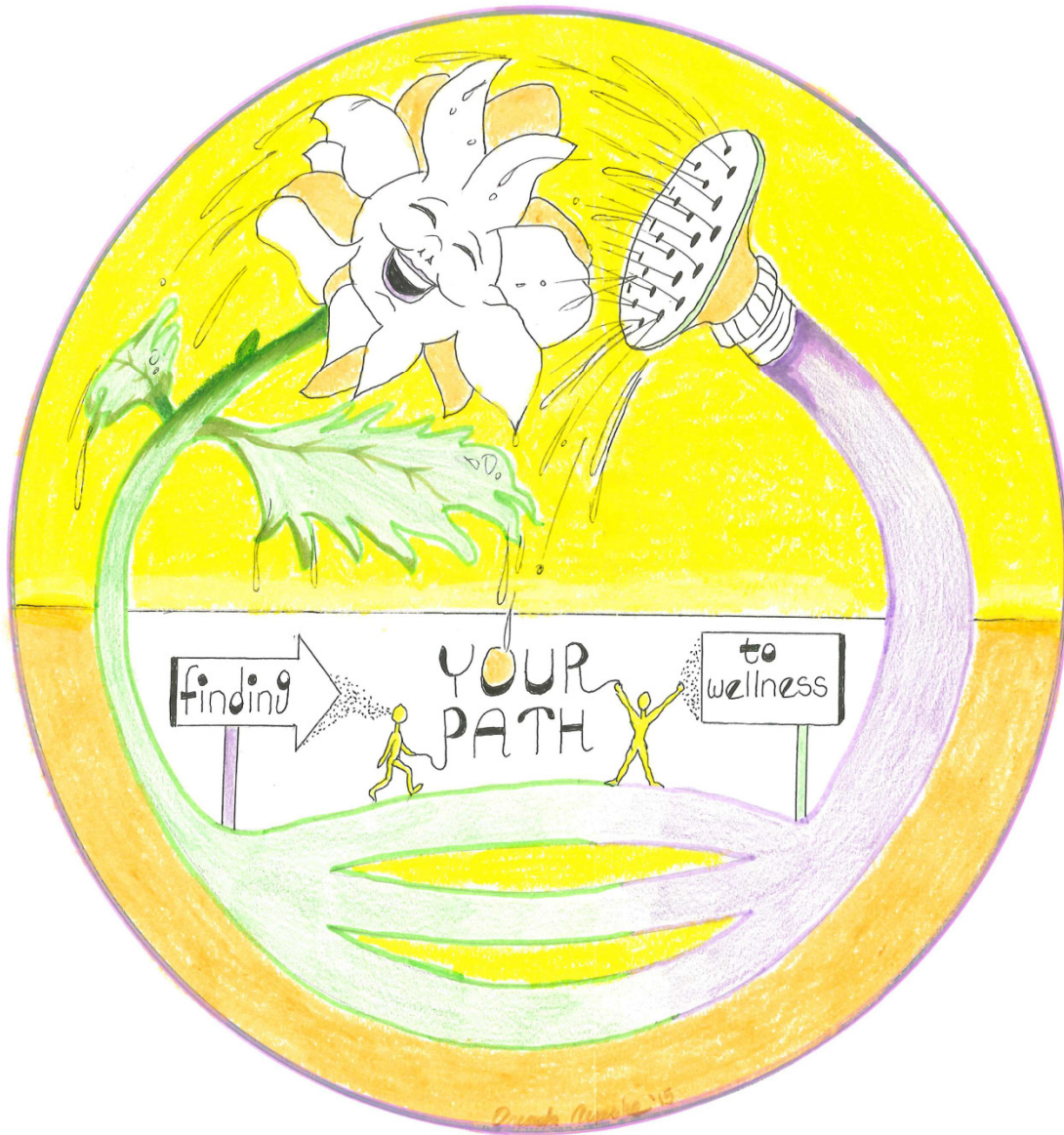


Trails to Treatment

2015 Edition



Orenda Ayashe , Artist
Winner of the 2015 King County Behavioral Health Poster Contest

Recovery in behavioral health is a process of change through which individuals work to improve their own health and wellbeing, live a self-directed life, and strive to achieve their full potential. ~ SAMHSA 2011. Recovery is the cornerstone of all behavioral health services provided under the oversight of the King County Mental Health, Chemical Abuse and Dependency Division, and is achieved by integrating King County's Equity and Social Justice Initiative and Recovery-Oriented System of Care philosophy.

Through adoption of the King County Strategic Plan 2010-2014: Working Together for One King County, King County has transformed its work on equity and social justice from an initiative to an integrated effort. This effort applies the strategic plan's fair and just principle in order to achieve equitable opportunities for all people and communities.

A recovery-oriented system of care supports person-centered approaches and self-directed care that build on the strengths and resilience of individuals, families, and allies. Services are comprehensive, flexible, outcomes-driven and uniquely individualized, offering a fully coordinated menu of services and supports to maximize choice at every point in the recovery process.

Trails to Treatment is a guidebook for use by both social and human service providers and the public to assist those looking for substance use treatment and other resources. Future publications will include information on accessing our mental health system. Our goal is to make getting treatment easier for all. This guidebook will be updated regularly. If you have any suggestions, please contact Brad Finegood, brad.finegood@kingcounty.gov.

If you or someone you know is experiencing an emergency, call 911. To learn the signs and symptoms and how to prevent an opioid overdose, visit <http://stopoverdose.org/>.

We at the Mental Health, Chemical Abuse and Dependency Services Division would like to extend our appreciation to the Public Health HIV program for developing and producing this resource for the community the past several years. The new addition of Trails to Treatment could not have been possible without the work that was done by the Public Health HIV program. Thank you to all the people that have worked on the Trails to Treatment.



King County

Mental Health, Chemical Abuse and Dependency Services Division

Department of Community and Human Services

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401 Fifth Avenue, Suite 400
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206-263-9000

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206-205-1634 Fax (Clinical Services)
7-1-1 TTY/TDD

<http://kingcounty.gov/healthservices/SubstanceAbuse.aspx>

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OVERVIEW OF THE TREATMENT SYSTEM

There are several categories of substance use disorder (SUD) treatment. Each type offers a different level of intensity and duration. Not everyone enters the treatment system at the same place. Many people need only one type of treatment. Others may need to transition between several levels along the treatment continuum. A certified Chemical Dependency Professional can help determine the most appropriate path of treatment.

Below is a list of definitions that may help with understanding the SUD system.

Withdrawal Management

Withdrawal Management provides supervision while withdrawing from alcohol and/or other drugs. Withdrawal Management does not address the psychological, social, or behavioral aspects of addiction. For some, it is a necessary first step towards treatment.

Sobering Center

Sobering centers are safe and secure places for persons to sleep off the acute effects of intoxication. It also serves as a recovery access point where people receive case management services, outpatient substance use treatment, and assistance to move towards greater self-determination.

Outpatient Treatment

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

Medication Assisted Treatment (MAT)

Medication Assisted Treatment is most often delivered in an outpatient setting. People receive an oral dose of a prescription, synthetic opiate substitute to control opiate cravings and manage withdrawal symptoms. The two most common OST's are methadone and buprenorphine. Methadone must be dispensed at a licensed methadone clinic, while buprenorphine can only be prescribed by specially-licensed physicians. To find a licensed physician visit [Buprenorphine physician and treatment program locator](#). People may also engage in counseling to address psychological and behavioral factors of addiction.

Residential Treatment

This is a general term meaning that people live at a special facility while receiving treatment. Each category of residential treatment offers a different length of stay and different intensity of services. The types of residential treatment available include:

Inpatient Treatment - This is the most common type of residential treatment. People receive intensive treatment in a live-in setting, often called an “inpatient facility”. Treatment lengths vary from seven to 30 days, depending on individual needs. Inpatient treatment involves education, individual, 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 standard residential living. People receive counseling, social, recreational, and

vocational assistance after inpatient treatment to further 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 personal guidance, counseling, and education. Some medical care is available on site.

Medication-Assisted Treatment

The use of medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders. Research shows that when treating substance-use disorders, a combination of medication and behavioral therapies is most successful.

Substance Use Disorder Assessment

This is an interview during which a Chemical Dependency Professional (CDP) or Chemical Dependency Professional Trainee (CDPT) will evaluate substance use patterns and need for treatment. The CDP/CDPT will look at history and severity of substance use, previous treatment attempts, present support systems, motivation for recovery, etc. Afterwards, the CDP/CDPT will recommend the most appropriate treatment level and arrange placement at an appropriate treatment program.

PAYING FOR TREATMENT

There are several options to help pay for some or all program costs. These options include private pay, private insurance, veteran's benefits, and Apple Health. Not every treatment program accepts the same types of payment or funding. It is best to call the treatment program to find out what types of payment they accept.

