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. We intend to update this working guide regularly, and if you have suggestions, questions or comments, please contact Sarah Barclay Hoffman, Project Associate with the DC Collaborative for Mental Health in Pediatric Primary Care, at sbhoffma@childrensnational.org.
## PSYCHIATRISTS

This section provides information on psychiatric providers located in hospitals, health systems, and nonprofits.

### Aetna Pediatric Behavioral Health Management Program

For more info, including how to participate, see: [http://www.aetna.com/healthcare-professionals/tools/Pediatric-Behavioral-Health.html](http://www.aetna.com/healthcare-professionals/tools/Pediatric-Behavioral-Health.html)

- The Aetna Pediatric Behavioral Health Management Program is designed to support pediatricians in the diagnosis and treatment of mood and behavior problems.
- The program is open to Aetna participating pediatricians treating any Aetna member
- 5 to 18 years of age who has Aetna medical and behavioral health benefits.

**Ages Served:** 5-18

**Insurance, Referral & Availability:**
- Insurance: Aetna
- Referral: Provider contacts Aetna directly.
- Availability: Contact Aetna.

### Children’s National Health System – Division of Psychiatry and Psychology

111 Michigan Avenue NW
WDC 20010
Shuttles from Union Station, Brookland and Columbia Heights
Bus: H1, H2, H3, H4

P: 202-476-2118 – Front Desk
P: 202-476-4733 – Intake
[www.cnmc.org](http://www.cnmc.org)

- The Division of Psychiatry and Psychology offers assessment, diagnosis, and care for children and teens with behavioral, emotional, and developmental disorders.
- Specialty clinics/programs include: Anxiety; Attention Deficit and Hyperactivity Disorders Clinic; Bullying Related Health Risks; Gender and Sexuality Psychosocial Programs; Infant and Toddler Mental Health Program (ITP); Mood Disorders Clinic; Neurobehavior Program.

