Professional Psychiatric, Psychological. & Behavioral Care -Options
by J. K. Rotchford, M.D., M.P.H. Oct 31, 2026

Note: Please let us know of other options so we can share with others.
Also, if you have Medicare, you are eligible for support in getting access to indicated services. Solace Advocates can help: Call 650-686-5013

Introduction to Psychiatric Care

Even as a GP in the early 80s, I recognized the importance of, and limited access to, indicated psychiatric and behavioral care. As a result, drawing on my background in neurological and psychiatric evidence, as well as ongoing medical education, I have provided extensive care directed toward improving Central Nervous System (CNS) health/Brain Health.. In part, my successes in chronic pain management and substance use disorders are based on expertise in "brain and spinal cord health".

Because our medical system incentivizes procedures and objective findings, and procedures are commonly not that helpful when attempting to improve the functioning of our central nervous system, psychiatric/behavioral care remains limited.

Psychiatrists and psychiatric nurse practitioners are more likely to be comfortable prescribing for psychiatric conditions. Because of extra regulatory and legal liabilities, fewer primary care providers are willing to prescribe benzodiazepines, ADHD medications, and potentially ketamine that some of my patients have benefitted from. Unless they have a subspecialty in Addiction Medicine, they are also less inclined to prescribe Medication Assisted Treatment (MAT) for substance use disorders(SUDs).

Note: **Traditionally, a patient's Primary Care Provider (PCP)** helps a patient find suitable professional expertise. I have advised all my patients to have a PCP. Because of my experience with limited help coming from PCPs, I offer the below suggestions:

Local/Regional Psychiatric and Behavioral Care for those benefiting from prescriptions (listed order is not intended to convey preferences):

Note: **County/State Supported Behavioral Care Centers** also provide medication management services. While excellent care is available, continuity and scope of care may be limited. The good news is that most insurance plans, including Medicaid, are accepted.
Jefferson County: https://www.discoverybh.org/
Clallam County: https://peninsulabehavioral.org/
Kitsap County: https://www.kitsapmentalhealth.org/

Port Townsend:

Kari Heistand, M.D. Psychiatrist; works with Jefferson General Health and has a private practice. She has developed expertise in Transcranial Magnetic Stimulation that is covered by most third parties for treatment-resistant depression. Port Townsend Psychiatric Medicine/ Kari Heistand, M.D.
210 Polk St Ste 4A · (360) 385-9818

Mejah Soong, M.D. Psychiatrist. I have worked closely with Dr. Soong with multiple patients and have witnessed significant benefits for most if not all. She accepts Medicare and helps ensure that patients obtain, at the very least, FDA-approved and other therapies commonly reimbursed by third parties. She works with Partners in Well Being, 281=A Lane, De Chantal, Port Townsend, 360.379.3500

Anne Koomen, ARNP Chrysalis Psychiatry https://www.welcometochrysalis.com/
P: 206.279.4547 E: anne@welcometochrysalis.com A: 211 Taylor Street #35B
Port Townsend, WA 98368
Kitsap County:

Online Providers: More and more professionals offer psychiatric and behavioral care online. Based on my experience, I recommend **Meaningful Psychiatry:**
https://meaningfulpsychiatry.com/ Tel: 425-272-5931

Clallam County: Less familiar with specific providers. Addiction Medicine specialists, like myself, are most often affiliated with **Opioid Treatment Programs (OTPs):**

The Jamestown Healing Clinic: https://jamestownhealingclinic.org/ is my preference because it offers more comprehensive care.

BAART: https://baartprograms.com/locations/washington/port-angeles is now offering Telehealth Admissions! **BAART also has a clinic in Kitsap County**

Kitsap: (Less familiar with specific providers)
One patient challenged to find a prescriber for their benzodiazepine prescription was very pleased with a psychiatric nurse practitioner:
Michael DePhillipo ARNP Bremerton (360) 301-7445

Potential Ketamine Sources:

Any provider with a DEA registration can provide ketamine, and some therapists work closely with prescribers. Some are inclined to prescribe just compounded oral ketamine, and others only parenterally administered ketamine. Esketamine, a racemate of ketamine, is FDA-approved for treatment-resistant depression. It is quite expensive, though often covered by third parties, but is only available for depression care and requires office appointments for nasal administration. One may talk with a psychiatrist or a psychiatric nurse practitioner about their willingness to prescribe ketamine, whether parenterally or orally.

Katie Williams, PhD, in Sequim, accepts Medicare for parenterally administered ketamine.
https://my.journeyclinical.com/therapists/profiles/katie-williams

Fortunately, online prescribers of compounded oral ketamine are becoming more common. I suggest the following **Online Search:** ***online prescribers of oral ketamine in Washington State.***

Numerous options are listed, and I expect access to improve over time. I advise anyone who is using ketamine regularly to have a professional to check in with a qualified professional. While ketamine is relatively safe when used as prescribed, long-term outcomes are best ensured with adjunctive therapies.

Regarding Medical Cannabis Authorizations for Chronic PTSD, pain management, and sleep:
One can search online to find providers that offer it and accept your insurance.