Effective January 1, 2014, Apple Health was expanded to include individuals between the ages of 19 to 65, (parents and childless adults), with incomes up to 138% of the federal poverty level (FPL) based on their modified adjusted gross income. [Washington Healthplanfinder](#) became the designated marketplace for persons looking to enroll in Apple Health and subsidized private insurance. The [Washington State Health Care Authority](#) oversees Apple Health.

***Effective April 1, 2016, the substance use treatment system will transition from fee-for-service to managed care. Look for updates as we get closer.*

Below is a listing of information a ProviderOne benefit inquiry may show:

Commercial private insurance – if someone is enrolled in commercial private insurance this will appear under the Coordination of Benefits Information segment. Providers must bill the commercial private insurance company first. If the commercial private insurance company has denied the claim and the Health Care Authority (HCA) is being billed secondary use the insurance carrier code that was displayed on the benefit inquiry on the direct data entry as the insurance company ID number.

Health Maintenance Organization (HMO) – the insurance carrier code for HMO eligibility is either HM, HI, or HO. Persons who have an HMO should get services through their designated provider. Medical Assistance does not pay for services referred to a provider not contracted with the primary HMO. Refer persons who have insurance through an HMO to their designated facility or provider as displayed on the benefit inquiry.

Medicare – eligibility for Medicare Part A or Part B will be displayed on the Medicare Eligibility Information segment. Eligibility for Medicare Part C (Medicare Advantage HMO) or Part D (prescription drug coverage), will be displayed under the Coordination of Benefits Information segment. Medicare is the primary payer for treatment services for Parts A, B, and C.

Mental health eligibility– eligibility for mental health services through the King County Regional Support Network (RSN) will be displayed under the “Managed Care Information” segment. This is not a medical managed care plan. Please do not contact the RSN unless trying to coordinate mental health services for someone.

Military/Veteran - military/veteran benefits will appear in the Coordination of Benefits segment of the benefit inquiry. If the inquiry shows eligibility for Civilian Health and Medical Program of the Uniformed Services (CHAMPUS), the person should be referred to their local military facility; the insurance carrier code is either H150 or H100. If eligible for veteran’s benefits the insurance carrier code is VE02 and those persons are required to seek care through their Veterans Administration (VA) providers. To locate the nearest VA regional office call, 1-(800)-827-1000.

Primary Care Case Management (PCCM) - if someone is enrolled with a PCCM, there will be a PCCM segment on the benefit inquiry which shows the PCCM provider. The PCCM provider must provide a referral in order for someone to receive services outside of a PCCM provider. The PCCM referral number must be included on the billing form in order to receive reimbursement.

PAYMENT OPTION #1 – Medical Assistance

Medical Assistance includes Apple Health, mental health programs, substance use and prevention treatment programs, the Children’s Health Insurance Program, family planning programs, and other state-funded children’s healthcare programs. Healthcare services are covered through either enrollment in a managed care program or on a fee-for-service basis. For managed care, the agency contracts with licensed health insurance carriers. Fee-for-service care is provided by certified health care providers who have a contract with the HCA. Effective October 1, 2013, [Washington Healthplanfinder](#) is the designated marketplace where you can check eligibility and enroll in Apple Health.

Maneuvering through the world of Medical Assistance can be confusing and frustrating. There are many different types of Benefit Service Packages (BSPs). The services covered by one BSP may not be covered by another. Treatment agencies may also have different wait lists for different BSP’s.

Providers are required to verify whether someone has Medical Assistance coverage, to do so visit [ProviderOne](#) or call 1-(800)-562-3022, and enter 1, 5, and 5. **Remember, Medical Assistance is the payer of last resort.**

Apple Health (Medicaid) Programs – You should be eligible for Medicaid/Apple Health if:

- you are a U.S. citizen or a documented immigrant living in Washington who has been in the U.S. for at least five years,
- you’re not incarcerated,
- and your annual income is at or below 138 percent of the federal poverty level.

If you're single and your income is \$15,856 or less, you should qualify. Different amounts are designated for different-sized families. The "newly eligible" Medicaid group expands coverage up to 138% for adults and does not require that the adult be disabled. "Classic" Medicaid eligibility requires a person to be related to one of the coverage groups (a child, pregnant, a parent of dependent children or an aged, blind or disabled individual).

When you apply, you will need to know your monthly household income. You do not need any other financial information. You will also need the Social Security number and date of birth for each household member. If you are not a U.S. citizen, you'll need your immigration information.

Note: Some services may require prior authorization from the HCA or a contracted managed care plan. This information is for general information only and does not in any way guarantee that any service will actually be covered. Benefits, coverage, and interpretation of benefits and coverage may change at any time. Questions regarding coverage can be answered by calling the 800 number on the back of the Client Services Card.

Categorically Needy Program (CNP, CN) - CN provides a full scope of coverage for pregnant women, children, the aged, blind, and persons with disabilities. Persons with CNP coupons can contact any outpatient treatment center directly. If a person needs inpatient treatment, they can be referred by an outpatient program or contact an inpatient program directly.

Medically Needy (MNP, MN) - MN provides coverage for pregnant women, children, the aged, blind, persons with disabilities, and refugees with income and/or resources above the CN limits. MN provides slightly less medical coverage than CN, and requires greater financial participation by the recipient. If a person's income exceeds the MH financial limits that person is subject to a spenddown which is similar to an insurance deductible. Spenddown is when a person must pay medical expenses equal to their excess income before medical benefits under MN are authorized.

Medical Care Services (MCS) - MCS provides limited medical benefits to adults between 18 and 65, who are unable to work due to physical or mental reasons that are expected to last less than 12 months. Income and resource limits are more restrictive than CN. MCS does not cover out-of-state medical care. This benefit was previously known as General Assistance (GA) and Disability Lifeline (DL).

Alternative Benefits Plan (ABP) – ABP is health care coverage under Washington Medicaid's Modified Adjusted Gross Income (MAGI)-based adult coverage. The scope of services available is equivalent to that available to CNP-covered clients with the addition of a benefit for habilitative services. Persons receiving ABP are those not eligible for Medicare.

Apple Health for Kids –

Apple Health & Premium-based Apple Health - Apple Health provides access to the most comprehensive scope of care (CN) and is free to children in households with incomes of no more than 200% of the federal poverty level (FPL). Premium-based Apple Health for Kids Programs are also available in exchange for a monthly premium for uninsured Washington resident children under the age of 19 living in families with income between 200% and 300% FPL. Children ineligible for the program due to citizenship or immigration issues receive the same scope of care funded by the state.

Categorically Needy for newborns (CNP, CN) - CN provides a full scope of coverage for pregnant women, children, the aged, blind, and persons with disabilities. Newborns are automatically eligible for 12 months of CN coverage if the mother received state medical benefits at the time of birth and the child is a Washington resident. There are no income or resource limits.

Medically Needy Healthcare for Children (MNP, MN) - MN provides coverage for pregnant women, children, the aged, blind, persons with disabilities, and refugees with income and/or resources above the CN limits. Children under age 19 in families with income over 300% FPL may be eligible. MN provides slightly less medical coverage than CN, and requires greater financial participation by the recipient. If a person's income exceeds the MH financial limits, that person is subject to a spenddown which is similar to an insurance deductible. Spenddown is when a person must pay medical expenses equal to their excess income before medical benefits under MN are authorized.

Foster Care/Adoption Support - Children receiving foster care or adoption support services may be eligible for CN medical benefits through this program. The child's foster care or adoption support caseworker manages this program.

PAYMENT OPTION #2 – Private Insurance

Washington Healthplanfinder is the designated marketplace for persons looking to enroll in subsidized private insurance, [Washington Healthplanfinder](#).

What is subsidized insurance? - If your income is at or below 400 percent of the FPL (in other words, four times the poverty level), you should qualify for subsidized health insurance. For a single person, that's an annual income of \$45,960. For a family of four, it's \$94,200. If you qualify for subsidized insurance, you'll get a tax credit that goes directly to the insurance plan to help pay for your insurance. Undocumented immigrants are eligible for subsidized insurance for a limited time. You can find out if you qualify by applying at [Washington Healthplanfinder](#).

Insurance benefits vary greatly depending on the type of coverage. If a person has insurance, do not assume it covers substance use disorder treatment or a person's 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. If private insurance is to be used, it is best to review one's benefits, call the company to verify coverage, and pre-authorize services if needed.

PAYMENT OPTION #3 – Veterans Benefits

Veteran's benefits are available to people who have served in the military, whether active duty or not.

Veterans Administration (VA) offers:

- Withdrawal Management
- Outpatient treatment
- Medication-Assisted treatment

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

Veterans may also access care from one of the publicly funded programs listed in this guide without using their VA benefits.

