



Child and Adolescent Mental Health Care List

JUN 2024

If you are in a life-threatening situation - don't use this list, call 911. If you or your child is in crisis, please call 988.

WASHINGTON'S MENTAL HEALTH REFERRAL SERVICE FOR CHILDREN AND TEENS:



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

There is a phone and online request service, operated by SEATTLE CHILDREN'S HOSPITAL, to help connect families with mental health providers in your community who accept new patients, work with your insurance, and fit your child's treatment needs. This service is accessible for children and teens 17 and under living in WA state. Families can access the service by calling **833-303-5437**, Monday through Friday from 8 a.m. to 5 p.m.

INSURANCE:

Check with your insurance company for additional providers and to confirm that the provider of your choice is in your network. You may also want to inquire as to what your plan's counseling benefit is before scheduling. **QUESTIONS TO ASK:**

- Do I have Mental Health/ Behavioral Health benefits? ● How many sessions of outpatient psychotherapy are covered?
- Is all mental health care covered, or only specific specialties? ● Are out of network mental health practitioners covered in my plan?
- What is my deductible and has it been met to date? ● Is there a copay for therapy visits on my plan, if so, what it is?
- Do I need to get a referral from my Primary Care Physician? ● Do I need preapproval from my insurer to begin therapy?

Kaiser beneficiaries: Patients must call the Kaiser Behavioral Health Access Line at 888-287-2680 to initiate services.

Tricare beneficiaries: Tricare's telehealth partner, Doctor on Demand, now offers Tricare West Region beneficiaries' access to network therapist, psychologist, and psychiatrists including urgent care through virtual appointments. Learn more at www.doctorondemand.com/hnfs.

SELF PAY & SLIDING SCALES: For cash pay clients, many therapists offer sliding scales, discounts, or payment plan options, and even take FSA or HSA cards if you have this benefit through your work.

COMMUNITY AGENCIES: Free for Apple Health



ISLAND COUNTY BEHAVIORAL HEALTH SERVICES: Outreach Mental Health Counseling provides case management and short-term counseling to individuals and their families in Island County, regardless of ability to pay, stabilizing clients in the least restrictive manner possible by matching each person's needs and based on the severity of the crisis.

Phone: 360-678-7880 www.islandcountywa.gov/176/Behavioral-Health



COMPASS HEALTH/ COMPASS WISE: Child and Family Outpatient Services provide an array of counseling and support services to children and youth (ages 0 to 22), and their families who may be experiencing emotional and/or behavioral challenges. Wraparound with Intensive Services (WISe) is a home and community-based treatment program supporting youth with complex behavioral health needs and their families. **Phone: 800-457-9303** <https://www.compasshealth.org/>



CONSEJO's outpatient mental health program provides services to children, youth, adults, older adults, and families.

PHONE: (206) 461-4880

www.consejocounseling.org/our-services



SEA MAR provides Individual, family or group counseling/therapy and case management.

PHONE: (360)679-7676

www.seamar.org/services-island.html



SUNRISE SERVICES provides Individual, family or group counseling/therapy and case management.

PHONE: (360) 544-3800

sunriseservicesinc.com/

SCHOOL DISTRICTS: Northwest Educational Service District 189 - https://www.nwesd.org/behavior_health/

South Whidbey

South Whidbey School District benefits from the partnership with Island County to bring mental health counselors to our South Whidbey Schools. Phone: (360) 221-6100

Coupeville

Coupeville Schools has on-campus resources to support students in accessing mental and behavioral health support. Phone: (360) 678-2400

Oak Harbor

Oak Harbor School District offers individual counseling/mental health services.

Phone: (360) 279-5000

E-Therapy/ONLINE:



Virtual mental health care for kids & teens **Brightline** offers virtual behavioral health coaching and therapy for families with kids ages 0 to 17 years old. www.hellobrightline.com/



Therapists specializing in teen and young adult mental health. **Joon's** team of therapists is accepting new clients ages 13-26. www.joon.com/



Teen Counseling is an online therapy platform where teens from ages 13-19 can get help from a licensed therapist online. www.teencounseling.com/



Talkspace is an online and mobile therapy service. Ages 13 to 17 and 18+ to text, call and video chat with licensed therapists via the online platform. www.talkspace.com/



Synergy eTherapy serving adults, teens, families, & couples via phone and video therapy. www.synergyetherapy.com/



Equip is eating disorder treatment delivered at home. Virtual, evidence-based care designed to achieve full recovery. We treat children, teens, and adults in all 50 states. equip.health/



NOCD offers OCD Treatment & Therapy with live video sessions with a licensed therapist specialized in ERP, the gold standard treatment for OCD. www.treatmyocd.com/



What is Virtual IOP?

