

Navigating Community Resources

This is not meant to serve as a referral, guarantee of admission, or quality of program. We are learning about these programs too and hope it can serve as a supplement in your own search for support.

In consideration for the privilege to distribute the attached materials, the Highline School District shall be held harmless from any cause of action, claim or petition filed in any court or administrative tribunal arising out of the distribution of these materials, including all costs, attorney's fees, and judgments or awards

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How to Access Resources

- **Be the squeaky wheel**

Resources in our area are in high demand. It may require consistent, sometimes repetitive (or frustrating) follow up to ensure connection. Persistence is key.

- **Know how to navigate your health insurance & other benefits**

Reach out to them, ask as many questions about coverage as needed.

- **Seek out community support & organize**

PTA, school, district, cultural or faith communities, social media.
Organize with others to make things happen.

- **Be strategic about your SEARCH**

Terms, location, checking 'last updated' dates.

- **Follow-up**

Find someone to talk to, either via email or phone.
Even if it's outdated, if it's interesting, call to express your interest!

- **Take notes**

Can refer back to & share with others.

Highline Public Schools Website Links

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- Social Services & Mental Health: <https://www.highlineschools.org/departments/social-services>
- Special Education Department: <https://www.highlineschools.org/departments/special-education>

- 2022-2023 Special Education Family Liaisons:
<https://www.highlineschools.org/departments/special-education/family-liaisons-for-special-education>

- Student Support & Family Engagement:
<https://www.highlineschools.org/departments/student-support>

Report a Concern

Student Behavior

Native Education

Bullying & Harassment

Digital & Media Literacy

Attendance Resources

Community Partnerships

Immigrant & Refugee

Family Engagement

McKinney-Vento (students experiencing homelessness resources)

- Community Resources: <https://www.highlineschools.org/departments/student-support/resources>

DDA: Developmental Disabilities Administration

(through Washington State DSHS)

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- Eligibility: <https://www.dshs.wa.gov/dda/consumers-and-families/eligibility>
- Request an information packet: <https://www.dshs.wa.gov/dda/service-and-information-request>
- Eligibility & Services Guide (pdf)
English only
<https://www.dshs.wa.gov/sites/default/files/DDA/dda/documents/DDA%20Eligibility%20and%20Services%20Guide.pdf>

- Brochures (pdf)
 - most available in English, Cambodian, Chinese, Korean, Laotian, Russian, Somali, Spanish, Vietnamese

<https://www.dshs.wa.gov/dda/publications/dda-brochures>

- Guide to Eligibility
- Roap Map to Services
- Each Waiver Services
- Other Services

DVR: Department of Vocational Rehabilitation

(through Washington State DSHS)

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- About DVR Pre-ETS: Pre-Employment Transition Services:
 - <https://www.dshs.wa.gov/dvr/pre-employment-transition-services>
- Request Transition Services or Information:
 - <https://www.dshs.wa.gov/dvr/request-transition-services-or-information>

People your school staff can connect with to develop Pre-ETS programming:

- Regional Transition Consultant
 - Ashley Schweiger, ashley.schweiger@dshs.wa.gov
- Vocational Rehabilitation Counselor (VRC) Liaison
 - Julia Demchenko, julia.demchenko@dshs.wa.gov

Social Security SSI: Supplemental Security Income

(Federal)

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- Website in Spanish: <https://www.ssa.gov/es>
- Understanding SSI for Children: <https://www.ssa.gov/ssi/text-child-ussi.htm>
- Get started with an application: <https://www.ssa.gov/ssi/start.html>
- SSI for Children Starter Kit: includes Factsheet, Checklist, and Worksheet (english)
 - https://www.ssa.gov/disability/disability_starter_kits_child_eng.htm
- Information in other languages: <https://www.ssa.gov/site/languages/en/>

- available in: Arabic, Chinese (Traditional & Simplified), Farsi, French, Greek, Haitian Creole, Italian, Korean, Polish, Portuguese, Russian, Tagalog, Ukrainian, Vietnamese
- **Free Interpreter Services:** Call our toll-free number, **1-800-772-1213**. If you need service in Spanish, press 7 and wait for a Spanish-speaking representative to help you. For all other languages, stay on the line and remain silent during our English voice automation prompts until a representative answers. The representative will contact an interpreter to help with your call.

