

Behavioral Health Consultation Line

CHLA Care Network, in collaboration with the Division of Psychiatry at CHLA, established a telephone-based Peer-2-Peer (P2P) consult to provide advice on psychiatric issues and medication management.

What is a curbside consult?

A P2P consult takes place when a pediatrician informally seeks advice or information about the management of patient mental/behavioral health conditions from a CHLA Psychiatrist provider, who is not otherwise involved with the patient in question. Usually, the issues are not complex, and the treating Pediatrician presents only basic details of the case. The discussion does not involve a review of the chart or seeing the patient. There is no charge for the consultation, and the patient typically doesn't even know the consult took place. In fact, a P2P consult is often considered a service to the physician seeking consultation rather than to the patient.

In simple terms, a P2P consult is an informal solicitation of another physician's advice or opinion and does not exceed 15 minutes in duration.

Staffed by:

- CHLA Psychiatrists
- CHLA Psychiatry Triage Administrator

Hours of Operation:

The consultation line is open Monday through Friday from 8:00 AM to 4:00 PM. If the Triage Administrator is not available to answer the phone, the Pediatrician shall leave a voicemail for the triage administrator, who shall return the Pediatrician's call the same business day or the next business day, if the voicemail was received after 3:30 PM (PT).

The Triage Administrator will schedule the consultation with a CHLA Psychiatrist on the same day or next business day, depending on when the call was received. A CHLA Psychiatrist will be available:

- Monday through Friday between 12:30 PM and 1:30 PM

Phone Number: (323) 361-9150

Outpatient Behavioral Health Clinic

The CHLA Care Network, in collaboration with the Division of Psychiatry at CHLA, has established an outpatient behavioral health clinic for commercially insured patients.

BH OP Clinic is staffed by:

- CHLA Psychiatrists, Psychiatric Nurse Practitioners and Psychologists
 - o All initial patient visits are done with the Psychiatric Nurse Practitioners for initial evaluation (in-person and telehealth visits available)

Services Available:

For pediatric patients ages 0-18 years old the following services will be available

Conditions treated on an outpatient basis:

- Mood disorders (depression, bipolar disorder)
- Anxiety disorders (generalized, social phobia, separation anxiety, panic disorder, school avoidance)
- Psychotic illnesses
- Behavioral problems (oppositional defiance, conduct disorders, aggression, treatment non-compliance)
- Repetitive behaviors (obsessive-compulsive disorder, tic disorders)
- Trauma (physical, emotional, sexual abuse and neglect)
- Somatoform disorders (conversion, pain)

Services performed:

- Comprehensive diagnostic evaluation
- Medication therapy
- Dynamic psychotherapy, cognitive behavioral therapies, behavioral therapies, trauma-focused therapies
- Parent-management behavioral training

Referral Process:

For patients with mild to moderate symptoms, please use the consultation line to speak to a CHLA Psychiatrist, as clinically necessary, for guidance on treating these patients within primary care.

If a referral is needed after speaking to a Psychiatrist or the patient has severe symptoms, please follow this process:

1. Please use the MyCHLA Portal to place the referral
 - a. Select **New Referral** and complete all the required information
 - i. In the **Choose a Clinic** menu select: **Behavioral Health**
2. If the MyCHLA Portal is not available, you can call in or fax the referral to the following:
 - a. Physician Referral Line: 888.631.2452 (P) & 323.361.8988 (F)

ONLY Commercial health plans accepted at this time.