

Mental Health Resource Guide for Students and Families

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1. Support staff in the school who help students outside of the classroom

Admin

- Principal Brian Vance
 - Room 120 (in main office)
206-252-8800
brvance@seattleschools.org
- Megan Claus: 9th grade
 - Room 209
206-252-8800
maclaus@seattleschools.org
- Ron Knight: A-Kn, grades 10-12
 - Room 122G
206-252-8800
rkknight@seattleschools.org
- Nancy Carroll: Ko-Z, grades 11-12
 - Room 136
206-252-8800
necarroll@seattleschools.org

School Counselors: West Seattle Counseling Department offers each student an individualized and comprehensive high school and beyond plan including course selection, academic achievement, progress toward meeting graduation requirements, personal and social competencies, and post-secondary and career options and planning.

*Any student can request a meeting with their school counselor through this site

<https://westseattlehs.seattleschools.org/resources/counseling-center/mental-health-wellness/>

- Erica Nguyen: Student Last Names A-El
 - etnguyen@seattleschools.org
206-252-8909
- Kinsey Hedeem: Student Last Names Em-Leb
 - krhedeem@seattleschools.org
206-252-8769
- Mallory Neuman: Student Last Names Lee-Pi
 - mlneuman@seattleschools.org
206-252-8779
- Christine Nutters: Student Last Names Po-Z
 - canutters@seattleschools.org
206-252-8819

School Care Team: West Seattle Care Team work with students and families to support emotional and social learning. They work to provide resources and referrals to outside organizations including mental health therapists, tutors, social services, as well as helping students and families access basic needs like health insurance, food, clothing, and personal hygiene products.

*Any student can use this link to request a meeting with any school care team.

https://forms.office.com/Pages/ResponsePage.aspx?id=WNEEx1HRgMkiHg1Hqb23SJ_XaCy pY4PJNi5Sie30pctFUQUdSODdKWVZaUDVEV1o4QjZZNk9XMkFDUC4u&origin=QRCode

- Behavioral Health Coordinator, Medina Abdi
 - Care Center, room 129 (across from the Main Office)
 - meabdi@seattleschools.org
 - 585-209-0445
- SBIRT Coordinator, Zeke Miller
 - Care Center, room 129 (across from the Main Office)

- ezmillier@seattleschools.org
- School Social Worker, Crissa Parsley
 - Room 121 (near the library) or in the Care Center in 129 (across from the Main Office)
 - crparsley@seattleschools.org
 - 206-252-8792
- Care Coordinator, Eseosa Orhuozee
 - Room 145
 - eeorhuozee@seattleschools.org

2. Groups or places in the school with resources for students and families

The Community Closet: a Free thrift and student run club, offers clothes, shoes, and coats to students and family members. The community closet welcomes any and all donations. It is located in room 144E, just look for Lisa (the mannequin) outside 148 to point you to the room.

The Career Center: Our career counselor Brian Fitzgerald arranges for speakers to come present different careers to students. He helps students apply to jobs and apprenticeships, write resumes and cover letters, prepare and practice for interviews. He also posts jobs hiring in the area. Students who work are also eligible to earn school credits.

The school district keeps a list of internships and apprenticeships as well:

<https://www.seattleschools.org/departments/cte/regional-internships/>

Care Center is a used to support students' social and emotional health both one on one and in groups. Room 129 across from the Main Office.

- Snacks and hygiene products
- Emotional and mental health support 1:1
- Health related groups and workshops
- Connecting families with resources and social services in the community

- Providing families with hygiene products and food boxes as well as giftcards during holidays

Teen Health Center is run by Neighborcare and is an inclusive place for students to access mental health and physical health needs. In room 127 (next to the care center). Students or their families need to register for services and they bill insurance companies if a student has insurance however families will never receive a bill directly.

- Therapy/mental health support by appointment
- Assistance to sign up for healthcare
- Community Health Locker
- First aid
- Sports physicals, well child checks, and immunizations
- Health education and testing on birth control, STI, and pregnancy
- Access to tampons, pads and condoms

School Nurse Aimee Osland's office is also in the Teen Health Center. She sees any student without registration. She provides general first aid, vision and hearing tests, and chronic condition management.

Groups:

- Quit the Nic: Confidential group for students who are interested in quitting the use of nicotine in any form.
- Healthy Choices: Confidential group for students interested in quitting the use of marijuana.
 - Contact Amie DeWolf at apdewolf@seattleschools.org or Crissa Parsley at crparsley@seattleschools.org for more information about joining these groups.
- Parent 2 Parent: The first Tuesday of every month 6:30-8:00 parents meet to collaborate on how to help students thrive academically, socially, and emotionally, led by the social worker.