Medical Insurance

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Create an online account with your insurance

Call the number on the back of your card for support & language assistance

- Washington Health Plan Finder: www.wahealthplanfinder.org
 - Shop for all types of non-employer provided plans (Affordable Care Act plans)
- Medicaid (Apple Health)
 - <https://www.wahealthplanfinder.org/us/en/my-account/my-coverage/learnapplehealth.html>
 - Free or low cost plans for those who qualify
 - Eligibility information: <https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/eligibility-overview>
 - Tribal members: <https://www.wahbexchange.org/new-customers/who-can-sign-up/tribal-members/>
 - Immigrants: <https://www.wahbexchange.org/new-customers/who-can-sign-up/immigrants/>
 - Language resources: <https://www.wahbexchange.org/new-customers/application-quick-tips/language-resources/>
- Medicaid MCOs: search for providers
 - Amerigroup: <https://findcare.amerigroup.com/search-providers>
 - CHPW: Community Health Plan of Washington <https://www.chpw.org/find-a-doctor/>
 - Coordinated Care: <https://www.coordinatedcarehealth.com/find-a-doctor.html>

- Molina: <https://www.molinahealthcare.com/members/va/en-us/mem/medicaid/helpful-resources/provider.aspx>
- UnitedHealthcare Community Plan of Washington <https://www.uhcprovider.com/en/health-plans-by-state/washington-health-plans/wa-comm-plan-home.html>
- Commercial Plans:
 - Call number of the back of your card or visit your insurance online portal to search for providers who are in-network & accepting new patients
 - When you find a provider, verify with the provider AND with your insurance that they are in-network
 - Review your benefits each year as the details may change

Medical Care

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- Boyer Children's Clinic, Seattle: www.boyercc.org
- Children's Therapy Center, Burien: www.ctckids.org
- Children's Therapy Center Early Support: www.ctckids.org/getting-started-early-support
- Children's Therapy Center, Classes for Kids: www.ctckids.org/classes-for-kids
- Mary Bridge Children's Hospital, Tacoma: www.marybridge.org
- Mary Bridge Children's Therapy Unit, Puyallup: www.marybridge.org/services/childrens-therapy-unit
- SeaMar, White Center: www.seamar.org
- Seattle Children's Hospital, North Seattle: www.seattlechildrens.org
- Seattle Children's Hospital, Autism Center: www.seattlechildrens.org/clinics/autism-center
- University of Washington Medicine, Various North Seattle: www.uwmedicine.org
- University of Washington, Autism Center: <https://depts.washington.edu/uwautism>
- Rehab Without Walls: www.rehabwithoutwalls.com
- RET Aquatic Therapy: <https://retptgroup.com/treatment/aquatic-therapy>
- Little Bit Therapeutic Riding: www.littlebit.org
- Sundance Circle Hippotherapy: www.sundancehippotherapy.com

Disability Specific Resources

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Autism Spectrum Disorder

- Autism Speaks: www.autismspeaks.org
- Autism Society of Washington: <https://autismsocietyofwa.org/v2>

Learning Disabilities

- Learning Disability Association of Washington: www.ldawa.org/resources

Intellectual Disabilities

- Down Syndrome Center of Puget Sound: www.dscpugetsound.org

Deaf & Hard of Hearing (DHH)

- Washington State Hands & Voices:
<https://wahandsandvoices.org>
 - Online Family Toolkit
 - Guide by Your Side: Parent Guides
 - All resources available in Spanish
- HSDC: Hearing, Speech, & Deaf Center:
<https://www.hsd.org/>
 - Access program for those who don't qualify for Medicaid to afford hearing aids
- Hearing-friendly venues, events, and sites: <https://loopseattle.org/home/upcoming-events>
- Washington Talking Book & Braille Library:
<https://www.wtbbl.org/>
 - multisensory storytime (available virtually, parents of children 0-5 can request a storytime kit be sent to them), youth pen-pal program, summer book program
- DSHS: Telecommunications Equipment Distribution (age 4+):
<https://www.dshs.wa.gov/altsa/odhh/telecommunication-equipment-distribution>
- WATRS: Washington Telecommunications Relay Services, or just Washington Relay
<https://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services>
 - a free service provided by ODHH to ensure equal communication access to telephone service for people who are deaf, deaf-blind, hard of hearing and speech disabled.
 - Dial 711