Virtual intensive outpatient programming (IOP) is a level of mental healthcare that is typically more structured and intensive than traditional weekly therapy. Treatment is delivered to clients directly at home.

The goal of IOP is to help people manage their mental health and achieve lasting recovery while still allowing them to maintain their daily routines and responsibilities.

Ages 11-32, All Insurances Accepted

Phone: (866) 575-0249

www.charliehealth.com/

LOCAL DIRECTORY:

Telemed/Virtual appointments are offered by most if not all providers. Please call the individual provider to verify.

SOUTH WHIDBEY ISLAND:

NAME	CONTACT	AGES	INSURANCE
<u>LANGLEY</u> Davenport, Laura, MA, LMHCA 360-221-6808 EXT.2706 plaefulcounseling.com/		2 years – 13	SELF PAY ONLY
<u>LANGLEY</u> Bicoff-Smit, Ansebe , MA, LMHC 360-320-6689 www.bicoffsmitscounseling.com/		2 years +	COMMERCIAL - Aetna, BCBS, Cigna, Optum, Premera, Regence, United Healthcare (UHC)
<u>FREELAND</u> Guggenheim, Hannah, MSW, MFA 360-288-4772		2 years +	SELF PAY ONLY
<u>LANGLEY</u> Fladager, Lisa, PhD, LMHC, BC-DMT 360-221-2677		6 years +	SELF PAY ONLY
<u>CLINTON</u> Heitzman, Shaun, MS, LCPC, LMHC 630-506-8336 heitzmancounseling.clientsecure.me/		6 years +	COMMERCIAL - Regence
<u>LANGLEY</u> Janis, Jude, MA, LMHC 360-221-8101		6 years +	COMMERCIAL: - Aetna, BCBS, First Choice, Kaiser, Premera, Regence, United Healthcare (UHC)
<u>LANGLEY</u> Wilder, David, LICSW 360-341-3562 davewildertherapy.com/index.html		6 years +	COMMERCIAL/ APPLE HEALTH - Aetna, BCBS, Coordinated Care, First Choice, Kaiser, LifeWise, Premera, Regence, United Healthcare (UHC)
<u>LANGLEY</u> Elwell, Debby, LMFT 360-221-8309 www.soundviewcenter.com/new-page-2		11 years +	COMMERCIAL - Aetna, BCBS, First Choice, Kaiser, LifeWise, Premera, Regence
<u>FREELAND</u> Kaplan, Nancy, MSW, LICSW 425-869-4099 nancykaplanmsw.com/		11 years +	COMMERCIAL/ APPLE HEALTH - Aetna, BCBS, Cigna, Community Health Plan of WA (CHPW), First Choice, LifeWise, Molina, Premera, Regence, Tricare, Optum, United Healthcare (UHC)
<u>FREELAND</u> Connolly-Bagshaw, Veronica, MA, LMHC, 425-681-7996 www.incouragewellness.com/		13 years +	COMMERCIAL - BCBS, LifeWise, Premera

<u>FREELAND</u> Lodell, Katelyn, LMHCA 360-979-1876 www.alignmindandbody.com/	13 years +	SELF PAY ONLY
<u>LANGLEY</u> Luetkehans, Katie, LMHC 425-922-8394 www.radiantseacounseling.com/	13 years +	COMMERCIAL/ APPLE HEALTH - Community Health Plan of WA (CHPW), First Choice, LifeWise, Optum, Regence, Premera, United Healthcare (UHC)
<u>LANGLEY</u> Manchester, Sarah , MA, LMHC 360-221-2262 sarahmanchestertherapy.com/	13 years +	COMMERCIAL/ APPLE HEALTH - Aetna, Amerigroup, BCBS, Community Health Plan of WA (CHPW), First Choice, Kaiser, LifeWise, Premera, Optum Health, Tricare
<u>LANGLEY</u> Moll-Nevins, Patrick, LICSW, MSW 360-320-7834	13 years +	SELF PAY ONLY
<u>LANGLEY</u> Mulholland, Eric, MA, LMHCA, EXAT, LMP 206-875-2865 www.erixpressivearts.com/	13 years +	SELF PAY ONLY
<u>LANGLEY</u> Ray, Charlene, MSW, LICSW 360-320-4443 www.charleneray.com/	13 years +	COMMERCIAL - BCBS, Cigna, First Choice, Premera, Regence, Tricare
<u>FREELAND</u> Roach, Maureen, LICSW 360-523-1755 https://www.psychologytoday.com/us	13 years +	COMMERCIAL/ APPLE HEALTH - Aetna, Community Health Plan of WA (CHPW), Premera, Regence, United Healthcare (UHC)
<u>FREELAND</u> Hilliard, Rachel, MA, LMHC 360-226-5416 www.rachelhilliardpsychotherapy.com/	18 years+	COMMERCIAL/ APPLE HEALTH - Aetna, BCBS, Cigna, First Choice, First Health, Kaiser, LifeWise, Regence, United Healthcare (UHC), Community Health Plan of WA (CHPW)
<u>FREELAND</u> Stone, Elisa, MA, MHP, LMHC 360-234-3909	18 years+	APPLE HEALTH - Coordinated Care

