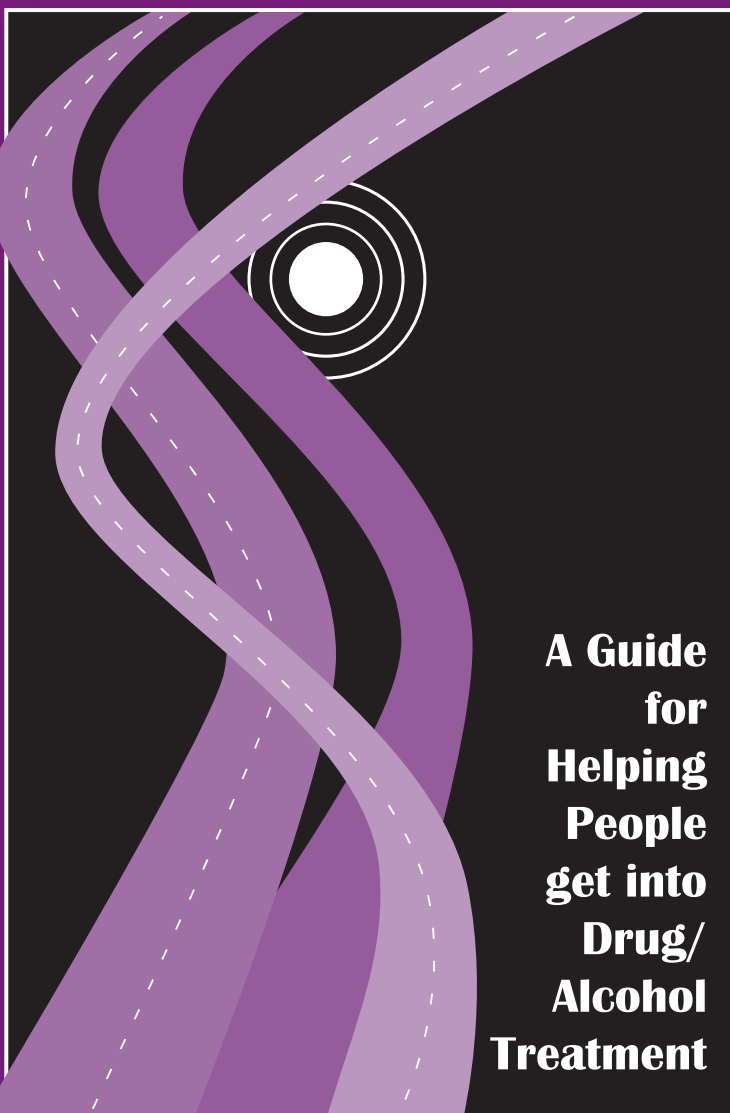


Trails to Treatment



**A Guide
for
Helping
People
get into
Drug/
Alcohol
Treatment**

2006 Edition

WELCOME!

Trails to Treatment is a guidebook for social service and healthcare professionals on how to help youth and adults access alcohol and drug services. It contains information on what treatment and support services are available, how to access those services, and how to pay for them.

This guidebook is NOT designed to be given to clients. It is meant to be a resource for front-line staff. All treatment services listed in this guidebook are for **licensed facilities in King County only.**

To make comments and suggestions for future revisions, please contact the HIV/AIDS Program. Additional copies are available at either agency below.



King County

Mental Health, Chemical Abuse and
Dependency Services Division
Department of Community and Human Services
821 Second Avenue, Suite 610
Seattle, WA 98104-1598
206-296-7615
www.metrokc.gov/dchs/mhd



HIV/AIDS Program
400 Yesler Way, 3rd floor
Seattle, WA 98104-2615
206-296-4649
TTY: 206-296-4843
www.metrokc.gov/health/apu

Alternative formats available

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OVERVIEW OF THE TREATMENT SYSTEM

There are several categories of drug and alcohol treatment. Each type offers a different level of intensity and duration. Not everyone enters the treatment system at the same place. Many clients need only one type of treatment. Others may need to transition between several levels along the treatment continuum. A certified Chemical Dependency Counselor can help determine the most appropriate path of treatment.

Detox/Sobering Centers

Detoxification provides medical supervision while patients withdraw from alcohol and/or other drugs. Sobering centers offer a clean, secure environment in which inebriated persons can sleep off their alcohol intoxication. **Sobering centers are not detox facilities.** They only provide a safe place for clients to temporarily “sober up” rather than withdraw from alcohol completely.

Detox does not address the psychological, social, or behavioral aspects of addiction, so it is not considered “treatment.” Often, however, it is a necessary first step towards treatment. Most inpatient and outpatient treatment programs will not accept clients until they are medically detoxed.

Outpatient Treatment

Outpatient treatment allows clients to live at home and/or work while participating in the program. Clients receive both individual and group counseling several days a week depending on their treatment plan. Some clients may start treatment on an outpatient basis. Others may be referred to outpatient after completing inpatient treatment.

Opiate Substitution Treatment

Opiate substitution treatment is considered a form of outpatient treatment. Clients receive an oral dose of a synthetic opiate to control opiate craving and manage withdrawal symptoms. Methadone must be dispensed at a licensed methadone clinic while buprenorphine can be prescribed by specially-licensed physicians. Clients may also engage in counseling to address psychological and behavioral factors of addiction.

Residential Treatment

This is a general term meaning that clients live at a special facility while receiving treatment. Each category of

residential treatment offers a different length of stay and different intensity of services.

Inpatient Treatment

This is the most common type of residential treatment. People receive intensive treatment in a live-in treatment center, often called an “inpatient facility.” Treatment lengths vary from seven to thirty days, depending on individual needs. Inpatient treatment involves education, individual and group counseling, and sometimes family sessions. It provides a protective environment during the early stages of recovery.

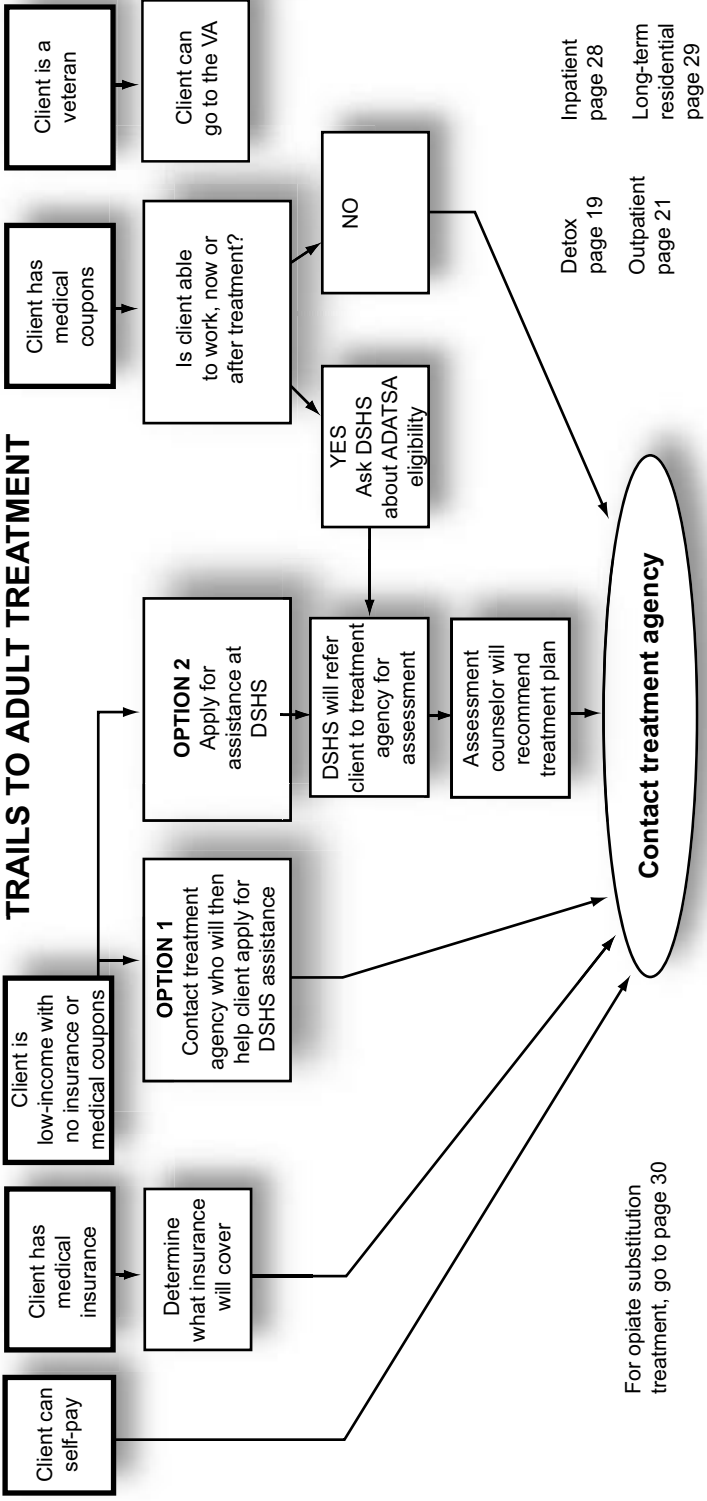
Recovery House

A recovery house is a type of group housing that serves as a transition between a treatment facility and “normal” residential living. Clients receive counseling, social, recreational, and vocational assistance after inpatient treatment to help adjust to abstinence and to develop and practice additional relapse prevention skills.

Long-term Residential

These programs are designed for people significantly impaired by alcohol or drugs and who need help with self-care and personal guidance to maintain abstinence. Clients receive limited personal care services, counseling, and education. Some medical care is available on site.

TRAILS TO ADULT TREATMENT



For opiate substitution treatment, go to page 30

PAYING FOR TREATMENT

There are several options to help pay for some or all program costs. These options include private pay, private insurance, veterans benefits, and public assistance. Not every treatment program accepts the same types of payment or funding. Before you make a referral, call the treatment program to make sure it accepts the types of resources available to your client.

OPTION #1 - Private Pay

The private pay costs for inpatient and outpatient programs vary based on many factors including program length. It's best to call an agency directly for an estimate of costs.

Some programs offer a set fee for a range of services. Many programs also offer a sliding fee scale. This means that they look at how much money clients make, how many people clients support on that income, and a scale to determine how much clients should pay. Some agencies will also establish payment plans with clients.

OPTION #2 - Private Insurance

Insurance benefits vary greatly depending on the type of coverage. If clients have insurance, do not assume that it covers alcohol and drug treatment or clients' first choice of treatment programs. A managed care plan will specify where and what type of treatment is covered. All plans will place a limit on the type and amount of coverage. Clients should look in their benefits book and call the company to verify coverage and to pre-authorize services.

OPTION #3 - Veterans Benefits

Veterans benefits are available to clients who have served in the military, whether active duty or not, except for those who were dishonorably discharged. Some documentation is required to get in, including DD214 (discharge papers).

Veterans Administration (VA) offers:

- detox
- outpatient treatment
- opiate substitution treatment

All services require a scheduled assessment. VA does not accept walk-ins for chemical dependency services. Call the Veterans Administration Puget Sound Health Care System at 206-764-2192 to make an appointment.

OPTION #4 - Medical Coupons

Maneuvering through the world of medical coupons can be confusing and frustrating. There are many different types of coupons that cover different chemical dependency services. The services covered by one coupon may not be covered by another. Treatment agencies may also have different wait lists for different coupons.

The term “medical coupons” should not be confused with the program called *Medicaid* (also called *Title XIX*). Medicaid is a federal program that provides medical benefits for disabled or low-income individuals who meet specific eligibility criteria. These include recipients of SSI (Supplemental Security Income) and TANF (Temporary Aid to Needy Families). Medicaid issues medical coupons which generally provide the broadest scope of medical coverage. However, other public assistance programs also issue their own medical coupons, usually with less coverage. Look in the upper right-hand corner of the coupon for one of the abbreviations below to determine the type of coupon. (*For related information, see Option #7 - Treatment Expansion*).