Visual Impairment

- Family Connect, Visual Impairments: <https://familyconnect.org>

Traumatic Brain Injury

- Harborview Research Center: <https://hiprc.org/research/tbi/>
- DSHS TBI supports & resources: <https://www.dshs.wa.gov/altsa/traumatic-brain-injury/traumatic-brain-injury>

Orthopedic, Multiple, or Other Health Impairments

- Camp Korey
 - Empowering, adaptive year-round programs for children and their families living with life-altering medical conditions, free of charge
 - <https://www.campkorey.org/>

Speech or Language Impairment

- Early Life Speech & Language
 - No clinic locations in our area, but they do provide services by contracting with: Jacqueline Brown, MA CCC-SLP and Barbara McKague, PLLC
 - <http://earlylifespeech.org/Home>

Other supports & organizations

- Seattle Children's Hospital Support Groups: www.seattlechildrens.org/clinics/support-groups
- Seattle Children's Sibshops (Sibling supports): <https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/sibling-special-needs-sibshops/>
- Department of Health, WA, Resource List: <https://doh.wa.gov/you-and-your-family/disability-organizations>

First Stops

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Open Doors for Multicultural Families

ODMF provides culturally and linguistically relevant information, services, and programming to culturally and linguistically diverse families of persons with developmental and intellectual disabilities

<https://www.multiculturalfamilies.org/>

- Referral form (can self-refer): <https://www.multiculturalfamilies.org/contact/referral-form/>

- Advocacy and Civic Engagement: Supporting families to share their stories in order to impact policy change to create inclusive communities.
<https://www.multiculturalfamilies.org/programs-services/advocacy-and-civic-engagement-program/>
- Early Learning Program: offers developmental screening, one-on-one family support services, and education to parents of children ages 0-6
<https://www.multiculturalfamilies.org/programs-services/early-learning-program/>
- Transition support:
 - Video: <https://youtu.be/7R28l61ks2k>
 - Transition guide download (translations):
<https://www.multiculturalfamilies.org/programs-services/youth-transition-program/transition-guide-download/>
 - Person-centered planning, Disability disclosure, Job readiness

PAVE: Partnerships for Action, Voices for Empowerment

Offers support, training, information and resources to families, youth and individuals impacted by disability

<https://wapave.org/>

- Family to Family Health and Information Center (F2FHIC):
<https://www.familyvoicesofwashington.org/>
- Lifespan Respite WA: Information and Help for Family Caregivers:
<https://www.lifespanrespitewa.org/>
- Parent Training and Information (PTI): Help with disability services birth to 26 years. Lots of resources:
 - <https://wapave.org/parent-training-and-information-program/>
 - Apply through: <https://wapave.org/get-help/>
- Specialized Training of Military Parents (STOMP): Workshops and webinars funded by the military: <https://wapave.org/specialized-training-of-military-parents-stomp/>
- Start Now: Transition support for students in middle school/high school with disabilities: <https://wapave.org/pave-programs/startnow-program/>
- Resources About School: <https://wapave.org/learning-in-school/>

The Arc of King County

Provides a variety of services for families and individuals with and around intellectual and developmental disabilities (ID and DD)

<https://arcofkingcounty.org/>

- Community Workshops: <https://arcofkingcounty.org/community-calendar.html>
- Housing Stability: <https://arcofkingcounty.org/services/housing-stability.html>
- Information and Family Support: <https://arcofkingcounty.org/services/information-and-family-support.html>

- Resource Guide: <https://arcofkingcounty.org/resource-guide/overview.html>
- Parent-to-Parent Support: <https://arcofkingcounty.org/services/parent-to-parent.html>
- IEP Parent Partners. P2P program supporting families navigating special education: <https://arcofkingcounty.org/services/iep-parent-partners/>
- Transition into Adulthood support & guides: <https://arcofkingcounty.org/resource-guide/transition-into-adulthood/>

