

Addiction Referrals

Residential Treatment

Achieving cessation from addiction is often not possible in the context of one's lived environment. These are centers where one goes to live for somewhere between three weeks and three months. Insurance navigators staff the phone lines to provide quotes. Most residential treatment programs have medical personnel on site to allow for a safe detox. One critical feature to a residential treatment program is discharge planning to help prevent relapse when one returns home.

Hazelden/Betty Ford, Bellevue, WA

Part of a network of clinics nationally they are a standard of care. This is a fairly new facility in an office building. 12 step is a primary group modality.

Lakeside Milem, Kirkland, WA

Washington's largest residential treatment program, Lakeside often elicits mixed reviews. Group services are 12 step.

Sundown Ranch, Yakima, WA

One of the larger programs in Eastern Washington with a long history. Groups are mostly 12 step.

Free by the Sea, Long Beach, WA

A small treatment center.

Feel free to contact us for additional names.

Detox

Swedish Ballard

The Swedish Ballard hospital facility is not a treatment center and does not teach addiction recovery skills. They can medically supervise a transition to abstinence in approximately 3 days to a week.

Intensive Outpatient (IOP)

Often referred to as Day Treatment this usually involves attendance 4-6 hrs/day M-F. It typically includes groups, individual counseling, and prescribing.

Nua Counseling

This new Seattle program is a professionals group that is an alternative to 12 step approaches.
Insurance accepted.

Also, Hazelden/Betty Ford and Lakeside Milem

Outpatient Groups

Treatment centers often refer to this phase as Continuing Care. Meetings vary between one and three evenings/week. These clinics typically offer referrals for prescribing and psychotherapy.

A Positive Alternative

A longstanding professionals clinic for those seeking an alternative to AA

Nua Counseling (see IOP)

Michael Galloway

A talented addictions therapist who has run addictions groups, primarily for men, for decades.

Community Groups, Virtual and In Person

The Unbar

Founded in the 1980s and transitioned to Zoom during the pandemic this is Washington's only exclusive AA group for attorneys. Many participants are also supporters for the Member Wellness Program and have signed up to be Peer Advisors. To sign up email unbarwa@gmail.com

Alcoholics Anonymous

This grassroots network of groups has by far the largest following. Over 100 groups every day are hosted across Washington, both in person and virtually. A mentorship and service model promotes closely bonded relationships. Free.

Smart Recovery

Many are reluctant to engage with the AA model as committing to a higher power is central to its approach. Smart Recovery was founded in the 70s and utilizes a cognitive behavioral approach to recognizing red flags, triggers, and coping strategies. In the last decade it has grown into a grassroots network with about 10 Washington groups that are either virtual or in person.

Refuge Recovery

A grassroots and virtual model that utilizes a buddhist framework to recovery.

Club Soda

A UK group with a foothold in the U.S. Club Soda is part of the growing Mindful Drinking movement for those not pursuing abstinence. There are both free and paid materials on their website.