes tell small lies to avoid being hassled or hurting someone's feelings.

Sometimes it is hard to understand what the function of a behavior really is. For example, negative behaviors such as whining, pleading, temper tantrums, picking a fight, slamming doors, and even yelling or throwing objects are a way of getting attention. Even though the attention is negative, it is still attention which is something children crave especially if they are not good at getting positive attention. When there are a lot of negative behaviors, often negative behavior is the only way children can get attention because parents/caregivers and others are so frustrated.

Some behaviors are really upsetting even though it is fairly easy to see what the function is. For example, aggression is a way to get others to give in or go along through intimidation. Sometimes children see adults doing this and they do what they see "working". Another difficult behavior is lying, lying either gets the child something wanted or gets the child out of something unwanted, like consequences for misbehavior. Parents/caregivers are often especially upset about or bothered by lying. Most parents/caregivers teach children that even if they make a mistake it is better to 'take responsibility than lie, but children may operate in the moment and just want what they want or want to get out of punishment.

The reasons that behavior problems persist is because they are "working." The key, then, to changing behavior problems is changing reactions to the behavior so it doesn't "work" anymore. This can be really hard once negative behavior has become a habit in children. But behavior that doesn't "work" will eventually stop.

The good news is that there are effective programs to help with behavior problems. The vast majority of children with behavior problems can be taught to behave respectfully and follow reasonable rules and expectations. Parents/caregivers are the primary individuals in charge of change because they are the ones who live with children and can change whether a behavior "works" or does not work in the environment.

Effective treatment for behavior problems involves the therapist acting as a consultant and coach to parents/caregivers to help them come up with new ways to respond to children's negative behaviors, so that the negative behavior does not "work" anymore. Treatment begins with parents/caregivers and therapists identifying behaviors of concern, figuring out what the function of the behavior is and how these behaviors are "working" for children, and then monitoring or tracking them to find out how often and under what circumstances they happen. With younger children, it is often not even necessary for them to attend the treatment; older children may need to attend to learn new skills themselves or to work out conflicts between them and parents,

By the time parents/caregivers take their children to treatment, they are usually frustrated and upset with the children and family relationships have gotten negative. Unfortunately, negativity just keeps negative behavior going. Even though it may be really hard to do, putting family relationships back in balance will mean finding some positives in children and reinforcing every positive, even little one so the positive behaviors will happen more (e.g., "work" for children). Sometimes, parents/caregivers have to "fake it 'til they make it," meaning praise the positives even when they are still upset with the child. Another task for parents is learning some skills for handling the negative emotions that are natural when children are acting up or being bad. There are many ways to lower anger and frustration at the moment, but it is still hard to do. Children's behavior CAN change—but it takes work and investment on the parent/caregiver's part.

Effective treatment always means learning new skills to use with children's misbehavior. The only way to learn these new skills is to practice and try them out. A therapist's job is to help parents/caregivers rehearse in session and practice in between sessions. Remember, it may take a few tries for children's behavior to improve; at first, children who are used to getting what they want or getting out of something they don't want will test to see if their old behavior still works. When a child tests the limits—this often-meaning change is starting to happen. Practice, persistence, and consistency will eventually work!

The key strategies for changing children's behavior are:

1. Positive one-on-one time. For little children, 5 minutes a day, for older children 10-20 minutes a few times a week. Parents/caregivers just spend time just following children's lead in playing or hanging out, doing a fun activity. No questions! No instructing or teaching! No correcting! Just be there and enjoy. This is a very important step because when there is more positivity between children and parents, children start wanting to be good.
2. Praise: When children are doing anything positive, let them know! Praise needs to be specific, immediate, and unconditional to work. "Wow, you are doing such a great job putting your toys away", "Thank you so much for getting up and getting off the bus on time today, I really appreciate it ". Catch them being good and praise, praise, praise. Here is where "fake it 'til you make it" comes in; it is not easy at first.
3. Ignore annoying but not dangerous behavior (e.g., whining, begging, tantrums, eye rolling, attitude, etc.): A lot of irritating, obnoxious behavior is to get attention. Don't take the bait. Ignore it even if it is hard. It might increase in the beginning because it has worked before. The behavior will eventually stop once it doesn't "work."
4. Rewards & Incentives: Figure out what motivates children. All parents do things for their children, many are beyond meeting basic needs; they give them stuff, privileges, time together. Figure out what children want and make getting it based on demonstrating the positive behaviors.
5. Consequences: Time Out and withdrawing privileges: Set expectations, praise/reward the specific behaviors that are targeted, But, when children do not follow the expectations there need to be consequences. Time-out is for younger children, and it means time out from attention. It can be hard to do, get therapist help with making a plan for time out or for removing privileges.

Keep in mind:

Treatment for behavior problems mainly involves parents/caregivers, there is no effective individual therapy for child behavior problems. The job of therapists is to be consultant and coach to parents/caregivers.

How to Motivate Your Pre-teen/Teen to Behave (11 and older)

The most important thing you can do to increase positive behavior in your preteen/teen is to create closeness and warmth in your relationship. When kids act up or misbehave it is hard to feel close and warm! Here are some tips that have been shown to work:

Special One on One Time Pre-teens/teens (11 + years old)

Set aside 15-20 minutes 3 times per week to spend time together:

1. Identify an activity your pre-teen/teen really enjoys, that you can do together: making a recipe, going someplace together like the mall, the park or for a walk, doing artwork, playing interactive video games, playing some kind of physical activity together like ball or skating. Avoid TV, video games that don't involve interacting or games that are aggressive or highly competitive.

2. Encourage more open communication in general during the activity. A really good way to do that is listen attentively and show interest in what they talk about (even if it is not very interesting to you!): "tell me more about what happened when you and Megan had that argument"; "I can hear that your feelings are hurt"; "Thanks for explaining to me about [Warcraft, Farmville, Wii], I didn't know that".

3. Ignore minor misbehavior. Unless the pre-teen/teen is doing something dangerous, just ignore and then return your attention and comment/praise on the NEXT appropriate behavior the child shows.

4. Never use one on one time as a reward or consequence. One on time is even MORE important on days when there are problems.

5. Things to try during one-on-one time:

- Use Descriptive statements such as: "You are so careful when you measure the ingredients".
- Use Praise statements such as: "You're really good at.....". "You have great taste in clothes"
- Use Reflective statements such as: Pre-teen/Teen: "I'm good at this game" Parent: "You're really good at this game"

6. Things to avoid during one-on-one time:

- Avoid asking too many questions or giving commands
- Avoid correcting or making critical statements (even if tempted)

REMEMBER:

Be consistent in routinely spending this special time together, the benefit builds up over time. It is like money in the bank for the hard times and makes everyday life much better.

Tips for Managing Extreme Behavior in the Moment

Goal: Calm the situation down right now.

Sometimes children or teens become very upset or out of control. There are always reasons that led up to the outburst but when it is happening, it is not the time to deal with the reasons. Stay in the moment to keep the situation from getting worse. It is better in the end if neither you nor your child/teen says or does anything that will be hard to take back.

Adults need to stay in control and be in charge of themselves and the situation in a way that lowers the emotions. This can be very hard when children/teens are saying mean things or being very unreasonable. But engaging with your child/teen during an outburst will only make it worse. In the majority of cases the situation will calm down if it is handled with care.

Many of these situations can be avoided by seeing them coming and taking steps to help children/teens calm themselves down before the situation gets out of control. Noticing escalating emotions early on will give you options. You could open a conversation about what is really bothering them. Or try to redirect the negative behavior towards more positive behavior. Staying calm will help.

When You Need to Get Outside Help:

Calling police may be necessary in very extreme circumstances such as dangerous aggressive behavior toward you or others in the family, threatening with a weapon, or self-harming. But often times there are some simple effective approaches you can take to help diffuse the situation by keeping yourself and your child calm.

Caregiver Coping: Ways to help stay calm in the moment:

- Stop and take a few deep breaths
- Remove yourself from the situation briefly if necessary. Use the time to calm down so you can think about your best response
- Use positive self-talk. For example: "I can get through this." Or "It's important for everyone that I stay calm".
- Stay in the moment — Focus on what is happening now, not the past or the future.
- Enlist the help/support of a partner, when possible, to help you stay calm

Helpful ways to respond to your child/teen

- Keep voice at normal or lower volume
- Step back, keep a little distance, some eye contact but not too much
- Don't take the bait. Don't discuss, reason, or argue in the moment.
- Listen and reflect back about the feelings you can see. For example, "I can see that you are very upset right now"

- Avoid bringing up past negative behaviors or criticizing your child/teen. This will de-escalate the situation
- Don't threaten your child with consequences; there will be time for giving consequences later, when everyone is calm
- Offer to talk when the child/teen calms down. Such as, "When you are calmer, I really want to talk about what's going on for you"
- Express support and concern. "You are really having a hard time. I would like to help"
- If possible, ask for help from a partner to help you de-escalate the situation

What are Attachment and Attachment Problems in Children?

Children, like other living beings, are born with a drive to survive. Infants do this by staying close to parents to get safety and be comforted when they are distressed. When parents are protective and responsive children feel secure and develop a secure "attachment style." Parents become a "secure base" from which children can explore their environment and learn to handle separation without serious distress.

Children are believed to develop "Working models" for relationships from these early experiences that influence how they think about themselves and about other people. For example, children whose parents are protective and responsive learn that they are worthy (positive self), and that other people can be counted on (positive other).

Sometimes children have early experiences with parents that lead them to develop an insecure attachment style.

Inconsistent Parent

Children experience these parents as sometimes being there for them and sometimes not being there. This causes intense anxiety in children. Children may react by being whiney, clingy, and demanding or have angry outbursts. These children are trying to get their needs for comforting met and express their distress.

Unresponsive Parent

Children experience these parents as not being there for them. They handle their anxiety by suppressing or mastering it. The children may react by being aloof, distant, unusually independent, unaffectionate, and showing indiscriminate friendliness to strangers. These children are learning not to rely on others to meet their needs.

Violent/Abusive/Unpredictable/Parent

Children experience these parents as frightening and dangerous as well as sometimes a source of comfort. They may respond by being manipulative, sneaky, deceptive, and showing superficial emotionality, or fake sweetness. The children are trying to control and influence their parents to avoid being harmed, but also to get their needs met. The children may appear to be driven primarily by meeting their own needs, even at the expense of others.

Children adapt to their situations and learn ways of relating for survival. There may be mixtures of styles in a particular child. Abused and neglected children are much more likely to have insecure attachment styles than other children, although there can be other causes. These ways of relating can persist even when the parent improves or children can transfer the style to new parents (e.g., relative, foster, or adoptive parents). Although the behaviors can cause aggravation, frustration, disappointment or even anger, that is not the intent of the children. It is important to realize that it may take a long time for children's style to change and in some cases, parents will have to make adjustments to the children's style.

Dealing with Difficult Behaviors

All children respond best to responsive consistent parenting. Being praised for good behavior even if it is just doing what they are supposed to makes children more likely to keep on being good. Children really like attention from parents or other caregivers.

Ignoring irritating or obnoxious behavior as long as it isn't harmful or dangerous is one of the best ways to eliminate it. Sometimes this is hard but responding is a way of giving attention. Because children crave attention, negative attention is as good as positive if that is easier to get.

It is really important to be clear about what is expected and follow through on consequences when children disobey or act up. Being firm and calm when dealing with problem behavior helps a lot. Harsh reactions or punishment tend to make things worse.

One way to cut down on negative interactions with children is to try to cut down on asking questions or giving instructions as the main way of interacting with them. When there are problems in a parent-child relationship, questions and instructions are an opportunity for a child to be disobedient or defiant,

Some of the ways to do this are to get in the habit of just commenting on what a child is doing (e.g., [see you are drawing a picture) and repeating what a child says (e.g., you said you played at school today). Or when a child is talking to say, "tell me more about that" and then wait and listen.

Anxious Style

Children who have an anxious style need extra reassurance. Giving constant reinforcement even when it doesn't seem like it should be necessary can help. Telling them many times every day that they are loved or cared for and giving lots of praise whenever they are being good will build up a sense of security over time.

Avoidant style

Children who are avoidant may be standoffish or not be very responsive at first. Being respectful of why they have learned to be this way by not pushing them into emotional closeness or being too physically affectionate is a good way to start. A more gradual approach to getting close and not taking it as a personal rejection gives children a chance to learn that other people can be counted on. Unfortunately, in some cases parents may have to adjust their own expectations or desires to accept the level of connection that these children can give.

Disorganized Style

Children with this relationship style are tough to handle because they may behave in ways that are very upsetting or even a little bit scary. Sometimes it seems like they are trying to provoke parents on purpose or that they don't really care about hurting other people. They have probably learned that adults can hurt children or don't really care about them.

It is important to be firm and clear about expectations and follow through on consequences when they misbehave. The children may act like they don't care, and this can lead parents to increase the consequences to get a reaction. This won't help and it can make things worse. It is especially important not to get forceful because the children will only get madder.

At the same time, it may be especially helpful to let these children feel like they can have some control over their lives. Giving them choices after outlining the options and consequences lets them know that they can make a difference in what happens. These children may respond best to seeing what the benefits are for them in behaving well, as opposed to doing it because it is the right thing to do.

Dealing with Your Own Reactions

Don't take it personally; keep reminding yourself that the children learned how to survive in a bad situation. They now need to learn how to survive in a family where adults will meet their needs.

Keep to the basic principles of being responsive and consistent. Don't be harsh or forceful,

Come up with a plan for how to handle the specific attachment problems and stick to it.

Be patient. The attachment style was learned over time and will take time to change. Try to focus on what you are offering the children and celebrate the

"Little successes."

Have support to help with hurt feelings, frustrations, and disappointment.

Attention Deficit Hyperactivity Disorder (ADHD)

What is ADHD?

ADHD is a common and treatable childhood disorder in which children have a persistent pattern of inattention and/or hyperactivity and impulsivity.

Approximately 5-10% of youth have ADHD. More so than other children the same age, youth with ADHD have problems with sustaining attention, finishing tasks, paying attention to details, and organizing activities. They are easily distracted and often forgetful. They may have trouble sitting still, fidgeting, be restless, blurt out or interrupt, talk excessively and have trouble waiting for their turn. Research shows that ADHD affects areas of the brain involved with focusing and planning ahead, controlling impulses and sitting still.

There are two main types of ADHD: primarily inattentive and primarily hyperactive/impulsive. In some cases, youth will have symptoms of both. More boys than girls are affected by ADHD although girls with ADHD are sometimes not identified and diagnosed because they tend to have primarily inattentive type

ADHD, without hyperactivity. Some adolescents will "grow out" of hyperactivity, but still have problems with inattention and impulsivity.

In order to make a diagnosis of ADHD it is essential to have feedback from the school or daycare in addition to the caregiver. The diagnosis can only be made when youth have symptoms in more than one setting, typically home and school. Standardized rating forms such as the Vanderbilt ADHD Rating Scale or the Connor's Parent and Teacher Rating Scales can help assess ADHD symptoms and medication response.

What is the Treatment for ADHD?

- Stimulants are highly effective for most youth with ADHD. Examples include methylphenidate (Concerta, Ritalin), mixed amphetamine salts (Adderall), and lisdexamfetamine (Vyvanse).
- Non-stimulants are also effective, but not as effective as stimulants for most youth. Examples include atomoxetine (Strattera), bupropion (Wellbutrin), guanfacine (Tenex or Intuniv) and clonidine (Catapres or Kapvay).
- Treating ADHD with medications will help behavioral treatments and parent skills training work much better.
- Medication treatment should only be started when there is adequate structure, supervision and oversight in the youth's living situation. Be aware also that stimulants have abuse potential and street value.
- Medication treatments are very effective for ADHD, but side effects are common. Medication monitoring should include regular assessment of sleep, appetite, height, weight, blood pressure, pulse and blood work,
- Non-medication treatments include classroom and educational program modifications, studying in a low stimulation space, attention and organization strategies and social skills training.
- Not treating ADHD with medication is associated with many negative short and long-term academic, vocational, health and behavioral outcomes

Child welfare-involved youth have increased risk for other conditions that may be mistaken for ADHD, including:

- Academic/school problems might be due to disrupted/multiple school placements, history of poor attendance or learning disorders.
- Anxiety and trauma effects.

Summary:

ADHD is a common condition in children. It is both under and over-diagnosed. When properly diagnosed, medications are a very effective treatment. Evidence-based standards are available for prescribers. Many children with ADI-ID also have behavior problems. In those cases, medications will not be sufficient, but will be important in enhancing the effectiveness of behavioral parent training.

Tips for Responding.

1. Confirm that children who are diagnosed with ADHD are being monitored by a medical provider. There is no set standard for how often a child should be monitored, but younger children and children recently started on medications or with recent dose adjustments should be monitored more closely. Once stable, approximately once-per-month is sufficient.
2. For children who are reported or known to have behavior problems as well as ADHD, ensure that an evidence-based behavioral parent training intervention is also provided.
3. Insure that caregivers have psychoeducational materials about ADHD.
4. Monitor that the diagnosis is reassessed annually for the first few years after the initial diagnosis, and again after puberty.

Autism and Autism Spectrum Disorder

What is Autism Spectrum Disorder?

