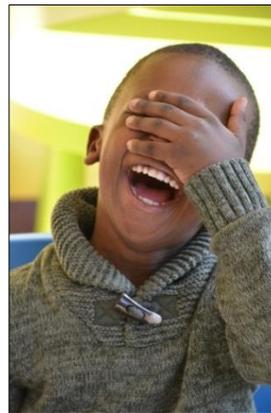


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# The DC Collaborative for Mental Health in Pediatric Primary Care's Child & Adolescent Mental Health Resource Guide

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](mailto:pthodoro2@childrensnational.org) or Erica Smith-Grasse at [esmithgras@childrensnational.org](mailto:esmithgras@childrensnational.org).



# OVERVIEW OF GUIDE AND REFERRAL PATHS <sup>1</sup>

## **Introduction**

This guide aims to provide a comprehensive listing of community behavioral health resources for children and adolescents in the District of Columbia. While comprehensive, the listing is not exhaustive. This is a working document, and will continually be updated. The main scope is on those providers in the District of Columbia that serve children and families on Medicaid. However, some providers in Maryland and Virginia are included, as well as a few providers across the D.C. area that offer services on a sliding fee scale or accept commercial insurance. A separate section includes some providers that accept self-pay or commercial insurance only.

## **Organization of Guide**

The guide is organized by the following main sections:

- Crisis Services/Inpatient Hospital Units
- Early Childhood (0– 5 yrs)
- Perinatal Mental Health
- Therapy/Psychology Services
- Psychiatrists
- Core Service Agencies
- School-Based Mental Health Services
- Alcohol and Substance Use
- Family Support & Resources
- Self-Pay/Commercial Insurance Psychiatrists/Therapists
- Common Disorders and Treatment Modalities
- Other Helpful Resources and Websites
- Alphabetical Index

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<sup>1</sup> Information for parts of this section were provided by the DC Behavioral Health Association (DCBHA), and is available in their Membership Directory. More information about DCBHA is available at their website, <http://www.dcbbehavioralhealth.org/>.

Each major section and sub-section includes the following information about each organization:

- **Organization:** Address, phone number, website and public transportation access.
- **Services:** Brief description of services provided and languages other than English available.
- **Ages Served:** The age ranges of children and adolescents the organization serves.
- **Insurance, Referral and Availability:** Insurances accepted, whether a referral is required and general appointment availability. Given that this information can change quickly, and sometimes daily, we strongly recommend calling to verify.
- **Note about “Unable to verify:”** Throughout the guide, entries contain the language “unable to verify.” This means that we have contacted the organization to obtain the listed information, but the organization has not responded to our request.

### **Referral and Treatment Paths:**

The D.C. Medicaid program has different paths for accessing mental health treatment, depending on the severity of a beneficiary’s mental health condition. Based on a positive behavioral health screen indicating the need for further assessment, a primary care provider may make a referral to a behavioral health care provider in a Medicaid managed care organization or Medicaid fee-for-service network, or to a Core Service Agency (CSA). Please see below for further information.

1. **Medicaid Managed Care Organization Beneficiaries.** People enrolled in a Medicaid managed care organization can receive office-based treatment through mental health providers who are in the managed care organization’s provider network. Office-based treatment includes therapy, medication management, and day treatment programs. Patients also have a right to care coordination, language translation services and transportation assistance. Beneficiaries must locate a provider who participates in each MCO’s network:
  - **AmeriHealth/Performcare:** Call Member Services at 202-408-4720 or 1-800-408-7511. A provider directory is available here: <http://amerihealthcaritasdc.prismisp.com/?brandcode=acdc>
  - **Amerigroup:** Call Member Services Department at 1-800-600-4441 or search for a behavioral health provider here: <https://www.myamerigroup.com/dc/care/find-a-doctor.html>
  - **Trusted/Beacon:** Call Member Services at 202-821-1100 or toll free at 1-855-326-4831 or search for a behavioral health provider here: <http://www.trustedhp.com/provider-locator.php>
  - **Health Services for Children with Special Needs (HSCSN):** Call 202-467-2737 or search the provider directory: <http://www.hscsn-net.org/node/15>
2. **Core Service Agencies:** A primary care provider may make a referral to a Core Service Agency (CSA) for a diagnostic assessment. Generally, to then receive services at the CSA, a child must be given a severe social/emotional disorder diagnosis. The Department of Behavioral Health (DBH) administers different types of therapeutic interventions delivered by its contract providers – Core Service Agencies,

sub-providers and specialty providers. These are known as Mental Health Rehabilitation Services (MHRS), and provide community-based or in-home services for children with severe social/emotional disorder diagnoses. Available services include diagnostic assessments, medication management, counseling, community support, community-based interventions, day services, and crisis intervention. Providers who offer the four “core services” (diagnostic assessments, medication management, community support, and counseling) are classified as CSAs; those providers who offer a subset of these core services (e.g., assessment and counseling) can be certified as a sub-provider or specialty.

3. ***Fee-for-Service Beneficiaries.*** People with disabilities and children in formal state custody (such as Child and Family Services Agency (CFSA) or Department of Youth Rehabilitation Services (DYRS)) may be enrolled in fee-for-service (FFS) Medicaid (or known as Straight/Regular Medicaid). These individuals can work with their social workers to receive all of their mental health services through the Department of Behavioral Health’s provider network of core service agencies, or they can connect to free-standing mental health clinics for office-based services. You can also contact DC Department of Health Care Finance regarding mental health services for FFS beneficiaries at 202-698-2000.

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***Disclaimer:*** The resources contained in this document are for informational purposes only. It is not intended to diagnose or treat any medical or psychological condition. Please consult a health care provider for individual advice regarding specific situations and needs.