

Seattle Children's North Clinic in Everett

Psychiatry and Behavioral Medicine Services and Referral Guide

The Psychiatry and Behavioral Medicine team at Seattle Children's North Clinic in Everett specializes in providing short-term, evidence-based care for children, teens and their families. The services we offer to your patients depend on their condition, the special training and skills of our providers and the openings we have.

What We Offer*

- Diagnostic evaluations for depression, anxiety, and early childhood disorders
- Stepped care treatment for anxiety and externalizing behaviors (focusing on groups with some individual/family therapy. See list of group services below.)
- Parent management training
- Individual therapy for depressive disorders (very limited; by internal referral only)
- Treatment of young children focusing on parent management training

Group Services Offered at the North Clinic in Everett

- Anxiety and OCD group treatment program for children and teens 6 to 17 years old
- Parent Anxiety group for parents of children 2 to 5 years old
- SuperParenting for parents of children 6 to 12 years old with ADHD or challenging behaviors including trouble listening, arguing, not completing tasks, or tantrums
- SuperParenting Teens for parents of children 13 to 17 years old with mental health related difficulties including managing emotions, conflict with family members, task completion and behavior

**During the COVID-19 public health emergency, all groups and most Psychiatry and Behavioral Medicine services are provided via Telehealth.*

NOTE: We are **not** currently offering psychiatric medication services at the North Clinic. Patients with those needs should be referred to the Psychiatry clinic at the Seattle Children's hospital campus.

How to Refer a Patient

We prioritize patients referred from north King, Snohomish, Whatcom, Island, San Juan and Skagit counties.

1. Referring providers fax a New Appointment Request Form (NARF) to 206-987-3121 or 866-985-3121 (toll-free). If you are making a referral for a group service, please indicate "group" on the NARF. The form is available at this link: www.seattlechildrens.org/globalassets/documents/healthcare-professionals/narf/narf.pdf
2. Once we receive a referral, we will assess capacity for the requested service and contact the family to schedule when we have openings.
3. If we don't offer the requested service or don't anticipate having openings in the next 30 to 60 days, we will send a faxed update to the referring provider and will provide the family with alternative service suggestions, including the Mental Health Referral Service Line: www.seattlechildrens.org/clinics/washington-mental-health-referral-service/family/
4. Referring providers are encouraged to refer families to this link for community resource information: www.seattlechildrens.org/clinics/psychiatry-and-behavioral-medicine/patient-family-resources/