PAYMENT OPTION #4 – 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 they look at personal income levels, how many people they support on that income, and a scale to determine how much they should pay. Some agencies may also establish payment plans.

ADULT TREATMENT PROGRAMS

These listings are for King County publicly-funded agencies 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 [Washington Recovery Helpline](#) at 1-866-789-1511.

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.

Withdrawal Management

The answers to the following questions apply to **Cascade Behavioral Health and Fairfax Hospital**.

How do people get into withdrawal management? Call Cascade Behavioral Health at 206-248-4787, or Fairfax Hospital at 425-821-1000.

For specialty withdrawal management beds call Swedish Medical Services for pregnant women at 206-781-6209, or Lakeside Milam for adolescents at 425-823-3116.

How long to get in? Wait times may vary. No walk-ins are accepted.

How long can someone stay? The typical stay is three days for alcohol, and five days for opiates. Persons whose withdrawal is complicated by multiple substances, medical or mental health conditions, or who require assistance with treatment placement may need to stay longer.

How can withdrawal management be paid for? Withdrawal Management is covered by many Medical Assistance Benefit Service Packages. Check with your carrier if you have private insurance. A deposit may be required upon entry pending confirmation of coverage by the insurance carrier. You can also self-pay.

What happens if you miss an appointment to get into withdrawal management? If an appointment is missed, you may be put back on the waiting list at the bottom or put on a stand-by appointment. If you are unable to arrive on time for your appointment, please contact the facility as soon as possible to determine if a late arrival can be accepted.

How many times can one access withdrawal management? If admitted into withdrawal management more than three times in a 12-month period, they may be referred to the chronic services division of the

involuntary commitment department. This program will assess reasons behind the repeated admissions. A referral to a long-term residential facility may be recommended.

What happens after withdrawal management? Ongoing treatment is highly encouraged and the facility will help in your transition to another substance use disorder agency.

SOBERING CENTER

The Dutch Shisler Service Center (DSSC) serves as a safe and secure place for persons to sleep off the acute effects of intoxication. It also serves as a recovery access point where people receive case management services, outpatient substance use treatment, and assistance to move towards greater self-determination. DSSC is not a withdrawal management facility; however, many people access medical withdrawal management through a DSSC referral. There is no fee for sobering services.

Dutch Shisler Sobering Center

1930 Boren Avenue
Seattle, WA. 98121
<http://goo.gl/maps/Mmj1S>
Phone: (206) 205-1092

King County Emergency Service Patrol (ESP) – The Emergency Service Patrol is a 24/7 transportation and engagement unit. The main duty of the screeners is to relieve fire, police, and medics in caring for chronic users. The screeners also patrol the downtown core seeking out persons in need of service and transporting them to other service providers.

ESP responds to calls from 911 dispatch operators and services primarily downtown Seattle and adjacent neighborhoods. To access the ESP van, call 911.

OUTPATIENT PROGRAMS

Seattle and North King County

Asian Counseling and Referral Service

www.acrs.org
3639 Martin Luther King Jr. Way S
Seattle, WA 98144
<http://goo.gl/maps/7yCZ2>
Phone: (206) 695-7600
Fax: (206) 695-7606
TTY: (206) 695-7609

Catholic Community Services

www.ccsww.org
1902 2nd Avenue, Suite 208
Seattle, WA 98101
<https://goo.gl/maps/TDaiC>
Phone: (206) 965-9570
Fax: (206) 448-8495

Center for Human Services

www.chs-nw.org
17018 15th Avenue NE
Shoreline, WA 98155
<http://goo.gl/maps/Yb1Nu>
Phone: (206) 362-7282
Fax: (206) 362-7152

18414 – 103rd Ave NE
Bothell, WA 98011
<http://goo.gl/maps/nZqEr>
Phone: (425) 205-2004
Fax: (206) 631-8981

Center for Human Services

22105 23rd SE
Bothell, WA 98021
<https://goo.gl/maps/N1EX9>
Phone: (206) 362-7282
Fax: (206) 631-8988

21907 64th Avenue W Suite 240
Mountlake Terrace, WA 98043
<https://goo.gl/maps/3bl8x>
Phone: (206) 362-7282
Fax: (206) 362-7152

Community Psychiatric Clinic

www.cpcwa.org
11000 Lake City Way NE
Seattle, WA 98125
<http://goo.gl/maps/cydHK>
Phone: (206) 461-3614
Fax: (206) 634-3596

10501 Meridian Ave N., Suite D
Seattle, WA 98133
<http://goo.gl/maps/uWxCE>
Phone: (206) 461-4544
Fax: (206) 461-6939

4120 Stone Way N
Seattle, WA 98103
<http://goo.gl/maps/eRF87>
Phone: (206) 461-3707
Fax: (206) 632-2437

3825 Bridge Way North
Seattle, WA 98103
<http://goo.gl/maps/9M382>
Phone: (206) 632-5009
Fax: (206) 545-0753

2329 4th Avenue
Seattle, WA 98121
<http://goo.gl/maps/oBMW1>
Phone: (206) 461-3649
Fax: (206) 461-8391

Consejo Counseling and Referral Services

www.consejo-wa.org
3808 S Angeline Street
Seattle, WA 98118
<http://goo.gl/maps/vuBST>
Phone: (206) 461-4880
Fax: (206) 461-6989
TTY: (206) 725-7135

8615 14th Avenue South
Seattle, WA 98108
<http://goo.gl/maps/j4Hzm>
Phone: (206) 461.4880
Fax: (206) 461.6989

Downtown Emergency Service Center

www.desc.org
216 James Street
Seattle, WA 98104
<http://goo.gl/maps/7ts28>
Phone: (206) 464-6454
Fax: (206) 652-1236

Evergreen Recovery Centers

<http://www.evergreenmanor.org/>
600N 130th Street
Seattle, WA 98133
<https://goo.gl/maps/FmImJ>
Phone: (206) 223-1300
Fax: (206) 223-1279

Harborview Medical Center Addictions Program

www.uwmedicine.org
401 Broadway
Seattle, WA 98104
<http://goo.gl/maps/vJY38>
Phone: (206) 744-9657 or (206) 744-9690
Fax: (206) 744-9920

Integrative Counseling Services

www.icswa.com
701 North 36th Street, Suite 300
Seattle, WA 98103
<http://goo.gl/maps/sIV7P>
Phone: (206) 216-5000
Fax: (206) 216-5002
TDD: (800) 833-6384

NAVOS

www.navos.org
600 SW Holden Street
Seattle, WA 98126
<http://goo.gl/maps/R7OWq>
Phone: (206) 933-7000
Fax: (206) 933-7014

New Traditions

<http://www.new-traditions.org/>
9045 16th Ave SW
Seattle, WA 98106
<https://goo.gl/maps/M2Lmi>
Phone: (206) 762-7207
Fax: (206) 971-5067

Pioneer Counseling Services

www.pioneerhumanservices.org
1100 Virginia Street, Ste. 210
Seattle, WA 98101
<http://goo.gl/maps/tW1zL>
Phone: (206) 470-3856
Fax: (206) 470-3857

SeaMar Behavioral Health

www.seamar.org
10001 17th Place South, Lower Level
Seattle, WA 98168
<http://goo.gl/maps/c7EWP>
Phone: (206) 766-6976
Fax: (206) 766-6993

Seattle Counseling Service

www.seattlecounseling.org
1216 Pine Street, Suite 300
Seattle, WA 98101
<http://goo.gl/maps/G5gdL>
Phone/TTY: (206) 323-1768
Fax: (206) 323-2184

Seattle Indian Health Board

www.sihb.org
611 12th Ave. S., Suite 200
Seattle, WA 98144
<http://goo.gl/maps/yY0SB>
Phone: (206) 324-9360
Fax: (206) 322-1393

Sound Mental Health

www.smh.org
To access services at SMH at any location:
Phone: (206) 302-2300
Video Phone: (206) 455-7929 (Deaf Services)
Toll Free: 1 (800) 828-1449
Email: info@smh.org

1600 East Olive Street
Seattle, WA 98122
<http://goo.gl/maps/0pchd>
Phone: 206-302-2200
Fax: (206) 302-2210
TTY: (206) 302-2209

9706 4th Avenue NE #303
Seattle, WA 98115
<http://goo.gl/maps/jZZIV>
Phone: (206) 302-2900
TTY: (206) 302-2209

Therapeutic Health Services

www.ths-wa.org
1305 Seneca St.
Seattle, WA 98101
<http://goo.gl/maps/OtcDK>
Phone: (206) 323-0934
Fax: (206) 323-0933

