

**Health Share of Oregon/CareOregon
SOCIAL EMOTIONAL HEALTH SPECIALTY BEHAVIORAL HEALTH ASSET MAP SUMMARY
2024**

CareOregon manages the behavioral health (mental health and substance use disorder) benefits on behalf of Health Share of Oregon CCO. Within this document, you will find a summary of contracted specialty behavioral health providers who are able to serve children birth to five years old. It is important to note, this information was gathered as a “point in time” in July 2024 and may not reflect current or future staffing availability or access. We do hope this information is helpful in identifying behavioral health providers in our network who are trained in early childhood mental health and social emotional health care.

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Please note the ***color coding***, as it is used throughout the document to identify best match services

If additional assistance is needed to navigate to a contracted behavioral health service, please see the flyer on the next page (page 2)

Social Emotional Health of Young Children

Behavioral Health Resources

Starting in 2022, Health Share of Oregon began working toward identifying more young children with social emotional health needs and increasingly connecting them to services and supports to help ensure kindergarten readiness.



Aligned with the System Level Social-Emotional Health Metric, we reviewed and assessed the behavioral health resources available in our network for children.

In partnership with CareOregon, we have publicly shared the specialty behavioral health resources that are available for young children birth to five.

We have cataloged this information by:

- Presenting concern
- Geographic location by county
- Culturally & linguistically available services and providers

We want to share a helpful resource that is available to you!

CareOregon's member customer service team can help navigate to available behavioral health resources.

To contact the customer service team please call 503-416-4100

Health Share of Oregon & CareOregon Behavioral Health Therapy Service Modalities for Children Birth to Five

Therapy/ Program Name	B-5 Delivery Method ¹	Age of Child	Scientific Rating	Regions Available	Organization*	Number of Providers
Some Providers trained in multiple service modalities targeting different presenting needs will be reflected more than once throughout.						
SERVICES TARGETED TO CHILDREN WITH CHALLENGING BEHAVIORS						
Parent Child Interaction Therapy (Also, for children with behaviors resulting from trauma)	Dyadic	2-7	1	W	Barcelona Counseling	2
				M	C. Love Therapeutic Care	1
				M	Cascadia Health	1
				C	Clackamas Health Centers	2
				C, M	Creative Counseling Services	1
				M	Happy Valley Counseling	1
				C, M, W	Life Stance Health	12
				C, M, W	Lifeworks NW	3
				C, M	Morrison Child and Family Service	4
				C	Neurotherapeutic Pediatric Therapies	1
				W	NW Counseling Associates	1
				C, M, W	Options Counseling and Family Service	6
C, M, W	Pacific Psychology and Comprehensive Health	5				
C, M, W	Wolf Pack	9				
Generation-PMTO	Dyadic, Family	2-18	1	C	Options Counseling and Family Service	1
Triple P Positive Parenting Program	Level 3: Dyadic Level 4: Group	0-12	2	C, M, W	Wolf Pack	9
			1			
<i>SERVICES VALID ONLY FOR CHILDREN OLDER THAN 3</i>						
Collaborative Problem Solving	Family	3-21	3	W	Barcelona Counseling	2
				M	C. Love Therapeutic Care	1
				W	Centria Healthcare	1
				C, M	Creative Counseling Services	1
				C, M, W	Life Stance Health	2
				C, M, W	Lifeworks NW	4
				C, W	Neurotherapeutic Pediatric Therapies	2
				W	NW Counseling Associates	2
				C, M, W	Options Counseling and Family Service	5
				M	Portland Mental Health and Wellness	1
M	Willamette Health and Wellness	1				
Play Therapy	Family, Individual (5 and up)	3-12	N/A	C	Alliance Counseling Center	3
				W	Barcelona Counseling	2
				M	C. Love Therapeutic Care	1
				W	Centria Healthcare	2
				C, M	Creative Counseling Services	1
				C	Clackamas Health Centers	4
				M	Climb Behavioral Solution	4
				C	Eastside Child and Family Therapy	4
				C, M, W	Life Stance Health	4
				W	Lifeworks NW	1
				C, W	Morrison Child and Family Service	2
				C, W	Neurotherapeutic Pediatric Therapies	2
				M	Northwest ADHD Treatment Center	1
				W	NW Counseling Associates	1
				M, W	Options Counseling and Family Service	4
				M, W	Pacific Psychology and Comprehensive Health	5
				M	Portland Mental Health and Wellness	1
				C, M, W	Sunrise ABA of Oregon	7
C, M, W	Willamette Health and Wellness	1				

