Bainbridge Island/Kitsap County Resource List

**Crisis Services**

**Bainbridge Island Police Department (BIPG),** 206-842-5211 (Main line, general questions) **Emergency: 911**

* All officers have extra training in behavioral health crisis management
* Co-response unit – can request police transport to ER/Seattle Children’s
* Behavioral Health Outreach Program – LICSW, Kelsey Lynch

**Kitsap Mental Health Services (KMH)** – youth & adult programs, Medicaid, or private pay with LRO/LRA

(Less Restrictive Order/Alternative)

* www.kitsapmentalhealth.org
* Inpatient and Residential services, chemical dependency, WISe (wraparound intensive services) for kids and adults
* Crisis triage center (get referral from ER or Volunteers of America hotline)

**Salish Behavioral Health Administrative Services Organization (SBH-ASO)**

* <https://www.kitsapgov.com/hs/Pages/SBHO-LANDING-HOME.aspx>
* Mobile crisis unit
* Crisis line/Vol. of America hotline – can request dispatch for crisis responder to come out,

(888) 910-0416, 24/7 online crisis chat www.imhurting.org

* CLIP
* Connects people in crisis with services

**Seattle Children’s Behavioral Health Crisis Care Clinic,** <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/behavioral-health-crisis-care-clinic/>

**Kitsap Sexual Assault Center**

* Free services, office on Bainbridge
* 24 hr hotline 866-831-2050 ([ksacservices.com](http://ksacservices.com))
* Counseling, help with exams, court, etc.

**Domestic Violence**

* **YWCA,** <http://ywcakitsap.org/family-advocacy-services/>

**24/7 HOTLINE: 1-800-500-5513**

* **Kitsap sexual assault center,** [**https://www.victimresources.org**](https://www.victimresources.org)

Beverly van Santford, child and family advocate, beverly-advocate@ksacservices.org

**Crisis Hotlines**

**Text START to 741741**[**crisistextline.org**](http://crisistextline.org)

**Crisis Call Center** (National, 24/7/365, all ages) Call 775-784-8090

OR Text “ANSWER” to 839863**,**[**http://crisiscallcenter.org/get-help-247/**](http://crisiscallcenter.org/get-help-247/)

**Crisis Clinic of the Peninsulas** (24 hours) 1-800-843-4793

**24 hr King County Crisis line:** 866-427-4747 (can ask for help using DBT coping skills) [www.crisisconnections.org](http://www.crisisconnections.org)  
**NAMI TALK HOTLINE**: 1-800-273-8255, https://www.nami.org/help