CNP (Categorically Needy Program)

Coupons may say CNP or CNP-QMB

This is the coupon under Medicaid. The most comprehensive treatment services are covered by CNP coupons. Clients eligible for public assistance but not a CNP coupon are still eligible for some public-funded treatment. Clients should ask their local CSO or treatment agency about this. Clients with CNP coupons can contact any outpatient treatment center directly. If clients need inpatient treatment, they can be referred by an outpatient program or contact an inpatient program directly. Treatment on demand is available for clients with this coupon.

GAX (General Assistance Expedited for Medical Disability)

GAX means that a client has applied for SSI and is presumed to be eligible. GAX can be used until SSI eligibility is finally determined. GAX coupons will cover the full scope of treatment services funded by CNP coupons (see above). GAX clients can go directly to the outpatient or inpatient treatment agency. Treatment on demand is available for clients with this coupon.



For outpatient treatment, CNP and GAX clients do not have to go to their local CSO for a referral.

MNP (Medically Needy Program)

Coupons may say MNP, MNP-QMB, MNA, MN-B, MN-H or MNS

Clients may qualify for the Medically Needy Program if they are permanently and totally disabled but do not qualify for federal income assistance programs because their income is too high. Typically, clients will have medical needs but not medical insurance. The MNP coupon comes with a spend-down requirement that works like an insurance plan's deductible. Clients must spend a certain amount of money every 3 to 6 months before Medicaid will begin to cover expenses. Once the spend-down has been met, MNP coupons will pay for drug/alcohol treatment. Clients should check with their local CSO before seeking treatment.

GAU (General Assistance for the Unemployable)

This is short-term coverage. Those who apply for GAU may also need to apply for Supplemental Security Income (SSI) which is a federal financial assistance program for people who have long-term disabilities. DSHS will direct clients in the process. If GAU clients are employable and want treatment, they should go to their local CSO to determine eligibility for treatment funded through ADATSA (see page 10). If not employable, they can go directly to the treatment program to apply for services. King County treatment programs have public funds to treat clients with GAU coupons. The amount of funds varies by agency.



GAU coupons do not pay for treatment directly. They may, however, qualify clients for other King County funding.

How do clients get medical coupons?

Clients must apply at their local DSHS Community Service Office. For tips on navigating the DSHS system, see page 83 in the Appendix.

How do clients with medical coupons access treatment?

Medicaid clients with active CNP or GAX coupons do not have to contact the CSO first. For outpatient treatment, they can contact any outpatient treatment program directly. For inpatient treatment, they can contact any inpatient treatment program directly or get a referral from an outpatient program.



For a list of CSO locations and the zip codes they serve, see page 83.

Paying for Adult Treatment

For inpatient services, clients with other coupons must:

- complete a financial assessment at the local CSO
- complete a chemical dependency assessment at an outpatient treatment center referred by the CSO

Clients can start at either place, although it's better to start at the CSO to guarantee financial coverage.

For outpatient treatment, clients should contact any treatment agency to schedule an assessment. At the assessment, clients should tell the agency what coupon type they have or when their CSO appointment is. The agency will guide them with specific instructions.

OPTION #5 - TANF (Temporary Assistance to Needy Families)

The TANF program provides a combination of federal and state funds to pay for substance use treatment services for parents or children in families who meet financial eligibility criteria. TANF clients usually have medical coupons. To apply for TANF, families should contact their local DSHS office (CSO). Treatment on demand is available for TANF clients with medical coupons.

OPTION #6 - ADATSA

ADATSA stands for Alcoholism and Drug Addiction Treatment and Support Act. It provides funding for drug/alcohol treatment and may include a living stipend for up to three months for individuals who cannot work or stay employed due to their alcohol or drug use. **This section reflects 2006 changes in ADATSA protocols.*

Who is eligible for ADATSA?

Clients may be eligible if they:

- are at least 18 years old
- have no or little income (verified by a DSHS case manager)
- are diagnosed with alcohol or drug dependency by an ADATSA assessment counselor
- have used alcohol or drugs within 90 days prior to assessment
- stay involved in drug/alcohol treatment

What will ADATSA pay for?

- **Treatment costs** up to 180 days of inpatient and up to 90 days of outpatient. The treatment program may request extensions. Coverage may vary in other counties.
- **A living allowance** up to \$339/month for clients in

outpatient treatment may be available. The stipend is paid directly to the treatment agency as a protective payee. ADATSA does not pay a living stipend to clients receiving inpatient treatment.

- **Medical coupons** to cover basic health care.
- **Food allowance** (formerly called food stamps).

How do clients access ADATSA?

All clients must apply for ADATSA through their local DSHS Community Service Office (CSO). This includes referrals from sources such as detox, court systems or treatment facilities.

If clients do NOT already receive DSHS assistance, they must:

1. go to their local CSO (see page 83) to fill out a DSHS Public Assistance form to request services.
2. meet with a financial worker and an incapacity specialist who will determine financial need.
3. tell the worker they want treatment.
4. If clients are eligible for financial assistance, DSHS will then refer them to ADATSA staff at one of the six program sites below for a chemical dependency assessment.

Center for Human Services (p 21)	206-362-7282
Harborview Addictions (p 22)	206-744-9600
Recovery Centers of King County (p 22)	
Kent	253-854-6513
Seattle	206-322-2970
Seattle Counseling Services (p 23)	206-323-1768
Seattle Indian Health Board (p 23)	206-834-4029
Therapeutic Health Services (p 24)	
Bellevue	425-747-7892
Shoreline/Midvale	206-546-9766
Seattle/Summit	206-323-0930
Seattle/Seneca	206-323-0934
Seattle/Rainier	206-723-1980

If clients already receive DSHS assistance, they can self-refer to one of the agencies above for an assessment. Clients should also notify their DSHS case worker or ask the ADATSA staff to notify DSHS.



Clients must apply with the DSHS CSO or be on public assistance before they can be assessed for ADATSA-funded services.

What is an assessment?

This is an interview during which a chemical dependency counselor will evaluate the client's substance use patterns and need for treatment. The counselor will look at history and severity of substance use, previous treatment attempts, present support systems, motivation for recovery, etc. Afterwards, the counselor will recommend the most appropriate treatment plan and arrange placement at an appropriate treatment program.

Can clients choose where they go for treatment?

Clients can request a specific treatment agency, but ADATSA will only pay for treatment in a program with an ADATSA contract. Because of agency waitlists, clients may not get their first choice if they need to enter treatment right away.

Can clients get into detox through ADATSA?

Yes. If the ADATSA staff determines that detox services are needed prior to entering outpatient or inpatient treatment, they will coordinate a detox admit date with the intake supervisor at the detox center.

How many times can clients go to treatment?

Treatment is limited to 180 days in a 24-month period, no matter how many episodes. Individual exceptions to policy may be granted as clinically appropriate. If clients decide to leave treatment against the advice of the treatment program, they may need to begin the assessment process over again in order to re-enter treatment. Clients should reapply at the CSO. They may also have to re-apply for other benefits.

OPTION #7 - Treatment Expansion

Beginning July 1, 2005, King County received additional funds from the WA State Division of Alcohol and Substance Abuse (DASA) to expand treatment capacity. At this time, treatment expansion is specifically for non-ADATSA clients and includes those individuals receiving SSI, GAX, TANF, and to a lesser degree GAU.

How is treatment expansion different from ADATSA?

ADATSA pays a living stipend to clients while they are in treatment. Because treatment expansion clients already receive a monthly income through SSI, GAX, GAU, or TANF, treatment expansion will pay only for treatment. Treatment expansion clients cannot also utilize ADATSA funds.

What services will treatment expansion cover?

The program will cover both outpatient and inpatient treatment. It does not pay for detox, although other public funds are usually available for detox.



If a client has a medical coupon with a spend-down, treatment expansion funds cannot be used until the spend-down is paid. Ask the treatment agency about other low-income options.

How do clients access treatment expansion funds?

If clients already have medical coupons, they can go directly to the treatment center for a chemical dependency assessment to start treatment. If clients do not have medical coupons, they should go to their local DSHS CSO. After clients complete a Medical Assistance application, the CSO will refer them to a treatment program. The process is the same for both adults and youth. Many treatment programs will assist youth in applying for this benefit.

For treatment expansion questions or access issues, please contact Jim Vollendroff at 206-205-1312.

OTHER ASSISTANCE: Access to Recovery

Access to Recovery (ATR) is a program designed to reduce practical barriers to drug treatment. ATR does not pay for treatment itself, but for the resources clients need to make it easier to get into and stay in treatment. Low income adults who are in treatment or ready to enter treatment can receive up to eight months of ATR assistance to support their recovery. These services include:

- case management
- food, clothing, and household supplies
- housing
- medical/dental care
- mental health care
- peer and family support
- spiritual counseling
- transportation
- vocational/employment services

Who is eligible for ATR assistance?

To receive funding, clients must meet ALL of the following criteria:

- low income
- 18 years of age or older
- screened by an ATR referral agency

Paying for Adult Treatment

- diagnosed as chemically dependent
- currently in treatment or abusing drugs or alcohol within the past 90 days
- motivated to recover from addiction

How can clients be referred for ATR services?

A client can be referred by a counselor or case manager at publicly-funded outpatient, detox, or drug court programs. Clients who have not entered treatment but who have case managers at Child Protective Services, Health Care for the Homeless, REACH, or POCAAN may also be referred by those case managers.

The referring agencies will contact their designated Recovery Support Specialist to arrange for an intake.

NOTE: At the time of publication, continued funding for ATR is uncertain. Funding may end as early as August 2007.

ADULT TREATMENT PROGRAMS

These listings are for King County only

The following facilities accept public funding. There are other private treatment programs available in King County that accept insurance and private pay only. To locate those resources, check your local area phone book or call the Alcohol/Drug 24-Hour Help Line at 206-722-3700 or 1-800-562-1240.

There are many differences between program costs, funding options, program content and treatment philosophy. Some treatment centers have unique areas of expertise or work with special populations. It's best to call the treatment facility directly to find the best fit for clients.

MEDICAL DETOX

The answers to the following questions apply to **Recovery Centers of King County ONLY!** For information or questions regarding other facilities, please contact them at the numbers listed.

How do clients get into detox?

Clients can call the facility to get an appointment or they can go through their local DSHS office for an ADATSA referral.

How long will clients have to wait to get in?

Clients who refer themselves will usually go on a waiting list. Wait time averages approximately 3-5 days. If clients are referred by ADATSA, a treatment agency or a case manager, they may get a sooner admit date. No walk-ins are accepted.

How long can clients stay?

The typical stay is 3 days for alcohol and 5 days for opiates. Clients whose withdrawal is complicated by multiple substances, medical or mental health conditions, or who require assistance with treatment placement may need to stay longer.

Does detox handle all drugs of abuse?

Priority is given to opiates and alcohol due to medical issues during withdrawal. Clients addicted to prescription medications will be staffed by medical personnel and may be accepted with a medical release from a doctor. Cocaine, crack, and methamphetamine users usually do not require medical detox but may be admitted if space is available.

What if clients leave early?

If clients leave early and then later want to come back into detox or go to treatment, they may be referred to their local DSHS office first for an ADATSA assessment.

How can clients pay for detox?

Detox is covered by CNP, GAU, GAX, TANF, and all Title XIX medical coupons. If clients have private insurance, they should check with their carrier to see if the plan covers detox services. A deposit may be required upon entry into detox pending confirmation of coverage by the insurance carrier. Clients can also self-pay.

How much does detox cost?

Detox costs \$250 a day. Alcohol detox averages 3 days, and \$750 is due upon admission. Opiate detox averages 5 days and \$1250 is due upon admission. Remaining balances may be billed.

What happens if a client misses an appointment to get into detox?

If clients miss their appointment they may be put back on the waiting list at the bottom or put on a stand-by appointment. Clients who are unable to arrive on time for their appointment must contact the facility as soon as possible to determine if a late arrival can be accepted.

How many times can clients go into detox?

If clients go into detox 3 times in a 12-month period, they may be referred to the chronic services division of the involuntary commitment department. This division will assess reasons behind the client's repeated admissions. Clients may be referred to a long-term residential facility for more intensive support.

Can clients go into treatment after detox?

