

2017-18 Mental Health Community Resource List

Rev. 10-11-17

Name	Degree & Licensure	Phone Number	Insurance *	Sliding Scale?	Specialty
Crisis Clinic		360-586-2800 Youth Help: 360-586-2777	None	No – Free	Suicidal Ideation/awareness Phone line for adults / youth for people in crisis Empower to deal with situation
Armed Forces Community Services (Don Ham)		253-967-7166	TriCare	No	Service Active duty, National Guard, Reserves, Retirees and families of Military Community. Financial Counseling, Army Emergency Relief, Behavior & Relationship Counseling, Immigration Services, Low Income Assistance with Social Services and New Family Support Program.
Gravity High School					ESD113 GED program, assistance with career and job searches (16-20 yrs of age)
Family Education Support Services		360-688-4120		Free	Parent / Child Support – work with high risk/high need population. Mothers who were using drugs/alcohol during pregnancy. Connecting successfully to resources to achieve their goals. Referrals – only if you suspect the mother was/is using during (24 months post-partum).
Family Education Support Services – Kinship Program		360-754-7629	NA	Free	Resources and Financial Assistance for grandparents/relatives (aunts/uncles/siblings) raising children. Support groups for youth. Fatherhood programs.
Catholic Community Services – Crisis Services	LMFT	360-584-3026 (crisis) 360-918-4165 (Wise)	Medicaid (Youth)		Youth 20 yrs and under who are violent, abusive, “out of control” or parent is overwhelmed. LMHC contacts family and works for 60 days to help stabilize home. Referral: St. Peters, BHR, SeaMar Wraparound with intensive services and crisis services.

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New Journeys – BHR	Becky Daughtry, LICSW	360-704-7170	All Medicaid and accept No Insurance		First Episode of Psychosis. Evidence Based Practice. Criteria based program – people screen in; once in program are seen regardless of ability to pay for up to 2 years.
Family Alliance for Mental Health / WISE		360-790-7505	Medicaid (youth)		12-17 yrs Multi Systemic Referral-Family Driven 15 yrs + Transitional Youth- Youth drive treatment to transition to adults. Referrals: Phone calls, form on website, family can self-refer.
Olympia Therapy	Group practice w/ Senior Clinicians, Professional Associates and Master’s level interns	360-357-2370	Wide range accepted – call to check (Medicaid Accepted)	Yes	Children / Family Services Play/Art Therapy (Age appropriate – play room) Parenting Services – Couples Counseling Aim to serve all income brackets Ages 2 and older (younger w/ parents present)
Choice Counseling		360-349-8775	No	Yes	Reality Therapy – assist w/ taking responsibility for actions. Christian/couples/marriage/relationship/ teen/ depression and anxiety counseling
Coordinated Care		253-278-9279 206-200-4902	NA (Medicaid plan for all WA Foster Care youth)	NA	Trauma Informed Care training and “Things I wish my Therapist Knew” training. Foster Care/Foster Care Alumni/Adoption Health Care case management – Foster Trans / LGBTQ Community
Behavioral Health Resources (BHR)		360-704-7170 800-825-4820	Medicaid, Apple Care #1	Pay out of pocket	Individual, family, peer support and psychotherapy Refer to C.C.S Group and Child group therapy
Heather Daley	MA, MHP, LMHCA	360-481-2577	None	\$120/hr Group rate TBD	Co-founder of HeartStrides Therapeutic Horsemanship program. Therapist, Homeless outreach manager, Director of Adult Residential Services. Group therapy 5 yrs and older; horse therapy

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Attuned Family Therapy: Robin Sowers	MA, LMFT, CMHS, CAS	360-869-0296	Medicaid, Cigna, Community Health Plan of WA, Premera, Regence, Uniform	Yes	Child mental health, Family/marriage counseling & parenting support. Post-Partum and Family transitions. Autism specialist.
Crime Victims Advocacy Network		360-709-3045	NA	NA	Free & Confidential services to victims of crime that are non-domestic violence, non-sexual assault, non-stalking (general crime). Secondary victims as well.
SoundCare Kids / Wild Grief	WA Certified Counselor	360-493-5928 (SoundCare) 503-567-9196 (Wild Grief)	NA	Free	SoundCare Kids – Peer support groups for families grieving death. Ages 4/18 6 week groups in fall, winter and spring. Wild Grief – wilderness trips for teens who are grieving a death.
Lillie McCatty	LMHC	360-259-7179	(Pending - Regence, First Choice, Kaiser)	Minimal	Young children, trauma, christen-perspective, *behavior disorders, medical illness. -violence/gangs and rural situations -ages 6mos (with parents) and older -Choice based w/ teen population -Drama/play therapy (all groups)
Kim Townsend	MA, LMHCA	360-358-2259	None (Superbill)	Yes (Superbill – pay upfront then submit to insurance for reimbursement)	Adolescents 13 and older Trans Community main focus Marginalized communities Work with 15 yrs and older starting the gender transition process
YWCA – Girls Council		360-352-0593	Free	Free	(Refer via email or call) Eliminating racism and empowering women Anxiety, depression, substance abuse Strengths based, goal focused Participation in empowerment group Monthly prosocial activities Community based and eliminate barriers
Tanya Lyon	MS, LMFT, CMHS	253-448-3535	State insurance accepted as well as Regence,		Specializing in marriage, family, teens and individuals - accepting new patients but limited availability - Teens specialties include Creative

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			Premera, First Choice, Aetna, Kaiser, and United		Processing/Art Therapy, Coping Strategies for Self-Harm, and Mindfulness/DBT
Lacey Community Access Point, Tacoma Vet Center	Readjustment Counseling Therapist: Paul Hanna, LMFT	(253) 226-7073 (cell)- Primary (253) 565-7038 (office)	FREE service to combat Veterans/Active Duty Military and their families	FREE service to combat Veterans/Active Duty Military and their families	Combat Veterans/Active Duty Military and their families are provided free individual, group and family/couples counseling from licensed clinical staff.
<b>Katherine Marsh</b>	Clinical Psychologist	360-870-0406	Tricare, U.S. Family Health Plan, Regence, Premera, Aetna, and select Kaiser Permanente plans.		Specializes in treating adolescents and young adults with mood disorders, emotional instability, and self-harming behaviors. These include anxiety and panic, depression, suicidal ideation, emotional overwhelm, bipolar diagnoses, and eating disorders that are of a severity that does not require intensive treatment. Dr. Marsh also provide supportive treatment as her clients adjust to early adulthood, work on improving self-esteem, and solidify self-identity. She uses an integrative approach, with cognitive-behavioral interventions to assist in symptom reduction, and psychodynamic/exploratory interventions to help build lasting change and growth.

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