

# **MENTAL HEALTH RESOURCES**

Updated April 2019

## **North IDAHO**

### **Latah County Mental Health and Caseworker Services**

Idaho Dept. of Health and Welfare

1350 Troy Hwy, Moscow 208-882-0562

A place to start—intake, counselors, Psychiatric nurse practitioner, Deborah Blazzard, referral to Medicaid, food stamps, —Mostly for those who do not have health insurance, but will take those in crisis. Can walk in.

**Clinicians:** Doug, Deborah (both are Designated Examiners), Lana and Ruth

### **Children's Mental Health Services**

Region II Children's Mental Health

1350 Troy Hwy, Moscow 208-882-0562

208-882-0670 (emergency child protection)

**Clinicians:** Debra

### **Hospital**

Gritman Medical Center

700 South Main St., Moscow 208-882-4511 or 800-526-2273

Psychiatric care:

Davis Wait, MD adults there 5 days a week

Ninio Germain, MD 2 days per month

Take Medicare and Medicaid

### **City Police**

Moscow Police Dept.

118 East 4<sup>th</sup> St., Moscow 208-882-2677 or for Emergency 911

Ask for Officer Lanier

### **County Sheriff**

Latah County Sheriff Dept.

522 S. Adams St., Moscow 208-882-2216 or for Emergency 911

### **Independent Living Services (non-profit)**

Disability Action Center NW

505 N. Main St., Moscow 208-883-0523 or 800-475-0070 (voice/TTY)

A good place to start—they have lists of where to go for help, free independent living skills training, First choice personal assistance services, assistive technology, advocacy and peer counseling. Three offices to serve ID. (Moscow, Lewiston, and Post Falls)

### **AAA**

208 882-1597

**Consumer Credit Counseling**

1115 Main, Lewiston Toll Free #1- 877-275-2227

Free confidential counseling for money management and debt reduction, credit building, debt management and free tax preparation. Fee for bankruptcy counseling, pre and post bankruptcy, fee for reverse mortgage assistance.

**Vocational Rehabilitation Services**

Idaho division of Vocational Rehabilitation

505 N. Main st., Moscow 208-882-8550

Gov't. funded—Usually no charge, but may need to contribute

Will work with anyone, with any disability stopping them from employment (Will train, send to school, equip with special materials needed for a vocation). Vocational Rehabilitation and mental health counselor Gina Cretser.

**National alliance on Mental Illness (NAMI)**

Website: [www.nami.org](http://www.nami.org)

NAMI National Office (Arlington, VA) 703-524-7600

NAMI Help Line 1-800-950-6264

**Regional Mental Health Services**

1118 F St., Lewiston 208-799-4440

Same as services for Latah County Mental Health Services but is the regional office  
Psychiatric Nurse Practitioner, Deb Blazzard, available once a week Lewiston and once a month in Moscow. 15 clinicians available, involved with CIT training  
Sliding scale; take Medicare and Medicaid

**St. Joseph's Mental Health Center**

428 6<sup>th</sup> Ave., Lewiston 208-799-6500 (outpatient clinic-adults only—no beds)

Medication management, and Mental health Nurse Practitioners

24 hr help available—Crisis hotline 208-791-6365 or hospital # 208-743-2511 (ask for emergency center) **Children's Center** ( 3 to 17) 208-799-5751

Three doctors that do medication management. Psychiatric nurse practitioner, meds only

**Alliance Family Services, Inc.**

205 E. Fifth , Moscow 208-882-5960

Counseling Services, Psychosocial Rehab, DD services, peer support services, case management, community based rehab. All ages. Accepts Medicare, Medicaid, state funding and Blue Cross health insurance

**Community Christian Ministries**

516 S. Main St., Moscow 208-883-0997

Non-accredited, non-denominational faith based counseling at no charge, provided by clergy Jim Wilson and Matt Meyer

**Northern Idaho Crisis Center**

208 625-4884  
2195 Ironwood ct  
Coeur D' Alene open 24/7

**Counseling Center of the Palouse**

208-883-0619  
814 S. Washington, Moscow  
Individual, couple, child and family counseling. Will direct you to the correct counselor  
(April Rubino, Alan Whitlock, Rebecca Bohn, Rebecca Alexander, Keith Haley, Alicia  
Hu. No Medicare or Medicaid

**Educational and Psychological Services**

208-883-1144  
2301 West A St., Ste. C, Moscow  
Licensed psychologists serving all ages.