Yes. In fact, going into treatment is highly encouraged, and the staff at detox will help with this. ADATSA staff are available at the facility to assist clients seeking ADATSA-funded treatment.

Medical Detox Programs:

Recovery Centers of King County

www.rckc.org

1701 18th Avenue S

Seattle, WA 98144

ph: 206-325-5000

fx: 206-325-3377

Costs/funding options: Medical coupons, Regence Insurance, private pay: \$250/day. \$750 due at admit for alcohol detox and \$1250 due at admit for opiate detox. Remaining balances may be billed.

Length of stay: Average of 5 days for opiates and 3 days for alcohol.

Swedish Medical Center/Ballard - Detox/Stabilization

5300 Tallman Avenue NW

Seattle, WA 98107-1507

ph: 206-781-6209

fx: 206-781-6183

Costs/funding options: Medicare A and B, private insurance, private pay (\$4,500 deposit required). ADATSA accepted for pregnant women only. Total cost depends on length of stay.

Length of stay: 3-8 days.

Veterans Administration Medical Center - Puget Sound Health Care System Addictions Treatment Center

www.puget-sound.med.va.gov

1660 S Columbian Way

Seattle, WA 98108

ph: 206-764-2457

fx: 206-764-2192

Veterans only. Must call for appointment; no walk-ins.

SOBERING OPTIONS

There is one sobering center in the Seattle area. This facility allows people who are intoxicated to sleep off the effects of alcohol and other drugs. Clients typically remain at the facility for 8 to 14 hours per visit. **The sobering center is not a medical detox facility.** Referrals to medical detox, chemical dependency treatment and other social services are available but are not the primary focus. There is no fee for this service, and no medical care is provided.

Dutch Shisler Sobering Support Center

1930 Boren Avenue
Seattle, WA 98121
206-205-1092

King County Emergency Service Patrol (ESP)

Clients who are publicly intoxicated and need help getting to medical or other support services can be transported by King County Emergency Service Patrol (ESP), often called the “sobering van.” ESP van drivers assess individuals for state of inebriation, consciousness and ability to walk, obvious signs of injury or trauma, and willingness to accept services.

ESP responds to calls from 911 dispatch operators and serves primarily downtown Seattle and adjacent neighborhoods.



*To have a van dispatched to pick up a client,
just call 911.*

OUTPATIENT PROGRAMS

Seattle and North King County

Asian Counseling and Referral Service

www.acrs.org

720 8th Avenue S, Suite 200

Seattle, WA 98104

ph: 206-695-7600

fx: 206-695-7606

Costs/funding options: \$85 assessment fee, medical coupons, insurance, private pay, sliding fee.

Asian/Pacific Islander focus, interpreter services available.

Center for Human Services (Shoreline)

www.chs-nw.org

17018 15th Avenue NE

Shoreline, WA 98155

ph: 206-362-7282

fx: 206-362-7152

Costs/funding options: CNP, LCP, insurance, private pay, sliding fee.

Special programs for gay/lesbian/transgender clients.

Pregnant women a priority; serves CPS clients.

Community Psychiatric Clinic

www.cPCA.org

3825 Bridgeway N

Seattle, WA 98103

ph: 206-632-5009

fx: 206-545-0753

10501 Meridian Ave N, Suite D

Seattle, WA 98133

ph: 206-461-4544 *

fx: 206-461-6939

2329 4th Avenue

Seattle, WA 98121

ph: 206-461-3649 *

fx: 206-461-8391

* Direct all inquiries about treatment services to the Bridgeway office.

Costs/funding options: \$90 assessment fee, medical coupons, ADATSA, insurance, private pay, sliding fee.

Seattle and North King County

Consejo Counseling and Referral Services

www.consejo-wa.org

3808 S Angeline Street

Seattle, WA 98118

ph: 206-461-4880

fx: 206-461-6989

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Latino focus; serves undocumented clients.

Downtown Emergency Service Center (DESC)

www.desc.org

515 Third Avenue

Seattle, WA 98104

ph: 206-464-1570

fx: 206-624-4196

Costs/funding options: Medicaid, private pay,
sliding fee to \$0.

*Focus on people who are homeless and/or have
co-occurring disorders.*

Harborview Medical Center Addictions Program

www.uwmedicine.org

325 9th Avenue

Seattle, WA 98104

ph: 206-744-9600

fx: 206-744-9919

Costs/funding options: \$115 assessment fee, CNP,
ADATSA, insurance, private pay, sliding fee to \$0.

Pioneer Counseling Services

www.pioneerhumanservices.org

105 14th Avenue, Suite 3 A/B

Seattle, WA 98122

ph: 206-464-1684

fx: 206-405-4150

Costs/funding options: medical coupons, ADATSA,
insurance, private pay, sliding scale.

Recovery Centers of King County

www.rckc.org

464 12th Avenue, Suite 300

Seattle, WA 98122

ph: 206-322-2970

fx: 206-324-8915

Costs/funding options: \$105 assessment fee, medical
coupons, ADATSA, insurance, private pay,
sliding fee.

Pregnant women a priority; serves CPS clients.

Seattle and North King County

Sea Mar Behavioral Health Clinic

www.seamar.org

10001 17th Place S, Lower Level

Seattle, WA 98168

ph: 206-766-6976

fx: 206-766-6993

Costs/funding options: medical coupons, ADATSA, insurance, private pay.

Seattle Counseling Services for Sexual Minorities

www.seattlecounseling.org

1216 Pine Street, Suite 300

Seattle, WA 98101

ph: 206-323-1768

fx: 206-323-2184

Costs/funding options: CNP, ADATSA, insurance, private pay, sliding fee, grant for low-income clients with non-CNP coupons.

Gay/lesbian/bisexual/transgender focus.

Seattle Indian Health Board

www.sihb.org

2212 S Jackson Street

Seattle, WA 98114

ph: 206-834-4029

fx: 206-834-4091

Costs/funding options: medical coupons, ADATSA, insurance, private pay, sliding fee.

Native American focus.

Seattle Mental Health

www.smh.org

1600 E Olive Street

Seattle, WA 98122

ph: 206-302-2300

fx: 206-302-2210

Costs/funding options: medical coupons, insurance, private pay, sliding fee.

Seattle and North King County

Therapeutic Health Services (T/H/S)

www.therapeutichealth.org

1116 Summit Avenue

Seattle, WA 98101

ph: 206-323-0930

fx: 206-323-0933

17962 Midvale Ave N, #150

Seattle, WA 98133

ph: 206-546-9766

fx: 206-542-0326

1305 Seneca Street

Seattle, WA 98101

ph: 206-323-0934

fx: 206-323-0933

5802 Rainier Avenue

Seattle, WA 98118

ph: 206-723-1980

fx: 206-721-3930

Costs/funding options: medical coupons, ADATSA, insurance, private pay, sliding fee.

Pregnant women a priority; serves CPS clients.

Veterans Administration Puget Sound Health Care System

www.puget-sound.med.va.gov

1660 S Columbian Way

Seattle, WA 98108

ph: 206-764-2457

fx: 206-764-2192

Costs/funding options: fees based on eligibility criteria; must be low-income and uninsured or have service-related disability for free service.

Veterans only.

Eastside

Asian Counseling and Referral Service

www.acrs.org

12828 Northup Way, Suite 100

Bellevue, WA 98005

ph: 425-284-0017

fx: 425-284-0018

Costs/funding options: \$85 assessment fee, medical coupons, insurance, private pay, sliding fee.

Asian/Pacific Islander focus.

Eastside

Consejo Counseling and Referral Services

www.consejo-wa.org

14350 SE Eastgate Way

Bellevue, WA 98007

ph: 206-802-1917

fx: 425-746-4511

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Latino focus; serves undocumented clients.

Eastside Recovery Center (T/H/S)

www.therapeutichealth.org

1412 140th Place NE

Bellevue, WA 98007

ph: 425-747-7892

fx: 425-747-8348

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Raging River Recovery Center

31500 Entwhistle Street

Carnation, WA 98014

ph: 425-333-5428

fx: 425-333-5428

Costs/funding options: tribal funding.

Members of Snoqualmie tribe only.

Residence XII

www.residencexii.org

12029 113th Avenue NE

Kirkland, WA 98034

ph: 206-823-8844

fx: 425-820-2371

Costs/funding options: insurance, private pay.

Women only.

Seattle Mental Health

www.smh.org

14270 NE 21st Street

Bellevue, WA 98007

ph: 425-653-5000*

fx: 425-653-5010

* direct all inquiries about treatment services to the
Seattle office - 206-302-2300

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

South King County

Catholic Community Services

www.ccsww.org

1229 W Smith Street

Kent, WA 98032

ph: 253-850-2527

fx: 253-850-2503

Costs/funding options: medical coupons, private pay.

Muckleshoot Behavioral Health

www.muckleshoot.nsn.us/health/behavioral.htm

17500 SE 392nd Street

Auburn, WA 98092

ph: 253-804-8752

fx: 253-333-3615

Costs/funding options: ADATSA, tribal funding.
Residents of Muckleshoot reservation only.

Recovery Centers of King County

www.rckc.org

505 Washington Avenue S

Kent, WA 98032

ph: 253-854-6513

fx: 253-854-6521

Costs/funding options: \$105 assessment fee, medical coupons, ADATSA, insurance, private pay, sliding fee.

Pregnant women a priority; serves CPS clients.

Seattle Mental Health

www.smh.org

810 28th Street NE

Auburn, WA 98002

ph: 253-876-8900*

fx: 253-876-8910

6100 Southcenter Boulevard

Tukwila, WA 98188

ph: 206-444-7800*

fx: 206-444-7810

3900 E Valley Road, Suite 205

Renton, WA 98055

ph: 425-917-3900*

fx: 425-917-3910

* Direct all inquiries about treatment services to the Seattle office - 206-302-2210

Costs/funding options: medical coupons, insurance, private pay, sliding fee.

South King County

Valley Cities Counseling and Consultation

www.valleycities.com

2704 "I" Street NE

Auburn, WA 98002

ph: 425-939-4055

fx: 253-833-0480

325 W Gowe Street

Kent, WA 98032

ph: 253-520-9350

fx: 253-520-1799

33301 1st Way S, Suite C-115

Federal Way, WA 98003

ph: 253-661-6634

fx: 253-661-6652

Costs/funding options: CNP, insurance, private pay.

INPATIENT PROGRAMS

Residence XII

www.residencexii.org

12029 113th Avenue NE

Kirkland, WA 98034

ph: 425-823-8844

fx: 425-820-2371

Costs/funding options: insurance, private pay, \$290/day.

Women only.

Sea Mar Behavioral Health Clinic

www.seamar.org

24215 Pacific Highway S

Des Moines, WA 98189

ph: 206-878-7393

fx: 206-870-7397

Costs/funding options: medical coupons, private pay.

Seattle Indian Health Board - Thunderbird Treatment Program

www.sihb.org

2212 S Jackson

Seattle, WA 98144

ph: 206-834-4029

fx: 206-834-4091

Costs/funding options: medical coupons, ADATSA,
insurance, private pay, sliding fee.

Native American focus.

Swedish Medical Center Ballard/ Pregnant Women's Program

www.swedish.org/11098.cfm.

5300 Tallman Avenue NW

Seattle, WA 98107

ph: 206-781-6209

fx: 206-781-6183

Costs/funding options: medical coupons, insurance,
private pay.

Pregnant women only.

LONG-TERM RESIDENTIAL PROGRAMS

Genesis House

621 34th Avenue
Seattle, WA 98122
ph: 206-328-0881

fx: 206-726-1930

Costs/funding options: medical coupons, ADATSA,
private pay.

*9-13 months. Children up to 12 years old can
accompany parent.*

Perinatal Treatment Services

www.ptswa.org
600 N 130th Street
Seattle, WA 98133
ph: 206-223-1300

fx: 206-223-1279

Costs/funding options: medical coupons, private pay,
no insurance.