- Crissa Parsley at crparsley@seattleschools.org for more information about joining these groups.

3. Where to find help if there is a mental health crisis outside of school

If a student is not safe and needs help, they can visit Seattle Children's Psychiatric Urgent Care Clinic at Seattle Children's Magnuson. They offer same-day in-person and virtual visits for children and teens ages 4 through 17 in Washington state who are in need of urgent mental health support but do not need the services of an emergency department. Appointments can be made on their website, but they also allow walk-ins.

- (206) 987-2164
- 6901 Sand Point Way NE, Seattle, WA 98115
- <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/psychiatric-urgent-care/>

Hotlines and text lines are free resources for teens to talk through a crisis anytime. These are trained staff to help through a crisis, provide resources and in some cases follow up with the caller.

- King County's 24/7 Crisis and Suicide Hotline: 988
 - They can help resolve your crisis on the phone, send mental health teams to respond in-person as needed to help young people and their families, and schedule assessment appointments for the next day.
- Teen Link: 866-833-6546
 - Teen Link is a safe for teens to connect with their peers for emotional support and resources. It can also be used as a text line.
- WA 24/7 Recovery Hotline: 1-866-789-1511

- This help line is for those experiencing substance use disorder, problem gambling, and/or a mental health challenge. They can also connect callers with local treatment [resources](#) or more community services.
- The Trevor Project 24/7 Crisis Line: 1-866-488-7386 or Text START to 678-678
 - This is a hotline that focuses on supporting LGBTQ+ teens and providing resources.
- Lifewire 24/7 Hotline: (425) 562-8840
 - This is a hotline for anyone experiencing or knows anyone experiencing abuse or domestic violence.
- Hear Me WA: 888-537-1634
 - This is a hotline for anyone with information about risks and potential safety risks to youth such as bullying, stress, abuse or threats. HearMeWA is a youth-centered crisis-response program from the state Attorney General that meets youth safety and well-being needs by linking them to existing support systems.

4. Guidance on finding a therapist outside of school with support from their family

It is important to “shop around” and try to find multiple therapist that are suit your needs. Some people may not have availability when you are free, or they may not be taking new clients currently, so you should reach out to multiple people.

Therapy is built on a relationship of comfortability and nonjudgemental sharing while also challenging your current approaches and views to your mental health. You should give a therapist 3-4 sessions to see if a therapist is an appropriate fit for you. It is always ok to stop seeing a therapist and try a new one.

Reach out to your insurance company to ask about your co-pay for therapists who are in-network and out-of-network reimbursement benefits. Ask for a current list of therapists

who are in your network with your provider. The site Headway can sometimes help you find a provider in your network as well. <https://headway.co/>

Seattle Children's Mental Health Referral Services for Children and Teens has referral specialists who can refer to a few therapists in their network.

- <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/>.

Via a partnership with the City of Seattle, there are free telehealth therapy sessions available to all youth 3-24 to receive therapy services with Joon or Talk space

- <https://www.joon.com/youth/seattle>
- <https://www.talkspace.com/coverage/seattle>

The Teen Health Center (located across from the Main Office) has NeighborCare therapists on site everyday especially for students who cannot access therapists elsewhere. Students can fill out a referral form in the Teen Health Center.

5. Guidance for finding a therapist with limited support/ resources

For students who are not getting support otherwise, there are a few in-school services available.

- The Teen Health Center (located across from the Main Office) has NeighborCare therapists on site everyday especially for students who cannot access therapists elsewhere. Students can fill out a referral form in the Teen Health Center.
- The City of Seattle provides free telehealth therapy for anyone 13-24 years old through Talkspace and Joon.
 - <https://www.joon.com/youth/seattle>
 - <https://www.talkspace.com/coverage/seattle>

For assistance please contact the Behavioral Health Coordinator Medina Abdi, meabdi@seattleschools.org. Or reach out to the school counseling team.

6. List of therapists and therapy agencies in the area or who have worked with students previously

West Seattle High School does not recommend or have a relationship with any therapy agencies. We can recommend where to look for therapists and provide information about therapists in the area. You will still need to speak to them directly to determine if they fit your needs.

Most therapists who are looking for new clients will advertise their availability on online therapy databases. On these databases you can search for therapists by area as well as identities and specialties.

- [PsychologyToday.com](https://www.psychologytoday.com)
- [Openpathcollective.org](https://openpathcollective.org)
- [Zencare.com](https://www.zencare.com)
- [Therapyforblackgirls.com](https://www.therapyforblackgirls.com)
- [Therapist.com](https://www.therapist.com)
- [Inclusivetherapists.com](https://www.inclusivetherapists.com)

The Teen Health Center (located across from the Main Office) has NeighborCare therapists on site everyday especially for students who cannot access therapists elsewhere. Students can fill out a referral form in the Teen Health Center.

