




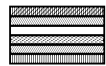








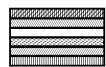

MENTAL HEALTH SERVICES

serving East Jefferson County

Children and Adolescents

Through a community partnership this list provides mental health resources available to Jefferson County children and adolescents. This list is meant to provide guidance and does not necessarily reflect all services available.

Updated: May 2022 | Next Review: May 2023 | Send updates to: AValey@jeffersonhealthcare.org

| | MEDICATION MANAGEMENT | ACCEPTS MEDICAID | ACCEPTS INSURANCES | LGBTQ+ SERVICES | AGES |
|--|---|---|---|--|-------------|
| Jefferson Healthcare Primary Care 360.385.2200 |  |  |  |  | all |
| Discovery Behavioral Health 360.385.0321 |  |  |  |  | all |
| MCS Counseling Group 360.698.5883 | | |  |  | 3 and up |
| Jumping Mouse Children's Center 360.379.5109 | |  |  | | up to 12 |
| Chimacum School Counseling 360.385.3922 | | | no cost |  | school age |
| Port Townsend School Counseling 360.379.4501 | | | no cost |  | school age |
| Brinnon School Counseling 360.796.4646 | | | no cost | | school age |
| Quilcene School Counseling 360.765.3363 | | | no cost | | school age |
| Alexandra Murphy, PhD Licensed Psychologist 360.726.2367 | | | sliding scale & insurance super bill | | age 2 to 22 |
| Private Community Therapists info @ psychologytoday.com | | | varies | | up to 17 |

School-based Counseling in Jefferson County | MCS Counseling Group therapy available to Patient/student. Parent, guardian or provider can request service in the school-based office by request card. Anyone with or without insurance can access these services (no fee if no insurance). Services are solution-focused, brief therapy with focus on anxiety management, school concerns, or transitions. Referral out for more complex issues.

MCS Counseling Group | Services in both Port Townsend-Kala Point and Silverdale offices for teens and children as young as age 3. One therapist specializes in LGBTQ kids and adults. Some private insurances accepted but no Medicaid. No medication management services for children or teens.

Jefferson Healthcare | Referral based care from Jefferson Healthcare primary care provider. Psych MD, ARNP or Licensed Clinical Social Workers meet in clinic with patients. Most private insurances accepted including Medicaid. Medication management services are available.

Private Community Therapists | Parent, guardian or caregiver to contact for accepted insurance or other payment options. Information on most of the therapists in East Jefferson County can be found on the Psychology Today website: psychologytoday.com

Statewide Mental Health Referral Services | 833.303.5437 seattlechildrens.org/clinics/washington-mental-health-referral-service/family NOT A CRISIS LINE

CRISIS RESOURCES

| ENTITY | NUMBER | DETAILS |
|--------------------------------------|--------------------------------|---|
| 911 | 911 | Dial 911 if you child is at immediate risk of harming themselves or someone else |
| Discovery Behavioral Health (DBH) | 360.385.0321 | Provides FREE crisis services to all residents of East Jefferson County. After hours, press 1. Crisis workers are available 24 hours a day, seven days a week. Crisis services are available through DBH on a walk-in basis at their office at 884 W. Park Avenue, Port Townsend, WA 98368. |
| Regional Volunteers of America (VOA) | 888.910.0416 | Crisis line is available, by telephone, 24/7 for those individuals requiring assistance. Volunteers of America (VOA) 24-hour online crisis chat, www.imhurting.org |
| National Suicide Hotline | 800.784.2433 (800.SUICIDE) | |
| Crisis Text Line | text to 741741 | |
| National Suicide Prevention Lifeline | 800.273.8255 (800.273.TALK) | www.suicidepreventionlifeline.org |

What is pre/prior authorization and how does it work?

Prior authorization may apply to certain health care treatments, services and/or supplies. If you use a health care provider in your plan's network, then the provider is responsible for obtaining approval from your health insurance company. If you don't use a health care provider in your plan's network, then you are responsible for obtaining the approval. If you don't obtain prior authorization, the service or supply might not be covered, or you may need to pay more out-of-pocket. Review your plan documents or call the number on your health plan ID card for more information about the treatments, services, and supplies that require prior authorization under your specific plan.

Under medical and prescription drug plans, certain medications may need approval from your health insurance carrier before they are covered. Medications that require approval will only be covered by your plan if your doctor requests and receives approval from your health insurance company.