



Collaborative Assessment and Management of Suicidality (CAMS)

Treatment, referrals and insurance

Learn about Seattle Children's CAMS treatment including treatment approach, referrals and insurance coverage.

What is CAMS?

CAMS is a treatment model that focuses solely on suicide, and treats suicidal thoughts in a patient. This is different from a traditional approach that considers suicide as a symptom of depression or another psychiatric disorder and doesn't always focus on treating the suicidal thinking.

CAMS is offered as part of the Mood and Anxiety Program in our Psychiatry and Behavioral Medicine Clinic.

Treatment approach

CAMS is a flexible approach where the provider and your teen work together to understand the cause of suicidal thoughts and feelings. Your teen helps develop their own treatment plan.

Each session involves your teen's input about what is and is not working. We use an honest and direct approach when talking about suicidal risk. We strive to understand suffering from an empathetic and non-judgmental perspective, never shaming or blaming in treatment.

Who can take part in CAMS?

Teens 12 and older who have been referred for the treatment.

How long is CAMS?

CAMS typically lasts 8 to 12 sessions until a patient's suicidal thoughts are stabilized and we can refer them to a provider for therapy to treat depression.

Can my teen get CAMS treatment and also stay with their current therapist?

Yes. They can be in CAMS treatment with a CAMS-trained therapist and still see their regular therapist at Seattle Children's or in the community.

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Ask your child's provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

How can my teen get into CAMS?

- **New patients:** Your teen's current therapist, primary care provider or you can refer your teen to our Mood and Anxiety Program. Here, they will have an evaluation with one of our providers. If your teen's primary concern is suicidal thinking, the provider may refer them for CAMS treatment.
- **Patients already in treatment in our Psychiatry and Behavioral Medicine Clinic:** Your child's therapist may refer your teen to CAMS if they are experiencing increased suicidal thoughts and their therapist believes they would benefit from CAMS treatment.

Is there a waitlist for CAMS?

If your teen is referred to CAMS but there are no openings, we will keep their name on a waitlist until there is an opening. Your therapist should continue to work with your teen on safety during this time.

Is CAMS covered by insurance?

Most insurance companies will cover CAMS since it is billed as individual therapy. Check with your company about coverage. Use individual therapy procedure codes 90834 or 90837 (depending on the length of the session) when asking about coverage.