Referral Resources for Families with Children Age Birth to Five Years

Community mental health centers

Children's Home Society of Washington
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.
Website: www.childrenshomesociety.org

Navos
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.
Website: www.navos.org

Valley Cities Counseling and Consultation
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.
Website: www.valleycities.org

Wellspring Family Services
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.
Website: www.wellspringfs.org

Home-based counseling services

Institute for Family Development
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).
Website: www.institutefamily.org
Provider groups offering early childhood mental health services for young children by at least some clinicians:

**Eastside Psychological Associates**
Mental health provider practice group offering a variety of assessment and treatment services. Offices in Woodinville, Issaquah, Snohomish and recently some services in Seattle.
Website: www.eastsidepsychologicalassociates.com
Intake line: 425-458-5048

**Evidence-Based Treatment Centers of Seattle, Child Anxiety Center.**
A multidisciplinary specialty center devoted to the treatment of anxious children, adolescents and families. Located in downtown Seattle.
Website: ebtseattle.com/child-anxiety-center.html
Intake line: 206-374-0109

**BrooksPowers Group**
Mental health provider practice group with expertise in neurodevelopmental disabilities offering assessment, treatment and school consultation. Located in Seattle.
Website: www.brookspowers.org
Intake line: 206-801-1139

**ABCD, Inc.**
Group mental health practice offering a wide variety of services to children and families. Located in North Seattle.
Website: www.abcdseattle.com
Intake line: 206-361-6884

**Cooper House**
Multidisciplinary group practice offering longer-term infant mental health services, focusing completely on very young children, birth to three years. Located in Seattle.
Website: www.cooperhouse.org/resources
Phone: 206-402-3168

**University of Washington agencies serving young children:**

**University of Washington Center of Human Development and Disability, Child Development Center.**
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.)
Website: https://depts.washington.edu/chdd/ucedd/ctu_5/child_devclinic_5.html
Phone: 206-598-9346
University of Washington LEARN Clinic, Psychology Department, University of Washington.

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

Website:  www.psych.uw.edu/psych.php?p=373
Phone:  206-543-6511

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

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

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

Website: https://depts.washington.edu/fasdpn
Phones:  206-598-9666 (coordinator), 206-598-7666 (intake line)

Families Moving Forward (FMF) Program

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

Website: http://depts.washington.edu/fmffasd
Phone:  206-987-7581 (this line can help connect families to providers trained in the Families Moving Forward Program)

NOFAS (National Organization on Fetal Alcohol Syndrome) Washington state

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

Website:  www.nofaswa.org

Other services that might be needed:

Sibshops at Seattle Children’s Hospital

For siblings of children with special needs

Website: www.seattlechildrens.org/classes-community/current-class-offerings/sibshops/

Social skills resources:

P.E.E.R.S. Play

Website: www.peersplay.com

For sleep problems:

Seattle Children's Hospital Sleep Disorders Clinic

Phone: 206-987-5072

Fussy Baby Network (located at Cooper House)

Website:  www.cooperhouse.org
For pediatric therapy needs:

**Children’s Therapy Center of Kent**
Offers physical, occupational and speech therapy services, and early intervention. Located in the Kent area.
Website: [www.ctckids.org](http://www.ctckids.org)

**Pediatric Physical and Occupational Therapy Services (Seattle) and Pacific Northwest Pediatric Therapy (Portland)**
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.
Website: [www.rosemarywhitepediatricservices.com](http://www.rosemarywhitepediatricservices.com)
Phone: 206-367-5853

**Developmental Centers and Special Needs Centers**

**Boyer Children’s Clinic**
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.
Website: [www.boyercc.org](http://www.boyercc.org)
Phone: 206-325-8477

**Kindering Center**
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.
Website: [www.kindering.org](http://www.kindering.org)
Phone: 425-747-4004

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

**Parent Trust**
Offers classes and brief parent coaches; often serves low-income families. Serves all of Washington State.
Website: [www.parenttrust.org](http://www.parenttrust.org)
Phone: 1-800-932-HOPE (4673)
Within Reach

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.

Website:  www.parenthelp123.org/child-development/child-development-screening-public

WA Parent-Child Interaction Therapy Providers

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

Inclusion on this list does not imply endorsement by Seattle Children’s Hospital.