



24-Hour Helpline: 360.715.1563 Toll Free 1.877.715.1563

Counseling and Therapy Resources and Referrals

North Sound Mental Health Administration Access: 888-693-7200

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

Interfaith Community Health Center Behavior Health: 360-788-2646

Accepts most insurance including DSHS (Washington State Apple Health) and medical coupons. Also offers sliding scale services and limited funding for low-income clients. Interfaith 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 adults, individual therapy and group therapy. Services are often coordinated with your Primary Care Provider.

SeaMar Community Health Center Behavior Health: 360-734-5458

Accepts most insurance including DSHS (Washington State Apple Health) and medical coupons. Also offers sliding scale services and limited funding for low-income clients. SeaMar 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 adults, individual therapy and group therapy. Provides services in English and Spanish.

Compass Health: 360-676-2220

Formerly Whatcom Counseling and Psychiatric Clinic. Accepts nearly all insurance providers, including DSHS (Washington State Apple Health) or medical coupons. For mental health counseling at Compass Health, call the North Sound Mental Health Administration Access line at 888-693-7200. For more information about Compass Health programs, contact (360) 676-2220 or simply go the main clinic at 3645 E. McLeod. Compass Health offers limited walk-in mental health evaluations, call ahead for times and days. Compass Health also offers drug, alcohol, chemical or substance abuse services, including intensive outpatient treatment. Call for an appointment.

Brigid Collins Family Support Center: 360-734-4616

Brigid Collins houses the Children's Advocacy Center 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.

Whatcom Alliance for Healthcare Access: 360-788-6594

WAHA provides information, referrals and advocacy to help individuals access healthcare, including behavioral healthcare, and health insurance. WAHA does not provide counseling or therapy, but can help connect you with a provider or help you access insurance to pay for the cost of a therapist.

Local Therapists Working 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.

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

To speak with an advocacy counselor immediately regarding domestic violence and sexual assault, contact the **DVSAS 24-hour Helpline at 360-715-1563**

To speak with a counselor 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 the sites below to find a therapist in your area.

<http://www.goodtherapy.org/>

<http://therapists.psychologytoday.com/>

Anji Citron, MSW, LICSW

203 W. Holly St #326, Bellingham
(360) 676-2443
Specializes in: SA, Adults
Sliding Scale: No

Lauren Davies M.Ed, LMHC

203 West Holly St Suite 329, Bellingham
(360) 647-7905
Specializes in: DV & SA, adults
Sliding Scale: Yes

Shannan Engel, MA, LMFT, CMHS

1116 Key St. #209, Bellingham
(425) 296-9274
Specializes in: DV & SA, children,
adolescents, and adults
Sliding Scale: Yes

Jeffrey Howard

1101 North State St. Suite 202, Bellingham
(360) 389-3023
Specializes in: DV & SA, children and
adolescents
Sliding Scale: Yes

Beth Johnson, M.Ed, LMHC

1715 C St., Bellingham
(360) 647-5358
Specializes in: DV & SA, adolescents and
adults
Sliding Scale: Yes

Jennifer Long, CCHT

(360) 328-7478
www.alignhypnotherapy.com
By phone or skype only
Specializes in: DV & SA, adolescents and
adults
Sliding Scale: Yes

Sharon O'Connell, MA, LMHC

112 Ohio St # 109, Bellingham
(360) 734-6939
Specializes in: DV & SA, adolescents and
adults
Sliding Scale: Yes

Erik Papritz, MA, LMHC

1210 10th St Suite 203, Fairhaven
(360) 734-7310, ext 4142
Specializes in: DV & SA, adults
Sliding Scale: Yes

Lindsay Poynter, MA LMHC

1903 D Street Suite 3, Bellingham
(360) 410-6315
Specializes in: DV & SA, teens
Sliding Scale: Yes

Cynthia Stentz, MA, LMHC

203 W. Holly St. Suite 320, Bellingham
(360) 738-1597
Specializes in: DV & SA, adults
Sliding Scale: No

Nancy Welch, MS, LMHC

1300 W Holly St #205, Bellingham
(360) 734-3247
Specializes in: DV & SA, children,
adolescents, and adults
Sliding Scale: Yes

Katie Plewa Olvera, PsyD

(360) 305-3909
kpoCounseling.com
Specializes in: DV & SA, LGBTQ
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.

CHOOSING 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.

- Did you feel comfortable?
- Did you like the way you felt in the office?
- Did you like the way you were treated?
- Are you looking forward to coming back?
- Did you feel understood? Did the therapist understand your reason for being there?
- 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?
- Did the therapist seem to have a sense of humor that matches yours?
- Did you get a feeling this person was wise? Knowledgeable?
- 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?
- 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?
- 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.