

COMMUNITY MENTAL HEALTH AGENCIES	POPULATION SERVED	OFFICE LOCATION(S)
ASIAN COUNSELING AND REFERRAL SERVICE 206-695-7511 www.acrs.org	<ul style="list-style-type: none"> <li>Asian/Pacific Islander</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Rainier Valley (Serves individuals from across King County)</li> </ul>
ATLANTIC STREET CENTER 206-329-2050 www.atlanticstreet.org	<ul style="list-style-type: none"> <li>Children and families</li> </ul>	<ul style="list-style-type: none"> <li>Central District</li> </ul>
CATHOLIC COMMUNITY SERVICES 206-498-0810      253-850-2500 www.ccsww.org	<ul style="list-style-type: none"> <li>Children and families</li> </ul>	<ul style="list-style-type: none"> <li>Seattle</li> <li>Kent</li> </ul>
COMMUNITY HOUSE MENTAL HEALTH 206-322-2387 chmha.org	<ul style="list-style-type: none"> <li>Adults</li> </ul>	<ul style="list-style-type: none"> <li>Capitol Hill</li> </ul>
COMMUNITY PSYCHIATRIC CLINIC 206-545-2354      206-461-3614 www.cpcwa.org	<ul style="list-style-type: none"> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Belltown</li> <li>Lake City Way</li> <li>Wallingford</li> <li>First Hill</li> <li>Northgate</li> </ul>
CONSEJO COUNSELING AND REFERRAL SERVICE 206-461-4880 www.consejocounseling.org	<ul style="list-style-type: none"> <li>Primarily Hispanic/Latino</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Bellevue</li> <li>Lake City Way</li> <li>Kent</li> <li>Rainier</li> </ul>
DOWNTOWN EMERGENCY SERVICE CENTER 206-464-6454 www.desc.org	<ul style="list-style-type: none"> <li>Adults</li> </ul>	<ul style="list-style-type: none"> <li>Belltown</li> <li>Pioneer Square</li> </ul>
EVERGREEN HEALTHCARE 425-899-6300 www.evergreenhealthcare.org	<ul style="list-style-type: none"> <li>Older adults</li> <li>Medically complex adults and older adults</li> </ul>	<ul style="list-style-type: none"> <li>Home-based services provided throughout King County</li> </ul>
HARBORVIEW MENTAL HEALTH SERVICES 206-744-9600 http://uwmedicine.washington.edu/Patient-Care/Our-Services/Find-a-Clinic/Pages/clinic.aspx?clinicid=4715	<ul style="list-style-type: none"> <li>Adults</li> <li>Older adults</li> </ul>	<ul style="list-style-type: none"> <li>First Hill</li> </ul>
NAVOS 206-248-8226 www.navos.org	<ul style="list-style-type: none"> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Burien</li> <li>West Seattle</li> </ul>
PIONEER COUNSELING SERVICES 206-470-3856 www.pioneerhumanservices.org	<ul style="list-style-type: none"> <li>Adults</li> <li>Co-occurring disorders or criminal histories</li> </ul>	<ul style="list-style-type: none"> <li>Seattle Denny Corridor</li> </ul>
RYTHER 206-517-0234 www.ryther.org	<ul style="list-style-type: none"> <li>Children and families</li> </ul>	<ul style="list-style-type: none"> <li>Meadowbrook / Wedgwood / Maple Leaf</li> </ul>
SEA MAR COMMUNITY HEALTH CENTERS 206-764-4700 www.seamarchc.org	<ul style="list-style-type: none"> <li>Primarily Hispanic/Latino</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>South Park</li> <li>Bellevue</li> </ul>
SEATTLE CHILDREN'S 206-987-2164 www.seattlechildrens.org	<ul style="list-style-type: none"> <li>Children and families</li> </ul>	<ul style="list-style-type: none"> <li>Main Hospital Campus</li> <li>Bellevue</li> <li>Central District</li> </ul>
SEATTLE COUNSELING SERVICE 206-323-1768 www.seattlecounseling.org	<ul style="list-style-type: none"> <li>Primarily sexual minorities</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Capitol Hill</li> </ul>
SOUND MENTAL HEALTH 206-302-2300      206-455-7929 (Deaf services video phone) www.smh.org	<ul style="list-style-type: none"> <li>All age groups</li> <li>Deaf and Hard of Hearing</li> <li>Developmentally Disabled</li> </ul>	<ul style="list-style-type: none"> <li>Auburn/Kent</li> <li>North Seattle</li> <li>Seattle</li> <li>Seattle Madison</li> <li>Redmond</li> <li>Tukwila</li> </ul>
THERAPEUTIC HEALTH SERVICES 206-322-7676 (Children & Families)      206-723-1980 (Adults) ths-wa.org	<ul style="list-style-type: none"> <li>Primarily African American</li> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>(Children/Families):</li> <li>Central District</li> <li>(Adults):</li> <li>Capitol Hill</li> <li>Eastside</li> <li>North Seattle</li> <li>Rainier Valley</li> </ul>
VALLEY CITIES COUNSELING AND CONSULTATION 253-939-4055 www.valleycities.org	<ul style="list-style-type: none"> <li>All age groups</li> </ul>	<ul style="list-style-type: none"> <li>Auburn</li> <li>Kent</li> <li>South King County</li> <li>Federal Way</li> <li>Renton</li> </ul>
YOUNG MEN'S CHRISTIAN ASSOCIATION OF GREATER SEATTLE 206-382-5340 www.yfamilyservices.org	<ul style="list-style-type: none"> <li>Primarily children and families</li> </ul>	<ul style="list-style-type: none"> <li>Central District</li> </ul>

