

Referral Resources for Families with Children Age Birth to Five Years

Community mental health centers

Children's Home Society of Washington

childrenshomesociety.org

Offers early childhood education, child and family counseling, out-of-home care, adoption, and advocacy. Offices are located in King County, Spokane, Tacoma, Vancouver, Walla Walla, and Wenatchee.

Hope Sparks

hopesparks.org

Children's developmental services offered for children birth to three years old including family resources coordination, infant and early childhood mental health, occupational therapy, physical therapy, specialized instruction, and speech and language therapy. Offices located in Tacoma, WA.

Navos

navos.org

Offers outpatient care for infants and young children (ages 0-5), including parent-child therapy, parent education and support, early relationship assessment and support, dependency court advocacy, resources for basic needs, and professional consultation to early-childhood-care providers. Located in the NAVOS West Seattle campus.

Wellspring Family Services

wellspringfs.org

Offers Early Learning Services for children ages one through five who are experiencing the traumatic effects of homelessness. Located in Seattle.

Home-based counseling services

Institute for Family Development

institutefamily.org

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).

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To Learn More

- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's
HOSPITAL • RESEARCH • FOUNDATION

Provider groups offering early childhood mental health services for young children by at least some clinicians:

Eastside Psychological Associates

eastsidepsychologicalassociates.com

Intake line: 425-458-5048

Mental health provider practice group offering a variety of assessment and treatment services. Offices in Woodinville, Issaquah, Snohomish and recently some services in Seattle.

Evidence-Based Treatment Centers of Seattle, Child Anxiety Center.

ebtseattle.com/child-anxiety-center.html. Intake line: 206-374-0109

A multidisciplinary specialty center devoted to the treatment of anxious children, adolescents and families. Located in downtown Seattle.

BrooksPowers Group

brookspowers.org

Intake line: 206-801-1139

Mental health provider practice group with expertise in neurodevelopmental disabilities offering assessment, treatment and school consultation. Located in Seattle.

ABCD, Inc.

abcdseattle.com

Intake line: 206-361-6884

Group mental health practice offering a wide variety of services to children and families. Located in North Seattle.

Cooper House

cooperhouse.org/resources

Phone: 206-402-3168

Multidisciplinary group practice offering longer-term infant mental health services, focusing completely on very young children, birth to three years. Located in Seattle.

University of Washington agencies serving young children:

University of Washington Center of Human Development and Disability, Child Development Center.

depts.washington.edu/chdd/ucedd/ucedd_detail.html#clinics

Phone: 206-598-9346

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.)

University of Washington LEARN Clinic, Psychology Department, University of Washington.

psych.uw.edu/community/the-clinic/the-learn-clinic/services

Phone: 206-543-6511

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

FamilyWise

familywisenw.com/therapists-1

Offers Incredible Years and other parent-focused treatments.

The Seattle Clinic

theseattleclinic.com/the-incredible-years-program

Offers Incredible Years and other parent-focused treatments

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

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

depts.washington.edu/fasdpn/htmls/clinic-locations.htm

Phones: 206-598-9666 (coordinator), 206-598-7666 (intake line)

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

Families Moving Forward (FMF) Program

familiesmovingforwardprogram.org

Phone: 206-987-7581 (this line can help connect families to providers trained in the Families Moving Forward Program)

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

FASD Focus NW (Formerly NOFAS WA) (National Organization on Fetal Alcohol Syndrome) Washington state

nofaswa.org

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

Other services that might be needed:

Sibshops at Seattle Children's Hospital

seattlechildrens.org/health-safety/keeping-kids-healthy/development/sibling-special-needs-sibshops

For siblings of children with special needs

Social skills resources:

P.E.E.R.S. Play

peersplay.com

For sleep problems:

Seattle Children's Hospital Sleep Disorders Clinic

Phone: 206-987-5072

Fussy Baby Network (located at Cooper House)

cooperhouse.org

For pediatric therapy needs:

Children's Therapy Center of Kent

ctckids.org

Offers physical, occupational and speech therapy services, and early intervention. Located in the Kent, Burien, Tacoma and Maple Valley.

Pediatric Physical and Occupational Therapy Services (Seattle) and Pacific Northwest Pediatric Therapy (Portland)

rosemarywhitepediatricsservices.com

Phone: 206-367-5853

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.

Developmental Centers and Special Needs Centers

Boyer Children's Clinic

boyercc.org

Phone: 206-325-8477

Offers services for 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.

Kindering Center

kindering.org

Phone: 425-747-4004

Offers services for 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.

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

Parent Trust

parenttrust.org

Phone: 1-800-932-HOPE (4673)

Offers classes and brief parent coaches; often serves low-income families. Serves all of Washington State.

Within Reach

parenthelp123.org/child-development/child-development-screening-public

Offers 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.

WA Parent-Child Interaction Therapy (PCIT) Providers

Go to pcit.org to find PCIT providers in your area.

Parenting Resources

Parent-Focused Anxiety Treatment for Young Children

Information and a list of trained providers who offer Supportive Parenting for Anxious Childhood Emotions (SPACE), an evidence-based, parent-focused treatment for children with anxiety.

spacetreatment.net/space-providers

Online Parenting Resources

The Essentials of Parenting e-course teaches families rigorously studied parenting tools that have been found to improve emotional and behavioral outcomes for kids and improve family relationships. This course provides education and demonstrations of real families using the skills and includes interactive activities and a workbook, for ages 2-12. To purchase this course at a reduced rate, visit helpingfamielsthrive.com/courses/parenting-essentials and enter the discount code **SeattleChildren's** at check out. For additional financial assistance and/or access to coaching email contact@helpingfamielsthrive.com.

Triple P is an online self-guided therapy for behavior/emotional concerns ages 0-16: triplep-parenting.com/us/triple-p

Information about the **Incredible Years program**, including options to purchase the book and other materials used in the groups, can be found at: shop.incredibleyears.com/collections/books-music

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

Seattle Children's offers free interpreter services for patients, family members and legal representatives who are deaf or hard of hearing or speak a language other than English. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your needs are unique. Before you act or rely upon this information, please talk with your healthcare provider.

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