Easter Seals

Programs and on-the-ground supports for children and adults with disabilities, families, and local communities. <https://www.easterseals.com/washington/>

- [Autism/ABA Therapy](#)
- [Camping & Recreation](#)
- [Childcare & Early Learning](#)
- [Parent Coalitions](#)

The Special Education Support Center

<https://specialeducationsupportcenter.org/resources/resources-families/>

- [Early Learning Benchmarks](#)
- [Discipline Procedures for Students Receiving Special Education Services](#)
- [IDEA Dispute Resolution Parent Guides](#). CADRE provides videos and printed materials available in several languages.
- [Parents Guide to Developing Your Child's IEP](#). This guide can help you learn what you need to know. It explains the basics of the special education process and gives you information on how to be an effective partner with your child's school.

Center for Parent Information & Resources (CPIR)

The Parent Center Hub national network

National resource including news updates, events, directories, questions & guides, and language supports for parents & families of children with disabilities

<https://www.parentcenterhub.org/>

- Our Parent Center Hubs in Washington State:
 - ODMF: Open Doors for Multicultural Families (see above)
 - PAVE: Partnerships for Action, Voices for Empowerment (see above)

HSNPTA: Highline Special Needs Parent/Teacher Association

<https://highlinespecialneedspta.memberplanet.com/>

- Newsletters
- Upcoming events
- About Me templates

Culturally Specific Organizations & Supports

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- Iraqi Community Center of Washington: www.irccw.org Kent
- Korean Community Service Center: www.kcsc-seattle.org Edmonds
- Casa Latina: www.casa-latina.org Federal Way
- Para Los Ninos: www.plnwa.org Burien
- Somali Health Board: www.somalihealthboard.org Tukwila
- Somali Youth and Family Club: www.syouthclub.org Kent, Bow Lake, McMicken
- Indian American Community Services: www.iacswa.org Bellevue
- Muckleshoot Behavioral Health Program: www.Muckleshoot.nsn.us Auburn
- Seattle Indian Health Board: www.sihb.org Seattle
- Casa Italiana: www.casaitalianacc.org (best cannoli in town) Burien
- Cham Refugees Community: www.chamrefugeescommunity.org Seattle

Recreation

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2023 Summer Resources

- Camps, programs, Highline resources

https://highlineschools.sharepoint.com/:w:/s/SpEdFamilyLiaison/EcIE1_RPBu5LhbnNQf5MfBMBBjBBG8iGwT1lhTkeZeZTDA?e=Xy1RX7

Camps

- We Rock the Spectrum
 - Inclusive kid's play gym in Federal Way, WA
 - <https://www.werockthespectrumfederalway.com/>
- Adventure Camp
 - Social skills learning through science exploration
 - <https://zoezowie.wixsite.com/socialadventurecamp>
- AIM Initiative
 - Adaptive movement & dance program
 - <https://www.aim-seattle.org/>
- Apex Summer Camp
 - UW Autism Center Summer Camp
 - Join waitlist or plan ahead for next summer!
<https://depts.washington.edu/apex/apex/Home.html>
- Aspiring Youth
 - Theme, age-based, and online camps available for autistic children, ages 8-18
 - <https://aspiringyouth.net/>

- Camp Beausite
 - Overnight summer camp options. Camperships (scholarships) available!
 - <https://campbeausitenw.org/camper-programs/>
- Deaf Teen Leadership
 - <https://awsleaders.org/dtl>
- Jill's House Camps
 - Overnight summer camp options
 - <https://www.jillshouse.org/puget-sound/>
 - Inquire: https://apps.welligent.com/apps/utilities/jills_house_form_pkg.inquiryform
- Outdoors for All
 - Variety of recreational activities for individuals with disabilities
 - <https://outdoorsforall.org/>
- Little Bit Therapeutic Riding Center
 - Hippotherapy - not with hippos, but with horses!
 - <https://www.littlebit.org/>

