SKAGIT COUNTY

substance use and mental health treatment guide

2026

English

Español

Find this guide online
Encuentra esta guía en línea

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About this guide

This guide, created by Skagit County Public Health, highlights a selection of mental health and substance use disorder resources, including treatment, recovery, and more! Providers listed accept Medicaid or require no insurance. Some may also accept other insurance plans or have self-pay options available.

If your agency would like to be listed in a future treatment guide, call Skagit County Public Health and speak to the Behavioral Health Coordinator.

Skagit County Public Health
301 Valley Mall Way, Suite 110
Mount Vernon, WA 98273

skagitcounty.net/health
(360) 416-1500
health@co.skagit.wa.us

I have private insurance.

HOW DO I FIND A PROVIDER?

Talk to your doctor.
- Your primary care physician may be able to talk to you about treatment options and provide referrals or recommendations.

Find a provider in your network.
- Most insurance websites have lists of providers in their networks. You can also call your insurance company.
- Check psychologytoday.com and search for providers in your area. Then filter by insurance plan, language, concern, and more.
- If you're having difficulty finding a provider to match your availability, consider looking for a provider who offers telehealth appointments.

Verify insurance coverage.
- No matter how you find a provider, **always** call the provider's office to confirm that they take your specific insurance plan. Databases and lists are often out of date.

Get on cancellation lists.
- Most behavioral health providers have wait times of several weeks to months. Getting on cancellation lists with a few providers may reduce the time it takes to be seen. Make sure to cancel any scheduled appointments with other providers after you have been seen.

Ask about Employee Assistance Plans.
- If you are having trouble finding a provider who can see you soon, ask your human resources or benefits department if your employer has an Employee Assistance Plan (EAP). EAPs help employees—and sometimes their family members—address work and life concerns.

If you're looking for a provider for your child, follow the steps above and contact their school counselor for additional support during the school day.

I have no insurance/am underinsured.

WHAT SHOULD I DO?

Go to wahealthplanfinder.org.
- Apply for health insurance online. Premium costs are based on income and may be as little as $0/month.

Call a provider in this guide.
- Many of the providers listed in this guide offer sliding scale fees based on income. Call your preferred provider(s) and ask about payment options available to you.

WHO SHOULD YOU call?

988

In a life-threatening situation, call 911.

Call 988 for crisis support:

- Thoughts of suicide
- Mental health crisis
- Substance use crisis
- Emotional distress

911

Call 911 for first responder dispatch:

- Medical emergency
- Life-threatening situation
- Fire
- Reporting a crime

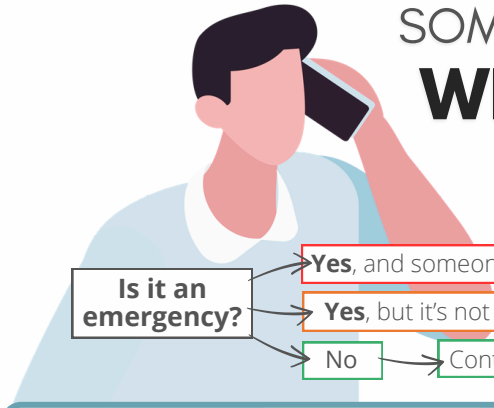
Call VOA Help for information and referrals:

- Food, housing, and shelter
- Utility assistance
- Healthcare and legal services
- Transportation
- Counseling and support groups
- Lots of other resources

360-VOA-HELP

SOMEONE NEEDS HELP

WHO SHOULD I CONTACT?



Is it an emergency?

- **Yes**, and someone might get hurt → **Call 911**
- **Yes**, but it's not life-threatening → **Call 988**
- No → Contact an outreach provider below

	Community Action of Skagit County **Street Outreach** Refer to lobby hours M, W, F | 12-3:30pm or Call 360-899-0731 M-F | 8am-4pm	Community Action of Skagit County **Recovery Navigator Program** or call 360-399-8283 M-F | 8am-4pm	Evergreen Recovery Centers **Homeless Outreach Stabilization and Transition** Request referral form at evergreenHOST@evergreenrc.org M-F | 8:30am-5pm Services for enrolled clients only
Help for someone who is unhoused	✓	✓	✓
Help for someone who has housing		✓	
Help accessing treatment	✓	✓	✓
Basic medical care/ help accessing care	✓	✓	✓
Mental health treatment			✓
Prescribing and medication management			✓
Transportation to appointments	✓	✓	
Case management		✓	✓
Peer support	✓	✓	✓
Help with paperwork	✓	✓	✓
Referrals	✓	✓	✓

Be the one who's ready.

Carry naloxone. Save a life.

