

University of Washington Psychiatry Outpatient Clinic (UPOC) Referral Information

The resources and names listed here are supplied only as suggestions. There is no guarantee that these providers will be able to deliver the exact services you seek, that their services will be available, or that their services will be covered under your insurance plan. Your primary care provider and your insurance company may be able to offer you guidance in choosing a mental health provider. There is no contractual referral relationship between the UPOC and any of the providers listed.

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Alcohol/Drug Abuse (For immediate assistance refer to Alcohol/Drug abuse 24 hour Help Line 206-722-3700)				
Union Gospel Mission- New Vision Program	http://www.ugm.org/ProgramsRecovery.asp 1808 - 18 th Avenue, Seattle WA 98122	206-322-6801	Note: Christian-Based Programs 12-month program for men with substance abuse problems. Extensive one-on-one counseling/group therapy.	
Women and Children's Shelter	520 S. King Street, Seattle WA 98104 New patient need to call at 9:00 AM.	206-628-2008	24-month program for women with addictions and their children. Extensive one-on-one counseling/group therapy; new patients need to call @ 9 am.	
Riverton Place	3020 S 128 th Street, Seattle WA	206-242-5585	10-month program for men with alcohol or drug problems. Extensive one-on-one counseling/group therapy.	
Men's Shelter Downtown	318 2nc Ave Seattle WA www.egm.org	206-622-5177	12-month drug and alcohol rehab program w/ individual and group therapy	
Salvation Army – Alcohol Drug Abuse Adult Rehab Center	1000 - 4 th Ave. South, Seattle, WA 98134	206-587-0503 ext 26 (Intake)	18 years or older, for males and females. 6-month spiritual-based program	
Dutch Shister Sobering Support Center	1930 Boren Avenue Seattle, WA 98121 http://www.metrokc.gov/dchs/mhd/sobering.htm	206-205-1092	Chronic Public Inebriates (CPI) are their target population	
Pioneer Counseling Services	105 14 th Ave STE 3B Seattle, WA 98122 758 St. Helens Tacoma, WA 98402	Sea:206-464-1684 Tac:253-274-0484	Chemical Dependency and Mental Health Services for Adults, youth, and families	Most Insurances, sliding scale

Recovery Centers of King County – Detox and Sobering Center	1701 18 th Ave. S. Seattle, WA 98144 http://www.rckc.org/index.html	206-325-5000	Detox	
Recovery Centers of King County, Outpatient Services	464 12 th Ave, Ste 300, Seattle, WA 98122 http://www.rckc.org/index.html	206-322-2970	Central office for outpatient support.	
Seattle Counseling Services	1216 Pine St., Suite 300, Seattle, WA 98101	206-323-1768	Substance abuse treatment	
Residence XII	12029 113 th Ave NE Kirkland WA, 98034	425-823-8844	For women only; offers intensive inpatient/ outpatient, relapse prevention, continuing care and family program.	
Lakeside-Milam Recovery Centers	Multiple Locations www.lakesidemilam.com	800-231-4303/ 425-823-3116	Offers intervention services, residential inpatient/ outpatient, adolescent programs and family services. Legal and school support services.	
Dual Diagnosis referral	Christine Yuodelis-Flores, MD Rick Ries, MD - not accepting new patients as of 4/25/08	206-624-1856 Dr. Ries: 206-341-4216 Assistant: 206-341-4226		

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Alternative Medicine				
One Sky Medicine	6300 9 th Ave. NE, Suite 300, Seattle, WA 98115	206-363-5555	Offers counseling,	

	http://www.oneskymedicine.org/		naturopathic medicine	
Transcendental Meditation Program	4701 31 st Ave. SW, Suite 120 Jefferson Square Building, Seattle, WA 98108 http://www.tm.org/	206-938-1068	transcendental meditation instruction for stress reduction, PTSD treatment	

Specialty				
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Anger Management				
Northwest Life	Northgate: 1015 NE 113 th St., Seattle, WA 98125 Federal Way: 801 S. 336 th St., Federal Way, WA 98003 http://www.northwestfamilylife.org	206-363-9601 206-300-2243 (for anger mgmt specifically) 24 hr crisis line: 1-800-244-0767	12-month programs for domestic violence. Advocacy programs, for males, female, and kids	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
ADD – Adult				
Attention Deficit Disorder Resources	223 Tacoma Ave S #100, Tacoma, WA 98402 www.addresources.org Also @ UW and Mercer Island	253-759-5085	Offers support, education and resources for those with ADD.	

