



**Important Notice: Office Closure of Therapeutic Solutions of Washington Office**

Dear Valued Patients,

After many years of dedicated service, we regret to inform you that our Therapeutic Solutions of Washington office will be closing its doors on March 14, 2025. All currently scheduled appointments past this date will be cancelled. We are incredibly grateful for the opportunity to have been a part of your journey and for the trust you have placed in us over the years.

We understand that continuity of care is essential, and we are committed to ensuring a smooth transition for all our patients. Our team is actively working on plans to help patients connect with the right resources and providers for ongoing support. For the transition of care, if you are in need of medical records requests or medication refills, please contact our office and leave a voicemail with our medical assistant team so we may best assist you.

While the Washington office will be closing, we are pleased to inform you that our California office will remain open and continue to offer support for our Washington patients past this transition time. They may be reached at 530-899-3150.

Thank you for allowing us to be part of your healing process. We wish you all the best and are here to support you during this time of transition.

Warm regards,

Therapeutic Solutions of Washington

## **Resources for Transition of Care**

If you are already established with another medication management provider, we encourage you to be consistent in making those appointments as scheduled. If you need a psychiatric provider, we recommend consulting your insurance carrier for a list of in-network provider options. Psychologytoday.com is an online resource to search for psychiatric prescribers in your area with filters for specialties, insurance, types of therapy, etc.

Our team reached out to our network within the mental health community and have gathered a list of agencies/prescribers who are accepting new patients. The population, diagnosis, insurances, and platform (in person vs. telehealth) may vary. Please reach out to these organizations directly to determine if they are the right fit for your personalized mental health needs.

We understand during this time; it is very difficult to reach us by phone. Our team is working hard to coordinate the transition of care plans for over 1,750 patients in our short amount of time. In the event our team is unable to connect with you prior to our office closure, our CA team will be available to assist you with medical records, medication refills, and treatment related questions. After March 14, our CA office can be reached at 530-899-3150.

## **Washington- Psychiatric Medication Management**

**AKADI Mental Health Services**, Carolyn Thompson, MSN, APRN, PMHNP-BC  
832-856-3717

**Alive and Wellness Northwest Therapy**  
509-505-6006

**All Kynd Behavioral Health & Wellness**, Kywina Henderson MSN, RN, FNP, PMHNP-BC  
425-728-2721

**Bloom Psychiatry**  
509-557-0450

**Bridged Connections**, Tiffany Freeman-Scott, MSN, PMHNP-BC, FNP-BC  
972-994-1549

**Comprehensive Psychiatry Washington**, Laura Newsom, ARNP, PMHNP-BC  
509-934-2588

**Cor Counseling and Wellness**, Rhiannon Armstrong, ARNP  
509-242-7200

**Excelsior Wellness**  
509-559-3100

**Giuliani Mental Health**  
509-319-1087

**Influencing Growth NP**, Justine Jones, ARNP, PMHNP-BC  
425-640-7009

**Inner Glow Wellness**  
509-795-0195, [amanda@innerglowwellness.net](mailto:amanda@innerglowwellness.net)

**Lifestance of Washington**  
509-436-9659

**Mind Body Soul Psychiatry**, Kristy Brooten, MSN, ARNP, PMHNP-BC  
509-738-1390

**Mindful Therapy Group-Spokane**  
425-578-5144

**Onward Psychiatry Solutions**  
509-859-8020

**Panoramic Psychiatry**  
509-842-3900, custom online booking page- <https://panoramicpsychiatry.com/new-patients/> where you can select 'Therapeutic Solutions Transfer Appointment' to get set up.

**Silver Birch Psychiatry**, Eric Cohen, MD  
509-443-3580

**Townsend Medical Services**, Miranda Townsend, MN, ARNP, PMHNP-BC  
509-606-0708

**Traverse Therapy Services**  
509-512-0481

**Wellness Encompassed**  
509-844-5947

## **Idaho- Psychiatric Medication Management**

**Active Family Healthcare**, Emily Anderson, PMHNP, MSN  
208-758-0560

**Alliance Psychiatric Wellness**, Cyndi Gerstenberger, MSN, ARNP, PMHNP-BC  
208-289-0788

**Bigfoot Counseling**  
208-777-2169

**Cultivation Counseling**, Randy Goleman, MSN, APRN, PMHNP  
208-691-4687

**Frontier Psychiatry**  
208-228-9281

**Heritage Health**  
208-620-5210

**Mental Wellness and Relationship Services**  
208-261-2255

**Mountain View Health**, Julie Funke, PMHNP  
208-816-8746

**Serene Integrative Services**  
208-719-7158

## **TMS Services**

### **Neurostim TMS Centers- Kendall Yards**

TMS and Medication Management  
253-304-0839

### **New Chapter TMS**

509-934-0245

### **River City TMS**

509-992-0292

## **Ketamine services**

### **Fred Itveldt, ARNP, CARN-AP**

Compound Ketamine prescriber  
Spokane Valley, WA 509-707-8581

### **Jonathan Henzel, PMHNP-BC**

Compound Ketamine prescriber  
Coeur d'Alene, ID, 208-209-0288

### **Medicine Shoppe- Indiana Ave.**

Compound Ketamine pharmacy- troche and nasal spray  
Spokane, WA, 509-327-1504

### **Medicine Man Compounding Center**

Compound Ketamine pharmacy- troche, nasal spray, and liquid sublingual  
Post Falls, ID 208-773-2499

### **Goodwin Café**

Spravato esketamine treatment  
Spokane, WA, 509-415-3507

### **Sturges Family Practice**

Spravato esketamine treatment  
Coeur d'Alene, ID, 208-665-5596

### **Ketamine Clinic of Spokane**

IV Ketamine treatment  
Spokane, WA, 509-934-7177

### **North Idaho Ketamine & TMS**

IV Ketamine treatment, TMS, and psychiatric medication management  
Coeur d'Alene, ID, 208-215-7936