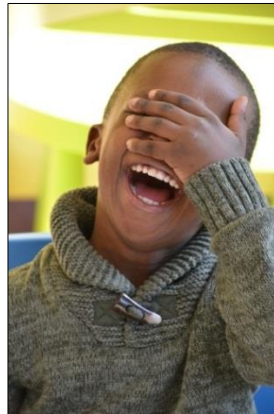


The DC Collaborative for Mental Health in Pediatric Primary Care's Child & Adolescent Mental Health Resource Guide

The DC Collaborative for Mental Health in Pediatric Primary Care aims to improve the integration of mental health in pediatric primary care for children in the District of Columbia. We have a strong commitment to addressing the mental health needs of diverse children, from birth through 20, and their families, through culturally competent, family-focused initiatives. The Collaborative is a multidisciplinary group, comprised of the following lead organizations, and guided by a Community Advisory Board: Children's Law Center, Children's National Health System, DC Chapter of the American Academy of Pediatrics, DC Department of Behavioral Health, DC Department of Health, DC Department of Health Care Finance, and Georgetown University.

As part of our work, we have compiled the following **mental health resource guide for use by pediatric primary care providers in the Washington, DC area**. If you have updates, questions or comments, please contact Penelope Theodorou at pthodoro2@childrensnational.org or Erica Smith-Grasse at esmithgras@childrensnational.org.



CRISIS SERVICES & INPATIENT HOSPITAL UNITS

The following services are available for children and adolescents who are in need of immediate, emergency services.

CRISIS AND INPATIENT			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>ChAMPS (Child and Adolescent Mobile Psychiatric Service) of Catholic Charities</p> <p><u>24/7 Crisis line: 202-481-1440</u></p> <p>Service comes to child wherever they are.</p> <p>1001 Lawrence St., NE WDC 20017</p> <p><u>http://www.catholiccharitiesdc.org/ChAMPS</u></p>	<ul style="list-style-type: none"> • Mobile emergency service for families and children experiencing an emotional or mental health crisis in DC. • Provides in-home assistance when appropriate or arrange temporary placement in a respite home or other emergency setting as needed. • Assess whether a child's behavior poses a danger, requiring possible psychiatric inpatient hospitalization. <p>Language: English</p>	<p>Up to age 18 years</p> <p>Up to 21 years for CFSA involved youth</p>	<ul style="list-style-type: none"> ▪ Insurance: No cost regardless of insurance status. ▪ Referral: No referral necessary. ▪ Availability: 24/7.
<p>DC Child and Family Services Agency (CFSA) Mobile Crisis Stabilization Services</p> <p><u>https://cfsa.dc.gov</u></p>	<ul style="list-style-type: none"> • Call 24/7 when you need help managing a crisis with a child or youth placed in your home. • During the business day, call the child's social worker. He/she will contact CFSA Placement Services. • At night and on weekends, call CFSA Placement Services directly at 202-497-2486. • CFSA contacts the MCS service, provides information, and dispatches a Catholic Charities MCS professional to your home. The goal is for Catholic Charities to arrive at your home within one hour of your call. • The Catholic Charities professional partners with you to de-escalate the situation and to help the child/youth re-stabilize. • The Catholic Charities professional reports back to 	<p>CFSA children and youth</p>	<ul style="list-style-type: none"> ▪ Referral: No referral necessary. ▪ Availability: 24/7