WHERE TO GET NALOXONE

Skagit County Public Health

- Free to anyone who lives, works, or goes to school in Skagit
- Call 360-416-1500; we can mail it to you!
- Pick up at 301 Valley Mall Way, Suite 110, Mount Vernon Monday-Friday, 8:30am-4:30pm

People's Harm Reduction Alliance

- phra.org/naloxone
- Mailed for free to anyone in Washington

Pharmacies

- Available over the counter at most pharmacies. Insurance may cover some of the cost

SkagitRising.org

OUTPATIENT TREATMENT

OUTPATIENT TREATMENT

CATHOLIC COMMUNITY SERVICES
CATHOLIC HOUSING SERVICES
OF WESTERN WASHINGTON

ccsww.org

Substance Use Disorder Services - Adults, youth

614 Peterson Rd., Burlington

Monday-Thursday: 8:30am-5pm
Friday: 8am-12:30pm
Open Access: Monday-Thursday until spots are full

English; interpreters available

Accepts Medicaid, most private insurance; sliding scale available

How to request services
Adult: Attend open access hours; if unable, call 360-757-0131
Youth: Call 360-757-0131

Services provided
Adult:
- Intensive outpatient treatment
- Aftercare groups
- Deferred prosecution treatment
- Pregnant and parenting women intensive outpatient treatment and aftercare
- Outpatient educational and relapse awareness programs
- Alcohol and Drug Information School (ADIS)

Youth:
- Intensive outpatient treatment
- Aftercare/education groups

Children's Mental Health Services - Youth up to age 20

614 Peterson Rd., Burlington

Monday-Thursday: 8:30am-6pm

English; interpreters available

Accepts Medicaid

How to request services
Call 360-856-3054

Services provided
- Outpatient mental health treatment
- Child and family therapy and counseling
- Case management
- Medication management when engaged in treatment
- Wraparound with Intensive Services (WISe): 360-707-1688

charlie health

www.charliehealth.com

Mental Health Services - Ages 8-64

Virtual services only

24/7 crisis services available

English, Spanish; virtual translation services available

Accepts Medicaid (Molina ages 8-20 only), Tricare, and private insurance

How to request services
Visit www.charliehealth.com or call 1-866-805-1208; no waitlists, immediate intakes available

Services provided

- Intensive outpatient mental health treatment
- Group, individual, family therapy
- Psychatric services available
- Group sessions with peers
- Specialized group programs for LGBQIA+, maternal mental health, BIPOC, adolescents, eating disorders, and more
- Alumni connections
- Technology help for those without access
- Free support groups for families, caregivers, providers

Veterans Crisis Line

24/7 confidential crisis support for Veterans and their loved ones

Dial **988**, then press 1
If you have hearing loss, call 800-799-4889

Chat online at **veteranscrisisline.net/chat**

Text **838255**

Have a question or need support?
NineLine is just a call away.
Call **(253) 922-7225**

NINELINE VETERAN SERVICES 9 SERVICE 2 OTHERS

Compass Health

compasshealth.org

Mental Health Services - Adults

1100 S. 2nd St., Mount Vernon

Monday-Friday: 8:30am-5pm

English; interpreters available

Accepts Medicaid

How to request services
Call 1-844-822-7609

Services provided

- Outpatient treatment
- Telehealth
- Medication management

Intensive Mental Health Services - Adults

1100 S. 2nd St., Mount Vernon

Monday-Friday: 8:30am-5pm
After hours on-call available

English; interpreters available

Accepts Medicaid

How to request services
Call 1-844-822-7609

Services provided

- Behavioral health counseling
- Outreach and engagement
- Crisis response
- Case management
- Medication management

Program of Assertive Community Treatment (PACT) - Adults

1100 S. 2nd St., Mount Vernon

Every day: 8am-6:30pm
After-hours on-call available

English; interpreters available

Accepts Medicaid; limited capacity for those without insurance

How to request services
Call 360-419-7575

Services provided

- Outpatient treatment for severe, persistent mental health disorders
- Community and peer support
- Psychotherapy
- Crisis intervention
- Medication monitoring
- Treatment planning and service coordination

Wraparound with Intensive Services (WISe) - Youth ages 3-20

120 Fir St., Suite 102, Mount Vernon

Monday, Wednesday: 8:30am-5:30pm
Tuesday, Thursday: 8:30am-6pm
Friday: 8:30am-5pm
After-hours on-call available

English; interpreters available

Accepts Medicaid

How to request services
Call 425-349-8337 or email WISereferrals@compassh.org

Services provided

- Serves youth with complex behavioral health needs
- Community-based support for youth and their families
- Includes after-hours access to the treatment team on nights and weekends

CONSEJO Counseling and Referral Service

consejocounseling.org

Behavioral Health Services - Adults, youth

1601 E. College Way, Mount Vernon

Monday-Friday: 8am-5pm

Spanish, English

Accepts Medicaid, no insurance

How to request services
Call 360-763-5595, walk in during business hours, or email skagit@consejocounseling.org

Services provided:

- Mental health treatment
- Substance use disorder treatment
- Family counseling services
- In-school services

washington healthplanfinder
click. compare. covered.

Transitioning off Medicaid?