Health Share of Oregon & CareOregon Behavioral Health Therapy Service Modalities for Children Birth to Five						
Therapy/ Program Name	B-5 Delivery Method ¹	Age of Child	Scientific Rating	Regions Available	Organization*	Number of Providers
Helping the Non-Compliant Child	Dyadic	3-8	3	W	Barcelona Counseling	3
				M	C. Love Therapeutic Care	1
				W	Centria Healthcare	1
SERVICES TARGETED TO CHILDREN <u>BEHAVIORS AS A RESULT OF TRAUMA HISTORY</u>						
Attachment Regulation and Competency (ARC)	Dyadic, Family	0-21	NR	C	Clackamas Health Centers	1
Child Parent Psychotherapy	Dyadic	0-5	2	C	Alliance Counseling Center	1
				M	Cascadia Health	1
				C	Clackamas Health Centers	1
				C,M	Creative Counseling Services	1
				W	Lifeworks NW	1
				C	Morrison Child and Family Service	1
				C, W	Neurotherapeutic Pediatric Therapies	1
				M, W	Options Counseling and Family Service	3
C, M, W	Willamette Health and Wellness	1				
SERVICES VALID ONLY FOR CHILDREN OLDER THAN 3						
Trauma Focused Cognitive Behavioral Therapy	Dyadic	3-18	1	W	Barcelona Counseling	3
				M	C. Love Therapeutic Care	1
				M	Cascadia Health	1
				C	Clackamas Health Centers	2
				C, M	Creative Counseling Services	1
				M	Happy Valley Counseling	2
				C, M	Kinship House	10
				C, M, W	Life Stance Health	27
				M, W	Lifeworks NW	2
				C, M	Morrison Child and Family Service	3
				W	NW Counseling Associates	2
				M	Willamette Health and Wellness	1
				C, M, W	Wolf Pack	9
Eye Movement Desensitization & Reprocessing	Individual	4-17	1 ²	W	Barcelona Counseling	3
				C, M	Creative Counseling Services	1
				M	Happy Valley Counseling	1
				M	Life Stance Health	1
				W	Morrison Child and Family Service	1
SERVICES TARGETED TO CHILDREN WITH <u>AT-RISK FOR BEHAVIOR PROBLEMS</u>						
Family Check-Up	Dyadic	2-17	1	M	C. Love Therapeutic Care	1
				W	Centria Healthcare	1
				W	Lifeworks NW	1
Incredible Years (Also, for Children with Challenging Behaviors)	Dyadic or Group	4-8	1	C	Clackamas Health Centers	3
				C, M	Creative Counseling Services	1
				W	Options Counseling and Family Service	1
				C, M, W	Wolf Pack	9
PROVIDERS SERVICING CHILDREN USING OTHER MODALITIES						
Other	Dyadic	0-5	N/A	W	Barcelona Counseling	2
				C, M, W	Centria Healthcare	11
				M	C. Love Therapeutic Care	1
				C, M	Creative Counseling Services	1
				M	Happy Valley Counseling	2
				C, M, W	Lifespan Psychiatric Consulting	4
				C, M, W	Life Stance Health	49
				C, M, W	Lifeworks NW	3
				C, M, W	Mindsights	13
				M, W	Morrison Child and Family Service	33
				C, M	Neurotherapeutic Pediatric Therapies	1