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	<p>CFSA after the event. The first goal is to support you in working through the crisis so the child/youth can stay in your home. When that isn't possible, CFSA will take the necessary next steps for the child.</p> <p>Language: English</p>		
<p>DC Department of Behavioral Health Access Helpline</p> <p>1-888-7WE-HELP or 1-888-793-4357</p>	<ul style="list-style-type: none"> • Determine what services are available and get connected with CSA if appropriate. • Get emergency psychiatric care. • Determine whether to seek ongoing mental health services or other types of services. 	Any age	<ul style="list-style-type: none"> ▪ Free. ▪ Referral: No referral necessary. ▪ Availability: 24/7. Legal guardian call for intake. Have Medicaid ID# available. Crisis support available immediately, waits for general mental health services once matched to CSA.
<p>Adventist Behavioral Health</p> <p>14901 Broschart Road Rockville, Maryland 20850 From Rockville station-Bus 56. From Shady Grove station-Bus 74 and 43</p> <p>P: 301-251-4545 IOP or 301-838-4912 outpatient</p> <p>http://www.adventisthealthcare.com/locations/adventist-behavioral-health/services/acute-inpatient-services/#Children</p>	<ul style="list-style-type: none"> • Provides inpatient treatment for children and adolescents whose acute mental illnesses require immediate stabilization, accomplished through medication management, group therapy, family meetings, expressive therapy (art, movement and music) and pastoral care. • Provides treatment for range of illnesses, including schizophrenia; schizoaffective disorder; mood disorder; PTSD; bipolar disorder; depression; chronic substance abuse; trauma and ADHD. • Provides a Partial Hospitalization Program (PHP) day program. <p>Language: English, translation services available.</p>	Separate units for 7-12 and 13-17	<ul style="list-style-type: none"> ▪ Insurance: Accept most major commercial insurances; MD Medicaid; Not in network with DC Medicaid. For outpatient clinic: UHC covers therapy but for psychiatry there is \$75 facilities charge. Cigna doesn't cover therapy and also has \$75 facilities charge. ▪ Referral: Patients are admitted to inpatient unit after being referred from an emergency room department and evaluated. ▪ Availability: 1-2 month waiting list.

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<p>Brook Lane</p> <p>13218 Brook Lane Drive Hagerstown, MD 21742</p> <p>P: 301-733-0330 http://www.brooklane.org/childServices.aspx?details=5</p>	<ul style="list-style-type: none"> Provides inpatient, partial hospitalization, and outpatient program. Partial Hospitalization Program offers intensive, psychotherapeutic treatment in a less restrictive setting than inpatient care. Offered in two locations; on the Brook Lane campus and in Frederick. Allows a child or adolescent to attend a structured therapeutic program during the day and return home at night. English (mentioned that they do have Spanish-speaking clinicians but they had limited availability and were often booked) <p>Language: English</p>	Early childhood-18	<ul style="list-style-type: none"> Insurance: Most major commercial plans and MD Medicaid. Does not take Cigna & Kaiser Patients are admitted to inpatient unit after being referred from an emergency room department and evaluated. 1-2 month waiting list.
<p>Calvert Hospital</p> <p>100 Hospital Road Prince Frederick, MD 20678</p> <p>P: 410-535-8144 http://www.calverthospital.org/landing.cfm?id=34</p>	<ul style="list-style-type: none"> Provides adolescent day treatment (partial hospitalization). <p>Language: English</p>	13-18	<ul style="list-style-type: none"> Insurance: MD Medicaid and most major commercial plans; generally not out of state Medicaid. Referral: Patients either transferred from referring facility or need referral from ED psych worker/physician. Program runs M-F 8:30am – 3:00pm.
<p>Children's National Health System – Inpatient Psychiatry Unit</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and</p>	<ul style="list-style-type: none"> Provides inpatient psychiatric care for children and adolescents with illnesses including anorexia, bulimia, ADHD, bipolar disorder, major depression, schizophrenia and obsessive-compulsive disorder. Care provided by a multidisciplinary team of pediatric psychiatrists, nurses, social workers, 	Separate units for 4-13 and 14-17.	<ul style="list-style-type: none"> Insurance: DC FFS Medicaid, AmeriHealth, Trusted, MD Medicaid, VA Medicaid (not straight Medicaid), most major commercial insurance.