1116 Summit Ave.
Seattle, WA 98101
<http://goo.gl/maps/E0Krp>
Phone: (206) 323-0934
Fax: (206) 323-0933

16715 Aurora Ave N Suite 102
Shoreline, WA 98133
<http://goo.gl/maps/JMWCC>
Phone: (206) 546-9766
Fax: (206) 542-0326

1907 Martin Luther King Jr. Way S
Seattle, WA 98144
<https://goo.gl/maps/0AcJy>
Phone: (206) 322-7676

Therapeutic Health Services

5802 Rainier Ave. S
Seattle, WA 98118
<https://goo.gl/maps/oU5SS>
Phone: (206) 723-1980

Eastside

Asian Counseling and Referral Service

www.acrs.org
1420 156th Ave. NE Suite G
Bellevue, WA 98007
<http://goo.gl/maps/FtjZo>
For appointments or information, please call the
Seattle main office:
Phone: (206) 695-7600
TTY: (206) 695-7609

SeaMar Behavioral Health

www.seamar.org
12835 Bel-Red Road, Suite 145
Bellevue, WA 98005
<http://goo.gl/maps/e8kQa>
Phone: (425) 460-7114
Fax: (425) 460-7115

Raging River Recovery Center

www.snoqualmiation.com
1308 Boalch Ave NW
North Bend, WA 98045
<http://goo.gl/maps/OTvyp>
Phone: (425) 831.5425
Fax: (425) 831.5428

Sound Mental Health

www.smh.org
To access services at SMH at any location:
Phone: (206) 302-2300
Video Phone: (206) 455-7929 (Deaf Services)
Toll Free: 1 (800) 828-1449
Email: info@smh.org

14216 NE 21st Street
Bellevue, WA 98007
<http://goo.gl/maps/vAycs>
Phone: (425) 653-4900
Fax: (425) 653-4910

16225 NE 87th Street #A-6
Redmond, WA 98052
<http://goo.gl/maps/se7LZ>
Phone: (425) 869-6634 or (425) 653-4960
Fax: (425) 653-4961

Therapeutic Health Services

www.ths-wa.org
1412 140th Place N.E.
Bellevue, WA 98007
<http://goo.gl/maps/5Ok1M>
Phone: (425) 747-7892
Fax: (425) 747-8348

South King County

Cowlitz Tribal

<http://www.cowlitz.org>
15455 65th Ave. S
Tukwila, WA 98188
<https://goo.gl/maps/cHBRy>
Phone: (206) 721-5170
Fax: (206) 721-6288

Intercept Associates

www.interceptassociates.com
30620 Pacific Highway South, Suite 107
Federal Way, WA 98003
<http://goo.gl/maps/MQxrb>
Phone: (253) 941-7555
Fax: (253) 941-0652

Muckleshoot Behavioral Health

www.muckleshoot.nsn.us

17500 SE 392nd St.

Auburn, WA 98092

<http://goo.gl/maps/CfvZp>

Phone: (253) 804-8752

Fax: (253) 333-3615

NAVOS

www.navos.org

1033 SW 152nd Street

Burien, WA 98166

<http://goo.gl/maps/lwwPa>

Phone: (206) 242-1698

Fax: (203) 243-5321

SeaMar Behavioral Health

www.seamar.org

1601 W. Meeker Str., Suite 201

Kent, WA 98032

<http://goo.gl/maps/YN9co>

Phone: (206) 764-8019

Fax: (253) 480-2937

Sound Mental Health

www.smh.org

To access services at SMH at any location:

Phone: (206) 302-2300

Video Phone: (206) 455-7929 (Deaf Services)

Toll Free: 1 (800) 828-1449

4240 Auburn Way N

Auburn, WA 98002

<http://goo.gl/maps/G655g>

Phone: (253) 876-8900

Fax: (253) 876-8910

Email: info@smh.org

Sound Mental Health

4238 Auburn Way N.

Auburn, WA 98002

<http://goo.gl/maps/zFqW4>

Phone: (253) 876-7600

Fax: (253) 876-7610

6100 Southcenter Blvd.

Tukwila, WA 98188

<http://goo.gl/maps/21OVG>

Phone: (206) 444-7800

Fax: (206) 444-7810

Valley Cities Counseling and Consultation

www.valleycities.org

To schedule an assessment, please call our Access line at (253) 939-4055.

For general information call (253) 833-7444

TTY (800) 833-6384

2704 'I' Street NE

Auburn, WA 98002

<http://goo.gl/maps/ZHf4u>

33301 1st Way South, Suite C-115

Federal Way, WA 98003

<http://goo.gl/maps/CQIil>

325 West Gowe Street

Kent, WA 98032

<http://goo.gl/maps/VtLKM>

221 Wells Ave. S

Renton, WA 98057

<https://goo.gl/maps/3QCX7>

RESIDENTIAL DRUG DIVERSION COURT SERVICES

Note: The following programs have Adult Drug Diversion Court contracts with King County.

Pioneer Human Services (Female & Male, Long-term, Co-Occurring)

www.pioneerhumanservices.org

Co-Occurring Residential Program

119000 Beacon Ave S
Seattle, WA 98178

<https://goo.gl/maps/qki0I>

Phone: (253) 856-1825
Fax: (253) 856-2457

Seadrunar (Long-term, Recovery House)

www.seadrunar.org

10344 14th Ave. S.
Seattle, WA 98168

<http://goo.gl/maps/CTZud>

Phone: (206) 767-0244
Fax: (206) 767-5964

Pioneer Center North (Long-term)

24961 Thompson Drive
Sedro Woolley, WA 98294

<http://goo.gl/maps/ukWFm>

Phone: (360) 856-3186
Fax: (360) 856-3138

SeaMar Behavioral Health (Long-Term; Intensive Inpatient)

www.seamar.org

1415 Center Str.
Tacoma, WA 98409

<https://goo.gl/maps/NMLBq>

Phone: (253) 280 - 9860
Fax: (253) 280-9870

Seattle Indian Health Board (Long-term, Intensive Inpatient, Recovery House)

Thunderbird Treatment Center

www.sihb.org

9236 Renton Ave S
Seattle, WA 98118

<http://goo.gl/maps/JFwfn>

Phone: (206) 722-7152
Fax: (206) 722-0830

MEDICATION-ASSISTED TREATMENTS (MAT's)

Medications used to treat opioid dependence are prescription drugs used to manage addiction to natural and synthetic opioids (heroin, oxycodone, Percocet, etc.). The most common MAT's for opioid dependence are buprenorphine or buprenorphine/naloxone and methadone. Although they all control craving and withdrawal symptoms, they are dispensed very differently. At the moment, there is no way to predict who may do better on one medication versus another, so it is important that options exist within the treatment community.

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

Buprenorphine may also be dispensed by licensed clinics that also dispense methadone (see below).

Some Medical Assistance Benefit Service Package's will pay for limited treatment, as will some (but not many) insurance companies. To find a licensed physician visit [Buprenorphine physician and treatment program locator](#).

Methadone - Is dispensed six days a week only by licensed clinics; if someone has been on methadone for a while and is demonstrating increasing progress towards their recovery, they may earn the privilege to get "take home" doses. Methadone programs are very highly regulated by federal, state and local governments. Methadone treatment includes required counseling, random urine samples and medical monitoring in addition to the medication. *Note: outside a treatment setting, doctors may prescribe methadone to manage pain. They cannot prescribe methadone to treat opiate dependency.*

The answers to the following questions apply to **Evergreen Treatment Services (ETS), Therapeutic Health Services (THS), and the WCHS\Renton Clinic, WCHS, Inc. ONLY!**

How to 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. Eligibility requirements at a minimum include:

- **At least 18 years old** (parental/guardian permission required for anyone under the age of 18).
- **Confirmed physiological dependency on opiates.** The medical staff must verify physical dependence on opiates; this is often called the "medical intake". The first methadone dose will be given after the medical intake has been completed. *Note: pregnant women and incarcerated person entering treatment directly after release are given priority admission status.*
- **Photo ID** (does not need to be WA state-issued).

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

If a person has been in MAT before, a treatment agency may consider space availability and prior treatment experience before readmission. If money is still owed from previous treatment, the agency may require payment or negotiate a payment plan as a condition of re-entry. Similarly, prior discharge status and counselor recommendations at the time of discharge may be considered.

How much does methadone treatment cost? Methadone treatment typically costs about \$400-\$450 per month. The fees cover the cost of the daily methadone dose, counseling, medical assessment, medical monitoring, and random urinalyses. 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. There are several options for funding methadone:

PAYMENT OPTION #1 - Medical Assistance

Apple Health/Medicaid - Only certain Apple Health/Medicaid programs will pay for methadone treatment: Categorically Needy (CN) and Medically Needy (MN). By law, a person cannot self-pay for methadone if they have Apple Health.

Other Public Fund Sources – THS, ETS, and WCHS\The Renton Clinic, each receive a limited amount of federal and state funding for persons ineligible for Apple Health, Medical Assistance, or subsidized insurance, seeking methadone treatment.

