

Get on the wait lists! When? Right now!
If you don't, it will take even longer for your child to
be seen!

Summer 2021 Clinical OT, SLP, and PT Evaluation and Treatment Update

Wait times listed below is an estimate reported by each clinic. Wait times depend on a variety of factors (including a family's schedule flexibility) and fluctuate frequently. For most up-to-date waitlist and information about services, it's best to contact each clinic. Evaluation and services are billed through insurance unless otherwise stated. For clinics that do not require a doctor's referral to get on the waitlist, one might be needed prior to the evaluation. COVID Updates: Contact each clinic for updates on how services are being provided.

Clinics That Provide Multiple Therapies:

Clinic	Waitlist Information	Other Information	Ages
<u>Kids in Motion</u> 360-207-4434 (Bellingham)	OT: 3 months wait for an evaluation. PT: 1-3 months wait for an evaluation. SLP: 9 months wait for an evaluation. Services start after a child is evaluated.	<ul style="list-style-type: none"> •You can call to get on the waitlist without a doctor's referral. •You will need to complete an intake packet before your child can be seen. Call clinic for intake packet or you can find it on their website. •Provides in home therapy on a case by case basis. 	Birth-20
<u>PeaceHealth Children's Therapy</u> 360-752-5622 (Bellingham)	OT: 6+ months wait for an evaluation. PT: 6+ months wait for an evaluation. SLP: 3-6 months wait for an evaluation. <i>(Prioritizes children who need feeding therapy.)</i> Children are placed on a waitlist for ongoing services. These wait times can vary. Please contact the clinic for more information.	<ul style="list-style-type: none"> • Doctor's referral required to get on the waitlist. •After your child's doctor sends a referral, clinic will contact you to schedule an appointment when it's your child's turn to be seen. 	Birth-12
<u>Catalyst Therapies</u> 360-389-3468 (Bellingham)	OT: 4-6 months wait for an evaluation SLP: 1 year wait for an evaluation. Services start after a child is evaluated.	<ul style="list-style-type: none"> •You can call to get on the waitlist without a doctor's referral. •If your child's doctor sends a referral, clinic will contact you to go over next steps. You can call clinic to jump start the process. 	All Ages
<u>Connections SLP</u> and <u>Integrative PT/Elizabeth Deboo</u> 360-756-1495 (Bellingham)	SLP (Provided by Connections): 7-9 months wait for an evaluation. <i>Prioritizes children who need feeding therapy.</i> PT (Provided by Integrative PT): 2-4 week wait for an evaluation. Services start after a child is evaluated.	<ul style="list-style-type: none"> •You can call to get on the waitlist without a doctor's referral. •If your child's doctor sends a referral, you must call Connections to get on the waitlist. *Can work with people over 18 on a case by case basis. 	*Birth-18

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Clinics That Only Provide Speech Therapy (SLP):			
Clinic	Waitlist Information	Other Information	Ages
<p><u>WWU SLP</u> 360-650-3881 (Bellingham)</p>	<p>Wait times vary by area of concern, on average can be a several months wait for an evaluation and services.</p>	<ul style="list-style-type: none"> • Referral required by your child’s doctor, speech therapist, or educator prior to getting on the waitlist. • After a referral is sent, you will need to complete and return client intake forms. Once WWU receives these forms, your child will be added to their waitlist. You can find these forms on their website or call clinic to request them to be mailed to you. • Does not charge or bill insurance for services, requests donations. 	<p>All Ages</p>

Clinics That Only Provide Occupational Therapy (OT):			
Clinic	Waitlist Information	Other Information	Ages
<p><u>Little Rascals Occupational Therapy</u> 360-441-0596 (Everson)</p>	<p>3-6 months wait for an evaluation. Services start after a child is evaluated.</p>	<ul style="list-style-type: none"> • You can call to get on the waitlist without a doctor’s referral. • If your child’s doctor sends a referral, it’s best to contact the clinic so the OT can get some basic information, give you information about current wait times, and what you will need to gather for your child’s first appointment. <p>*Open to working with clients over 18.</p>	<p>*Birth-18</p>
<p><u>NDT & SI Therapy Services</u> (Susan McNutt) 360-398-2772 (Bellingham)</p>	<p>4-5 months wait for an evaluation. Openings for services after a child is evaluated.</p>	<ul style="list-style-type: none"> • You can get on the waitlist without a doctor’s referral. • You will need to complete and return their intake packet to get your child on their waitlist. (Even if your child’s doctor sends a referral). Intake packet can be found on their website or you can call the clinic to have one mailed to you. 	<p>Birth-18</p>
<p><u>Pacific Kids Therapy</u> 360-393-6210 (Bellingham)</p>	<p>1 year for an evaluation. Services start after a child is evaluated.</p>	<ul style="list-style-type: none"> • You can call to get on the waitlist without a doctor’s referral. • Prefers not to have a doctor’s referral before getting your child on the waitlist because the referral may expire by the time your child is seen. • Doctor’s referral will be needed prior to the evaluation and services. 	<p>Birth-18</p>
<p><u>Washington Elks OT</u> 360-661-5468 (In Home)</p>	<p>Provides evaluation and services to children in most critical need. Available on Mondays only.</p>	<ul style="list-style-type: none"> • Doctor’s referral required for an evaluation and services. • Parents can call before their child’s doctor sends a referral to see if their child will be eligible for their services. • Services provided at no cost to families. Does not charge or bill insurance. 	<p>Birth-21</p>
<p><u>Bellingham Pediatric Therapy</u> <u>509-903-6653</u> (Bellingham & In Home)</p>	<p>No waitlist for an evaluation and services. Available Friday afternoons only</p>	<ul style="list-style-type: none"> • Doctor’s referral is only needed for ongoing services. No referral needed for an evaluation. If your child’s doctor sends a referral, contact clinic when you’re ready for your child to be evaluated. • Does not bill insurance. Private pay is the only form of payment accepted at this time. *Please contact clinic to discuss services if your child is enrolled in Early Support for Infants & Toddlers (aka early intervention/0-3). 	<p>*Birth-18</p>