Health Share of Oregon & CareOregon Behavioral Health Therapy Service Modalities for Children Birth to Five

Therapy/ Program Name	B-5 Delivery Method ¹	Age of Child	Scientific Rating	Regions Available	Organization*	Number of Providers
				W	Options Counseling and Family Service	1
				C, M, W	Positive Behavior Supports	39
				W	Westside Behavior Therapy	4

**Additional organizations who provide evidence-based services to young children may not be represented above, if they couldn't be reached for asset mapping.*

1 Dyadic therapy are those done with the parent and the child together. Group therapies can be delivered to caregivers without children present or delivered to a group of families with both children and caregivers present. 2 None of the evidence used to rate EMDR was conducted on children under 4.

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Format developed by the Oregon Pediatric Improvement Partnership (OPIP) based on information derived from <https://www.cebc4cw.org>.

Health Share of Oregon/CareOregon
SOCIAL EMOTIONAL HEALTH BEHAVIORAL HEALTH ASSET MAP SUMMARY by CITY
2024

CareOregon manages the behavioral health (mental health and substance use disorder) benefits on behalf of **Health Share of Oregon CCO**. Within this document, you will find a summary of contracted behavioral health providers who are able to serve children birth to five years old. It is important to note, this information was gathered as a “point in time” in June 2024 and may not reflect current or future staffing availability or access. We do hope this information is helpful in identifying behavioral health providers in our network who are trained in early childhood mental health and social emotional health care.

CareOregon Contracted Behavioral Health Providers that Serve Birth to Five in MULTNOMAH COUNTY				
By Location (City) of Office Where Services are Delivered				
Office Location	Organization	Number of Providers	Modality	Number of Providers by Modality
Portland	Lifeworks NW	8	Collaborative Problem Solving	2
			Parent Child Interaction Therapy	2
			Trauma Focused CBT	1
	Cascadia Health	2	Parent Child Interaction Therapy	2
			Trauma Focused CBT	1
	Climb Behavioral Solutions	4	Play Therapy	4
	C. Love Therapeutic Care LLC	1	Helping the Non-Compliant Child, Collaborative Problem Solving, Family Check-Up, Parent Child Interaction Therapy, Play Therapy, Trauma Focused CBT	
	Morrison Child and Family Services	14	Parent Child Interaction Therapy	1
	Pacific Psychology & Comprehensive Health	2	Parent Child Interaction Therapy	2
			Play Therapy	2
	Happy Valley Counseling	4	Collaborative Problem Solving	1
			Eye Movement Desensitization and Reprocessing	1
			Parent Child Interaction Therapy	1
Trauma Focused CBT			2	

**CareOregon Contracted Behavioral Health Providers that Serve Birth to Five in MULTNOMAH COUNTY
By Location (City) of Office Where Services are Delivered**

Office Location	Organization	Number of Providers	Modality	Number of Providers by Modality	
Portland cont'd	Kinship House	9	Other		
	MindSights	13	Other		
	Northwest ADHD Treatment Center		2	Play Therapy	1
				Collaborative Problem Solving	1
	Portland Mental Health & Wellness	1	Collaborative Problem Solving, Play Therapy		
	Positive Behavior Supports Corporation	47	Other		
	Options Counseling & Family Services		3	PCIT	3
				Collaborative Problem Solving	3
				Child Parent Psychotherapy	3
	Sunrise ABA of Oregon, LLC	7	Play Therapy	7	
	Willamette Health & Wellness	1	Child Parent Psychotherapy, Collaborative Problem Solving, Play Therapy, Trauma Focused CBT		
	LifeStance Health Inc.		13	Play Therapy	1
Trauma Focused CBT				6	
Eye Movement Desensitization and Reprocessing				2	
Parent Child Interaction Therapy				1	
Gresham	Centria Health Care	2	Other		
	Morrison Child and Family Services	14	Trauma Focused CBT	3	
			Play Therapy	1	
			Parent Child Interaction Therapy	2	
	Creative Counseling Services	1	Child Parent Psychotherapy, Collaborative Problem Solving, Eye Movement Desensitization and Reprocessing, Incredible Years, Parent Child Interaction Therapy, Play Therapy, Trauma Focused CBT, other		
Eastside Child and Family Therapy	5	Play Therapy	5		