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Columbia Heights Bus: 80, D8, H1, H2, H3, H4 P: 202-476-4085 http://childrensnational.org/departments/psychiatry-and-behavioral-sciences/inpatient-psychiatry	academic counselors, psychologists, and expressive art therapists. Languages: English. Access to multiple languages through interpreter service.		<ul style="list-style-type: none"> ▪ Referral: May come from ED, outpatient clinics, other medical floors/facilities
Dominion Hospital 2960 Sleepy Hollow Road Falls Church, VA 22044 Bus from East Falls Church Metro P: 703-538-2872 http://dominionhospital.com/service/line/childrens-mental-health-care	<ul style="list-style-type: none"> • The children and adolescent mental health services include pediatric inpatient and partial hospitalization. The partial hospitalization program is incorporated into the inpatient unit, but allows for the child to go return home for the evening. Also includes eating disorders treatment center. • Specialty track for eating disorders, dual diagnosis and self-injurious behaviors. Language: English	5-18	<ul style="list-style-type: none"> ▪ Insurance: Accept most major commercial plans, most VA Medicaid plans. Generally do not accept out of state Medicaid. ▪ Referral: Call admissions at 703-538-2872 and if warranted, will schedule in person assessment.
Inova Kellar Hospital 11204 Waples Mill Road Fairfax, VA 22030 Bus: Vienna station-2B, Cue-Gold Bus route 1&2 P: 703-218-8500 http://www.inova.org/healthcare-services/inova-kellar-center/index.jsp	<ul style="list-style-type: none"> • Provides partial hospitalization; intensive substance abuse program; intensive mental health outpatient program; in-home services. Language: English	4- 18, however age may differ depending on service requested	<ul style="list-style-type: none"> ▪ Insurance: Most insurance accepted. Tricare and Medicaid (aside from HMO plans) are not accepted. ▪ Referral: Based on intake phone call, a referral may be necessary. ▪ Availability: After intake phone call an appointment can be scheduled.
Johns Hopkins Psychiatry and Behavioral Services - Inpatient	<ul style="list-style-type: none"> • Inpatient Service offers comprehensive diagnostic evaluation and treatment of children and adolescents with a variety of emotional and 	5-18	<ul style="list-style-type: none"> ▪ Insurance: Most major commercial plans, but not carve-outs. MD Medicaid, no

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<p>The Johns Hopkins Hospital 1800 Orleans St. Baltimore, Maryland 21287</p> <p>P: 410-955-5335 http://www.hopkinsmedicine.org/psychiatry/specialty_areas/child_adolescent/patient_information/inpatient/</p>	<p>behavioral problems including mood disorders, anxiety disorders, psychotic disorders, severe disruptive behavior, and suicide attempts.</p> <p>Language: English</p>		<p>out of state Medicaid.</p> <ul style="list-style-type: none"> Referral: Must come from ED or direct admit from psychiatrist or therapist
<p>MedStar Montgomery Medical Center</p> <p>18101 Prince Philip Drive Olney, Maryland 20832 Bus: From Glenmont-Y8</p> <p>Crisis intervention: 301-774-8888 Non-emergency evaluation/info: 301-774-8800 https://www.medstarhealth.org/Pages/Services/Mental-Health/Mental-Health-at-MedStar-Montgomery-Medical-Center.aspx</p>	<ul style="list-style-type: none"> The Addiction and Mental Health Center provides inpatient mental health, partial hospitalization, and an adolescent outpatient program, including substance abuse program. <p>Language: English</p>	13-18	<ul style="list-style-type: none"> Insurance: Accept MD and DC Medicaid, call regarding carve-outs. Most major commercial insurance. Does not accept DC Medicaid for adolescent outpatient program. Referral: Call crisis intervention, for 24-hour assessment services in the Emergency department: 301-774-8888. For non-emergency evals, call 301-774-8800. Availability: ~2 weeks
<p>Montgomery County Child & Adolescent Mental Health Program</p> <p>7300 Calhoun Pl., Suite 600 Rockville, MD 20855 Bus: 45,46,55,59,Q1, Q2</p> <p>P: 240-777-1432</p>	<ul style="list-style-type: none"> Provides family-focused outpatient mental health services to children, adolescents, and their families to help address severe emotional, behavioral, substance abuse, and victimization issues. Services include mental health screening & assessment; diagnostic evaluation, family, individual and group psychotherapy; clinical case management; drug and alcohol assessment, and education; behavioral and medication management and follow up services; and 	5-18	<ul style="list-style-type: none"> Insurance: Sliding scale payment and MD Medicaid Referral: Not needed. Must be a resident of Montgomery County to receive services. Availability: Typically 4 week wait.

