

Lakewood Child & Family Counseling Expands Statewide Access to Online Mental Health Services Across Washington

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Lakewood Child & Family Counseling has expanded its online mental health services statewide, increasing access to licensed therapy for individuals and families across Washington. With the demand for mental health services continuing to rise, this expansion addresses a growing need for accessible, flexible care in both rural and urban areas. The organization now provides secure, HIPAA-compliant virtual therapy to clients across all regions of the state, eliminating geographic barriers to essential mental health support.

Lakewood Child & Family Counseling has responded to the challenges families face when seeking timely care, particularly in underserved communities with limited in-person therapy options. The new statewide access to online therapy allows clients to connect with qualified therapists from the comfort of their homes, offering an alternative that preserves quality and consistency while reducing delays. The expansion comes amid heightened awareness of the mental health crisis affecting children and teens, as well as increased demand for early intervention.

The organization?s online therapy offerings include treatment for anxiety, depression, trauma, behavioral challenges, family conflict, and other emotional concerns. Each client receives an individualized treatment plan tailored to their developmental and emotional needs. Services are delivered by licensed professionals experienced in working with young clients and their families in a virtual setting, ensuring that therapeutic goals are met while maintaining high-quality care.

Michelle Klekota-Chisholm, MA, LMHC, a licensed clinician and owner of Lakewood Child & Family, emphasized the importance of removing access barriers. ?Families are facing immense pressures, and geography should never be a barrier to mental health support,? Klekota-Chisholm said. ?With the expansion of our online therapy services, we are meeting people where they are?emotionally and literally. It?s about giving them the tools they need without the added stress of travel or long waitlists.?

The expanded services are particularly valuable for families in remote or underserved parts of Washington, where therapist shortages can leave people without timely support. Through this online format, clients can begin sessions quickly, often within days of their initial contact. This immediacy plays a crucial role in preventing issues from escalating and supports early, effective intervention. The flexibility of online therapy also helps families integrate mental health care into busy schedules.

Klekota-Chisholm noted that many individuals and teens respond positively to virtual therapy. ?Many of the people and families we work with feel more at ease when speaking from their own space. It often leads to more open dialogue and authentic progress,? she said. The organization?s clinical team is trained in techniques that keep clients engaged during virtual sessions. Tools and methods are adapted to ensure that therapy remains interactive, supportive, and developmentally aligned.

The organization has also prioritized reducing stigma and making therapy a more approachable experience. By offering virtual access statewide, the team hopes to reach individuals and families who may have been hesitant or unsure about seeking care. The goal is to normalize therapy as a proactive and accessible form of support for children and teens. As virtual therapy becomes more familiar and trusted, the practice aims to help more young people navigate emotional challenges before they escalate into crises.

Online therapy services are provided using secure video platforms designed to protect client confidentiality. All sessions are conducted by licensed clinicians operating under Washington state regulations, and clients receive the same level of professional care as they would in an in-person setting. The organization has built its remote model with the same standards of clinical excellence that guide its physical practice.

Klekota-Chisholm stated that addressing Washington?s mental health needs requires both innovation and a sense of urgency. ?We?ve seen what happens when people don?t get the help they need. Isolation, job or

academic struggles, and family conflict can spiral,? she said. ?Online therapy gives us a powerful tool to intervene early and effectively?without waiting for a physical office to open up nearby.?

As Washington families face increasing pressures?from economic uncertainty to academic stress?Lakewood Child & Family Counseling offers a stable, accessible solution. With a trauma-informed, developmentally sensitive approach, the practice continues to support individual adults, teens, and families as they navigate life?s emotional challenges, no matter where they live. This expansion marks a pivotal step toward making therapy more inclusive and available throughout the state.

With this expansion of online mental health services across Washington, Lakewood Child & Family Counseling reinforces its commitment to statewide care access. By adapting to the evolving needs of modern families, the organization continues to deliver essential support to those navigating emotional and behavioral health concerns.

Families across Washington can explore virtual therapy options and request an appointment by visiting https://lakewoodchildandfamily.com/

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For more information about Lakewood Child and Family Counseling, contact the company here:Lakewood Child and Family CounselingMichelle Klekota-Chisholm253-617-3559michelleatlcfc@gmail.com

Lakewood Child and Family Counseling

Lakewood Child & Family Counseling is an online therapy practice helping teens, adults, and families in Washington State. Our licensed therapists offer compassionate care for anxiety, depression, grief, and more?helping people grow, heal, and reconnect.

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