CENTRAL WHIDBEY ISLAND:

NAME	CONTACT	AGES	INSURANCE
<u>GREENBANK</u> Forest, Joan, LICSW 360-969-5583 www.claritycounseling.life/		2 years +	COMMERCIAL - BCBS, Kaiser, Regence, Premera, Tricare
<u>COUPEVILLE</u> Click, Amy, LMFT 360-499-9703 coupevillechildandfamilytherapy.com/		6 years +	SELF PAY ONLY
<u>GREENBANK</u> Marrah, Gillian 360-678-1520		6 years +	SELF PAY ONLY

<u>COUPEVILLE</u> Mclean-Stone, Mendy, MEd, MA, LMHC 360-309-0120 www.mmscounseling.org/	6 years +	SELF PAY ONLY
<u>GREENBANK</u> Putnam, Molly, MA, LMHC 425-382-5111 www.mollyputnam.com/	6 years +	COMMERCIAL - LifeWise, Premera
<u>COUPEVILLE</u> Volpentesta, Jessica, LMHC, MA 425-974-9171 chrysaliscounselingandecotherapy.com	13 years +	COMMERCIAL - Aetna, BCBS, First Choice, Premera, Regence, United Healthcare (UHC)
<u>COUPEVILLE</u> Smith, Danielle, LSWAIC 425-736-7882 EXT6 newperceptions counseling.com/	13 years +	COMMERCIAL - Aetna, Cigna, First Choice, LifeWise, Premera, Regence
<u>COUPEVILLE</u> Ayers, Jennifer, MSW, LICSW 360-672-8303 www.risingphoenixwellnesscenter.com/	18 years +	COMMERCIAL - BCBS, Cigna, Regence, Premera, Tricare, US Family Health Plan, Optum, United Healthcare (UHC)
<u>COUPEVILLE</u> Medsker, Jenny, MSSW, LSWAIC 360-672-8303 www.risingphoenixwellnesscenter.com/	18 years +	COMMERCIAL - BCBS, Cigna, Regence, Premera, Tricare, US Family Health Plan, Optum, United Healthcare (UHC)
<u>COUPEVILLE</u> Munn, Emily, MBA, MSW Intern 360-672-8303 www.risingphoenixwellnesscenter.com/	18 years +	COMMERCIAL - BCBS, Cigna, Regence, Premera, Tricare, US Family Health Plan, Optum, United Healthcare (UHC)
<u>COUPEVILLE</u> Oropeza, Aurora, MSW, LSWAIC 360-672-8303 www.risingphoenixwellnesscenter.com/	18 years +	COMMERCIAL - BCBS, Cigna, Regence, Premera, Tricare, US Family Health Plan, Optum, United Healthcare (UHC)

NORTH WHIDBEY ISLAND:

NAME	CONTACT	AGES	INSURANCE
<u>OAK HARBOR</u> Dale, Miri, MA MFTA LMHC CMHS 360-682-6167 www.lighthouseoakharbor.com/		2 years +	COMMERCIAL/APPLE HEALTH - Aetna, Amerigroup, BCBS, Cigna, Community Health Plan of WA (CHPW), Coordinated Care, First Choice, Kaiser, Regence, Tricare, United Healthcare (UHC)
<u>OAK HARBOR</u> Vander Schuur, Dar, MACFT, LMFTA 360-625-6107 www.psychologytoday.com/us		2 years +	COMMERCIAL - Aetna, BCBS, Cigna, Kaiser, LifeWise, Molina, Premera, Regence
<u>OAK HARBOR</u> Miller, Robert, LICSW, ACSW 360-632-5267 robertscottmillerlicsw.com/		6 years +	COMMERCIAL/APPLE HEALTH - Aetna, Amerigroup, BCBS, Cigna, Community Health Plan of WA (CHPW), Coordinated Care, First Choice Health, Kaiser, LifeWise, Molina, Premera, Tricare, United Healthcare (UHC)

