

# Child and Adolescent Latino Mental Health Assessment and Treatment Clinic (CALMA)

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## What is the CALMA Clinic?

The CALMA Clinic stands for Child and Adolescent Latino Mental Health Assessment and Treatment.

CALMA is a mental health clinic designed for children and families who primarily speak Spanish. Our providers are bilingual and can provide care in both Spanish and English. Services are for children ages 2 to 18 who have mental health concerns and their parents or other caregivers.

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## What services are available?

Services at the clinic are responsive to the Latino community culture and family needs and include:

- Thorough mental health evaluation and diagnosis or second opinion.
- Parent training groups for children with disruptive behaviors or anxiety.
- Assessment with a child psychiatry physician to discuss whether your child would benefit from a mental health medicine. If the CALMA team decides after the initial evaluation or group participation that your child needs a medication consultation, they'll be seen by the CALMA team psychiatrist for medication evaluation and short-term medicine management.

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### To Learn More

- Outpatient Psychiatry  
206-987-2164
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your 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.

### When and where do services take place?

All services for this clinic are offered on Thursdays only.

- Diagnostic evaluations are done during daytime hours on Thursdays.
- Patient groups may be offered in the daytime or the evening on Thursdays.

At this time all services are provided via a telemedicine/video visit platform. Some in-person services may resume in the future.

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### Does insurance cover the services?

Seattle Children's accepts most private insurance, Apple Health (Medicaid), and the Medicaid Managed Care Organizations (MCO) plans like Molina, Amerigroup, Coordinated Care, CHPW, and United Health Care Community Plan. Please contact your insurance company directly for questions about your deductible or co-pays.

Our clinic will see all families regardless of their immigration status or insurance status. Families who do not have insurance are encouraged to apply for financial aid by calling 206-987-3333 or applying at this link:

<https://finasst.seattlechildrens.org>

Click on the Spanish link.

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### How do I get referred to the clinic?

You can ask your child's primary care provider to make a referral to the program by faxing in a referral and notes to 206-985-3121.

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