**W.R. Walker, Ph.D.** adults and youth OCD

**Logan Renggli working with Walker** , marriage counseling, childer 11 to 18

**Jarod Fitzgerald, PH.D.** (Clarkston)

**Marsha Gartstein, PH.D.** (young children) no new patients

**Glenn Vaughn**, couples counseling (early 20s) anxiety and depression

**Stephan Bergdahl**- testing

**Best Options Counseling Services**

**Martha Kitzrow**

208-883-1842 Moscow  
Licensed Psychologist (Adults only)

**University of Idaho Student Counseling ( Dir Gregory Lambeth)**

208-885-6716—will take walk ins prefer appointments  
1210 Blake Ave. (Mary E. Forney Hall, 3<sup>rd</sup> Floor, rm. 306 On Campus)  
For full time students—at least 4 units  
Crisis intervention, individual, group and couples counseling, Substance abuse  
counseling, Biofeedback, testing for disabilities  
Psychiatrist—**Dr. Cone** 2 days per week and 15 counselors

**Behavior Health Solutions**

**Mark Yama, PHD**

208-885-7376  
Behavior modification for pain management  
Medicare and private ins.

**Cathrine Weeks and Marge Vietri**

818 S. Washington St., Moscow 208-882-8514 Emergency pager: 509-330-1140  
Across from hospital, Out-Patient chemical dependency  
Region II State contract provider (state funding if person is having problems with the law) also women with children, Homeless and IV Users  
Call for after hour's message or crisis  
Mental health, service coordination, case management, and drug court program  
Accepting Medicaid, Bluecross/ Blueshield, Regency and private pay Idaho Medicare

**Kootenai Behavioral Health Center** Youth Campus 2301 N. Ironwood Place, Coeur D'Alene (1-800-221-5008) also Adult and chemical dependency units. Same tel. #-out-patient services (208-625-4888)

**Integrative Mindworks with April Rubino, M.Ed., LPC, CRC, CHT, RYT** 208 882-8159 1814 S. Washington, Moscow, Idaho [www.integrativemindworks.com](http://www.integrativemindworks.com)  
Optimal Life Counseling, Coaching, Mind-Body Therapies, health and nutrition assessment and coaching. Works with individual, couples, and families. On several local EAP panels, accepts most insurance, no Medicare/Medicaid. Some sliding scale, payment plans. (Associated with Counseling Center of the Palouse)

**Rebecca Alexander, PhD.**

208-833-0619 814 S. Washington  
Psychologist—All ages (Associated with Counseling Center of the Palouse)  
No Medicaid or Medicare

**Al-Anon** for loved ones of those with alcohol or drug dependency (208-298-09970)  
Website: [www.al-anon-idaho.org](http://www.al-anon-idaho.org) for time and location of meetings

**Sojourners Alliance** 627 N. VanBuren St. , Moscow (208-883-3438) housing for homeless individuals. Soon will need to charge rent

**YWCA Crisis Services** 300 Main Street, Lewiston, Idaho

208-743-1535 (Main Line)

208-746-9655 (Crisis Services)

Domestic Violence, sexual assault, homelessness, crisis with mental illness

Mental health issues are referred Serves mostly females

**CHAS Health**

208 848-8308 803 S. main, Moscow, Idaho

Social workers and counselors, Physician, and Physician's assistant, Psychiatric Nurse (as need is determined—once per month) Dental services. Dietition, pharmacy services  
Appointment needed

Sliding fees if no insurance. Do take Medicare and Medicaid (Both Idaho and Washington). Will not send unpaid bills to bill collectors

**WRAP (Wellness Recovery Action Plan)**

Meets every Wednesday at 4:00 pm at 412 E third st (1912 bldg) cost free  
Information Zoe 208 835-3071 summer or 208 596-4089 winter  
e-mail lami.advocacy@gmail.com

**Latah Recovery Community Center**

[www.latahrecoverycenter.org](http://www.latahrecoverycenter.org)

531 S. Main, Moscow 208 883-1045

Darrel Keim Director. Recovery coaching. All services are free. Peer support for  
Mental illnesses, alcohol and drug use.

