

Private mental health services

If you have private insurance, you can purchase services directly from a private therapist, psychiatrist, community mental health center, or an acute inpatient facility.

If you are a member of a Health Maintenance Organization, call your customer service representative for details about your mental health coverage.

If you are a military family, contact your Tri-Care/Tri-West representative at 800-404-4506 or at www.Triwest.com.

If your coverage has reached its limit or you have no insurance, you may be able to purchase services on a sliding fee scale.

Services?

Contact the Regional Support Network serving your area for agencies offering services on a sliding fee scale. The Regional Support Networks are listed on the back of this brochure. You can also contact mental health agencies directly to inquire about sliding fee scales.

Washington Basic Health Plan

The Washington Basic Health Plan has some mental health benefits. Check with your medical plan for coverage:

Basic Health Plan	Telephone
Columbia United Providers	800-315-7862
Community Health Plan of Washington	800-440-1561
Group Health Cooperative	888-901-4636
Kaiser Foundation Health Plan	800-813-2000
Molina Healthcare of WA Inc.	800-869-7165
Molina Healthcare of WA Inc.	800-691-3072
Regence Blue Shield/ Asuris Northwest Health	800-669-8791 (Regence) 866-240-9560 (Asuris)

It is important that you check with your insurer for required authorizations before seeking any type of care for your child.

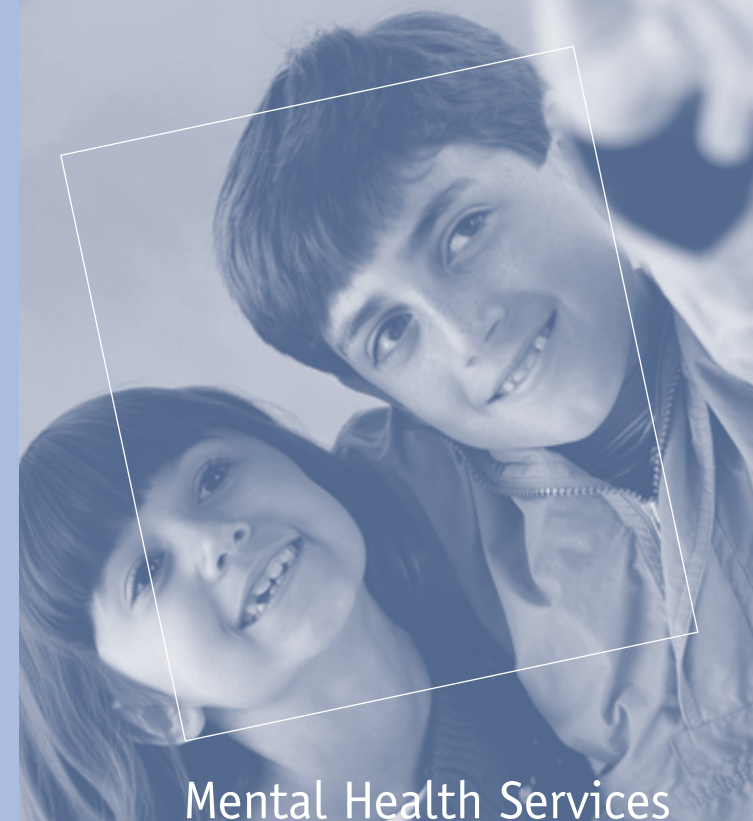
Crisis services

Crisis services are available to everyone through the public system at no charge. Even if you have private insurance, your child's stay in a Children's Long-term Inpatient Program facility will be publicly funded. See opposite page for details.

Regional Support Networks

Regional Support Network (RSN)*	Phone Number	Crisis Line
Chelan and Douglas Counties	877-563-3678	800-852-2923
Clark County	800-410-1910	800-626-8137
Grays Harbor County	800-464-7277	800-685-6556
Greater Columbia Counties	800-795-9296	800-671-5437
Asotin		888-475-5665
Benton-Franklin		800-548-8761
Columbia		866-382-1164
Garfield		888-475-5665
Kittitas		509-925-9861
Klickitat		800-572-8122
Skamania		509-427-3850
Toppenish		800-500-1344
Walla Walla		509-522-4278
Whitman		866-871-6385
Yakima		800-572-8122
Yakima Children		800-671-5437
King County	800-790-8049	866-427-4747
North Central Counties	800-251-5350	
Adams (call collect)		509-488-5611
Ferry	866-268-5105	
Grant		877-467-4303
Lincoln		800-767-6081
Okanogan		866-826-6191
Pend Oreille		866-847-8540
Stevens		888-380-6823
North Sound Counties	888-693-7200	800-584-3578
Island, Skagit, San Juan, Snohomish, Whatcom		
Peninsula Counties	800-525-5637	
East Clallam County		360-452-4500
West Clallam County		360-374-5011
Kitsap		800-843-4793
East Jefferson County		800-659-0321
West Jefferson County		360-374-5011
Pierce County	800-531-0508	800-576-7764
Cowlitz County	800-347-6092	800-803-8833
Spokane County	800-273-5864	877-678-4428
Thurston and Mason Counties	800-624-1234 (x5585)	800-627-2211
Timberlands Counties	800-392-6298	
Lewis		800-559-6696
Pacific		800-884-2298
Wahkiakum		800-635-5989
Mental Health Division	800-446-0259	
PO Box 45320 • Olympia, WA 98504-5320 • www1.dshs.wa.gov/mentalhealth/		

* This information is subject to change and is updated on the MHD website on a monthly basis. www1.dshs.wa.gov/mentalhealth/rsnmap.shtml



Mental Health Services for Children and Youth

1 Public Mental Health Services

If you receive Medicaid you are automatically enrolled in a mental health managed care plan called the **Regional Support Network (RSN)**. If you have no insurance, mental health services are available on a sliding fee scale. Call your RSN for providers offering services on a sliding fee scale.