Get started at **wahealthplanfinder.org** to apply for special enrollment

didgʷálič wellness center

didgwalic.com

Behavioral Health Services & Support - Adults

8212 S. March Point Rd., Anacortes

Monday-Friday: 5:30am-4pm
Walk-in: 5:30am-12pm
Saturday: 5:30am-2pm

English; interpreters available
Serves Tribal & non-Tribal members

Accepts all insurance; self-pay option may be available

How to request services
Call 360-588-2800 or visit during walk-in hours

Services provided

- Substance use disorder, mental health, and gambling treatment
- Medication-assisted therapies (Suboxone, Vivitrol, methadone)
- Psychiatric medication management
- Primary medical care, dental
- DUI/deferred prosecution programs
- Client support services, free transportation, on-site childcare for clients
- Assistance with transitional housing

Evergreen Recovery CENTERS

evergreenrc.org

Substance Use Disorder Treatment - Adults

2017 Continental Pl., Suite 3, Mount Vernon

Monday-Friday: 8am-4pm

English

Accepts Medicaid and most commercial insurance; self-pay option available

How to request services
Call 360-755-6400

Services provided

- Assessments
- Interim services before admission to treatment
- Case management
- Intensive outpatient, including dual diagnosis
- Relapse awareness
- Continuing care
- Groups
- Men's program
- Family program
- Supplemental mental health counseling
- Drug testing

Ideal Option

idealoption.com

Substance Use Disorder Treatment - Adults

1520 Parker Way, Mount Vernon

Monday-Thursday: 7:30am-6:00pm
closed for lunch 12-1pm

English; interpreters available

Accepts Medicaid, Medicare, private insurance; payment plans available

How to request services
Call 877-522-1275, walk in during business hours, or visit my.idealoption.org/appointments

Services provided

- Substance use disorder treatment for opioids, stimulants, and alcohol
- Medication-assisted treatment
- Youth younger than 18 may be considered on a case-by-case basis

Lifeline Connections
substance use & mental health treatment

lifelineconnections.org

Behavioral Health Services - Adults

1413 E. College Way, Mount Vernon

Monday-Thursday: 8:30am-5:30pm
closed for lunch 12:30-1pm
Friday: 8:30am-12:30pm
Medication-Assisted Recovery Rapid Entry: Wednesday, 8:30-10:30am

English; interpreters available

Accepts Medicaid, some private insurance

How to request services
Call 360-397-8246, ext. 33151, or walk in during business hours

Services provided

- Mental health treatment
- Substance use disorder treatment
- Medication-assisted recovery/ Medication-assisted treatment (MAR/MAT)
- Peer counseling
- Supportive housing

MOUNT BAKER PRESBYTERIAN CHURCH

mountbakercbic.org

Community Belonging Center - East County community members

44942 State Route 20, Concrete

Monday-Thursday: 9:00am-3pm

English

MBPC services are free; MAT program accepts Medicaid

How to request services
Call 564-516-2810, email team@mountbakerpres.org, or drop in during business hours

Services provided

- Serves individuals in East County
- Laundry and showers by appointment
- Medication-assisted treatment (MAT)
- Peer advocacy services
- Recovery coaching, support, and resources
- Transportation to appointments, treatment services, community events, and more

NWRC

nwrcwa.org

Behavioral Health Services - Adults

301 Valley Mall Way, Suite 100, Mount Vernon

Monday-Friday: 8:30am-4:30pm

English; interpreters available

Accepts Medicaid (except Coordinated Care)

How to request services
Available by referral only

Services provided

- Mental health treatment
- Substance use disorder treatment
- Call 360-676-6749 for information

Psychiatric Nurse Consulting & Therapy LLC

psychnurseconsulting.com

Mental Health Services - Adults

117 N. 1st St. Suite 55, Mount Vernon

Monday-Friday: 8:30am-5pm

English

Accepts Medicaid, Medicare, private insurance

How to request services
Call 360-588-4950

Services provided

- Medication management
- Mental health assessments
- Employment services for Medicaid enrollees
- Case management support for Medicaid enrollees

washington teen link

866-833-6546

Helpline for teens by teens.

Call, Text, and Chat
6pm-10pm
7 days a week

Sea Mar
Community Health Centers
Clínica de la Comunidad
Exceptional service. Every person. Every time.

seamar.org

Substance Use Disorder Services - Adults

1010 E. College Way, Mount Vernon

Monday-Friday: 8am-5pm

Spanish, English

Accepts Medicaid, private insurance, no insurance; sliding scale available

How to request services
Call 360-542-8920

Services provided

- Substance use disorder treatment
- Individual and group counseling

Mental Health Services - Adults, youth

2203 Old Hwy 99 South Rd., Mount Vernon

Monday-Friday: 8am-5pm

Spanish, English

Accepts Medicaid, private insurance, no insurance; sliding scale available

How to request services
Call 360-542-8810 or walk in during business hours

Services provided

- Mental health treatment
- Individual and group therapy

Behavioral Health Services - Adults, youth

1004 M Ave., Anacortes

Monday-Friday: 8am-5pm

Spanish, English

Accepts Medicaid, private insurance, no insurance; sliding scale available

How to request services
Call 360-679-7676

Services provided

- Substance use disorder treatment
- Mental health treatment
- Individual and group counseling

SUNRISE SERVICES, INC.

sunriseservicesinc.com

Behavioral Health Services - Adults, youth

2500 E. College Way, Mount Vernon

Monday-Friday: 8am-5pm

English; interpreters available

Accepts Medicaid

How to request services
Call 360-336-3762

Services provided

- Mental health treatment
- Substance use disorder treatment
- Individual and group therapy
- Case management
- Medication-assisted treatment
- Medication management
- Jail transitions services