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Addictions				

Steve Juregens, MD	1120 8th St., Bellevue, WA 98004	425-454-0255		
Roy Clark MD	Medical/ Dental Building 509 Olive Way, Suite 1419, Seattle, WA 98101	206-682-5203		
Dan Wolf MD	West Seattle	206-932-9292		
Russ Vanderbelt	11201 SE 8th St., Suite 105, Bellevue, WA 98004 Not accepting new patients as of 4/25/08	425-454-0255		
Edwards, Berry MD	Bellevue			

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Asperger's				
UW Autism Center	University of Washington Seattle, WA 98195 http://depts.washington.edu/uwautism/	206-543-4255	Primarily evaluations for autism but Asperger's also available	
Children's Hospital: Autism and Asperger's Clinic	4800 Sand Point Way Seattle, WA 98105	206-987-2210	Phone Number is for Intake line, call for more information.	
Seattle Asperger's Syndrome Education And Support Group	Location Subject to Change, please call for current info.	(206) 782-2232	Support group for Asperger's Syndrome and related conditions.. Free child care available at meetings, please call.	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Autism				
Autism Spectrum	400 Boren Ave N Seattle, WA 98109	206-332-1646	Provides evaluation,	

Treatment And Research Center	http://www.astarcenter.org		diagnosis, and services for autism spectrum disorders.	
Families for Effective Autism Treatment	14434 NE 8 th St., 2 nd floor, Bellevue, WA 98007	206-763-3373		
Autism Outreach Project		888-704-9633		
Autism Society of WA		888-279-4968		
Children's Hospital: Autism and Asperger's Clinic	4800 Sand Point Way Seattle, WA 98105	206-987-2210	Phone Number is for Intake line, call for more information.	
University of Washington Autism Center	University of Washington Seattle, WA 98195 http://depts.washington.edu/uwautism/	206-221-6806	Provides evaluation, diagnosis, and services for autism spectrum disorders.	

Specialty				
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Cancer Support				
Gildas Club Seattle	1400 Broadway St., Seattle, WA 98122	206-709-1400	Cancer support/ educational services offer social & emotional support to personas living with cancer & their family, friends, partners, and coworkers in a club setting	
Northwest hospital (Support Groups)	1550 N 115 th St, Seattle 98133	206-364-0500	For breast & prostate cancer, new mothers, cardiac, grief & others.	

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Child/Adolescent				
Northwest hospital	1550 N 115 th St, Seattle 98133	206-364-0500	Offers breast & prostate	

			cancer, new mothers, cardiac, grief & lung disease support groups	
Children's Hospital:	4800 Sand Point Way Seattle, WA 98105	Outpt: 206-368-4949 Inpt: 206-987-2167	Call for more information with provided intake lines	
Catholic Community Services	Multiple locations throughout Western WA www.ccsww.org	206-328-5097	Offers comprehensive mental health services for children.	

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Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Counseling Resources				
Antioch	2326 6 th Avenue Seattle, WA 98121-1814 http://antiochseattle.edu/clinic	206-268-4840	Counseling program staffed by master's degree students	Sliding scale
Community Psychiatric Clinic	10501 Meridian Ave N., Seattle, WA 98133 http://www.cpcwa.org/about.htm Mon-Fri 8:00AM to 5:00 PM	206-461-3614	Community-based behavioral healthcare services/case management	
Pioneer Counseling Services	105 14 th Ave STE 3B Seattle, WA 98122 758 St. Helens Tacoma, WA 98402	Sea:206-464-1684 Tac:253-274-0484	Counseling Services for adults, youth, and families, also does chemical dependency	Most Insurances, sliding scale
Seattle Mental Health	1600 East Olive St. Seattle, WA 98122 http://www.smh.org/ Monday through Friday 8:00am - 6:00pm	206-302-2200 *Multiple sites, call for locations.	Community-based behavioral healthcare services/case mgmt.	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Culture/Religion Related Services				
Asian Counseling and	720 8th Ave S., Ste 200, Seattle, WA 98104	206-695-7600 or 206-	Organization offers a	