Autism Spectrum Disorder (ASD) is a developmental disorder in which children and youth have problems with 1) social interaction and social communication, and 2) repetitive behaviors and a restricted range of activities and interests. ASD can vary in its presentation and severity. Children and youth with ASD may present with limited or no social/verbal interactions or eye contact, a strong desire for sameness in routines, repeating words or phrases, sensitivity to noise, over- or under-sensitivity to pain, clumsiness, rocking behavior, self-injurious behavior and/or disruptive behavior. Children and youth with less severe forms of autism may primarily appear to be socially awkward, not engage in the usual conventions of social interactions, or to have odd mannerisms.

The ASD diagnosis was introduced in DSM-5 and includes all the DSM-IV autism diagnoses (Autism, PDD NOS, Asperger's Syndrome, etc.). The ASD diagnosis was developed, in part, because clinicians and researchers were not consistent in differentiating among the Autism subtypes. ASD represents a diverse group of disorders that can appear very different from child to child. For instance, approximately 40% of youth with ASD have average to above average intellectual functioning. About 60% have intellectual impairment that can range from mild to severe. Approximately 25% of youth with ASD are nonverbal.

More than half of children and youth with ASD have disruptive behaviors; 68% of caregivers report a history of aggression toward them. Children and youth with ASD are more likely to have behavioral problems compared to children and youth in general and compared to children and youth with intellectual disability. In addition, about 70% have concurrent medical conditions ASD may be associated with problems with attention/distractibility (or ADHD); sleep, gastrointestinal symptoms, and/or motor skills. Some children and youth with ASD may have strong memory, math, music, visual, or other specific skills.

In most cases, the causes of ASD are unknown. However, it is known that parents do not cause ASD, some rare genetic syndromes are associated with ASD (e.g., fragile X syndrome), At this time, there is no blood or brain test for making the diagnosis of ASD. The prevalence of ASD in the United States is increasing, but the reasons for this are unclear. Approximately 1 out of 42 boys and 1 out of 189 girls in the United States are diagnosed with ASD. There is no evidence that vaccines cause ASD, and there is evidence that vaccines do not cause ASD,

The diagnosis of ASD can be made as early as 24-36 months. A professional with expertise in Autism should make the diagnosis of ASD. ASD is diagnosed with a clinical examination and history including input from the family and school or preschool personnel.

What is the Treatment for ASD?

- Treatment should be individualized to the child to optimize functioning and address the specific skills deficits. Treatment typically involves some degree of social skills, social communication, and communication training. Speech language/communication therapists and occupational therapists typically provide communication, social, and motor skills training.
- Treatment should address any associated conditions that interfere with functioning. The same treatments for youth without ASD are appropriate for youth with ASD. For example, if the child or youth has behavior problems, anxiety or depression, evidence-based interventions for those conditions should be used. Individual therapy should not be the main treatment modality for youth with behavior problems.
- Youth with moderate to severe cognitive impairment and/or ASD may not be able to engage in or benefit from psychotherapies that require verbal and interaction skills.
- In some severe cases early intensive behavioral and developmental therapies can help improve cognitive, language and adaptive functioning.
- A diagnosis of ASD may qualify children and youth for additional services and resources. These may be available through school, developmental disabilities programs, or health care providers. Children and youth with ASD very often require specialty designed instruction in school. Children and youth with ASD should be referred to determine whether they qualify for Special Education services/an Individualized Education Plan.
- At this time, there are no medications that treat the core symptoms of ASD. Psychiatric Medications may be used to address associated symptoms and disorders, including ADHD, anxiety, depression, and OCD. Some antipsychotic medications are FDA-approved to treat irritability associated with Autism/ASD, but these medications do not treat the ASD core symptoms.
- Children and youth with ASD are at increased risk for physical health problems, so treatment should be coordinated with pediatric health care providers.
- Many families also use non-traditional or complementary and alternative medical treatments for children and youth with ASD, so it is important to ask whether children and youth are receiving complementary or alternative treatments.
- Because rare genetic syndromes are associated with ASD, workers should ask an autism expert (such as the person making the diagnosis) whether genetic testing is indicated.

Bipolar Disorder in Children and Adolescents

What is Bipolar Disorder?

Bipolar disorder, historically called manic-depressive illness, is a cyclical mood disorder characterized by distinct episodes of mania and depression. A manic episode presents as an extreme change in a person's normal functioning, with animated, irritable, or angry moods, markedly decreased sleep, increased energy, rapid speech and thinking, and reckless, dangerous, or bizarre behaviors. By definition, a manic episode must last for at least 7 days. Individuals with severe mania often experience psychotic symptoms, including grandiose or paranoid beliefs. Most individuals with the illness will experience repeated episodes of mania and depression in their lifetime. Persons with bipolar disorder are at serious risk to commit suicide, and also can have other difficulties, including substance abuse. Antipsychotic and/or mood stabilizing medications (such as lithium) are the most effective treatments and can be lifesaving. Lifelong medication treatment is often needed to control mood episodes and to prevent relapse.

Bipolar disorder usually first presents during adolescence or young adulthood, and overall occurs in 1 — 2% of people, including individuals that suffer less severe forms of the illness. Bipolar disorder is characterized by brief manic episodes, called hypomania (manic symptoms that last at least a few days, but less than a week), that alternate with episodes of significant depression. Cyclothymia is defined as chronic reoccurring periods of brief depression and hypomania.

Important Considerations

Historically, bipolar disorder was thought to be rare in children. However, over the past two decades, the diagnosis has been widely used to describe youth suffering with chronic irritability, moodiness, and explosive anger. This practice has been controversial. Characterizing moody angry children as "bipolar" represented a fundamental change in how the illness was defined. Current research does not support that childhood bipolar disorder eventually becomes classic manic-depressive illness. Given concerns that bipolar disorder in children was being-over-diagnosed*-new disorder Disruptive Dysregulation Disorder" was adopted by DSM 5 to characterize youth with chronic irritability, reactive moods, and anger outbursts,

The widespread diagnosis of childhood bipolar disorder led to a marked increase in the use of psychiatric medications in youth, including toddlers. Children diagnosed as bipolar are prescribed the same medications used to treat the adult disorder, and often receive combinations of multiple drugs. Although these medications can reduce aggressive behaviors, they have significant side effects and do not cure the underlying problems. Behavioral and mood problems in children characterized as "bipolar" are best treated with evidence-based psychosocial and behavioral therapies that focus on improving coping and problem-solving skills and parenting strategies. Medications may be prescribed to help control severe aggression and acting out behaviors but should be used judiciously as one element of an integrated comprehensive treatment plan. The goal of medication treatment is to reduce symptoms and stabilize unsafe behaviors, rather than lifelong therapy to treat the underlying illness.

Summary: Bipolar is a serious mental health condition that typically first appears in adolescence and can respond well to protocol-driven medication regimens. Diagnosis of bipolar in younger children is controversial and the presentation does not typically resemble classic bipolar nor eventually lead to classic bipolar later. There are risks associated with the use of certain medications that should be

carefully monitored. Children diagnosed with bipolar often have severe difficulties with controlling their moods and anger, some of which may be related to histories of trauma and require trauma-specific treatments or parent management training,

Tips for Responding.

1. Actively monitor all children diagnosed with bipolar disorder to make sure they are being regularly monitored by a medical provider to check on the effectiveness of the medication regimen for symptom control and side effects. There is no set standard for how often children should be monitored because of the cyclical nature of the illness. If the child is stable, once per month is sufficient.
2. Consider a second opinion by a qualified child psychiatrist for preadolescent children diagnosed with bipolar disorder.
3. For children prescribed anti-psychotic medication, confirm that the dosage is within the accepted range. This can be done by asking a qualified psychiatric consultant.
4. Caregivers should be knowledgeable about bipolar symptoms and course, and actively involved in the treatment.

What is psychosis?

Psychosis refers to impaired interpretations of reality based on disordered thinking and false perceptions. Psychotic symptoms include hallucinations, delusions (false beliefs) and disorganized thinking. Individuals experiencing psychosis typically demonstrate observable impairments in thinking and behavior, including disorganized or unintelligible speech, confusion, unpredictable, odd, or bizarre disorganized behaviors and/or evidence of responding to internal false beliefs or hallucinations (e.g., laughing to oneself, talking to oneself, acting paranoid). Approximately 1% of the population will experience psychosis.

Psychotic symptoms are characteristic of schizophrenia, which is defined by the presence of hallucinations, delusions, and disorganized speech. Individuals with schizophrenia also typically experience negative symptoms, which include low motivation, social disinterest, and lack of self-care. Schizophrenia is typically first presented during late adolescence or young adulthood. The onset of schizophrenia is rare before the age of 12 years. Most individuals with schizophrenia have problems prior to the onset of psychotic symptoms, including social withdrawal, odd beliefs and learning problems. However, the diagnosis should not be made until evidence of overt psychosis is present.

Schizoaffective disorder is diagnosed when a person meets criteria for schizophrenia, and also has distinct episodes of disturbed mood (mania or depression) throughout the course of the illness. Psychosis may also occur with other illnesses, including mood disorders, intoxication, alcohol withdrawal and medical disorders (e.g., brain tumors, infections).

Schizophrenia, schizoaffective disorder, and mood disorders with psychotic features (either mania or depression) are serious psychiatric conditions that require medications in addition to psychosocial supports and therapies. Any person that presents with clinical evidence of psychosis requires a psychiatric evaluation, Antipsychotic medications are usually the first-line treatment, depending on the diagnosis. Other medications, such as mood stabilizers (e.g., lithium) and/or antidepressants, are also used to help address problems with mood or aggression.

Important Considerations

When a youth develops acute psychosis, a thorough medical work evaluation is indicated, both to determine the cause, and also to assess for other possible.

Many individuals, especially children, report symptoms suggestive of psychosis, yet are not truly psychotic. Research studies have found that 17 percent of children will report hearing voices, or other unusual beliefs; most of whom will never develop a psychotic disorder. Children often misunderstand questions regarding psychosis, and may describe their own internal thoughts, feelings, and imaginary beliefs as something external. Youth with histories of trauma, anxiety, behavioral problems, cognitive deficits, and autism-spectrum disorders are at particular risk to report symptoms that can be misinterpreted as psychosis.

Tips for Responding

1. Children and adolescents with suspected psychosis should be evaluated by a qualified child psychiatrist; given the relative rarity of the diagnosis and the importance of providing effective specialized treatment.
2. Consider a second opinion by a qualified child psychiatrist for any child less than 12 years of age diagnosed with schizophrenia.
3. Actively monitor all youth diagnosed with psychosis to make sure they are being regularly monitored by a medical provider to check on the effectiveness of the medication regimen for symptom control and side effects. There is no set standard for how often youth should be monitored. Those with acute psychosis will need intensive monitoring and may need to be hospitalized. Once the youth is stable, once per month is sufficient.
4. For youth prescribed anti-psychotic medication, confirm that the dosage is within the accepted range. This can be done by asking a qualified psychiatric consultant.
5. Caregivers should be knowledgeable about psychosis symptoms and course, and actively involved in the treatment.
6. Youth with schizophrenia will often benefit from support services designed to enhance their social and academic functioning, including special education and/or vocational programs

Support in the Community

“What Is Al-Anon and Alateen?”

Al-Anon is a mutual support program for people whose lives have been affected by someone else’s drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. [Alateen](#), a part of the Al-Anon Family Groups, is a fellowship of young people (mostly teenagers) whose lives have been affected by someone else’s drinking whether they are in your life drinking or not. By attending Alateen, teenagers meet other teenagers with similar situations. Alateen is not a religious program and there are no fees or dues to belong to it”. (<https://al-anon.org/>)

Meetings can be found by going to the website: <https://al-anon.org/>. At the top click “Meetings” and find your desired type of meeting. There are also many other helpful areas of the Al-Anon website.

Alcoholics Anonymous (AA):

“Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn’t cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. A.A.’s primary purpose is to help alcoholics to achieve sobriety.” (<https://www.aa.org/>)

Meetings can be found on the following website: <https://www.aa.org/> . Once you get to the website scroll to the bottom and look for: “Find A.A Near You” to find meetings based on your areas. There are also many other helpful areas of the A.A website.

Narcotics Anonymous (N.A):

“Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. NA was founded in 1953, and our membership growth was minimal during our initial twenty years as an organization. Since the publication of our Basic Text in 1983, the number of members and meetings has increased dramatically. Today, NA members hold nearly 76,000 meetings weekly in 143 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. Our name, Narcotics Anonymous, is not meant to imply a focus on any particular drug; NA’s approach makes no distinction between drugs including alcohol. Membership is free, and we have no affiliation with any organizations outside of NA including governments, religions, law enforcement groups, or medical and psychiatric associations. Through all of our service efforts and our cooperation with others seeking to help addicts, we strive to reach a day when every addict in the world has an opportunity to experience our message of recovery in his or her own language and culture.” (<https://na.org/>)

Meetings can be found on the following website: <https://na.org/> .Click on “Find a Meeting” and enter your location information to find a meeting near you. There are also many other helpful areas of the N.A website.

National Alliance on Mental Illness (NAMI)

“The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation’s leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 49 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.” (<https://www.nami.org/>).

What NAMI does: “**We educate.** Offered in thousands of communities across the United States through NAMI State Organizations and NAMI Affiliates, our [education programs](#) ensure hundreds of thousands of families, individuals and educators get the support and information they need. **We advocate.** NAMI shapes national [public policy](#) for people with mental illness and their families and provides volunteer leaders with the tools, resources and skills necessary to save mental health in all states. **We listen.** Our toll-free [NAMI Helpline](#) allows us to respond personally to hundreds of thousands of requests each year,

providing free information and support—a much-needed lifeline for many. **We lead.** Public awareness events and activities, including [Mental Illness Awareness Week](#) and [NAMIWalks](#), successfully fight stigma and encourage understanding. NAMI works with reporters on a daily basis to make sure our country understands how important mental health is.” (<https://www.nami.org>)

Support through Nami can be found by either calling the NAMI hotline number or through support groups. For hotline: Monday – Friday 10am – 10pm ET. 1-800-950-NAMI (6264). You can also email info@nami.org.

For support meetings, go to the website: <https://www.nami.org>, click on “Support and Education”, click on “Support Groups”. There are options for peer support for those experiencing mental health conditions as well as groups for family members who are supporting their loved ones with mental health conditions.

Criteria for treatment

All types of treatment for Addictive, Substance-Related, and Co-Occurring Conditions (where substance use disorders and mental health conditions are present) are assessed by a licensed and/or certified provider using ASAM Criteria (American Society of Addiction Medicine).

Just like there are different levels of care for medical services (routine checkups, visits to your primary care provider, urgent care, emergency department, hospitalization, etc.) it is likewise for Substance related concerns. When issues start to arise usually services will start at an outpatient level of care. If it is determined that additional or more intensive services are needed, then there will be a recommendation for a higher level of care by the provider. If appropriate progress is made, it will be recommended by the provider to transfer to a lower level of care.

