

# Youth Therapy Resources

*Please note that some resources on this list may have limited or no availability for new clients.*

## YWCA Spokane Youth Therapy

Provides support to families affected by intimate partner domestic violence (IPDV). Services include individual parenting education for survivors of IPDV and individual mental health therapy for children who are secondary victims of IPDV. Child therapy options range from play therapy, sandtray therapy, and EMDR. There is a waitlist which may or may not be open at the time of contact.

- Age range: 4-18
- Accepts most insurances (not Kaiser CORE).
  - Services can be made available at no cost to the survivor if insurance is not an option, or it's not safe to use insurance.
- YWCA Spokane staff can refer families to the Youth Services Program. Call 509-326-1190 to connect with a Domestic Violence Support Advocate.
  - For more information about additional services, visit [www.ywcaspokane.org/programs/services/](http://www.ywcaspokane.org/programs/services/)

## Frontier Behavioral Health

Provides services for adults, youth, and elders who are dealing with a wide range of mental, emotional, and behavioral health concerns, including but not limited to individuals who are impacted by substance use disorders. Many types of treatment options are available. Services are available to individuals with state health insurance.

- Age range: 3+
- Family therapy available
- Accepts Medicaid and state insurance.
- Website states: *"No one will be denied services based on ability to pay or method of payment. FBH has a discounted/sliding fee scale available based on family size and income."*
- 509-838-4651 (for all service locations).

## Partners with Families and Children

Works to prevent, interrupt, and repair cycles of abuse and neglect within families. Offers adult, child, and family therapy for families who have been affected by abuse or neglect. Additionally offers Parent-Child Interaction Therapy ([PCIT](#)), EMDR therapy, and trauma focused group therapy, child forensic interviews, and substance use disorder treatment options. Accepts all insurances and is committed to providing services regardless of client ability to pay. **Only law enforcement may refer families for forensic interviews.**

- PCIT age range: 2-7
- Therapy (play, family, art, etc.) age range: 4+
- Accepts all insurances.
- 509-473-4810
- 106 W Mission Ave Spokane, WA 99201

## Children's Home Society

Licensed community mental health agency. Provides counseling for children, families, and adults as well as case management and other supportive services to families in Spokane county. Offers Early Head Start, Head Start, ECEAP, and Parents As Teachers.

- Sliding fee scale: ["No one is denied service due to inability to pay."](#)
- Galland-Ashlock Family Resource Center (*Child & family counseling, early learning programs*)
  - Age range: 0-18 for child and family counseling
    - For ages 0-3, the focus is on parenting skills
  - Age range: 0-5 for Early Learning Programs
  - 509-747-4174
  - 2323 N Discovery Pl Spokane, WA 99216
- Northeast Community Center (*Child & family counseling only*)
  - Age range: 0-18
    - For ages 0-3, the focus is on parenting skills
  - 509-747-4174
  - 4001 Cook St Spokane, WA 99207
- West Plains Office (*Child & family counseling, early learning programs*)
  - Age range: 0-18 for child and family counseling
    - For ages 0-3, the focus is on parenting skills
  - Age range: 0-5 for Early Learning Programs
  - 8727 US-2 Suite 200 Spokane, WA 99224
  - 509-795-8480
- Parkview Early Learning Center (*Early learning programs only*)
  - Age range: 0-5
  - 509-326-5610
  - 5122 N. Division St., Spokane, WA 99207
- Lilac City Early Learning Center (*Early learning programs only*)
  - Age range: 0-5
  - 509-315-8977
  - 1020 East Cozza Dr., Spokane, WA 99208

## Center for Family Development

Provides an array of mental health and emotional support services to children and families including individual, couples, and family counseling, as well as parenting classes.

- Age range: 3+
- Accepts Medicaid **if there is a managed care plan**; [accepts most private and state insurance.](#)
- 509-744-1117 – Contact for all service locations.
- Multiple locations.

### [Lutheran Community Services](#)

Provides individual, group, and family counseling for children (ages 3 and up) as well as adults who have experienced trauma, crime, sexual assault, and/or trafficking. Parent-Child Interaction Therapy ([PCIT](#)) is offered.

- Individual counseling age range: 3+
- PCIT age range: 2-7
- Website states: *"No one will be denied services based on inability to pay and discounts are available based on family size and income."*
- (509) 747-8224
- 210 W Sprague Ave Spokane, WA 99201

### [Native Project](#)

Provides individual, group, and family mental health counseling. All counselors are additionally qualified as substance use disorder professionals. This resource also offers several other supports such as medical and dental services. Works with schools and agencies to provide fuller support for youth.

- Age range: 5-18
- Indian Child Therapy Program age range: 0-12
- 509-325-5502
- 1803 W Maxwell Ave Spokane, WA 99201

### [Excelsior Wellness Center](#)

Offers holistic services for youth including mental and behavioral health inpatient and outpatient support programs, alternative education options, physical health support through family medicine doctors, psychiatric medication prescriptions and management, and specialty treatment programs.

- Wraparound Intensive Services (WISe+) age range: birth to 21
- Website states: *"We provide services regardless of ability to pay, accept all kinds of insurance, Medicare and Medicaid."*
- 509-559-3100
- 3754 W Indian Trail Rd Spokane, WA 99208

### [988 Suicide and Crisis Lifeline](#)

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

- Call or text 988
- [Online chat option](#)
  - There is a short survey to take before accessing the chat.

### Grassroots Therapy Group

- DCYF Contracted Services
- Offers reunification therapy services
- Copied from their website: *“Grassroots Therapy Group is proud to partner with the Division of Children, Youth and Families to provide in-home, evidence based services to protect children and strengthen families. These services include:*
  - *Family Preservation Services*
  - *Promoting First Relationships (PFR)*
  - *Triple P Parenting Program*
  - *Project Safe Care*
  - *Incredible Years*
  - *Functional Family Therapy*
  - *Crisis Family Intervention*
  - *If you are a client involved with DCYF and wish to access these services, please contact your identified social worker for referral.*
    - *Please send all DCYF service referrals to [referrals@grassrootstherapy.com](mailto:referrals@grassrootstherapy.com).”*
- Accepts the following insurance: Aetna; Amerigroup; Blue Cross Blue Shield; Cigna; Community Health Plan of Washington; Coordinated Care; First Choice; Kaiser; Lifewise; Premera; Provider One; Tri-Care (call for more information)
- To schedule, call (509) 290-5954 or [info@grassrootstherapy.com](mailto:info@grassrootstherapy.com)
- 1212 N. Washington St., Suite 204, Spokane, WA 99201

### Foundations Family Support

- Individual, family, and reunification therapy.
  - Virtual appointment options.
  - All parties must live in Washington State.
- Accepts most major insurance plans.
- To schedule, call (855) 995-6777 or visit [this website](#).
- 3 in-person locations:
  - 922 S. Cowley St. Spokane, WA 99202
  - 3917 N. Monroe St. Spokane, WA 99205
  - 113 F St. Cheney, WA 99004

### Renewed Stories Counseling

- Individual, couples, and family therapy, focused on processing abuse.
- Offers reunification therapy services.
- Call for insurance information.
- To schedule, call (509) 202-7901 or fill out the form on [their website](#).
- 1212 N. Washington St. Suite 302 Spokane, WA 99201