

Accessing Behavioral Health Services

It has been recommended for your child to be seen by a behavioral health provider. You may see a provider at Pediatric Associates of the Northwest (PANW), or a provider outside the practice. Referrals are not needed by most health plans.

Behavioral Health at PANW

We are in-network with a variety of health plans, or you have the option of being seen at PANW by using your out-of-network benefit, if this is included in your plan, or by self-paying (we offer a discount for paying in full at the time of the appointment). Due to a high demand for these services, we offer a consultative and brief treatment model, which may include 1-6 sessions to assess and treat your child's needs.

Providers in the Community

Many Behavioral Health providers in the community do not accept insurance payments because they do not contract with health plans. If you self-pay for these services, the costs may go toward your deductible. In addition to check whether a provider is in-network or out-of-network, it is recommended that you verify with your insurance if the desired service is a covered benefit. Some services (testing for ADHD, neuropsychology) may not be a covered benefit or may require a prior authorization from your health plan before scheduling an appointment. It is the patient's responsibility to verify that their insurance covers the provider and service. We recommend that you select at least 5-6 treatment providers/agencies. When calling some these clinicians, you may need to leave a message for them. It will be helpful to include your name, child's name and age, your phone number, and the reason you are in need of services. Do not be discouraged if they do not reply to you right away as it can take up to a week to receive a response. For this reason, you should call multiple providers and leave messages with each. Wait times for appointments may be 30-90 days or more.

If your child is over 18 years of age, you should search for a provider who treats adults. You can still help your child to call and search for availability and insurance coverage but, due to confidentiality laws, the provider may want to talk to your child directly before scheduling an appointment.

Once you have set up an appointment, please call our office and ask to have the pertinent medical and behavioral health records sent to the behavioral health provider you have selected. You will need to sign a special release form authorizing us to send these records.

If you are experiencing a *life-threatening mental health emergency* during clinic hours, please contact PANW at 503-227-0671 or 503-968-3480. If you are experiencing a life-threatening mental health emergency outside of clinic hours, please contact the local crisis lines for the tri-counties (Clackamas County – 503-655-8585; Multnomah County – 503-988-4888; Washington County – 503-291-9111, the national crisis line at 800-273-8255, or go to the nearest Emergency Room.

Community-Based Providers

****Balance Center for Children & Families** <https://www.balanceforfamilies.com/index.html> - (503) 596-2222

****Cascadia** <http://cascadiabhc.org/services/child-and-family-services/> Multiple Locations
Children's Program - <http://www.childrensprogram.com/> - (503) 452-8002

Cornerstone Clinical Services <https://www.cornerstoneclinicalservices.com/> 503-352-0036

Families Ties Counseling Center- <https://familytiescounselingcenter.com/> - (503) 349-2281

Firefly Institute - <https://www.fireflyinstitute.org/> - (503) 560-5822

****Lifeworks NW** <http://www.lifeworksnw.org/> Multiple Locations

Mind Matters <http://www.mindmatterspc.com/> - 503-352-0468

****Morrison Child and Family Services** <http://www.morrisonkids.org/> Multiple Locations

New Horizons Wellness Center - <https://www.nhws.us/> - (503) 352-0240

****NW ADHD Treatment Center** <https://www.nw-adhd.com/> Three Locations

****Options Counseling & Family Services** <https://wp.options.org/> Multiple Locations

****Owls Nest** <https://www.owlsnestnorth.com/> - (503) 281-1166

****Portland Mental Health and Wellness** <http://www.portlandmh.com/> Two Locations

Restore Therapy <https://restoretherapypdx.com/refresh/> - (503) 376-7114

****Sprout Therapy PDX** <https://sprouttherapypdx.com/> - Two Locations

****Trillium** <https://trilliumfamily.org/> - (888) 295-6996

Willamette Health & Wellness - <http://willamettehealthandwellness.com/> - (503) 729-1380

****Western Psychological** <http://www.westernpsych.com/sservices/> Multiple Locations

****Wolf Pack** <http://wolfpackcts.org/> - (503) 828-3402

Other Options

www.psychologytoday.com and/or www.portlandtherapycenter.com

(You may want to google names found to verify phone numbers and status of practice)

Call insurance or log into personal account to search providers in network

Ask about Employee Assistance Program (EAP) in workplace

Consult with school

****Accept Care Oregon and/or Prov-OHP**