Drug Names / Lingo / Uses / Overdose Symptoms

<u>Drug Name</u>	<u>How it's used</u>	<u>Form</u>	<u>Type</u>	<u>Addictive</u>	<u>Common Lingo</u>	<u>Effect Lasts</u>	<u>Detected on UA</u>	<u>Overdose Symptoms</u>
Acetaminophen & Oxycodone Combo (Percocet)	Orally, crushed up & snorted	Pill, crushed into powder, pressed	Opioid	Highly	Percs, Hillbilly Heroin, Kickers, M-30s, ErCs	4-6 hours	4 days	Nausea, vomiting, severe drowsiness, bluish nails, and lips, weak respiration
Alprazolam (Xanax)	Orally, crushed up & snorted	Pill, Crushed into powder	Benzodiazepine	Highly	Zannies, Z-Bars, Benzos, Sticks	2 - 4 hours	4 - 7 days	Yellowing of the skin, seizures, depressed and suicidal thoughts, Memory problems
Amphetamine	Orally, injected or swallowed.	Crystals, powder,	Stimulant	Highly	Zoomers, Chalk, Pep pills, Road dope	10 hours	5 days	Aggression, blurred vision, coma, confusion, fainting, feelings of panic
Amphetamine & Dextroamphetamine Combo (Adderall)	Orally, crushed up or snorted	Pill, Salts	Stimulant	Highly	Smarties, Lid poppers, Study buddies	10- 12 hours	5 days	Aggression, blurred vision, coma, confusion, fainting, feelings of panic
Buprenorphine and Naloxone Combo (Suboxone)	Orally	Pill, sublingual film	Opioid	Highly	Boxes, Oranges, Sobos, Subs	24 hours - 60 hours	40 min - 14 days	Profound drowsiness, intermittent loss of consciousness, lack of coordination, slurred speech
Clonazepam (Klonopin)	Orally, crushed up & snorted	Pill, Crushed into powder	Benzodiazepine	Highly	Benzos, K, Tranks, Super Valium	6 - 24 hours	1 Month	Confusion, Respiratory arrest, fainting, muscle weakness
Cocaine	Orally, injected, snorted, gumming	White fine powder, crystal	Stimulant	Highly	Angel powder, Big C, Gold dust	15 min - 30 min	1 - 4 days	High blood pressure, sweating, heart attack, irregular heart rhythm, stroke
Crack Cocaine	Orally, injected, snorted, smoked	Crystals, powder	Stimulant	Highly	Apple jack, Blowcaine, Ice cybes, Ready rock	5 min - 2 hours	3 days	High blood pressure, sweating, heart attack, irregular heart rhythm
Ecstasy / MDMA / Molly	Orally, crushed up & snorted	Pill	Psychoactive	Low - Moderate	Domex, Love potion, Scooby snacks, Skittle	3 - 6 hours	2 - 4 days	Seizures, delirium, dehydration, hyperthermia, high body temp, death
Fentanyl and Fentanyl Derivatives (Perc 30s)	Orally, snorted, injected, Pressed	Transdermal patches, sublingual dissolving tablets, nasal spray, lozenges, injectable liquid	Opioid	Highly	Birria, Crazy, Dance fever. Dragon's breath, Fire, Fenty, Poison	15 min - 6 hours	Does NOT show up on home tests	Low blood pressure, drowsiness, dizziness, nausea and vomiting, limp body, changes in pupils
Flunitrazepam (Rohypnol)	Orally	Liquid, powder	Benzodiazepine / Sedative	Low - Rare	542, Circles, Date rape drug, Forget pill	30 min - 8 hours	3 days	Appear extremely intoxicated. Inability to walk, severely slurred speech
GHB (Gamma-Hydroxybutyric Acid)	Orally	Liquid, white powder	Benzodiazepine / Sedative	Moderate	Blowout, Cherry meth, Monkey juice, Salty water, date rape	15 min - 6 hours	12 hours	Nausea, vomiting, lack of coordination, agitation, seizures, low body temp, slowed breathing

Drug Names / Lingo / Uses / Overdose Symptoms

<u>Drug Name</u>	<u>How it's used</u>	<u>Form</u>	<u>Type</u>	<u>Addictive</u>	<u>Common Lingo</u>	<u>Effect Lasts</u>	<u>Detected on UA</u>	<u>Overdose Symptoms</u>
Heroin	Injected, snorted, smoked, combined with other drugs or alcohol	Brown powder, white powder, black sticky tar	Opioid	Highly	Antifreeze, Black, Cement, Coffee, "H", Tragic magic	Up to 1 hour	5 hours - 2 days	Blue lips and fingertips, limp body, pale face, person may be conscious but unable to respond
Hydrocodone (Norco, Vicodin, Lorcet)	Orally, snorted.	Pill, Crushed into powder	Opioid	Highly	357s, Bananas, Dones, Hydros,	30 min - 8 hours	4 days	Blue lips and fingertips, limp body, pale face, breathing is slow, vomiting
Hydromorphone (Dilaudid)	Orally, injected, snorted.	Pill, liquid, powder	Opioid	Highly	D, Dillies, K4, Needle candy	5 hours	1 - 90 days	Slow heart rate, severe drowsiness, muscle weakness, cold clammy skin, pinpoint pupils
Ketamine (Ketalar)	Orally, Injected	Liquid, pill,	Hallucinogen / Sedative	Moderate	Blind squid, Cat food, Special K, Vitamin K, Wonky	20 min - 1 hour	14 days	Nausea, vomiting, severe confusion, chest pain, irregular heartbeat, paralysis
Khat	Chewed, brewed into a tea, paste. nasal passage	Leaf, Tea, Paste, white powder	Stimulant	Moderate	Abyssian tea, African salad, Catha, Chat, Oat	90 min - 3 hours	1 - 4 days	High blood pressure, sweating, heart attack, irregular heart rhythm, stroke
LSD (Lysergic Acid Diethylamide)	Swallowed, held under tongue	Pill, blotter paper, watery solution, gelatin square	Hallucinogen	Low - Rare	Acid, Bart Simpson, Goofy, Looney tunes, orange cubes	20 min - 12 hours	1 - 3 days	Vomiting, uncontrollable bowel movements, fever, unconsciousness, seizures
Marijuana	Smoked, eaten	Plant, dabs. Edibles.	Depressant, stimulant, or hallucinogen	Low - Rare	Weed, Trees, Doobie, Green, Sticky	2 - 10 hours	1 - 31 days	Panic attacks, psychotic thinking, hallucinations, rapid heart rate, high blood pressure
Marijuana Concentrates / Hash Oil	Smoked, vaped, eaten, rubbed on to skin	Oil, edibles, lotion, tinctures	Depressant, stimulant, or hallucinogen	Low - Rare	710, Bubble, hash, Extract, Gorilla glue, Honey oil, Moon rocks	2 - 10 hours	1 - 31 days	Panic attacks, psychotic thinking, hallucinations, rapid heart rate, high blood pressure
Mescaline / Peyote	Chewed, intoxicating liquid, swallowed, smoked	Plant, liquid, swallowed, smoked, pill	Hallucinogen	Low - Rare	Big chief, blue caps, Cactus, Half moon, Nubs	10 - 12 hours	2 - 3 days	Fever, fluid loss, vomiting, psychosis
Methamphetamine	Smoked, snorted, injected	White powder, damp oily substance yellow or brown color, crystal	Stimulant	Highly	Accordion, Biker's coffee, Crystal, Hawaiian salt, Shaved ice	4 - 16 hours	3 days	Agitation, chest pain, heart attack, coma, irregular heartbeat, high body temp
Methylphenidate (Ritalin, Concerta, Daytrana)	Orally, transdermal	Pill, transdermal patch, oral solution	Stimulant	Highly	Diet coke, Jif, Kiddie cocaine, MPH, Vitamin R	3 - 4 hours	1 - 3 days	Sweating, dehydration, vomiting, tremors, hallucinations, panic, aggression, seizures

Drug Names / Lingo / Uses / Overdose Symptoms

<u>Drug Name</u>	<u>How it's used</u>	<u>Form</u>	<u>Type</u>	<u>Addictive</u>	<u>Common Lingo</u>	<u>Effect Lasts</u>	<u>Detected on UA</u>	<u>Overdose Symptoms</u>
Morphine	Orally, IV, epidural, intrathecal	Pill, liquid	Opioid	Highly	Dreamer, First line, Joy juice, Monkey, Morpho,	4 - 6 hours	4 days	Bluish fingernails and lips, coma, constipation, difficulty breathing, drowsiness, nausea.
Opium	Smoked, IV, orally	Pill, liquid, brownish powder	Opioid	Highly	Big o, Black Russian, Chinese tobacco, Midnight oil	15 min - 6 hours	3 days	Bluish fingernails and lips, coma, constipation, difficulty breathing, drowsiness, nausea.
Oxycodone (Oxycontin, Roxicodone, Oxaydo)	Orally, IV, snorted	Pill, liquid, crushed up into powder	Opioid	Highly	30s, 40s, 512s, Buttons, Cotton, Kickers, OC, Oxy, Roxy	4 - 6 hours	3 - 4 days	Stomach pain or spasms, vomiting, weak pulse, drowsiness, coma, seizures
PCP (Phencyclidine)	Orally, IV, snorted, smokes	Crystalline powder (white), liquid	Hallucinogen, stimulant, depressant	Highly	Ace, Angel Dust, Angel hair, Black whack, Cucuy, Hog	6 - 48 hours	1 - 10 days (longer for chronic users)	Agitation, altered state of consciousness, catatonic trance, coma, convulsions.
Promethazine	Orally, IV via large bore vein	Liquid	Phenothiazines	Highly	Act, Drank, Lean, Rojo, Skittles	Up to 12 hours	2 - 3 days	Severe drowsiness, fainting, slow shallow breathing, seizures.
Psilocybin Mushrooms	Eaten, sprinkled on weed, tobacco, tea,	Mushroom, tea,	Hallucinogen	Low - Rare	Boomers, Cuttons, Caps, Psilly Billy, Silly putty, Stemmiess,	30 min - 6 hours	24 hours	Agitation, vomiting, diarrhea, muscle weakness, panic or paranoia, psychosis, seizures, coma
Synthetic Cannabinoids	Smoked, vaped, added to tea or food	Sprayed onto plant material, mixed into liquid, added to food or drinks	Depressant, stimulant, or hallucinogen	Moderate	4-20, Atomic blast, Cherry bomb, Fire, K2, Sweet leaf, Wazabi, Wizard, Spice	10 min	3 days	Elevated blood pressure, reduced blood supply to heart, kidney damage, seizures
Synthetic Cathinones	Snorted, orally, smoked, mixed with liquid, IV	White - off white powder	Stimulant	Highly	Bath blow, Bath salts, Bliss, Bloom, Scarface, Flakka, Scarface.	4 - 8 hours	Does not show on UA	Panic attacks, psychosis, paranoia, agitation, violent behavior, confusion, sweating, seizures
Steroids	Orally, IV, applied to skin	Pill, liquid, cream or gel, patches, subdermal implant pellets	Steroid	Moderate	Arnolds, Gear, Gym candy, Pumpers, Stackers	16 - 22 hours	8 hours - 10 days	Burning or itchy skin, convulsions, high blood pressure, worsening health conditions, depression, stunted growth in young users, men develop breasts, baldness, infertility. Women may experience male-pattern baldness, deepened voice, facial hair, irregular menstrual cycles
U-47700	Orally, snorted, IV	Pill, pink powder, liquid	Opioid	Highly	Pink, Pinky, U4	1 hour	Does not show on UA	

Q: What are Opioids?

A: Opioids are a class of drugs naturally found in the opium poppy plant. Some opioids are made from the plant directly, and others, like fentanyl, are made by scientists in labs using the same chemical structure (semi-synthetic or synthetic).

Q: What are Stimulants?

Stimulants are a class of drugs that speed up messages travelling between the brain and body. They can make a person feel more awake, alert, confident or energetic.

Stimulants include caffeine, nicotine, amphetamines, and cocaine. Large doses can

cause over-stimulation, resulting in anxiety, panic, seizures, headaches, stomach cramps, aggression, and paranoia. Long-term use of strong stimulants can have adverse effects.

Q: What are Benzodiazepines? Also, known as "Benzos"

Benzodiazepines work to calm or sedate a person, by raising the level of the inhibitory neurotransmitter GABA in the brain. Common benzodiazepines include valium, Xanax and klonopin among others.

Washington State Directory of Drug and Alcohol Abuse Treatment Facilities

Aberdeen

Columbia Wellness
Aberdeen
2700 Simpson Avenue
Suite 101
Aberdeen, Washington
98520
Phone: (360) 612-0012

ESD113/True North Student
Assistance
Treatment Services Grays
Harbor County
1700 Cherry Street
Aberdeen, Washington
98520
Phone: (360) 533-9749
Intake: (360) 464-6867

Eugenia Center Behavioral
Health and
SU Disorder Trt
Servs/Eugenia Center
501 North Broadway Street
Aberdeen, Washington
98520
Phone: (360) 660-1011
Intake: (360) 660-1009

Grays Harbor Treatment
Solutions
516 East 1st Street
Aberdeen, Washington
98520
Phone: (877) 774-6565

HarborCrest Behavioral
Health
Harbor Regional Hlth Comm
Hospital

1006 North H Street
2nd Floor
Aberdeen, Washington
98520
Phone: (360) 533-8500
Intake: (360) 537-6258

Lifeline Connections
311 South I Street
Aberdeen, Washington
98520
Phone: (360) 787-9319

Sea Mar Behavioral Health
Grays Harbor
1813 Sumner Avenue
Aberdeen, Washington
98520
Phone: (360) 538-1461

Social Treatment
Opportunity Programs
114 North Park Street
Aberdeen, Washington
98520
Phone: (253) 471-0890
Intakes: (360) 533-4997 (800)
992-1168

Airway Heights

Camas Path BHS
Kalispel Tribe of Indians
934 South Garfield Road
Airway Heights, Washington
99001
Phone: (509) 789-7630

Courage to Change
13015 West 14th Avenue
Airway Heights, Washington
99001
Phone: (509) 960-7938

Anacortes

Didgwalic Wellness Center
8212 South March Point
Road

Anacortes, Washington
98221
Phone: (360) 588-2800x2825
Intake: (360) 588-2800

Arlington

Alpine Recovery Services Inc
16404 Smokey Point
Boulevard
Suite 109
Arlington, Washington 98223
Phone: (360) 658-1388

Island Crossing Counseling
Services
Stillaguamish Tribe of Indians
5700 172nd Street NE Suite A
Arlington, Washington 98223
Phone: (360) 652-9640x3513
Intake: (360) 652-9640x3519

Stillaguamish Tribe
Behavioral Health Programs
5700 172nd Street NE
Suite B
Arlington, Washington 98223
Phone: (360) 435-3985

Auburn

A Walk to Freedom
Counseling
921 Harvey Road NE
Suite C
Auburn, Washington 98002
Phone: (253) 939-2211

Future Visions Program Inc
620 M Street NE Suite 2
Auburn, Washington 98002
Phone: (253) 735-2718

Lakeside Milam Recovery
Centers
Auburn
721 45th Street NE Suite C
Auburn, Washington 98002

Phone: (253) 859-6436
Intake: (800) 231-4303

Muckleshoot Family and
Youth Services
Behavioral Health
17500 SE 392nd Street
Auburn, Washington 98092
Phone: (253) 333-3605

Newlife Family Services
Christian Counseling Center
32025 52nd Avenue South
Auburn, Washington 98001
Phone: (253) 223-3149

Auburn West
4238 Auburn Way North
Auburn, Washington 98002
Phone: (253) 876-8900
Intake: (206) 302-2300

Valley Cities
Auburn Clinic
2704 I Street NE
Auburn, Washington 98002
Phone: (253) 833-7444

We Care Daily Clinics
3320 Auburn Way North
Auburn, Washington 98002
Phone: (253) 999-5750

Bainbridge Island
Eagle Harbor Counseling
600 Winslow Way East
Suite 232
Bainbridge Island,
Washington 98110
Phone: (425) 478-1000

Bellevue
Hotel California by the Sea
1601 114th Avenue SE
Suite 180
Bellevue, Washington 98004
Phone: (844) 766-8717

IKRON Corporation of
Greater Seattle
3805 108th Avenue NE
Suites 102 and 204
Bellevue, Washington 98004
Phone: (425) 242-1713x23
Intake: (425) 242-1713

IKRON of Greater Seattle
Meridian Center
10303 Meridian Avenue N
Suite 204
Bellevue, Washington 98004
Phone: (206) 420-7949
Intake: (425) 242-1713

Mindful Alternatives LLC
12729 Northup Way Suite 26
Bellevue, Washington 98005
Phone: (206) 355-2508

New Life Recovery Solutions
12330 NE 8th Street Ste 100
Bellevue, Washington 98005
Phone: (425) 454-2238

Rational Treatment Services
(RTS) Inc
12826 SE 40th Lane Suite 203
Bellevue, Washington 98006
Phone: (206) 459-2242

Bellevue North Creek
14216 NE 21st Street
Bellevue, Washington 98007
Phone: (425) 653-4900
Intake: (206) 302-2300

Therapeutic Health Services
Eastside Branch
1412 140th Place NE
Bellevue, Washington 98007
Phone: (425) 747-7892
Intake: (833) 278-4357

Youth Eastside Services (YES)
Community Mental Health
Agency

999 164th Avenue NE
Bellevue, Washington 98008
Phone: (425) 747-4937

Bellingham

Belair Clinic
1130 North State Street
Bellingham, Washington
98225
Phone: (360) 676-4485

Cascade Medical Advantage
800 East Chestnut St.
Suite 3-A
Bellingham, Washington
98226
Phone: (360) 927-1502

Catholic Community Services
Recovery Center/Bellingham
515 Lakeway Drive
Bellingham, Washington
98225
Phone: (360) 676-2187
Intakes: (360) 676-2187x0
(844) 358-5033x0

Ideal Option
3800 Byron Avenue Suite 122
Bellingham, Washington
98229
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Lifeline Connections
Bellingham Office
4120 Meridian Street
Suite 220
Bellingham, Washington
98226
Phone: (360) 922-3030

Lummi Counseling Services
2616 Kwina Road
Bellingham, Washington
98226
Phone: (360) 312-2420

Sea Mar Behavioral Health
Visions Female Youth
Treatment Center
1603 East Illinois Street
Bellingham, Washington
98226
Phone: (360) 647-4266
Intake: (360) 788-7184

Sea Mar Community Health
Centers
Whatcom County
3350 Airport Drive
Bellingham, Washington
98226
Phone: (360) 734-5458
2026 Division Street
Suite 100
Bellingham, Washington
98226
Phone: (360) 676-2020x5
Intake: (360) 812-7220

Bonney Lake

New Freedom Recovery
Center LLC
10215 214th Avenue East
Bonney Lake, Washington
98391
Phone: (253) 862-7374

Bothell

Alpha Recovery Choices
10614 Beardslee Boulevard
Suite D
Bothell, Washington 98011
Phone: (425) 483-4664

Bremerton

Agape Unlimited
4841 Auto Center Way
Suite 101
Bremerton, Washington
98312
Phone: (360) 373-1529

BAART Behavioral Health
Services Inc
1520 NE Riddell Road
Suite 110
Bremerton, Washington
98310
Phone: (360) 228-7246

Cascadia Addiction
Bountiful Life Treatment
Center PLLC
2817 Wheaton Way
Suite 205
Bremerton, Washington
98310
Phone: (360) 373-0155

Kitsap Mental Health
Services
Adult Outpatient/Pathways
5455 Almira Drive NE
Bremerton, Washington
98311
Phone: (360) 373-5031
Intake: (360) 405-4010

