



Community Mental Health Resources

IF YOU OR A FRIEND HAS THOUGHTS OF SUICIDE OR HARMING YOURSELF OR SOMEONE ELSE:

- *Call 911 or
- *Go to the Emergency Department at **Providence St. Peter Hospital**: 413 Lilly Road NE, Lacey WA 98506 or
- *Call the **CRISIS LINE** at 360.586.8200. This is a free, anonymous, 24hr crisis line staffed by trained volunteers who can talk with callers and assist in identifying resources in the community.

IF YOU OR A FRIEND IS HAVING A MENTAL HEALTH CRISIS:

- * Call your psychiatrist or therapist.
 - * Call the Crisis Clinic at 360.586.2800
 - * Call Crisis Resolution Services: 360.754.1338
- County Designated Mental Health Providers (CDMHP) provide emergency mental health crisis evaluations and interventions, 24 hours a day, 7 days a week for Thurston, Mason and Lewis counties.

MENTAL HEALTH COUNSELORS:

Consult the Resource Book located in the Counseling Center. Includes information about local providers, their areas of expertise, location and payment options.

Southwest Washington Association of Behavioral Health at swabh.org has information about each member's therapeutic style and specialties; accepted insurance; address; and contact numbers.

Washington State Psychological Association 1.800.275.9772 (wapsych.org) can refer you to a member.

Psychology Today at psychologytoday.com under "Find a Referral."

Behavioral Health Resources

360.704.7170

3436 Mary Elder Rd. NE, Olympia, WA 98506 (off Martin Way, across from Bailey's Inn)

To qualify: You must be receiving medical coupons (DSHS, Healthy Options, CHPW, Molina, etc. only)

Process: Call the above number and ask for entry services. Have your medical coupon available. They will do an intake which lasts approximately 1 hour.

Greater Lakes Mental Health Care: Access Center

253.581.7020

24 Hour Crisis Line: 253.584.8933

9330 59th Ave. SW, Lakewood, WA 98499

To Qualify: They accept most forms of medical coupons for services in Pierce County, call to verify which ones.

Process: Call 253.581.7020 to schedule an intake appointment—ask for the Access Center.

PSYCHIATRISTS

*accepting new patients in June 2015, may be dependent on diagnosis and/or insurance.

***Dr. Edward Case, MD**

360.915.3222

200 Lily Road NE, Suite B-3

Olympia WA 98506

~Does not accept Insurance

***Dr. Linda Miller, DO**

360.867.9367

3000 Limited Lane NW, Suite 135

Olympia WA 98502

~ Accepts Insurance

Dr. Janet Nunn, MD

360.956.3212

2102 Carriage Drive SW, Suite A-102

Olympia WA 98502

~Accepts Insurance

Dr. John Haws, MD

360.480.6956

2118 Caton Way SW

Olympia WA 98502

~ Accepts Insurance

Dr. David Penner, MD

360.539.1736

www.davepennermd.com

1800 Cooper Point Road SW, Suite 14

Olympia WA 98502

~ Accepts Insurance

***Dr. Rita Sharangpani, MD**

360.705.3690

2629 Parkmont Ln. SW, #102

Olympia WA 98502

~ Does not accept Insurance

Dr. Julia Lin, MD

360.754.4539

2100 Caton Way SW

Olympia WA 98502

~ Accepts Insurance

ADVANCED REGISTERED NURSE PRACTITIONERS

*accepting new patients in July 2015

Lynne Dearing, ARNP

Jeff Tebs, ARNP

360.570.1161

1211 4th Ave E, Suite 200

Olympia, WA

~ Insurance Policy Unknown

Maribeth Flood, ARNP

360.357.9200

1117 East Side Street

Olympia WA 98506

~ Does not accept Insurance

Felicia Hanig, ARNP

360.451.1841

1603 Cooper Pt. Rd. NW

Olympia WA 98501

~ Insurance Policy Unknown

Molly Henderson, ARNP

360.791.5933

1005 Olympia Ave NE

Olympia WA 98501

~ Insurance Policy Unknown

Linda Kellams, ARNP

360.709.3332

2118 Caton Way SW Suite 201

Olympia, WA 98502

~ Insurance Policy Unknown

***Marne Nelson, ARNP**

360.791.1040

147 Rogers St. NW

Olympia WA 98502

~ Accepts Insurance

***Laura Wagner, ARNP**

360.515.0342

925 Trosper Rd SW

Tumwater WA 98512

~ Accepts Insurance

PRIMARY CARE CLINICS listed on the “After Hours Medical Care and Community Referrals” handout often manage mental health conditions and medication management. These may be a more accessible option.