**CareOregon Contracted Behavioral Health Providers that Serve Birth to Five in MULTNOMAH COUNTY
By Location (City) of Office Where Services are Delivered**

Office Location	Organization	Number of Providers	Modality	Number of Providers by Modality
Gresham cont'd	Lifespan Psychiatric Consulting	4	Other	
	LifeStance Health Inc.	3	Trauma Focused CBT	2
			Parent Child Interaction Therapy	2

**CareOregon Contracted Behavioral Health Providers that Serve Birth to Five in WASHINGTON COUNTY
By Location (City) of Office Where Services are Delivered**

Office Location	Organization	Number of Providers	Modality	Number of Providers by Modality
Beaverton	LifeWorks NW	4	Child Parent Psychotherapy	1
			Collaborative Problem Solving	1
			Parent Child Interaction Therapy	1
			Play Therapy	1
			Trauma Focused CBT	1
	Barcelona Counseling	3	Helping the Non-Compliant Child	3
			Collaborative Problem Solving	3
			Eye Movement Desensitization and Reprocessing	3
			Parent Child Interaction Therapy	3
			Play Therapy	3
			Trauma Focused CBT	3
	Centria Healthcare	11	Play Therapy	3
			Collaborative Problem Solving	2
			Helping the Non-Compliant Child	1
			Family Check-Up	1
	Morrison Child and Family Services	11	Eye Movement Desensitization and Reprocessing	1
	Westside Behavior Therapy	4	Other	
	Wolf Pack Consulting and Therapeutic Services, LLC	9	Incredible Years	9
			Parent Child Interaction Therapy	9
			Trauma Focused CBT,	9
Triple P Positive Parenting			9	
Kinship House	2	Other		
MindSights	3	Other		
NW Counseling Associates, LLC	2	Parent Child Interaction Therapy	1	
		Collaborative Problem Solving	2	
		Play Therapy	1	
		Trauma Focused CBT	2	
NW Counseling Associates, LLC cont'd				

**CareOregon Contracted Behavioral Health Providers that Serve Birth to Five in WASHINGTON COUNTY
By Location (City) of Office Where Services are Delivered**


Office Location	Organization	Number of Providers	Modality	Number of Providers by Modality
Beaverton cont'd	Options Counseling & Family Services	3	Incredible Years	1
			Parent Child Interaction Therapy	3
			Play Therapy	3
			Child Parent Psychotherapy	1
			Collaborative Problem Solving	1
	LifeStance Health Inc.	6	Parent Child Interaction Therapy	3
			Trauma Focused CBT	5
Hillsboro	Pacific Psychology & Comprehensive Health	3	Parent Child Interaction Therapy	3
			Play Therapy	3
	LifeStance Health Inc.	4	Trauma Focused CBT	3
			Parent Child Interaction Therapy	1
Tigard	LifeStance Health Inc.	2	Play Therapy	1
			Trauma Focused CBT	1
			Parent Child Interaction Therapy	1
Tualatin	LifeStance Health Inc.	5	Parent Child Interaction Therapy	3
			Collaborative Problem Solving	1
			Trauma Focused CBT	3

CareOregon Contracted Behavioral Health Providers that Serve Birth to Five in CLACKAMAS COUNTY
By Location (City) of Office Where Services are Delivered