*6-months. Pregnant and parenting women only.
Will work with CPS clients. Methadone services
through T/H/S. Children 5 years old or younger may
accompany mother if space available.*

Seattle Drug & Narcotic Center (SEA-DRU-NAR)

www.seadrunar.org
10344 14th Avenue S
Seattle, WA 98168
ph: 206-767-0244

fx: 206-767-5964

Costs/funding options: ADATSA, sliding fee,
non-refundable \$100 entry fee for non-funded WA
residents and \$1597 for out of state residents.

9-12 months with 6 months aftercare.

Sea Mar Behavioral Health Clinic

www.seamar.org
24215 Pacific Highway S
Des Moines, WA 98189
ph: 206-878-7393

fx: 206-870-7397

Costs/funding options: medical coupons, ADATSA,
private pay, funding for clients without social security
number.

Co-ed residential, 3-6 months.

OPIATE SUBSTITUTION TREATMENT

Opiate substitutes are prescription drugs used to treat opiate (heroin, oxycodone, percocet, etc.) addiction. The two most common substitutes are buprenorphine and methadone. Although they both control opiate craving and withdrawal sickness, they are dispensed very differently.

Buprenorphine

Buprenorphine can be used for both detox and long-term treatment. Doctors can treat patients with buprenorphine in their own offices just like other chronic illnesses. To prescribe buprenorphine, physicians are required to have special training or be certified as addiction specialists. By law, doctors can treat only 30 patients at one time. So some qualified doctors may not be taking new patients at a given time.

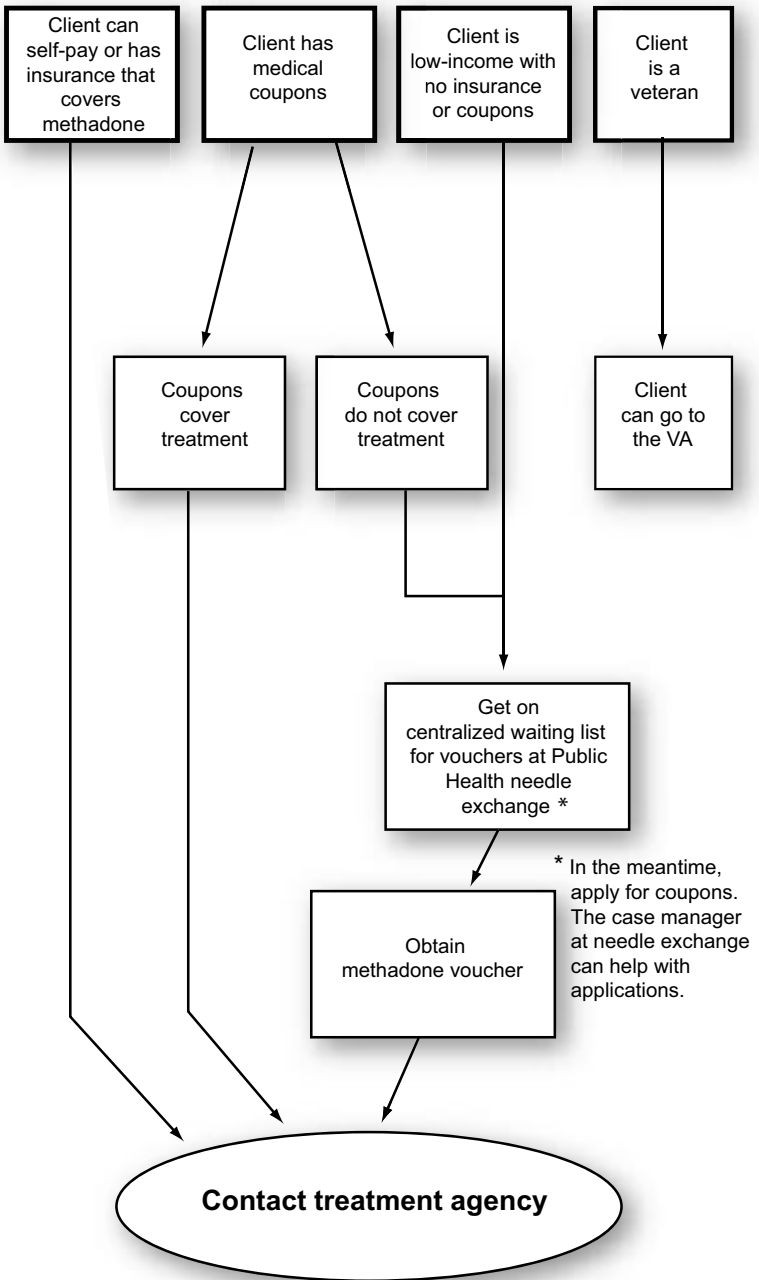
Medicaid will pay for limited treatment, as will some (but not many) insurance companies. Other than Medicaid, there is no public funding for buprenorphine, so interested clients will need to self-pay. Buprenorphine may cost \$350 or more per month, depending on the dose. To find more information and a physician who can prescribe buprenorphine in Washington State, visit www.buprenorphine.samhsa.gov.

Methadone

Methadone is dispensed on a daily basis only by licensed methadone clinics. Because methadone is a controlled substance, it is highly regulated by federal, state and local governments. Methadone treatment includes counseling and medical monitoring in addition to medication.

Outside a treatment setting, doctors may prescribe methadone to manage pain. They cannot prescribe methadone to treat opiate dependency.

TRAILS TO METHADONE TREATMENT



How can clients get on methadone?

Getting admitted to a methadone clinic is somewhat different than other programs. Eligibility requirements are set by federal and state law. Additional requirements may be established by individual treatment agencies. To be admitted to methadone treatment, clients must:

- **Be 18 years of age or older** (parental/guardian permission required for 17 year olds).
- **Demonstrate current physiological dependency on opiates.** At intake, treatment medical staff will examine clients to observe signs and symptoms of opiate withdrawal. This is often called the “sick intake physical.” Clients should not use heroin or other opiates for 24 hours prior to the sick physical. Clients will receive the first methadone dose after passing the sick physical. *NOTE: A sick physical is not required for pregnant women and may be waived for incarcerated persons entering treatment directly after release.*
- **Provide photo ID** (does not need to be WA State-issued).

To receive treatment for more than 180 days, clients need documentation of at least one year’s history of opiate dependence. Documentation may include prior treatment records, medical records or testamentary letters.

Before readmitting a client, a treatment agency may consider space availability and prior treatment experience. If a client still owes money from prior treatment, the agency may require payment or negotiate a payment plan as a condition for re-entry. Similarly, prior discharge status and counselor recommendations at the time of discharge may be considered.

How much does methadone cost?

Methadone treatment costs about \$300-\$325 per month. This fee covers the cost of the daily methadone dose, counseling, medical assessment and medical monitoring. There may be additional costs for missed appointments. Usually, methadone treatment is not provided on a sliding fee scale. Some treatment agencies provide additional clinical services such as acupuncture which are billed separately from treatment fees.

How can clients pay for methadone?

There are several options for funding methadone:

Medical Coupons

Only certain types of medical coupons will pay for methadone treatment (see table below). Medicaid/Title XIX clients can use their medical coupons to pay for methadone. T/H/S and Evergreen are approved Medicaid/Title XIX providers. By law, clients who receive Medicaid may not self-pay for methadone services.

Medical Coupon	Covers Methadone?	Comments
CNP, CNP-QMB TANF, SSI, GAX	Yes	Covers full cost of methadone treatment.
MNP, MNP-QMB MNA, MN-B MN-H, MNS	Yes	Will cover cost of methadone treatment only after a required spend-down of medical expenses is paid. See Medically Needy Program on page 9 for more information.
GAU, PPPW W (ADATSA)	No	Does not cover methadone treatment. However, Evergreen and T/H/S may use GAU and/or ADATSA status to determine eligibility for other federal and state-funded treatment slots. Each agency has a limited number of these slots. There may be a waiting list. Most PPPW clients are eligible for TANF benefits (including methadone).
LC-MI, QMB SLMB, QDWI	No	If in one of these programs, clients should look into getting a voucher (see next page).

Vouchers

If clients do not have immediate resources, they can be placed on a waiting list to receive methadone treatment vouchers. Vouchers are a funding source of last resort. Eligibility requirements, amount of coverage (full or partial support) and length of coverage vary by fund source. Clients must reside (or be homeless) somewhere within King County. Vouchers may be redeemed at T/H/S or Evergreen clinics.

Demand for vouchers exceeds funding levels, so Public Health maintains a centralized wait list through its needle exchange program. Wait times may vary from 6 to 19 months. Once a voucher has been issued, a client can usually get into treatment within a week or two.

To get on the voucher wait list, clients should go to a Public Health Needle Exchange site to sign up in person or call Adrienne Anderson (Public Health case manager) at 206-205-1074. Locations and hours of needle exchange operation are available online at www.metrokc.gov/health/apu/resources/needle.htm or by calling the HIV/STD Hotline at 206-205-7837 or 1-800-678-1595.

Opiate Replacement Treatment Program (ORTP)

This is a funding program for people who have HIV or AIDS. To be eligible, clients must be opiate dependent, be HIV-positive, reside in King County, have a primary medical provider, and have an income at or below 200% of federal poverty level. ORTP funds are provided by Title I of the Ryan White CARE Act. By law, Ryan White funds may be used only as a last resort. Many clients who are HIV-positive enter treatment with ORTP funds, then transfer to Title XIX (Medicaid). Most ORTP clients enter treatment within one or two weeks. ORTP referrals are accepted at T/H/S and Evergreen. To obtain an ORTP referral, call:

Olivette Foster,
POCAAN — 206-322-7061 x 213

Joan Clement,
Harborview Madison Clinic — 206-731-5162

Adrienne Anderson,
Public Health Needle Exchange — 206-205-1074

Other Public Fund Sources

T/H/S and Evergreen each receive a limited amount of federal and state funding for low- or no-income clients seeking methadone treatment. These slots are usually reserved

for clients who receive GAU or ADATSA benefits.

Veterans Benefits

The VA Medical Center in Seattle operates a methadone program for opiate dependent veterans. Enrollment capacity is limited, but they do keep a waiting list. Call 206-764-2457 for more information.

Private Pay

Clients may self-pay for methadone treatment, but advanced payment is required, usually in monthly or bi-monthly installments. Clients who are Title XIX eligible may not self-pay treatment costs, even when a Title XIX slot is not available.

Private Insurance

Some private insurance companies cover methadone treatment so clients should check with their insurance carrier. Washington State Basic Health Plan (BHP) does cover methadone. However, if the client was dependent on opiates prior to enrolling in BHP (i.e., dependency is a pre-existing condition), there is a 9-month wait before coverage begins.

Methadone Clinics

Therapeutic Health Services (T/H/S)

www.therapeutichealth.org

Summit Branch

1116 Summit Avenue

Seattle, WA 98101

ph: 206-323-0930

fx: 206-323-0933

Seneca Branch

1305 Seneca Street

Seattle, WA 98101

ph: 206-323-0934

fx: 206-323-0933

Midvale Branch

17962 Midvale Avenue N, Suite 150

Seattle, WA 98133

ph: 206-546-9766

fx: 206-542-0326

Accepts private pay and public funding including Medicaid.

Evergreen Treatment Services

www.evergreentreatment.org

1700 Airport Way S

Seattle, WA 98134

ph: 206-223-3644

fx: 206-223-1482

Accepts private pay and public funding including Medicaid.

W.C.H.S.

Renton Clinic

2838 Sunset Boulevard NE

Renton, WA 98056

ph: 425-687-7082

Private pay and insurance only. Payment plans available with a referral from Adrienne Anderson, Public Health case manager (206-205-1074).

Veterans Administration Medical Center - Puget Sound Health Care System Addictions Treatment Center

www.puget-sound.med.va.gov

1660 S Columbia Way

Seattle, WA 98108

ph: 206-764-2457

fx: 206-764-2192

Accepts veterans only.

SUPPORT GROUPS

Twelve Step Groups

The Twelve-Step model emphasizes connection with a “higher power” as the central support for recovery. While not a religious program, it promotes a “12-step” spiritual path supported by the fellowship of others in recovery. Meetings take place daily and are often tailored to special interests such as Alcoholics Anonymous, Cocaine Anonymous, Narcotics Anonymous, Crystal Meth Anonymous, etc. In addition, there are meetings for special groups such as non-smokers, women, people with HIV, gays and lesbians, to name a few. Information about local 12-step groups can be found below.

