

Get control of your world!



About Us

Spokane County Counseling and Recovery Services (CAREs) was formed as a Behavioral Health Agency in January of 2019 in response to changes in Washington State rules and codes, and to meet the growing behavioral health needs in the Spokane County Area

Payment information

Spokane County CAREs currently accepts Medicaid for those enrolled with Molina, Community Health Plan of Washington, and Amerigroup.

312 W. 8th Ave
Spokane, WA 99204

Phone 509-477-4388
Fax: 509-477-3615

Hours of Operation

Monday-Friday:
8:00am-5:00pm



COMMUNITY SERVICES, HOUSING, AND
COMMUNITY DEVELOPMENT DEPARTMENT
Kathleen Torella, Director

www.spokanecounty.org/CSHCD
312 West 8th Avenue, Spokane, Washington
99204
509.477.5722 T | 800.273.5864 | 800.833.6384
Relay | 509.477.3615 F

Spokane County Counseling and Recovery Services



**FOR HAPPY, HEALTHY
LIFESTYLES**

Tel: 509-477-4388

INDIVIDUAL COUNSELING

Discover the freedom that comes from the peace of mind you can get by understanding and working through the ups and downs of your life.

FAMILY COUNSELING

Bring harmony into your relationships by developing empathy, building communication, and learning to support one another.



GROUP COUNSELING

Get support and encouragement while developing positive skills for handling life's difficulties.

COMMUNITY INTEGRATION PROGRAM

Participate in social activities, build relationships, and develop skills to create a healthy lifestyle.



Peace of mind.

CAReS Program

CAReS consists of four programs designed to meet the varying needs of our community: Therapeutic Services, Supportive Living Program, Housing and Recovery Through Peer Services, and Community Integration Program.

THERAPEUTIC SERVICES

Therapeutic services consists of two services, therapy, which provides individual, family, and group therapy utilizing a variety of therapeutic methods, and peer support services, which provides community based peer services to those in need.

SUPPORTIVE LIVING PROGRAM (SLP)

Support and guidance for finding and maintaining long term housing.

HOUSING AND RECOVERY THROUGH PEER SERVICES (HARPS)

Housing support combined with peer support services for individuals at high risk.

PEER SUPPORT SERVICES

Community based support for individuals provided by peers in recovery from their own lived behavioral health experiences.

The CAReS program utilizes evidenced based therapy practices, including:

- Dialectical Behavioral Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Cognitive Behavioral Therapy
- Art Therapy
- Trauma-Focused CBT
- Motivational Interviewing
- Wellness Recovery Action Plan (WRAP)

www.spokanecounty.org/4247/CAReS