



Outpatient Mental Health Services Program

- Solution-focused therapy.
- Focus on how to protect recovery while dealing with other issues and co-occurring disorders.
- Designed for individuals with substance use disorders in need of support around employment, education, and daily activities.
- Individuals will participate in a mental health assessment upon discharge from inpatient treatment or at anytime during their outpatient treatment.
- An appropriate recommendation will be given after completion of a mental health assessment.

Individual Therapy Sessions

- 45 or 60 minutes in length.
- Using cognitive behavioral therapies such as Rational Emotive Therapy or Dialectic Behavior Therapy.

Group Therapy Sessions

- 60 or 90 minutes in length.
- Topics include: dealing with emotions, relationships, trauma, grief and shame.

Mental Health Services for Family Members

- For those affected by a loved one's substance use disorder.
- Services provided in individual and group psychotherapy sessions, using Cognitive Behavioral Therapy.
- The goal is to aid family members and loved ones to identify and build skills to strengthen family functioning.



All services are provided by master's level trained and licensed mental health therapists.

We are an in-network provider for most insurances.

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Kirkland Inpatient

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Outpatients

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Phone: (253) 859-6436

Puyallup

405 West Stewart Avenue
Ste A
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Fax: (253) 848-9496
Phone: (253) 840-8687

Everett

9930 Evergreen Way
Bldg X, Ste. 103
Everett, Washington 98204
Fax: (425) 267-9062
Phone: (425) 267-9573

Seattle Downtown

2815 Eastlake Avenue East
Ste 100
Seattle, Washington 98102
Fax: (206) 341-9917
Phone: (206) 341-9373

Issaquah

300 NE Gilman Blvd.
Ste 200
Issaquah, Washington 98027
Fax: (425) 392-1792
Phone: (425) 392-8468

Seattle-South

1000 SW 7th Street
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Tacoma

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Ste 102
Tacoma, Washington 98405
Fax: (253) 272-0171
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North Seattle

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Edmonds, Washington 98026
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Contact us today

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