<u>OAK HARBOR</u> Passmore, Stephanie, MA, LPC, LMFTA 360-672-5229 thenarrativeshift.com/	6 years +	SELF PAY ONLY
<u>OAK HARBOR</u> Wolfe, Gino, LMFTA, SUDP, MHP 360-219-9635 wisemindsolutionsllc.com/	6 years +	SELF PAY ONLY
<u>OAK HARBOR</u> Dipzinski, Nicole, LICSW 360-499-4535	13 years +	COMMERCIAL - Kaiser, Premera, Regence, United Healthcare (UHC), Tricare
<u>OAK HARBOR</u> Duvenez, Diann, MA, LMHC, CDPT, EMDR 360-323-6327 www.psychologytoday.com/us	13 years +	COMMERCIAL - Kaiser, Premera, Regence, United Health Care (UHC)
<u>OAK HARBOR</u> Potter, Carrie, MA, LMHC 360-209-7632 carriepottercounseling.com/	13 years +	SELF PAY ONLY
<u>OAK HARBOR</u> Robertson, Maddie, LSWAIC 253-302-4639 www.gritcitycounseling.com/maddie	13 years +	COMMERCIAL - Aetna, BCBS, First Choice, Kaiser, Premera
<u>OAK HARBOR</u> Welsh, Erin , MA, LMHC, EMDR, C-PD 360-202-3605 erinwelshlmhc.wixsite.com/mysite	13 years +	SELF PAY ONLY
<u>OAK HARBOR</u> Wiegenstein, Christopher, LMHC, SUDP 360-682-5519 cradlestonellc.com/	13 years +	COMMERCIAL/APPLE HEALTH - BCBS, Amerigroup, Coordinated Care, Community Health Plan of WA (CHPW), Molina, United Healthcare (UHC), Regence
<u>OAK HARBOR</u> Borroff, Samuel, LMHC 425-689-1790 www.gameplancounseling.com/	18 years +	COMMERCIAL - BCBS, First Choice, Premera, Regence
<u>OAK HARBOR</u> Myers, Charlotte, LICSW 360-485-0980 www.seaside-psychotherapy.com/	18 years +	COMMERCIAL – Aetna, BCBS, Kaiser, LifeWise, Premera, Tricare, US Family Health Plan

NORTH OF WHIDBEY ISLAND (OFF ISLAND) :

NAME	CONTACT	AGES	INSURNACE
<u>ANACORTES</u> Eastman, Katie, Psy.D, LICSW 360-873-8662 www.recreatecoachandcounsel.com/		2 years +	COMMERCIAL - Aetna, Cigna, Kaiser, Premera Blue Cross, Regence

<u>ANACORTES</u> Holland, Elizabeth, PhD 425-529-5153 www.hollandpsychology.com/	2 years +	COMMERCIAL - Cigna, First Choice, Tricare
<u>BELLINGHAM</u> Rule, Alicia, LICSW 360-734-0615 ruleandassociates.org/	2 years +	COMMERCIAL - Aetna, BCBS, Cigna, First Choice, HMA, Kaiser, LifeWise, Molina, Optum, Premera, Regence, United Healthcare (UHC)
<u>ANACORTES</u> Vander Schuur, Jonathan, LMFT 360-840-7044 www.psychologytoday.com/us/	2 years +	COMMERCIAL/APPLE HEALTH - Aetna, BCBS, Cigna, Community Health Plan of WA (CHPW), Coordinated Care, Kaiser, LifeWise, Premera, Regence, Tricare
<u>ANACORTES</u> Vyhmeister, Walter, PhD 425-640-7009 drvvhmeister.wixsite.com	2 years +	COMMERCIAL – Aetna, BCBS, Cigna, First Choice, HMA, Kaiser Permanente, Premera, Regence, United Healthcare (UHC)
<u>ANACORTES</u> Eastman, Katie, Psy.D, LICSW 360-873-8662 www.recreatecoachandcounsel.com/	2 years +	COMMERCIAL - Aetna, Cigna, Kaiser, Premera Blue Cross, Regence
<u>BELLINGHAM</u> Byrnes, Kirsten, LICSW, MSW, MHP 360-502-2715 www.bloomtherapypllc.com/	6 years +	SELF PAY ONLY
<u>BURLINGTON</u> Dodge, Julie, LMHC, ATR-P 360-230-8321 www.juliedarttherapy.com/	6 years +	SELF PAY ONLY
<u>BELLINGHAM</u> Richardson, Paxton ,LICSW, MPS 360-922-6977 accent-counseling.com/team/paxton-richardson/	6 years +	COMMERCIAL/ APPLE HEALTH - Aetna, Cigna, Community Health Plan of WA (CHPW), HMA, Kaiser, LifeWise, Premera, Regence
<u>ANACORTES</u> Bengal, Amy, Ed.S., LMHC 360-841-5002 www.anacortespsych.com/	13 years +	SELF PAY ONLY
<u>ANACORTES</u> Culver, Deb, MA, LMHC, CGT 360-299-7994 www.summitcounselingctr.com/	13 years +	SELF PAY ONLY
<u>BELLINGHAM</u> Epp, Susanna Leigh, PsyD, MEd 360-720-2324 kitwhidbey.com/	13 years +	COMMERCIAL/APPLE HEALTH – Aetna, Amerigroup, Cigna, Community Health Plan of WA (CHPW), Coordinated Care, Kaiser, Molina, Premera, Blue Cross, Regence, Tricare, United Healthcare (UHC)