Alcoholics Anonymous (AA)	
www.seattleaa.org	206-587-2838
Narcotics Anonymous (NA)	
www.seattlena.org	206-790-8888
Narcotics Anonymous, South King County	
www.skcn.org	253-872-3494
Cocaine Anonymous (CA)	
www.caofwa.org	425-244-1150
Crystal Meth Anonymous (CMA)	
www.crystalmeth.org	
Al-Anon/Alateen (for friends and family)	
www.seattle-al-anon.org	206-625-0000
Capitol Hill Alano Club (gay/lesbian)	
www.capitolhillalanoclub.org	206-860-9560

Secular Organizations for Sobriety (SOS)

Formerly called “Rational Recovery” or “Rational Sobriety,” SOS is a recovery model for those uncomfortable with the spiritual content of 12-Step programs. SOS emphasizes personal responsibility and self-reliance in maintaining abstinence. SOS respects any recovery path that people choose to support their own abstinence. There is one meeting in King County:

Sundays, 4:30 pm
Schick Shadel Hospital - downstairs
12101 Ambaum Boulevard SW
Seattle, WA 98145
www.secularsobriety.org

SMART Recovery

SMART stands for “Self Management and Recovery Training.” It adopts a cognitive behavioral approach to abstinence and offers a set of skills and tools to manage cravings and reframe thought patterns. SMART meetings are discussion meetings, and there are no sponsors or labels such as “alcoholic” or “addict”. There is one meeting in King County:

Saturdays, 7:00 pm
Schick Shadel Hospital
12101 Ambaum Boulevard SW
Seattle, WA 98145
www.smartrecovery.org

LifeRing

LifeRing is another secular approach that encourages participants to develop their own particular recovery paths and to use a group for support. Local meetings include:

Wednesdays, 7:00 pm
Schick Shadel Hospital
2101 Ambaum Boulevard SW
Seattle, WA 98145
www.unhooked.com

Fridays, 6:30 pm
Good Shepherd Center
4649 Sunnyside Avenue N, Room 221
Seattle, WA 98103

Strength Over Speed

These groups are specifically for gay and bisexual men recovering from crystal meth addiction. Groups are peer-led and encourage participants to choose their own models for recovery. Meetings focus on open discussion and peer support for issues such as preventing relapse, reclaiming drug-free sexuality, and self-acceptance. The meeting schedule is updated regularly on www.homohealth.org. Current meetings include:

Mondays, 2:30 pm
303 17th Avenue E (@ Thomas)

Tuesdays, 6:00 pm
Seattle Counseling Services
1216 Pine Street (@ Melrose)

Saturdays, 7:00 pm
Lifelong AIDS Alliance
1002 E Seneca Street
(enter from lower parking lot)

Breaking the Chains

The People of Color Against AIDS Network offers a variety of harm reduction, pre-treatment and recovery support groups for men and women of color and their families. Currently there are groups of African-Americans, Latinos (in Spanish), Native Americans, and individuals with hepatitis C. Although the groups are primarily for participants in POCAAN's Breaking the Chains Program (see page 45), they are open to community members. Call POCAAN at 206-322-7061 for a current schedule of groups.

SPECIAL POPULATIONS

People Living With HIV/AIDS

Problematic drug use or dependence can present difficult challenges for people who are HIV-positive. Clients must deal with complex medication interactions, psycho-social aspects of HIV, sexuality and sexual safety, and how all of these issues interact with alcohol and drug use. There are many programs in King County to help HIV-positive clients coordinate treatment services with demanding health maintenance and medical treatment regimens.



To maximize treatment effectiveness, pre-treatment planning and close coordination between the client's HIV/AIDS case manager and the treatment program are critical.

Hepatitis/AIDS Substance Abuse Program (HASAP)

This is a state program that funds treatment support services for low-income people who have HIV, AIDS, and/or hepatitis C. In King County, HASAP contracts with Sea Mar Behavioral Health Clinic to provide:

- chemical dependency assessments
- assistance in placement to drug treatment
- support groups for clients and their families
- advocacy during and after treatment

Treatment slots in this program are limited. For more information and to access HASAP services, contact Rodslyn Kenney at Sea Mar 206-878-7393 or by pager 206-642-0007.

Opiate Replacement Treatment Program (ORTP)

This program provides methadone treatment for people who are opiate dependent and HIV-positive. To qualify, clients must reside in King County, have an income at or below 200% of Federal Poverty Level, and be engaged in primary medical care. Services are provided at Evergreen and T/H/S. For a referral, contact Olivette Foster at 206-322-7061 x213, Joan Clement at 206-731-5162, or Adrienne Anderson at 206-205-1074.

Northwest Family Center (NWFC)

The Northwest Family Center serves HIV-positive women and their families. NWFC has a chemical dependency professional who helps clients access chemical dependency treatment and community recovery groups. NWFC also provides free use management education, relapse prevention counseling, and aftercare planning. For more information call 206-731-3066.

Seattle Counseling Services (SCS)

Seattle Counseling Services provides assessments and individual and group counseling for HIV-positive clients who need substance use treatment. Slots are very limited, so call SCS for availability at 206-323-1768.

Project NEON

Project NEON is an HIV prevention program that provides free recovery and use management support for gay and bisexual men who use methamphetamine. Services include individual counseling, support groups, structured recovery groups, and after-care support. All services are provided at Seattle Counseling Services. Call 206-323-1768 or go to www.crystalneon.org for more information.

Medicaid

Many HIV-positive clients qualify for Medicaid funding. Several Medicaid programs cover drug treatment costs. See the “Paying for Treatment” section for details.

Pregnant and Parenting Women

Pregnant and parenting women (PPW) are considered a priority population for chemical dependency services. Therefore, access to treatment and funding are readily available. There are several outpatient, inpatient, and residential treatment facilities with special PPW programs. Check the resource listings for information.

MOMS Plus

Public Health nurses and case managers work with pregnant and parenting women who are low income to improve health care and service access. Services include:

- assistance in accessing drug treatment
- case management from pregnancy through one year post-partum
- pre- and perinatal health education
- linkages to community, legal, housing, mental health, and parenting resources

MOMS staff also provide outreach in King County jails. All

Special Populations

services are free for eligible, low income women. To make a referral, contact MOMS at:

1916 Boren Avenue, Suite 200

Seattle, WA 98101-1467

ph: 206-296-7480

fx: 206-296-7484

www.metrokc.gov/health/momsplus

Elderly and Disabled

Evergreen Community Healthcare (EHC) provides intervention services to elderly and disabled persons with co-occurring disorders. They provide mental health and substance use evaluation, brief counseling, and referrals, all within the client's home environment. EHC works closely with Therapeutic Health Services to coordinate other substance abuse services as needed.

Who is eligible for these services?

- people 60 years of age or older
- people 18 years of age and older who are financially and functionally eligible for Title XIX CORE (COPES), Medicaid Personal Care (MPC), or Chore Service

In addition, eligible persons must:

- be “difficult-to-serve” and have mental health and substance abuse issues
- reside in King County
- not reside in a skilled nursing facility

What does “difficult to serve” mean?

“Difficult to serve” clients include individuals who:

- are reclusive and need, but refuse, medical, mental health, or substance use services
- due to mental health and/or substance abuse problems, deteriorate suddenly or change behaviors which put them at risk of hospitalization
- are at risk in personal safety, nutrition, survival and self-neglect
- are of uncertain competency and unable to handle their own affairs
- have depression, abuse, domestic violence issues, grief or loss

What services are provided?

EHC provides the following consultant and evaluation services:

- comprehensive in-home client evaluation and brief counseling

- care planning and consulting with mental health professionals or case managers
- medication review with the client's physician
- advice and consultation on guardianship issues, evaluation of clients' capacity for decision-making, financial management, and protective payee services
- coordination of substance use services

To make a referral, contact the Geriatric Regional Assessment Team at ECHC: 206-923-6300 or 1-800-548-0558.

PRE-TREATMENT/HARM REDUCTION PROGRAMS

Harm reduction programs can be very effective channels for early intervention in drug use management and drug treatment. There are many programs that work with clients who are actively using and not yet ready or able to stop. Most of these programs provide health and substance use education along with referrals to financial, housing, medical, and other social services. More importantly, they are often the first place clients will go for help when they are ready for drug treatment.

Needle Exchange

Operated by Public Health and Street Outreach Services, needle exchange is available at seven sites throughout the Seattle area every day of the year. In addition to one-for-one syringe exchange, clients have access to sterile injection equipment, condoms, and print and in-person education on safer injecting and prevention of HIV, STDs, and hepatitis. Staff also give referrals to detox, drug treatment, opiate substitution treatment, and a variety of social and health services. The downtown needle exchange maintains the centralized wait list for methadone vouchers.

At the downtown site, clients can also receive care for wounds, abscess, vaccinations, HIV/hepatitis testing, and minor medical conditions at the on-site medical clinic operated by Healthcare for the Homeless.

You can access the most current needle exchange schedule at: www.metrokc.gov/health/apu/resources/needle.htm.

Street Outreach Services (SOS)

SOS provides a wide range of support services for active and recovering drug users which include:

- weekly support groups for sex workers and for current and former addicts (peer-led)
- outreach and distribution of condoms, hygiene kits, health information, and referrals in downtown Seattle
- outreach and case management with women involved in sex work
- outreach and case management with adults at risk for drug arrests in Rainier Beach
- case management, referrals and advocacy to pregnant women and women with infants through the Infant Mortality Project
- case management and resource linkages for street-involved youth on Capitol Hill

For more information about these and other programs, contact Street Outreach Services:
2028 Westlake Avenue
Seattle, WA 98121
206-625-0854

Project NEON

Project NEON is an HIV prevention program that provides free counseling and education for gay and bisexual men who use methamphetamine. Services include individual drug use and risk reduction counseling, support groups, peer education with secondary needle exchange, condom distribution, and access to HIV/STD testing. All services are provided at Seattle Counseling Services for Sexual Minorities. Call 206-323-1768 or visit www.crystalneon.org for more information.

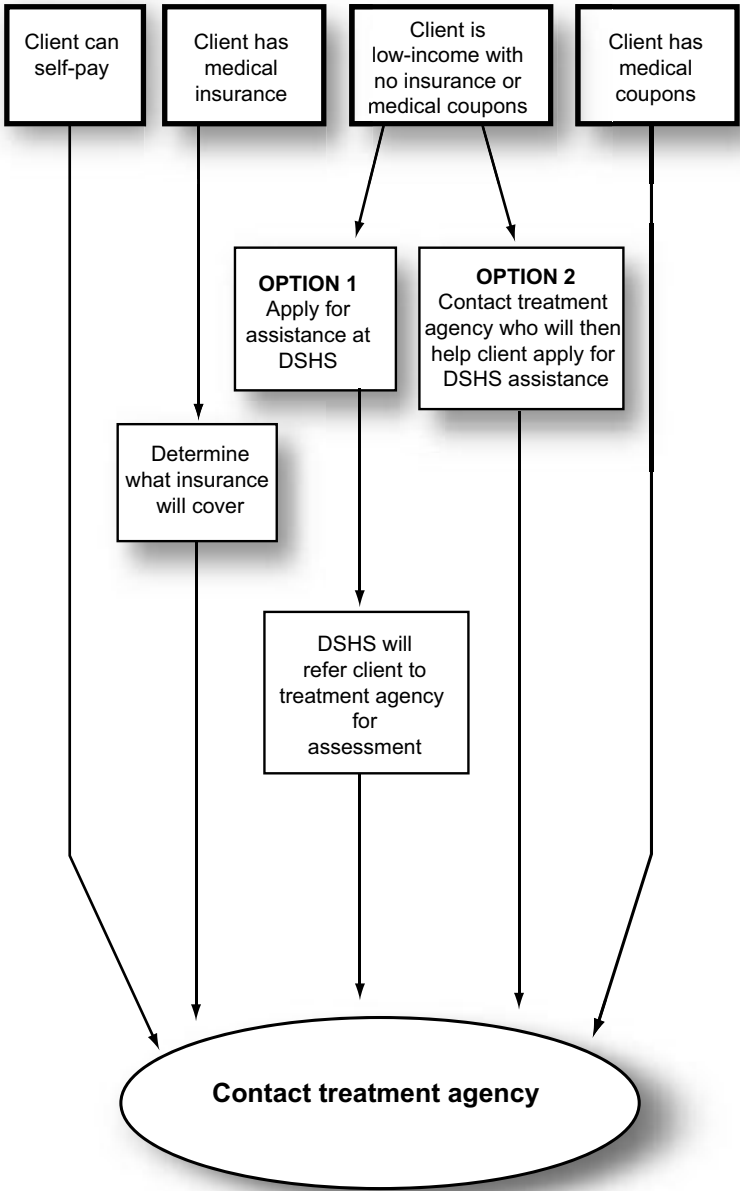
Breaking the Chains

Breaking the Chains is a program of the People of Color Against AIDS Network (POCAAN). It is designed to improve the health of racial/ethnic minority substance users while facilitating movement towards drug treatment. Clients must be 18 years or older, have been incarcerated in the last two years, and identify as a person of color or racial/ethnic minority. Program components are free and include:

- weekly support groups for both active and recovering drug users and their families
- individual harm reduction and substance use counseling
- coordination of wrap-around services
- vouchers for up to one year of outpatient treatment

Referrals can be made by calling POCAAN at 206-322-7061.

