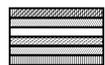


MENTAL HEALTH SERVICES

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: October 2020 | Next Review: April 2020 | Send updates to: AYaley@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		

School-based Counseling in Jefferson County | MCS Counseling Group therapy available to Patient/student. Parent 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/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

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.