



Behavioral Health FAQ

It is our goal to make high quality behavioral health services available to all families at Chestnut Hill Pediatrics. We welcome the opportunity to meet with you to determine whether our services may be a good fit for your child or family. You always have the right to decide to seek help outside of our practice.

What services does the Behavioral Health Consultant provide?

We provide short-term individual and family support (approximately 6-8 sessions) with the focus on a specific mutually-agreed upon problem. Alternatively, we may serve as a resource for brief consultations for emotional, behavioral, or academic concerns.

What to expect when you meet with your Behavioral Health Consultant?

Your first appointment is an initial assessment of you (patient's 18 and older)/ your child's behavioral health needs. The initial assessment helps to determine the appropriate level of support needed. Information is obtained through observation and discussing the history of the presenting problem, how the current symptoms are interfering in a child's functioning and any additional relevant social-emotional and developmental history. At the end of this visit you may receive recommendations to schedule a follow-up visit with CHP's Behavioral Health Consultant, referral information for an outpatient provider (i.e. outpatient therapist, parent/family support, neuropsychological testing, etc.), or it may be determined that services are not necessary at this time.

- If your child is 7 years old or younger, the first appointment is for parent(s) /guardian(s) only so that the parent/ guardian will have a private space to share their concerns about their child.
- If your child is 8 years old or older, the first appointment is often split between parent/guardian and child; this provides an opportunity to hear from each of you about your concerns and goals.
- Patients 18 years or older do not need to have a parent/ guardian present.

This first visit is usually between 45-60 minutes. Follow-up sessions are 30-45 minutes in length.

Will the Behavioral Health Consultant be in contact with my PCP?

CHP's Behavioral Health Consultant is a member of your PCP's team. In order to ensure quality care, the Behavioral Health Consultant will be communicating with your PCP about your behavioral health needs, concerns, progress, and treatment recommendations.

What is the Behavioral Health Consultant unable to do?

- CHP's Behavioral Health Consultant is unable to provide emergency psychiatric services. If you or your child is having a psychiatric emergency, please call 911 or visit your nearest emergency department.
- Unfortunately, we are unable to see patients for long-term therapy. Patients with complex socio-emotional needs or persistent active safety concerns are typically better served by behavioral health services in the community. If it is determined that longer-term outpatient support would be beneficial, you will be provided with resources for you to call. The team at CHP is available to support you along the way of securing these resources (re: following-up on the status of referrals with patient/parent/guardian, providing additional resources, etc).
- CHP's Behavioral Health Consultant is often unable to provide same day appointments.