



American Foundation *for* Suicide Prevention

Washington Chapter

Prevention Resources – Snohomish County

Crisis Centers and Crisis Line

National Suicide Prevention Lifeline

1-800-273-8255

Calls are routed to the nearest available crisis center in network

1-800-799-4TTY for Hearing and Speech Impaired

Llame al 1-888-628-9454 para obtener asistencia en español

Washington Recovery Help Line

1-866-789-1511

24-Hr Help Line for Substance Abuse, Problem Gambling and Mental Health

Care Crisis Line

P.O. Box 839, Everett, WA 98206

(425) 258-4357 (24 hours)

1-800-584-3578

Fax: (425) 239-3073

TTY: (425) 339-3301

Compass Health

4526 Federal Ave., Everett, WA 98203

(425) 349-6200

TTY: (425) 349-7416

- Chemical Dependency Treatment
- Aurora House (in-patient facility), involuntary treatment act services
- In-patient and out-patient counseling for adults, seniors and teens
- Support groups
- Voluntary outreach, office-based services, telephone consultation and psychiatric medication consultations in Snohomish, Skagit, Island and San Juan counties
- Program for Assertive Community Treatment (PACT) is a Fidelity based program targeted to clients who have a major psychiatric disorder, multiple inpatient episodes over the past two years and who for whatever reason have been unable to benefit from traditional mental health service

Hospitals

Cascade Valley Hospital -- 360-435-2133
330 S. Stillaguamish Ave; Arlington (<http://www.cascadevalley.org/>)

Children's Hospital -- 206-526-2222
4800 Sandpoint Way NE; Seattle (www.seattlechildrens.org/)

Group Health Coop. of Puget Sound -- 206-326-3000
201 16th Ave E; Seattle (www.ghc.org/)

Fairfax Hospital
10200 NE 132nd St
Kirkland WA 98034
(425) 821-2000

- Behavioral health inpatient and partial hospitalization services for all ages.
- Offering medical detoxification for adults and dual diagnosis treatment for adults and adolescents.
- A therapeutic day school program is available for grades K-12.
- Free and confidential assessments 24 hours a day. Referral assistance and admissions are also available 24/7

Providence General Medical -- 425-261-2000
E.R. 425-261-3000
1321 Colby; Everett (www.providence.org)

Stanwood Camano Medical Ctr -- 360-629-5800
9631 269th St NW; Stanwood

Valley General Hospital -- 360-794-7497
14701 179th Ave SE; Monroe (www.valleygeneral.com)

- Senior Behavioral Health Program – inpatient and outpatient program for adults age 55 and older
- Inpatient and outpatient behavioral health treatment programs and chemical dependency programs

Harborview Medical Ctr -- 206-731-3000
E.R. 206-731-3074
325 9th Ave; Seattle (<http://uwmedicine.washington.edu/Patient-Care/Locations/HMC/Pages/default.aspx>)

Northwest Hospital -- 206-364-0500
E.R. 206-368-1765
1550 N 115 St; Seattle (www.nwhospital.org)

Swedish Hospital Edmonds
21601 76th Ave West
Edmonds, WA 98026
(425) 640-4981

- Assessment and inpatient treatment for voluntary and involuntary treatment with partial hospitalization and short-term intensive treatment programs

Psychiatric Institution and Counseling Centers

Crisis Triage Facility – Baily Center

3322 Broadway
Everett, WA 98201
(425) 349-6800

- Patients can come in through self-commitment or referrals from local ERs or law enforcement
- 16 bed, for those recovering from a mental health crisis for stays of hours or days

Community Mental Health

Snohomish County Human Services Department
3000 Rockefeller Ave., M/S 305
Everett, WA 98201
Admin East, 4th Fl (A on map),
425-388-7211

Snohomish County Involuntary Treatment Program

3000 Rockefeller Avenue, Mail Stop 305
Everett, WA 98201
Carola Schmid
(425) 388-7215
(800) 846-8517 - Public Line
(415) 258-1352 - Professional Line

Mukilteo ENT (Involuntary Hospitalization)

(425) 290-9745

SeaMar Community Health Centers

Monroe Behavioral Health Center
14090 Fryeland Boulevards SE, Suite 347
Monroe, Washington 98272
360-805-3122

- Assessment, group therapy, individual therapy and case management
- Chemical Dependency Services

SeaMar Community Health Centers

Everett Behavioral Health Center
5007 Claremont Way
Everett, Washington 98203
425-609-5505

- Assessment, group therapy, individual therapy and case management
- Chemical Dependency Services

