

Counselors and Programs for Children with Mental Health Challenges

The Children's Center

13500 SE 7th Street

Vancouver, WA 98683

Open Monday-Friday 8am-7pm

<https://www.thechildrenscenter.org/>

Programs:

- Mental health program - specialized outpatient mental health counseling and psychiatric services for children and adolescents. Collaborative in nature and focuses on family strengths. Our therapists work toward achieving positive outcomes identified by the family by building on those strengths.
- School-based mental health program - for children and youth identified as having behavioral or emotional problems that impact their ability to function successfully in school. Mental health services are available on-site at selected schools in the Evergreen and Vancouver school districts.
- Child sexual abuse treatment program - specialized treatment to child victims of sexual abuse and non-offending family members to lessen the effects of the emotional and psychological trauma the child has experienced.
- Coaches program - specialized program for preschoolers exposed to methamphetamine.
- Pathways - designed to serve uninsured or underinsured children and youth in need of mental health care who otherwise would fall through the cracks. They will receive quality mental health services from a child therapist with no out-of-pocket cost to the family.

Family Solutions

360-695-1014

Downtown Vancouver

1014 Main Street

Vancouver WA 98660

East Vancouver

2612 NE 114th Ave, Suite 6

Vancouver, WA 98684

<http://www.family-solutions.net/>

Programs:

- Individual and Family Therapy - client-centered, "trauma-informed care," a therapeutic approach that focuses on collaboration, empowerment and safety as foundations for successful therapist-client relationships.
- School-based - striving to eliminate the barriers that often make it difficult for working families to participate in outpatient therapy. Our therapists in the schools work closely with school staff to make sure our clients' academic and mental health goals go hand-in-hand. Therapy may take place during or outside of school hours, depending on your family's needs. Plus, we offer school-based services throughout the year, even when schools are closed for summer break.

Group Therapy:

- Incredible Years Parenting Group - The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. Incredible Years programs strive to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence.
- Dinosaur School - a social skills focused group for children 4 – 7 years old
- Collaborative Problem Solving - a group for parents of teenagers; an approach to managing the challenging behaviors of children and adolescents.
- Dialectical Behavioral Therapy (DBT) Teen Group - Dialectical Behavior Therapy (DBT) is a cognitive behavioral treatment that is recognized as the gold standard in psychological treatment for chronically suicidal individuals. Research has shown that it is effective in treating disorders such as substance dependence, depression, post-traumatic stress disorder (PTSD) and eating disorders.
- Theraplay Family Attachment Group - Theraplay is a child and family therapy for building and enhancing attachment, self-esteem, trust in others, and joyful engagement. It is based on the natural patterns of playful, healthy interaction between parent and child and is personal, physical, and fun.
- Support group for children with incarcerated caregivers.

Real Life Counseling

360-619-2226

East Vancouver

1498 Southeast Tech Center Place Suite #180

Vancouver, WA 98683

West Vancouver

3606 Main Street, Suite 202

Vancouver, WA 98663

Battleground

105 W Main St.

Battleground, WA 98604

<https://reallifecounseling.us/service/counseling-for-children/>

<https://reallifecounseling.us/service/counseling-for-teens/>

A Child's Place

360-414-2236
600 Broadway St
Longview, WA 98632

<https://www.peacehealth.org/st-john/a-childs-place-behavioral-health>

A Child's Place serves families with children who need professional assistance with behavioral and emotional problems, psychological testing, or psychiatric evaluation and medication management in Southwest Washington and Oregon Regions.

Includes:

- Evaluation/Assessments which target high-risk families and children
- Psychiatric Evaluations
- Development of Treatment Plans in collaboration with other child serving agencies through multi-disciplinary treatment team meetings
- Parent Education Services through group structure based on community needs
- Medication Management in cooperation with Primary Care Physicians and Pediatricians

PeaceHealth Medical Group Behavioral Health

360-514-6450
505 NE 87th Ave. Suite 260
Vancouver, WA 98664

<https://www.peacehealth.org/phmg/vancouver/behavioral-health>

Behavioral Health clinic for individuals, couples, and family therapy. Also, if you may suspect your child of having ADHD.

Individual Therapists

Daniel F Lam 360-906-7156
2215 Broadway
Vancouver, WA, 98663

Western Psychological and Counseling Services

Main Vancouver Office

360-906-1190

7507 51st St.

Vancouver, WA 98662

Salmon Creek

360-574-9303

2103 NE 129th St. Suite 101

Vancouver, WA 98686

<https://www.westernpsych.com>

ADHD Specific:

- For adolescents – groups for parents and adolescents. These groups emphasize the youths' strengths and empower both the parent and teen to make lasting changes toward a successful future.
- For kids – a group that provides a positive perspective on the uniqueness of the ADHD brain. Fun and interactive, this group teaches kids how to use their 'superpowers' to improve many aspects of their lives that are affected by ADHD. We also offer a parent workshop that provides an overview of ADHD and raising a child with this unique brain.
- For parents – a parenting group at some sites that is helpful for dealing with the challenges of raising a child with ADHD.
- <https://www.westernpsych.com/services/adhd-program>

Autism Specific:

- Diagnostic Evaluations – due to autism test measures needing to be administered face-to-face, testing for autism is currently on hold. You are welcome to add your name to our waitlist by contacting our [referral coordinator](#).
- Applied Behavior Analysis (ABA Therapy)
 - Early intervention – helps children between the ages of 18 months and 6 years old who struggle with language development, independent skills, daily living skills, social skills, feeding, and behavior problems.
 - Intensive Behavior Unit – designed for children and teens for reducing severe problem behaviors (aggression, self-injury, property destruction) and increasing communication and independence skills.
 - This facility is specially equipped to safely handle severe behavior. The program is best suited for individuals with social, behavioral, and/or language challenges that make it difficult to leave the home or attend school full time.
 - After School Program – serves youth between ages of 7 and 17 to improve social, group, and language/communication skills.
- Outpatient Mental Health: Mental health services can often help children/teens learn to manage and communicate emotions, build on social skills, and deal with co-morbid anxiety, depression, ADHD, and behavior problems.

DBT Specific:

- For teens – a DBT group comprised of three modules that run for 8 weeks each. Participant must be willing and able to commit to at least 3 modules. New modules begin every 2 months.