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Clinics That Only Provide Physical Therapy (PT):			
Clinic	Waitlist Information	Other Information	Ages
<u>Harmony Physical Therapy</u> 360-441-6053 (Bellingham)	Average 3-4 months for an evaluation and services	<ul style="list-style-type: none"> •You can call clinic without a doctor's referral to get on the waitlist. Doctor's referral is not required for an evaluation and services. •Uses John F. Barennes method for myofascial release. You can learn more about this type of therapy on the clinic's website. •Does not bill insurance but can give forms that you can submit for reimbursement. 	All Ages
<u>Sprouts NW</u> 360-602-6565 (In Home)	No waitlist for an evaluation and services	<ul style="list-style-type: none"> •Doctor's referral is not required but is preferred. Referral maybe required for preauthorization for insurance. •If a referral is sent by your child's doctor, clinic will reach out but it's a good idea for you to contact the clinic on next steps. 	Birth-18
<u>Whatcom Community Physical Therapy & Massage</u> 844-898-0582	No wait for an evaluation and services.	<ul style="list-style-type: none"> •You can book an appointment on their website or by contacting clinic. •Intake packet will need to be completed prior to your child's first appointment. Intake packet can be found on their website. •If your child's doctor sends a referral, clinic will contact you to go over next steps. 	8 years or older
<u>Whatcom Physical Therapy</u> (Blaine) 360-332-8167 (Ferndale) 360-384-5171	Tries to schedule appointments within a couple of days.	<ul style="list-style-type: none"> •Doctor's referral is not required but is preferred. •If your child's doctor sends a referral, clinic will contact you to schedule an appointment. *Children birth to five are seen on a case by case basis. Depends on concern. Contact clinic to see if your child would be a good fit for their services. 	*All Ages

What Other Services Can I Access?

(Birth to Three): Enroll your child in [Early Support for Infants and Toddlers](#) (ESIT). ESIT helps you get Family Resource Coordination and access to therapies such as Speech and Occupational Therapy (if your child qualifies). Contact [Single Entry Access to Services](#) (SEAS) at 360-715-7485 for more information and to request a referral.

(Age 3 or Older): Get your child enrolled in [school district services](#). If your child qualifies, they may be able to receive: developmental preschool, an Individualized Education Plan (IEP), and/or therapies such as speech and occupational therapy. Contact your school district's special services office or SEAS at 360-715-7485 for more information about Child Find Screenings & Evaluations.

Doctor's referral is not required to access these services! Children can be enrolled in both ESIT/school services and clinical therapies.

Clinics That Provide Feeding Therapy:

PeaceHealth Children's Therapy
 Catalyst Therapies
 Connections, SLP
 WWU SLP

See the following page for additional information and tips!

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What Is Speech, Occupational, & Physical Therapy?

Speech/Language Pathologist: An SLP works to improve your child's ability to communicate. This could range from teaching a child to communicate with a pictures, gestures, words and sentences, to working with a group of teens on social skills. Some SLPs may also provide feeding therapy.

Occupational Therapists: An OT helps with the development of motor skills used in daily living. The OT may focus on sensory issues, coordination of movement, and balance, and include self-help skills such as dressing, eating, or grooming.

Physical Therapists: A PT use a variety of treatments to help build strength, improve movement, and strengthen skills needed to complete daily activities.

What should I know about Insurance?

Clinical occupational, speech, and physical therapy are billed through insurance or private pay (unless otherwise stated). Some tips to consider:

- Contact the clinic(s) to make sure they accept your child's insurance.
- Contact your child's insurance provider prior to the evaluation to see if evaluation and services are covered and/or if there will be any copays for the evaluation and services.
- See www.whatcomtakingaction.org for insurance handouts and tools you can use to ask about insurance coverage with your child's insurance provider.
- Your child's insurance may require a doctor's referral for reimbursement or to cover services even if a referral is not required by the clinic.

Helpful Tips:

- If your child's doctor sends a referral, contact the clinic where your child was referred to make sure they received the referral.
- You can get on multiple waitlists by contacting clinics that do not require a doctor's referral.
- If your phone number or other contact information changes while your child is on a waitlist, make sure the clinic(s) have your updated information.
- Check in with the clinic where your child was referred to see if there is anything you will need to do before your child is seen. For example, some clinics may require you to complete paperwork prior to your child's evaluation.

If you would like to find additional resources to support your child and family, contact SEAS (Single Entry Access to Services) at: 360-715-7485. Visit www.whatcomtakingaction.org for additional handouts and resources.