

**A King County Resource Guide for care providers and parents of young children  
 with mental health needs**

**Outpatient Mental Health Services for Very Young Children**

*\*This is a partial list of resources available designed to be a starting point in obtaining services your child may need*

**Where to begin?** If you have a concern about a young child you may call any of the agencies listed to talk with an intake person. He or she will ask questions to help determine the best action and set an appointment for you. It will help to be able to answer these questions.

- **Why:** What behavior lead to your concern?
- **What:** What family resources are available both financial and for emotional support?
- **History:** What recent event, if any, led to the behavior you noted?
- **Ready:** Is the family willing to access services?

Agency Name <u>Program Name</u>	How to contact	Population Served
	Services provided	Wait times
<b>Children’s Hospital &amp; Regional Medical Center</b> <b>Seattle, Bellevue, Federal Way &amp; Everett</b> <u><b>Child and Adolescent Psychiatry &amp; Behavioral Medicine</b></u>  4800 Sand Point Way NE Seattle, 98105 (206)526-2222: Nights/weekend  Medicaid, private insurance, sliding scale, apply for financial services	Call centralized intake or Deaf Services number depending on need. (206)528-2760: Intake (206) 527-3886: Deaf services.  Offers comprehensive psychiatric services and neuropsychological assessment.	Serves 0-21 Offers bilingual services including American Sign Language  <b>Wait times:</b> Varies
<b>Community Psychiatric Clinic</b> <u><b>Child &amp; Family services</b></u>  10501 Meridian Ave. N Suite D, Seattle 98133 (206) 461-4544 www.cpcwa.org  Medicaid, insurance, private pay	Call (206) 461-4544; ask for Child & Family screener  Many therapeutic choices offered; medication management	<b>Program serves 0-3.</b> Agency also serves school age, adolescents and families. Diverse clientele; minority staff and consultants utilized as appropriate  <b>Wait times</b> 1-3 days
<b>Consejo Counseling &amp; Referral</b> <u><b>Infants &amp; Toddlers Mental Health program</b></u>  3808 S. Angeline St. Seattle, 98118 (206) 461-4880: Intake  <u><i>Specializes in serving Latino and Spanish-Speaking population by providing bi-lingual services.</i></u>  Medicaid, Medicare, private insurance, sliding scale	Call Main # (206) 461-4880: ext.178 Referral person will set up appointment for intake. For more information ask for Sylvia Kurin ext. 193  Many therapeutic choices offered; medication management	<b>Program serves 0 - 5</b> Agency also serves school age, youth families and sibs. Agency provides minority consultation to special population clients. Emphasis on prevention and the relationship between caregivers and their children  <b>Waiting list</b> (May 2002) 15 clients (0-5 years old)
<b>Highline West Seattle Mental Health</b> <u><b>Child &amp; Family Services</b></u>  2600 Holden St. S.W. Seattle, 98126 (206) 933-7000  Medicaid, insurance, private pay and sliding scale.	Call Community Access Department for initial assessment. Appt. is scheduled at the office closest to the client’s home.  Many therapeutic choices offered.	<b>Program serves ages 0 to teenagers</b>  <b>Wait times:</b> One to two weeks

<b>Renton Area Youth Services (RAYS)</b> <u><b>Best Beginnings</b></u>  1025 S. 3 <sup>rd</sup> Renton , 98055 (425)271-5600  Reimbursed through contract with Public Health- Seattle & King Co.	Referrals come through Public Health Nurse. For help with a PHN referral contact CHAP (206) 284-0331.	Program serves 0-3 Agency also serves school age, youth, families. Supervisors are special population specialists. Mental Health Counselors.
	In-home assessment; infant-parent psychotherapy, family therapy and other therapeutic choices.	<b>Wait time:</b> Current wait time: 1 – 2 days
<b>Ryther Child Center</b> <u><b>Building Blocks Pre-K Program</b></u>  2400 NE 95 <sup>th</sup> Seattle, 98115 (206) 525-5050  \$1500, per month; subsidies available through DSHS for eligible families	Call Program supervisor, Meenoo Yashar (206) 517-0308	Program serves 3-5 year olds Agency also serves school age, youth, families and sibs. Would like to include more children from non-dominant cultures.
	Play therapy, relationship based intervention, family therapy; medication management.	<b>Wait time:</b> Usually, 1 week from initial call
<b>Seattle Children's Home</b> <u><b>Pediatric Assessment Center</b></u>  2142 10 <sup>th</sup> Ave. W Seattle, 98119 (206) 283-3300  Medicaid, private insurance; sliding scale may be available	Considered a child mental health specialty service. Contact: Amy Meister-Stetson (206) 298-9601 or Katherine Rowland (206) 298-9638 for intake appt. & more information	Program serves 0-3. Agency serves 0-21. Cultural competence is considered a cornerstone of the agency. When skill is not available within agency cultural specialists are contracted.
	Complete child & family psychosocial assess, psychiatric eval. & neurodevelopmental pediatric assess. which may include psychological testing.	<b>Wait time</b> can be 1-8 weeks
<b>Seattle Mental Health</b> <u><b>Children's Specialized Care</b></u>  1600 E Olive St. Seattle, 98122 (206) 324-2400      www.smh.org  Medicaid, private insurance, private pay, sliding scale available	Call main number; ask for Intake.	Program serves 0-5 Agency also serves school age, youth, families and sibs
	Offer play therapy, family therapy, home based therapy as needed as well as other therapeutic choices	<b>Wait time:</b> None (June 2002)
<b>Valley Cities Counseling &amp; Consultation</b> <u><b>Child &amp; Adolescent Services</b></u> <u><b>Kent site</b></u> 2704 "I" St. NE, Kent 98042 <u><b>Auburn site</b></u> 2704 1 <sup>st</sup> NE, Auburn 98032 <u><b>Federal Way site</b></u> 33301 1 <sup>st</sup> Way S, Federal Way 98003 (253) 939-4055  Managed care, Medicaid, private insurance, private pay.	Call Access department: (253) 939-4055	Program serves 0-3. Agency also serves school age, youth, families including sibs. Have provided cultural diversity training to their staff.
	Many therapeutic choices including play therapy, positive behavioral support, family therapy, relationship based intervention and medication management	<b>Wait time:</b> None (7/02)

## Referral Assistance

**Community Health Access Program (CHAP)** is a Health Access Initiative of the Washington Health Foundation.

- ◆ **206-284-0331 or 1-800-756-5437** for countywide information system for referral to pediatric medical and dental care, developmental screenings, evaluations, Family Resource Coordination, mental health services and other related services for children of all ages.

**United Behavioral Health** is a managed care company that contracts with the King County Mental Health, Chemical Abuse and Dependency Service Division to help manage the mental health resources of King County

- ◆ **1-800-790-8049** Press 1 for **Client Services** staff, they provide information about resources and process. Press 2 for **Mental Health Ombuds Service**, offers Advocacy assistance.

### **Crisis line**

- ◆ **206-427-4747 or 1-866-427- 4747** for crisis intervention. Available 24 hours a day.

This resource was created by the **Community Health Access Program (CHAP)**, a health access initiative of the **Washington Health Foundation** in partnership with **Kids Get Care**  
*July 2002*