**NAMI TEXT HOTLINE**: to 24/7 Crisis Line text NAMI to 741741

**National Crisis Line (Volunteers of America):** 24/7 TOLL FREE Crisis 1‐888‐910‐0416

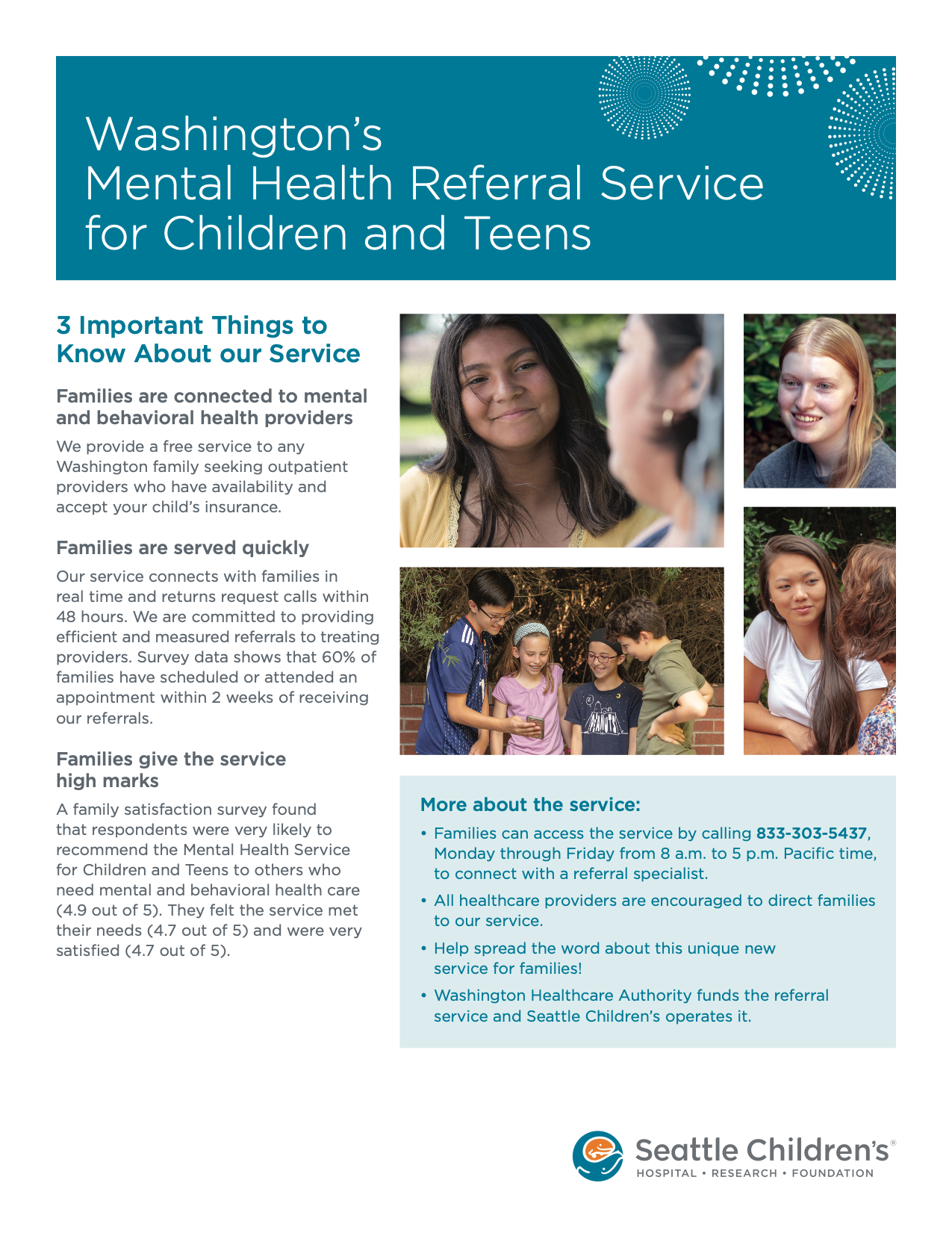
24/7 online crisis chat www.imhurting.org. You can request that a crisis responder to come to your home, will provide transportation if you need it.

**Resources for Veterans in Crisis** 1-800-273-8255 Press 1 or Text 838255

**Crisis Hotlines for Youth**

**Boys Town National Crisis Hotline** 1-800-448-3000,[**yourlifeyourvoice.org**](http://yourlifeyourvoice.org)(teens only)

**Teen Link (866-833-8546),** confidential and anonymous helpline for youth under 21

**Coffee Oasis Text Line** for youth ages 13-25 experiencing crisis 360-377-5560

**The Trevor Project** LGBTQ youth in crisis Call 1-866-488-7386 or Text START to 678678

**Agencies and Resource Centers**

* Kitsap County Human Services, <https://www.kitsapgov.com/hs/Pages/Default%20Home%20Page%20HS.aspx>
* Kitsap Mental Health Services, <https://www.kitsapmentalhealth.org>
* Salish Behavioral Health Administrative Services Organization (SBH-ASO), <https://www.kitsapgov.com/hs/Pages/SBHO-LANDING-HOME.aspx>
* Acadia Healthcare, Lesley Heathershaw (referral specialist) lesley.Heathershaw@acadiahealthcare.com
* Quartet Health Services, Referral Service associated with insurance coverage <https://www.quartethealth.com>
* Seattle Children’s Referral Service (free service):

833-303-5437 Mon-Friday 8am-5pm PST

* Bainbridge Island Resource Directory (BIRD), <https://resourcedirectorybi.org>

**Addiction & Rehabilitation Services**

* Cascade Behavioral Health – psychiatric and addiction rehabilitation for adults & geriatric, inpatient and outpatient services.

Seattle, WA – [www.cascadebh.com](http://www.cascadebh.com) – (206) 248-4787

* A Positive Alternative – counseling and support groups for adult men & women

Seattle, WA - <https://www.apositivealternative.com>

* Northpoint Washington – inpatient drug and alcohol rehabilitation facility in Edmonds, WA

<https://www.northpointwashington.com>

* Alcoholics Anonymous, <https://www.aa.org>
* SAMHSA – (National) Substance Abuse and Mental Health Services Administration <https://www.samhsa.gov/find-help/national-helpline>

**Autism Evaluations & Resources:**

* Hope Central - <https://www.hopecentralhealth.org>
* Seattle Children’s Hospital - <https://www.seattlechildrens.org/clinics/autism-center/>
* UW Medicine - <https://depts.washington.edu/uwautism/>

