

# Referral Resources for Families with Children Age Birth to Five Years

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## Community mental health centers

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### **Children's Home Society of Washington**

**childrenshomesociety.org**

A nonprofit organization that provides residential and group care for troubled children as well as a range of family support and therapeutic services, including early childhood education, child and family counseling, out-of-home care, adoption, and advocacy. The administrative offices are in Seattle and there are regional offices in King County, Spokane, Tacoma, Vancouver, Walla Walla, and Wenatchee. The organization operates over 20 sites to serve children and families across the state.

### **Navos**

**navos.org**

A nonprofit organization that is one of the largest providers of community mental health services to low-income people in King County and offers an infant mental health program.

### **Valley Cities Counseling and Consultation**

**valleycities.org**

A nonprofit community, behavioral health center operating outpatient clinics in Auburn, Federal Way, Kent and Renton, as well as programs in partnership with other organizations throughout King County. Valley Cities offers mental health, chemical dependency and domestic violence counseling as well as psychiatric assessment, medication management, vocational training, homelessness and housing services, and family support services.

### **Wellspring Family Services**

**wellspringfs.org**

A nonprofit organization providing a range of parent services and parent-infant psychotherapy (birth to age three) conducted through individual sessions with licensed therapists. Operating at multiple locations throughout King County, Wellspring Family Services accepts many insurance plans and in some cases, offers reduced fees. No professional referral required.

#### **To Learn More**

- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

#### **Free Interpreter Services**

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

## Home-based counseling services

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### **Institute for Family Development**

**[institutefamily.org](http://institutefamily.org)**

Offers home-based Parent-Child Interaction Therapy, Family Preservation Services and other services for qualifying families in King County and in other cities and locations around Washington State (often needs a CPS referral).

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## Provider groups offering early childhood mental health services for young children by at least some clinicians:

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### **Eastside Psychological Associates**

**[eastsidepsychologicalassociates.com](http://eastsidepsychologicalassociates.com)**

Intake line: 425-458-5048

Mental health provider practice group offering a variety of assessment and treatment services. Offices in Woodinville, Issaquah, Snohomish and recently some services in Seattle.

### **Evidence-Based Treatment Centers of Seattle, Child Anxiety Center.**

**[ebtseattle.com/child-anxiety-center.html](http://ebtseattle.com/child-anxiety-center.html)**

**[brookspowers.org](http://brookspowers.org)**

Intake line: 206-374-0109

A multidisciplinary specialty center devoted to the treatment of anxious children, adolescents and families. Located in downtown Seattle.

### **BrooksPowers Group**

**[brookspowers.org](http://brookspowers.org)**

Intake line: 206-801-1139

Mental health provider practice group with expertise in neurodevelopmental disabilities offering assessment, treatment and school consultation. Located in Seattle.

### **ABCD, Inc.**

**[abcdseattle.com](http://abcdseattle.com)**

Intake line: 206-361-6884

Group mental health practice offering a wide variety of services to children and families. Located in North Seattle.

### **Cooper House**

**[cooperhouse.org/resources](http://cooperhouse.org/resources)**

Phone: 206-402-3168

Multidisciplinary group practice offering longer-term infant mental health services, focusing completely on very young children, birth to three years. Located in Seattle.

## University of Washington agencies serving young children:

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**University of Washington Center of Human Development and Disability, Child Development Center.**

[depts.washington.edu/chdd/ucedd/ucedd\\_detail.html#clinics](https://depts.washington.edu/chdd/ucedd/ucedd_detail.html#clinics)

Phone: 206-598-9346

Offers multidisciplinary assessment for children and adolescents. Includes the Child Development Center, which provides diagnosis, and the High-Risk Infant Follow-up Clinic, which follows infants born at high risk through their early years with periodic assessments. (Located in the Health Sciences campus of the University of Washington.)

**University of Washington LEARN Clinic, Psychology Department, University of Washington.**

[psych.uw.edu/psych.php?p=373](https://psych.uw.edu/psych.php?p=373)

Phone: 206-543-6511

Offers psychological assessment, primarily of learning disabilities, of children, adolescents and adults. Located on the main campus of the University of Washington.