SeaMar Community Health Centers

Lynnwood Behavioral Health Center
19707 44th Avenue West, Suite 101
Lynnwood, Washington 98036
425-977-2560

- Assessment, group therapy, individual therapy and case management
- Chemical Dependency Services

Bridgeways
Sparrow House
and Clinical Services
8223 Broadway
Everett, WA 98203
Phone: (425)355-8668
Fax: (425)347-4188

- Clinical Services – Outpatient services, including individual and group therapy, medication training and other supports to over 500 people.
- Outpatient Services and Intensive Outpatient program and treatment
- Housing – Transitional and permanent housing for over 40 people. Independent living skills training and assistance with obtaining other housing supports for over 60 more.

Community Health Center of Snohomish County
Everett – 112th Street Clinic, 425-551-6200
Everett – Broadway Clinic, 425-789-2000
Lynnwood-Lynnwood Clinic, 425-835-5200

- Must be a current patient and receive a referral from your primary care provider

Sunrise Services, Inc.
1021 N. Broadway
Everett, WA 98201
Phone (425) 493-5800 or 1-877-493-5890

- Outpatient treatment, medication management
- Mental Health Case Management
- Individual therapy and specialty groups
- Peer Connection Center – peer counseling and drop-in treatment

Crisis Beds (Transition Services)
(425) 349-7238 (patients)
(425) 349-7289 (office staff)

ACCESS Line:
(425)-212-3900 or (888) 693-7200

Snohomish County Human Services
(425) 388-7200

Geriatric Depression Screening
(425) 290-1260
(800) 422-2024

Mental Health Support Groups

NAMI Parent Support Group
First Presbyterian Church of Everett
2936 Rockefeller Avenue
Everett, WA 98201
The first Tuesday night of each month, 7-8:30pm

NAMI Family Support Group Program
Second Monday of every month, 7:30-9:00pm

Mental Health Support Groups (con't)

Depression Bipolar Support Alliance ~ Snohomish County

Contact : Kimberly Miller

Phone: (360) 739-3133

Email: kimberly.miller.office@gmail.com

DBSA groups are volunteer-run and many of the numbers listed are personal phone numbers. Due to this, please be considerate of the time of day you are calling. Also, please remember these are not crisis lines. If you are in need of emergency assistance, please call 911 or 800/273-TALK. When contacting chapters via email, please put 'DBSA' in the subject line.

Mountain View Presbyterian Church

5115 100th St NE

Marysville, WA 98270

Wendy Anderson

(206) 790-0162

Lutheran Community Services Northwest

Family Center Caregiver Support Group

The Family Center

6330 195th St., SW,

Lynnwood, WA

- Women caregivers meet 1:30 -3:00 Thursdays
- Men caregivers meet 1:30 –3:00 on the third Monday
- Resources, speakers, support and education for those caring for a loved one at home with a chronic illness. Walk-ins welcome. Free. 425-670-8984 x22

Lutheran Community Services Northwest

Edmonds Senior Center Caregiver Support Group

Meets 1:00 –2:30 2nd and 4th Tuesday

Edmonds Senior Center

220 Railroad Avenue

Edmonds, WA

- Resources, speakers, support and education for those caring for a loved one at home with a chronic illness. Walk-ins welcome. Free. 425-670-8984x22.

Creative Therapy: Depression Support

20102 Cedar Valley Road, Suite 102, Lynnwood, Washington

Every Wednesday at 11am

\$20 - \$40 per session

(425) 954-5891

Rising Above Depression

406 Main st Ste, 108, Edmonds, Washington

\$40 - \$50 per session

(253) 200-9389

Catholic Community Services of Western Washington

Snohomish Family Center (and other locations)

1918 Everett Ave.

Everett, WA 98201

(425) 257-2111

Individual therapy and support groups

Services provided on a sliding scale

Family Guide to Involuntary Treatment – From NAMI Snohomish County

Designated Mental Health Professionals can be reached at (425) 388-7215 on a 24-hour, 7-day a week basis.

If a family member has been involuntarily detained, you may have some questions about Washington State's Involuntary Treatment Act (ITA). The information in this brochure is a simplified guide through the involuntary commitment process to help you understand the system, the patient's rights and your involvement.

Initial Evaluation: Designated Mental Health Professionals (DMHPs) are called upon to evaluate individuals who are exhibiting signs of an acute mental disorder and allegedly pose as an imminent danger to self, others or property or are gravely disabled (unable to care for their basic needs). The referral can be initiated by anyone who has first hand knowledge of the person and the presenting Problem. The DMHP will evaluate an individual to determine if legal criteria for commitment as a result of a mental disorder are met. The DMHP will arrange for or refer to voluntary treatment if it seems more appropriate.

