

## COUNSELING REFERRALS

PRACTICES		
Name of Practice	Accepted Insurance	Overview & Link to Access
ABCD Inc.	Regence, Uniform Medical Plan, Premera, and LifeWise	<p>ABCD is a multidisciplinary group practice that works with children, adolescents, and families. ABCD provides two main services:</p> <ol style="list-style-type: none"> <li>1) Psychiatric and psychological services (includes social, emotional, behavioral evaluations and testing, diagnostic conclusions, treatment recommendations, psychotherapy, parent training, and group therapy)</li> <li>2) Psychoeducational evaluations and education assessments</li> </ol> <p>Website: <a href="http://abcdseattle.com/">http://abcdseattle.com/</a></p>
Arboretum Psychological Services	call	<p>Arboretum Psychological Services is an association of independently practicing psychologists who work with children and teens. Arboretum Psychological Services provides two key services:</p> <ol style="list-style-type: none"> <li>1) Psychotherapy to treat a range of disorders and concerns</li> <li>2) Comprehensive psychological assessments and learning evaluations</li> </ol> <p>Website: <a href="https://www.arboretumpsych.com/home">https://www.arboretumpsych.com/home</a></p>
Brooks Powers Group	call	<p>The Brooks Powers Group provides a variety of treatment options to meet a wide range of needs. Their key services for children and families include:</p> <ol style="list-style-type: none"> <li>1) Family therapy, parent coaching, and behavior support</li> <li>2) Individual therapy</li> <li>3) Group therapy through social skills groups</li> <li>4) Evaluations and assessments</li> </ol> <p>Website: <a href="http://brookspowers.com/for-families/">http://brookspowers.com/for-families/</a></p>
Child & Adolescent Psychological Services of Seattle	Majority of the CAPSS providers are not in-network with any insurance providers	<p>CAPSS is made up of a group of independently practicing psychologists who work with children, adolescents, and young adults coping with a wide range of disorders and concerns. Their key services include:</p> <ol style="list-style-type: none"> <li>1) Comprehensive psychological assessments</li> <li>2) Individual therapy</li> </ol> <p>Website: <a href="https://www.capsseattle.com/">https://www.capsseattle.com/</a></p>
Child and Family Mental Health Program of Catholic Community Services of Western Washington	Medicaid, call	<p>Child and Family Mental Health Program of Catholic Community Services of Western Washington (CCSWW) provides counseling services for children and their families. CCSWW offers two key programs:</p> <ol style="list-style-type: none"> <li>1) Mental health counseling</li> <li>2) The Incredible Years parenting curriculum (free for parents of children ages 2-8. Class meets once-a-week for 18 weeks and covers subjects such as emotional regulation and social success)</li> </ol> <p>Website: <a href="https://ccsww.org/get-help/child-youth-family-services/family-behavioral-health/child-and-family-mental-health/">https://ccsww.org/get-help/child-youth-family-services/family-behavioral-health/child-and-family-mental-health/</a></p>
Child and Teen Solutions	Not in-network with any insurance providers	<p>Child and Teen Solutions is an association of independently practicing psychologists who work with children, teens, and parents. Their key services include:</p> <ol style="list-style-type: none"> <li>1) Individual therapy</li> <li>2) Education and psychological evaluations</li> <li>3) Parent consultation</li> </ol> <p>Website: <a href="https://www.childandteensolutions.com/">https://www.childandteensolutions.com/</a></p>