Kitsap Mental Health
Services
Port Orchard
5455 Almira Drive NE
Bremerton, Washington
98311
Phone: (360) 373-5031

West Sound Treatment
Center
4060 Wheaton Wy Suite F
Bremerton, Washington
98310
Phone: (360) 876-9430

Buena

James Oldham Treatment
Center
201 Highland Drive
Buena, Washington 98921

Phone: (509) 865-6705
Intake: (509) 204-3099

Burlington

Catholic Community Services
Recovery Center/Burlington
614 Peterson Road
Burlington, Washington
98233
Phone: (360) 757-0131
Intakes: (360) 757-0131x0
(844) 733-6472

Follman Agency
Burlington
910 South Anacortes Street
Burlington, Washington
98233
Phone: (360) 755-1125

Castle Rock

Cowlitz Family Health Center
Toutle River Campus
2232 South Silver Lake Road
Castle Rock, Washington
98611
Phone: (360) 274-3262

Centralia

CORE Health
1616 South Gold ST. Suite 4
Centralia, Washington 98531
Phone: (360) 807-4929

Chehalis

American Behavioral Health
Systems
500 SE Washington Avenue
Chehalis, Washington 98532
Phone: (360) 748-4776
Intakes: (509) 232-5766 (866)
728-8029

Cascade Mental Healthcare
135 West Main Street
Chehalis, Washington 98532

Phone: (360) 748-4339

ESD 113 True North Student Assistance
Treatment Services/Lewis County
151 NE Hampe Way
Suite C2-1
Chehalis, Washington 98532
Phone: (360) 748-2274
Intake: (360) 464-6876

Eugenia Center
151 North Market BLVD Ste C
Chehalis, Washington 98532
Phone: (360) 948-0203

New Directions
Counseling/Chehalis
1956 NE Kresky Street
Chehalis, Washington 98532
Phone: (360) 740-4380

Clarkston

Quality Behavioral Health
900 7th Street
Clarkston, Washington 99403
Phone: (509) 758-3341

Colville

Adept Assessment Center
218 B North Oak Street
Colville, Washington 99114
Phone: (509) 684-5867

Darrington

Sauk/Suiattle Indian Tribe
Dept Health and Social Services 5318 Chief Brown Lane
Darrington, Washington 98241
Phone: (360) 436-2210
Intake: (360) 436-2237

Davenport

Lincoln County Alcohol/Drug Center
505 1st Street
Davenport, Washington 99122
Phone: (509) 725-2111
Intake: (509) 725-2120

Dayton

Blue Mountain Counseling
Columbia County
221 East Washington Street
Dayton, Washington 99328
Phone: (509) 382-1164

Deer Park

Adept Assessment Center
104 West Crawford Street
Deer Park, Washington 99006
Phone: (509) 276-2797

Duvall

Friends of Youth
26420 NE Virginia Street
Duvall, Washington 98019
Phone: (425) 392-6367

East Wenatchee

Ideal Option
667 Grant Road
East Wenatchee, Washington 98802
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Edmonds

Balanced Living Therapy LLC
7500 212th Street SW
Suite 205
Edmonds, Washington 98026
Phone: (425) 977-4988

A Place of Hope
547 Dayton Street
Edmonds, Washington 98020
Phone: (425) 771-5166
Intake: (888) 771-5166

Lakeside Milam Recovery Centers
Edmonds
7935 Lake Ballinger Way
Edmonds, Washington 98026
Phone: (425) 670-3664
Intake: (800) 231-4303

Ellensburg

Barth Clinic
Barth and Associates
2411 West Dolarway Road
Suite 1
Ellensburg, Washington 98926
Phone: (509) 925-7867
Intake: (877) 457-5657

Comprehensive Healthcare
SUD Outpatient Services
707 North Pearl Street
Suite K
Ellensburg, Washington 98926
Phone: (509) 925-9861
Intake: (509) 575-4200

MERIT Resource Services
200 East 3rd Avenue
Ellensburg, Washington 98926
Phone: (509) 925-9821

Enumclaw

Valley Cities Counseling
1335 Cole Street
Enumclaw, Washington 98022
Phone: (425) 336-4100

Everett

Basic Steps Mental Health
SPC
13322 Highway 99
Suite 102
Everett, Washington 98204
Phone: (425) 588-8438

Catholic Community Services
Recovery Center/Everett
2610 Wetmore Avenue
Everett, Washington 98201
Phone: (425) 258-5270
Intakes: (425) 258-5270x0
(844) 358-5034

Center for Human Services
Silver Lake
10315 19th Ave Unit 112
Everett, Washington 98208
Phone: (206) 362-7282x8834
Intake: (206) 362-7282

Drug and Alcohol Treatment
Services
Providence Regional Med
Ctr/Everett
916 Pacific Avenue
Everett, Washington 98201
Phone: (425) 258-7390
Intake: (425) 258-7578

Everett Treatment Services
7207 Evergreen Way
Suite M
Everett, Washington 98203
Phone: (425) 347-9070

Evergreen Recovery Centers
2732 Grand Avenue
Everett, Washington 98201
Phone: (425) 259-5842

Evergreen Recovery Centers
2601 Summit Avenue
Building C
Everett, Washington 98201

Phone: (425) 258-2407
Intake: (425) 322-0825

Lakeside Milam Recovery
Centers
9930 Evergreen Way
Building X, Suite 103
Everett, Washington 98204
Phone: (425) 267-9573
Intake: (800) 231-4303

Port Gardner Bay Recovery
2722 Colby Ave Ste 515
Everett, Washington 98201
Phone: (425) 252-4656

Sea Mar Behavioral Health
Community Health Center
5007 Claremont Way
Everett, Washington 98203
Phone: (425) 609-5505

Therapeutic Health Services
9930 Evergreen Way
Building Z-150
Everett, Washington 98204
Phone: (425) 347-5121
Intake: (833) 278-4357

Therapeutic Health Services
Youth and Family
9930 Evergreen Way
Building Z-154
Everett, Washington 98204
Phone: (425) 263-3006x0
Intakes: (425) 263-3006 (833)
278-4357

Everson

Nooksack Tribes Genesis II
2505 Sulwhanon Drive
Building A
Everson, Washington 98247
Phone: (360) 966-7704

Federal Way

Intercept Associates

30610 Pacific Highway South
Suite 107
Federal Way, Washington
98003
Phone: (253) 941-7555

Valley Cities Federal Way
1336 South 336th Street
Federal Way, Washington
98003
Phone: (253) 833-7444

WAPI Community Services
28815 Pacific Highway South
Suite 7-A
Federal Way, Washington
98003
Phone: (844) 987-9274

Forks

Cedar Grove Counseling Inc
494 South Forks Avenue
Forks, Washington 98331
Phone: (360) 374-5109
Intake: (360) 452-2443

West End Outreach Services
Clallam County Hospital
District 1
530 Bogachiel Way
Forks, Washington 98331
Phone: (360) 374-5011

Gig Harbor

Gig Harbor Counseling
Branch of Olalla Recovery
Centers
5122 Olympic Drive
Suite A-105
Gig Harbor, Washington
98335
Phone: (253) 851-2552

Peninsula Counseling LLC
3214 50th Street Court NW
Suite 305

Gig Harbor, Washington
98335
Phone: (253) 851-4600

Goldendale

Comprehensive Healthcare
112 West Main Street
Goldendale, Washington
98620
Phone: (509) 773-5801

Issaquah

Friends of Youth
414 Front Street North
Issaquah, Washington 98027
Phone: (425) 392-6367

Lakeside Milam Recovery
Centers
300 NE Gilman Boulevard
Suite 200
Issaquah, Washington 98027
Phone: (425) 392-8468
Intake: (800) 231-4303

Awakenings Inc
404 West Main Street
Kelso, Washington 98626
Phone: (360) 423-2806

Kelso Treatment Solutions
WCHS Inc
305 Pacific Avenue South
Suite C
Kelso, Washington 98626
Phone: (360) 425-5378

Kennewick

Ideal Option
Kennewick
8508 West Gage Boulevard
Suite A-101
Kennewick, Washington
99336
Phone: (509) 593-5060x4005
Intake: (877) 522-1275x1

MERIT Resource Services
7510 West Deschutes Place
Kennewick, Washington
99336
Phone: (509) 579-0738

Kent

Kent Youth and Family
Services
232 South 2nd Avenue
Suite 201
Kent, Washington 98032
Phone: (253) 859-0300

Sea Mar Behavioral Health
Kent/Sea Mar Community
Health Centers
25028 104th Avenue SE
Kent, Washington 98030
Phone: (206) 764-8019

Social Treatment
Opportunity Programs
(STOP)
610 West Meeker Street
Suite 103
Kent, Washington 98032
Phone: (253) 471-0890
Intake: (253) 234-1190

Therapeutic Health Services
Kent Branch
24823 South Pacific Highway
Suite 103
Kent, Washington 98032
Phone: (206) 323-0930

Valley Cities
Kent Clinic
325 West Gowe Street
Kent, Washington 98032
Phone: (253) 833-7444

DBA Kent CTC
21851 84th Avenue South
Suite 101
Kent, Washington 98032

Phone: (425) 687-7082x201
Intake: (425) 687-7082

Kirkland

Hotel California by the Sea
Bellevue
7810 130th Avenue SE
Kirkland, Washington 98033
Phone: (844) 766-8717

Lakeside Milam Recovery
Centers
6725 116th Avenue NE
Suite 110
Kirkland, Washington 98033
Phone: (425) 822-5095
Intake: (800) 231-4303

Lakeside Milam Recovery
Centers
Kirkland Inpatient
10322 NE 132nd Street
Kirkland, Washington 98034
Phone: (425) 823-3116
Intake: (800) 231-4303

Lionrock Recovery
Lionrock Behavioral Health
Inc
11335 NE 122nd Way
Suite 105
Kirkland, Washington 98034
Phone: (800) 258-6550
Intake: (760) 994-4990

Newport Academy
12029 113th Avenue NE
Kirkland, Washington 98034
Phone: (877) 820-6371
Youth Eastside Services (YES)
11829 97th Avenue NE
Kirkland, Washington 98034
Phone: (425) 827-4937

Lacey

Pathways Mental Health
Services

Lacey WA Clinic
4804 Lacey Boulevard SE
Suite A
Lacey, Washington 98503
Phone: (360) 799-5782

Providence Saint Peter CDC
4800 College Street SE
Lacey, Washington 98503
Phone: (360) 456-7575

Right Step Inc
3925 8th Avenue SE
Suite A
Lacey, Washington 98503
Phone: (360) 923-9585

Lakewood

ACTS Behavioral Health and
Recovery Center
9102 Bridgeport Way SW
Lakewood, Washington
98499
Phone: (253) 302-3826

Crossroads Treatment Center
Lakewood Facility
4928 109th Street SW
Suite A
Lakewood, Washington
98499
Phone: (253) 473-7474

Northwest Integrated Health
Lakewood Clinic
9720 South Tacoma Way
Lakewood, Washington
98499
Phone: (253) 503-3666
Intake: (253) 200-0300

Sea Mar Behavioral Health
Parenting in Recovery
7424 Bridgeport Way West
Suite 305
Lakewood, Washington
98499

Phone: (253) 246-6820

Tacoma Treatment Solutions
9500 Front Street
Suite 100
Lakewood, Washington
98499
Phone: (253) 393-2484
Intake: (253) 584-3996

Long Beach

Discover Recovery
800 Washington Avenue
North
Long Beach, Washington
98631
Phone: (360) 244-4707
Intake: (844) 243-4317

Willapa Behavioral Health
2204 Pacific Avenue North
Long Beach, Washington
98631
Phone: (360) 642-3787
Intake: (360) 942-2303

Longview

A New Safehaven
1441 11th Avenue
Longview, Washington 98632
Phone: (360) 577-4340
Intake: (360) 577-4341

Columbia Wellness
921 14th Avenue
Longview, Washington 98632
Phone: (360) 423-0203

Columbia Wellness
Wellness and Recovery
Center
720 14th Avenue
Longview, Washington 98632
Phone: (360) 423-0203

CORE Health
Main

748 14th Avenue
Longview, Washington 98632
Phone: (360) 200-5419

Cowlitz Family Health Center
Broadway Campus
600 Broadway Street
Longview, Washington 98632
Phone: (360) 425-9600

Kaiser Permanente Longview
Department of Addiction
Medicine
1230 7th Avenue
Longview, Washington 98632
Phone: (503) 249-3434
Intake: (855) 632-8280

Lynnwood

ACTS Behavioral Hlth and
Recovery Ctr
4629 168th Street SW
Suite E
Lynnwood, Washington
98037
Phone: (425) 776-1290
Intake: (253) 302-3826

Evergreen Recovery Centers
4230 198th Street SW
Lynnwood, Washington
98036
Phone: (425) 248-4900

La Esperanza Health
Counseling Servs
20815 67th Avenue West
Suite 201
Lynnwood, Washington
98036
Phone: (425) 248-4534

SquareOne
21300 68th Avenue West
Suite 105
Lynnwood, Washington
98036

Phone: (425) 412-3155
Intake: (425) 412-3155x0

Marysville

Catholic Community Services
Recovery Center/Marysville
1227 2nd Street
Marysville, Washington
98270
Phone: (360) 651-2366x0
Intake: (888) 980-9158

New Life Addiction and
Recovery
Services PLLC
5019 Grove Street
Suite 103-A
Marysville, Washington
98270
Phone: (206) 407-3333

Mead

Royal Life Centers LLC
Cascade DBA Spokane
14525 North Newport
Highway
Mead, Washington 99021
Phone: (509) 340-9643
Intake: (877) 732-6837

Monroe

EvergreenHealth Monroe
Recovery Center
17880 147th Street SE
Monroe, Washington 98272
Phone: (360) 794-1405

Sea Mar Behavioral Health
Community Healthcare
Ctr/Monroe Branch
14090 Fryelands BLVD SE
Suite 347
Monroe, Washington 98272
Phone: (360) 805-3122
Intake: (360) 282-3901

Montesano

Trinity Behavioral Health LLC
138 South 1st St Ste 6
Montesano, Washington
98563
Phone: (360) 964-4138

Moses Lake
Grant Integrated Services
840 East Plum Street
Moses Lake, Washington
98837
Phone: (509) 765-9239
Intake: (509) 787-4466

Mossyrock

Eugenia Center
230 East State Street
Mossyrock, Washington
98564
Phone: (360) 983-3227

Mountlake Terrace

Ideal Option
22000 64th Avenue West
Suite 2-F
Mountlake Terrace,
Washington 98043
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Mount Vernon

Lifeline Connections
Mount Vernon Office
2105 Continental Place
Suite A
Mount Vernon, Washington
98273
Phone: (360) 399-6900

Sea Mar Behavioral Health
Outpatient Services
1010 East College Way
Mount Vernon, Washington
98273
Phone: (360) 542-8920

Sunrise Services Inc
Mount Vernon College Way
2500 East College Way
Mount Vernon, Washington
98273
Phone: (425) 595-5200
Intake: (360) 336-3762

Mukilteo

Juanita Center LLC
Licensed Behavioral Health
Agency
627 5th Street
Suite 100-A
Mukilteo, Washington 98275
Phone: (425) 328-9528

Neah Bay

Makah Recovery Services
100 Wellness Way
Neah Bay, Washington 98357
Phone: (360) 645-2461

North Bend

Friends of Youth
North Bend
401 Ballarat Avenue North
North Bend, Washington
98045
Phone: (425) 392-6367

Oak Harbor

Ideal Option
32650 State Route 20
Suite E-108
Oak Harbor, Washington
98277
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Island Assessment and
Counseling Ctr
520 East Whidbey Avenue
Suite 205
Oak Harbor, Washington
98277

Phone: (360) 675-5782

Sea Mar Behavioral Health
31640 State Route 20
Suite 1

Oak Harbor, Washington
98277

Phone: (360) 679-7676

Sunrise Services Inc
530 NE Midway Boulevard
Oak Harbor, Washington
98277

Phone: (360) 544-3800

Ocean Park

Free by the Sea
Sunset View Freedom Center
25517 Park Avenue

Ocean Park, Washington
98640

Phone: (360) 665-4494

Intake: (360) 515-3402

Olalla

Olalla Recovery Centers
12850 Lala Cove Lane SE
Olalla, Washington 98359

Phone: (253) 857-6201

Intake: (800) 882-6201

Olympia

Community Youth Services
711 State Avenue NE
Olympia, Washington 98506

Phone: (360) 918-7860

Community Youth Services
Republic Building
505 Union Avenue SE
Olympia, Washington 98506

Phone: (360) 918-7860

Intake: (360) 943-0780

Community Youth Services
Union Avenue

505 Union Avenue SE
1st Floor
Olympia, Washington 98501
Phone: (360) 918-7860

ESD113/True North Student
Assistance
Treatment ServsThurston
County

6005 Tye Drive SW
Olympia, Washington 98512
Phone: (360) 464-6867

Royal Life Centers LLC
Haven DBA Lacey
8649 Martin Way East
Olympia, Washington 98516
Phone: (360) 515-0422
Intake: (877) 732-6837

Royal Life Centers LLC
Olympic DBA Lacey
8645 Martin Way East
Olympia, Washington 98516
Phone: (360) 515-0070
Intake: (877) 732-6837

