

Finding a Mental/Behavioral Health Provider Pediatric and Adolescent Medicine (01.01.2020)

Symptoms that kids and teens experience have generally developed over time, so it may require some time and effort to “tease out” the factors. Therapists can help your child build coping skills and can uncover maladaptive thoughts and feelings. We can work together with a therapist, if needed, as well.

Health Insurance and Mental/Behavioral Insurance are separate and distinct benefits. For us to provide meaningful care for you/your children, it’s necessary for us to know which Mental/Behavioral Health providers are IN NETWORK as part of your plan.

Please follow the steps below:

1. Look at the back of your insurance card to find the phone number for Mental/Behavioral Health, or if there is none, find the member services number.
2. Be prepared before you make the call (have a pencil and paper ready to take notes)
3. Think about your preferences in a Mental/Behavioral Provider BEFORE YOU call:
 - i.e., Man, Woman?
 - Psychologist vs. Psychiatrist?
 - Area of expertise? (Depression, Anxiety, Gender issues, etc.)
 - Provider who sees pediatric patients, teens, young adults?
 - Location (close to your home, close to your work, close to your child’s school?)
 - Referrals from parents you know and trust?
 - Religious Preference?
 - Languages spoken by the Provider?
4. Call the number and ask for the NAME of your Mental Health NETWORK, and a list of Mental Health providers who are in your network, and explain your child’s age and symptoms. They will give you a list of providers for your child. To learn more about the providers who are IN NETWORK, cross-check the list from your insurance company with the list of Mental Health providers on www.psychologytoday.com or on other review sites like HealthGrades.com.
Please NOTE:
 - There are many ways to “filter” (sort) on www.psychologytoday.com
 - Some providers will conduct a phone consult for “free”. This may help you get a “feel” for the provider.
 - Some list other providers who know them, some have testimonials, some offer treatment in a group setting.
5. Once you’ve decided which Mental Health provider you’d like to see, please call us and provide the name and telephone of the provider to your physician. Go ahead and make the appointment for your child directly with the Mental Health provider.