Designated Mental Health Professional: In Snohomish County, a Designated Mental Health Professional is a person who has an advanced degree in a mental health related field, experience working in the field and who has been designated by Snohomish County as having the authority to authorize 72-hour detentions.

Legal Definition of "Mental Disorder": Any organic, mental, or emotional impairment that has substantial adverse effects upon an individual's cognitive (thought) or volitional (action) behavior.

Criteria for Commitment: The person must have a mental disorder as defined above and, as a result of the mental disorder...

...presents a danger to self, others or property
and/or

...is unable to provide for basic needs of safety or health (gravely disabled).

Initial Detention: Individuals assessed as meeting the criteria for commitment can be detained at a psychiatric evaluation and treatment facility, up to 72 hours (excluding weekends and holidays). Detentions usually take place at the Snohomish County Evaluation and Treatment Facility in Mukilteo or at Swedish Hospital in Edmonds. At times, individuals are placed on a 72 hour hold in other facilities throughout Snohomish County. In the case of detention of a minor (under 18 years of age), the CDMHP is to notify parents as soon as possible.

Individual Rights: The ITA provides strong guarantees of individual rights. A person is not presumed incompetent as a result of being involuntarily hospitalized. Strict confidentiality is maintained in all proceedings.

Evaluation: A psychiatrist or advanced registered nurse practitioner (ARNP) will evaluate the patient within 24 hours of the detention. They will also determine if the individual requires further involuntary treatment. Within 72 hours it will be determined whether a probable cause hearing for up to 14 days of involuntary treatment will be held. Per direction of the psychiatrist or ARNP the court evaluators will complete an additional evaluation. Court evaluators, usually a psychologist and/or a Designated Mental Health Professional will make independent assessments to determine if the patient meets the criteria for commitment as the result of a mental disorder.

Legal Counsel: Each patient has the right to legal counsel and is assigned a public defender who will meet with him/her prior to court and represent his/her wishes at the hearing. The public defender has the right to cross-examine all witnesses.

Court Appearance: If it is felt that involuntary criteria are met and the patient needs further inpatient care, beyond the 72-hour period, and she/he is still unwilling to accept treatment voluntarily, the facility will file another petition and a Probable Cause Hearing will be scheduled. The purpose of the Probable Cause Hearing is to allow the Judge to determine whether there is adequate information of both a mental disorder and of dangerousness to self or others or property and/or grave disability to allow for an order for up to 14 days of additional involuntary commitment. Family members may be contacted to provide testimony at the Probable Cause Hearing. Probable Cause Hearings occur at the facility where the individual is being treated.

Four Possible Outcomes of a Probable Cause Hearing:

- ☐ The petition can be dropped for lack of evidence and the patient released.
- ☐ The judge can dismiss the case and release the patient.
- ☐ The patient is judged committable and can be held for short-term commitment (14 days) at a psychiatric treatment facility.
- ☐ The judge can accept the patient's agreement to enter treatment voluntarily.

Additional Commitment: If it is determined the patient is in need of further treatment beyond the 14-day period; a 90-day petition will be filed with the court. The patient will receive a copy of any 90-day petition filed and the scheduled hearing date. At this hearing the patient can be ordered by the court for further inpatient (restrictive) or outpatient (less-restrictive) treatment.

Less Restrictive Treatment: Less restrictive measures mean that the person must enter outpatient treatment as the court order dictates. Most often the order will specify that the person must participate in recommended treatment and take prescribed medication. The court may also state where she/he has to live – for instance, at home or in a residential facility. If the person on a less restrictive court order does not follow through, a DMHP may file a petition for revocation which returns the individual to the hospital for up to five days pending a revocation hearing.

Long-Term Commitment: If the patient is committed to 90 days of inpatient treatment, she/he is transferred to Western State Hospital, or if the individual is a juvenile, to Fairfax Hospital.

Elopement: Involuntary patients do not have the right to leave the facility unless they are discharged by the physician or ARNP. Each facility has a protocol on how to handle elopements.

Confidentiality Issues: The law allows for release of information concerning involuntary patients between qualified professionals.

Financial Responsibility: The patient and her/his parent/legal guardian are responsible for the cost of hospitalization. Individuals will be billed for involuntary treatment and ambulance transportation.

Additional Questions: Additional questions can be directed to the Social Worker at the facility where the patient is being held or to a DMHP at the county office (425) 388-7215.