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## Services for children where prenatal alcohol exposure and challenging behavior are known issues:

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**FASD Diagnostic Clinic (Fetal Alcohol Syndrome Diagnostic & Prevention Network)**

[epts.washington.edu/fasdpn](https://epts.washington.edu/fasdpn)

Phones: 206-598-9666 (coordinator), 206-598-7666 (intake line)

Offers diagnostic services where there is known prenatal alcohol exposure, and fetal alcohol spectrum disorders (FASD) are suspected or should be ruled out.

**Families Moving Forward (FMF) Program**

[depts.washington.edu/fmffasd](https://depts.washington.edu/fmffasd)

Phone: 206-987-7581 (this line can help connect families to providers trained in the Families Moving Forward Program)

An intervention model that has been shown to help children with prenatal alcohol or substance exposure, and signs of developmental disabilities

**NOFAS (National Organization on Fetal Alcohol Syndrome) Washington state**

[nofaswa.org](https://nofaswa.org)

A parent support and advocacy group, offering on-line support, in-person parent support groups and (at times) social skills and teen groups for affected youth

**Other services that might be needed:**

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**Sibshops at Seattle Children's Hospital**

[seattlechildrens.org/health-safety/keeping-kids-healthy/development/sibling-special-needs-sibshops/](http://seattlechildrens.org/health-safety/keeping-kids-healthy/development/sibling-special-needs-sibshops/)

For siblings of children with special needs

**Social skills resources:**

**P.E.E.R.S. Play**

[peersplay.com](http://peersplay.com)

**For sleep problems:**

**Seattle Children's Hospital Sleep Disorders Clinic**

Phone: 206-987-5072

**Fussy Baby Network (located at Cooper House)**

[cooperhouse.org](http://cooperhouse.org)

**For pediatric therapy needs:**

**Children's Therapy Center of Kent**

[ctckids.org](http://ctckids.org)

Offers physical, occupational and speech therapy services, and early intervention. Located in the Kent area.

**Pediatric Physical and Occupational Therapy Services (Seattle) and Pacific Northwest Pediatric Therapy (Portland)**

[rosemarywhitepediatricsservices.com](http://rosemarywhitepediatricsservices.com)

Phone: 206-367-5853

Group private practices owned and operated by Rosemary White, OTR/L, serving children with challenges associated with Autism Spectrum Disorders, Asperger's Syndrome, sensory processing disorders (sensory integration disorders), regulatory disorders, dyspraxia, learning, behavioral and neurological disorders. Services are fee-based. No professional referral required.

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**Developmental Centers and Special Needs Centers**

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**Boyer Children's Clinic**

[boyercc.org](http://boyercc.org)

Phone: 206-325-8477

A nonprofit organization in Seattle serving children (birth to teen years) who have neuromuscular disorders such as cerebral palsy or delay in development. No professional referral required. Fees are charged based upon ability to pay after consideration of other resources. No child is denied services because of a parent's inability to pay.

### **Kindering Center**

**kindering.org**

Phone: 425-747-4004

A nonprofit organization serving children (birth to six years) who are disabled, medically fragile or vulnerable because of abuse or neglect. At its location in Bellevue, Kindering provides physical and occupational therapy, speech and language therapy, special education and family counseling among other services. There is also a location in Bothell. Services are fee based. No professional referral required.

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## **Services providing free or low cost developmental assessment/parenting services:**

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### **Parent Trust**

**parenttrust.org**

Phone: 1-800-932-HOPE (4673)

Offers classes and brief parent coaches; often serves low-income families. Serves all of Washington State.

### **Within Reach**

**parenthelp123.org/child-development/child-development-screening-public**

An agency with an online resource for families and providers who are unsure if a child might have a developmental delay in a particular area, using the Ages and Stages Questionnaire (ASQ). After completing the questionnaire, a Child Development Specialist will contact the parent or caregiver to walk through the results, and provide information and referrals to community based programs (including early intervention), as needed.

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## **WA Parent-Child Interaction Therapy Providers**

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For PCIT providers in WA State, please see our handout “PCIT Community Resources” [seattlechildrens.org/pdf/PE2131.pdf](http://seattlechildrens.org/pdf/PE2131.pdf)

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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