SWINOMISH INDIAN TRIBAL COMMUNITY

swinomish-nsn.gov

Swinomish Wellness Program - Adults, youth

17337 Reservation Rd., La Conner

Monday-Thursday: 8am-5pm
Friday: 8am-12pm

English; interpreters available

Accepts all insurance plans, no insurance; self-pay option may be available

How to request services
Call 360-466-1024 or walk in during business hours

Services provided

- Serves Federally Recognized Tribal Members and individuals who live on the Swinomish Reservation
- Substance use disorder treatment
- Mental health treatment
- DUI/deferred prosecution programs
- Individual, group, and family counseling
- Case management
- Medication-assisted treatment collaboration with medical providers
- Gambling education
- Referrals to other services

Upper Skagit Indian Tribe

upperskagittribe-nsn.gov

Behavioral Health Services - Adults, youth

25959 Community Plaza Way, Sedro-Woolley

Monday-Friday: 8am-4:30pm

English

Accepts all insurance plans

How to request services
Call 360-854-7132 or email shaylad@upperskagit.com

Services provided

- Serves Federally Recognized Tribal Members
- Substance use disorder treatment
- Mental health treatment
- DUI assessments
- Intensive outpatient treatment
- Outpatient treatment
- Support groups
- Referrals to other services

SKAGIT COUNTY

MOBILE SYRINGE EXCHANGE SCHEDULE

ANACORTES	**3RD MONDAY: 10-11:30AM** Salvation Army 3001 R Ave.
BURLINGTON	**THURSDAY: 12-1:30PM** Tierra Nueva 701 E. Fairhaven Ave.
CONCRETE	**1ST & 3RD MONDAY: 1-3PM** Senior Center 45821 Railroad Ave. **MONDAY-THURSDAY: 9AM-3PM** Community Belonging Center 44942 State Route 20
MARBLEMOUNT	**1ST MONDAY** Call 360-826-2661 for time and site
MOUNT VERNON	**TUESDAY: 9AM-12PM** Coastal Farm & Ranch 2021 Market St. **THURSDAY: 2-4PM** Senior Center 1401 Cleveland St.
SEDRO-WOOLLEY	**TUESDAY: 1-4PM** PeaceHealth Sedro-Woolley Clinic Parking lot—1990 Hospital Dr. **THURSDAY: 9-11AM** Senior Center 715 Pacific Ave.

CRISIS STABILIZATION

CRISIS STABILIZATION

Compass Health

compasshealth.org

Whatcom County Triage Center - Adults

2026 Division St., Bellingham

English; interpreters available

Accepts Medicaid

How to request services
Call or text 988 for a referral; referrals also accepted from medical professionals and law enforcement; walk-ins accepted

Services provided

- Mental health crisis stabilization
- Immediate assistance for those in crisis
- Safety planning
- Referrals to long-term treatment

Marc Crisis & Stabilization Center - Adults

Marc Healing Center,
3322 Broadway, Everett

English; interpreters available

Accepts Medicaid

How to request services
Call or text 988 for a referral or call 425-201-4420; referrals also accepted from medical professionals and law enforcement; walk-ins accepted

Services provided

- Mental health crisis stabilization
- Immediate assistance for those in crisis
- Safety planning
- Medication management
- Referrals to long-term treatment

washington recovery help line

866-789-1511

24-hour confidential support and referrals for substance use, gambling, and mental health

PIONEER HUMAN SERVICES

pioneerhumanservices.org

Pioneer Human Services Stabilization Center - Adults

Skagit STAR Center
1420 State Route 20, Sedro-Woolley

English; interpreters available

Accepts Medicaid, private insurance

How to request services
Call 360-757-7738; referrals also accepted from medical professionals and law enforcement

Services provided
- Mental health crisis stabilization
- Immediate assistance for those in crisis
- Referrals to long-term treatment

Ituha - Adults

275 N.E. 10th Ave., Oak Harbor

English; interpreters provided

Accepts Medicaid

How to request services
Call 360-499-7011; referrals also accepted from medical professionals and law enforcement

Services provided
- Mental health crisis stabilization
- Immediate assistance for those in crisis
- Referrals to long-term treatment

