

Counseling and Therapy Resources

If you are having an immediate mental health crisis and would like to speak to a mental health practitioner, please call the Care Crisis 24-hour Mental Health Hotline at 800-584-3578.

Access to Behavioral Health: 888-693-7200

Provides information and referrals for accessing therapy, mental health counseling, and chemical dependency treatment programs for individuals and families with Medicaid (Washington State Apple Health).

Brigid Collins Family Support Center: 360-734-4616

1231 N Garden St #200, Bellingham, WA 98225

Brigid Collins houses the Children's Advocacy Center (CAC) as well as many other family support programs. The Children's Advocacy Center is a child-friendly, safe environment that promotes healing for children who have been abused. The CAC utilizes a collaborative, multi-disciplinary approach to the investigation, prosecution and treatment of child abuse. Services include investigational interviews, medical evaluations, therapy for parents and children, and advocacy. Brigid Collins also offers many parenting support programs, groups, and referrals.

Compass Health: 360-676-2220

3645 E McLeod Rd, Bellingham, WA 98226

Formerly Whatcom Counseling and Psychiatric Clinic. Accepts nearly all insurance providers, including Medicaid and medical coupons. **For mental health counseling at Compass Health, call Access to Behavioral Health at 888-693-7200.** For more information about Compass Health programs, contact 360-676-2220. Compass Health offers limited walk-in mental health evaluations; call ahead for days and times. Compass Health also offers drug, alcohol, chemical and substance abuse services, including intensive outpatient treatment. Call for an appointment.

Sea Mar Community Health Center Behavioral Health:

360-734-5458 (adults), 360-398-5444 (families and children)

3350 Airport Dr., Bellingham, WA 98226

Accepts most insurance including Medicaid and medical coupons. Also offers sliding scale services and limited funding for low-income clients. Sea Mar offers counseling for individuals, children and families, assessments for mental health clients, case management and community outreach for adults and

children, psychiatric medication assessments and management for adult clients engaged in ongoing treatment only, individual therapy and group therapy. Provides services in English and Spanish.

Unity Care NW Community Health Center Behavioral Health: 360-788-2646

220 Unity St, Bellingham, WA 98225

Formerly Interfaith. Accepts most insurance including Medicaid and medical coupons. Also offers a sliding scale and limited funding for low-income clients. Unity Care NW offers behavioral health services only for adults who are Unity Care NW medical patients. Services include counseling, assessments, case management, psychiatric medication assessments and management, and individual therapy. Services are often coordinated with your primary care provider.

HOW TO CHOOSE A THERAPIST

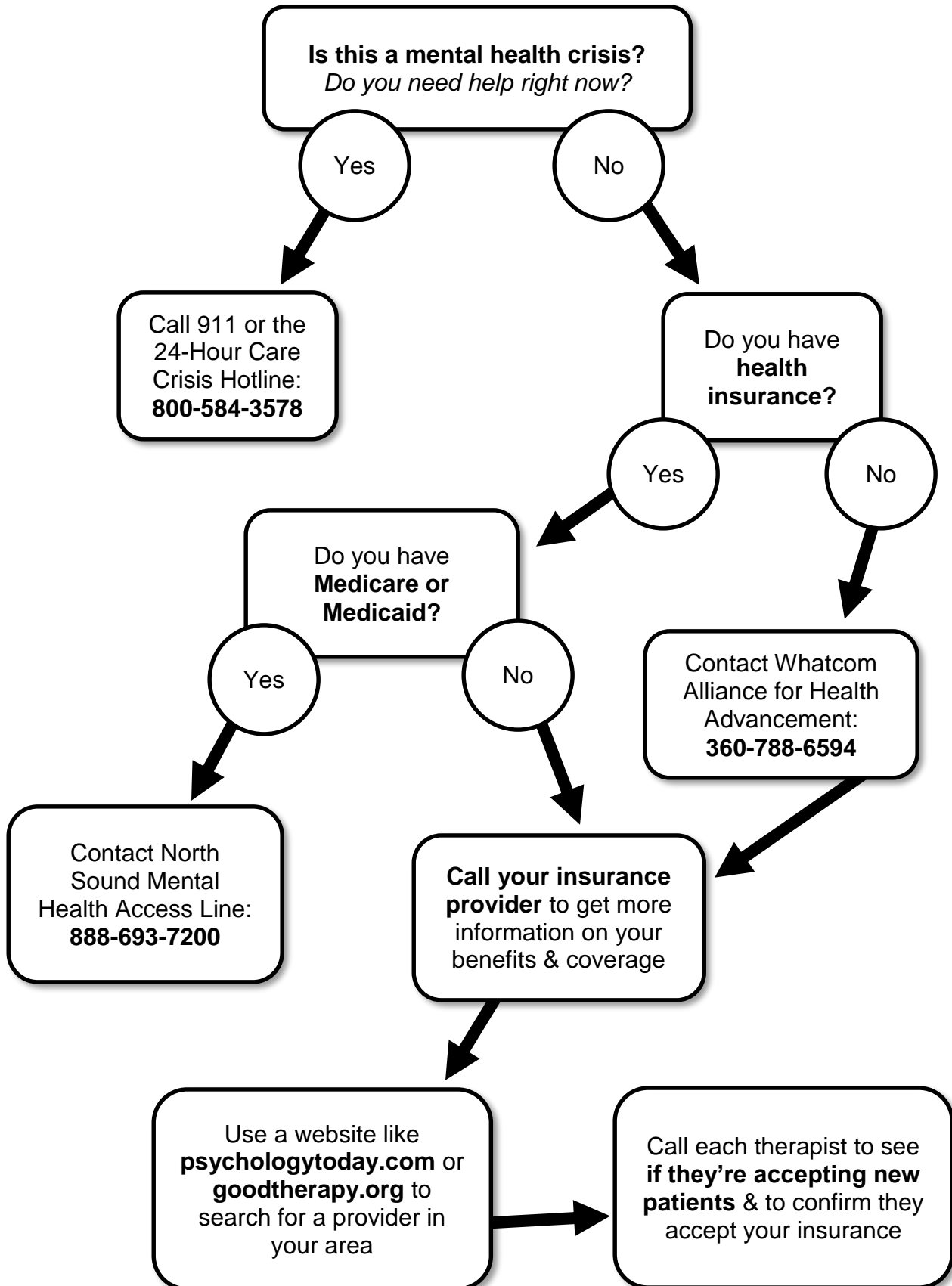
Lots of people don't know what to look for in a therapist. The first questions to ask after seeing a therapist for the first time are those questions you ask yourself.