Office Location	Organization	Number of Providers	Modality	Number of Providers by Modality
Canby	Alliance Counseling Center	3	Play Therapy	2
			Child Parent Psychotherapy	1
Clackamas	Neurotherapeutic Pediatric Therapies, Inc.	1	Other	
	Options Counseling & Family Services	1	Collaborative Problem Solving	1
	LifeStance Health Inc.	2	Trauma Focused CBT	1
Milwaukie	Clackamas Health Centers	5	Incredible Years	3
			Child Parent Psychotherapy	1
			Parent Child Interaction Therapy	2
			Play Therapy	4
			Trauma Focused CBT	2
	Attachment Regulation and Competency	1		
Positive Behavior Supports Corporation (also serve in Portland)	1	Other		
Morrison Child and Family Services	2	Other		
West Linn	MindSights (also serve in Portland)	3	Other	
Gladstone	LifeStance Health Inc.	9	Trauma Focused CBT	4
			Play Therapy	1
			Parent Child Interaction Therapy	1
			Collaborative Problem Solving	1
Lake Oswego	LifeStance Health Inc.	3	Play Therapy	1
			Trauma Focused CBT	2


CareOregon Contracted Behavioral Health Providers that Serve Birth to Five in OTHER

Office Location	Organization	Number of Providers	Modality	Number of Providers by Modality
Salem	Centria Healthcare	2	Other	

CareOregon Contracted Behavioral Health Providers that Serve Birth to Five Providing Culturally & Linguistically Best Matched Services – By Service Delivery Language Availability			
Language	Organization	County	Therapeutic Modalities Available
American Sign Language	Positive Behavior Supports	M	Applied Behavior Analysis
French	Positive Behavior Supports	M	Applied Behavior Analysis
Spanish	Barcelona Counseling	W	Helping the Noncompliant Child, PCIT, Play Therapy (3+), CPS (3+), TFCBT (3+), EMDR (4+)
	Clackamas Health Centers	C	PCIT, Play Therapy (3+), Incredible Years, ARC, TFCBT (3+)
	Creative Counseling Services	M	CPS (3+), Play Therapy (3+), PCIT, Incredible Years, CPP, EMDR (4+)
	Happy Valley Counseling	C, M	PCIT, CPS (3+), TFCBT (3+), EMDR (4+)
	Kinship House	M	Attachment & Trauma Focused Treatment
	LifeStance Health	C, W	Trauma Focused CBT (3+), Other Modalities Offered
	Mindsights	M	Other Modalities Offered
	Morrison Child and Family Services	M	TFCBT (3+), Other Modalities Offered
	Options Counseling and Family Services	W	PCIT, TFCBT (3+)
	Positive Behavior Supports	M	EMDR (4+), Applied Behavior Analysis
Tagalog	WolfPack Consulting and Therapeutic Services	W	PCIT, CPS (3+), Triple P, TFCBT(3+), Incredible Years
Hindi	LifeStance Health	M, C	Other Modalities Offered
Russian	Lifestance Health	C, M, W	PCIT
 Color Code: DISRUPTIVE BEHAVIOR PROBLEMS, TRAUMA HISTORY, AT-RISK PARENTS/ FAMILIES, ADDITIONAL SERVICES Modality Code: PCIT: Parent Child Interaction Therapy, CPS: Collaborative Problem Solving, Triple P: Positive Parenting Program, TFCBT: Trauma Focused Cognitive Behavioral Therapy), CPP: Child Parent Psychotherapy, ARC: Attachment Regulation and Competency Location Site: M: Multnomah, C: Clackamas, W: Washington			

CareOregon Contracted Behavioral Health Providers that Serve Birth to Five Providing Culturally & Linguistically Best Matched Services – By Provider Race/Ethnicity