PAYMENT OPTION #2 - Private Insurance

Washington Healthplanfinder is the designated marketplace for persons looking to enroll in subsidized private insurance, [Washington Healthplanfinder](#). Some insurance companies cover methadone treatment. Insurance benefits vary greatly depending on the type of coverage. If a person has insurance, do not assume it covers methadone treatment or a persons' 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. If private insurance is to be used, it is best to review one's benefits and call the company to verify coverage and to pre-authorize services is needed.

PAYMENT OPTION #3 – Needle Exchange

Another option for paying for methadone treatment is funding provided by the [Public Health Needle Exchange](#). Only City of Seattle residents are eligible and funding may only be used at [THS](#) and [ETS](#).

To see if you're eligible for this funding, call the Robert Clewis Center at (206) 477-8241.

PAYMENT OPTION #4 - Veterans Benefits

The [VA Puget Sound](#) operates a methadone program for opiate dependent veterans. Enrollment capacity is limited, but they do keep a waiting list. Call 206-764-2081 for more information.

PAYMENT OPTION #5 - Private Pay

Advanced payment may be required for those who pay out of pocket for methadone treatment. By law, a person cannot self-pay for methadone if they have Apple Health. To locate physician(s) and treatment program(s) authorized to treat opioid addiction, visit http://buprenorphine.samhsa.gov/bwns_locator/.

METHADONE CLINICS

Evergreen Treatment Services

www.evergreentreatment.org

1700 Airport Way S.

Seattle, WA 98134

<http://goo.gl/maps/0PjHH>

Phone: (206) 223-3644

Fax: (206) 223-1482

Therapeutic Health Services

www.ths-wa.org

1305 Seneca St.

Seattle, WA 98101

<http://goo.gl/maps/OtcDK>

Phone: (206) 323-0934

Fax: (206) 323-0933

WCHS\The Renton Clinic

www.rentonclinic.com

2838 Sunset Blvd

Renton, WA 98053

<https://goo.gl/maps/iHXvt>

Phone: (425) 687-7082

Fax: (425) 687-7352

1116 Summit Ave.

Seattle, WA 98101

<http://goo.gl/maps/E0Krp>

Phone: (206) 323-0934

Fax: (206) 323-0933

Therapeutic Health Services

16715 Aurora Ave N Suite 102

Shoreline, WA 98133
<http://goo.gl/maps/JMWCc>
Phone: (206) 546-9766
Fax: (206) 542-0326

1412 140th Place N.E.
Bellevue, WA 98007
<http://goo.gl/maps/5Ok1M>
Phone: (425) 747-7892
Fax: (425) 747-8348

Evergreen Treatment Services also operates a methadone van located in Burien at:

13409 Ambaum Blvd. SW
Burien, WA 98146
<https://goo.gl/maps/dJNOS>

TOBACCO TREATMENT

Tobacco treatment - More than 4,300 people die from heart disease, lung cancer, stroke, and diabetes every year in King County. Poor nutrition, lack of physical activity, tobacco use, and exposure to tobacco smoke are critical risk factors for these chronic diseases. People who most experience these risk factors tend to be low-income, people of color, and those living in south King County or south Seattle.

Persons with mental health and substance use disorder diagnoses consume 44% of all cigarettes in the U.S.¹ and spend approximately 27% of their income on tobacco². King County is addressing this inequity by providing education and resources to our contracted behavioral health care providers on the importance of incorporating tobacco treatment into clinical care.

King County is further supporting these efforts by changing policies that require implementing the five A's (Ask, Advise, Assess, Arrange, Assist)³ into outpatient treatment programs and providing services in a smoke-free environment. These policy changes will positively affect the health of 58,000 individuals annually.

These efforts align with other national behavioral healthcare organizations ([ATTUD](#)) ([DBHR](#)). And will help increase awareness of the need to address nicotine addiction among individuals with mental health diagnoses and substance use disorders. The results will be increased quit rates of some of the most disenfranchised people and decreased youth tobacco use initiation rates.

Over time, tobacco interventions will become a natural part of the treatment process and tobacco related chronic disease disparities will decrease improving the overall health of King County and assisting individuals in recovery, be tobacco free!

All county-funded treatment centers address tobacco use. Some treatment centers offer standalone treatment programs if more intensive tobacco services are needed. It's best to call the treatment facility directly to find out exactly. Below is a listing of tobacco treatment programs currently available.

TOBACCO TREATMENT PROGRAMS

Asian Counseling and Referral Services

*Must be admitted as an ACRS client. Apple Health preferred but not required.

www.acrs.org
3639 Martin Luther King Jr. Way S
Seattle, WA 98144
<http://goo.gl/maps/7yCZ2>

Phone: (206) 695-7600
(or (206) 774-2417 for office hours during inclement weather)
Fax: (206) 695-7606
TTY: (206) 695-7609

1420 156th Ave. NE Suite G (adjacent to Crossroads Mall)
Bellevue, WA 98007
<http://goo.gl/maps/FtjZo>
For appointments or information, please call the Seattle main office.

Community Psychiatric Clinic

*Must be admitted as a CPC client. 2 groups available: Smoker's Discussion Group and Preparing to Quit. Contact for funding options and locations.

www.cpcwa.org
11000 Lake City Way NE
Seattle, WA 98125
<http://goo.gl/maps/cydHK>
Phone: (206) 461-3614
Fax: (206) 634-3596

NAVOS – COD Program

*Must be admitted as a NAVOS client. Apple Health preferred but not required.

www.navos.org
600 SW Holden Street
Seattle, WA 98126
<http://goo.gl/maps/R7OWq>
Phone: (206) 933-7000
Fax: (206) 933-7014

SeaMar Community Health Centers

*Do not have to be admitted as a SeaMar client. No funding eligibility requirements. Services provided at the South Park and Burien campuses.

www.seamar.org
10001 17th Place South, Lower Level
Seattle, WA. 98168
<http://goo.gl/maps/c7EWP>
Phone: (206) 766-6976
Fax: (206) 766-6993

Auburn Valley YMCA, Accelerate Your Quit workshops - A free, three-hour workshop that provides techniques, support, and practical steps for quitting tobacco permanently. Participants will leave with a personalized Quit Plan ready to put into action. 1620 Perimeter Rd, Auburn WA 98001. For dates, times and registration: Heidi Henson, (253) 223.7538 or hhenson@seattleyymca.org

South Sound Free Support Groups All support groups and workshops are FREE and open to anyone interested in quitting, helping someone else to quit, or dealing with relapse. For locations, dates, and times, contact Heidi Henson, (253) 223.7538 or barefootheidi@mindspring.com.

Gay City Health Project Out-to-Quit - A FREE six-week smoking cessation workshop series for Lesbian, Gay, Bisexual, and Transgender (LGBT) folks who want to make a plan and stick to it, learn skills to handle stress, and get support in a queer environment! New groups are always starting! For more information or to register for Out-To-Quit, contact Lark Ballinger: (206) 388-1710 or lark@gaycity.org.

Nicotine Anonymous Support Group - Nicotine Anonymous is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the 12-Steps as adapted from Alcoholics Anonymous to achieve abstinence from nicotine. <https://www.nicotine-anonymous.org>.

Other Resources for Quitting Smoking and Tobacco

Tobacco QuitLine Services offers telephone-based counseling, print materials and nicotine replacement therapy for eligible callers. Call for information about eligibility. Translation services are available. Call 1(800) QUIT NOW or 1(800) 784-8669.

Asian Smoker's QuitLine telephone counseling services available in the following languages:

Chinese (Cantonese/Mandarin): 1(800) 838-8917
Korean: 1(800) 556-5564
Vietnamese: 1(800) 778-8440

Washington Recovery Helpline an anonymous and confidential help line that provides crisis intervention and referral services for Washington State residents. Professionally trained volunteers and staff are available to provide emotional support 24-hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health, as well as to other community services. Call (866) 789-1511 or visit www.warecoveryhelpline.org.

OTHER KING COUNTY PROGRAMS

Incarcerated Veteran Re-Entry Services is designed to assist eligible veterans who are currently in custody or recently released from county or city correctional facilities to reintegrate back into the community. The program can:

- Advocate with private attorneys or assigned counsel for reduced or alternative sentencing
- Access transitional housing and make referrals to local shelters
- Provide up to 90 days of needs-based individualized case management
- Provide referrals to partner agencies for vocational rehabilitation assessment and treatment for military sexual trauma, post-traumatic stress disorder, traumatic brain injury and mental health
- Defray transportation costs if transportation is a barrier in obtaining permanent housing, attending healthcare and addictions treatment, financial counseling and/or vocational rehabilitation appointments
- Provide work clothes and tools needed for employment

- Coordinate with the federal VA to verify or apply for healthcare, Disability Compensation and/or VA Pension
- Advocate with the Veterans Justice Outreach Coordinator to insure continuity of medical or mental health treatment upon release

Eligibility for Incarcerated Veteran Re-Entry Services:

- 181 days of active duty service before September 6, 1980, or 24 months of consecutive active duty service after September 6, 1980, or completion of first term of service
- No present charges or past convictions of felony “strike” crimes, including but not limited to arson and sex offenses

Contact Information:

Dixon T. McReynolds

Program Manager

Phone: (206) 643-6539

Fax: (206) 623-0200

E-mail: DixonM@dva.wa.gov

Transitional Recovery Program (TRP) at the Maleng Regional Justice Center, operated by Pioneer Human Services, is a WA State licensed and certified co-occurring disorders treatment program utilizing evidence-based treatment practices.