- 1) Did you feel comfortable?
- 2) Did you like the way you felt in the office?
- 3) Did you like the way you were treated?
- 4) Are you looking forward to coming back?
- 5) Did you feel understood? Did the therapist understand your reason for being there?
- 6) Were you able to say what you wanted to say? Were you able to be yourself? Did you feel a need to hide anything? Were you honest?
- 7) Did the therapist seem to have a sense of humor that matches yours?
- 8) Did you get a feeling this person was wise? Knowledgeable?
- 9) Did you get any feedback from the therapist? Was it helpful? Insightful? Did you come away with any greater understanding of yourself than you had before the first meeting?
- 10) Did you disagree with the therapist at any point? How did that go? Was the therapist defensive? Could he or she disagree with you in a comfortable manner?
- 11) What goals and results have you discussed? Are you satisfied with these?

It is important that you are able to find a therapist who is a good fit for YOU. If you were able to answer these questions positively, then you are in a good place to start your process.

Remember, you always have the right to stop therapy when you want to.

How to Find a Therapist in Whatcom County



Local Therapists Who Work with Survivors

The therapists on our list are self-identified as available to work with survivors of sexual assault and/or domestic violence. DVSAS does not make specific recommendations of any particular therapist. Read the details for each therapist carefully to find out what they treat and what types of ages, clients or conditions they do and do not treat. Ask whether they have a sliding scale if you don't have insurance. You also need to find out whether they are accepting new clients, and this information is often on their voice mail. You might need to keep calling different therapists until you find one who meets your criteria and is accepting new clients.

Please contact therapists individually about the health insurance they accept. If you have Medicaid/Apple Health please use the North Sound Mental Health Administration Access Line at 888-693-7200 for therapy referrals.

To speak with a mental health practitioner immediately regarding other mental health concerns, contact the **Care Crisis 24-hour Mental Health Hotline at 800-584-3578.**

A note on Advocacy-Based Counseling at DVSAS: Ongoing advocacy-based counseling services are available free of charge at DVSAS. Please note that advocacy counseling is not mental health counseling or therapy. Advocacy counselors are trained to offer support, advocacy and information to survivors of domestic violence and sexual assault, but are not licensed therapists or counselors. Advocacy counselors cannot diagnose, provide mental health assessments or mental health counseling.