South Sound Clinic of
Evergreen Treatment
Services
6700 Martin Way East
Suite 117
Olympia, Washington 98516
Phone: (360) 413-6910x415
Intake: (360) 413-6910x417

Omak

Okanogan Behavioral
Healthcare
1007 Koala Drive
Omak, Washington 98841
Phone: (509) 826-6191
Intake: (866) 826-6191

Othello

Adams Cnty Integrated
Healthcare Servs

425 East Main Street
Suite 600
Othello, Washington 99344
Phone: (509) 488-4074
Intakes: (509) 488-5611 (509)
659-4357

Pasco

Comprehensive Healthcare
Pasco Campus
2715 Saint Andrews Loop
Suite C
Pasco, Washington 99301
Phone: (509) 412-1051

Ideal Option
5615 Dunbation Avenue
Pasco, Washington 99301
Phone: (877) 522-1275x1
Intake: (877) 522-1275

Tri Cities Community Health
Behavioral Medicine
Department
715 West Court Street
Pasco, Washington 99301
Phone: (509) 545-6506

Pomeroy

Garfield County Human
Services
Branch of Quality Behavioral
Health
856 Main Street
Pomeroy, Washington 99347
Phone: (509) 843-3791

Port Angeles

BAART Behavioral Health
Services Inc
716 South Chase Street
Port Angeles, Washington
98362
Phone: (360) 395-2976

Cedar Grove Counseling Inc

806 South Vine Street
Port Angeles, Washington
98362
Phone: (360) 452-2443

Klallam Counseling Services
243613 West Highway 101
Port Angeles, Washington
98363
Phone: (360) 452-4432

Peninsula Behavioral Health
118 East 8th Street
Port Angeles, Washington
98362
Phone: (360) 457-0431

Reflections Counseling
Services Group
3430 East Highway 101
Suite 3
Port Angeles, Washington
98362
Phone: (360) 452-4062

Specialty Services II
825 East 5th Street
Port Angeles, Washington
98362
Phone: (360) 477-4790
Intake: (509) 232-5766

True Star Behavioral Health
1912 West 18th Street
Port Angeles, Washington
98363
Phone: (360) 417-2282x0
Intake: (360) 417-2282

Port Orchard

Action Counseling
729 Prospect Street
Suite 200
Port Orchard, Washington
98366
Phone: (360) 895-1307

Kitsap Recovery Center
661 Taylor Street
Port Orchard, Washington
98366
Phone: (360) 337-4625

Kitsap Recovery Center
Outpatient
1026 Sidney Avenue
Port Orchard, Washington
98366
Phone: (360) 337-5725
Intake: (360) 337-5724

Port Townsend

Believe in Recovery LLC
3051 West Sims Way
Port Townsend, Washington
98368
Phone: (360) 385-1258

Newport Academy
3804 Hastings Avenue West
Port Townsend, Washington
98368
Phone: (877) 820-6371

Safe Harbor Recovery Center
Beacon of Hope Port
Townsend
686 Lake Street
Suite 400
Port Townsend, Washington
98368
Phone: (360) 385-3866

Poulsbo

West Sound Treatment
Center
Poulsbo
19351 8th Avenue NE
Suite 204
Poulsbo, Washington 98370
Phone: (360) 876-9430

Pullman

Ideal Option
Pullman
745 North Grand Avenue
Suite 107
Pullman, Washington 99163
Phone: (877) 522-1275

Palouse Recovery Center LLC
1240 SE Bishop Boulevard
Suite P
Pullman, Washington 99163
Phone: (509) 334-0718

Palouse River Counseling
340 Maple Street NE
Pullman, Washington 99163
Phone: (509) 334-1133

Puyallup

A Change Into Recovery LLC
719 East Main Avenue
Suite C
Puyallup, Washington 98372
Phone: (253) 841-8165

Lakeside Milam Recovery
Centers
405 West Stewart Avenue
Suite A
Puyallup, Washington 98371
Phone: (253) 840-8687
Intake: (800) 231-4303

Northwest Integrated Health
Puyallup Clinic
3800 3rd Street SE
Puyallup, Washington 98374
Phone: (253) 503-3666
Intakes: (253) 200-0300 (253)
200-0415

Sea Mar Behavioral Health
12812 101st Avenue Court
East
Suite 202
Puyallup, Washington 98373

Phone: (253) 864-4770

Social Treatment
Opportunity Programs
(STOP)

13921 East Meridian Avenue
Suite 101
Puyallup, Washington 98373
Phone: (253) 471-0890
Intake: (253) 770-4720

Raymond

ESD113/True North Student
Assistance
Treatment Services Pacific
County
1016 Commercial Street
Raymond, Washington 98577
Phone: (360) 464-6867
Intakes: (360) 942-2474 (360)
464-6867x2141

Willapa Behavioral Health
300 Ocean Avenue
Raymond, Washington 98577
Phone: (360) 942-2303

Redmond

Youth Eastside Services (YES)
15600 Redmond Way
Suite 102
Redmond, Washington
98052
Phone: (425) 747-4937

Renton

Evergreen Treatment
Services
South King County Clinic
1412 SW 43rd Street
Suite 140
Renton, Washington 98057
Phone: (425) 264-0750x608
Intake: (425) 264-0750x624

Lakeside Milam Recovery
Centers
Renton
1000 SW 7th Street
Suite B
Renton, Washington 98057
Phone: (206) 248-4358
Intake: (800) 231-4303

Northwest Recovery Centers
LLC
2000 Benson Road South
Suite 250
Renton, Washington 98055
Phone: (425) 254-2899

Programa SER
901 Rainier Avenue North
Suite B-101
Renton, Washington 98057
Phone: (206) 387-1240
Intake: (206) 293-2957

Valley Cities
Renton Clinic
221 Wells Avenue South
Renton, Washington 98057
Phone: (253) 833-7444

Richland

ORTC LLC
DBA Tri Cities Treatment
Center
1445 Spaulding Avenue
Richland, Washington 99352
Phone: (509) 578-1492
Intake: (509) 591-8633

Somerset Counseling Center
1305 Mansfield Street
Suite 6
Richland, Washington 99352
Phone: (509) 942-1624

Seattle

A Positive Alternative

4649 Sunnyside Avenue
North
Suite 200
Seattle, Washington 98103
Phone: (206) 547-1955

Armstrong Alcohol and Drug
Recovery
625 Strander Boulevard
Suite C
Seattle, Washington 98188
Phone: (206) 575-1958

Asian Counseling and
Referral Service
3639 Martin Luther King Jr
Way South
Seattle, Washington 98144
Phone: (206) 695-7600

Cascade Behavioral Health
Hospital
12844 Military Road South
Seattle, Washington 98168
Phone: (206) 248-4787

Catholic Community Services
Counseling Recovery and
Wellness Prog
1902 2nd Avenue
Suite 208
Seattle, Washington 98101
Phone: (206) 956-9570

Center for Human Services
17018 15th Avenue NE
Seattle, Washington 98155
Phone: (206) 362-7282x8834
Intake: (206) 362-7282

Consejo Counseling and
Referral Servs
3808 South Angeline Street
Seattle, Washington 98118
Phone: (206) 461-4880
Intakes: (206) 461-
4880x1117 (206) 461-
4880x1107

Cowlitz Tribal Health Seattle
Substance Use Disorder
Program
15455 65th Avenue South
Seattle, Washington 98188
Phone: (206) 721-5170
Intake: (206) 466-5025

Downtown Emergency
Service Center
(DESC)
216 James Street
Seattle, Washington 98104
Phone: (206) 464-6454

Downtown Emergency
Service Center
(DESC)
222 Wall Street
Suite 100
Seattle, Washington 98121
Phone: (206) 441-3043

Evergreen at Northpoint
2111 North Northgate Way
Suite 101
Seattle, Washington 98133
Phone: (206) 309-3740

Evergreen Treatment
Services Unit 1
1700 Airport Way South
Seattle, Washington 98134
Phone: (206) 223-3644x266
Intake: (206) 223-3644x268

Evergreen Treatment
Services Unit 2
1740 Airport Way South
Seattle, Washington 98134
Phone: (206) 223-3644x266
Intake: (206) 223-3644x268

Evergreen Treatment
Services Unit 3
1718 Airport Way South
Seattle, Washington 98134

Phone: (206) 223-3644x266
Intake: (206) 223-3644x268

Harborview Medical Ctr
Addictions Prog
401 Broadway Avenue
Seattle, Washington 98104
Phone: (206) 744-9696
Intake: (206) 744-9600

Ideal Option
Tukwila
2801 South 128th Street
Seattle, Washington 98168
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Integrative Counseling
Services
701 North 36th Street
Suite 300
Seattle, Washington 98103
Phone: (206) 216-5000

La Esperanza Health
Counseling Servs
15405 1st Avenue South
Seattle, Washington 98148
Phone: (206) 306-2690

Lakeside Milam Recovery
Centers
Seattle/Eastlake
2815 Eastlake Avenue East
Suite 100
Seattle, Washington 98102
Phone: (206) 341-9373
Intake: (800) 231-4303

Matt Talbot Center
2313 3rd Avenue
Seattle, Washington 98121
Phone: (206) 256-9865

Navos
Outpatient Services
1210 SW 136th Street
Seattle, Washington 98166

Phone: (206) 257-6601
Intake: (206) 248-8226

Neighborcare at 45th Street
1629 North 45th Street
Seattle, Washington 98103
Phone: (206) 633-3350

Nua Counseling PLLC
2505 3rd Avenue Suite 325
Seattle, Washington 98121
Phone: (206) 905-4667
Intake: (206) 905-4668

Riverton Place
3020 South 128th Street
Seattle, Washington 98168
Phone: (206) 242-5585

Ryther
2400 NE 95th Street
Seattle, Washington 98115
Phone: (206) 525-5050
Intake: (206) 517-0234

Schick Shadel Hospital
Substance Abuse Program
12101 Ambaum Blvd. SW
Seattle, Washington 98146
Phone: (206) 244-8100
Intake: (206) 244-8100x2003

Sea Mar Behavioral Health
Renacer Youth Treatment
Center
10001 17th Place South
Seattle, Washington 98168
Phone: (206) 766-6969
Intake: (206) 812-6169

Sea Mar Behavioral Health
Turing Point Adult Treatment
Center
113 23rd Avenue South
Seattle, Washington 98144
Phone: (206) 219-
5980x42203

Intakes: (206) 219-5982x42202 (206) 219-5977x42207

Seattle Counseling Service
2033 6th Avenue
Suite 400
Seattle, Washington 98121
Phone: (206) 323-1768

Seattle Drug and Narcotic Center
10344 14th Avenue South
Seattle, Washington 98168
Phone: (206) 767-0244

Capitol Hill Main
1600 East Olive Street
Seattle, Washington 98122
Phone: (206) 302-2200
Intake: (206) 302-2300

Capitol Hill North
122 16th Avenue East
Seattle, Washington 98112
Phone: (206) 302-2700
Intake: (206) 302-2300

Lake City
11000 Lake City Way NE
Seattle, Washington 98125
Phone: (206) 461-3614
Intake: (206) 302-2300

Tukwila East
6400 Southcenter Boulevard
Seattle, Washington 98188
Phone: (206) 444-3600
Intake: (206) 302-2300

Tukwila West
6100 Southcenter Boulevard
Seattle, Washington 98188
Phone: (206) 444-7900
Intake: (206) 302-2300

Wallingford Branch
4200 Stone Way North

Seattle, Washington 98103
Phone: (206) 461-3707
Intake: (206) 302-2300

Sunrise Centers
12650 1st Avenue South
Seattle, Washington 98168
Phone: (206) 248-3006

Swedish Medical Center/Ballard
Addiction Recovery Services
5300 Tallman Avenue NW
Seattle, Washington 98107
Phone: (206) 781-6209
Intake: (206) 781-6048

Therapeutic Health Services
Shoreline Branch
16715 Aurora Avenue North
Suite 102
Seattle, Washington 98133
Phone: (206) 546-9766
Intakes: (206) 546-9766x0 (833) 278-4357

Therapeutic Health Services
Summit Branch
1116 Summit Avenue
Seattle, Washington 98101
Phone: (206) 323-0930x0
Intake: (833) 278-4357

Therapeutic Health Services
Youth and Family Services
1901 Martin Luther King Jr Way South
Seattle, Washington 98144
Phone: (206) 322-7676
Intake: (833) 278-4357

Bitter Lake Clinic
929 North 130th Street
Suite 3
Seattle, Washington 98133
Phone: (253) 833-7444

Meridian Center for Health

10521 Meridian Avenue N.
Seattle, Washington 98133
Phone: (253) 833-7444

Midway Clinic
26401 Pacific Highway South
Seattle, Washington 98198
Phone: (253) 833-7444

Pike Place Clinic
1537 Western Avenue
Seattle, Washington 98101
Phone: (253) 833-7444

Rainier Beach Clinic
8444 Rainier Avenue South
Seattle, Washington 98118
Phone: (253) 833-7444

Recovery Place Seattle
1701 18th Avenue South
Seattle, Washington 98118
Phone: (253) 833-7444

VA Puget Sound Healthcare System
Seattle Division
1660 South Columbian Way
Mail Stop S-116-ATC
Seattle, Washington 98108
Phone: (206) 277-3318

[Sedro Wooley](#)

Pioneer Center North
Branch of Pioneer Human Services
1960 Thompson Drive
Sedro Woolley, Washington 98284
Phone: (360) 856-3186
Intake: (360) 856-3105

Upper Skagit Indian Tribe
Chemical Dependency Treatment Program
25959 Community Plaza Way

Sedro Woolley, Washington
98284
Phone: (360) 854-7070x7067
Intake: (360) 854-7070

Sequim

Olympic Personal Growth
Center
390 East Cedar Street
Sequim, Washington 98382
Phone: (360) 681-8463

Shelton

Behavioral Health Resources
Shelton
110 West K Street
Shelton, Washington 98584
Phone: (360) 426-1696

Community Youth Services
Shelton
601 West Franklin Street
Suite G-201
Shelton, Washington 98584
Phone: (360) 918-7860

ESD113/True North Student
Assistance
Treatment Services Mason
County
807 West Pine Street
Shelton, Washington 98584
Phone: (360) 427-2050
Intake: (360) 464-6867

New Directions
Counseling/Shelton
506 West Franklin Street
Shelton, Washington 98584
Phone: (360) 427-5232

Social Trt Opportunity
Programs II Inc
(STOP)
611 West Cota Street
Shelton, Washington 98584

Phone: (253) 471-0890
Intake: (360) 426-5654

Squaxin Island Tribe
Behavioral Health
Outpatient Program
100 SE Whitener Road
Shelton, Washington 98584
Phone: (360) 426-1582

Snoqualmie

Raging River Recovery Center
Snoqualmie Tribe
9575 Ethan Wade Way SE
Snoqualmie, Washington
98065
Phone: (425) 831-5425

Spanaway

Alternative Counseling
17002 Pacific Avenue South
Spanaway, Washington
98387
Phone: (253) 538-2323
Intake: (235) 538-2323

Spokane

Adept Assessment Center
DBA Adept
1321 North Ash Street
Spokane, Washington 99201
Phone: (509) 327-3120

American Behavioral Health
Systems
44 East Cozza Drive
Spokane, Washington 99208
Phone: (509) 325-6800
Intakes: (509) 232-5766 (866)
729-8038

American Behavioral Health
Systems
12715 East Mission Avenue
Spokane, Washington 99216

Phone: (509) 232-5766
Intake: (866) 729-8038

CPF Breakthrough LLC
DBA Breakthrough
11711 East Sprague Avenue
Suite D-4
Spokane, Washington 99206
Phone: (509) 927-6838

CPF Colonial
910 North Washington Street
Suite 210
Spokane, Washington 99201
Phone: (509) 327-9831

Cub House
Spokane Treatment and
Recovery Servs
14819 East Mission Avenue
Spokane, Washington 99216
Phone: (509) 315-9791
Intake: (509) 368-9300

Daybreak Youth Services
Spokane Inpatient
628 South Cowley Street
Spokane, Washington 99202
Phone: (509) 624-3227
Intakes: (888) 454-
5506x1006 (509) 624-
3227x1006

Excelsior Wellness Center
3754 West Indian Trail Road
Spokane, Washington 99208
Phone: (509) 559-3100
Intake: (509) 559-3160

Healing Lodge of the Seven
Nations
Butterfly PelPalWichiya Girls
CD
5600 East 8th Avenue
Spokane, Washington 99212
Phone: (509) 533-6910

Intakes: (509) 533-6910x8372 (509) 533-6910x8321

Healing Lodge of the Seven Nations

Cedar Boys COD
5600 East 8th Avenue
Spokane, Washington 99212
Phone: (509) 533-6910
Intakes: (509) 533-6910x8372 (509) 533-6910x8341

Healing Lodge of the Seven Nations

Sage Boys CD
5600 East 8th Avenue
Spokane, Washington 99212
Phone: (509) 533-6910
Intakes: (509) 533-6910x8341 (509) 533-6910x8321

Ideal Option

Spokane/East Francis
208 East Francis Avenue
Spokane, Washington 99208
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Ideal Option

Spokane/Monroe Court
901 North Monroe Street
Suite 322
Spokane, Washington 99201
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Ideal Option

Spokane/North Colton
6208 North Colton Street
Spokane, Washington 99208
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Ideal Option