The City of Seattle provides free telehealth therapy for anyone 13-24 years old through Talkspace and Joon.

- <https://www.joon.com/youth/seattle>
- <https://www.talkspace.com/coverage/seattle>

These are a few therapy groups and therapists who have worked with West Seattle students previously. Please read their bios and reach out to them directly for more information.

West Seattle

- Southwest Youth and Family Services- <https://www.swyfs.org/>
- Protea Wellness - <https://www.proteawellness.org/>
- Lost and Found Therapy- <https://www.lostandfoundtherapywa.com/>
- Counseling West Seattle - <https://www.counselingwestseattle.com/>
- Logan Renggli - <https://www.loganrenggli.com/>
- Angie Kosnoski- <https://www.peaceandclaritytherapy.com/about>
- James Emerson Bederoux-Cayne- <https://emersoncounselingandconsultation.com/>

North Seattle

- Ryther- <https://www.ryther.org/services>
- Mindful Therapy Group- <https://mindfultherapygroup.com/> (multiple locations)
- Alex Campbell and Jixia Ao- <https://www.trilliumtherapycollective.com/services>
- Satya Wellness Collective, PLLC- <https://www.satyawellnesscollective.com/new-clients-start-here>
- Haley Lowe- <https://www.acorn-therapy.com/haleylowe>

South Seattle

- Asian Counseling and Referral Services- <https://acrs.org/>
- Consejo- <https://www.consejocounseling.org/>

- Ray Dechant- <https://www.raydechantcounseling.com/>
- Seneca-<https://senecafoa.org/regions/washington/>

Online Only

- Stuart Brewster- <https://www.stuartbrewster.com/>

Downtown Seattle

- The Seattle Clinic - <https://www.theseattleclinic.com/>

7. What happens after finding a therapist and what to ask them

After identifying a few therapists or therapy agencies that will suit your needs, you should be able to reach out to them directly or fill out a referral form and they should reach out to you.

Most people will have a consultation and/or an initial intake session with a new client.

In a consultation, usually 10-30 minutes, the therapist will explain their work and experience so you can decide if you would like to work with them and they may ask you what you are looking for in therapy.

In an initial intake/ initial assessment, they may ask you to fill out an assessment (questionnaire about mental health symptoms), and they may ask about your sleeping and eating habits, your social life, your family life/living situation, any previous mental health support, goals for therapy and life in general, hobbies interests and passions, physical health, and anything else to give them an idea of your life and how they can help you. This can be anywhere from 45 minutes to over the course of several sessions.

There are a few different types of therapists, but they are all able to assess, diagnose, and treat mental health disorders. All therapists are licensed to practice therapy through the

Washington Department of Health. You can look up anyone's therapy license or file a complaint with the DOH: <https://fortress.wa.gov/doh/providercredentialsearch/>

Important questions to ask a therapist.

- Ask what insurance companies they take or if they provide a superbill (a receipt after paying to present to your insurance companies for reimbursement).
- Ask if they are familiar with working with teenagers and adolescents with similar challenges to your own.
- Ask if they will meet you in person, and where, or if they are a telehealth therapist (many people offer both so it is important to know which is important to you).
- You can also ask which evidence-based practices or modalities the therapist uses and ask them to explain it to you (different approaches and methodologies proven through research to work for specific mental health concerns).

8. Understanding therapy terms and jargon

Therapists loveonyms and jargon, so this is a breakdown of some phrases used.

Therapists need to be licensed to practice in Washington and can assess, diagnose and treat mental health disorders. They regularly complete ethics courses and continuing education credits and are often being supervised by another therapist to help with their practice. Depending on their education and training, these are the most common therapy licenses:

- **Mental Health Counselor Associate (LMHCA):** An individual who has completed their master's degree in Counseling but is still in the process of gaining the supervised experience for full LMHC licensure.
- **Licensed Mental Health Counselor (LMHC):** Focuses on individual psychology and human development, providing psychotherapy and counseling to individuals.

- Marriage and Family Therapist Associate (LMFTA): An individual who has completed their master's degree in Marriage and Family Counseling but is still in the process of gaining the supervised experience for full LMFT licensure.
- Licensed Marriage and Family Therapist (LMFT): Specializes in relationship dynamics and provides counseling for couples, families, and individuals.
- Social Work Associate – Independent Clinical (SWAIC): An individual who has completed a master's degree in Social Work and is completing supervised clinical hours toward becoming an LICSW.
- Independent Clinical Social Worker (LICSW): Integrates social work with psychotherapy, addressing both individual mental health and broader social/systemic issues.
- Licensed Psychologist (PhD or PsyD): They provide talk therapy and can administer specialized testing such as ADHD assessments, Autism assessments, personality functioning assessments, and more.
- Psychiatrist (MD) or Psychiatric Nurse Practitioner (PNP): Medical practitioners who specialize in mental health and are able to prescribe medication.