Referral Services	http://www.acrs.org/	774-2417 (during bad weather)	broad array of human services and behavioral health programs to Asian Pacific Americans in King County.	
Consejo Counseling and Referral Services	3808 S. Angeline, Seattle, WA 98118 http://www.consejo-wa.org/	206-461-4880	Services focus on the Hispanic/Latino community. Consejo provides education, prevention, treatment and support services related to mental health, substance abuse and domestic violence	
Catholic Community Services	100 23 rd Ave South, Seattle, WA 98144 http://www.ccsww.org/counseling/king.php	206-328-5774 206-328-5696	Services are offered for individuals, couples, and families. Self-development classes such as anger management and parenting are also offered.	Private pay and INS OK
Jewish Family Services	1601 16th Avenue, Seattle, WA 98122 Other locations – see website http://www.jfsseattle.org/services/services.html	206-461-3240	Jewish Family Service is a private, non-profit social service organization serving members of the Jewish and broader communities in the greater Puget Sound Region	

Lutheran Community Services NW	433 Minor Avenue N. Seattle, WA 98109 http://www.lcsnw.org/seattle/ Mon-Thu 9:00Am to 5:PM Fri 9:00 AM to 2:00PM	206-694-5700	Provides a variety of services to adults, adolescents, children, families of the former Soviet Union including Refugees and immigrants	DSHS only
Samaritan Center of Puget Sound	564 NE Ravenna Blvd, Seattle, WA 98115 www.samaritanps.org (multiple locations)	206-527-2266	An ecumenical Christian counseling center offers both short and long term therapy for individuals, couples, and families who desire change or are experiencing confusion, conflict or pain.	Insurance often applies and standard fee may be adjusted to income and family size.

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Developmental Disability				
Children's Hospital-Neuropsychological Assessment Clinic	4800 Sand Point Way NE Seattle, WA 98105	206-987-2760	Psych services for severely emotionally disturbed boys/girls through age 16, incl. psychosomatic/pediatric illness req. integrated medical/psych care.	
Center on Human Development and Disability	University of Washington Seattle, WA 98195 http://depts.washington.edu/chdd/	206-543-7701		
UW Developmental Disabilities	Adult and Elders Program	206-616-1660	Improve health services of adults and elders who have developmental disabilities w/ training material, residential providers etc.	

The Arc of King County	233 6 th Ave N Seattle WA 98109 Arcofkingcounty.org	206-364-6337 1-877-964-0600	Children and adult advocacy for those with developmental disabilities	
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Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Dialectical Behavior Therapy (DBT)				
Dialectical Behavior Therapy Center of Seattle (part of Evidence Based Treatment Centers of Seattle)	1218 3 rd Ave Ste 500, Seattle, WA 98101 http://dbtseattle.com	206-374-0109	Provides full DBT services (including individual therapy, skills groups and consultation team for the therapists)	Please call for info

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Domestic Violence - Domestic Abuse Women's Network 24-Hour Crisis Line 425-656-7867				
Consejo Counseling And Referral Service-Domestic Violence Treatment Program	3808 S Angeline St, Seattle, WA 98118	206- 461-4880	10-week domestic violence treatment program; program in Spanish and is culturally relevant to Hispanics	
Seattle Mental Health (Bellevue/Rainbow Creek) Domestic Violence Treatment	14270 NE 21st St, Bellevue, WA 98007	425-653-5000	Comprehensive family violence treatment for both male and female clients; violence between non-related individuals or criminal behaviors is also treated.	