Spokane/Washington Street

507 South Washington Street
Suite 101

Spokane, Washington 99201
Phone: (509) 593-5060x4005
Intake: (877) 522-1275

Karens House

4324 North Jefferson Street
Spokane, Washington 99205
Phone: (509) 315-8682
Intake: (509) 328-3514

Mann Grandstaff VA Medical Center

Substance Abuse Treatment Program
4815 North Assembly Street
Spokane, Washington 99205
Phone: (509) 434-7014x7791
Intake: (509) 434-7014

NATIVE Project

1803 West Maxwell Avenue
Spokane, Washington 99201
Phone: (509) 325-5502
Intake: (509) 483-7535

New Horizon Care Centers

Isabella House
2308 West 3rd Avenue
Spokane, Washington 99201
Phone: (509) 624-1244x110
Intake: (509) 624-1244x108

Partners with Families and Children

106 West Mission Avenue
Spokane, Washington 99201
Phone: (509) 473-4810
Intakes: (509) 473-4817 (509) 473-4811

Riverside Recovery Center

3710 North Monroe Street
Spokane, Washington 99205
Phone: (509) 328-5234

Royal Life Centers LLC

DBA Spokane

524 East Francis Avenue
Spokane, Washington 99208
Phone: (509) 368-9735
Intake: (877) 732-6837

Sequoia Detox Centers

10305 East Montgomery Drive
Spokane, Washington 99206
Phone: (509) 418-2108
Intake: (888) 675-0174

Social Treatment

Opportunity Programs (STOP)
104 South Freya Street
Blue Flag Building, Suite 206
Spokane, Washington 99202
Phone: (253) 471-0890
Intake: (509) 927-3668

Spokane Addiction Recovery Centers

Christoph House
812 South Walnut Street
Spokane, Washington 99204
Phone: (509) 624-3251

Spokane Addiction Recovery Centers

Delaney House
Spokane, Washington 99204
Phone: (509) 624-3251

Spokane Addiction Recovery Centers

Outpatient Services
1508 West 6th Avenue
Spokane, Washington 99204
Phone: (509) 624-5228

Spokane Addiction Recovery Centers

Shaw House
Spokane, Washington 99204
Phone: (509) 624-3251

Spokane Addiction Recovery Centers
Westbrook House
Spokane, Washington 99204
Phone: (509) 624-3251

Spokane Falls Recovery Center
101 East Magnesium Road
Suite 101
Spokane, Washington 99208
Phone: (509) 368-9021

Spokane Regional Health District
Treatment Services
1101 West College Avenue
Spokane, Washington 99201
Phone: (509) 324-1420

Spokane Treatment Solutions
4305 East Trent Avenue
Spokane, Washington 99212
Phone: (509) 795-3133

Sun Ray Court
Adult Male Branch
518 South Browne Street
Spokane, Washington 99204
Phone: (509) 456-5465
Intake: (509) 456-5465x402

YFA Connections
22 South Thor Street
Spokane, Washington 99202
Phone: (509) 532-2000x10
Intakes: (509) 532-2000x12
(509) 532-2000x15

Stevenson

Skamania County Community Health
710 SW Rock Creek Drive
Stevenson, Washington
98648
Phone: (509) 427-3850

Sumner

Royal Life Centers LLC
Puget Sound DBA Sumner
1723 Bonney Avenue
Sumner, Washington 98390
Phone: (253) 750-3571
Intake: (877) 732-6837

Sunnyside

Comprehensive Healthcare
Sunnyside Center
1319 Saul Road
Sunnyside, Washington
98944
Phone: (509) 837-2089

Ideal Option
2201 East Edison Avenue
Suite 4
Sunnyside, Washington
98944
Phone: (877) 522-1275

Innovation Resource Center
533 South 6th Street
Sunnyside, Washington
98944
Phone: (509) 836-2400

MERIT Resource Services
702 Franklin Avenue
Sunnyside, Washington
98944
Phone: (509) 837-7700

Suquamish

Suquamish Tribe Wellness
18490 NE Suquamish Way
Suite 107
Suquamish, Washington
98392
Phone: (360) 394-8558

Tacoma

Adonai Counseling and Employment

4104 South M Street
Tacoma, Washington 98418
Phone: (253) 777-1434
Intake: (253) 226-8079

Castele Williams and Associates
Comprehensive Behavior Health/Main
711 South 25th Street
Suite B
Tacoma, Washington 98405
Phone: (253) 536-2881

Community Counseling Institute Inc
4427 6th Avenue
Tacoma, Washington 98406
Phone: (253) 759-0852

Comprehensive Life Resources
Adult Services
1305 Tacoma Avenue South
Suite 305
Tacoma, Washington 98402
Phone: (253) 396-5800

Comprehensive Life Resources
Childrens Services
1305 Tacoma Avenue South
Suite 201
Tacoma, Washington 98402
Phone: (253) 396-5800

FH Counseling and Associates
917 Pacific Avenue
Suites 213-214
Tacoma, Washington 98402
Phone: (253) 777-4772

Foundation for Multicultural Solutions
El Camino
2136 Martin Luther King Jr Way
Tacoma, Washington 98405

Phone: (253) 572-3214

Lakeside Milam Recovery Centers
3315 South 23rd Street
Suite 102
Tacoma, Washington 98405
Phone: (253) 272-2242x5201
Intakes: (253) 272-2242 (253) 844-2038

Metropolitan Development Council
The Center
721 South Fawcett Avenue
Suite 201
Tacoma, Washington 98402
Phone: (253) 593-2740

Northwest Integrated Health
South Tacoma
3727 South Tacoma Way
Tacoma, Washington 98409
Phone: (253) 503-3666
Intake: (253) 200-0300

Northwest Integrated Health
Tacoma
5929 Westgate Boulevard
Suite A
Tacoma, Washington 98406
Phone: (253) 503-3666
Intakes: (253) 200-0300 (253) 503-0226

Pierce County Alliance
510 Tacoma Avenue South
Tacoma, Washington 98402
Phone: (253) 572-4750
Intake: (253) 572-4753

Sea Mar Behavioral Health
Adult Treatment Center
1415 Center Street
Tacoma, Washington 98409
Phone: (253) 280-9860
Intake: (253) 280-9860x61861

Sea Mar Tacoma Healthcare for Homeless
Sea Mar Community Health Centers
1307 South 11th Street
Tacoma, Washington 98405
Phone: (253) 682-2180

Serenity Counseling Services
5005 Pacific Highway East
Suite 20
Tacoma, Washington 98424
Phone: (253) 922-6522

Social Treatment Opportunity Programs (STOP)
4301 South Pine Street
Suite 112
Tacoma, Washington 98409
Phone: (253) 471-0890x1100
Intake: (253) 471-0890

Sound Integrated Health LLC
3640 South Cedar Street
Suite M
Tacoma, Washington 98409
Phone: (253) 478-0827

Tacoma Pierce County Health Department
Treatment Services Unit 1
3629 South D Street
Tacoma, Washington 98418
Phone: (253) 798-6576
Intake: (253) 798-6500

VA Puget Sound Healthcare System
American Lake Division
9600 Veterans Drive SW
Tacoma, Washington 98493
Phone: (253) 582-8440
Intake: (253) 583-1759

[Taholah](#)
Quinault Indian Nation

Chemical Dependency Program
1505 Kla Ook Wa Drive
Taholah, Washington 98587
Phone: (360) 276-8211
Intakes: (360) 276-4405x8130 (360) 276-8215x8130

[Tokeland](#)

Shoalwater Bay Indian Tribe
Counseling/CD Program 2373
Old Tokeland Road
Building E
Tokeland, Washington 98590
Phone: (360) 267-8141
Intake: (360) 267-0119

[Toppenish](#)

MERIT Resource Services
Toppenish
321 West 1st Avenue
Toppenish, Washington 98948
Phone: (509) 865-5233

Yakama Nation Tiinawit Program
20 Gunnyon Road
Toppenish, Washington 98948
Phone: (509) 865-5121x4455
Intake: (509) 865-5121x4462

[University Place](#)

Consejo Counseling and Referral Servs
Tacoma Branch
5915 Orchard Street West
Unit B
University Place, Washington 98467
Phone: (253) 414-7461
Intake: (253) 414-7461x0

VANCOUVER

Affinity Counseling and Treatment LLC
12503 SE Mill Plain Boulevard
Suite 119-A
Vancouver, Washington 98684
Phone: (360) 314-6507

Columbia River Mental Health Services
6926 NE 4th Plain Boulevard
Vancouver, Washington 98661
Phone: (360) 993-3000
Intake: (360) 993-3003

Columbia Treatment Services
7017 NE Highway 99
Suite 114
Vancouver, Washington 98665
Phone: (360) 694-7484

Helping Professionals Wellness Center
5007 NE Saint Johns Road
Vancouver, Washington 98661
Phone: (360) 687-0693

Ideal Option
Vancouver/131st
406 SE 131st Avenue
Suite 104
Vancouver, Washington 98683
Phone: (509) 593-5060x4005
Intake: (877) 522-1275x1

Kaiser Permanente Cascade Park
Department of Addiction Medicine
12607 SE Mill Plain Boulevard
Vancouver, Washington 98684

Phone: (503) 249-3434
Intake: (855) 632-8280

Lifeline Connections
Main Campus
1601 East 4th Plain Boulevard
Building 17
Vancouver, Washington 98661
Phone: (360) 397-8246
Intakes: (360) 397-8246x7580 (800) 604-0025x7465

Lifeline Connections
Orchards
11719 NE 95th Street
Suite A
Vancouver, Washington 98682
Phone: (360) 984-5511
Intake: (360) 397-8246x30500

Rainier Springs
2805 NE 129th Street
Vancouver, Washington 98686
Phone: (360) 356-1890
Intake: (360) 869-0565x1

Sea Mar Behavioral Health
Vancouver Orchards
11801 NE 65th Street
Suite C
Vancouver, Washington 98662
Phone: (360) 566-4432
Intake: (360) 558-5790

Starting Point Inc
801 Grand Boulevard
Vancouver, Washington 98661
Phone: (360) 696-2010

Vancouver Treatment Solutions
2009 NE 117th Street
Suite 101
Vancouver, Washington 98686
Phone: (360) 566-9112

VA Portland Healthcare System
Substance Abuse Treatment Program
1601 East 4th Plain Boulevard
Vancouver, Washington 98661
Phone: (360) 690-1841
Intakes: (360) 696-4061x31841 (503) 220-8262x31841

Western Psychological and Counseling
7507 NE 51st Street
Vancouver, Washington 98662
Phone: (360) 906-1190

Serenity Point Counseling Services
410 South Wilbur Avenue
Walla Walla, Washington 99362
Phone: (509) 529-6036x105
Intake: (509) 529-6036

VA Med/Jonathan M Wainwright Mem SARRTP/PRRTP and Outpt Trt
77 Wainwright Drive
Walla Walla, Washington 99362
Phone: (509) 525-5200x26288
Intakes: (509) 525-5200x26527 (509) 525-5200x26518

Wapato

MERIT Resource Services
312 West 2nd Street
Wapato, Washington 98951
Phone: (509) 877-7271

Spokane Tribe Behavioral
Health Prog
6228 Old School Road
Wellpinit, Washington 99040
Phone: (509) 258-7502
Intakes: (509) 258-7502x11
(509) 258-7502x42

Wenatchee

Center for Alcohol and Drug
Treatment
327 Okanogan Avenue
Wenatchee, Washington
98801
Phone: (509) 662-9673
Intakes: (509) 662-9673x121
(509) 662-9673x120

Columbia Counseling 607 LLC
610 North Mission Street
Suite 106
Wenatchee, Washington
98801
Phone: (509) 888-4404

CM
New Hope Recovery
238 North Chelan Avenue
Wenatchee, Washington
98801
Phone: (509) 293-7727

Shipowick Smith Counseling
LLC
326 North Miller Street
Wenatchee, Washington
98801
Phone: (509) 667-0679

White Salmon

Comprehensive Healthcare

432 NE Tohomish Street
White Salmon, Washington
98672
Phone: (509) 493-3400

Woodinville

Sound Family Center LLC
17924 140th Avenue NE
Suite 230
Woodinville, Washington
98072
Phone: (425) 419-4800

Yakima

Apple Valley Counseling
Services LLC
611 West A Street
Yakima, Washington 98902
Phone: (509) 452-1000
Intake: (509) 833-3832

Barth Clinic
Barth and Associates
201 East Lincoln Avenue
Suite 100
Yakima, Washington 98901
Phone: (509) 457-5653
Intake: (877) 457-5657

Believe in Recovery LLC
3907 Creekside Loop
Suite 110
Yakima, Washington 98902
Phone: (509) 317-2140

Casita
Triumph Treatment Services
605 Superior Lane
Yakima, Washington 98902
Phone: (509) 853-4173
Intakes: (509) 204-3098x111
(509) 204-3098x110

Comprehensive Healthcare
Withdrawal Mgmt/Crisis
Triage Center
505 South 4th Avenue

Yakima, Washington 98902
Phone: (509) 576-4304
Intake: (509) 575-4200

Comprehensive Healthcare
Yakima Center
402 South 4th Avenue
Yakima, Washington 98902
Phone: (509) 575-4084
Intake: (509) 574-5061

MERIT Resource Services
315 North 2nd Street
Yakima, Washington 98901
Phone: (509) 469-9366

Pathways Adult Residential
Treatment
307 West Walnut Street
Yakima, Washington 98902
Phone: (509) 453-4301
Intake: (509) 575-4084

Riel House
Triumph Treatment Services
613 Superior Lane
Yakima, Washington 98902
Phone: (509) 575-4810
Intakes: (509) 204-3098x110
(509) 204-3098x111

Sundown M Ranch
2280 State Route 821
Yakima, Washington 98901
Phone: (509) 457-0990x421
Intakes: (800) 326-7444 (509)
457-0990

Triumph Treatment Services
Community Drug and Alcohol
Center 120 South 3rd Street
Yakima, Washington 98901
Phone: (509) 248-1800

Triumph Treatment Services
Inspiration
3300 Roosevelt Avenue
Yakima, Washington 98902

Phone: (509) 571-1455
Intakes: (509) 204-3098 (509)
853-4109

Yelm

ESD113/True North Student
Assistance
Treatment Services Yelm
1315 Yelm Highway
Yelm, Washington 98597
Phone: (360) 464-6867
Intake: (360) 458-6233

Freedom Recovery LLC
715 East Yelm Avenue
Suite 6
Yelm, Washington 98597
Phone: (360) 960-8595

Washington State Directory of Mental Health Facilities

Aberdeen

Catholic Community Services
Grays Harbor Adult
Behavioral Health
403 West State Street
Suites 201, 202 and 206
Aberdeen, Washington
98520
Phone: (360) 612-3839

Columbia Wellness
2700 Simpson Avenue
Suite 101
Aberdeen, Washington
98520
Phone: (360) 612-0012

Eugenia Center Behavioral
Health and
SU Disorder Trt
Servs/Eugenia Center
501 North Broadway Street
Aberdeen, Washington
98520
Phone: (360) 660-1011
Intake: (360) 660-1009

Lifeline Connections
311 South I Street
Aberdeen, Washington
98520
Phone: (360) 787-9319
Intake: (800) 604-0025

Sea Mar Behavioral Health
Grays Harbor
1813 Sumner Avenue
Aberdeen, Washington
98520
Phone: (360) 538-1461

Anacortes

Sea Mar Behavioral Health
Anacortes/Sea Mar
Community Hlth Ctrs
1004 M Avenue
Suite 107
Anacortes, Washington
98221
Phone: (360) 293-8007

Auburn

MultiCare Auburn Medical
Center
Geropsychiatry Unit
202 North Division Street
Plaza One
Auburn, Washington 98001
Phone: (253) 545-2813
Intake: (253) 545-2336

Auburn West
4238 Auburn Way North
Auburn, Washington 98002
Phone: (253) 876-8900
Intake: (206) 302-2300

Auburn Clinic
2704 I Street NE
Auburn, Washington 98002
Phone: (253) 833-7444

YMCA
Auburn Behavioral Health
Services
1000 Auburn Way South
Auburn, Washington 98002
Phone: (206) 382-5340

Battle Ground
Columbia River Mental
Health Services
Battle Ground Clinic
18 NW 20th Avenue
Suite 103
Battle Ground, Washington
98604

Phone: (360) 597-9731
Intake: (360) 993-3000

Bellevue

Asian Counseling and
Referral Service
655 156th Avenue NE
Suites 250 and 255
Bellevue, Washington 98007
Phone: (206) 695-7600
Intake: (206) 695-7511

IKRON Corporation of
Greater Seattle
Main
3805 108th Avenue NE
Suites 102 and 204
Bellevue, Washington 98004
Phone: (425) 242-1713x23
Intake: (425) 242-1713

Overlake Outpatient
Psychiatry
1750 112th Avenue NE
Suite B-102
Bellevue, Washington 98004
Phone: (425) 688-5460

ReSTART Life
Behavioral Healthcare
2002 156th Avenue NE
Suite 100
Bellevue, Washington 98007
Phone: (800) 682-6934
Intake: (800) 682-6934x5

Sea Mar Behavioral Health
Bellevue Child and Family
1811 156th Avenue NE
Suite 2
Bellevue, Washington 98007
Phone: (425) 460-7125