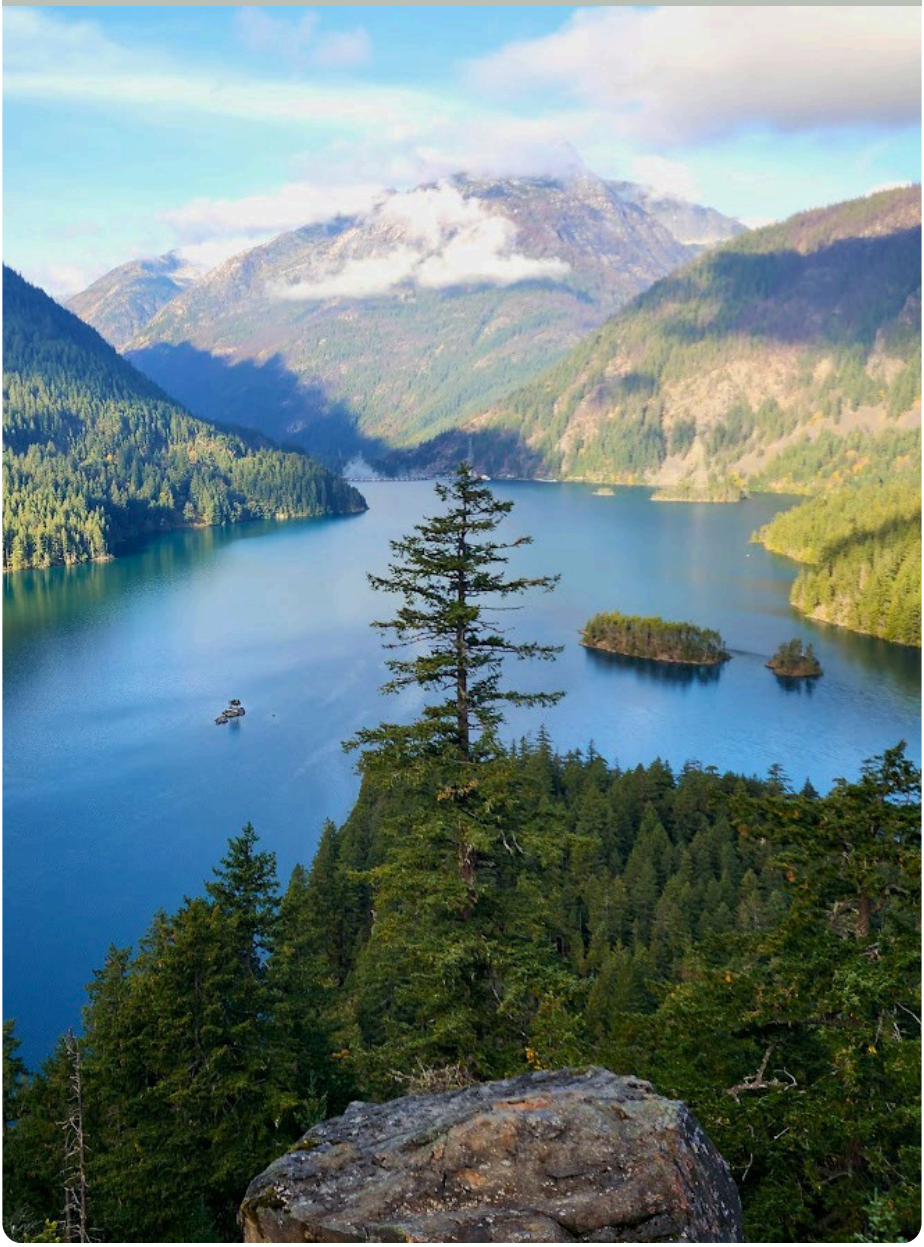
Rapid, short-term access to buprenorphine (Suboxone) to treat opioid use disorder and connections to providers in your community.

Need Bupe?

Call (206) 289-0287

9am-9pm every day | no insurance required | ages 13+

DETOX



DETOX

Evergreen Recovery CENTERS

evergreenrc.org

Withdrawal Management - Adults, youth 13+

20508 56th Ave. W., Lynnwood

English; interpreters available

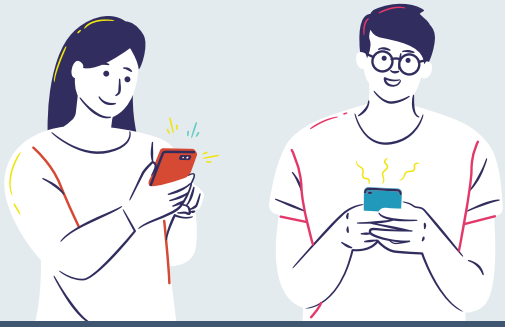
Accepts Medicaid

How to request services
Open access
For availability, call 425-405-3775
After 5:30pm, call 425-678-1390

Services provided

- Withdrawal management for opioids, alcohol, meth, methadone, and suboxone
- Withdrawal management for benzos on a case-by-case basis
- Will coordinate withdrawal management services with inpatient facilities when necessary

NEVER USE ALONE



No judgement. No shaming. No preaching. JUST LOVE!

1-877-696-1996

If you're going to use alone, call the Never Use Alone hotline to stay safe. Peer operators are available 24/7.

PIONEER HUMAN SERVICES

pioneerhumanservices.org

Pioneer Human Services Stabilization Center - Adults

Skagit STAR Center
1420 State Route 20, Sedro-Woolley

English; interpreters available

Accepts Medicaid, private insurance

How to request services
Call 360-757-7738; referrals also accepted from medical professionals and law enforcement

Services provided
- Medical withdrawal management from drugs and alcohol
- Assessments, counseling, and referrals
- Medication-assisted treatment
- Must not be on supplemental oxygen
- Must be able to perform activities of daily living on own

Whatcom Detox - Adults

2026 Division St., Bellingham

English; interpreters available

Accepts Medicaid

How to request services
Call 360-812-7220

Services provided
- Medical withdrawal management from drugs and alcohol
- Assessments, counseling, and referrals
- Medication-assisted treatment
- Must not be on supplemental oxygen
- Must be able to perform activities of daily living on own

Ituha - Adults

275 N.E. 10th Ave., Oak Harbor

English; interpreters available

Accepts Medicaid

How to request services
Call 360-499-7011

Services provided
- Medical withdrawal management from drugs and alcohol
- Mental health stabilization
- Assessments, counseling, and referrals
- Medication-assisted treatment
- Must not be on supplemental oxygen
- Must be able to perform activities of daily living on own