CLINICS PROVIDING PSYCHIATRIC SERVICES

Greater Lakes Mental Health Care: Access Center
253.581.7020 24 Hour Crisis Line: 253.584.8933

9330 59th Ave. SW, Lakewood, WA 98499

To Qualify: They accept most forms of medical coupons for services in Pierce County, call to verify which ones.

Process: Call 253.581.7020 to schedule an intake appointment—ask for the Access Center.

Providence St. Peter Outpatient Psychiatry Clinic

360.493.7060

413 Lilly Rd. NE, Olympia, WA

TESTING/ASSESSMENT OF ADD/ ADHD IN OLYMPIA

Kristine Harrison, Psy.D.

360.791.4042

2620 R W Johnson Blvd Suite 204

Olympia, WA. 98502

~ Does not accept insurance. Reduced testing rate for students.

ADHD Support Group:

Everyone welcome. No fees to attend.

For additional information call volunteer facilitator, Gary: (360) 470-0037

Providence Professional Center, 525 Lilly Rd NE, Olympia, WA 98506

Meeting Dates (3rd Wednesday of the month): 06/17/15, 07/15/15, 08/19/15, 09/16/15, 10/21/15, 11/18/15, 12/16/15

Meeting Time: 6-8pm

OTHER COMMUNITY RESOURCES

Safeplace

360.754.6300 (24 hr. crisis phone line)

314 Legion Way S.E., Olympia, WA.

Provides confidential shelter to survivors of domestic violence and their children. They also provide individual referrals to counselors in the community with specialties in areas of domestic violence and sexual assault.

Walk in hours: Tuesdays and Wednesdays with advocates available 10 am -12 pm and 1 pm - 3 pm

Business hours: Monday – Thursday 9am-12, 1pm-5pm. Friday 9am-12

There is no cost for services

Safeplace offers several groups:

* **Domestic Violence group:** Check for support groups or individual support.

* **Sexual assault support group:** 12- week sessions / closed group during that time.

* **Trans group:** Available when interest is sufficient.

* **Queer group:** Available when interest is sufficient

WEB RESOURCES

halfofus.com	MTV site providing mental health information, stories and links
ulifeline.org	Mental health resource site for college students
tinybuddha.com	Resource for application of mindfulness techniques
eftuniverse.com	Tutorial on the basics of the emotional freedom technique
echug and etoke	Online, personalized information about how drugs and alcohol affect your life; accessible through the Evergreen State College Health Center website
addresources.org	Information and resources about Attention Deficit Disorder

How to Access General Mental Health Benefits

How do I know if I have mental health benefits with my insurance?

- Check your insurance card, often the card will show whether or not mental health is covered. There will be a phone number and/or a website listed to verify your benefits.
- If possible, ask your parents. They may be helpful in explaining your insurance benefits.

How do I get referrals to local mental health counselors who will accept my insurance?

- Check your insurance provider website for a list of “preferred providers” in your area. A preferred provider is one who has contracted with your insurance company to reduce out of pocket cost.
- Contact your insurance company and ask them to email, fax, or mail you a list of preferred providers located near you. Areas are usually identified by zip code.
- The Counseling Center has a referral book of local counselors. The listings indicate areas of specialty, contact information, and accepted insurance.
- TESC counselors may be available to help you identify and/or make an appointment with an appropriate counselor in the community.

How do I know how to pick the best counselor for me?

- It is best to meet and talk with a counselor to determine whether you will be comfortable working with them. This may take more than one session. Many counselors will agree to meet briefly at no cost so you can decide if you want to schedule a therapy session.
- If you feel it's not a good connection, you can find another counselor. Counselors are aware this may occur, and it's okay when it does.
- If the counselor you call is not accepting new clients, ask them for additional referrals for counselors they might know, who will accept your insurance.

