

# Infant Mental Health Resources & Referrals

Please note that inclusion on this list does not constitute a recommendation of any of the individuals or agencies listed. Neither CIMHD nor its members is liable for any actions taken by any of the therapists referenced on this site. The credentials and statements found in the provider listings have not been verified by CIMHD. Their accuracy is the responsibility of the individual therapists contained therein, and should be confirmed by the consumer of the services sought.

The following care providers have demonstrated special interest and knowledge in serving and treating parents and infants. Because CIMHD cannot recommend any specific providers, treatments, or interventions, we suggest you call the provider and discuss your exact needs and concerns.

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## Graduates of UW Infant Mental Health Certificate

Lynne Brazg

Degrees: M. Ed. Counseling

425-456-6314

Area(s) of practice specializations:

- Listening Mothers groups
- Reflective Parenting groups

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
No	Yes	No, but scholarships available	No

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Kim Buehlman

Degrees: Masters in Mental Health Counseling

206-325-6452, ext 2

1812 E Madison, Suite 206

Seattle, WA 98122

Area(s) of practice specializations:

- Infant Mental Health
- Parenting education
- Trauma
- Family and Couple counseling
- Adolescents
- Consulting and Supervision.

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
Yes	Yes	No	Yes

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Haruko Choosakul

Degrees: BS, MA

Navos Mental Health Solutions

Child and Family Services

2600 SW Holden St

Seattle, WA 98126

Main: 206-933-7000

Direct: 206-933-7142

Haruko.choosakul@navos.org

Area(s) of practice specializations:

- Infant Mental Health
- Child Psychotherapy
- Parent Child Interaction Therapy (PCIT)

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
No	Some	Yes	Yes, within Navos' catchment area

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Rebecca Hanson  
Degrees: MS, CCC/SLP, PhC

206-947-8644  
4123 Evanston Ave N  
Seattle, WA 98103

Area(s) of practice specializations:

- Infants and children age birth-five years with delays or disorders in social communication, speech/articulation, receptive and expressive language, and communication difficulties related to motor impairment and autism spectrum disorders

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
No	No	No	Yes

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Carla Hershman  
Degrees: LICSW

206-816-9555  
12345 30th Ave NE, Suite A  
Seattle, WA 98125

Area(s) of practice specializations:

- Young Children and Family impacted by developmental challenges
- Trauma
- Post-partum depression
- Listening Mothers Facilitator

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
Out-of-network	No	No	No

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Sandy Hill  
Degrees: MA

253-272-8580  
730 Broadway #301  
Tacoma, WA 98402

Area(s) of practice specializations:

- Infant Mental Health

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
Yes	Yes	Yes	Yes

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Willow Myers-Newell  
Degrees: MA

360-961-1734  
119 Commercial, Suite 325  
Bellingham, WA 98226

Area(s) of practice specializations:

- Post partum Mood Disorders
- Infants, children, youth, families and women.

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
Yes, several	Not usually	No- just Molena	Yes

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Melissa Hoffman  
Degrees: MSW

425-252-7000  
4310 Colby Ave, Suite 201  
Everett, WA 98203

Area(s) of practice specializations:

- Infant Mental Health
- Postpartum Depression
- Neurodevelopmental Disorders
- Adult Psychotherapy
- Child Psychotherapy
- Adolescent Therapy
- Relationship-focused Therapy
- Consultation to Early Childhood Programs and Supervision

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
Premera, Regence, Value Options, United Health Care, First Choice, Uniform Medical, Magellan	Yes \$75/50 minutes	No	Yes

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Kate O'Brien  
Degrees: BA, MSW, MS

206-235-1768  
2915 E Madison St, Suite 306  
Seattle, WA 98112

Area(s) of practice specializations:

- Infant Parent Psychotherapy
- Treatment of infants, toddlers, preschoolers and their parents/caretakers
- Assessment of Infants and Toddlers
- Adoption and Foster Care
- Partnering with parents to strengthen and/or repair parent/child attachment
- Pregnant and Parenting Teens
- Work with dyads with infant affected by substance abuse in utero
- Minimizing the effects of parental depression

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
Aetna only	Negotiable	No	Yes

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Catherine Phillips, LICSW  
Degrees: MSW

425-453-5482  
9 Lake Bellevue, Suite 217  
Bellevue, WA 98005

Area(s) of practice specializations:

- Infant-parent Psychotherapy
- Children Psychotherapy
- Adolescent Psychotherapy

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
Yes: Premera and Uniform Medical Plan	Yes	No	Yes

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Nicole Wiggins

Degrees: MA, MS

206-669-6309  
6327 21st Ave NE  
Seattle, WA 98115

Area(s) of practice specializations:

- Infant-parent psychotherapy
- Children with developmental challenges and their families

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
No	On a case-by-case basis	No	If feasible

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Briana Yancey  
Degrees: MSW

206-251-4472  
PO Box 280  
Carnation, WA 98104

Area(s) of practice specializations:

- Family Preservation Services
- CWS/CPS
- Native American families

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
No	No	Only accept Medicaid patients	Yes

## Other Area Resources

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Dana Blue  
Degrees: MSW

206-709-9044  
2025 1st Ave , Suite 750  
Seattle, WA 98121

Area(s) of practice specializations:

- Adult psychoanalysis
- Parent/child issues including adoption; childbearing losses; trauma and early life losses
- Postpartum mood disorders

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
No	Yes	No	Possibly

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Veronique Burke  
Degrees: LICSW  
Family Services  
425-453-7890, ext 268  
11911 NE 1st St, Suite 300  
Bellevue, WA 98005

Private Practice  
206-748-1347  
2021 Minor Ave E  
Seattle, WA 98102

Area(s) of practice specializations:

- Therapy for pregnancy and postpartum mood disorders
- Mother-infant psychotherapy
- Parenting consultation for 0-5
- Listening Mothers group Leader

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
Yes	?	No	?

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New Parent Services at Family Services  
 425-450-0332  
 11911 NE 1<sup>st</sup> Street #300  
 Bellevue, WA 98055

Area(s) of practice specializations:

- Dyadic work with caregivers and children up to age 5 years
- Treatment for post-partum mood disorders
- Individual, couple and family therapy
- “Bringing Baby Home” workshops
- “Listening Mothers” groups
- “Reflective Parenting” groups.

Clinicians:

Veronique Burke, LICSW;  
 Judy Burr-Chelin, LMHC (UW Infant Mental Health Certificate Graduate);  
 Louise Harris, LMHC;  
 Elaine Webster, LMHC;  
 Judy Erbe, Registered Counselor (UW Infant Mental Health Certificate Graduate);  
 Donna Ellis, Registered Counselor

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
Yes	Yes	No	Yes, on a limited as-needed basis

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Caron Harrang  
 Degrees: MSW

206-264-4860  
 509 Olive Way #850  
 Seattle, WA 98101-1769

Area(s) of practice specializations:

- Psychoanalysis and psychotherapy (adolescents and adults)
- Parent-infant psychotherapy (beginning with women during pregnancy)
- Consultation and supervision (British Object Relations)

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
Yes for Regence & Premera. Can provide statement for insurance reimbursement	No	No	Occasionally

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Chuan-Chuan Tsai  
 Degrees: M. Ed

253-272-4557 x2  
 1901 S Union Ave  
 Tacoma, WA 98405

Area(s) of practice specializations:

- Child and adolescence therapy
- Play therapy

Bill Insurance?	Sliding Fee Avail?	Accept Medicaid?	Home Visits?
Yes	Possibly	No	No

Dianne (Nan) LeRoy  
 Degrees: MS, LPC, LMHC, NCC, RPT

503-299-0140  
4225 NE Tillamook  
Portland, OR 97213

Area(s) of practice specializations:

- Early Childhood Mental Health consultation to child care centers
- Play Therapy
- Filial Therapy
- Parent training and consultation
- Teaching Floor Time to parents and child care providers
- Attachment based care

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
Yes, several	Yes	No	Yes

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Susan Nelson  
Degrees: MA, LMHC

206-618-5811  
7915 Greenwood Ave N  
Seattle, WA 98103

Area(s) of practice specializations:

- Individuals, couples and groups
- Work with pregnant and post-partum moms around the emotional adjustment of becoming a parent and prenatal and post-partum depression and anxiety
- Work with couples who are dealing with attachment issues related to their children and each other
- Work with new parents and their babies on attachment issues.

<b>Bill Insurance?</b>	<b>Sliding Fee Avail?</b>	<b>Accept Medicaid?</b>	<b>Home Visits?</b>
Some	Limited number	No	On a limited basis

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