INPATIENT TREATMENT

INPATIENT TREATMENT

evergreenrc.org

Co-occurring disorders - Women 18+, including pregnant or parenting

2601 Summit Ave., Everett

English; interpreters available

Accepts Medicaid

How to request services
Call 425-258-2407
Fax: 425-339-2601
Email: SummitFAX@evergreenrc.org
- Rainwood: ATTN Brittany
- Evergreen Manor: ATTN Amber

Services provided
Rainwood:
- 90-day co-occurring substance use disorder and mental health treatment program for women

Evergreen Manor:
- 6-month inpatient substance use disorder program for women who are pregnant or parenting
- On-site day care; can have children up to age 5 with you

Legacy Lodge - Men 18+

1905 Continental Pl., Mount Vernon

English; interpreters available

Accepts Medicaid, no insurance

How to request services
Call 360-755-6388

Services provided
- 90-day inpatient substance use disorder treatment program
- Co-occurring mental health disorders
- Medication-assisted treatment

holmanrecoverycenter.org

Residential Substance Use Treatment Center - Adults

16415 Smokey Point Blvd., Arlington

English

Accepts Medicaid, Medicare for North Sound residents only, some private insurance

How to request services
Submit application online

Services provided
- Serves adults, including those pregnant up to 30 weeks
- Inpatient treatment for alcohol and substance use disorders
- Medication-assisted treatment
- Recreational programming
- Must pass drug and breathalyzer tests upon entry

Lake Whatcom Center

Supporting Recovery, Empowering Growth

Helping our Community Since 1968

lwrtc.org

Baker Creek Residential Treatment Center - Adults, co-occurring

1641 Baker Creek Pl., Bellingham

English; interpreters available

Accepts Medicaid

How to request services
Accepts referrals from primary care physicians, inpatient psychiatric treatment units, withdrawal management facilities, crisis triage, outpatient behavioral health providers; referral packet/intake paperwork can be found at lwrtc.org/residential-treatment

Services provided

- Inpatient treatment for people with co-occurring substance use and serious mental health disorders
- 24/7 clinical support
- Group and individual sessions
- Recreation groups
- Medication management
- Medication-assisted treatment

Lifeline Connections

substance use & mental health treatment

lifelineconnections.org

Men's Low-Intensity Residential Program - Male-identifying 18+

1211 Girard St., Bellingham

English; interpreters available

Accepts Medicaid

How to request services
Call 360-397-8246, ext. 30500

Services provided

- Inpatient treatment for individuals who identify as male
- Substance use disorder treatment
- Mental health services available
- Medication-assisted recovery
- Integrated approach to care
- Up to 6 months' stay

PIONEER HUMAN SERVICES

pioneerhumanservices.org

Pioneer Human Services Stabilization Center - Adults

Skagit STAR Center
1420 State Route 20, Sedro-Woolley

English; interpreters available

Accepts Medicaid, private insurance

How to request services
Call 360-757-7738 for intake; accepts referrals from outpatient providers, courts, medical professionals, social services

Services provided

- Inpatient treatment for adults with substance use, mental health, and co-occurring disorders
- Short- and long-term stays
- Medication-assisted treatment
- Mental health medication management
- Life skills classes like coping, anger management, basic living, nutrition, health, and recovery lifestyle

North Sound Behavioral Health Treatment Center - Adults

902 Pine St., Everett

English; interpreters available

Accepts Medicaid, Medicare; self-pay option available

How to request services
Call 206-948-4472 for intake; accepts referrals from outpatient providers, courts, medical professionals, social services

Services provided

- Inpatient treatment for adults with severe opioid use disorder
- Short- and long-term stays
- Medication-assisted treatment
- Mental health medication management
- Life skills classes like coping, anger management, basic living, nutrition, health, and recovery lifestyle

Washington Youth

Connect with free, 24/7 support

If you or a friend are experiencing stress, anxiety, violent threats, sexual abuse—or anything that makes life hard—HearMeWA can help. Get secure, free support any time from professionals who are ready to listen.

Call **888-537-1637**
Text **HearMeWA** to **738477**
Visit **www.hearmewa.org**

Sea Mar
Community Health Centers
Clínica de la Comunidad
Exceptional service. Every person. Every time.

seamar.org

Visions - Female youth ages 12-18 with primary diagnosis of substance use disorder

1603 E. Illinois St., Bellingham

English; interpreters available

Accepts Medicaid

How to request services
Call 360-647-4266

Services provided

- 3- to 6-month substance use and mental health treatment
- 12- and 18-year-olds admitted on a case-by-case basis
- Personalized treatment goals
- Life skills, healthy choices, effective communication, discovery of new hobbies, recreational activities
- Collaboration with medical, dental, nutrition, and health education providers

In Washington, every day can be drug take-back day!

