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| **Intensive outpatient programs** | **ssober living****options** |
| [A Positive Alternative](https://apositivealternative.com/)  Wallingford, Seattle  *12 Step Alternative to Recovery, In-Person*  (206) 547-1955 | [Seattle Sober Living](https://seattlesoberliving.com/)  *Seattle Area* & *For Men*  [David@seattlesoberliving.com](mailto:David@seattlesoberliving.com)  (206) 714-5150 |
| [NUA Counseling](https://www.nuacounseling.com/)  Belltown, Seattle  *12 Step Alternative to Recovery, In-Person & Telehealth*  (206) 905-4667 | [Odyssey Sober Living](https://seattlesoberliving.com/)  *Seattle Area & For Women*  [staff@odysseysoberliving.com](mailto:staff@odysseysoberliving.com)  (206) 640-7005 |
| [Integrative Counseling Services](https://www.icswa.com/)  Fremont, Seattle  *12 Step Alternative to Recovery, In-Person*  (206) 216-5000 | [Sober Living Solutions](https://www.soberlivingsolutions.net/)  *Sammamish Plateau & For Men*  (425) 642-1800 |
| [Hazelden Betty Ford](https://www.hazeldenbettyford.org/locations/bellevue)  Overlake Hospital, Bellevue  *Education about Twelve Step principles and practices, In-Person & Telehealth*  (855) 590-7986 | [Oxford House](https://www.oxfordhouse.org/index)  *Multiple Locations for Men, Women, & Women with Children*  *https://www.oxfordhouse.org/index* |
| [Therapeutic Health Services](https://ths-wa.org/substance-use-treatment/)  Seattle, Everett, Bellevue, Shoreline, & Kent *– Accepts Medicaid*  (833) 278-HELP |
| [Valley Cities Behavioral Health](https://www.valleycities.org/start-your-recovery)  12 Treatment Centers King County *– Accepts Medicaid*  (253) 833-7444 |

INTENSIVE OUTPATIENT PROGRAMS/SOBER LIVING **UNRAVELING ADDICTION| JESSIE BROOKS-JANZEN | LICSW**