



## Directory of Services

### Counseling Services

- Individual and family counseling utilizing recognized best practice family therapy models are offered in our agency, schools, and clients' homes.
- Bilingual counseling services available for Spanish-speaking clients.
- Anger management and social skills groups available for young people ages 5 to 19.
- Parent Child Interaction Training (PCIT) is an early intervention for children aged 2-9 who experience developmental delays and behavior problems and their adult support systems.
- Trauma Focused Cognitive Behavior Therapy is a 12-16 week treatment that addresses the needs of children with trauma related symptoms and behaviors.
- New Beginnings 0-3 Program helps young parents build strong, resilient and secure attachments with their young children.
- Stay-in-School Program to assist youth who are not attending school regularly.
- Play and art therapy for children and families
- Court-ordered individual and family counseling.
- Case Management services provided to clients and their families to assist with acquiring basic needs such as food, shelter, clothing, and employment.
- Wigglers and Wanderers groups provide social skills enhancement for young children.
- Medication prescription and management services.

### Substance Abuse Services

- DBHR Certified outpatient drug and alcohol treatment provided in agency sites and schools.
- Family based treatment services that include the family as part of the child's recovery.
- ASAM & GAIN Drug and Alcohol assessments provided at agency sites and in schools.
- Dual Diagnosis services for youth experiencing co-existing mental health and substance abuse problems.
- Elementary and middle school based prevention programs including Project Alert, a nationally recognized best practice skill building prevention curriculum.
- School-based Student Assistance Prevention-Intervention Services Program providing: screenings, full assessments, at-risk social skills groups, classroom and community prevention, intervention groups, affected other's groups, and recovery support groups.
- "Heidi's Promise" Alcohol & Drug Prevention Campaign.
- Diversion and Probation Court-ordered substance abuse evaluations and treatment.
- Relapse Prevention Groups provided in agency sites and schools.
- Drug Screens available by appointment.

### Residential & Outreach Services

- South King County Youth Shelter (SKYS) is a licensed emergency shelter for homeless and abandoned youth between the ages of 10-17. The Program provides shelter for displaced and homeless children for up to 21 days. Families in need of short-term out of home placement may apply. Youth in need of more intensive treatment may remain in the interim residential treatment program for up to six months. The goal of the program is to stabilize the youth in crisis and facilitate the return of the youth to his or her family home.
- Severson House Transitional Living Program is designed to provide homeless boys aged 15-17 transition from foster care or residential placement to independent living. The goal of the program is to teach young men independent living skills that they need to successfully launch into adulthood.
- Outreach Services are designed to locate homeless and runaway youth in South King County. The goal of the program is to provide assistance and referrals in an attempt to transition these youth off the streets into safe and stable housing.
- Coming Up is a scattered site housing program for South King County homeless young adults (18-24). Program provides housing, wraparound case management services, mental health counseling, substance abuse treatment services & vocational skills assistance.

**Medicaid, private pay, and insurance accepted. Sliding fee scale available**