

## A Guide for Parents Seeking Help for Their Youth

### Key Questions for Parents or Legal Guardians in King County (Washington)...



#### Is your youth violent?

If your family and your youth are **not** in imminent danger, call the Crisis Clinic (866)-4-CRISIS (24/7) to reach programs that can help. Call the **STEP-UP program** (206) 296-7841 for counseling for teens that use violent behavior with family members.

**Call 911 to involve law enforcement if there is imminent risk of harm.**



#### Is your youth suicidal or talking about hurting themselves?

If so, **call their current counselor** or the **Suicide Prevention Hotline** at (800) 273-TALK or **Crisis Clinic** at (866) 427-4747.



#### Does your youth have a DCFS (child welfare) social worker?

If you are **currently** working with a DCFS social worker (child protection/child welfare services, Family Reconciliation Services), **contact them** to ask about available services/programs. If after hours please call (800) 562-5624.



#### Does your youth have behavioral mental health or substance use needs?

If your child has a mental health counselor and/or chemical dependency treatment provider, **tell their provider what is happening**, ask for support, and/or call the agency's after-hours crisis services. If you have a crisis plan, use it, or ask for one from the counselor if you don't have one.

**If your youth needs a counselor**, call 211, the Crisis Line (866)-4-CRISIS, or Mental Health Plan Client Services (800) 790-8049.

Are they eligible for **Medicaid** (a medical coupon)? Go to a Department of Social and Health Services (DSHS) office, call (877) 501-2233 or go to **[www.washingtonconnection.org](http://www.washingtonconnection.org)** to see if they qualify or call Children's Health Access Program (CHAP) (800) 756-5437.

**For referrals to public (Medicaid) mental health or chemical dependency services**, call **211**, the **Crisis Line** (866)-4-CRISIS, **Mental Health Plan Client Services** (800) 790-8049 or the **Washington Recovery Helpline** (866) 789-1511. If your child has **private insurance** please contact them for information on benefits.



#### Do you need new ideas on how to parent difficult children?

**Access Free or Low-Cost Parenting Classes:** Call 211 or go to:

**[www.kingcounty.gov/courts/detention/resource\\_guide/kids.aspx](http://www.kingcounty.gov/courts/detention/resource_guide/kids.aspx)**.



#### Do you need more help to stabilize your family?

**The Crisis Line (866)-4-CRISIS or 211 can refer you to many programs, including the Children's Crisis Outreach Response System (CCORS)** which provides urgent crisis outreach assistance to children, youth and families in any part of King County.

**Family Reconciliation Services (FRS):** Parents or youth ages 12-17 can ask for **FRS** to help resolve family conflict. A Family Assessment from FRS must be obtained before filing an ARY or CHINS petition. To contact Family Reconciliation Services call 1-800- 609-8764 (day) or 1-800- 562-5624 (evenings, weekends and holidays). **For more information about the ARY and CHINS processes, call the Juvenile Court's At Risk Youth information line at (206) 205-9732.**

**For referrals to Family Support programs** near you, call Parent Trust for Washington (800) 932-HOPE or the National Alliance on Mental Illness (NAMI) 800-782-9264.

Youth with an open criminal, ARY, CHINS or truancy case may be referred by courts staff to **free mental health and/or chemical dependency screenings** through the "Juvenile Justice Assessment Team".



### Is your youth involved in more than one system?

**Wraparound** is a facilitated team process for youth involved in two or more service systems (for example juvenile justice and mental health) to assist you in gathering together the important people in your youth's life to create a plan that supports your family. To find out more about Wraparound, **contact King County's Wraparound Coordinator**. Sandy Tomlin at: (206) 263-8957.



### Does your youth have problems at school or with Truancy?

Schools must initiate a truancy petition with Juvenile Court if youth are not attending school. For information on when petitions are filed or for more truancy information, call your child's school district truancy program manager, school principal, or you may call the Court's At Risk Youth Program Manager at (206) 205-9335.

If you tell your child's school that you are **worried about your child's development**, and want an assessment for special education (a "504" or "IEP" plan), **they must provide this assessment, and the services that the assessment recommends (if any)**. Request this from your child's school, and go to [www.k12.wa.us/specialed](http://www.k12.wa.us/specialed) for more information. **If your child current receives IEP or 504 services**, you can request a plan review from your school as needed.



### Do you need help getting your youth into services?

Parents or Youth can ask Juvenile Court personnel about filing a "At Risk Youth" (ARY) petition or an "Child in Need of Services" (CHINS) petition, to involve the court in establishing responsible youth behavior. Call (206) 205 9732 for more information



### Is your youth homeless or seeking help to become independent?

There are limited programs available to provide housing to transitional-age **homeless youth**. Youth (12-17) are eligible for emergency shelters (YouthCare, Friends of youth, Cocoon House and AYR) that provide case management. Youth (18-24) **have goals of "productive hours" (school, work, sobriety) to maintain housing**. To find out about **emergency/transitional housing for youth**, call 211 or (800) 621-4636.



### Is your youth being bullied?

**If your child is being bullied at school for any reason** including race, gender, sexual orientation, religion, etc. speak with the school administration. They are required to help make the learning environment safe for your child. **For resources**, contact the statewide (OSPI) school safety center at (360) 725-6044.



### Is your youth experiencing developmental delays?

**If your child is already enrolled with the Division of Developmental Disabilities (DDD), contact your assigned case manager**. If you don't know who your case manager is, call 206-568-5700 and someone will assist you in connecting with your case manager. If your child is not enrolled with DDD **call 206-568-5700 and request an intake packet to see if there are services available for your child**. Go to [www.dshs.wa.gov/ddd/](http://www.dshs.wa.gov/ddd/) for further information.



### Do you suspect your youth is trading sex for drugs, money, favors, or otherwise being sexually exploited?

YouthCare provides services to **sexually exploited youth**. Call (800) 495-7802 (24/7).

For more information/resources call King County Sexual Assault Resource Center (KCSARC) at (888) 998-6423.

**PLEASE NOTE:** This Guide is a summary of only some services and is NOT a substitute for talking with a counselor, social worker, attorney or Juvenile Court Staff. Please refer to the resources mentioned in this guide or other guides for more information. **Youth age 13 and older must consent (agree) to their own mental health and/or drug abuse treatment and consent (or not) to their parent's involvement.** Services are relevant to King County, Washington State only.

**Uniting for Youth, 2013.** For more information, please contact [Marcus.Stubblefield@kingcounty.gov](mailto:Marcus.Stubblefield@kingcounty.gov) or (206) 205-9445.