Find drop-off kiosks and order free mail-back supplies at **medtakebackwashington.org** or by calling 844-4-TAKE-BACK (844-482-5322)

Free, convenient, safe, and environmentally responsible

Washington State Department of HEALTH

RECOVERY HOUSING

RECOVERY HOUSING

NEW EARTH RECOVERY

www.nerecovery.org

Recovery Housing - Adults

Various locations in Mount Vernon

Residents pay 1/3 of their income, typically $320-$620/month

How to request services
Call 360-848-9281, email info@nerecovery.org, or online

Services provided

- 9- to 12-month residential program for people in recovery from substance use disorders
- "Graduate" housing for those who have already completed a similar program

Oxford House™

oxfordvacancies.com

Recovery Housing - Men, women, women with children

Various locations in Skagit County

How to request services
Find vacancies online; filter by location and gender

Application requirements may vary by location, so call contact listed for details

Services provided

- Democratically run, self-supporting, drug-free and alcohol-free housing

PIONEER HUMAN SERVICES

pioneerhumanservices.org

Pioneer Transition House - Adults

Location in Mount Vernon

No insurance required

Service fee required (30% of income per month or provide verification of zero income)

How to request services
Available only by referral from Skagit County Community Justice Center, Skagit County Community Court, local hospitals, Skagit County Community Detox, outpatient treatment providers, inpatient treatment facilities, and other providers serving the eligible population

Services provided

- Housing and case management
- Residents must:
  - Be a Skagit County resident
  - Be experiencing homelessness or exiting jail, detox centers, and/or inpatient treatment facilities
  - Have a documented substance use and/or mental health diagnosis with verification of treatment
  - Be committed to compliance with case management and sobriety
  - Agree to urinalysis and breathalyzer tests to support sobriety

washington warm line

Connect with peers to support your emotional and mental health

877-500-9276

Local: 206-933-7001
warmline@crisisconnections.org

crisisconnections.org

A SERVICE OF crisis connections

R.I.S.E. RECOVERY

riserecoveryskagit.org

Recovery Housing - Men 18+

Various locations in Skagit County

Program fees apply. Many residents receive housing assistance through therapeutic courts, recovery support programs, and other housing programs. If you cannot pay rent, R.I.S.E. staff can connect you to housing service providers for assistance.

How to request services
Fill out contact form online for intake; priority is given to participants in therapeutic courts and those with Department of Corrections involvement

Services provided

- Supportive housing and recovery skills development
- Program lasts up to 2 years
- Residents must:
  - Have a documented substance use disorder and desire for recovery
  - Participate in weekly house meetings, one-on-one meetings with staff, and urinalysis testing
  - Follow house rules, develop and follow a recovery plan
  - Increase involvement in pro-recovery activities

OBHA
OFFICE OF BEHAVIORAL HEALTH ADVOCACY

Having trouble resolving a problem with a behavioral health provider, facility, state hospital or state agency in the state of Washington?

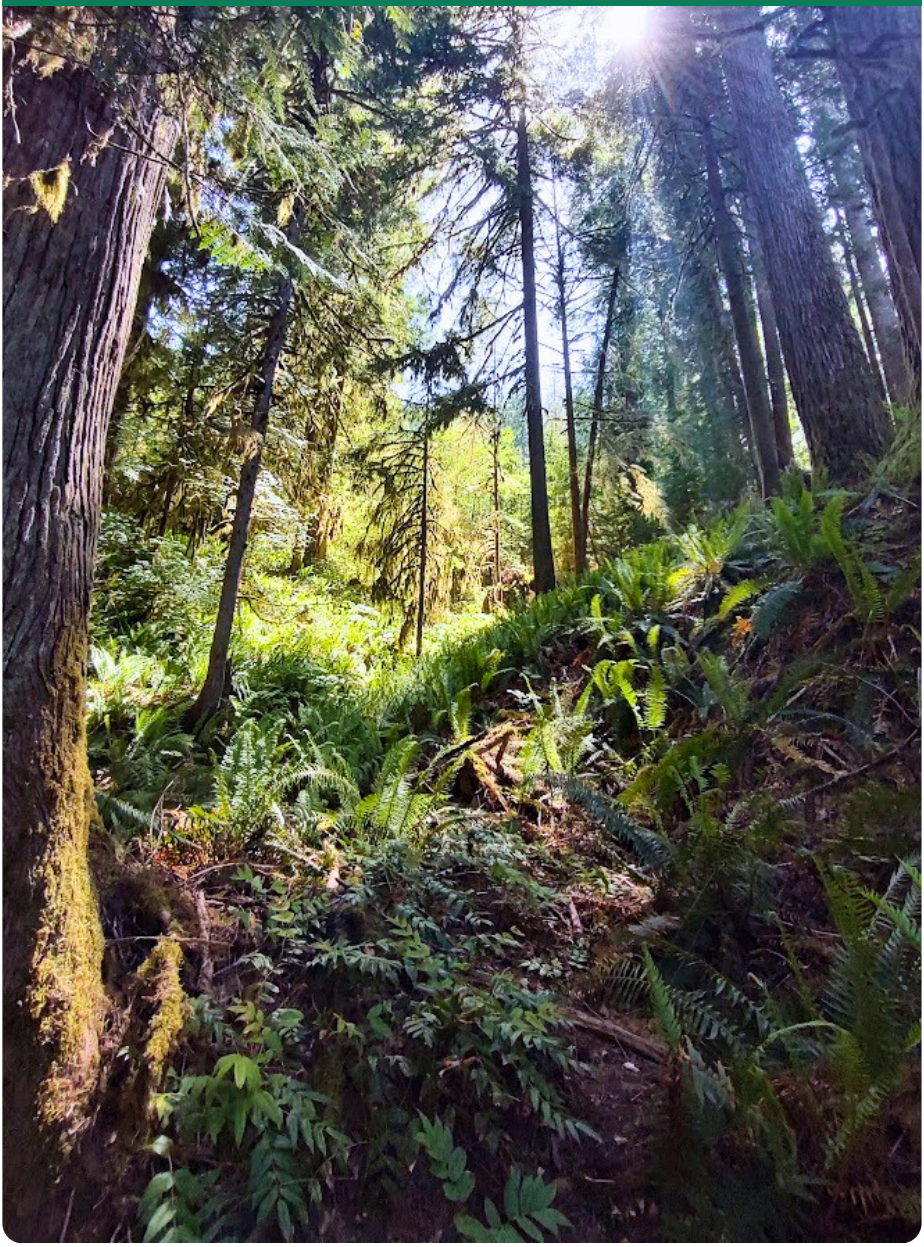
Do you feel your rights have been violated with your behavioral health service provider?