Northwest Life	http://www.northwestfamilylife.org	206-363-9601	12-month programs for domestic violence. Advocacy programs, for males, female, and kids	
Family Services	Multiple locations – see website www.family-services.org	206-826-3050	Offers men’s domestic violence intervention program, positive parenting classes, chemical dependency.	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Eating Disorders				
Children’s Hospital Inpatient Eating Disorder Program	4800 Sand Point Way NE, Seattle, WA 98105 http://www.seattlechildrens.org	Psychiatry/Behavioral Health Access Line: 206-526-2760	For ages 12-18. Run by Rose Calderon, PhD. For adolescents able to eat by mouth.	
National Eating Disorders Association	603 Stewart St. #803 Seattle, WA 98101 www.nationaleatingdisorders.org	206-382-3587 800-931-2237	Education, advocacy, and prevention of eating disorders	
Overeaters Anonymous	Check website for current meeting times and locations: www.seattleoa.org	206-264-5045	Support group for people with overeating disorders, friends and family welcome, some childcare provided.	
Swedish Medical Center Nutrition Care Clinic	2 locations: contact Kamal to schedule Ballard: 5300 Tallman Ave NW Seattle, WA 98107 First Hill: 747 Broadway, Seattle, WA 98122 www.swedish.org	206-781-6228	Offers: weight issues counseling, anorexia nervosa and bulimia, also lo cholesterol and low fat diet plans.	All INS OK, (Medicare doesn’t cover, DSHS only for 21&under)
The Moore Center	1601 114 th Ave SE Ste 180, Bellevue WA 98004	425-451-1134	Outpatient, nutrition	

	www.moorecenterclinic.com		services, for family also.	
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Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Fertility Evaluations				
Seattle Reproductive Medicine	1505 Westlake Ave. N. #400, Seattle WA www.seattlefertility.com	206-301-5000	Services re: infertility and egg donation	
Pacific NW Fertility	1101 Madison St Suite 1050 Seattle WA 98104 www.pnwfertility.com	206-515-0000	In Vitro Fertilization, ovulation induction, male infertility, egg freezing	

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Geriatrics				
Elderhealth Northwest	Care manager makes home visits Elderhealth.org	King County: 206-528-5315 Snohomish County: 425-355-1313	Comprehensive evaluation and planning for problems associated with aging and disability	
University of Washington Geriatric and Family Services Clinic	University of Washington Seattle, WA 98195	206-598-4080	Memory disorders, dementia, degenerative brain diseases	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Grief Counseling				
Bastyr University-Center for Natural Health	3670 Stone Way N., Seattle 98103 www.bastyr.edu	206-834-4100	Counseling offers brief, solution-focused counseling regarding couples & relationship difficulties, rape, and grief/loss issues	
Children's Hospital & Regional Medical Center	4800 Sand Point Way NE, Seattle 98105	206-987-2760	Support groups for children, parents and families dealing with childhood illness or death of a child	
Compassionate Friends	Compassionatefriends.org	630-990-0010 877-969-0010	National organization for people who have lost children of any age, for any reason	
Grief Works	715 30 th St. NE Auburn, WA 98002	253-333-9420 800-850-9420	Provides affordable services such as public forums, one day family retreats, support groups, consultations, individual counseling. Staff makes home visits	
Group Health	201 16 th Ave. E CXB-1 Seattle 98112	206-326-2800	Support Group	
Providence	425 Pontius Ave N #300, Seattle 98109	206-320-4000	counseling, summer camp, support groups	
Swedish Medical Center Bereavement Services	5701 6 th Ave S. #404, Seattle 98108 www.swedish.org	206-386-6602	Groups sessions for family/friends of	

			deceased patients for 1 year past death of loved one	
Virginia Mason Separation & Loss Services and Crime Victim Assistance Center	1218 Terry Ave, Seattle 98111	206-223-6398	Individual or group therapy for persons who have experienced sudden traumatic loss through homicide or criminal act, offers media management/support	
Northwest hospital	1550 N 115th St, Seattle 98133	206-364-0500	Offers breast & prostate cancer, new mothers, cardiac, grief & lung disease support groups	

Specialty				
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NeuroPsychological Testing				
Virginia Mason: David Fordyce PhD	1100 Ninth Ave Seattle WA, 98101	206-223-6746	Neuropsych testing	
Jones, Betty, PhD	2025 112 th Ave NE #200 Bellevue, WA 98004		Diagnostic Associates – Neuropsych testing	
Majovski, Lawrence, PhD	1902 64 th Ave. W. Ste 201, Tacoma, WA 98466	253-572-9917	Neuropsychological testing	
Muscatel, Kenneth, PhD	1001 Broadway, Ste 318 Seattle, WA 98122	206-324-4443	Neuropsychological testing	Call INS for auth-cost for testing is \$1800- \$2000
Wise, Fred, PhD	1600 E Jefferson St Suite 302 Seattle, WA 98122	206-320-3888	Neuropsych	