The TRP accepts referrals from King County Drug Diversion Court, King County Jail Health Services and King County Regional Mental Health Court (RMHC) only.

TRP Eligibility Criteria:

1. Adult male and female participants of Drug Diversion Court who are incarcerated in the King County Jail and who:
 - a. Are court-ordered to TRP and will serve 60 consecutive jail days;
 - b. Meet established classifications criteria approved by the King County Department of Adult and Juvenile Detention (DAJD);
 - c. Are assessed as chemically dependent or having a substance abuse problem that, if not treated, would result in addiction; and
 - d. Meet American Society of Addiction Medicine (ASAM) criteria for outpatient or intensive outpatient substance use disorder treatment.
2. Male and female participants (maximum of three) of Jail Health Services (JHS) who are incarcerated in the King County Jail and who:
 - a. Are aged 18 years or older;
 - b. Are court-ordered to TRP and will serve 60 consecutive jail days;
 - c. Meet established DAJD classifications criteria;
 - d. Are assessed as chemically dependent or having a substance abuse problem that, if not treated, would result in addiction; and

- e. Meet ASAM criteria for outpatient or intensive outpatient substance use disorder treatment.
3. Adult male and female participants (maximum of three) of RMHC who are incarcerated in the King County Jail and who:
 - a. Are court-ordered to TRP and will serve 60 consecutive jail days;
 - b. Meet established DAJD classifications criteria;
 - c. Are screened by JHS staff for medical and psychiatric housing needs, if requested by DAJD Classifications;
 - d. Are medically stable, including medications management; and
 - e. Meet ASAM criteria for outpatient or intensive outpatient substance use disorder treatment.
4. Adult male and female inmate-clients (maximum of four) of JHS Release Planners who are assessed as chemically dependent and who:
 - a. Will be incarcerated in the King County Jail for a minimum of 60 days as determined by the court;
 - b. Meet established DJAD classifications criteria;
 - c. Are amenable to substance use disorder treatment;
 - d. Are medically stable, including medications management; and
 - e. Meet ASAM Criteria for outpatient or intensive outpatient substance use disorder treatment.

Contact Information:

Dave Murphy
 Diversion and Reentry Services Director
 (206) 263-8954
 E-mail: dave.murphy@kingcounty.gov

Substance Use Disorder Treatment at the Community Center for Alternative Programs (CCAP) operated by Sound Mental Health provides both Intensive Outpatient (IOP) and phase two Outpatient (OP) treatment services for CCAP participants who are screened and assessed as having a substance use disorder and in need of treatment. Priority access is given to those participants who are court ordered to participate in substance use disorder treatment at CCAP.

CCAP Eligibility:

- Defendant-client must be court ordered to CCAP Enhanced
- Court ordered length of stay must be at least 20 service days (four weeks minimum)
- Participant must be screened and assessed as having a substance use disorder
- Participant must agree to sign a Release of Confidential Information to allow for ongoing case consultation amongst appropriate parties internal and external to CCAP

Services:

- All CCAP Enhanced participants are screened using the validated Global Appraisal of Individual Needs – Short Screener (GAIN-SS)
- All participants who are screened as having a potential substance use disorder, or co-occurring substance use and mental health disorders, are clinically assessed using the validated Global Appraisal of Individual Needs – Initial Lite (GAIN-I Lite) instrument
- IOP treatment services at CCAP meet or exceed WAC 388-877B requirements
- Phase two OP treatment services at CCAP exceed WAC 388-877B requirements

- Those participants who are assessed as needing intensive inpatient treatment services may be placed in a residential treatment program if approved by the court
- IOP and OP treatment services include group sessions, individual therapy, and case management
- Mental health services via the on-site “Health and Wellness” program
- Linkage to services including medical, dental and medications management
- Temporary housing may be provided if the participant is homeless and enrolled in IOP, OP, or mental health treatment services at CCAP or in the community
- Moral Reconciliation Therapy (MRT)

For more information contact:

King County contact: Dave Murphy at (206) 263-8954 or Dave.Murphy@kingcounty.gov.

SMH contacts: Milena Stott, Program Manager, at (206) 450-6190 or MilenaC@smh.org, or Khalfani Mwamba, Program Coordinator, at (206) 331-0624 or KhalfaniM@smh.org.

Group Care Enhancement

The purpose of the Group Care Enhancement (GCE) program is to provide certified Chemical Dependency Professionals (CDPs) to develop and provide chemical dependency/substance use disorder services to a host agency and to seamlessly integrate these services within the host sites overall program model and agency organization.

The goals of the GCE program are to deliver chemical dependency treatment and prevention services in the overall treatment culture of each host site facility. A certified SUD treatment facility provides clinical supervision for CDP’s who are primarily stationed off site to provide services.

The CDP provides any or all of the following treatment services based on the needs of the facility:

- Drug and Alcohol Education
- Screening/ Assessment
- Individual treatment
- Group treatment
- Conjoint Treatment

Examples of GCE host sites:

- Juvenile Justice Rehabilitation Administration Region 2 Parole Services
- King County Superior Court
- Orion Center
- Interagency School Seattle Public School District
- Griffin Home

Contact Information:

Margaret Soukup

Phone: (206) 263-8958

Fax: (206) 296-0583

E-mail: margaret.soukup@kingcounty.gov

Evidence-based Practices

An evidence-based practice (EBP) is one that has had enough scientific studies done to prove that the practice is helpful. King County encourages the use of EBPs. Ask your agency if the service you are interested in is provided. If the service isn't provided yet, ask how you might get involved in helping the agency to develop such a service or if another agency might already be using the EBP you are interested in.

Below is a list of some of the EBPs currently being used within the King County provider network¹. Providers contracted with King County may be using EBPs in addition to the ones listed below.

- **Global Appraisal of Individual Needs (GAIN) Assessment** – the GAIN family of instruments is appropriate for use with both adolescents and adults from a variety of populations in various levels of care. GAIN is the required substance use assessment tool for all youth and some adults.
- **Adolescent Community Reinforcement Approach (A-CRA)** – a behavioral intervention that seeks to replace environmental contingencies that have supported alcohol or drug use with pro-social activities and behaviors that support recovery. An outpatient program that targets youth 12 to 22 years old.
- **Moral Reconciliation Therapy (MRT)** – a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning.
- **Motivation Interviewing (MI)** – a collaborative, person-centered form of guiding to elicit and strengthen motivation for change. It is an empathic, supportive counseling style that supports the conditions for change. Practitioners are careful to avoid arguments and confrontation, which tend to increase a person's defensiveness and resistance. Appropriate for both youth and adults.
- **Seven Challenges** – a treatment curriculum designed to treat adolescents with drug and other behavioral problems. Rather than using pre-structured sessions, counselors and clients identify the most important issues at the moment to discuss.
- **Trauma Focused Cognitive Behavioral Therapy (TF-CBT)** – a psychosocial treatment model designed to treat posttraumatic stress and related emotional and behavioral problems in children and adolescents. Initially developed to address the psychological trauma associated with child sexual abuse, the model has been adapted for use with children who have a wide array of traumatic experiences, including domestic violence, traumatic loss, and the often multiple psychological traumas experienced by children prior to foster care placement.

¹ **Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP)** The National Registry of Evidence-based Programs and Practices (NREPP) is a searchable online registry of interventions that support mental health promotion, substance abuse prevention, and mental health and substance abuse treatment. Through NREPP, users can identify and learn more about interventions that may meet their needs. All interventions that are included in NREPP have been voluntarily submitted, have met a set of minimum requirements, and have been assessed by independent reviewers.

Washington State Screening, Brief Intervention and Referral to Treatment – Primary Care Integration (wasbirt•pci/SBIRT)

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Through King County's WASBIRT•PCI program, SBIRT substance use intervention services are being integrated into community-based primary care settings throughout King County. SBIRT consist of three major components:

Screening — a healthcare professional assesses a patient for risky substance use behaviors using standardized screening tools. Screening can occur in any healthcare setting.

Brief Intervention — a healthcare professional engages a patient showing risky substance use behaviors in a short conversation, providing feedback and advice.