Do you feel your loved one is not receiving the adequate/appropriate care from their behavioral health provider or behavioral health system?

North Sound Region Behavioral Health Advocate:
360-528-1799 | NORTHSOUND@OBHADVOCACY.ORG

CONTACT: (800) 366-3103 or OBHADVOCACY.ORG

PEER SUPPORT



PEER SUPPORT

NAMI Skagit
National Alliance on Mental Illness

namiskagit.org

Support - Families, friends, individuals affected by mental illness

2222 Riverside Dr., Suite 403
Mount Vernon

Calendar of events and local resources available online

Learn more
Call 360-313-7080 (not a crisis line); for crises, call or text 988

How to join
Create an account online

Services provided
- Peer and family mental health education classes
- Connection Support Group for people with mental health conditions
- Family Support Group for family, significant others, and friends of people with mental health conditions
- Ending the Silence youth presentation and other resources available

Recovery Cafe Skagit

rcskagit.org

Recovery and Peer Support - Adults, membership-based

1908 Riverside Dr., Mount Vernon

Monday, Friday: 12-7pm
Tuesday-Thursday: 12-4pm
Saturday: 10am-12pm

How to join
Membership is free; stop by during business hours or email rcskagit@gmail.com; members agree to attend a weekly Recovery Circle, give back to the community, and be sober while in the café

Services provided
- Support for people in recovery from addiction, mental health challenges, homelessness, and other traumas
- Guests welcome
- Hospitality and connection
- Lunch and coffee
- Recovery coaching
- Recovery circles
- Classes and workshops
- Referrals to recovery supports and other services

SKAGIT Clubhouse

skagitclubhouse.org

Serious Mental Illness Support - Adults, membership-based

1320 Riverside Dr., Suite E,
Mount Vernon

Monday-Friday: 11am-4pm

How to join
Call 360-390-3672 or email info@skagitclubhouse.org to set up a tour; the application is simple but requires a provider reference

Services provided

- Members must have a documented mental illness
- Non-clinical mental health recovery support
- Pre-vocational practice and employment program
- Provides social practice, community, job and life skills
- Education and housing assistance

12-Step Programs - find local meetings online

Alcoholics Anonymous
district4aa-wa.org/meetings

Al-Anon Family Group
wa-al-anon.org

Cocaine Anonymous
caofwa.org/meeting-schedule

Gamblers Anonymous
gamblersanonymous.org/usa-meetings

Narcotics Anonymous
nwscna.org/meetings

PERINATAL & PARENT SUPPORT

Parents for Parents

Supporting families in the child welfare system

akinfamily.org/services/parents-for-parents

Support - Families and parents in the child welfare system

Dependency 101
3rd Tuesday of the month, 12-2pm

Dependency 201
Wednesdays, 3:30-5:30pm
- YWCA, 3301 Broadway, Everett, or via Zoom

English

How to request services
Call 425-312-9068 or email dgibson@ywcaworks.org

Services provided
- Dependency 101: One-time class to learn about the dependency process and meet with parents who have reunited with their children; $25 gift card for completion
- Dependency 201 and RISING Together Group: Combination of support group and classes to help families reunify and build a support network
- Support groups led by Parent Allies with lived experience in the child welfare system
- Guidance on working effectively with social workers, attorneys, and the courts

Looking for more resources to support you and your family?

Check out the resource guide for pregnant and parenting families in Skagit County

Provided by the Skagit County Perinatal Mental Health Task Force

“Recovery takes acceptance. Learning to accept is healing.

Valarie Ogle | Valarie (left) and her friend Selina Ramirez are members of the Port Gamble S’Klallam Tribe.

Stigma tells stories that harm us. We are telling stories that heal.

The way we talk about treatment tells a story that others take to heart. All it takes to change a story is one word.

For Valarie and Selina, the word is acceptance.

As they both live in recovery, they believe that self-acceptance and acceptance by others allows for healing and progress.

FOR OUR LIVES

ForNativeLives.org/story

MOST STREET PILLS AND POWDER ARE LACED WITH

FENTANYL

Just 2 mg of hidden fentanyl is all it takes to end a life.

Know the risks.
Tell your loved ones.
Carry naloxone.