



Accessing Behavioral Health Services

It has been recommended that your child 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. If we're not in your insurer's network, 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 behavioral health services, we offer a consultative and brief treatment model.

Providers in the Community

Many behavioral health providers in the community do not accept insurance payments because they don't contract with health plans. If you opt to self-pay for these services, the costs may go toward your deductible. In addition to checking whether a provider is in-network or out-of-network, we recommended that you verify with your insurance that 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. 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 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. Don't 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. When available, request to be placed on clinicians' waitlists.

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 Suicide & Crisis lifeline at 988.

Walk-In Clinics: Services are short-term and focus on safety planning, stabilization and linkage to ongoing care.

Cascadia Urgent Walk-In Clinic - <https://cascadiahealth.org/services/crisis-intervention/> - *SE Portland*

Hawthorn Walk-in Center - <https://www.washingtoncountyor.gov/behavioral-health/hawthorn-walk-center> - *Hillsboro*

Some Community-Based Providers

- **Brightways Counseling** - <https://www.brightwayscounseling.com/> - E Portland
- Children's Program** - <http://www.childrensprogram.com/> - SW Portland
- **Connections First** - <https://www.connectionsfirst.org/> - NW & SE Portland
- Cornerstone Clinical Services** - <https://www.cornerstoneclinicalservices.com/> - Tigard
- Family Ties Counseling Center** - <https://familytiescounselingcenter.com/> - SW Portland
- Firefly Institute** - <https://www.fireflyinstitute.org/> - Hillsboro
- **Jory Mental Health Collective** - <https://jorymhc.com/> - E Portland
- LifeStance Health** - <https://lifestance.com/services/> - Multiple Locations
- **Lifeworks NW** - <http://www.lifeworksnw.org/> - Multiple Locations
- Mind Matters** - <http://www.mindmatterspc.com/> - Hillsboro & West Linn
- **Mindful Therapy Pacific NW** - <https://www.mindfultherapypnw.com/> - SW Portland
- **Morrison Child and Family Services** - <http://www.morrisonkids.org/> - Multiple Locations
- **Options Counseling & Family Services** - <https://options.org/> - Multiple Locations
- **Portland Mental Health and Wellness** - <http://www.portlandmh.com/> - Multiple Locations
- **Positive Inner Self** - <https://positiveinnerself.com/> - Beaverton
- **Restore Therapy** - <https://restoretherapypdx.com/> - SE Portland
- **Sprout Therapy PDX** - <https://sprouttherapypdx.com/> - NE Portland
- **True You Therapy and Wellness** - <https://www.trueyouththerapyandwellness.com/> - SW Portland
- **Trillium** - <https://trilliumfamily.org/> - SE Portland
- **Willamette Health & Wellness** - <http://willamettehealthandwellness.com/> - NE Portland
- **Wolf Pack** - <http://wolfpackcts.org/> - Beaverton

Other Resources for Finding a Provider

- www.psychologytoday.com and/or www.portlandtherapycenter.com
(You may want to Google names found to verify phone numbers and status of practice.)
- **Call your insurance or log into your portal account to search providers in-network.**
- **Ask about your Employee Assistance Program (EAP) in the workplace.**
 - **Consult with your child's school for suggestions.**

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