**Senior Services:**

* Kitsap County Aging and Long-term care - referral center and long-term care services, Silverdale & Poulsbo, Jennifer Calvin-Myers Program Supervisor jcmyers@co.kitsap.wa.us

[www.agingkitsap.com](http://www.agingkitsap.com), 360-337-5700 or 1-800-562-6418

* Island Volunteer Caregivers - <https://www.ivcbainbridge.org>
* Caring Transitions of Kitsap County – relocating, downsizing, estate sales, <https://www.caringtransitionsop.com>
* Bainbridge Island Senior/Community Center, <https://biseniorcenter.org> - Reed Price reed@biseniorcenter.org

**Youth and Family Services:**

* Bainbridge Youth Services, <https://askbys.org>
* Raising Resilience, <https://www.raisingresilience.org>
* Dean Doering and Associates, <https://deandoering.com>
* The Tyler Moniz Project, <https://tylermonizproject.org/>
* The Trevor Project, LGBTQ youth in crisis, <https://www.thetrevorproject.org/?gclid=Cj0KCQiAlsv_BRDtARIsAHMGVSaTDpTmvoGXXRTTCWBBHoHtk_n65MrBh6yzDHtIuFyv9iRu4sy2vF8aAhBFEALw_wcB>
* Peacock Family Services, <https://peacockfamilyservices.org>
* Gender Odyssey, <http://www.genderodyssey.org>

**Housing, Food, Financial and Employment Assistance:**

* Helpline House, <https://www.helplinehouse.org>
* Housing Resources Bainbridge, <https://www.housingresourcesbi.org>
* Housing Solutions Center, <https://www.kcr.org/housing/>
* Bainbridge Island Resource Directory (BIRD), <https://resourcedirectorybi.org>
* Skookum Contract Services (employment), <https://www.skookum.org>

**School Mental Health Resources:**

* Psychological First Aid for Schools (PFA), <https://rems.ed.gov/K12PFAS.aspx>
* Responding to COVID: School Mental Health
* https://mhttcnetwork.org/centers/global-mhttc/responding-covid-19-school-mental-health- resources
* AACAP School Resource Center

https://www.aacap.org/AACAP/Families\_and\_Youth/Resource\_Centers/Schools\_Resource\_Ce nter/Home.aspx

* National Center for School Mental Health Sharon Hoover is amazing!

http://www.schoolmentalhealth.org/

* International Association for Child and Adolescent Psychiatry and Allied Professions

https://iacapap.org/

* Governor’s office of Education Ombuds – https://oeo.wa.gov/en, (866) 297-2597

**Intensive Services – Inpatient, Outpatient, Residential, Intensive Outpatient and DBT programs**

* Evidence Based Treatment Center of Seattle (EBTCS), adults & adolescents, <https://ebtseattle.com/>
* DBT Eastside, ages 11-18, <http://www.dbteastside.com>
* Thira Health, women & girls only, partial hospitalization program, <https://thirahealth.com/programs/partial-hospitalization/>
* Cadence Child & Adolescent Therapy, <https://cadencechat.com>
* Seattle Children’s, ages 13-17, <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/mood-and-anxiety-program/>
* Ryther DBT Intensive Outpatient Program (IOP), ages 13-18, <https://www.ryther.org/iop-dbt>
* Imagine at Northpoint, ages 12-17, <https://www.northpointwashington.com/imagine/>
* The Emily Program, eating disorder focused, youth & adults, <https://www.emilyprogram.com/locations/washington/>
* Seattle Children’s OCD Intensive Outpatient Program, <https://www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/services/obsessive-compulsive-disorder-intensive-outpatient-program/>
* Seattle Children’s Hospital Inpatient Care, <https://www.seattlechildrens.org/healthcare-professionals/access-services/inpatient-care/>
* Fairfax Hospital, <https://www.fairfaxhospital.com>
* Swedish Hospital, <https://www.swedish.org/services/behavioral-health/inpatient-services>
* Mary Bridge Children’s Hospital, <https://www.marybridge.org/services/inpatient-pediatric-service/>
* Smokey Point Behavioral Hospital, <https://www.smokeypointbehavioralhospital.com>
* Kitsap Mental Health Inpatient and Residential Services, youth & adults with Medicaid, <https://www.kitsapmentalhealth.org/get-help/adults-older-adults/inpatient-and-residential-services/>
* Kitsap Mental Health Wraparound with Intensive Services, youth & adults with Medicaid, <https://www.kitsapmentalhealth.org/get-help/children-youth-families/wise/>