



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
<p>YMCA of Jefferson County Tanya Barnett, Family Resource Navigator tanya@olympicpeninsulaymca.org 360-565-6025</p> <p>Genevieve Barlow, Meals/Nutrition Director meals@olympicpeninsulaymca.org 360-385-5811</p> <p>Dana Nixon, Building Futures Coordinator dana@olympicpeninsulaymca.org 360-477-0075</p> <p>Rowen Matkins, Childcare Services Director rowen@olympicpeninsulaymca.org 360-385-5811</p>		<p>Resource navigation, youth/family supplemental meals, childcare, literacy, enrichment, youth mentoring, recreation/wellness, etc.</p> <p>Most Y programs are intended to be Upstream (U) and Midstream (M) – work collaboratively with Downstream (D) service providers, pre- and post-crisis.</p>
<p>Empowered Teens Coalition, Chimacum Denise Banker Jefferson County Public Health dbanker@co.jefferson.wa.us 360-385-9438</p>		<ul style="list-style-type: none"> ▪ ATOD+V Prevention (U) ▪ School-based prevention education programs (U) ▪ Community-based prevention education programs (U)
<p>Empowered Teens Coalition, PT Lindsay Scalf Jefferson County Public Health lscalf@co.jefferson.wa.us 360-385-9419</p>		<ul style="list-style-type: none"> ▪ ATOD+V Prevention (U) ▪ School-based prevention education programs (U) ▪ Community-based prevention education programs (U)



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
Juvenile & Family Court Services Anne Dean Dependency & Civil Programs Manager adean@co.jefferson.wa.us 360-385-9190		<ul style="list-style-type: none">▪ Dependency▪ Youth at risk (YAR)▪ Child in Need of Services (CHINS)▪ Truancy
Washington Mental Health Referral Service for Children and Teens Available to all WA residents, staffed by Seattle Children's Hospital <ul style="list-style-type: none">▪ Families can call 833-303-5437, Monday through Friday from 8 a.m. to 5 p.m. Referral specialists ask about mental health needs, location, and health insurance plan	N/A, families can call directly	Midstream A referral specialist will call and email the family with information for 2+ providers or agencies that meet their needs and have openings



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
Jefferson Healthcare Adolescent Primary Care: Primary Care Providers (PCP) Sheridan Clinic 360-385-4848 Townsend Clinic 360-385-5388 Port Ludlow Clinic 360-437-5067 South County Clinic 360-385-3991	Call clinic of choice to establish care. If established, schedule appointment with PCP. If urgent, ask to speak to nurse.	Services include diagnosis, medication management, referrals to community mental health providers for longer term support (examples include DBH, Jumping Mouse, Dove House, community therapists). Clinics also have mental health supports through our Integrated Behavioral Health program. This includes up to 12 sessions of brief psychotherapy (typically based on Cognitive Behavioral Therapy) with a Licensed Independent Clinical Social Worker (LICSW) and consultation on treatment options with a psychiatric nurse practitioner. This is typically done through chart reviews or a 1-2 time consult for complex cases. Then there is a hand-off back to PCP or transition to higher level of care. You must have a referral from a Jefferson Healthcare PCP for the Integrated Behavioral Health Services. Time Period: Longitudinal care when stable
Jefferson Healthcare Adolescent Crisis Care Emergency Department Crisis Assessment (360) 385-2200	Walk-in	Emergency department physicians collaborate with DBH for mental health crisis assessment and plan.
Jefferson Healthcare Sexual Assault Exams Present to the Jefferson Healthcare Emergency Department 24/7 For non-urgent questions call: (360) 344-0410	Walk-in	Forensic exams for ages 13+. For 13 and under provide supportive transfer to St. Michaels. Coordination with Dove House, CPS, police as needed. Time period: Follow up calls to ensure connection with PCP and support.



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
JCPH: School Based Health Center: Port Townsend High School Susan O'Brien, ARNP Megan Smith, MCS Counseling Text/call: 360-390-8560	May refer student directly, or talk with provider for 'warm hand-off'	Comprehensive adolescent health care, including mental health counseling on school campus. (U, M)
JCPH: School Based Health Center: Chimacum Jr/Sr High School Melinda Bower, ND Rebecca Williams, MCS Counseling Text/call: 360-390-8560	May refer student directly, or talk with provider for 'warm hand-off'	Comprehensive adolescent health care, including mental health counseling on school campus. (U, M)
JCPH: School Based Health Clinics: Quilcene School; Text/call: 360-390-8560 Melinda Bower, ND Ann Murray, MCS Counseling	May refer student directly, or talk with provider for 'warm hand-off'	Comprehensive adolescent health care, including mental health counseling on school campus. (U, M)



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
<p>Jumping Mouse Children’s Center</p> <p>360-379-5109</p>	<p>Parents/caregivers need to call in themselves to request services.</p> <p>We do not turn any child or family away based on ability to pay. We scholarship whatever costs a family cannot afford.</p>	<p>Individual Child Therapy: Expressive play and sand-tray therapy for children ages 2 to 12. Our model is child-led, which means we allow a child to speak in the language of play and we follow their lead to see what is needed for healing. Our goal is to provide a safe environment for internal growth that often leads to external change (so instead of focusing on external symptoms like behavior, we focus on the inner life of the child). We work with a variety of presenting issues including family change, anxiety, depression, grief, trauma, attachment challenges, attention challenges, autism, etc.</p> <p>Caregiver Support: In addition to weekly therapy for the child, our therapists meet monthly with caregivers to offer insight in how to support each unique child.</p> <p>Securing Connections: Caregivers who have children enrolled at JM can also request to meet with their own therapist weekly in our Securing Connections program.</p> <p>Resources Consultations: When we do not have openings for therapy, caregivers can talk one to three times with our resource therapist to explore possible resources for their child and also to get some ideas of how they can support their child at home.</p>



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
<p>Discovery Behavioral Health (DBH)</p> <p>Jim Novelli, Exec Dir Jimn@discoverybh.org 360.385.0321</p> <p>Jenna Heil WISe Coordinator jennah@discoverybh.org 360.385.0321</p> <p>Crisis - 1.888.910.0416</p> <p>Jessica MacKinnon- Clinical Director 360.385.0321 Therapy/Counseling Services</p>	<p>Crisis, WISe, Therapy/Counseling Services, Psychiatric Care.</p>	<p>Crisis Line 24/7 Volunteers of America 1-888-910-0416, will notify Designated Crisis Responded (DCR) as needed.</p> <p>WISe – Wrap Around intensive Services for children up to age 21.</p> <p>Psychiatric care is only provided with concurrent therapy/counseling services</p>



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note
<p>MCS has 16 counselors that provide services in person and Tele-health for children, teens, adults, couples and families. – In-person in Silverdale and telehealth—we are working on getting a full-time therapist in Port Townsend to see people in-person but it is difficult to find someone right now.</p> <p>Michael Defillippo does medication management and medication Evaluations in Port Townsend, telehealth, and Silverdale</p> <p>We take most insurances – Regence, Premia, GEHA, AETNA, Kaiser, first choice</p> <p>MCS has 4 therapists in all the public schools in Jefferson County</p> <p>referrals can be made through admin@mcscounseling.org or (360) 698-5883.</p>		



Resource Agency/ Service Provider & Contact Info & Hours Available	Access through Referral? Other?	Areas of Consultation / Services Offered Note if service is: Upstream (Prevention) - U Midstream (Interception) - M Downstream (Crisis) – D Specific Services NOT offered that you'd like to note