

# Informing Families

## Building Trust

A Partnership for Better Communication  
on Developmental Disability Issues in Washington State



### Ready, Set, KNOW: Mental Health Services in Washington State

Does your child have a dual diagnosis of I/DD and mental illness? If so, overlapping systems can make it difficult to know where to turn for crisis intervention, evaluation, and treatment (including individual therapy, group therapy and medication management). Except in the case of a life-threatening emergency—when it's time to call 911—the following offers a simple guide to three main access points for mental health services:



#### PRIMARY CARE PROVIDER

*Covered by: Apple Health (formerly Medicaid); Medicare; Private Insurance*

For children and adults receiving Apple Health/Medicaid who do not meet Access to Care standards (see inset), and individuals covered under private insurance or Medicare. Contact your primary care provider for evaluation, treatment and/or referral to a mental health professional enrolled in Apple Health or your private health care plan. [Note: Some plans allow for self-referral to a mental health professional. Consult your plan for details.]

#### REGIONAL SUPPORT NETWORK (RSN)

*Covered by: DSHS Behavioral Health & Service Integration Administration (BHSIA) for Medicaid-eligible individuals*

For children and adults with a serious mental illness who meet Access to Care standards (see inset). RSNs coordinate mental health services through contracts with community mental health agencies in their area. Contact your local RSN to arrange for an assessment:

- \* Adams, Ferry, Grant, Lincoln, Okanogan, Island, San Juan, Skagit, Snohomish, Whatcom: 1-800-684-3555
- \* Asotin, Benton, Columbia, Franklin, Garfield, Kittitas, Klickitat, Walla Walla, Whitman, Yakima: 1-800-795-9296
- \* Pend Oreille, Spokane, Stevens: 1-800-273-5864
- \* Chelan-Douglas: 1-877-563-3678
- \* King: 1-800-790-8049
- \* Pierce: 1-866-673-6256
- \* Thurston, Mason: 1-800-658-4105
- \* Grays Harbor: 1-877-394-5863
- \* Clark, Cowlitz, Skamania: 1-(855)-397-8222
- \* Lewis, Pacific and Wahkiakum Counties: 1-800-392-6298
- \* Clallam, Jefferson, Kitsap : 1-888-377-8174

For a full list of  
local RSN numbers, visit:  
[dshs.wa.gov/dbhr/rsn.shtml](http://dshs.wa.gov/dbhr/rsn.shtml)

#### DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)

*Covered by: DDA Program Funding*

For children and adults enrolled with DDA. Contact your DDA Case Resource Manager to request behavioral support or behavioral health stabilization services.



#### RSN Eligibility Standards

- \* The individual is determined to have a mental illness under a covered diagnosis.
- \* The individual's impairment(s) and corresponding need(s) must be the result of a mental illness.
- \* The intervention is deemed to be reasonably calculated to improve, stabilize or prevent deterioration of functioning resulting from the presence of a mental illness.
- \* The individual is expected to benefit from the intervention.
- \* The individual's unmet need would not be more appropriately met by any other formal or informal system or support.