

# Wellness Resources

Behavioral health, emergency, psychiatric, wrap-around, and general wellness services accessible to east Snohomish county

Updated July 2020

## Behavioral/Mental Health

### Monroe

- + Annie Redd Counseling & Consulting  
www.annieredd.com
- + Brenda Newell, www.brendanewell.com
- + Cascade Counseling,  
www.cascadecounselingmonroe.com
- + Christina Harpster Counseling,  
christinaharpster.org
- + Monroe Counseling, www.monroecounseling.com
- +\* Rosy DePrado, rosydeprado.wixsite.com
- + Sky Valley Counseling Associates,  
skyvalleycounseling.com
- +\* Sandbox Therapy Group, sandboxtherapy.com
- +\*^ SeaMar Behavioral Health,  
www.seamar.org/snohomish-bh-monroe.html

### Bothell / Woodinville

- + Alida Weiss, www.alidaweissmft.com
- +\* Catalyst Counseling, www.catalystcounseling.net
- + Full Circle Counseling Group,  
www.fullcirclecounselinggroup.com
- + Jonathan Goodman Therapy Services,  
www.jonathangoodmantherapy.com
- + Momentum Therapy Services,  
www.momentumtherapyservices.com
- +\* Northshore Youth and Family Services,  
www.northshoreyouthandfamilyservices.org  
(Snohomish county residents with Medicaid insurance pay \$35/session.)
- + Rebecca Parrish, www.rebeccaanneparrish.com
- + Sherill van Schoonhoven, www.sherillvanslmhc.com

### Everett / Lynnwood / Arlington

- +\* Cedar Valley Counseling,  
www.cedarvalleycounseling.com
- +\* Everett Clinic Behavioral Health,  
www.everettclinic.com
- +\*^ Holly McCallum, northsoundcounseling@gmail.com
- +\* The Evergreen Clinic, theevergreenclinic.com
- +\* Therapeutic Health Services, ths-wa.org
- +\*^ Whitney Frank, www.kindheart-counseling.com

## Wrap-Around and Specialty Care

- Arc of Snohomish County, www.arcsno.org  
(Support and advocacy for people with disabilities and their families.)
- Autism Learning Partners,  
www.autismlearningpartners.com  
(ABA therapy, specializing in Autism treatment and other developmental disabilities.)
- +\*^ Children's Intensive Services (WISE),  
www.compasshealth.org/services/wise  
(Wrap-around support for youth and families.)
- + Cocoon House, www.cocoonhouse.org  
(Crisis housing for youth, short and long-term available)
- +\*^ Dawson Place Child Advocacy Center,  
www.dawsonplace.org  
(Services for survivors of sexual assault and their families.)
- +\* Sandbox Therapy Group, sandboxtherapy.com  
(Counseling, psychological assessments, behavior coaching, groups, parenting skills, occupational therapy, and speech language pathology)
- + Thira Health, www.thirahealth.com  
(Specializes in Dialectical Behavior Therapy for teen girls.)

## Crisis Care and Stabilization

***In case of an emergency, always call 911.***

In case of a mental health crisis (not an emergency or if you are unsure), please call:

Care Crisis Line, Tel: (866) 427-4747, crisisclinic.org

Crisis Text Line, Text: **CONNECT** to 741741,

www.crisistextline.org

Volunteers of America 24 Hour Crisis Line,

Tel: (800) 584-3578, www.imhurting.org

- +\*^ Children's Hospital Seattle,  
www.seattlechildrens.org  
(Mental health stabilization, medication management, and evaluation/testing, specialty programs for child wellness)
- +\*^ Fairfax Behavioral Health,  
www.fairfaxhospital.com  
(Youth, inpatient, crisis stabilization and medication management)
- +\*^ Smokey Point Behavioral Hospital,  
smokeypointbehavioralhospital.com  
(Youth, inpatient, crisis stabilization and medication management)

\* Provider(s) may offer services in Spanish, potentially with translation services. El servicio puede ser proporcionado en español.

+ Trauma-informed care provided

^ Accepts Medicaid (Apple Health) insurance

Monroe School District does not specifically endorse any of the above resources.

These local references are for your information, and we encourage our students and families to use care when selecting any healthcare provider.

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## Medical and Psychiatric Services

- +\*^ EvergreenHealth Monroe Medical Center, [www.evergreenhealthmonroe.com](http://www.evergreenhealthmonroe.com)
- Monroe Naturopathic Medical Clinic, Inc., [www.draliceharper.com](http://www.draliceharper.com)
- +\*^ Providence Medical Group Monroe Clinic, [www.providence.org](http://www.providence.org)
- +\*^ Providence Monroe Walk-in Care, [washington.providence.org](http://washington.providence.org)
- +\*^ Sea Mar Monroe Medical Clinic, [www.seamar.org](http://www.seamar.org)
- Whole Health Clinic of Monroe, [www.wholehealthclinicofmonroe.com](http://www.wholehealthclinicofmonroe.com)  
*(Holistic care, chiropractic, acupuncture services)*
- + Woodinville Psychiatric Associates, [www.woodinvillepsychiatric.com](http://www.woodinvillepsychiatric.com)  
*(Psychological care, testing and evaluation for Autism, ADHD, and others, medication management)*

## Community Services

- Boys and Girls Club, [bgcsc.org/snohomish-clubs/monroe-club](http://bgcsc.org/snohomish-clubs/monroe-club)
- Housing Hope, [www.housinghope.org](http://www.housinghope.org)  
*(Help with housing resources throughout north-western Washington)*
- Maltby Food Bank, [www.maltbyfoodbank.org](http://www.maltbyfoodbank.org)
- Monroe/Sky Valley Family YMCA, [ymca-snoco.org](http://ymca-snoco.org)
- Sky Valley Food Bank, [www.svfoodbank.org](http://www.svfoodbank.org)  
*(Food Distribution: Monday, Wednesday, Friday 9:00–11:30 AM, Monday, 6:00–7:00 PM)*
- Take the Next Step, [www.ttns.org](http://www.ttns.org)  
*(Multiple services: Drop-In Center, basic needs, employment resource assistance, youth activities, etc.)*
- Washington 211, Tel: 2-1-1, [win211.org](http://win211.org)  
*(Resources and referrals for multiple human services)*
- WA State Dept of Children, Youth, and Families, [www.dcyf.wa.gov](http://www.dcyf.wa.gov), Tel: 866-363-4276

## Using Insurance for Healthcare

Behavioral/mental healthcare can be expensive, but most insurance companies include behavioral health coverage. To learn more about your benefits, call your insurance company.

Ask them:

- What are my behavioral health benefits?
- Do I have a deductible or a co-pay? (These are amounts that you may need to pay.)
- Do I have a limit on the number of appointments that will be covered?
- Please send me a list of providers in my area who accept my insurance.

*Individuals age 13+ have the right to request confidential behavioral/mental health care without the consent of a parent or guardian.*

## School-Based Services

Monroe School District is proud of the many levels of support available for students and families in our school buildings.

If you are looking for any kind of support, contact your school counselor, or the district's Behavioral Health Team (BHT), which includes:

- School-based social workers
- Student Support Advocates (SSAs)
- Behavioral Health Specialist
- Co-Occurring Disorders Therapist (for mental health and substance abuse concerns)
- Family Liaisons
- Prevention Specialists
- Attendance Specialist

To request support from the BHT, call the SSA general phone line: (360) 804-2528.

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