Bellevue Northcreek
14216 NE 21st Street
Bellevue, Washington 98007

Phone: (425) 653-4900
Intake: (206) 302-2300

THIRA Health
400 108th Avenue NE
Suite 700
Bellevue, Washington 98004
Phone: (425) 454-1199

Youth Eastside Services (YES)
Community Mental Health
Agency
999 164th Avenue NE
Bellevue, Washington 98008
Phone: (425) 747-4937

Bellingham

Lake Whatcom Center
Agate Heights ALF
3400 Agate Heights Road
Bellingham, Washington
98226
Phone: (360) 676-6000x210
Intake: (360) 676-6000

Lake Whatcom Residential
and
Treatment Center Outpatient
3600 Meridian Street
Bellingham, Washington
98225
Phone: (360) 676-6000

Lake Whatcom Residential
and Trt Ctr
Baker Creek Co Occurring
RTF
1641 Baker Creek Place
Bellingham, Washington
98226
Phone: (360) 676-6000

Sea Mar Community Health
Centers
Whatcom County
3350 Airport Drive

Bellingham, Washington
98226
Phone: (360) 734-5458

Sunrise Services Inc
1515 Cornwall Avenue
Bellingham, Washington
98225
Phone: (425) 595-5200

Bothell

Meier Clinics
Community Mental Health
Agency
22232 17th Avenue SE
Suite 302
Bothell, Washington 98021
Phone: (425) 487-1005

Bremerton

Kitsap Mental Health
Services
1975 Fuson Way
Bremerton, Washington
98311
Phone: (360) 373-5031x2
Intake: (360) 373-5031

Kitsap Mental Health
Services
Bremerton Sheridan Branch
900 Sheridan Road
Suites 103 and 106
Bremerton, Washington
98310
Phone: (360) 373-5031

Kitsap Mental Health
Services
Port Orchard
5455 Almira Drive NE
Bremerton, Washington
98311
Phone: (360) 373-5031

RMH Services

Community Mental Health
Agency
1933 4th Street
Bremerton, Washington
98337
Phone: (360) 479-4959

Centralia

Cascade Community
Healthcare
2428 West Reynolds Avenue
Centralia, Washington 98531
Phone: (360) 330-9044

Cascade Community
Healthcare
209 West Main Street
Centralia, Washington 98531
Phone: (360) 623-1265

Cascade Mental Healthcare
Evaluation and Treatment
Center
3510 Steelhammer Lane
Centralia, Washington 98531
Phone: (360) 623-8020
Intake: (360) 623-8004

CORE Health
1616 South Gold Street
Suite 4
Centralia, Washington 98531
Phone: (360) 807-4929

CORE Health
1126 South Gold Street
Suite 120
Centralia, Washington 98531
Phone: (360) 807-1460

Chehalis

ESD 113 True North Student
Assistance
Treatment Services/Lewis
County
151 NE Hampe Way
Suite C2-1

Chehalis, Washington 98532
Phone: (360) 748-2274
Intake: (360) 464-6876

Eugenia Center
151 North Market Boulevard
Suite C
Chehalis, Washington 98532
Phone: (360) 948-0203

Chelan

Columbia Valley Community
Health
CVCH Chelan Clinic
105 South Apple Blossom
Drive
Chelan, Washington 98816
Phone: (509) 662-6000

Clarkston

Quality Behavioral Health
900 7th Street
Clarkston, Washington 99403
Phone: (509) 758-3341

Cle Elum

Comprehensive Healthcare
Cle Elum
402 East 1st Street
Cle Elum, Washington 98922
Phone: (509) 674-2340

Concrete

Sunrise Services Inc
Concrete SR 20
44942 State Route 20
Concrete, Washington 98237
Phone: (425) 595-5200
Intake: (360) 630-5430

Coupeville

Compass Health
Coupeville Children and
Family Clinic
20 NW 1st Street

Coupeville, Washington
98239
Phone: (360) 678-5555

Dayton

Blue Mountain Counseling of
Columbia County
221 East Washington Avenue
Dayton, Washington 99328
Phone: (509) 382-1164
Intake: (866) 382-1164

Duvall

Friends of Youth
Duvall
26420 NE Virginia Street
Duvall, Washington 98019
Phone: (425) 392-6367

East Wenatchee

CHSW Family Resource
Center
East Wenatchee
220 Eastmont Avenue
Suite B
East Wenatchee, Washington
98802
Phone: (509) 885-9090
Intake: (509) 663-0034

Edmonds

Balanced Living Therapy LLC
7500 212th Street SW
Suite 205
Edmonds, Washington 98026
Phone: (425) 977-4988

Center for Counseling and
Health
A Place of Hope
547 Dayton Street
Edmonds, Washington 98020
Phone: (425) 771-5166
Intake: (888) 771-5166

Center for Discovery

Edmonds
7511 176th Street SW
Edmonds, Washington 98026
Phone: (866) 862-3631

Swedish Edmonds Hospital
21601 76th Avenue West
Edmonds, Washington 98026
Phone: (425) 640-4000x4988
Intake: (425) 640-4981

Ellensburg

Comprehensive Healthcare
Ellensburg Center
220 West 4th Avenue
Ellensburg, Washington
98926
Phone: (509) 925-9861

Comprehensive Healthcare
Pearl Street
707 North Pearl Street
Suite E
Ellensburg, Washington
98926
Phone: (509) 925-9861

Elma

Behavioral Health Resources
575 East Main Street
Suite C
Elma, Washington 98541
Phone: (360) 482-5358

Enumclaw

Valley Cities Counseling
Enumclaw
1335 Cole Street
Enumclaw, Washington
98022
Phone: (425) 336-4100

Everett

Compass Health
Dawson Place
1509 California Street

Everett, Washington 98201
Phone: (425) 349-6700

Compass Health
Snohomish Triage
3322 Broadway
Everett, Washington 98201
Phone: (425) 349-6800
Intake: (888) 693-7200

Eleanor Health
4310 Colby Avenue
Suite 201
Everett, Washington 98203
Phone: (425) 375-7435
Intake: (866) 323-2596

Sea Mar Behavioral Health
Community Health Center
5007 Claremont Way
Everett, Washington 98203
Phone: (425) 609-5505

Sea Mar Behavioral Health
Everett Child and Family
1920 100th Street SE
Suite A-2
Everett, Washington 98208
Phone: (425) 312-0277

Sunrise Services Inc
Everett 1718 Broadway
1718 Broadway
Everett, Washington 98201
Phone: (425) 595-5200

Sunrise Services Inc
1021 North Broadway
Everett, Washington 98201
Phone: (425) 595-5200
Intake: (425) 493-5800

Federal Way
Catholic Community Services
33505 13th Place South
Suite C

Federal Way, Washington
98003
Phone: (253) 246-2434

Valley Cities Federal Way
1336 South 336th Street
Federal Way, Washington
98003
Phone: (253) 833-7444

Forks
West End Outreach Services
Clallam County Hospital
District 1
530 Bogachiel Way
Forks, Washington 98331
Phone: (360) 374-5011

Friday Harbor
Compass Health
San Juan Island Office
520 Spring Street
Friday Harbor, Washington
98250
Phone: (360) 378-2669
Intake: (888) 693-7200

Gig Harbor
Sea Mar Behavioral Health
Gig Harbor
3208 50th Street Court NW
Suite 202
Gig Harbor, Washington
98335
Phone: (253) 280-9888

Goldendale
Comprehensive Healthcare
112 West Main Street
Goldendale, Washington
98620
Phone: (509) 773-5801

Grand Coulee
Grant Integrated Services
322 Fortuyn Road

Grand Coulee, Washington
99133
Phone: (509) 765-9239
Intake: (509) 633-1471

Hoquiam
Behavioral Health Resources
205 8th Street
Hoquiam, Washington 98550
Phone: (360) 704-7170
Intake: (360) 532-8629

Issaquah
Friends of Youth
414 Front Street North
Issaquah, Washington 98027
Phone: (425) 392-6367

Kelso
Awakenings Inc
404 West Main Street
Kelso, Washington 98626
Phone: (360) 423-2806

Columbia Wellness
305 South Pacific Avenue
Suite 102
Kelso, Washington 98626
Phone: (360) 423-0203

Sea Mar Behavioral Health
Kelso/Sea Mar Community
Health Centers
1710 Allen Street
Kelso, Washington 98626
Phone: (360) 261-
7020x39005
Intake: (360) 261-7020

Kennewick
Lourdes Health Crisis
Services
500 North Morain Street
Suite 1250
Kennewick, Washington
99336

Phone: (509) 943-9104
Intake: (509) 783-0500

Lutheran Community
Services NW
Columbia Basin Office
3321 West Kennewick
Avenue Suite 150
Kennewick, Washington
99336
Phone: (509) 735-6446

Kent

Kent Youth/Family Services
232 2nd Avenue South
Kent, Washington 98032
Phone: (253) 859-0300

Refugee Womens Alliance
Center for Social Emotional
Wellbeing
124 4th Avenue South
Suite 230
Kent, Washington 98032
Phone: (253) 246-4003
Intake: (206) 496-4330

Sea Mar Behavioral Health
Kent/Sea Mar Community
Health Centers
25028 104th Avenue SE
Kent, Washington 98030
Phone: (206) 764-8019

Kent Clinic
325 West Gowe Street
Kent, Washington 98032
Phone: (253) 833-7444

Kirkland

Newport Academy
12029 113th Avenue NE
Kirkland, Washington 98034
Phone: (877) 820-6371

Youth Eastside Services (YES)
11829 97th Avenue NE

Kirkland, Washington 98034
Phone: (425) 827-4937

Lacey

Emily Program
673 Woodland Square Loop
SE Suite 330
Lacey, Washington 98503
Phone: (888) 364-5977

Lakewood

Child Study and Treatment
Center
8805 Steilacoom Boulevard
SW Lakewood, Washington
98498
Phone: (253) 756-2504

Greater Lakes Mental
Healthcare
Seeley Lake Lodge
9108 Lakewood Drive SW
Lakewood, Washington
98499
Phone: (253) 581-6202
Intake: (253) 581-7020

Leavenworth

UVCares Mental Health Clinic
225 Prospect Street
Leavenworth, Washington
98826
Phone: (509) 300-1113

Long Beach

Willapa Behavioral Health
2204 Pacific Avenue North
Long Beach, Washington
98631
Phone: (360) 642-3787
Intake: (360) 942-2303

Longview

Columbia Wellness
Longview Main
921 14th Avenue

Longview, Washington 98632
Phone: (360) 423-0203

CORE Health Extended
Support Services
910 16th Avenue
Suite 120
Longview, Washington 98632
Phone: (360) 998-2055

CORE Health Main
748 14th Avenue
Longview, Washington 98632
Phone: (360) 200-5419
Intake: (360) 200-5149

Lynnwood

SquareOne
21300 68th Avenue West
Suite 105
Lynnwood, Washington
98036
Phone: (425) 412-3155

Medical Lake

Eastern State Hospital
850 Maple Street
Medical Lake, Washington
99022
Phone: (509) 565-4000

Monroe

ReSTART Life
Serenity Mountain Sky Ridge
30001 138th Place SE
Monroe, Washington 98272
Phone: (800) 682-6934
Intake: (800) 682-6934x5

ReSTART Life
Serenity Mountain Wood
Creek
30007 138th Place SE
Monroe, Washington 98272
Phone: (800) 682-6934
Intake: (800) 682-6934x5

Sea Mar Behavioral Health
Monroe/Sea Mar Community
Health Ctrs
17707 West Main Street
1st Floor
Monroe, Washington 98272
Phone: (360) 805-3122
Intake: (360) 282-3901

Montesano

Willapa Behavioral Health
Montesano Office
338 West Pioneer
Montesano, Washington
98563
Phone: (360) 642-3787

Moses Lake

Grant Integrated Services
Mattawa
840 East Plum Street
Moses Lake, Washington
98837
Phone: (509) 765-9239x5436
Intake: (509) 765-9239

Grant Integrated Services
Moses Lake Main
840 East Plum Street
Moses Lake, Washington
98837
Phone: (509) 765-9239x5436
Intakes: (509) 765-9239 (509)
787-4466

Mossy Rock

Eugenia Center
Mossyrock
230 East State Street
Mossyrock, Washington
98564
Phone: (360) 983-3227

Mountlake Terrace

Sunrise Services Inc

6505 218th Street SW
Suites 6 and 7
Mountlake Terrace,
Washington 98043
Phone: (425) 595-5200
Intake: (425) 678-6800

Mount Vernon

Compass Health
Skagit Adult Services
1100 South 2nd Street
2nd Street Building
Mount Vernon, Washington
98273
Phone: (360) 419-3500
Intake: (888) 693-7200

Compass Health
Skagit Child and Family
Services
1100 South 2nd Street
Portable 2
Mount Vernon, Washington
98273
Phone: (360) 419-3600
Intake: (888) 693-7200

Compass Health
Skagit PACT Program
209 Milwaukee Street
Mount Vernon, Washington
98273
Phone: (360) 419-7575

Sea Mar Behavioral Health
Mt Vernon Highway 99
2203 Old Highway 99 South
Road
Mount Vernon, Washington
98273
Phone: (360) 542-8810

Sunrise Services Inc
Mount Vernon College Way
2500 East College Way
Mount Vernon, Washington
98273

Phone: (425) 595-5200
Intake: (360) 336-3762

Mukilteo

Basic Steps Mental Health
SPC
12199 Village Center Place
Suite 203
Mukilteo, Washington 98275
Phone: (425) 588-8438
Intake: (425) 322-4850

Ryther
315 Lincoln Avenue
Suite C-1
Mukilteo, Washington 98275
Phone: (206) 525-5050
Intake: (206) 517-0234

North Bend

Friends of Youth
401 Ballarat Avenue North
North Bend, Washington
98045
Phone: (425) 392-6367

Oak Harbor

Sea Mar Behavioral Health
Oak Harbor
31640 State Route 20
Suite 1
Oak Harbor, Washington
98277
Phone: (360) 679-7676

Sunrise Services Inc
530 NE Midway Boulevard
Oak Harbor, Washington
98277
Phone: (360) 544-3800

Olympia

Behavioral Health Resources
Main Office
3857 Martin Way East
Olympia, Washington 98506

Phone: (360) 704-7170

Community Youth Services
711 State Avenue NE
Olympia, Washington 98506
Phone: (360) 943-0780
Intake: (360) 918-7860

Community Youth Services
Union Avenue
505 Union Avenue SE
1st Floor
Olympia, Washington 98501
Phone: (360) 943-0780

Sea Mar Community Health
Centers
6334 Littlerock Road SW
Olympia, Washington 98512
Phone: (360) 704-7590

Telecare Thurston Mason
Crisis Triage
3285 Ferguson Street SW
Olympia, Washington 98512
Phone: (360) 943-1907

Omak

Okanogan Behavioral
Healthcare
1007 Koala Drive
Omak, Washington 98841
Phone: (509) 826-6191
Intake: (866) 826-6191

Othello

Adams Cnty Integrated
Healthcare Servs
425 East Main Street
Suite 600
Othello, Washington 99344
Phone: (509) 488-5611
Intake: (509) 659-4357

Pasco

Comprehensive Healthcare

2715 Saint Andrews Loop
Suite C
Pasco, Washington 99301
Phone: (509) 412-1051

Tri Cities Community Health
Behavioral Medicine
Department
715 West Court Street
Pasco, Washington 99301
Phone: (509) 545-6506

Wilson House
224 North 7th Street
Pasco, Washington 99301
Phone: (509) 545-4462
Intake: (509) 943-9104

Pomeroy

Garfield County Human
Services
Branch of Quality Behavioral
Health 856 Main Street
Pomeroy, Washington 99347
Phone: (509) 843-3791

Port Angeles

North Olympic Healthcare
Network
Expanded Services Building
933 East 1st Street
Port Angeles, Washington
98362
Phone: (360) 452-7891

Peninsula Behavioral Health
118 East 8th Street
Port Angeles, Washington
98362
Phone: (360) 457-0431

Port Townsend

Newport Academy
3804 Hastings Avenue West
Port Townsend, Washington
98368

Phone: (877) 820-6371

Pullman

Palouse River Counseling
340 NE Maple Street
Pullman, Washington 99163
Phone: (509) 334-1133

Puyallup

MultiCare Behavioral Health
Lockett House ARTF
1701 13th Street SE
Puyallup, Washington 98372
Phone: (253) 848-0880
Intake: (253) 381-8640

Sea Mar Behavioral Health
Pierce County
12812 101st Avenue Court
East
Suite 202
Puyallup, Washington 98373
Phone: (253) 864-4770

Quincy

Grant Integrated Services
203 Central Avenue South
Quincy, Washington 98848
Phone: (509) 787-4466
Intake: (509) 765-9239

Raymond

Willapa Behavioral Health
300 Ocean Avenue
Raymond, Washington 98577
Phone: (360) 942-2303

Redmond

Stillwater House
8705 166th Avenue NE
Redmond, Washington
98052
Phone: (425) 653-5080

Youth Eastside Services (YES)
15600 Redmond Way

Suite 102
Redmond, Washington
98052
Phone: (425) 747-4937

Renton

King Cnty Sexual Assault
Resource Ctr
707 South Grady Way
Suite 300
Renton, Washington 98057
Phone: (425) 226-5062