Individuals will need different levels of care, depending on safety and what they are looking to address. These are the most commonly seen types of therapy.

- Outpatient Treatment: Typically meet 1-2 times a week or less. As symptoms improve, there are less appointments until a client no longer goes. This can be individual or family therapy.
- Group Therapy: Regular sessions with a therapist and other people focused on a specific treatment type and typically have a specific curriculum.
- Intensive Outpatient Treatment (IOP): 10-15 hours of therapy a week, usually divided between individual therapy and group therapies.

- Partial Hospitalization Program: Usually, more supervision than IOP 25-30 hours of therapy a week of individual and group therapy along with psychiatric care and medication management.
- Inpatient Treatment: In a hospital setting with medical and mental health professionals, inpatient focuses on stabilization for urgent, acute and life-threatening issues. A person can be in inpatient for a few days or a few weeks depending on the need before discharging home or to residential treatment.
- Residential Treatment: A more home-like setting focusing on long-term recovery and deeper therapeutic work than inpatient treatment. A person can be in residential treatment for a few weeks to a few months before discharge.
- Substance Use Treatment: a comprehensive approach to addressing substance use problems including alcohol and drugs. This can involve any level of therapy from outpatient to residential care.

Other terms commonly used:

- Crisis: A mental health crisis is a sudden and intense period of severe mental distress. This can include thoughts or plans to hurt yourself or others, psychosis or paranoia, catatonia, or panic attacks.
- Holistic Care: Taking into consideration as much about a person as possible in the treatment of an illness – this includes their physical, emotional, psychological, spiritual, cultural and social needs.
- Diagnosis: A label to identify a defined condition. Mental health diagnoses are based on the Diagnostic and Statistical Manual of Mental Disorders (DSM), which classifies the specific criteria required to describe each diagnosis.
- Dual diagnosis: When two or more problems or disorders affect a person at the same time.
- Co-Occurring Disorders: Simultaneous presence and treatment of a mental health condition and a substance use disorder. Usually treated by co-occurring therapists.

- **Treatment Plan:** A treatment plan is simply a written plan detailing specific treatment goal. These goals include a description of the symptoms to be improved, the therapist's methods to address them, and how you'll measure progress.
- **Discharge or Termination:** Discharge or termination refers to the ending procedures of therapy. The client-therapist relationship plays a significant role in the experience of therapy, and therefore it's essential to plan the end of care carefully. Proper termination procedures reduce negative experiences for the client and prepare them for difficult feelings that accompany this transition.
- **Therapeutic Orientation/ Modality/ Approach:** This is the type of therapy or theoretical approach a therapist uses. These therapeutic approaches are based on different theories about what causes mental health issues and typically include unique, defined treatment strategies and are tested and proven through research.
- **Multi-disciplinary Team or Integrated Services:** Health and social care professionals (such as social workers, therapists and doctors) working together in one team to provide a comprehensive range of support.
- **Intervention:** An 'intervention' describes any treatment or support that is given. An intervention could be medication, talking therapy, or time spent with a mentor.

9. Information for parents and families understanding mental health symptoms and diagnoses

For parents and families may want to learn more about mental health, there is a lot of information about how mental health is displayed in adolescents to understand what is normal and when to ask for help and support.

- Seattle Children's Hospital has a Youth Mental Health First Aid class, free to anyone to learn about common mental health challenges, how to help in a crisis, and adolescent development.

- <https://www.seattlechildrens.org/health-safety/mental-health-resources/youth-mental-health-first-aid/>
- The American Academy of Child and Adolescent Psychiatry have a Facts for Families guide that includes descriptions of different diagnosis, symptoms to inform families about how mental health can present in adolescents.
 - https://www.aacap.org/AACAP/Families_Youth/Facts-for-Families/AACAP/Families_and_Youth/Facts_for_Families/Layout/FFF_Guide-01.aspx?hkey=fd45e409-3c3c-44ae-b5d4-39ba12e644b7
- NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences.
 - <https://www.namiwa.org/familysupportgroup>
- Parent 2 Parent: The first Tuesday of every month 6:30-8:00 parents meet to collaborate on how to help students thrive academically, socially, and emotionally, led by the social worker.
 - Contact Crissa Parsley at crparsley@seattleschools.org for more information about joining these groups.
- The Parent Project: a group specifically designed for parents and caregivers of teenagers. It provides parents with tools to help families navigate challenges like truancy, defiance, substance use, and family conflict.
 - <https://seyfs.org/parent-project/>