



## **Inpatient Care and Outpatient Services**

**Seattle Children's Hospital** offers the regions most comprehensive inpatient and outpatient psychiatric and behavioral health care services. They have specialized programs for children experiencing OCD, ADHD, Mood and Anxiety disorders, early childhood mental health symptoms (prior to age 5), and children who are deaf and hard of hearing. They also offer specialized services in association with their Autism clinic, Eating Disorders Program and Gender Clinic. They do not provide treatment for trauma-related mental health symptoms. Explore their services: <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/>

In addition, they keep their own list of resources:

<https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/patient-family-resources/>

**Harborview Abuse & Trauma Center** provides treatment for children experiencing PTSD and other mental health symptoms associated with trauma including sexual assault and physical abuse. They also offer therapy for parents/family members on specialized interventions to use with children who have experienced trauma. More about their services:

<https://depts.washington.edu/uwhatc/>

In addition, they keep a specialized resource list for trauma and mental health challenges associated with COVID-19: <https://depts.washington.edu/uwhatc/covid-resources/>

**Guided Pathways** is a King County program serving youth and families with particularly complicated mental health challenges and barriers to mental health care. More information on their services, including one-on-one support for parents, youth peer support services, and parenting classes and training: <https://www.guidedpathways.org/> To request Guided Pathways services: <https://www.guidedpathways.org/contact/>

**King County Division of Behavioral Health and Recovery** offers services for youth and families who meeting certain mental health and income criteria (including but not limited to Medicaid). They have a children's mental health crisis response team, Wrap Around services program and specialized services for families whose children are involved in the Juvenile Justice System. They also help find long-term inpatient treatment for children if needed. More about eligibility criteria and their services: <https://kingcounty.gov/depts/community-human-services/mental-health-substance-abuse/services/Youth.aspx> Referrals to these services can be a bit complicated; we recommend calling their Client Services Line for assistance at 206-263-8997.