

Private Mental Health Care Providers in Skagit County

Anacortes

Doug Andrews, MSW LICSW (Licensed Social Worker) 293-2858	Individual, adolescent and family therapy; no insurance; sliding fee-for-service scale; cognitive behavioral strength-based therapy grounded in reality; makes home visits.
Judith Bosworth, MA, LMHC 293-0446	Mental health counseling services
Anne Casperson, MA 299-9254	Individuals, couples, young adults Eye movement desensitization and reprocessing (EMDR)
Dawn Duncan-Lewis, MS/LMFT 420-0724	Family, children and school issues, young adults. Human development specialist. Home visits, school consultations.
Eleanor A Godwin, MA, LMFT 293-9208	Marriage and family therapist; women's group. Multi-system therapy for young adults/singles/couples
Malka Golden-Wolfe, PhD, MFT 588-9296	Marriage and family therapy, individual therapy, children and adolescents, women in change-of-life issues, gay and lesbian couples and singles; clinically advanced hypnotherapy. All insurance plans accepted.
Gary Hudak, MD, Psychiatrist at Island Hospital 588-9017 For appointments call 293-2742	Psychiatric medication management
Carol Meek, PhD, Psychologist 293-8176 Part-time 2 days/week	Kids, adolescents, couples and family therapy PTSD, depression, stress and anxiety
Lynn M Swiatkowski, MSW, CSW 299-0965	No new clients accepted at this time.
Christopher Tobey, PhD, Psychologist 293-1177	Individuals, couples, families, children 10 years and over. Cognitive behavioral strategies and systems theory. PTSD, anxiety, personality and bipolar disorders. Most insurance including military Tri-Care.
Gina Thompson, MD, Psychiatrist 299-0965	No new clients accepted at this time.
Charlotte R Underwood, MA, LMHC 299-8158 Mon through Thursday and evening appointments	Adolescents and adults; anxiety, depression, life transitions. No bipolar disorder or schizophrenia due to medication needs. Accepts Regence and Premera insurance.
Tony Veccione, LMHC 293-6800	Counseling for couples, individuals and families; children, teens, adults. Accepts most private insurance.
Jackie Wittman, MS, LMHC 293-0310 MTTH	Psychodynamic therapy for adults with depression, anxiety, eating disorders, PTSD and survivors of childhood abuse. Regence, Premera, First Choice Health, Group Health

Burlington

<u>Cascade Psychiatric Services</u> Outpatient clinic 707-0900 (1-877-259-6665 toll free) Danielle L Kizer, MD, Medical Director (no patients) Jeffrey A Berger, MD Melvin D. Shelton, MD, PhD Elizabeth M. Holmes, ARNP Patrice Van Duine, ARNP (children and adolescents) Jude F Patton, PA-C, LMHC, LMFT	Full service outpatient child, adolescent, adult and geriatric psychiatric medical services and counseling
Silverio Arenas, Jr, PhD, Psychologist 404-2033	Call for more information
Terry A Whitman, PhD, Psychologist 391-2496	General practice: Children, adolescents, family, individuals, couples therapy.

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Keith J Blevens, PhD, Psychologist 466-2300	Call for more information
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Oak Harbor

William S Mattila CMHC Certified Mental Health Counselor 679-2779	Family therapy; individual/marriage/group counseling Certified domestic violence abuse counselor Accepts most insurance plans
Karen Miller, Licensed Social Worker 679-4551	General mental health services for adults and adolescents. Accepts most insurance plans.

Mount Vernon

<u>Care Center, Skagit Valley Hospital</u> 428-2273 Danielle Kizer, MD Melvin Shelton, MD, PhD Elizabeth M Holmes, ARNP Jude F Patton, PA-C, LMHC, LMFT		Medical management and 24/7 physician services for a 15-bed general adult psychiatry unit and hospital consult liaison services are provided by Cascade Psychiatric Services.
<u>Shifa Health PLLC</u> 336-6868 Rozina Lakhani, MD, Psychiatrist Mark H Backlund, MD, Psychiatrist (1.5 days/week thru July 2008) Rakeset Richmond, PsyD, Psychologist Dennis Gaither, MD, Psychiatrist		Psychiatric evaluation, medication management, individual and group therapy Most insurance plans accepted.
<u>Skagit Behavioral Health</u> Intake 424-0400 9-2:30 Christopher Allen, MA, LMHC Mark H Backlund, MD (2.5 days/week) Julian Byrd, M Div, LMHC Douglas Chandler, MSW, CMHS Jennifer Clarke, PhD Liz Findley, MSW, LICSW Susan Gardner, MSW, LICSW	Diana Lowry, MA, CMHC, MMHSP Leanne Lunsford-Haywood, MA, LMHC Judith McCarthy, MS, LMHC Karleen Patrick, ARNP Jim Patterson, PhD Susan Radkins, MA, LMHC Christopher Tobey, PhD Jackie Wittman, MS, LMHC	Full range of mental health assessment and treatment services for children, adolescents and adults. Individual, couples and group therapy are tailored to individualized treatment goals for the full spectrum of mental health concerns. Most insurance plans accepted.
Mark H Backlund, MD, Psychiatrist 336-3892 Private practice with Skagit Behavioral Health (see above) plus some hours at Shifa Health (see above)		Adult psychiatric practice including medication management, individual and couples psychotherapy (mostly cognitive behavioral); specialty is PTSD but others not excluded.
Patricia Born, MS, LMHC 428-5009 Monday through Thursday		Therapy for adults (18+) with depression, anxiety, PTSD. Some couples therapy. Cognitive Behavioral Brief Therapy. All regular insurance plans; reduced fee for private pay.
C Jess Groesbeck, MD, Psychiatrist 848-0141		Preventive medicine; Jungian analysis
Debbie Johnson, MEd, CMHC 336-5465 Tuesday through Friday		Counseling
<u>North Sound Counseling Center</u> 800-498-4122 Roksana Oliver, LMHC, CTS (Certified Trauma Specialist) (serves adolescents and adults) Valentina Hayward, LMHC, CMHS (Children's Mental Health Specialist)		Also individual and couples counseling. Roksana accepts Tri-Care and has WA Crime Victims contract; Valentina accepts Group Health. Others pay privately on sliding fee scale; credit cards accepted.

Sedro Woolley

<u>Senior Behavioral Health Inpatient Program</u> at United General Hospital 856-7421 Jeffrey A Berger, MD, Medical Director Pietro M Poletti, MD, Medical Director	Medical management and 24/7 physician services for a 10-bed geriatric psychiatry unit and hospital consult liaison services are provided by Cascade Psychiatric Services
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To verify a therapist's standing with the Department of Health, check this link:
https://fortress.wa.gov/doh/hpqa1/Application/Credential_Search/profile.asp

NOTES: All phone numbers area code 360 unless otherwise noted. LMHC — Licensed Mental Health Counselor

LMFT — Licensed Marriage and Family Therapist

ARNP --- Advanced Registered Nurse Practitioner

LMHC — Licensed Mental Health Counselor

LMFT — Licensed Marriage and Family Therapist

This listing was prepared by NAMI Skagit. Frequent changes are likely to occur.
 If you have information or feedback, please call Susan at 588-8229.

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