Evidence Based Treatment Centers of Seattle	Regence, Premera	The Evidence Based Treatment Centers of Seattle is a network of several specialty mental health centers. Their key service offered for children includes: 1) Child anxiety treatment (while also treating associated problems including ADHD, depression, enuresis/encopresis, oppositional behavior, and behavior problems) Website: <a href="https://ebtseattle.com/child-anxiety/">https://ebtseattle.com/child-anxiety/</a>
Hallowell Todaro ADHD Center	Not in-network with any insurance providers	The Hallowell Todaro Center uses a multidisciplinary approach to offer the following services: 1) Therapy (modalities include: individual, couples, and family therapy. Therapists treat a wide range of conditions, not limited to ADHD) 2) ADHD coaching (ADHD support for kids, teens, and adults) 3) ADHD medication management (including prescribing and managing ADHD medication when necessary) 4) Cognitive and academic assessments Website: <a href="https://hallowelltodaro.com/">https://hallowelltodaro.com/</a>
Holistic Child & Family	Cigna, Aetna, First Choice Health, Kaiser Permanente, Optum Health, Premera, and Regence	Holistic Child & Family works with children and adults on a wide range of issues. They offer the following three types of services: 1) Individual therapy 2) Couple & family therapy 3) Sensory integration therapy Website: <a href="https://www.holisticchildandfamily.org/">https://www.holisticchildandfamily.org/</a>
Ryther	Ryther accepts a wide variety of insurance providers. Call to inquire	Ryther provides a wide range of services including inpatient and outpatient care for children and teens with anxiety, depression, ADHD, self-harm, trauma, autism. Key programs include: 1) Outpatient mental health services 2) Applied Behavior Analysis (ABA) 3) Social skills support for children with Autism, ADHD, and other learning disabilities Website: <a href="https://www.ryther.org/services">https://www.ryther.org/services</a>
Seattle Children's Hospital Psychiatry and Behavioral Medicine Outpatient Clinic	call	Provides evaluation and short-term care through these programs: 1) Autism Center (for children ages 15 months to 21 years) 2) Behavioral Health Crisis Care Clinic (for children and teens who are having a suicidal crisis) 3) Early Childhood Clinic (for children ages 5 and under who have behavior issues, anxiety, or sleep problems) 4) Eating Disorder Intensive Outpatient Program (for children 10-17 who have a diagnosed eating disorder) 5) Mood and Anxiety Program (for children 6-18) 6) Program to Enhance Attention, Regulation, and Learning for ADHD (for children 5-18 who have attention, learning, or behavior problems) Website: <a href="https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/">https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/</a>
Seattle Play Therapy	Aetna, First Choice Health, Kaiser Permanente, LifeWise, Premera Blue Cross	Seattle Play Therapy provides therapeutic services for children and families that are experiencing emotional, social, and behavioral challenges. Seattle Play Therapy works with children ages 2-20 and provides the following services: 1) Child and adolescent therapy 2) Family play therapy and parent coaching 3) Child parent relationship therapy Website: <a href="https://seattleplaytherapy.com/services/">https://seattleplaytherapy.com/services/</a>

Seattle Psychology	call	Seattle Psychology is an interdisciplinary multi-specialty suite of independent providers working with children and teens. Some of their main services include: 1) Individual therapy 2) Family therapy and parent coaching 3) Psychological assessments Website: <a href="https://www.seattlepsychology.com/">https://www.seattlepsychology.com/</a>
Sound Mental Health	call	Sound is one of King County's most comprehensive providers of mental health services. Sound works with children of all ages. Some of their services for children and families include: 1) Comprehensive mental health assessments 2) Individual and group therapy 3) Family therapy and parenting support 4) Medication evaluation and management Website: <a href="https://www.sound.health/child-family/">https://www.sound.health/child-family/</a>
The Healing Center	Not in-network with any insurance providers. However, The Healing Center welcomes anyone, regardless of their ability to pay	The Healing Center is a grief-support community for children, adults, and families. The Healing Center works with children as young as 3 through adults. Some of their services include: 1) Children, teen, and young adult grief groups 2) Spouse/partner loss support groups Website: <a href="https://healingcenterseattle.org/">https://healingcenterseattle.org/</a>
The Seattle Clinic	call	The Seattle Clinic is a network of independent therapists offering treatment for a wide range of mental health concerns for people of all ages. Their key services include: 1) Individual therapy 2) Couples therapy 3) Family therapy Website: <a href="https://www.theseattleclinic.com/">https://www.theseattleclinic.com/</a>
Under the Umbrella	call	Under the Umbrella is a group practice of two therapists who support children and families in the context of relationships and communication. Primary services include: 1) Individualized speech, language, and communication treatment 2) Play groups 3) Evaluations 4) Parent support and training Website: <a href="https://www.undertheumbrellaslp.com/">https://www.undertheumbrellaslp.com/</a>