You may also use either of these websites to find a therapist in your area:

<http://www.goodtherapy.org/> or <http://therapists.psychologytoday.com/>

Jenny Arm, PhD

360-746-6148

119 N. Commercial St. Ste. 1410, Bellingham

Works with: DV and SA (past issues only), queer & trans issues

Ages: 18 and up

Sliding scale: yes

Carol Arvin, MA

203 W. Holly St., Ste. 321, Bellingham

360-650-1591

Works with: DV, SA

Ages: >18

Sliding scale: yes

Brenda Chevalier, MA, LMHC

3031 Orleans St., Bellingham

360-392-2838

Works with: DV, SA

Ages: >18

Sliding scale: yes

Anji Citron, MSW, LICSW

203 W. Holly St. #326, Bellingham

360-676-2443

Work with: SA

Ages: adults

Sliding scale: no

Melanie Cool, MA, LMHC

360-715-2166 x 2
2600 Lakeway Dr., Bellingham
Works with: *past clients only*, DV & SA
Ages: >8 and adults
Sliding scale: yes

Lauren Davies, M.Ed, LMHC

203 W. Holly St. Ste. 329, Bellingham
360-647-7905
Work with: DV, SA
Ages: adults
Sliding scale: yes

Mark Dooley, MA, MES, LMHC, CMHS

360-303-0695
1116 Key St. Ste. 105, Bellingham
Works with: SA, DV, Native American, HIV, LGBTQ
Ages: ≥12, adults
Sliding scale: yes

Kara Eads, MS, MCC, LMHDA

360-922-4747
1106 Harris St. Ste. 302, Bellingham
Works with: DV, SA
Ages: >10, adults
Sliding scale: yes

Tara Ettlin, MS, LMHC

360-734-7310 x 4515
119 N Commercial St. Ste. 335, Bellingham
Works with: gender identity, gender dysphoria,
women's issues
Ages: Teens, adults
Sliding scale: no

Emily Farrell, MA, LMHC

1229 Cornwall Ave. #304, Bellingham
360-815-6445
Works with: DV, SA
Ages: all
Sliding scale: occasionally

Jayme Fergoda, PhD

360-685-4224
1313 E. Maple St., Bellingham
Works with: DVSAS DV clients only
Ages: adults
Sliding Scale: Occasionally

Emily Foister, LMHC, CCTP, CVP

360-392-2838
3031 Orleans St., Bellingham
Works with: DV, SA
Ages: adolescents, adults
Sliding Scale: Yes

Karen Hansey, MA, LMHC

360-739-5625
12 Bellwether Way, Ste. 211, Bellingham
Works with: SA, DV, PTSD, LGBTQ
Ages: ≥17
Sliding scale: no

Lisa Harmon, MS, LMHC

214 N Commercial St. Ste. #203, Bellingham
360-610-4082
Works with: DV, HIV/AIDS, LGBTQ
Ages: adolescents, young adults
Sliding scale: yes

Beth Johnson, M.Ed, LMHC

1715 C St., Bellingham
360-647-5358
Work with: DV, SA
Ages: adolescents, adults
Sliding scale: yes

Claire E. Mannino, MS, LMHC, NCC

203 W. Holly St. Ste. 331, Bellingham
360-224-5334
Works with: DV, SA, alternative
relationships/kink, LGBTQ, gender identity issues
Ages: Adolescents, adults
Sliding scale: yes

Marcey Mansolillo, LICSW

909 Harris Ave. #201D, Bellingham
360-319-6723
Works with: DV, SA
Ages: 13
Sliding scale: yes

Amy McKenney, MS LMHC

360-961-3880
214 N Commercial St., Bellingham
Works with: DV, SA
Ages: girls and women only >age 13
Sliding scale: yes

Morgan Mitchell, MA, LMHC, NCC

1108-11th St. Ste. 304, Bellingham
360-733-1922
Works with: DV, SA
Ages: >13 and adults
Sliding scale: yes

Jane Moudry, MSW

119 N. Commercial St. #1360, Bellingham
360-303-3616
Works with: DV, SA
Ages: >3
Sliding scale: yes

Sharon O'Connell, MA, LMHC

112 Ohio St. #109, Bellingham
360-734-6939
Works with: DV, SA
Ages: adolescents, adults
Sliding scale: yes

Katie Plewa Olvera, PsyD

1140-10th St. Ste. 209
360-305-3909
Works with: DV, SA, LGBTQ
Ages: >18
Sliding Scale: Yes

Erik Patritz, MA, MHC

1210-10th St. Ste. 203, Bellingham
360-734-7310 x 4142
Work with: DV, SA
Ages: adults
Sliding scale: yes

Margaret Pierce, MA, LMHC

360-927-6753
1720 Harris Ave., Bellingham
Works with: DV, SA (EMDR-trained)
Ages: >17
Sliding scale: yes