Referral to Treatment — a healthcare professional provides a referral to brief therapy or additional treatment to patients who screen in need of additional services.

Next Day Assessments (NDA)

NDA are provided to SBIRT SUD clients who have been screened at the emergency department (ED) or primary care clinics (PCC) and a referral is made. If the individual who is seeking a NDA has not been screened at an ED or PCC contact one of these agencies and an NDA may be possible:

1. Auburn Youth Resources
2. Catholic Community Services
3. Center for Human Services
4. Friends Of Youth
5. New Traditions
6. Northshore Youth & Family Services
7. Seattle Counseling Services
8. Seattle Indian Health Board
9. Sound Mental Health

Pregnant, Postpartum Women and Parenting Persons (PPW)

PPW services are specialized services for women who are pregnant, women who are postpartum for up to one year after pregnancy, and women or men who are parenting children under the age of six, including those attempting to gain custody of children supervised by the Department of Social and Health Services, Division of Children and Family Services. PPW persons are considered a priority population for treatment admission. The following agencies serve PPW persons:

Center for Human Services

www.chs-nw.org
17018 15th Avenue NE
Shoreline, WA 98155
<http://goo.gl/maps/Yb1Nu>
Phone: (206) 362-7282
Fax: (206) 362-7152

New Traditions

<http://www.new-traditions.org/>
9045 16th Ave SW
Seattle, WA 98106
<https://goo.gl/maps/M2Lmi>
Phone: (206) 762-7207
Fax: (206) 971-5067

Evergreen Recovery Centers

<http://www.evergreenmanor.org/>
600N 130th Street
Seattle, WA 98133
<https://goo.gl/maps/FmImJ>
Phone: (206) 223-1300
Fax: (206) 223-1279

Therapeutic Health Services

www.ths-wa.org
1305 Seneca St.
Seattle, WA 98101
<http://goo.gl/maps/OtcDK>
Phone: (206) 323-0934
Fax: (206) 323-0933

Therapeutic Child Care

Therapeutic Child Care is the care and treatment of children of chemically dependent parents currently participating in substance abuse treatment. Services include the following elements:

- A developmental assessment using recognized, standardized instruments;
- Play therapy;
- Behavior modification;
- Individual counseling;
- Self-esteem building;
- Family intervention to modify parenting behavior and/or the child’s environment to eliminate/prevent the child’s dysfunctional behavior.

The following agencies provide therapeutic child care:

Childhaven

Broadway Branch
<https://childhaven.org/>
 316 Broadway
 Seattle, WA 98122
<https://goo.gl/maps/NZhj9>
 Phone: (206) 464-3923
 Fax: (206) 621-8374

Childhaven

Eli Creekmore Memorial Branch
 1035 SW 124th St.
 Seattle, WA 98146
<https://goo.gl/maps/alFuY>
 Phone: (206) 248-4903
 Fax: (206) 433-8566

Patrick L. Gogerty Branch
 1345 22nd St. NE
 Auburn, WA 98002
<https://goo.gl/maps/tyxAs>
 Phone: (253) 833-5908
 Fax: (253) 931-8981

YOUTH TREATMENT PROGRAMS

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.

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 Washington Recovery Help Line at 1(866)-789-1511 or visit [Washington Recovery Help Line](#).

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 statewide youth programs:

[Washington Recovery Helpline](#) 1(866) 789-1511

[Teenlink](#) 1(866) 833-6546

Chemical Dependency Treatment Options for Minors under Age 18: [A guide for Parents Youth Referral and Resource Guide](#)

WITHDRAWAL MANAGEMENT/CRISIS STABILIZATION

Withdrawal management/crisis stabilization provides a temporary, protective environment for at-risk or runaway youth. Withdrawal management/crisis stabilization is a short-term service. It does not provide treatment, but for many, it is a needed start. Since this level of care is not considered treatment, youth 13 and older may admit themselves to withdrawal management. A parent or guardian should be involved if at all possible. Foster care youth may not be admitted to withdrawal management sites that are mixed-age facilities. Youth under the age of 13 or over 17 may be served based on clinical need and availability of age-appropriate services.

Services are available to youth between the ages of 13-20 who are experiencing:

- harmful effects of intoxication and/or withdrawal from alcohol or 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. Withdrawal management may be needed to make an accurate assessment of treatment needs.

Can a youth refuse withdrawal management services? Withdrawal management 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.

For information regarding youth withdrawal management services contact:

Lakeside Milam
12854 Ambaum Blvd SW
Burien, WA 98146
425-823-3116

INPATIENT

Parental consent for inpatient treatment is required for anyone under the age of 13. 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 Department of Social and Health Services (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.

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 children after all other reasonable efforts have been made. An ARY 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 themselves or another person; or
- has a substance use problem for which there are no pending criminal charges

Only a parent, custodian, or guardian can file an ARY. DSHS will help with submitting 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 regular school attendance, counseling, or participation in outpatient substance use programs. The ARY process often helps families resolve conflict and facilitates participation in needed services, including substance use treatment.

For more information visit [At-Risk Youth](#).

Recovery High Schools

Recovery High Schools are specifically designed for students recovering from a SUD. Recovery schools provide academic services while supporting students in recovery, in a recovery-oriented environment and school climate that is prepared through policies and protocols to address the unique needs of its students through therapeutic interventions. Recovery High Schools is not a replacement to treatment, but another support for students to stay sober while attending school.

The goal of this program is to provide an educational environment that reduces substance use, mental health symptoms, and other problems that can cause students in recovery from succeeding academically and graduating from high school. Recovery High Schools meet state requirements for awarding secondary school diplomas.

At this time there are two recovery high school's currently open: [Kent Phoenix Academy](#) and [Seattle Interagency](#). Both provide chemical dependency counselors and at Kent Phoenix Academy there is a mental health counselor on site.

OUTPATIENT

Outpatient agencies provide SUD assessments and treatment for youth ages 10 – 20. They 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.

Youth 13 or older may request outpatient services without parental consent (RCW 70.96A.095). If the youth gives written consent or the agency determines that the youth is not capable of making a rational choice to receive treatment, the agency will inform the parent(s) or guardian(s) that the minor is receiving services.

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

Can a youth refuse outpatient services? A parent or guardian 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 should make every effort to negotiate a resolution.

OUTPATIENT PROGRAMS

Seattle & North King County

Asian Counseling and Referral Service

www.acrs.org

3639 Martin Luther King Jr. Way S
Seattle, WA 98144

<http://goo.gl/maps/7yCZ2>

Phone: (206) 695-7600

(or (206) 774-2417 for office hours during inclement weather)

Fax: (206) 695-7606

TTY: (206) 695-7609

Center for Human Services

www.chs-nw.org

17018 15th Avenue NE
Shoreline, WA 98155

<http://goo.gl/maps/Yb1Nu>

Phone: (206) 362-7282

Fax: (206) 362-7152

18414 – 103rd Ave NE

Bothell, WA 98011

<http://goo.gl/maps/nZqEr>

Phone: (425) 205-2004

Fax: (206) 631-8981

Consejo Counseling and Referral Services

www.consejo-wa.org

3808 S Angeline Street
Seattle, WA 98118

<http://goo.gl/maps/vuBST>

Phone: (206) 461-4880

Fax: (206) 461-6989

TTY: (206) 725-7135

8615 14th Avenue South

Seattle, WA 98108

<http://goo.gl/maps/j4Hzm>

Phone: (206) 461.4880

Fax: (206) 461.6989

Integrative Counseling Services

www.icswa.com

701 North 36th Street, Suite 300
Seattle, WA 98103

<http://goo.gl/maps/sIV7P>

Phone: (206) 216-5000

Fax: (206) 216-5002

TDD: (800) 833-6384

Northshore Youth and Family Services

<http://www.seattlefoundation.org/npos/Pages/NorthshoreYouthandFamilyServices.aspx>

10309 NE 185th St

Bothell, WA 98011

<https://goo.gl/maps/L9Dt0>

Phone: (425) 6541

Seattle Counseling Service

www.seattlecounseling.org

1216 Pine Street, Suite 300
Seattle, WA 98101

<http://goo.gl/maps/G5gdL>

Phone/TTY: (206) 323-1768

Fax: (206) 323-2184

Sound Mental Health

www.smh.org

To access services at SMH at any location:

Phone: (206) 302-2300

Video Phone: (206) 455-7929 (Deaf Services)

Toll Free: 1 (800) 828-1449

Email: info@smh.org

Sound Mental Health

www.smh.org

1600 East Olive Street

Seattle, WA 98122
<http://goo.gl/maps/0pchd>
Phone: (206) 302-2200
Fax: (206) 302-2210
TTY: (206) 302-2209