Race/Ethnicity	Organization	County Location	Therapeutic Modalities Available
Providers Identified as Asian	Mindsights	M	Other Modalities Offered
	Lifeworks NW	W	CPS (3+), Family Check-Up, TFCBT (3+), Other Modalities Offered
	Catholic Community Services	M	Other Modalities Offered
	Happy Valley Counseling	C, M	PCIT, CPS (3+), TFCBT (3+), EMDR (4+)
	Centria HealthCare	W	Play Therapy
	LifeStance Health	C, W	TFCBT (3+)
	Pacific Psychology & Comprehensive Health	M	PCIT, Play Therapy
	WolfPack Consulting and Therapeutic Services	W	PCIT, CPS (3+), Triple P, TFCBT (3+), Incredible Years
	Neurotherapeutic Pediatric Therapies	C, W	CPS (3+), Play Therapy (3+), Triple P, ARC, TFCBT(3+), CPP
Morrison Child & Family Services	C, M	Other Modalities Offered	
Providers Identified as Black and/or African American	C. Love Therapeutic Care	M	Helping the Noncompliant Child, PCIT, Play Therapy, CPS (3+), Family Check-Up, Other Modalities Offered
	Morrison Child & Family Services	C, M, W	PCIT, Other Modalities Offered
	Positive Behavior Supports	W	Applied Behavior Analysis
	Centria HealthCare	W	Other Modalities Offered, Play Therapy (3+)
	Kinship House	M	Attachment & Trauma Focused Treatment
	Lifeworks NW	C, M	Other Modalities Offered
Providers Identified as	Centria Healthcare	W	CPS (3+), Play Therapy (3+),
	Clackamas Health Centers	C	Play Therapy (3+), Incredible Years
	Kinship House	M	Attachment & Trauma Focused Treatment

Hispanic and Latino/a/x	Michael Vallejo, LLC	T	PCIT
	Mindsights	M	Other Modalities Offered
	Pacific Psychology & Comprehensive Health	M	PCIT, Play Therapy
	Barcelona Counseling	W	Helping the Noncompliant Child, PCIT, Play Therapy (3+), CPS (3+), TFCBT (3+), EMDR (4+)
	Centria Autism	W	Applied Behavior Analysis
	LifeStance Health	M, C	Other Modalities Offered
	NW Counseling Associates	W	CPS (3+), Play Therapy (3+), TFCBT (3+)
	Positive Behavior Supports	M	Applied Behavior Analysis
	Morrison Child & Family Services	C, M	TFCBT (3+), Other Modalities Offered
Providers Identified as First Nations	Wolf Pack Consulting and Therapeutic Services	C, M, W	PCIT, CPS (3+), Triple P, TFCBT (3+), Incredible Years
Providers Identified as Native Hawaiian & Pacific Islander	LifeStance Health	C	Other Modalities Offered
	Morrison Child & Family Services	W	Other Modalities Offered
	Options Counseling and Family Services	W	PCIT, Play Therapy, Incredible Years
 Color Code: DISRUPTIVE BEHAVIOR PROBLEMS, TRAUMA HISTORY, AT-RISK PARENTS/ FAMILIES, ADDITIONAL SERVICES Modality Code: PCIT: Parent Child Interaction Therapy, CPS: Collaborative Problem Solving, Triple P: Positive Parenting Program, TFCBT: Trauma Focused Cognitive Behavioral Therapy), CPP: Child Parent Psychotherapy, ARC: Attachment Regulation and Competency Location Site: M: Multnomah, C: Clackamas, W: Washington			

Additional CareOregon contracted providers who did not self-identify as speaking a language other than English, or an identified race/ethnicity above, who also serve children and families birth to five years old:

Alliance Counseling, Alycia O'Connell, LCSWA CADC III, Bridge City Counseling, Cascadia Health, Connections PDX, Climb Behavioral Solutions, Creative Counseling Services, Early Autism Services, Eastside Child and Family Therapy, Footprints Behavioral Interventions, Lifespan Psychiatric Consulting, Miya Abbott, LCSW, LLC, Northwest ADHD Treatment Center, Portland Mental Health & Wellness, Trillium Family Services (5+), WE RISE, LLC, Willamette Health & Wellness, and Youth Villages (5+)