Specialty				
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Obsessive Compulsive Disorder				
Swedish Hospital OCD Support and Recovery Group	Swedish Hospital – 747 Broadway Seattle, WA 98122 (Take elevator to “B” level, go through cafeteria to the meeting room) Also in Tacoma, WA ocdseattle.org	206-781-5614 (OCD info line) 206-386-6000 (Swedish)	The third Saturday of each month. Call for current times. There are sessions for group counseling, support for family and friends, and group sharing.	
Anxiety and stress reduction through Evidence Based Treatment Center of Seattle	1218 3 rd Ave Ste 500, Seattle WA 98101 www.ebtseattle.com	206-374-0109	CBT for OCD and other anxiety disorders.	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Parenting Evaluations				
King County Superior Court - Family Court Services (Seattle)	King County Courthouse, 516 3rd Ave, #W-280, Seattle, WA 98104-2312	(206) 296-9400	Provides evaluation of parties involved in domestic violence regarding safety, security, visitation with children and parenting plans, etc.	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Referral Lines				
Washington State Psychiatric Association Referral Line	2150 N. 107th St. #205 Seattle, WA 98133 http://www.wapsychiatry.org/	206-367-8704	Psychiatric referrals	Free service
Washington State Psychological Association Referral Line	711 N. 35th Street, Suite 206 Seattle, WA 98103 http://www.wapsych.org/index.cfm	206-545-3994 or 800-275-9772	Help to find psychologists in the area	Free service

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Retardation				
King County Department Of Community And Human Services - Developmental Disabilities Program	Developmental Disabilities Office: 401 5 th Ave., Suite 520, Seattle, WA 98104 www.metrokc.gov/dchs/ddd/	206-296-5214	Contracts w/individual agencies for early intervention services to meet the developmental needs of eligible infants/toddlers and the needs of the family related to enhancing the child's development	

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Sexual Issues				
Seattle Counseling Service for Sexual Minorities	1216 Pine St., Suite 300, Seattle, WA 98101	206-323-1768	social well-being and mental health of the Gay, Lesbian, Bisexual and Transgender communities	
Melissa Hawkins PhD	2033 Minor Ave., Suite 5, Seattle, WA 98102	206-725-0750		
Lucianne Hackbert PhD	Downtown, Seattle	206-755-9122		
Beatrice Ellis PhD	823 NE 65 th St., Seattle, WA 98115	206-324-7954		
Carolyn Livingston ARNP, PhD	North Seattle	206-527-8774		
Louisa Turner PhD	North Seattle	206-633-7951		
Virginia G Becker PhD	Shoreline	206-542-6670		

Specialty				
Provider Name	Site of Practice Address/website	Phone Number	Description	INS
Smoking Cessation				
American Lung Association Of Washington	2625 3rd Ave, Seattle, WA 98121-1200 www.alaw.org	206-441-5100	Smoking cessation clinics-group smoking cessation clinics with	

			ongoing support	
Nicotine Anonymous World Services	Several Meeting Locations, see website or call for more info. http://nicotine-anonymous.org	206-723-3052	Smoking cessation support groups	

Web based resources		
WebMD	www.webmd.com	Enter any “condition” or illness and get an overview and links to other helpful websites
American Academy of Child and Adolescent Psychiatry	www.aacap.org	Specifically for info on children and adolescents with mental illnesses.
Anxiety Disorders Association of America	www.adaa.org	Info for self-help, journal articles, current research, message boards, bookstores, and facts on anxiety disorders.
Boston University	www.bu.edu/sarpsych/jobschool	Info for handling mental illness at work and at school, also has info on Americans with Disabilities Act (ADA)
National Alliance for the Mentally Ill (NAMI)	http://nami-greaterseattle.org	NAMI's mission is to address the unmet needs of individuals with mental illness and their families through advocacy, public education, information and referral, and self-help support groups.
Statewide Health Insurance Benefits Advisors (SHIBA)	www.insurance.wa.gov/consumers/shiba	Insurance coverage information, answers questions including prescription drug coverage and plan comparisons
Insurance Commissioners' Office	www.insurance.wa.gov/consumers/health/healthinsurance.asp	Has information on individual health insurance plans, COBRA, etc.