TRAILS TO YOUTH TREATMENT



Detox
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Recovery
Houses
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YOUTH AND PARENTAL CONSENTS

Parental consent is required for **any** treatment of a minor **under age 13**. Consent rules for minors 13 or older vary by type of treatment.

Detox/Stabilization

Since this level of care is not considered treatment, youth 13 and older may admit themselves to detox. A parent or guardian should be involved if at all possible. Foster care youth may not be admitted to detox sites that are mixed-age facilities. These include Recovery Centers of King County and Lakeside-Milam sites in King County.

Can a youth refuse detox services?

Detox services are voluntary and therefore usually involve youth who are willing to be admitted for crisis stabilization. Some youth who are less willing may be admitted with support of an adult family member, guardian, or referent.

Outpatient

Youth 13 or older may *request* outpatient services *without* parental consent. For minors aged 13 to 17, treatment programs must notify parents of the minor's request for treatment within seven days, and the minor must sign a release for this notification. The agency can determine the youth's capacity to make a rational choice about consent.

Best clinical practice is to involve the parent/guardian as quickly as possible, unless the youth expresses concern over his/her safety after parental notification.

Can a youth refuse outpatient services?

A parent may bring a youth for an assessment, and the consent of a minor is not required. However, youth must sign a release of information to have assessment information released to a parent. Youth can refuse to release their assessment results. In this case, the treatment agency will make every effort to negotiate a resolution.

Inpatient

Parental consent for inpatient treatment is required for anyone under the age of 18. There is one exception: inpatient programs may admit youth as "self-consenters" without parental consent if they meet the definition of a *Child in Need of Services*.

To meet this definition, the youth must:

- meet medical necessity for inpatient treatment, and
- have parents/guardians who refuse or who are unwilling or unable to consent.

Usually these youth are on the street or in very limited contact with family. The inpatient program will attempt to locate and engage the parents in the treatment process. If legal custody is held by DSHS, the inpatient program will work with DSHS caseworkers to obtain consent for treatment.

Can a youth refuse inpatient services?

Consent of a minor is not required for admission into inpatient treatment. This is often called a “parent-initiated” admission, before or after which the minor will be encouraged to sign a consent form. Some youth may need a period of engagement and support to cooperate with this process. Youth cannot leave the program without parental notification and permission.



It is always best to involve youth in the decision to enter treatment. There are times when admitting adolescents without their consent is necessary; however, gaining their agreement will empower them to be a part of their own recovery process.

At-Risk Youth Petitions

An At-Risk Youth (ARY) petition is a tool designed to give parents some legal assistance in setting guidelines for their out-of-control or runaway youth after all other reasonable efforts have been made. An at-risk youth is a minor under the age of 18 who:

- is absent from home for more than 72 consecutive hours;
or
- is beyond parental control such that the youth’s behavior endangers him/herself or another person; *or*
- has a substance abuse problem for which there are no pending criminal charges

Only a parent can file an ARY. DASA will help parents submit an ARY petition with the local Department of Children and Family Services (DCFS) office. A Family Reconciliation Services caseworker will assist parents file the petition with Juvenile Court.

If the ARY is granted after a fact-finding hearing, the courts set conditions for the youth to follow. These usually include

Youth and Parental Consent

regular school attendance, counseling, or participation in out-patient substance abuse programs. The ARY process often helps families resolve conflict and facilitates participation in needed services, including substance use treatment.

For questions about ARY petitions related to chemical dependency treatment, contact Ruth Leonard at DASA at 360-725-3742.

PAYING FOR TREATMENT

There are several options to help pay for some or all program costs. These options include private pay, private insurance, and public assistance. Not every treatment program accepts the same types of payment or funding. Before you make a referral, call the treatment program to make sure it accepts the types of resources available to your client.

Each agency that contracts with King County or directly with DASA is responsible for determining a youth's clinical and financial eligibility for treatment.

OPTION #1 - Private Pay

The private pay costs for inpatient and outpatient programs vary as do the lengths of stay. It's best to call an agency directly for an estimate of costs.

Most outpatient and residential programs for youth offer a sliding fee scale. Often it includes a combination of private funding and state or county funding, but the family must meet financial guidelines or request an exception to policy. Many programs also offer payment plans.

OPTION #2 - Private Insurance

Insurance benefits vary greatly depending on the type of coverage. If parents have insurance, do not assume that it covers alcohol and drug treatment or their first choice of treatment programs. A managed care plan will specify where and what type of treatment it covers. Non-managed care plans will place a limit on the type and amount of coverage. Parents should call the insurance carrier to verify coverage and obtain pre-authorization for services. At DASA-contracted youth residential facilities, insurance benefits are the first resource used by providers. Then if families qualify, state funding resources may be used on a limited basis. Many outpatient programs also accept insurance.

OPTION #3 - Medical Coupons

Youth who have Medicaid/Title XIX medical coupons are eligible for inpatient services. CNP coupons will cover outpatient services. If the coupon is not a CNP coupon, the agency can determine if it covers treatment.

Youth who are on medical coupons are eligible for DASA-funded programs (see Option #5). Youth who are low-income and do not have medical insurance may be eligible for medical coupons due to income or because they will have been

out of the home for up to ninety days (includes time on the street, in jail, or time planned for residential treatment).

OPTION #4 - Temporary Assistance to Needy Families (TANF)

The TANF program provides a combination of federal and state funds to pay for substance use treatment services for parents or children in families who meet financial eligibility criteria. Generally these families receive medical coupons through TANF which may cover treatment costs. To apply for TANF, families should go to their local DSHS office.

OPTION #5 - Division of Alcohol and Substance Abuse (DASA)

DASA is part of the Department of Social and Health Services (DSHS). DSHS certifies the chemical dependency agencies in Washington State. DSHS provides funding to counties and tribes for outpatient treatment and directly funds some detox, inpatient, and long-term residential programs. DASA provides funding for low- or no-income families who:

- do not have medical coupons
- have a child already on medical coupons
- have health insurance that may not cover inpatient treatment

Other family resources such as insurance or personal funds may be used in combination with partial DASA funding. Arrangements can be made directly with the treatment provider.

OPTION #6 - Treatment Expansion

Treatment expansion funding was made available starting July 1, 2005. It is meant to increase access to outpatient and residential treatment for Medicaid-eligible adults and youth as well as low-income, non-Medicaid youth. Youth treatment expansion funds are earmarked for youth who are under 200% of the federal poverty level.

Treatment on demand is available for all low-income youth clients.

For treatment expansion questions or access issues, please contact Jim Vollendroff at 206-205-1312.

OPTION #7 - ADATSA

ADATSA recipients must be 18 years or older. See page 10 for program description.

OTHER ASSISTANCE: Transportation Assistance/Family Hardship Program

This program assists families of youth admitted to DASA-funded detox and inpatient treatment programs. Funds are provided to families for travel and lodging costs so that they may fully participate in the family treatment program. Families at the lowest income level with the least amount of resources who are required to travel more than 50 miles one way to attend treatment activities are eligible. Priority is given for travel that is clinically required. DASA reimburses residential providers who, in turn, directly reimburse families.

YOUTH TREATMENT

These listings are for King County only.

The following facilities are limited to those that accept public funding. There are other private treatment programs available in King County that accept insurance and private pay only. To locate those resources, check your local area phone book or call the Alcohol/Drug 24-Hour Help Line at 1-800-562-1240.

There are many differences between program costs, funding options, program content and treatment philosophy. Some treatment centers have unique areas of expertise or work with special populations. It's best to call the treatment facility directly to find the best fit for clients.

The following resources have additional information on state-wide youth programs:

- Alcohol/Drug 24-Hour Help Line: 1-800-562-1240
- Teenline: 1-877-345-8336
- *“Chemical Dependency Treatment Options for Minors Under Age 18: A Guide for Parents”* and *“Youth Referral and Resource Guide”* available online at www1.dshs.wa.gov/dasa. Print copies can be ordered from the Alcohol-Drug Clearinghouse at <http://clearinghouse.adhl.org>
- *DASA Youth Residential Bed Waiting List* is updated weekly online at <http://theteenline.org/csatsite/index.html>

DETOX/CRISIS STABILIZATION

Detox/crisis stabilization provides a temporary, protective environment for at-risk or runaway youth. Services are available to youth ages 13-17 who are experiencing:

- harmful effects of intoxication and/or withdrawal from alcohol/other drugs
- potential to be a clear and present danger to themselves or others due to their alcohol/drug use, withdrawal or associated emotional and behavioral problems
- co-existing or undetermined mental health symptoms. Detox may be needed to make an accurate assessment of treatment needs.

Youth under 13 or over 17 may be served based on clinical need and availability of age-appropriate services.

Detox/crisis stabilization is a short-term service. It does not provide treatment, but for many, it is a needed start. The programs listed below can help clients obtain longer-term treatment services upon release.

Detox/Stabilization Programs

Recovery Centers of King County

www.rckc.org

1701 18th Avenue S

Seattle, WA 98144

ph: 206-325-5000

fx: 206-325-3377

Lakeside Milam Recovery Center

www.lakesidemilam.com

10322 NE 132nd Street

Kirkland, WA 98034

ph: 425-823-3116

fx: 425-823-3132

Both agencies accept DASA youth funds, medical coupons, insurance, and private pay with a sliding fee. Length of stay is up to 10 days.

There are sites in Mt. Vernon, Tacoma, and Olympia that are open to King County youth as well.

OUTPATIENT PROGRAMS

King County has a large outpatient provider network. Outpatient agencies provide chemical dependency assessments and alcohol/drug treatment for youth ages 10 to 20. They may also provide support services and counseling to family members. Outpatient treatment programs are designed to diagnose, stabilize, counsel and build supportive family and social systems.

Seattle and North King County

Asian Counseling and Referral Service

www.acrs.org

720 8th Avenue S, Suite 200

Seattle, WA 98104

ph: 206-695-7600

fx: 206-695-7606

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Asian/Pacific Islander focus.

Center for Human Services

www.chs-nw.org

17018 15th Avenue NE

Shoreline, WA 98155

ph: 206-362-7282

fx: 206-362-7152

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Targeted services for gay/lesbian/transgender youth.

Central Youth and Family Services

1901 Martin Luther King Jr Way S

Seattle, WA 98144

ph: 206-322-7676

fx: 206-726-7585

Costs/funding options: medical coupons, insurance,
private pay.

*Targeted services for African Americans and
Asian/Pacific Islander Americans.*

Seattle and North King County

Community Psychiatric Clinic

www.cpcwa.org

3825 Bridgeway N

Seattle, WA 98103

ph: 206-632-5009

fx: 206-545-0753

10501 Meridian Ave N, Suite D

Seattle, WA 98133

ph: 206-461-4544

fx: 206-461-6939

Costs/funding options: medical coupons, private pay,
sliding fee.