Renton Clinic
221 Wells Avenue South
Renton, Washington 98057
Phone: (253) 833-7444

Richland

Catholic Charities Serving
Central WA
2139 Van Giesen Street
Richland, Washington 99354
Phone: (509) 946-4645

Lourdes Counseling Center
1175 Carondelet Drive
Richland, Washington 99354
Phone: (509) 943-9104

Royal City

Grant Integrated Services
Royal City
130 Camelia Street
Royal City, Washington
99357
Phone: (509) 765-9239x5436
Intake: (509) 765-9239

Seattle

Asian Counseling and
Referral Service
3639 Martin Luther King Jr
Way South
Seattle, Washington 98144
Phone: (206) 695-7600

Associated Behavioral
Healthcare Inc
West Seattle Branch
4711 44th Avenue SW
Suite A
Seattle, Washington 98116
Phone: (425) 646-7279
Intake: (800) 858-6702

Atlantic Street Center
2103 South Atlantic Street
Seattle, Washington 98144
Phone: (206) 329-2050
Intake: (206) 329-2050x3900

Catholic Community Services
Counseling Recovery and
Wellness Prog
1902 2nd Avenue
Suite 208
Seattle, Washington 98101
Phone: (206) 956-9570

Consejo Counseling and
Referral Servs
3808 South Angeline Street
Seattle, Washington 98118
Phone: (206) 461-4880
Intakes: (206) 461-
4880x1117 (206) 461-
4880x1107

Emily Program
Residential Treatment
Facility
4 Nickerson Street
Suite 300
Seattle, Washington 98109
Phone: (888) 364-5977

Emily Program
1700 Westlake Avenue North
Suite 700
Seattle, Washington 98109
Phone: (888) 364-5977

Harborview Medical Center
Behavioral Health

325 9th Avenue
Box 359797
Seattle, Washington 98104
Phone: (206) 744-9600

Harborview Medical Center
Inpatient Psychiatry
325 9th Avenue
Seattle, Washington 98104
Phone: (206) 744-4052
Intake: (206) 744-4464

High West Residence
15035 8th Avenue South
Seattle, Washington 98148
Phone: (206) 241-3119

IKRON Corporation of
Greater Seattle
Meridian Center
10303 Meridian Avenue
North Suite 204
Seattle, Washington 98133
Phone: (206) 420-7949
Intake: (425) 242-1713

Navos
Inpatient Services
2600 SW Holden Street
Seattle, Washington 98126
Phone: (206) 933-7299

Navos
Outpatient Services
2600 SW Holden Street
Seattle, Washington 98126
Phone: (206) 933-7000
Intake: (206) 248-8226

Navos
Outpatient Services
1210 SW 136th Street
Seattle, Washington 98166
Phone: (206) 257-6601
Intake: (206) 248-8226

Ryther
2400 NE 95th Street

Seattle, Washington 98115
Phone: (206) 525-5050
Intake: (206) 517-0234

Sea Mar Behavioral Health
White Center
9650 15th Avenue SW
Seattle, Washington 98106
Phone: (206) 965-1055

Seattle Childrens Hospital
Odessa Brown Childrens
Clinic
2101 East Yesler Way
Seattle, Washington 98122
Phone: (206) 987-7210

Seattle Counseling Service
2033 6th Avenue
Suite 400
Seattle, Washington 98121
Phone: (206) 323-1768

Belltown
2329 4th Avenue
Seattle, Washington 98121
Phone: (206) 461-3649
Intake: (206) 901-2000

Broadway
600 Broadway
Suite 170
Seattle, Washington 98122
Phone: (206) 302-2600
Intake: (206) 302-2300

Capitol Hill Main
1600 East Olive Street
Seattle, Washington 98122
Phone: (206) 302-2200
Intake: (206) 302-2300

Capitol Hill North
122 16th Avenue East
Seattle, Washington 98112
Phone: (206) 302-2700
Intake: (206) 302-2300

Cascade Hall
204 NE 94th Street
Seattle, Washington 98115
Phone: (206) 461-4580

Lake City
11000 Lake City Way NE
Seattle, Washington 98125
Phone: (206) 461-3614
Intake: (206) 302-2300

Northgate
10700 Meridian Avenue
North
Suite G-11
Seattle, Washington 98133
Phone: (206) 461-4544
Intake: (206) 901-2000

Tukwila East
6400 Southcenter Boulevard
Seattle, Washington 98188
Phone: (206) 444-3600
Intake: (206) 302-2300

Tukwila West
6100 Southcenter Boulevard
Seattle, Washington 98188
Phone: (206) 444-7900
Intake: (206) 302-2300

Wallingford Branch
4200 Stone Way North
Seattle, Washington 98103
Phone: (206) 461-3707
Intake: (206) 302-2300

Swedish Medical
Center/Ballard Campus
Behavioral Health Unit
5300 Tallman Avenue NW
Seattle, Washington 98107
Phone: (206) 320-2230

Therapeutic Health Services
Rainier Branch
5802 Rainier Avenue South
Seattle, Washington 98118

Phone: (206) 323-0930x1245
Intake: (206) 323-0930

Therapeutic Health Services
Youth and Family Services
1901 Martin Luther King Jr
Way South
Seattle, Washington 98144
Phone: (206) 322-7676
Intake: (833) 278-4357

Ukrainian Community Center
of WA
13470 Martin Luther King
Way South
Seattle, Washington 98178
Phone: (425) 430-8229
Intakes: (425) 430-8229x4
(425) 430-8227x4

University of Washington
Northwest
1550 North 115th Street
Suite E-120
Seattle, Washington 98133
Phone: (206) 668-1823
Intake: (206) 668-1747

Bitter Lake Clinic
929 North 130th Street
Suite 3
Seattle, Washington 98133
Phone: (253) 833-7444

Meridian Center for Health
10521 Meridian Avenue
North
Seattle, Washington 98133
Phone: (253) 833-7444

Midway Clinic
26401 Pacific Highway South
Seattle, Washington 98198
Phone: (253) 833-7444

Pike Place Clinic
1537 Western Avenue
Seattle, Washington 98101

Phone: (253) 833-7444

Rainier Beach Clinic
8444 Rainier Avenue South
Seattle, Washington 98118
Phone: (253) 833-7444

YMCA Behavioral Health
Services
2100 24th Avenue South
Suite 260
Seattle, Washington 98144
Phone: (206) 382-5340

You Grow Girl
2200 Rainier Avenue South
Suite 201
Seattle, Washington 98144
Phone: (206) 643-9622
Intake: (206) 417-9904

Sedro Wooley

Sunrise Services Inc
Sedro Wooley
10212 Collins Road
Sedro Woolley, Washington
98284
Phone: (425) 595-5200

Selah

Comprehensive Healthcare
Selah Evaluation and
Treatment
609 Speyers Road
Selah, Washington 98942
Phone: (509) 225-6311

Shelton

Behavioral Health Resources
Shelton
110 West K Street
Shelton, Washington 98584
Phone: (360) 426-1696

Community Youth Services
601 West Franklin Street

Suite G-201
Shelton, Washington 98584
Phone: (360) 943-0780
Intake: (360) 918-7860

Spokane

Catholic Charities of Eastern
WA
Community Behavioral
Health Services
1960 North Holy Names
Court
3rd Floor
Spokane, Washington 99224
Phone: (509) 242-2308

Cub House
Spokane Treatment and
Recovery Servs
14819 East Mission Avenue
Spokane, Washington 99216
Phone: (509) 315-9791

Daybreak Youth Services
Spokane Inpatient
628 South Cowley Street
Spokane, Washington 99202
Phone: (509) 624-3227
Intakes: (888) 454-
5506x1006 (509) 624-
3227x1006

Emily Program
2020 East 29th Avenue
Suite 200
Spokane, Washington 99203
Phone: (888) 364-5977

Excelsior Wellness Center
3754 West Indian Trail Road
Spokane, Washington 99208
Phone: (509) 559-3100
Intake: (509) 559-3160

Inland Northwest Behavioral
Hospital
104 West 5th Avenue

Spokane, Washington 99204
Phone: (509) 992-1888
Intake: (509) 992-1310

Karens House
4324 North Jefferson Street
Spokane, Washington 99205
Phone: (509) 315-8682
Intake: (509) 328-3514

NATIVE Project
1803 West Maxwell Avenue
Spokane, Washington 99201
Phone: (509) 325-5502
Intake: (509) 483-7535

Partners with Families and
Children
106 West Mission Avenue
Spokane, Washington 99201
Phone: (509) 473-4810

Passages Family Support
1700 South Assembly Street
Suite 300
Spokane, Washington 99224
Phone: (509) 892-9241

Providence Sacred Heart
Medical Center
101 West 8th Avenue
Spokane, Washington 99220
Phone: (509) 474-4745
Intake: (509) 474-3778

Psychiatric Solutions
1620 North Mamer Road
Building B-100
Spokane, Washington 99216
Phone: (509) 863-9779
Intake: (509) 863-9779x560

Spokane Addiction Recovery
Centers (SPARC)
520 South Walnut Street
Spokane, Washington 99204
Phone: (509) 241-3130

Spokane VAMC
Behavioral Health Services
4815 North Assembly Street
SUD
Spokane, Washington 99205
Phone: (509) 434-7013

Sunshine Behavioral Health
1102 South Raymond Road
Spokane, Washington 99206
Phone: (509) 892-4342

Sunshine Terrace
Community Mental Health
Agency/ARTF
1102 South Raymond Road
Spokane, Washington 99206
Phone: (509) 892-4342x203
Intake: (509) 892-4342

Supported Education and
Employment
Enhancing Rehabilitation
(SEER)
3305 Whistalks Way
Spokane, Washington 99224
Phone: (509) 279-6055
Intake: (509) 279-6259

Tamarack Center
2901 West Elliott Drive
Spokane, Washington 99224
Phone: (509) 326-8100x304
Intake: (509) 326-8100x302

YFA Connections
Outpatient Mental Health
Agency
22 South Thor Street
Spokane, Washington 99202
Phone: (509) 532-2000x10
Intake: (509) 532-2000x15

YWCA of Spokane
930 North Monroe Street
Spokane, Washington 99201
Phone: (509) 326-1190

Stanwood
Sunrise Services Inc
Stanwood
9527 271 Street NW
Stanwood, Washington
98292
Phone: (425) 595-5200
Intake: (360) 926-8490

Stevenson
Skamania County Community
Health
710 SW Rock Creek Drive
Stevenson, Washington
98648
Phone: (509) 427-3850

Sunnyside
Comprehensive Healthcare
Sunnyside Center
1319 Saul Road
Sunnyside, Washington
98944
Phone: (509) 837-2089

Tacoma
Castele Williams and
Associates
Comprehensive Behav
Health/Main
711 South 25th Street
Suite B
Tacoma, Washington 98405
Phone: (253) 536-2881

Catholic Community Services
Tacoma 14th Street/Family
BH
702 South 14th Street
Tacoma, Washington 98405
Phone: (253) 502-2603

Center for Discovery
2202 South Cedar Street
Suite 175
Tacoma, Washington 98405

Phone: (844) 546-2614

Holistic Recovery for
Mothers
1001 South Yakima Avenue
Suite 14
Tacoma, Washington 98405
Phone: (253) 267-5402

MultiCare Behavioral Health
Adolescent Behavioral Health
at TG
315 Martin Luther King Jr
Way
Tacoma, Washington 98405
Phone: (253) 403-0360
Intake: (253) 381-6558

MultiCare Behavioral Health
PACT
325 East Pioneer Avenue
Suite 21
Tacoma, Washington 98409
Phone: (253) 301-5220
Intake: (253) 697-8494

Sea Mar Behavioral Health
Tacoma/Pierce County
2121 South 19th Street
Tacoma, Washington 98405
Phone: (253) 396-1634

Sea Mar Tacoma Healthcare
for Homeless
Sea Mar Community Health
Centers
1307 South 11th Street
Tacoma, Washington 98405
Phone: (253) 682-2180

Sound Integrated Health LLC
3640 South Cedar Street
Suite M
Tacoma, Washington 98409
Phone: (253) 478-0827

Telecare

Community Alternatives
Team
3901 South Fife Street
Suite 301
Tacoma, Washington 98409
Phone: (253) 589-5334

Vancouver

Childrens Home Society of
WA
Vancouver Family Resource
Center
309 West 12th Street
Vancouver, Washington
98666
Phone: (360) 695-1325x4232
Intake: (360) 695-1325

Columbia River Mental
Health Services
6926 NE 4th Plain Boulevard
Vancouver, Washington
98661
Phone: (360) 993-3000

Columbia River Mental
Health Services
Elahan Place
7415 NE 94th Avenue
Vancouver, Washington
98662
Phone: (360) 253-6019

Columbia River Mental
Health Services
Hazel Dell Clinic
9105 NE Highway 99
Building A, Suite 201
Vancouver, Washington
98665
Phone: (360) 579-9721
Intake: (360) 993-3000

Columbia River Mental
Health Services
Options Youth House
1012 Esther Street

Vancouver, Washington
98660
Phone: (360) 750-7033
Intake: (360) 993-3000

Lifeline Connections
1601 East 4th Plain
Boulevard
Building 17
Vancouver, Washington
98661
Phone: (360) 397-8246
Intakes: (360) 397-
8246x7580 (360) 397-
8246x7581

Lifeline Connections
Orchards Branch
11719 NE 95th Street
Suite A
Vancouver, Washington
98682
Phone: (360) 984-5511
Intake: (360) 397-
8246x30500

Rainier Springs
2805 NE 129th Street
Vancouver, Washington
98686
Phone: (360) 356-1890
Intake: (360) 869-0565x1

Sea Mar Behavioral Health
5501 NE 109th Court
Suite A-1
Vancouver, Washington
98662
Phone: (360) 566-4432

Sea Mar Behavioral Health
Sea Mar Community Health
Centers
7410 Delaware Lane
Vancouver, Washington
98664
Phone: (360) 566-4402
Intake: (360) 566-4432

Sea Mar Behavioral Health
Vancouver Orchards
11801 NE 65th Street
Suite C
Vancouver, Washington
98662
Phone: (360) 566-4432
Intake: (360) 558-5790

Sea Mar Behavioral Health
Vancouver Salmon Creek
14508 NE 20th Avenue
Suite 305
Vancouver, Washington
98686
Phone: (360) 397-9211
Intake: (360) 260-4900

Vashon

Vashon Youth and Family
Services
20110 Vashon Highway SW
Vashon, Washington 98070
Phone: (206) 463-5511

Wenatchee

American Behavioral Health
Systems Inc
Parkside
1230 Monitor Street
Wenatchee, Washington
98801
Phone: (509) 232-5766

Catholic Charities Serving
Central WA
145 South Worthen Street
Wenatchee, Washington
98801
Phone: (509) 965-7100
Intake: (509) 662-6761

Childrens Home Society of
WA
Regional Headquarters
1014 Walla Walla Avenue

Wenatchee, Washington
98801
Phone: (509) 663-0034x5014
Intakes: (509) 663-0034 (509)
885-9090

Columbia Valley Community
Health
Adult Behavioral Health
504 Orondo Avenue
Wenatchee, Washington
98801
Phone: (509) 662-6000

Columbia Valley Community
Health
Childrens Behavioral Health
140 Easy Way
Wenatchee, Washington
98801
Phone: (509) 662-6000

Columbia Valley Community
Health
600 Orondo Avenue
Wenatchee, Washington
98801
Phone: (509) 662-6000

Wenatchee CBOC
2530 Chester Kimm Road
Wenatchee, Washington
98801
Phone: (509) 663-7615
Intake: (509) 434-7013

White Salmon

Comprehensive Healthcare
White Salmon Center
432 NE Tahomish Street
White Salmon, Washington
98672
Phone: (509) 493-3400

Yakima

Catholic Charities Serving
Central WA

Yakima D Street
303 East D Street
Suite 5
Yakima, Washington 98901
Phone: (509) 853-1300

Catholic Charities Serving
Central WA
Yakima Main
5301 Tieton Drive
Suite C
Yakima, Washington 98908
Phone: (509) 965-7100

Comprehensive Healthcare
Bridges Evaluation and
Treatment
201 South 2nd Avenue
Yakima, Washington 98902
Phone: (509) 469-2085
Intake: (509) 575-4084

Comprehensive Healthcare
Pathways
307 West Walnut Street
Yakima, Washington 98902
Phone: (509) 575-4084
Intakes: (509) 453-4274 (509)
453-4301

Comprehensive Healthcare
Two Rivers Landing
Evaluation and Trt
504 South 3rd Avenue
Building C
Yakima, Washington 98902
Phone: (509) 469-3727

Comprehensive Healthcare
Yakima Center
402 South 4th Avenue
Yakima, Washington 98902
Phone: (509) 575-4084
Intake: (509) 574-5061

Yelm

Sea Mar Behavioral Health
Yelm/Sea Mar Community
Health Centers
202 Cullens Street NW
Yelm, Washington 98597
Phone: (360) 400-4860

Resources:

<https://www.dea.gov/sites/default/files/2018-07/DIR-022-18.pdf>

<https://drugabuse.com/>

www.webmd.com

<https://nida.nih.gov/>

www.samhsa.gov

www.medlineplus.gov

www.google.com

www.mayoclinic.org

www.healthline.com

www.adf.org.au

www.cdc.gov

www.kidshealth.org

www.drugs.com