

Outpatient Mental Health Treatment – What to Expect

Seattle Children's Outpatient Mental Health Treatment Locations:

- Seattle (Main Campus)
- Bellevue (Overlake Medical Tower)

Our treatment approach

We work to diagnose, treat and prevent problems with emotions and behavior. We provide evaluation and short-term, evidence based individual and group treatment. If your child needs long-term treatment, we can connect you with resources in the community that can better suit your child's needs.

Programs

We treat patients in these specialty programs:

- Mood and Anxiety
- Program to Enhance Attention, Regulation and Learning (PEARL)
- Early Childhood Clinic

Regular monitoring and evaluation

Regularly monitoring how your child is doing is a key part of our care. Your child and you will track symptoms and experiences on a secure online program, and these results will be regularly reviewed with your provider.

What treatment do we provide?

Your child's care will start with evaluation sessions to understand the concerns and develop treatment recommendations. Depending on their needs and our capacity to offer specific services, treatment may include:

- Individual therapy for your child or teen
- Group therapy for your child or teen
- Parent training in individual or group sessions
- Medication evaluation or management

Will my child receive medication?

Medications for mental health treatment are used with care and often prescribed after we have tried other treatment approaches.

Your provider will talk with you if a medicine evaluation might be helpful. If so, you will need a separate appointment for a medicine evaluation.

How long are treatment visits?

Evaluation sessions: Evaluations usually include multiple appointments. The first appointment is typically 90 minutes with follow up sessions ranging from 45 to 60 minutes

Therapy sessions: 45 to 60 minutes

Medication management sessions: 30 to 45 minutes

Group sessions: 60 to 120 minutes, depending on type of group-

Who treats my child?

We will match your child's needs with the right provider. Our staff includes nurse practitioners, psychiatrists, psychologists and mental health therapists licensed by the state.

Seattle Children's is a training hospital. Care may be provided by trainees including psychiatry and psychology residents, fellows or practicum students. Trainees are supervised by University of Washington and Seattle Children's faculty and staff. Families not willing to work with a provider-in-training may not be a good match for our program.

We know that not all providers will be a fit for your family. We will work with you to address any concerns you have once you have started treatment.

How long is treatment?

We provide short term treatment for specific concerns. Care is typically completed in **6 months or less** at Seattle Children's. Approaching 6 months, we review goals and assess your child's progress. Treatment may end, continue, or transition to a provider in the community.

What happens after treatment at Seattle Children's?

Your child's provider will talk with you about next steps following end of treatment here. Depending on your child's needs, they may recommend:

- Follow up with their primary care provider
- Referral for other courses of treatment
- Seeing a community provider

What if we have a crisis between clinic appointments?

- **If the crisis is life-threatening:** Call 911.
- **Daily, 24 hour access:** If you are in active treatment with us currently, call our Psychiatry Crisis Line at 206-987-2164, option 4. If we do not answer, leave a message with your number. We will call back promptly.

What if I'm late or need to cancel?

- If you are **more than 15 minutes late:** Your provider may decide to postpone the visit.
- **If you need to cancel:** Call 206-987-2164, option 1 with as much notice as possible.

If you miss a **new patient** visit, we will close your referral and cancel future visits. We can refer you to other mental health providers in the community.

To Learn More

- Psychiatry and Behavioral Medicine
206-987-2164
- Psychiatry Crisis Line for current patients
206-987-2164, option 4
- 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.

If you miss or cancel an **ongoing treatment visit** with less than 24 hours notice 3 times, we may not be able to continue to serve you in our clinic. We can refer you to other mental health providers in the community.

What if my insurance changes during treatment?

If your child's insurance plan changes during treatment, call your insurance company to see if your Seattle Children's mental health provider is in-network.

If they are not, we can work with you to transfer care to a provider that is in-network for your plan.

Sometimes insurance companies offer a one-time agreement to continue care with a current provider through the course of treatment. Contact your insurance to see if this is possible. For more information, see our handout "Insurance Coverage for Mental Health Services" (www.seattlechildrens.org/pdf/PE1146.pdf).