## RECOVERY FOCUSED SERVICES

King County RSN is committed to ensuring services promote and support a person's mental health recovery.

*Mental health recovery is a journey of healing and transformation, enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.*

— National Consensus Statement on Mental Health Recovery

Recovery principles for services include:

- Services developed in partnership with the person to meet his or her needs.
- Planning that builds on the person's strengths and addresses the person's goals.
- Reducing symptoms and/or teaching ways to cope with symptoms.
- Helping to build the life the person wants in the community, including work, education, recreation, health, spirituality, family, and friends.
- Hope, respect, and mutual responsibility.

## RESOURCES

### King County Recovery Webpage

- <http://www.kingcounty.gov/healthservices/MentalHealth/Recovery.aspx>

### National Alliance on Mental Illness (NAMI)

- NAMI Greater Seattle
  - <http://www.nami-greaterseattle.org/>
- NAMI South King County
  - <http://www.nami.org/sites/NAMISouthKingCounty>
- NAMI Eastside
  - <http://www.nami-eastside.org/>



KCRSN Brochure, Rev 1/13 – English



**King County**

**King County  
Regional Support Network (RSN)**

*A Division of the King County  
Department of Community and Human Services*

# PUBLIC MENTAL HEALTH SERVICES IN KING COUNTY

24-HOUR CRISIS LINE

206-461-3222

Toll Free 1-866-4-CRISIS (427-4747)

TTY 206-461-3219

CLIENT SERVICES (Mon-Fri, 8 am-5 pm)

206-263-8997

Toll Free 1-800-790-8049

TTY 206-205-0569

MENTAL HEALTH OMBUDS

206-205-5329

Toll Free 1-800-790-8049, #3

ADMINISTRATIVE OFFICES

401 Fifth Avenue, Suite 400

Seattle, WA 98104

206-263-9000

TTY 206-205-0569

<http://www.kingcounty.gov/healthservices/MentalHealth.aspx>

## **WHO IS ELIGIBLE TO RECEIVE PUBLIC MENTAL HEALTH SERVICES?**

- Anyone in crisis may receive crisis services regardless of ability to pay
- Outpatient and inpatient services that are medically necessary are available for King County residents who:
  - Qualify for Medicaid
  - Do not have Medicaid, but who meet financial and clinical eligibility criteria

## **CRISIS SERVICES**

### *Crisis Line (24 hour)*

Immediate counseling, information, outreach, or referral to other resources.