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http://www.montgomerycountymd.gov/HH_S-Program/Program.aspx?id=BHCS/BHCSChildAdolMentalHealth-p471.html	<p>outreach treatment and support services in the selected school sites for children and adolescents who are involved with Montgomery County Public Schools, ED (Emotionally Disabled) classrooms.</p> <p>Language: English, Spanish</p>		
<p>MSA – The Adolescent Center</p> <p>10005 Old Columbia Road, Suite L-260, Columbia, MD 21046</p> <p>P: 443-259-0400</p> <p>http://www.msachild.com/</p>	<ul style="list-style-type: none"> • Provide partial hospitalization program. <p>Language: English</p>	Early childhood-21	<ul style="list-style-type: none"> ▪ Insurance: Most major commercial plans and MD Medicaid. ▪ Referral: No referral necessary. Families can call on their own. ▪ Availability: Does not currently have intensive outpatient program for adolescents.
<p>Psychiatric Institute of Washington (PIW)</p> <p>4228 Wisconsin Avenue NW WDC 20016 Tenley town-Red Line Bus: 30N, 30S, 31, 33, 96, H4, and N2</p> <p>P: 202-885-5610</p> <p>http://www.psychinstitute.com/</p>	<ul style="list-style-type: none"> • Child services (ages 5-12) include evaluation and individualized treatment plans that involve medical, psychological developmental, educational, social and family assessment; psychotherapy, education sessions, and support groups involve parents and other family members. Adolescent services (ages 13-17) include individual, group, and family therapy to address issues such as drug and alcohol abuse, self-destructive, defiant or anti-social behavior and mental health crises such as anxiety, depression, or suicide. <p>Language: English. Translation services available.</p>	5-17	<ul style="list-style-type: none"> ▪ Insurance: DC and MD Medicaid, AmeriHealth, HSCSN, Trusted, Acordia, Aetna, Anthem, APS, Blue Cross Blue Shield, CareFrist, Cigna, Chickering/student, First Health, GEHA, Guardian/Alliance, Coventry Iner/American Bank, Gita, Kaiser, Magellan, Malihandlers, MAMSI, Managed Health Network, MDIPA/Alliance, NCAS, NCPPO/IBC, Optium Choice, QualCare, Tricare, Unicare/NCPPO, Unison Health Plan, United Healthcare, ValueOptions

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			<ul style="list-style-type: none"> ▪ Referral: No referral is necessary to call for an assessment. ▪ Availability: Clinical Assessment Center (CAC) - 24 hours/7 days.
<p>Sheppard and Enoch Pratt Hospital</p> <p>6501 North Charles Street P.O. Box 6815 Baltimore, Maryland 21285</p> <p>P: 410-938-3800 http://www.sheppardpratt.org/patient-care-and-services/child-adolescent-services/</p>	<ul style="list-style-type: none"> • 16-bed child unit provides rapid assessment and stabilization for children ages 4 to 12. • Two gender specific adolescent units of 20 beds each for the multi-disciplinary assessment, evaluation, crisis intervention, and stabilization of adolescents. • Child and adolescent neuropsychiatry inpatient program, consisting of 14 beds, and designed to serve psychiatric disorders in developmentally disabled youngsters ages 6 to 18. • Child and adolescent unit of 11 beds for patients with complex eating disorders. • Sheppard Pratt Child and Adolescent Day Hospital: A clinically intensive day program for children (ages 5-12) and adolescents (ages 13-18) with serious psychiatric problems. <p>Language: English</p>	4-18	<ul style="list-style-type: none"> ▪ Insurance: Accept all major commercial insurances and MD Medicaid. ▪ Referral: A psychologist or psychiatrist ONLY can call the Admission Department for patient admission: 410-938-3800. ▪ Availability: Unable to verify