**Languages:** Access to multiple languages through interpreter service.

**Ages Served:** Infants – 17 yrs and 6 mos

**Insurance, Referral & Availability:**
- Insurance: Aetna, BlueCross BlueShield, DC Medicaid (only MDs), AmeriHealth, HCSN, MedStar, Trusted, Tricare, United, MD Medicaid – ValueOptions, VA Medicaid MCOs (not straight VA Medicaid).
- Referral: No referral necessary. Family should call intake coordinator, who will mail packet to family, which they must complete and mail or fax back. Coordinator will call to confirm receipt, and follow up call will be made after info reviewed to schedule appointment.
- Availability: Currently closed to
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<tr>
<td><strong>Comprehensive Community Health &amp; Psychological Services LLC</strong></td>
<td>• Provides individual therapy, cognitive-behavioral therapy, family therapy, couples therapy, group therapy, play therapy/psychodrama, psychiatric assessment &amp; medication management, substance abuse screening/counseling, psychological/personality testing forensic evaluations, and a co-occurring disorders program, which treats clients suffering from both chemical addiction and mental illness. Languages: Unable to verify.</td>
<td>Unable to verify.</td>
<td>• Forms of payment accepted include Medicaid, state financed (other than Medicaid), private health insurance, or self-payment (no sliding scale). Unable to verify further.</td>
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<td>1250 H Street NE WDC 20002 Union Station – Red Line Bus: X1, X2 P: 202-543-5830 <a href="http://www.cchpsonline.org/">www.cchpsonline.org/</a></td>
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<td><strong>Congress Heights Life Skills Center</strong></td>
<td>• Provides outpatient mental health services; psychiatrist for med management; social workers for therapy (in-home and group-based); and behavioral specialists. Groups for anger management, social skills and bereavement. Languages: English only.</td>
<td>1-26</td>
<td>• Insurance: HSCSN only</td>
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<td><strong>DC Department of Behavioral Health Child Psychiatric Practice Group</strong></td>
<td>• Child Psychiatric Practice Group (PPG) includes 3 child psychiatrists that provide psychotropic medication assessment and management. • Same day urgent care is available under certain circumstances for youth already prescribed psychotropic medication, but is not intended for psychiatric emergencies (e.g., suicidal). Languages: Can utilize interpreter service if necessary.</td>
<td>6-18</td>
<td>• Insurance: Accepts all DC Medicaid MCOs and DC Medicaid. Serves all individuals regardless of ability to pay.</td>
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<td><strong>DC Department of Behavioral Health Core Service Agencies</strong></td>
<td>• CSAs offer diagnostic assessments; medication management, community support, and counseling.</td>
<td>Variable</td>
<td>Please see individual listings.</td>
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<td>Please see page 78 for full listing of</td>
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| **Howard University Outpatient Mental Health Clinic** | • Children and adolescent services include outpatient treatment, medication management, and individual therapy Languages: English only. | 6-17 | ▪ Insurance: DC Medicaid, Trusted, HSCSN, VA Medicaid; only PPOs, no HMOs accepted. NOTE: Besides the clinic, private doctors are available who accept all forms of insurance, including Medicaid and all MCOs  
▪ Referral: No referral needed, unless required by insurance provider.  
▪ Availability: About 1-2 week wait for new patients. |
| 530 College Street NW  
WDC 20060  
Shaw – Green/Yellow Lines  
Bus: 70 |  |  |  |
| P: 202-806-7981  
http://huhealthcare.com/healthcare/hospital/departments/psychiatry-behavioral-sciences |  |  |  |
| **Jewish Social Service Agency** | • Provides psychological, psychiatric, educational and neuropsychological evaluations, care coordination, individual, couple, family, sibling and group counseling, social skills therapy groups, medication management, parenting and family support groups and training and services for children and adolescents with disabilities.  
• Specific center for Autism Spectrum Disorders. Languages: English only. | Infants-young adult | ▪ Insurance: Aetna, BlueCross BlueShield, MAMSI/MDIPA/Optimum Choice, Medicare, Medicaid (Maryland only), Tricare, United Behavioral Health, United HealthCare. A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need.  
▪ Referral: No referral necessary  
▪ Availability: Generally within one month; sometimes sooner dependent on client |
| 200 Wood Hill Road  
Rockville, MD 20850  
There is no Metro station within walking distance. RideOn buses can be boarded from the Shady Grove, Rockville, or Twinbrook Metro stations. |  |  |  |
| P: Main: 301-838-4200/Inquiry and Screening: 301-816-2633  
http://www.jssa.org/web/guest |  |  |  |
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<td>Love Your Life Healthcare (LYLE)</td>
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<td>MedStar Georgetown University Hospital - Psychiatry Department</td>
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<td>Mary’s Center</td>
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| **Psychiatric Institute of Washington (PIW)**                                | - 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.  
  Languages: Translation services available (particularly Spanish).                                                                                   | 5+          |  
  - Availability: Approximately 2-3 months for psychiatric and therapeutic services.  
  - Insurance: DC and MD Medicaid, AmeriHealth, HSCSN, Medstar, Trusted, Acordia, Aetna, Anthem, APS, Blue Cross Blue Shield, CareFrist, Cigna, Chickering/student, First Health, GEHA, Guardian/Alliance, Coventory 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  
  - Referral: No referral needed, unless required by insurance provider.  
  - Availability: Immediate availability.                                                                                                              |
# PSYCHIATRISTS

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| **Washington School of Psychiatry – Adele Lebowitz Center for Youth and Family** | • Treatment options include psychiatric services, medication management, individual psychotherapy, group therapy, couples therapy, parent counseling, psychoanalysis, and appropriate referrals. Languages: Spanish and Portuguese | Unable to verify. | ▪ Insurance: They accept some forms of insurance and offer a sliding fee scale – they assist clients regardless of their ability to pay.  
▪ Referral: Unable to verify.  
▪ Availability: Unable to verify. |
| 5028 Wisconsin Avenue NW Suite 400 WDC 20016 Friendship Heights – Red Line Bus: 31, 32, 36, 37, N2 |                                                                                   |             |                                                          |
| P: 202-537-6050 [www.wspdc.org](http://www.wspdc.org)                         |                                                                                   |             |                                                          |