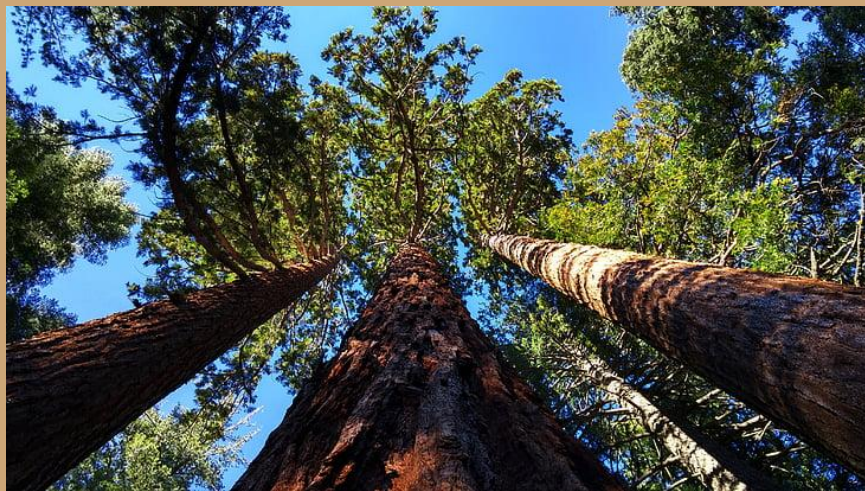




# Sequoia Mental Health Services



**SEQUOIA**  
MENTAL HEALTH SERVICES, INC.



# SEQUOIA'S MISSION

“We believe that people have the right to culturally competent, accessible, person-centered treatment. We believe that anyone can recover, resume, and maintain a life full of hope and meaning.

**SEQUOIA**  
MENTAL HEALTH SERVICES, INC.

# SEQUOIA'S HISTORY

Sequoia is a non-profit behavioral health organization serving adults, children and families with mental health and or substance use needs. Sequoia began providing services in the early 1980's focusing on housing services and eventually branching out to provide a full array of services.

# AT SEQUOIA WE FOCUS ON:

- Identifying and developing the individuals strengths.
- Providing treatment plans that are individualized and reflect the needs and goals of the individual
- Collaborating with other providers.
- Using treatment practices and interventions that are identified by research to be the most effective.
- Providing culturally competent services.

# SERVICES WE OFFER:

## YOUTH & FAMILY

- Individual & Group Therapy
- Skills Training
- Case Management
- Family Therapy
- Supported Employment
- Low Barrier Addiction Services
  - Peer Supports
- Parent Groups

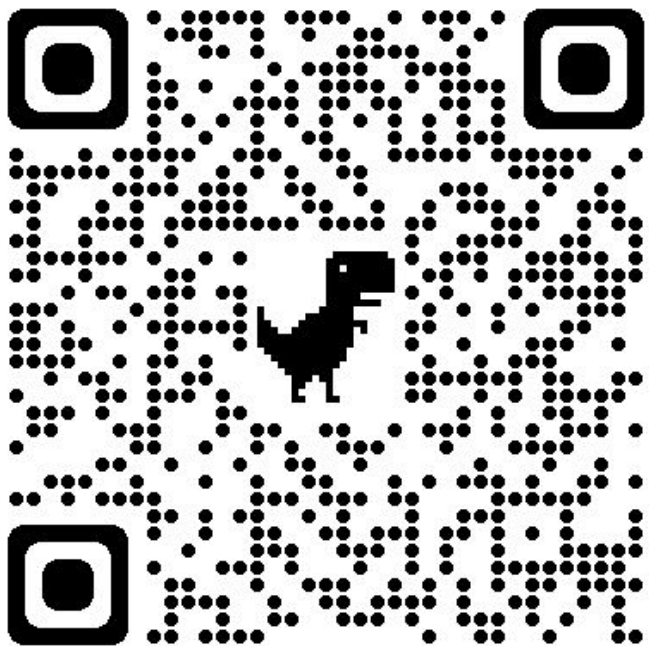
## ADULTS

- Individual & Group Therapy
- Skills Training
- Case Management
- Medication Management
- Family Therapy
- Residential Treatment
- Supported Employment / Supported Education
- Supportive Housing
- Low Barrier Addiction Services
- Peer Supports

# FAMILY FOCUSED

We are dedicated to supporting the **WHOLE** family, with caregiver groups focused on **EDUCATION, CONNECTION and RESOURCE INFORMATION**

We understand the unique challenges and **STRENGTHS** of the family unit, and strive to honor the **DIVERSITIES** and complexities that exist.



## INTAKE

Call and speak with an intake specialist about your concerns and goals. They will schedule an appointment with one of our clinicians. After your initial appointment, our staff will create a treatment plan that is carefully tailored to meet your individual needs.

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# Insurances Accepted

**OHP:** Healthshare, Trillium, Yamhill, Opencard

**Private:** Providence Health Plan

**Indigent:** If qualifications are met

\*Not sure if you qualify for OHP? Ask us today!



# SEQUOIA MENTAL HEALTH SERVICES

## **Aloha Office**

4585 SW 185th Ave

Aloha, OR 97078

## **Hillsboro Office**

395 W Main Street

Hillsboro, OR 97123

[www.sequoiamhs.org](http://www.sequoiamhs.org)

Main Line: 503-591-9280

Intake Line: 503-619-1560

**SEQUOIA**  
MENTAL HEALTH SERVICES, INC.

# Resources

## YOUTH RESOURCES

- **The Trevor Project:** 1-866-488-7386
  - o text START to 678678
  - o chat at [thetrevorproject.org](https://www.thetrevorproject.org)
- **Washington County:** 503-291-9111
- **Lines for Life:** 800-273-8255
- **National Suicide and Crisis lifeline** - 988
- **Crisis Text Line** - 741741
- **Youth Line (Lines for Life):** 877-968-8491 Or text “teen2teen” to 839863
- **Child Protective Services:**
  - o Oregon: 503-731-3100
  - o Washington: 888-713-6115

## Social Media

- @headspace on TikTok
- @Trevorproject on TikTok
- @giveusthefloor on IG
- @lgbtqyouthaction on IG

*\*Please be aware that some of this information may be objectionable to some and not to others,  
if information is not appropriate for you, please move onto the next resource.*

# Resources

## FAMILY RESOURCES

### Phones

- **Washington County:** 503-291-9111
- **Dougy Center (National Grief Center for Children and Families):** 503-775-5683

### Child Protective Services:

- o Oregon: 503-731-3100
- o Washington: 888-713-6115

### Websites

- Oregon Health Authority – Youth Health
- Child Mind Institute

### Podcasts

- **Good Inside with Dr. Becky** – as she takes on tough parenting questions and delivers actionable guidance.
  - o Listen across all streaming platforms
- **A Little Easier** – Bringing together parents and parenting experts to discuss the difficult parts of parenting.
  - o Listen on Spotify and Apple Podcasts