Julie Reimann, LMHC VM 9/18

3031 Orleans St., Bellingham
360-220-2575
Works with: DV, SA (past trauma only)
Ages: adults
Sliding Scale: occasionally

Colleen Semple, LMHC

1715 C St., Bellingham
360-201-4217
Works with: DV, SA
Ages: adults
Sliding scale: yes

Maureen Sweeney Romaine, MA, LMHC

360-734-3314, 360-510-6899
924-14th St. Ste. A, Bellingham
Works with: DV, SA
Ages: adolescents, adults
Sliding Scale: Yes

Debra Shawver, PhD, LICSW

15 W. Magnolia Ste. 207, Bellingham
360-536-1565
Works with: SA
Ages: children >10 years, adolescents, adults
Sliding scale: yes

Elizabeth Snyder, MS, LMHC

214 Commercial St. #100, Bellingham

360-734-5552

Works with: DV, SA

Ages: adolescents and young adults

Sliding scale: yes

Anne Spreng, Med, LMHC

360-392-2838

3031 Orleans St. Ste. 101, Bellingham

Works with: DV, SA

Age: adults

Sliding Scale: yes

Amy Schneidmiller, MA

W. Holly St., Bellingham

206-228-3623

Works with: SA

Ages: adolescents >14, adults and families

Sliding scale: yes

Jennifer Tietz, MA, LMHC

1116 Key St. Ste. 202

360-305-3660

Works with: DV, SA

Ages: >3

Sliding scale: yes

CONSUMER RIGHTS IN THERAPY

The following was adapted from a booklet, "Consumer's Guide to Non-Sexist Therapy" (published by the New York chapter of the National Organization of Women), by Dorothy Loeffler, Assoc. Professor of Educational Psychology, University of Minnesota. The adapted version was then published in The Counseling Psychologist, (Vol. 8, Number 4, 1980). It is excerpted here with Ms. Loeffler's permission.

- You have the right to ask questions at any point in the therapy process.
- You have the right to ask at your first phone call whether this therapist has time to see you on a regular basis.
- You have the right to ask during your first phone call to a therapist what the fees for therapy are, whether you will be charged for an initial consultation, and your therapist's policy concerning charges for cancelled appointments.
- You have the right to know about the availability of your therapist for phone calls and extra sessions, and about provisions for coverage by another therapist while yours is on vacation.
- You have the right to consult as many therapists as necessary until you find someone with whom you feel you can work. In some clinics, reassignment may not be possible. If you feel strongly about it, you may then choose to go to another clinic.
- All people, including therapists, have biases and values. You have the right to a therapist who will acknowledge personal values and will not attempt to impose them on you. The job of the therapist is to help you to find your own way.

- You have the right to ask about the therapist's lifestyle and to choose someone as similar to or different from you as you like. The therapist also has the right to decide how to answer this question.
- You have the right to your own sexual choice and lifestyle and the right to have your choice respected by your therapist.
- You have the right to ask about the therapist's attitudes toward gender roles.
- You have the right to ask about your therapist's training, theoretical orientation, techniques; supervised experience, and personal therapy (what type and with whom).
- You have the right to contract with a therapist for a certain number of sessions to work on a specific goal if the therapist so agrees. Certain problems may be amenable to this type of arrangement. However, therapy usually is an open-ended process, the duration of which cannot be determined at the outset.
- You have the right to ask about your therapist's policy regarding confidentiality. You have the right to grant or deny permission to your therapist to discuss your therapy with others.
- You have the right to know your therapist's policy regarding medication. You have the right to take or not to take medication, to discuss the pros and cons of it, and to be involved in this decision, if you disagree with your therapist about whether you should take medication, you have the right to seek another therapist's opinion.
- You have the right to discuss what is happening in your therapy with other people besides therapists and to consider and accept or reject this feedback about your progress.
- You have the right to have a consultation with another therapist if you wish. It is usually a good idea to discuss your wish for a consultation with your present therapist, whether or not your therapist agrees. If after such a discussion, you still wish to have the consultation, it is important for you to trust your own feelings and use your own judgment.
- You have the right to stop therapy when you want to, whether or not your therapist agrees with your decision. It is usually worthwhile to discuss with your therapist your reasons for wanting to stop therapy; however, the decision is always yours.

- You have the right to enter or to refuse to enter a hospital, under most circumstances. If you are in a state of crisis, and you or your therapist feels that you should go into a hospital, you may enter a hospital voluntarily. If, however, you do not want to enter a hospital, you have the legal right not to do so in most circumstances. If you are in a crisis and are not in therapy, or if you are unable to contact your therapist, you may go immediately to the emergency room of your nearest hospital.