Therapeutic Health Services

www.ths-wa.org
1901 Martin Luther King Jr. Way S
Seattle, WA 98144

Friends of Youth

<http://www.friendsofyouth.org/>
414 Front Str. N.
Issaquah, WA 98027
<http://goo.gl/maps/QTnAQ>
Phone: (425) 392-6367

Raging River Recovery Center

www.snoqualmiation.com
1308 Boalch Ave NW
North Bend, WA 98045
<http://goo.gl/maps/OTvyp>
Phone: (425) 831.5425
Fax: (425) 831.5428

SeaMar Behavioral Health

www.seamar.org
12835 Bel-Red Road, Suite 145
Bellevue, WA 98005
<http://goo.gl/maps/e8kQa>
Phone: (425) 460-7114
Fax: (425) 460-7115

Auburn Youth Resources

<http://www.ayr4kids.org/index.html>
936 Auburn Way S.
Auburn, WA 98002
<http://goo.gl/maps/pqKBo>
Phone: (253) 939-6946

Kent Youth and Family Services

<http://www.kyfs.org/>
232 2nd Ave. S., Suite 201
Kent, WA 98032

<http://goo.gl/maps/ZbQtA>
Phone: (206) 322-7676

WAPI Community Services

<http://www.wapiseattle.org>
3722 S. Hudson Street
Seattle, WA 98118
<http://goo.gl/maps/Jm46Q>
Phone: (206) 223-9578
Fax: (206) 838-1851

Eastside

Sound Mental Health

www.smh.org
To access services at SMH at any location:
Phone: (206) 302-2300
Video Phone: (206) 455-7929 (Deaf Services)
Toll Free: 1 (800) 828-1449
Email: info@smh.org

14216 NE 21st Street
Bellevue, WA 98007
<http://goo.gl/maps/vAycs>
Phone: (425) 653-4900
Fax: (425) 653-4910

Youth Eastside Services

<http://www.youtheastideservices.org/>
999 164th Avenue NE
Bellevue, WA 98008
<http://goo.gl/maps/BQFLf>
Phone: (425) 747-4937
Fax: (425) 957-0351

South King County

<http://goo.gl/maps/18VWq>
Phone: (253) 859-0300
Fax: (253) 859-0745

Muckleshoot Behavioral Health

www.muckleshoot.nsn.us
17500 SE 392nd St.
Auburn, WA 98092
<http://goo.gl/maps/CfvZp>
Phone: (253) 804-8752
Fax: (253) 333-3615

NAVOS

www.navos.org
1033 SW 152nd Street
Burien, WA 98166
<http://goo.gl/maps/IwwPa>
Phone: (206) 242-1698
Fax: (206) 243-5321

Renton Area Youth Services

<http://www.rays.org/>
1025 South 3rd Street
Renton, WA 98057
<http://goo.gl/maps/etp0J>
Phone: (425)271-5600
Fax: (425) 227-8926

SeaMar Behavioral Health

www.seamar.org
1601 W. Meeker Str., Suite201
Kent, WA 98032
<http://goo.gl/maps/YN9co>

Therapeutic Health Services

www.ths-wa.org
24823 Pacific Highway S., Suite 103
Kent, WA 98032
<http://goo.gl/maps/Whuov>
Phone: (253) 681-0010

Phone: (206) 764-8019
Fax: (253) 480-2937

Sound Mental Health

www.smh.org
To access services at SMH at any location:
Video Phone: (206) 455-7929 (Deaf Services)
Phone: (206) 302-2300
Toll Free: 1 (800) 828-1449
Email: info@smh.org

Sound Mental Health

4240 Auburn Way N
Auburn, WA 98002
<https://goo.gl/maps/4ipRM>
Phone: (253) 876-8900
Fax: (253) 876-8910

4238 Auburn Way N
Auburn, WA 98002
<http://goo.gl/maps/zFqW4>
Phone: (253)876-7600
Fax: (253) 876-7610

6100 Southcenter Blvd.
Tukwila, WA 98188
<http://goo.gl/maps/21OVG>
Phone: (206) 444-7800
Fax: (206) 444-7810

THERAPEUTIC/DRUG COURTS

The King County court system has designed special courts to help defendants with drug and alcohol diagnoses 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).

Adult Drug Court

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

Drug court has four “phases”. Participants must complete each phase 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.

For more information and eligibility conditions contact King County Drug Diversion Court Services at (206) 477-0788 or visit [Adult Drug Court](#).

Who provides treatment? Drug court contracts with several agencies throughout King County and Washington State to provide outpatient, inpatient, and medication-assisted treatment.

Can defendants go to a treatment program that isn’t a drug court provider? Yes, if you are willing to pay for treatment, the agency is accredited through DBHR, and agrees to follow drug court policies and procedures for treatment.

How much does it cost? Drug court pays for treatment if it is provided by a contracted agency and the defendant qualifies as low-income or indigent. All defendants must complete 24 hours of community service before graduation from the program.

What happens if a defendant is struggling in the program? If someone is not complying with drug court requirements they may, among other things, be required to do community service hours, attend drug court to observe, or do jail time. They may also restart their current phase until they have achieved compliance for a designated period of time. If a participant does not come to court when required, the court may issue a “failure to appear” warrant for arrest. If a participant is not in compliance with drug court requirements, they may be required to restart their current phase until they have achieved compliance for a designated period of time. If outpatient treatment does not meet their needs, they 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, they 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 urinalysis, 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 completed 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) 205-3364 or visit [Juvenile Drug Court](#).

Family Treatment Court (FTC)

Unlike drug court, participants in FTC 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.

For more information call (206) 205-9340 or visit [Family Treatment Court](#).

What do FTC services cost? There are no costs to participate but there may be a charge for treatment based on income and funding source.

Regional Veterans Court

Regional Veterans Court serves veterans and the public by addressing the underlying issues that have resulted in a veteran being referred to the criminal justice system. Additionally, it provides a courtroom environment that is supportive and respectful of the veteran and the victim, as well as conducive to reaching a successful outcome in every case. The Regional Veterans Court strives to increase public safety through a collaborative, team-based approach that includes the veteran and that incorporates individualized treatment plans, close monitoring, and creative approaches to resolve difficult issues.

Eligibility for Regional Veterans Court:

- Criminal charges originating in King County
- Individual currently meets diagnostic criteria for Post-Traumatic Stress Disorder or a severe and persistent mental illness
- Individual demonstrates a willingness and ability to engage in treatment and probation and abide by court conditions

For more information call (206) 477-1671 or (206) 477-1692 or visit [Regional Veterans Court](#).

Regional Mental Health Court

The Mental Health Court represents an effort to increase effective cooperation between two systems - the mental health treatment system and the criminal justice system. Mental Health Court offers misdemeanor defendants with mental illnesses a single point of contact with the court system. The defendant will work with their dedicated team including judge, prosecutor, defender, treatment court liaison, and probation officers.

Defendants may be referred to the Mental Health Court from a variety of different sources. In-custody defendants are often referred by jail psychiatric staff who have screened for mental health issues. Defendants may also be referred for consideration by police, attorneys, family members, or probation officers. A defendant may be referred by another District Court at any point during regular legal proceedings if the judge feels the defendant could be better served by the Mental Health Court. In addition, Mental Health Court handles all cases in which competency is an issue for the District Courts.

For more information call (206) 205-2820 or visit [Regional Mental Health Court](#).

MEDICAL AND DENTAL CARE

Good health is essential for a happy, productive life. On March 23, 2010, President Obama signed into law a bill - [Affordable Care Act \(ACA\)](#) to bring unprecedented health care reform to Americans. Under the ACA,

health reform will make health care more affordable, guarantee choices when purchasing health insurance, expand health coverage to more Americans and enhance the quality of care received.

Effective January 1, 2014, Apple Health was expanded to include individuals between the ages of 19 up to 65 (parents, and adults without dependent children) with incomes up to 138% FPL based on modified adjusted gross income.

Washington Healthplanfinder is the designated marketplace for persons looking to enroll in Apple Health and subsidized private insurance, [Washington Healthplanfinder](#). The [Washington State Health Care Authority](#) oversees Apple Health.

King County provides a wealth of free & low cost health care. Some of these clinics are managed by Public Health. For a listing of locations and services visit, [Public Health Centers](#).

Besides Public Health clinics, there are also a large number of community clinics that offer low cost health care throughout King County. Visit [Community Health Centers](#) to find a location near you.

The Public Health [Access & Outreach](#) program works to ensure that the most vulnerable in King County have access to essential services by achieving system wide changes that improve access to health care. The program also provides application assistance to the most vulnerable in King County at various outreach locations. Some of the information they have available includes health services for minority populations, food assistance, phone & web assistance programs, and other community services such as vision care, healthcare for the homeless, and energy assistance. For more information or to get assistance contact the [Community Health Access Program](#) at 1(800) 756-5437 or email CHAP@kingcounty.gov.

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