:

Consejo Counseling and Referral Services

www.consejo-wa.org

3808 S Angeline Street

Seattle, WA 98118

ph: 206-461-4880

fx: 206-461-6989

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Latino focus; serves undocumented clients.

Pioneer Counseling Services

www.pioneerhumanservices.org

105 14th Avenue, Suite 3 A/B

Seattle, WA 98122

ph: 206-464-1684

fx: 206-405-4150

Costs/funding options: medical coupons, insurance,
private pay, sliding scale.

Ruth Dykeman Youth and Family Services

www.rdcc.org

137 SW 154th Street

Seattle, WA 98166

ph: 206-243-5544

fx: 206-243-0757

Costs/funding options: medical coupons, insurance,
private pay, sliding scale.

Seattle and North King County

Ryther Child Center

www.ryther.org

2400 NE 95th Street

Seattle, WA 98115

ph: 206-525-5050

fx: 206-525-9795

1725 SW Roxbury Street

Seattle, WA 98106

ph: 206-766-9789

fx: 206-766-9790

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Seattle Counseling Services for Sexual Minorities

www.seattlecounseling.org

1216 Pine Street, Suite 300

Seattle, WA 98101

ph: 206-323-1768

fx: 206-323-2184

Costs/funding options: medical coupons, insurance,
private pay, sliding fee, grant for low-income clients.

Gay/lesbian/bisexual/transgender focus.

Seattle Mental Health

www.smh.org

1600 E Olive Street

Seattle, WA 98122

ph: 206-302-2200

fx: 206-302-2210

Costs/funding options: medical coupons, private pay,
sliding fee.

Eastside

Asian Counseling and Referral Service

www.acrs.org

12828 Northup Way, Suite 100

Seattle, WA 98005

ph: 425-284-0017

fx: 425-284-0018

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Asian/Pacific Islander focus.

Friends of Youth

www.friendsofyouth.org

414 Front Street N

Issaquah, WA 98027

ph: 425-392-6367

fx: 425-391-4971

7972 Maple Avenue SE, Box 1553

Snoqualmie, WA 98065

ph: 425-888-4151

fx: 425-888-1064

26311 NE Valley Street, Suite 201

Duvall, WA 98019

ph: 425-844-9669

fx: 425-788-6716

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Youth Eastside Services

www.youtheastideservices.org

999 164th Avenue NE

Bellevue, WA 98008

ph: 425-747-4937

fx: 425-957-0351

13009 NE 85th Street

Kirkland, WA 98033

ph: 425-827-4937

fx: 425-827-7047

16225 NE 87th Street

Redmond, WA 98052

ph: 425-869-6036

fx: 425-869-6037

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

South King County

Auburn Youth Resources

www.ayr4kids.org

816 "F" Street SE

Auburn, WA 98002

ph: 253-939-2202

fx: 253-735-1894

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

Kent Youth and Family Services

www.kyfs.org

232 S Second Avenue, Suite 201

Kent, WA 98032

ph: 253-859-0300

fx: 253-859-0745

Costs/funding options: medical coupons, private pay,
sliding fee.

Muckleshoot Behavioral Health

www.muckleshoot.nsn.us/health/behavioral.htm

17500 SW 392nd Street

Auburn, WA 98092

ph: 253-804-8752

fx: 253-333-3615

Costs/funding options: tribal funding.
Residents of Muckleshoot reservation only.

Valley Cities Counseling and Consultation

www.valleycities.com

333011 1st Way S

Federal Way, WA 98003

ph: 253-661-6634

fx: 253-661-6652

325 W Gowe Street

Kent, WA 98032

ph: 253-520-9350

fx: 253-520-1799

Costs/funding options: medical coupons, insurance,
private pay.

Renton Area Youth and Family Services

www.rays.org

1025 S Third Street

Renton, WA 98055

ph: 425-271-5600

fx: 425-229-8926

Costs/funding options: medical coupons, insurance,
private pay, sliding fee.

INPATIENT PROGRAMS

Resources for low-income and Medicaid-eligible youth are distributed statewide, so youth do not have to receive treatment in the same county where they reside. There are no restrictions on in-county or out-of-county referrals.

Inpatient/residential services are for youth ages 13 through 17. Youth under 13 or over 17 may be admitted to some youth inpatient treatment programs based on clinical assessment. In some cases, youth 18 or older may be referred to ADATSA for placement in an adult treatment program.

Inpatient treatment is available at two levels of clinical need:

Level I: Basic Inpatient Treatment

Level I programs are appropriate for youth with primary addiction problems who do not need intensive therapeutic intervention for other disorders such as mental health issues or aggressive behavior.

Length of stay is variable, but the maximum stay is 60 days with some exceptions.

Level I programs may admit youth who meet some of the clinical characteristics of a Level II client based on clinical assessment and the program's ability to meet the needs of the youth and the youth's family.

Level II: Intensive Inpatient Treatment

Level II programs are appropriate for youth who need more clinical intervention and behavior management.

Level II provides more intensive services for youth ages 13 through 17 who are chemically dependent **and** meet one or more of the following criteria:

- mental health disorder (or potential disorder)
- extreme family dysfunction
- prior emotional, physical and/or sexual abuse
- pose a major risk of danger to self and/or others
- high risk to not complete treatment

Youth under 13 or age 18 may be admitted to some youth inpatient treatment programs based on clinical assessment.

Level II programs may serve youth who fit Level I, but Level II clients have priority for assessment and admission.

Youth who have a history of serious criminal activity or assaultive behavior may be refused admission to treatment. Such refusals must be reviewed by the Washington State Division of Alcohol and Substance Abuse (DASA). Contact Robert Leonard, DASA Region IV Treatment Manager, at 206-272-2188.

Length of stay is longer than Level I treatment: 45 to 90 days on average and up to 120 days. Exceptions to length of stay guidelines may be made based on clinical need.

Level II chemical dependency and mental health staff are also trained in developmental issues, abuse, aggression, and behavior management.

Level II programs provide security for both buildings and grounds. This may include alarms on doors and windows, time-delay outside doors, and/or perimeter fencing.

How do you refer youth to inpatient treatment?

It is best to refer youth to an outpatient facility for the initial assessment. Inpatient facilities will conduct assessments for DASA-eligible youth without cost. Youth who are admitted to inpatient programs will be referred back to the local outpatient program for continuing support after inpatient.

Youth treatment beds are limited, so there may be wait lists. DASA and contracted agencies will prioritize admissions for youth who are pregnant, intravenous drug users, homeless, without an available parent/guardian, and/or requiring direct transfer from a youth detox/stabilization bed.

INPATIENT PROGRAMS

Level I

There are no Level I facilities in King County, but King County youth may be served in other counties. See resources on page 59.

Level II

Lakeside-Milam Recovery Center

www.lakesidemilam.com

12845 Ambaum Boulevard SW

Seattle, WA 98146

ph: 206-241-0890

fx: 206-241-0769

Costs/funding options: DASA, insurance, private pay.
Abstinence-based, 12-step model.

Ryther Child Center

www.ryther.org

2400 NE 95th Street

Seattle, WA 98115

ph: 206-525-5050

fx: 206-525-9795

Costs/funding options: DASA, medical coupons,
insurance, private pay, sliding fee.

*Gender-specific cottages, specialty groups,
experiential programs, ability to earn school credits.*

Sea Mar Renacer

www.seamar.org

10001 17th Place S

Seattle, WA 98168

ph: 206-766-6960

fx: 206-799-6979

Costs/funding options: DASA, medical coupons,
insurance, private pay.

*Adolescent males only (youth of color a priority),
bilingual staff, ability to earn school credits.*

RECOVERY HOUSES

DASA also contracts for recovery house services for youth needing longer recovery support after completing inpatient treatment. Recovery house treatment is available for youth ages 13 through 17 who:

- have completed inpatient chemical dependency treatment, *and*
- cannot immediately live with their legal guardians, parents, foster parents, relatives, or other out-of-home placement.

Youth age 18 to 20 may be admitted based on clinical assessment.

Recovery house programs provide structure, supervision, continued treatment emphasizing long-term abstinence, and living, education and employment skills.



There are currently no youth recovery house beds located in King County, but there are 37 beds in other parts of the state. See page 59 for resources.

THERAPEUTIC/DRUG COURTS

The King County court system has designed special courts to help defendants with substance use problems or help families in which substance use is causing problems.

There are two types of courts. **Drug Courts** serve adults and juveniles with substance use problems who have been arrested on certain drug-related charges. **Treatment Courts** provide substance use assessment and treatment to families involved in Dependency Court (custody cases) and to youth in the juvenile justice system who have substance use and mental health issues.

Adult Drug Court

The King County Drug Diversion Court is a pre-sentencing program that provides eligible defendants the choice to receive drug treatment instead of jail time. Defendants are required to attend drug treatment, undergo random urinalysis, and appear before the drug court judge regularly.

Drug court has three “levels” of treatment intensity. Participants must complete each level before graduating from the program. Once all requirements are met, charges are dismissed. If defendants fail to make progress, they are terminated from the program and sentenced on the original charge.

Eligible crimes include:

- Possession of a Controlled Substance
- Forged Prescription
- Solicitation to Deliver a Controlled Substance
- Delivery or Possession with Intent to Deliver Heroin, Cocaine, or Marijuana. (Drugs sold cannot exceed 0.5 grams and/or total sale cannot exceed \$50)

Other eligibility conditions include:

- no unresolved felony charges at the time of filing other than the drug court-eligible drug charge
- no prior adult sex or violent offenses in the defendant’s criminal history
- chemical abuse

Eligibility requirements are subject to change, and additional restrictions and requirements apply. For additional information, contact King County Drug Diversion Court Services at 206-296-7884.

Who provides treatment?

Drug court contracts with several agencies throughout King County and Washington State to provide outpatient, inpatient, and opiate substitution treatment.

Can clients go to a treatment program that isn't a drug court provider?

Yes. The treatment agency must be an accredited Washington State Chemical Dependency Treatment Agency. Also, the agency must agree to follow drug court policies and procedure for treatment. **Clients are responsible for paying for their treatment at non-contracted agencies.**

How much does treatment cost?

Drug court pays for treatment if it is provided by a contracted agency and the client qualifies as low-income. All clients must contribute \$100 or complete 24 hours of community service before graduating from the program.

What happens if clients are struggling in the program?

If clients are not doing well in the program, they may, among other things, be required to do community service hours, attend drug court to observe, or do jail time. If clients do not come to court when required, the court may issue a "failure to appear" warrant for arrest. If clients use again, they will return to the previous level of treatment until they have achieved a sufficient period of sobriety again. If outpatient treatment does not meet their needs, clients may be referred to inpatient treatment.

Juvenile Drug Court

As with adults, some juveniles who have alcohol or drug problems and are charged with an offense can choose to waive their right to a trial and enter the juvenile drug court program. Juveniles in the program go to treatment, have frequent urinalyses, and appear regularly before the drug court judge to monitor progress. Advocacy teams are formed with the youth, family, and professionals to develop and support an effective treatment plan. The court may also require community service and participation in school or employment programs. If a juvenile successfully completes the program, the charges are dismissed. If requirements are not met, the judge will determine guilt or innocence of the original charge.

For more information, call the Juvenile Drug Court program at 206-205-7374.

Family Treatment Court (FTC)

Unlike drug court, participants in Family Treatment Court are not offenders. Participants are parents involved with Dependency Court (custody cases) and have had their children removed from the home as a result of parental drug or alcohol use. Parents who meet eligibility guidelines enter the program voluntarily and agree to increased court participation, drug treatment, and intense case management with wrap-around services designed to help parents reunite with their children. Involvement usually lasts one to two years.

How are parents referred to FTC?

Parents can be referred to the Family Treatment Court office at 206-205-9340.

What do FTC services cost?

There are no costs to participate, but there may be a charge for drug treatment based on income and funding source.