If you receive Medicaid, you can only access mental health services from agencies authorized by the RSN. Outpatient and acute inpatient services must be authorized by the RSN serving your area. If you access services from a provider not authorized by the RSN, you may be financially responsible for the cost.

Crisis Services

If there is a life-threatening emergency, call 911. If your child is in a mental health crisis, call the appropriate crisis line for your county listed on the back of this brochure. Help is available twenty-four hours every day. Crisis line staff will assess the situation and, if necessary, evaluate your child.

Outpatient Services

Where you live determines which mental health agency will provide services to your child. Call your local RSN to request contact information for the mental health agency serving your area. Contact the agency for an appointment. Agency staff will evaluate your child to determine if your child has a mental illness and meets eligibility requirements for services.

Acute Inpatient Services

Acute inpatient services are provided in an emergency situation when your child is gravely disabled or is likely to do serious harm to self or others as a result of a mental illness. A Mental Health Professional (MHP) will evaluate your child's condition and make that determination. To access this service, call the RSN crisis line. If there is a life-threatening situation, call 911.

Long-term Inpatient Services

Long-term inpatient care is the most restrictive psychiatric placement for children in this state. It is for children with the most severe and intensive mental health needs. Children eligible for long-term inpatient care must have exhausted all less restrictive options and meet federal and state guidelines for services. The RSN will work with you and your support system to decide if long-term inpatient care is warranted. Contact your RSN for more information.



How do I find Mental Health Services?

2 Public Outpatient Services

If your child is under the age of thirteen, your permission is required for treatment. If your child is thirteen or older, your child can request and receive treatment without your consent.

The vast majority of all mental health services are provided in the community on an outpatient basis. Increasingly, outpatient mental health treatment for children and youth is moving away from the traditional office visit.

- Services may be provided in more familiar settings such as home, school or while participating in other leisure time activities.

- Parents, and if appropriate the child, and the therapist are developing service plans together. Service plans should meet the individual needs of your child and family.

- Service plans should include a mix of formal and informal services so your child can live a lifestyle as much as possible like other children.
- Parents are finding it effective to participate in support groups facilitated by other parents.

Treatment could also include:

- Talking with a therapist.
- Prescribing and monitoring medications.
- Group and family counseling sessions.
- Education on the disorder, resources, and other subjects of interest to families.
- Support groups and advocacy for families.
- Case management to help coordinate services.
- Referral to organizations in your community.
- Having a team to support your child and family.

3 Public Acute Inpatient Services

If an MHP decides that your child needs hospitalization, the MHP will assist you in locating an appropriate facility. If your child is under the age of thirteen, your child cannot be hospitalized without your permission. If your child is thirteen years or older, their consent may be required.

Parent-initiated admissions:

You may bring your minor child to an evaluation and treatment facility or another inpatient facility that provides mental health services and request an evaluation to determine if your child has a mental disorder and is in need of inpatient mental health treatment. If you bring your minor child to the facility, the consent of your minor child is not required for evaluation. The facility is not obligated to provide mental health treatment for your child but they may not refuse to treat your child solely because your child has not consented to mental health treatment.

An evaluation to determine whether your child has a mental disorder will be completed within 24 hours by a mental health professional. The professional may determine that additional time is necessary to stabilize your child's condition so as to complete the evaluation. In no event will your child be held longer than 72 hours for evaluation.

Voluntary hospitalization:

If your child is thirteen or older your child may seek voluntary admission to a hospital for treatment or change an involuntary admission to a voluntary admission without your permission. Even if you disagree with your child's decision to seek treatment, it is to your child's advantage if you support your child through this difficult time.

Involuntary hospitalization:

If it is determined that your child needs treatment and is not willing to be admitted, a Designated Mental Health Professional can authorize your child be detained for up to seventy-two hours for evaluation and stabilization. If the facility decides that continued treatment is necessary, your child can voluntarily agree to further treatment or the facility can seek involuntary hospitalization. The facility can request a court hearing for an additional fourteen days of hospitalization. At the end of those fourteen days the facility may file a petition with the court for hospitalization up to 180 days.

Acute Psychiatric Facilities

Children's Hospital Regional Medical Center
4800 Sand Point Way NE
Seattle, WA 98105
206-987-2760 • toll free 866-987-2000

Lourdes Counseling Center
1175 Carondelet Dr.
Richland, WA 99352
509-943-9104

Fairfax Hospital
10200 NE 132nd St.
Kirkland, WA 98034
425-821-2000 • toll free 800-435-7221

Sacred Heart Medical Center
101 West Eighth Ave.
Spokane, WA 99220
509-474-4818

4 Public Long-term Inpatient Services

Long-term inpatient care is not a solution but a beginning to your child's road to recovery. Your support and participation in treatment will facilitate your child's recovery and return home.

Long-term inpatient services are provided in four residential facilities known as the Children's Long-Term Inpatient Programs (CLIP). Given that CLIP has the capacity to serve ninety-one children and youth at any one time, there is usually a wait before placement. Types of services provided include evaluation, medication, chemical dependency services, therapy, case management, parent support and advocacy.

A note to parents

Raising a child with an emotional, behavioral, or mental disorder is the most difficult job you will ever have. Don't try to do this alone. Find other parents who have been there and understand the difficulties you are facing. They can give you information, ideas, emotional support, resources and assistance with finding your way through the system. Call SAFE WA at 1-866-300-1998, or Mental Health Division 1-800-446-0259 ext. 3