



Washington—State Resource Guide

State Behavioral Health Agency

For more information about admission, care, treatment, release, and patient follow-up in public or private mental health and substance abuse treatment facilities, contact your State agency:

Division of Behavioral Health and Recovery
Department of Social and Health Services
Blake Office Park East
4500 10th Avenue SE, 2nd Floor
Lacey, Washington 98503
Phone: 360-725-3700
Toll-free: 800-446-0259 (Mental Health)
Toll-free: 800-662-9111 (Substance Abuse)
Toll-free: 866-783-2645 (Spanish Helpline)
TDD: 800-833-6384
Fax: 360-725-2280

Internet: <http://www.dshs.wa.gov/dbhr>

Spanish language assistance available

State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons. Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Disability Rights Washington
315 Fifth Avenue South, Suite 850
Seattle, WA 98104
Phone: 206-324-1521
Toll Free: 800-562-2702
TDD: 800-905-0209
Fax: 206-957-0729
E-mail: info@dr-wa.org
Internet: <http://www.disabilityrightswa.org>

Centers for Medicare and Medicaid Services (CMS)

The Centers for Medicare and Medicaid Services, which are part of the U.S. Department of Health and Human Services, investigate some complaints about treatment facilities that receive Medicare and Medicaid funding. For further information at the national level, contact:

Centers for Medicare and Medicaid Services
7500 Security Boulevard
Baltimore, MD 21244-1850
Phone: 410-786-3000
Toll-free: 877-267-2323
TDD: 866-226-1819
E-mail: question@cms.gov
Internet: <http://www.CMS.gov>

You may also share your concerns with staff at the Centers for Medicare and Medicaid Services office in your area, which is Region 10. The regional office address and telephone number are:

Seattle Regional Office
Centers for Medicare and Medicaid Services
2201 Sixth Avenue, Suite 801
Seattle, WA 98121-2500
Phone: 206-615-2306

Fax: 206-615-2027

Internet:

<http://www.cms.gov/RegionalOffices/Downloads/SeattleRegionalOffice.pdf>

Advocacy Organizations

Mental Health America (formerly the National Mental Health Association) maintains a referral and information center and can help you locate local chapters. These local groups have information about community services and engage in national and State level advocacy. For more information about the association, write or call:

Mental Health America Resource Center
2000 N. Beauregard Street - 6th Floor
Alexandria, VA 22311
Phone: 703-684-7722
Toll-free: 800-969-6642
Fax: 703-684-5968
E-mail: info@mentalhealthamerica.net
Internet: <http://www.nmha.org>

The National Alliance on Mental Illness maintains a helpline for information on mental illnesses and referrals to local groups. The local self-help groups have support and advocacy components and offer education and information about community services for families and individuals. For information about the Alliance's affiliates and activities in your State, contact:

NAMI Washington
4305 Lacey Boulevard SE, #5
Lacey, WA 98503-2352
Phone: 360-584-9622
E-mail: office@namiwa.comcastbiz.net
Internet: <http://www.namiwa.org>

Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information about mental health and other support services at the State level and are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

Department of Behavioral Health and Recovery
Complaint and Incident Management

Internet: <http://www.dshs.wa.gov/dbhr/complaint.shtml>

Consumer Voices are Born, Inc.

P.O. Box 1707

Vancouver, WA 98668

Phone: 360-397-8050

E-mail: info@cvab.org

Internet: <http://www.cvabonline.com>

Mental Health Action

126 SW 148th Street, Suite C100-310

Burien, WA 98166

Phone: 206-972-7647

Fax: 206-708-1930

E-mail: MentalHealthAction@Comcast.net

Internet: <http://mentalhealthaction.org>

The National Mental Health Consumers' Self-Help Clearinghouse, funded partly by SAMHSA, promotes and helps to develop consumer-run self-help groups across the country. Technical assistance and materials are available on such topics as organizing groups, fundraising, leadership development, incorporating, public relations, advocacy, and networking. For more information, contact:

The National Mental Health Consumers' Self-Help Clearinghouse
1211 Chestnut Street, Suite 1207
Philadelphia, PA 19107
Phone: 215-751-1810
Toll-free: 800-553-4KEY (539)
Fax: 215-636-6312
E-mail: info@mhsselfhelp.org
Internet: <http://www.mhsselfhelp.org>

The National Empowerment Center is a Technical Assistance Center run by mental health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and

training activities. For information on consumer/survivor activities in your area, contact:

The National Empowerment Center
599 Canal Street
Lawrence, MA 01840
Phone: 978-685-1494
Toll-free: 800-769-3728
Fax: 978-681-6426
Internet: <http://www.power2u.org>

Other Sources of Information

There are many sources of information that you can tap. Your area mental health authority, which is generally a part of the local government, may be useful. Other branches of your city or county government also may be able to help. For example, the education office might have information about help for children, and the agency for the aging might know about services for senior citizens. In addition, your family physician or area hospital may be able to make referrals. For legal advice, contact your local bar association or go to <http://www.findlegalhelp.org>. Also, your local library and telephone yellow pages may have resource lists for sources of help in your community.

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