REMEMBER: More than likely the counselor you call will be in a session and you'll have to leave a message for them.

Be sure to include:

- Your full name
- Your phone number and if it's okay to leave a message
- The best time to get back with you
- Your specific interest in individual counseling ... (e.g.: anxiety, depression, phobia, etc.)

Insurance Information Worksheet

Name of Insurance Company: _____

Name of Insured (Policy Holder): _____

Employer of the Insured: _____ **Relation to insured:** _____

Policy Number: _____ **Group Number:** _____

Customer Service Phone: _____ **Web Address:** _____



How to access Mental Health services through Washington Apple Health Insurance Plans

The following information applies to all Medicaid and extended Medicaid recipients on Apple Health and Healthy Options Plans.

STEP 1: Determine which insurance company you are assigned to. You will get an insurance card in the mail. If you are on the Washington Apple Health Plan, you may get two cards. These cards may come a week or so apart in the mail. One will have the plan you are assigned to (please see the back of this handout for a list of these insurance plans).

STEP 2: Call your insurance company. Ask what you need to do to access mental health benefits. Here are some important questions to ask:

- ✓ Do I need a Primary Care Provider (PCP) to refer me for therapy?
- ✓ Do I need pre-authorization from my insurance? If so, how do I get pre-authorization?
- ✓ Are there any other instructions for first-time clients?
- ✓ Ask for assistance identifying a PCP **and/or** a mental health (aka behavioral health) provider in your area.

STEP 3: Finding a provider online:

Key Words to **Search**:

Counseling and mental health therapy: Licensed mental health professional, counselor, behavioral health, or psychologist.

Medication related provider: Psychiatrist, psychiatric nurse practitioner (ARNP) or physician (MD).

For helpful tips specific to your insurance plan, please see the back of this handout.

STEP 4: Make contact. Contact the providers. Expect that you will likely leave a phone message. Ask if they accept new patients? Do they accept your insurance? Leave your name, number and best time to reach you. If you hear “no”, consider asking for providers they might suggest who may say “yes”.

Detailed Tips for Finding a Provider on the Web

Note: There are frequent changes to websites and we are doing our best to keep up. If you find that the information listed is no longer accurate, please let us know so that we can update it. Also, if you are on a Marketplace plan (not Washington Apple Health), you may need to adjust the instructions accordingly.

Amerigroup

Customer Care Service: 1-800-600-4441

- Google “amerigroup prismisp”
- Click on: Amerigroup (Americaid) – Prismisp.com
- Under “Search by Specialty” → **Washington** and **enter your zip code**.
- Under “Select a Product” → **Washington Medicaid**.
- Under “What kind of provider are you looking for?” → **Behavioral Health and Substance Abuse**.
- Click **Search**. **Note:** *There may be more than one page of results.*

Community Health Plan of Washington

Member services: 1-800-440-1561

- Go to chpw.org/provider-search/
- **Enter your zip code**.
- Uncheck “Primary Care Providers”.
- Click **Show Advanced Filters**.
- Under “CHPW” → **Washington Apple Health**.
- In the box “Filter by Specialties”, **enter a specialty**.
- Click **Search**: **Note:** *There may be more than one page of results.*

Coordinated Care

Call **Member Services** at **1-877-644-4613** and follow the prompts.

- When you hear: “Which of these can I help you with?” say “**behavioral health**”.
- A representative will answer. Ask for a list of providers in your area and any additional instructions to get services. Specify you are on the **Apple: Extended Medicaid plan**.
- Web Access: <http://www.coordinatedcarehealth.com>

Molina Health Care

Member services: 1 (800) 869-7165

- Go to www.molinahealthcare.com
- Click **Find a Doctor or Pharmacy**.
- Under “Enter Your Location” → **Search by County, WA, Thurston**.
- Under “Select a Coverage & Provider Type”: Coverage → **Medicaid**
Provider Type → **Behavioral Health**
- Click **Search**. **Note:** *There may be more than one page of results.*

United Healthcare Community Plan

Member Services: 1-877-542-8997 To find a provider, call **Optum Behavioral Health: 1-855-802-7089**