**Latah County NAMI Family Support Group**

Meets every 2<sup>nd</sup> Thursday

7:00 p.m. at Latah Recovery Community Center

531 Main Moscow

Contact Lee or Carol 208 882-3427

## **WASHINGTON**

**(Pullman, Clarkston)**

**Pullman Regional Hospital**

509-332-2541 (Emergency Dept. 509-336-7365)

835 S.E.Bishop Blvd., Pullman

**Palouse Psychiatry and Behavioral Health**

509-339-2394

Specializes in geriatric care and grief, mood and anxiety. Medical Management.

Accepting Medicare, Medicaid if secondary to Medicare and charity applications for  
those that cannot pay.

**Alan Unis** Children

**Psychiatric Nurse Practitioners:** (medication management—need 2 year history  
from primary care physician) **Deborah Blazzard**

**Len McCoy**

1256 SE Bishop Blvd, Ste. N, Pullman 509-338-9100

Ages 16 and up, psychological evaluations and individual psychotherapy, Medicare but  
no Medicaid

**Quality Behavioral Health**

900 7<sup>th</sup> St., Clarkston, WA (509-758-3341) Out-patient  
Licensed therapists for Chemical Dependency and psychological therapy, community sexual assault program-- regular MD—No Psychologists at this time.  
Accept Medicare and Medicaid

**Wilson Psychological Services**

SE 1240 Bishop Blvd, Pullman, WA 509-334-0782

**Dr. Greg Wilson** offers counseling and mental health services, and specializes in forensics, child custody, sexual abuse and counsels adults and children of all ages.

No Medicaid

**Dr. George Langfield** specializes in men and women who batter, and will work with a variety of other issues.

No Medicaid, some sliding fee scale, most insurance

**Bonita Lawhead**

certified counselor

No Medicaid, some sliding fee scale, most insurance

**Palouse River Counseling Center**

340 N.E. Maple, Pullman 509-334-1133

Provides mental health, including psychiatric, chemical dependency, and children's counseling. Medicare/ WA Medicaid/ state and grant funding options and sliding fee scale. Therapists, who can prescribe meds.

Psychiatrist: **Jill Elbracht, MD** Must be referred by Psychologist

**Palouse Advocates on Mental Illness (PAMI) (Pullman)**

Email [jimzoe@cpcinternet.com](mailto:jimzoe@cpcinternet.com)

Information Zoe 208 835-3071 summer or 208 596-4089 winter

**Washington State University**

509 335-4511

Counseling Services for students

Psychological Clinic where family members can go. 335-3587

## Idaho STATE

**NAMI-Idaho—The State Alliance on Mental Illness.**

**NAMI Southeast Idaho**

**115 E. 18<sup>th</sup> St.**

**Idaho Falls, ID 83404**

**(208) 589-9311**

# NATIONAL

**Suicide Prevention Lifeline 1-800-273-8255**

**Suicide hotline, 24/7 free and confidential, nationwide network of crisis centers**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**National Alliance on Mental Illness NAMI**

[www.nami.org](http://www.nami.org).

**NAMI Help Line 1 (800) 950-NAMI  
(6264)**

**National Institute of Mental Health NIMH**

[www.nimh.nih.gov/](http://www.nimh.nih.gov/)

**Veterans Crisis Line**

800 273-8255, press 1

**Help for Homeless Veterans**

877 424-3838

List compiled by **Latah County NAMI Family Support Group**