Juvenile Treatment Court

Juvenile Treatment Court is similar to the drug court program, only for juveniles with both drug/alcohol and mental health issues. Treatment court keeps the juvenile accountable to the court for an extended period of time while the youth attempts to work through substance abuse and mental health problems. In addition to following the drug court model, treatment court also involves the use of advocacy teams who work with the youth and family to develop and support an effective treatment plan. The plan usually includes chemical dependency treatment, mental health counseling, and youth mentors.

For more information, call the Juvenile Treatment Court at 206-205-9426.

RESOURCES

County Offices

King County Mental Health, Chemical Abuse and Dependency Services Division

www.metrokc.gov/dchs/mhd
206-296-7615

Public Health - Seattle & King County HIV/AIDS Program

www.metrokc.gov/health/apu
206-296-4649

Crisis

Children's Crisis Outreach Response

206-461-3222

Crisis Clinic

www.crisisclinic.org
206-461-3222 1-866-427-4747

Harborview Crisis Triage Unit

206-731-3076

Teen Link

www.crisisclinic.org
206-461-4922 1-866-833-6546

General Information

Alcohol/Drug 24-Hour Help Line

www.adhl.org
206-722-3700 1-800-562-1240

Community Information Line

www2.ci.seattle.wa.us/crisisclinic
206-461-3200 1-800-621-4636

Division of Alcohol and Substance Abuse Greenbook

(List of certified treatment providers in WA state)
www1.dshs.wa.gov/dasa/services/certification/GB.shtml

Teenline

www.adhl.org
206-722-4222 1-877-345-8336

WA State Alcohol/Drug Clearinghouse

<http://clearinghouse.adhl.org>
1-800-622-9111

WA State Teen Line

www.theteenline.org
206-722-4222

Harm Reduction

Needle Exchange (times and locations)

206-205-7837

People of Color Against AIDS Network (POCAAN)

www.pocaan.org

206-322-7061

Project NEON (gay/meth)

www.crystalneon.org

206-323-1768

Street Outreach Services

206-625-0854

Health

Hepatitis Education Project

<http://hepeducation.org>

206-732-0311

HIV/STD Hotline

206-205-7837

1-800-678-1595

Public Health - Seattle & King County

(neighborhood clinics)

www.metrokc.gov/health

Public Health - Seattle & King County STD Clinic

206-731-3590

WA State Tobacco Quit Line

www.quitline.com

1-877-270-7867

Legal/Courts

King County Bar Association

www.kcba.org

206-267-7100

King County Bar Association - neighborhood clinics

206-267-7070

King County Drug Court

www.metrokc.gov/kcscd/drugcourt

206-296-7884

King County Juvenile Court

www.metrokc.gov/kcsc/juvinform.htm

206-205-9500

King County Treatment Court

206-205-9340

Lesbian/Gay/Bisexual/Transgender (LGBT)

Gay City Health (gay/bi men health)

www.gaycity.org

206-860-6969

Ingersoll Gender Center

www.ingersollcenter.org

206-860-6064

LGBT Resource and Referral Network

206-323-5428

Verbena (lesbian/bi women health)

www.verbenahealth.org

206-323-6540

Social Services

Department of Social and Health Services (DSHS)

www.dshs.wa.gov

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Harborview Center for Sexual Assault

www.hcsats.org

206-521-1800

King County Sexual Assault Resource Center

www.kcsarc.org

1-888-998-6423

WA State Domestic Violence Hotline

1-800-562-6025

12-Step Groups

Al-Anon/Alateen (friends and family)

www.seattle-al-anon.org

206-625-0000

Alcoholics Anonymous (AA)

www.seattleaa.org

206-587-2838

Capitol Hill Alano Club (Igbt)

www.capitolhillalanoclub.org

206-860-9560

Cocaine Anonymous (CA)

www.caofwa.org

425-244-1150

Crystal Meth Anonymous (CMA)

www.crystalmeth.org

Debtors Anonymous

www.dawashstate.org

206-903-9463

Marijuana Anonymous

www.marijuana-anonymous.org

206-548-9034

Narcotics Anonymous (NA)

www.seattlena.org

206-790-8888

Resources

12-Step Groups - continued

Narcotics Anonymous, South King County

www.skcn.org

253-872-3494

Overeaters Anonymous

www.seattleoa.org

206-264-5045

Sexaholics Anonymous

www.pugetsoundsa.org

206-548-9538

Sex & Love Addicts Anonymous

www.slaa-seattle.org

206-583-0848

Youth

Child Protective Services

www.dshs.wa.gov

1-800-609-8764

GLBTQ Youth Information Line

206-547-7900

Teen Feed

www.usministry.org

206-522-4366

YouthCare/Orion Center

www.youthcare.org

206-622-5555

1-877-622-5551

Appendix

WA State Department of Social and Health Services (DSHS)

DSHS provides a wide range of services and public assistance programs to no- and low-income individuals and families. Eligibility for each service depends on needs, ability to work, medical conditions, number of children, and many other factors.

What services does DSHS offer?

Services depend on income, if any, and an assessment by a DSHS case worker. Services provided include:

- cash assistance
- medical coupons
- referrals to publicly-funded drug/alcohol assessment and treatment (ADATSA)
- basic food assistance
- limited case management
- protective payee services



To get benefits, clients MUST meet in person with a CSO case manager.

Clients should go to the local DSHS Community Service Office (CSO) in their zip code. Homeless clients can go to any CSO, but the Belltown CSO has the most expertise with this population. The Belltown CSO is located in downtown Seattle and is readily accessible by bus at no cost from anywhere in the downtown area.

Auburn

(For TANF WorkFirst clients ONLY. Others should contact the Kent Office.)

2707 "I" Street NE
Auburn, WA 98002-2411
253-804-1159
1-877-586-5502
TTY: 253-804-1175

Zip codes served:	98002	98010	98022
	98051	98071	98092

Belltown

2106 2nd Avenue
Seattle, WA 98121-2298
206-341-7427
TTY: 206-956-3318

Zip codes served:	98101	98104	98109
	98111	98119	98121
	98134	98199	

Capitol Hill 1700 E Cherry Street
 Seattle, WA 98122-4633
 206-341-7431
 1-800-546-2314
 TTY: 206-720-3164

Zip codes served: 98102 98112 98122
 98144

Federal Way 616 S 348th Street
 Federal Way, WA 98063-7023
 206-341-7426
 1-866-683-4856
 TTY: 253-661-4950

Zip codes served: 98001 98003 98023
 98047 98054 98063
 98093

Kent 25316 74th Avenue S
 Kent, WA 98035-6022
 206-341-7428
 1-800-422-7912
 TTY: 253-872-2769

Zip codes served: 98002 98010 98022
 98030 98031 98032
 98035 98042 98048
 98051 98064 98071
 98092

King Eastside 14360 SE Eastgate Way
 Bellevue, WA 98007-6462
 206-341-7404
 1-800-662-6715
 TTY: 425-649-4012

Zip codes served: 98004 98005 98006
 98007 98008 98009
 98011 98014 98015
 98019 98024 98025
 98027 98028 98029
 98033 98034 98039
 98040 98041 98045
 98050 98052 98053
 98065 98068 98072
 98073 98074 98075
 98083

Continued

King North 907 NW Ballard Way, Suite 100
 Seattle, WA 98107-4607
 206-341-7424
 TTY: 206-706-4254

Zip codes served: 98103 98105 98107
 98115 98117 98125
 98133 98145 98155
 98160 98177 98195

Rainier 3600 S Graham Street
 Seattle, WA 98118-3175
 206-341-7429
 TTY: 206-760-2402

Zip codes served: 98108 98118 98124
 98178

Renton 500 SW 7th Street, Suite B
 Renton, WA 98055-2983
 206-341-7434
 TTY: 425-277-7293

Zip codes served: 98038 98055 98056
 98057 98058 98059
 98178

Non-TANF cases only: 98002 98010 98022
 98051 98071 98092

White Center 9650 15th Avenue SW
 Seattle, WA 98106
 206-341-7430
 TTY: 206-764-4219

Zip codes served: 98013 98062 98070
 98106 98116 98126
 98136 98146 98148
 98158 98166 98168
 98198

When are CSOs open?

Clients may pick up or drop off applications and get general information from the front desk Monday through Friday, 8:00 am until 5:00 pm. To meet with a case worker, clients should schedule an appointment. Walk-in hours vary among the different CSOs. Call for specific CSO walk-in hours.



Mondays are usually the busiest day of the week. Wednesday is “paperwork day” for many CSOs. They do not see clients or answer phones on this day. For shorter waits, clients should go on a Tuesday or Thursday.

How do clients apply for benefits?

1. *Complete an application.* Clients can either pick up forms at any CSO, call the CSO and ask for a copy to be mailed, or download forms from the DSHS website www.dshs.wa.gov. Applications are available in multiple languages. Return the completed form to the local CSO.

2. *Get all required documentation together.* This includes a photo ID, social security card, proof of income or unemployment compensation, and proof of citizenship.

3. *Have an interview.* To make an appointment, call the local CSO (some have automated systems) or go in during the walk-in hours and try to be seen.



The first of the month is a bad time to apply for benefits. DSHS is very busy at this time!

What if clients are not United States citizens?

U.S. citizenship or a green card is required in order to receive treatment paid for by the state. Non-citizens who do not have a green card will not be eligible for treatment benefits through DSHS or ADATSA. Some agencies may be able to provide counseling services for those without proper documentation.

How long will clients have to wait to see someone?

In most cases, if clients have an appointment, they should be seen after a brief wait (20-30 minutes). If clients walk in without an appointment, they may wait an hour or two.



Encourage clients to make an appointment. Their wait will be much longer if they walk in.

Who can help clients through the process?

DSHS can provide office staff and interpreters for all languages to help clients complete paperwork. All offices have TTY or Voice Relay. Some community-based agencies that work with low-income clients, provide case management, or conduct street outreach can help clients complete forms and even accompany clients to DSHS offices. Clients should ask agencies for more information.



Don't wait until the last minute to request an interpreter. This may delay the entire process.

How long is the benefits approval process?

Clients may be told what they are eligible for right after meeting with a worker.



Encourage clients to keep ALL appointments and have all required documentation in place. These problems cause the longest delays in receiving benefits.

What happens after benefits are approved?

Once in the system, clients will be assigned a financial worker. This is the person to call for most questions. If the financial worker does not have the answer, clients will be directed to someone else such as an incapacity specialist, social worker, SSI facilitator or another DSHS staff person. Financial workers can be reached by phone. Phone hours are usually 8:00 am until noon, but some workers set special phone times. Clients should leave a message if a call is not answered directly.



Encourage clients to keep a list of all the names and phone numbers of people they talk with and when they can be reached.

What if clients lose their medical or food stamp cards?

Both cards can be reissued. Clients should contact their financial worker. ID is required to pick up the reissued cards. Without an ID, clients should notify their worker so that other arrangements can be made.

Can benefits be lost?

Clients will lose benefits if they:

- don't respond to requests for information, interviews and/or documentation
- give false information

- don't complete the 6 month and annual review forms
- don't report income they have received

Basic Food Assistance

A financial worker can determine client eligibility for the Basic Food Assistance program. Funds are issued via a DSHS debit card (replacing the old "food stamps"). Clients cannot use the card to purchase alcohol, cigarettes, or other non-foods items. In some residential facilities, clients may be asked to authorize the facility to use the debit cards on their behalf.

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CRISIS SERVICES

Crisis Clinic..... 206-461-3222
1-866-4CRISIS (427-4747)
www.crisisclinic.org
24 hours, 365 days/year

Teen Link..... 206-461-4922
1-866-833-6546
every evening, 6 - 10 pm

**Children's Crisis Outreach
Response System..... 206-461-3222**
(children, youth, families) 24 hours, 365 days/year

**Need a resource?
Want to discuss treatment options?**

Call the Alcohol/Drug 24-Hour Help Line!
206-722-3700 or 1-800-562-1240
www.adhl.org

Teenline
206-722-4222 or 1-877-345-8336
www.theteenline.org

24-hour services.
Every day of the year.

The Alcohol/Drug 24-Hour Help Line is a confidential telephone service that provides assistance and guidance for people who have alcohol and other drug-related problems in Washington State.