Activities & Programs

- We Rock the Spectrum
 - Inclusive kid's play gym in Federal Way, WA
 - <https://www.werockthespectrumfederalway.com/>
- Outdoors for All
 - Variety of recreational activities for individuals with disabilities
 - <https://outdoorsforall.org/>
- C.A.S.T. for Kids
 - Fishing event designed for children with disabilities (ages 6-18)
 - 8/26/2023. Renton, WA
 - <https://castforkids.org/event/lakewashington/>

- Jam Club
 - Music therapy based program for students who are neurodivergent or have a disability
 - <https://www.mvyso.org/jam-club>

- Sea Star Aquatics
 - Adaptive swim lessons with experienced instructors. They work with those with intellectual and physical disabilities to learn how to swim.
 - <https://seastaraquatics.com/>

- Seattle Adaptive Sports
 - <http://www.seattleadaptivesports.org/>

- YETI: Youth Experiential Training Institute
 - Outdoor recreation, school clubs, and custom education
 - Existing clubs at Pacific, Sylvester, Glacier, Big Picture, and Highline
 - <https://goyeti.org/>

- TOPSoccer
 - Our program for players ages 4+ who have developmental and/or physical disabilities. The program is based on skill level, not age, and participants include players, coaches and buddies
 - <https://washingtoneyouthsoccer.org/community/top-soccer/>

- Washington Talking Book & Braille Library
 - multisensory storytime (available virtually, parents of children 0-5 can request a storytime kit be sent to them), youth pen-pal program, summer book program
 - <https://www.wtbbl.org/>

City & Community Based Inclusive Recreation Programs

- Federal Way Comm Center: Inclusive Recreation
 - <https://itallhappenshere.org/programs/inclusive-recreation/>

- Seattle Parks and Rec: for People with Disabilities
 - <https://www.seattle.gov/parks/recreation/for-people-with-disabilities>

NOT Disability Specific Recreation Programs

These could be worth checking out and calling to ask about their accessibility for your child, based on their need

- Des Moines Parks & Rec Programs
<https://apps.daysmartrecreation.com/dash/x/#/online/desmoines/programs>
- Burien Parks & Rec Programs
https://www.burienwa.gov/residents/parks_recreation_cultural_services/programs_services
- Tukwila Parks & Rec Programs
<https://tukwilaparks.perfectmind.com/23426/Clients/BookMe4?widgetId=15f6af07-39c5-473e-b053-96653f77a406&embed=False&redirectedFromEmbeddedMode=False>
- YMCA of Greater Seattle <https://www.seattlemca.org/>

Community Resources

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YMCA Social Impact Center

- Behavioral health, crisis-support, drop-in services, foster care, shelter & housing, suicide prevention
- <https://www.seattlemca.org/social-impact-center>
- Resources for parents: <https://www.seattlemca.org/social-impact-center/partner-family-resources>

Food Banks

- Highline Food Bank: <https://highlineareafoodbank.org>
- Des Moines Food Bank: www.myfoodbank.org
- White Center Food Bank: www.whitecenterfoodbank.org
- West Seattle Food Bank: <https://westseattlefoodbank.org>
- Find a Food Bank: www.seattlefoodcommittee.org/find-a-food-bank

Community Organizations

Southwest Family and Youth Services

www.swyfs.org

- Individual, group, or family therapy and counseling; Aggression Replacement Therapy for adolescents:
 - <https://www.swyfs.org/what-we-do/behavioral-health/>
 - Request form: https://swyfs.formstack.com/forms/request_for_counseling
- Becoming a Man (BAM): is a trauma-informed Highline Schools-based counseling, mentoring, and character development program for young men in grades 7-12.
 - <https://www.swyfs.org/what-we-do/behavioral-health/>
- ParentChild+: early literacy and school readiness program for primarily immigrant families, focusing on 2-4 year olds and their parents. In-home weekly literacy support. <https://www.swyfs.org/what-we-do/education/>
 - Languages: Amharic, Arabic, English, Somali, and Spanish
- Delridge Family Resource Center: 4555 Delridge Way SW Seattle, WA 98106
 - Raising a Reader: program for 0-5 year old and their parents
 - Resource Specialists: help families navigate resources and systems.
 - Languages: Spanish, Somali, Arabis, Cambodian