<u>ANACORTES</u> Hamilton, Heather PhD, LPC, DCC, NCC 360-746-2024 breakthroughwmt.com/	13 years +	COMMERCIAL - BCBS, Kaiser, Regence, Tricare, US Family Health Plan
<u>BELLINGHAM</u> Keith, Whitney, MA, MFTA, MHCA 360-531-7436 www.autopoetic-psychotherapy.com/	13 years +	COMMERCIAL - LifeWise, Premera
<u>ANACORTES</u> Kennedy, Lea, MA LMFT 360-841-5002 www.anacortespsych.com/	13 years +	SELF PAY ONLY
<u>ANACORTES</u> King, Katie, M.ED., LMHCA 360-841-5002 www.anacortespsych.com/	13 years +	SELF PAY ONLY
<u>BURLINGTON</u> Luke, Rachel, MA, LMHCA 206-445-1144 www.rachellukecounseling.com/	13 years +	COMMERCIAL -Premera
<u>ANACORTES</u> Meaney, Michelle, LMHC 360-572-2121 www.spectrumsofhumanity.org/	13 years +	SELF PAY ONLY
<u>ANACORTES</u> Moloney, Kelly, MA, LMHC, CMHS 360-755-3474 www.cardonpsych.com/	13 years +	COMMERCIAL - Aetna, BCBS, Cigna, First Choice, Kaiser, Premera
<u>ANACORTES</u> Nickum, Josie, MEd, LMHC 425-655-7935 www.westcoastheartcounseling.com/	13 years +	SELF PAY ONLY
<u>BELLINGHAM</u> Salas, Maddie, MA, LMHCA 360-922-6977 accent-counseling.com/team/maddie-salas/	13 years +	COMMERCIAL/APPLE HEALTH - Aetna, Cigna, Community Health Plan of WA (CHPW), HMA, Kaiser, LifeWise, Molina, Premera, Regence
<u>ANACORTES</u> Swain, John, MSC, LMHC 360-873-8662 www.recreatecoachandcounsel.com/	13 years +	COMMERCIAL - Aetna, BCBS, Cigna, Kaiser, LifeWise, Premera, Regence
<u>ANACORTES</u> White, David, LMFT 360-755-3474 www.cardonpsych.com/	13 years +	COMMERCIAL - Aetna, Cigna, Optum, Regence, Tricare, United Healthcare (UHC)

<p><u>BELLINGHAM</u> Whiteaker, Kellie, MA, LMFT 360-720-2324 kitwhidbey.com/</p>	<p>13 years +</p>	<p>COMMERCIAL/APPLE HEALTH – Aetna, Amerigroup, BCBS, Cigna, Community Health Plan of WA (CHPW), Coordinated Care, Kaiser, Molina, Premera, Regence, Tricare, United Healthcare (UHC)</p>
<p><u>ANACORTES</u> Marshall, James, MA, LMHC 360-755-3474 www.cardonpsych.com/</p>	<p>18 years+</p>	<p>COMMERCIAL - Aetna, BCBS, Cigna, First Choice, Kaiser, Premera, Regence, Tricare</p>
<p><u>ANACORTES</u> Niess, Kelly, MA, LMFT 206-999-6771 www.kellyniestherapy.com/</p>	<p>18 years +</p>	<p>COMMERCIAL - Aetna, Blue Cross, First Choice, LifeWise, Premera</p>



Pediatric Associates of Whidbey Island

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275 SE Cabot Dr., Suite B-102
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Freeland, WA 98249
Phone: 360-331-1314
Fax: 360-331-9703

www.pediatricsofwhidbey.com