Voice: **206-461-3222**

Toll Free: **866-427-4747 (866-4CRISIS)**

TTY: **206-461-3219**

People receiving services from a community mental health agency who are in need of crisis services should contact that agency.

## **INPATIENT PSYCHIATRIC SERVICES**

- *Voluntary hospital* admissions must be preauthorized. To request this level of service:
  - Current clients should contact their community mental health agency
  - All other individuals should:
    - Contact their primary care physician,
    - Call the Crisis Line, or
    - Go to the emergency room.
- Evaluations for *involuntary psychiatric hospitalization* are made by Designated Mental Health Professionals. Call the Crisis Line to request this type of evaluation if someone is a danger to self or others due to a mental illness.

## **OUTPATIENT SERVICES**

Contact one of the community mental health agencies listed in this brochure to request an appointment. The agency will conduct an assessment to determine if medical necessity and financial criteria are met. If they are, services will be authorized by King County RSN. If not, referrals to other community resources will be made according to need.

### *Outpatient Services Available*

- Brief intervention treatment
- Crisis and stabilization services
- Day support
- Freestanding evaluation and treatment facility services
- Individual, family, and group treatment
- Intake evaluation
- Intensive outpatient treatment
- Medication management
- Medication monitoring
- Mental health clubhouse
- Mental health services while in a residential setting
- Peer support services
- Psychological assessment
- Rehabilitation case management
- Respite care
- Special population evaluation
- Supported employment
- Post-hospital stabilization
- Culturally and age appropriate services
- Hearing and language interpretation services

### *Services that are not covered*

- Non-emergency, non-Medicaid transportation
- Non-psychiatric prescription medication
- Services from mental health agencies not listed in this brochure unless authorized by King County RSN

### *Practice Guidelines*

- Mental health practice guidelines may be requested by calling 206-263-9000.

## **CHOICE OF MENTAL HEALTH WORKER OR AGENCY**

Individuals authorized for mental health services have the right to:

- Choose a mental health worker from those available at their mental health agency; if none is selected, one will be assigned.
- Change their mental health worker or mental health agency within the first 90 days of starting services or once-a-year after that for any reason.

## **SECOND OPINIONS**

Individuals who:

- Have had an intake appointment but were told they were not eligible to receive services, or
- Believe they need different services than are being offered,

Have the right to request the agency provide a second opinion at no cost.

## **ADVANCE DIRECTIVES**

A mental health advance directive (MHAD) is a written document that describes a person's directions and preferences for treatment and care during times when they are having difficulty communicating and making decisions. It can inform others about what treatment a person wants or doesn't want, and it can identify someone called an 'agent' who can be trusted to make decisions and act on the person's behalf.

Individuals have a right to execute a MHAD and will be provided information on how to do so by their mental health agency.

Complaints concerning noncompliance with a MHAD may be filed with King County RSN Client Services, the Ombuds, or the state Department of Health at 1-360-236-2620.

## **CLIENT SERVICES**

Client Services, a service of King County RSN, provides:

- Client Rights information.
- Referrals for mental health services.
- Mental health benefits, eligibility, and access to care information.
- Options for advocacy in complaint, grievance, appeals, and fair hearing procedures.

## **MENTAL HEALTH OMBUDS**

The Ombuds service:

- Is for individuals who receive publicly funded mental health services who feel their rights have been violated or they are not receiving adequate services.
- Helps individuals with solving problems, complaints, grievances, appeals, and fair hearings.
- Works to obtain a resolution that meets the individual's needs and at the lowest possible level.
- Is an agency that is independent of King County RSN.

Services are confidential, free, and protect a person from retaliation of any kind.

## **PRIVACY AND CONFIDENTIALITY**

- The privacy of individuals receiving mental health services is protected by law.
- All information about an individual's mental health issues and treatment is confidential and will not be shared except as allowed by law.

## **AGE, CULTURAL, DISABILITY, AND LINGUISTIC APPROPRIATE SERVICES**

- Services provided are appropriate to an individual's age, culture, and disability.
- Interpreters are available in a person's primary language free of charge.