Westside Baby

<https://westsidebaby.org>

- Can provide essential baby items to families free of charge
- *Must* be referred by 'Provider Partner' agency. View list here: <https://westsidebaby.org/partners/provider-agencies-and-programs/>

Catholic Community Services

<https://ccsw.org>

- Provides support with housing, foster care, pregnancy and parenting, wraparound intensive services (WISE)

Neighborhood House, White Center

<https://nhwa.org>

- Provides services around housing support, afterschool programs, language services, job training, and more
- Locations in White Center, Burien, High Point, Kent, Renton, Tukwila
- Request form: <http://www.surveygizmo.com/s3/5556391/COVID-19-Client-Help-Form>

United Way of King County

www.uwkc.org

- Rental Assistance: <https://www.uwkc.org/renthelp/>
- Basic Food benefits (SNAP): <https://www.uwkc.org/need-help/food-help/>
- Benefits Hubs: <https://www.uwkc.org/benefitshub/>
- Family Resource Exchange, for families experiencing homelessness: <https://www.uwkc.org/events/family-resource-exchange/>

Mary's Place

www.marysplaceseattle.org

- Helping women & families move out of homelessness
- Families looking for shelter: 206-245-1026
- Rental assistance: <https://www.marysplaceseattle.org/rental-assistance>
- Also: housing & stability specialists, case management, employment support, health care support, food access: <https://www.marysplaceseattle.org/programs>

Crisis Connections

<https://www.crisisconnections.org/>

- Basic Needs: King County 211 (simply call 211 to be connected to information)
- Ride Unite: <https://www.crisisconnections.org/rideunited/#fl-main-content>

Software Applications for Organization

- My Life Plan app:
 - a person centered planning guide that can be used at all ages & stages of life
 - <https://www.mylifeplan.guide/>
- The Arc Center for Future Planning: Build Your Plan
 - The Build Your Plan tool helps people with intellectual and developmental disabilities (I/DD) think about and plan for their future.
 - <https://futureplanning.thearc.org/landing>

Hotlines

- King County 211
 - Connects people to the help they need. We provide the most comprehensive information on health and human services in King County. Whether it's for housing assistance, help with financial needs, or to find the location of the nearest food bank.

- Service is provided by Crisis Connections
- Just dial 211
- Crisis Connections
 - 24-hour Crisis Line options for those in emotional crisis:
 - King County 1-866-427-4747
 - Pierce County 1-800-576-7764
 - Southwest Washington 1-800-626-8137
 - <https://www.crisisconnections.org/24-hour-crisis-line/>
- WATRS: Washington Telecommunications Relay Services, or just Washington Relay
 - a free service provided by ODHH to ensure equal communication access to telephone service for people who are deaf, deaf-blind, hard of hearing and speech disabled.
 - Dial 711
 - <https://www.dshs.wa.gov/altsa/odhh/telecommunication-relay-services>
- King County Sexual Assault Resource Center
 - 24-hour resource line
 - 888-998-6423
 - <https://www.kcsarc.org/en/get-help-now/>

Mental Health

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- Seattle Children's:
 - VIDEO: Finding Mental Health Care in Washington: A Class on Where to Start
 - English: <https://www.youtube.com/watch?v=-wNnwdHM8iA&t=189s>
 - Cómo empezar la búsqueda de atención para salud mental en el estado de Washington
 - Spanish: https://www.youtube.com/watch?v=DWcbHr_15ZY
- Washington State Referral Service for Children & Teens
<https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/>
 - We connect families with mental health providers in your community who accept new patients, work with your insurance and fit your child's treatment needs.
 - Interpreter services available in: Russian, Somali, Vietnamese, Spanish

- Online request form: <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/referral-form/>
- See [page 4](#) for information about finding a provider via Medicaid & Commercial insurance.
- NAVOS
<https://www.navos.org/get-help/>
 - Provides a wide range of mental health treatment & services, including inpatient & outpatient services
 - Children, Youth, and Families: <https://www.navos.org/get-help/children-youth-families/>