



Behavioral Health in Primary Care



Introduction

Dear community pediatric providers:

Thank you for taking an interest in this manual, and more importantly thank you for the work you do every day to promote the healthy development and mental wellbeing of your patients and their families. We recognize that primary care practices across our region, and across the nation, have seen a steady rise in behavioral health challenges. These range from routine behavior problems to high acuity mental health crises. A multipronged approach to behavioral health care is unquestionably necessary. Integration of behavioral health services into primary care is a uniquely impactful care delivery model. The patient's trust and familiarity set the stage for effective intervention in the primary care setting. Conversely, referral to unfamiliar settings can be hampered by logistical barriers, feelings of stigma, and fear of the unknown. But, when referral is necessary, behavioral health support and care navigation can have a profoundly mitigating effect on the potential barriers. For these reasons, I appreciate the Integrated Care Solutions effort to provide actionable information about integration of behavioral health care delivery as well as care navigation. I hope you find it helpful.

Kind regards,

Sarah Soden, MD

Professor of Pediatrics

University of Missouri, Kansas City

Director, Division of Developmental and Behavioral Health

Children's Mercy – Kansas City

What is Behavioral Health Integration?

Incorporating mental health care into primary care settings for the purpose of:

- improving the quality of care
- reducing stigma
- increasing access

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Models of Integrated Behavioral Health

1. Coordinated Care

- a. Key element-communication
 - i. Mental health needs are treated outside of the primary care setting
 - ii. Recommendations may be shared between the primary care provider and the mental health center or provider but is often not timely
 - iii. Communication may be completed by various members of the office staff
 - iv. Rarely involves set methods and protocols

2. Co-located Care

- a. Key Element-proximity
 - i. Mental health needs are treated outside of the primary care setting
 - ii. The Behavioral Health Provider is in the same building, or very close to the primary care practice
 - 1. Increased convenience for families to visit one location and reduces time away from work/school
 - iii. The primary care practice and the mental health practice function separately and may or may not share records

3. Integrated Care

- a. Key Element-practice change
 - i. Mental health needs are prioritized the same as physical health needs and care begins with the primary care provider
 - ii. The behavioral health provider is an equal member of the provider team. The behavioral health provider and the primary care provider communicate and collaborate frequently for best patient outcomes
 - 1. May involve joint visits with the patient, the behavioral health provider and the primary care provider
 - iii. This model emphasizes the importance of treating the whole patient, physical and behavioral needs and reduces stigma of mental health needs
 - iv. Maximum convenience for families with one visit to address all needs

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Choosing the Right Discipline

Individuals trained to provide behavioral health services cover a variety of specialties and differ in their training and licensure. Professional counselors, family therapists, clinical social workers and psychologists provide most collaborative services within primary care settings. These professionals are typically trained at the master's or doctoral degree level and are qualified to diagnose and evaluate behavioral health conditions commonly found in a primary care setting, such as depression, anxiety, ADHD, and other disruptive behavior concerns, relationship problems, medication adherence (including pill swallowing issues) or procedural anxiety (e.g. needle phobia) and insomnia. Depending on the demographics and health needs of your patients, professionals with different training may be a good fit. These include certified addictions counselors for patients with alcohol and drug problems, psychologists for diagnostic testing and other treatments that require advanced training, and case managers for assisting patients in accessing community resources, such as housing assistance, referral to specialists, legal aid, pharmaceutical assistance programs and applications for disability.



Between 30-50% of patients referred by a PCP to outpatient mental healthcare never make it to their first appointment.



The chart below depicts some of the roles most commonly associated with evaluating mental health needs. Many types of mental health professionals can help patients achieve their goals. Experience and post degree training varies, so please consider this a broad overview of the expertise of each profession. Some professionals may have experience in areas that are not marked.

Discipline	Anxiety & Depression	ADHD	Disruptive Behavior Concerns	Social Concerns	Medication Adherence	Insomnia	Substance Abuse	Care Coordination	Learning Problems
Psychologist	X	X	X	X	X	X			X
Social Worker LCSW	X	X	X	X	X	X	X	X	
Nurse RN					X			X	
Therapist LPC, LMFT	X	X	X	X	X	X	X* Depending on Training		



How to Evaluate the Financial Implications

Reimbursement Varies

Average Medicaid Reimbursement ~\$50/visit
(commercial reimbursement could be 2-3x that)
6 visits per day = \$78,000

Salary Estimates (full time staff member)

Psychologist	\$90,000
Social Worker	\$50,000
Nurse	\$60,000
Therapist	\$50,000

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Sample Job Descriptions

As a key member of the primary care team, the Behavioral Health Provider is responsible for planning, prioritizing and implementing integrated behavioral health strategies. The Behavioral Health Provider leads practice efforts to build a culture that supports integrated care across all providers and staff. In collaboration with the other providers, this position develops policies, procedures and protocols to address behavioral health needs in the patient population. The Behavioral Health Provider identifies, triages and manages primary care patients with behavioral health needs. Using evidence-based treatment interventions, the Behavioral Health Provider develops individualized behavioral health treatment plans, in collaboration with the care team, that aim to improve the health and wellbeing for individual patients.

See [Appendix A](#) for a sample job description. You can add your logo and use in your practice.



Integrated behavioral health facilitates increased care coordination which advances the goals of the medical home.



Essential Functions

1. Consultation

- a. Assists primary care providers in recognizing and treating mental health needs
- b. Performs substance abuse evaluation
- c. Performs initial assessments and develops treatment plans
- d. Provides psychoeducation for patients and their caregiver
- e. Evaluates and emphasizes medication adherence
- f. Assess for learning disabilities

2. Care Coordination

- a. Provides on-going follow up with identified patients
- b. Identifies, refers and advocates for patients needing more specialized care
- c. Supports psychotropic medication management prescribed by PCP's

- d. Maintains knowledge of community resources
 - i. Inpatient facilities
 - ii. Individual and family counseling services
 - iii. Community Mental Health Centers

3. Crisis Intervention & De-escalation

- a. Provides crisis intervention and de-escalation for situations impacting the safety of patients, family members and staff

4. Program Development

- a. Provides ongoing behavioral health education for clinic providers/staff
- b. Develops behavioral health policies and protocols to fit the clinic needs
- c. Determines which behavioral health screening tools to use
- d. Participates in quality improvement efforts related to behavioral health

Qualifications

- Strong written and verbal communication skills
- Excellent interpersonal skills
- Ability to form and sustain effective relationships
- Demonstrates flexibility to adapt as clinic needs change
- Maintains a working knowledge of differential diagnosis of common mental health or substance abuse disorders
- Experience in assessment and treatment of common mental health disorders

Education/Experience

- Doctorate in clinical psychology, counseling psychology or behavioral health, or
- Master's degree in social work, psychology, marriage & family therapy, or
- Nursing degree
- Preferred experience working with behavioral health needs
- Preferred experience working in a health care setting

License

- Unrestricted license to practice in KS/MO

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Interviewing

1. Describe your ideal work situation?
2. What types of patients are you most eager to see?
3. Describe your experience in work with a collaborative team approach to caring for patients.
4. If you only had 15 minutes to spend with a patient experiencing insomnia what would you do?
5. If you were asked to consult with a PCP about an 8-year-old with attention and behavior problems at school, what would you do?
6. If you were asked to consult with a PCP on a patient with obesity, diabetes and adherence concerns, what would you do?
7. If the clinic manager asked you to develop a clinical pathway for chronic pain, what would you do?
8. Describe your role in a project you initiated and implemented.
9. Share your experience in using brief, solutions focused, evidence-based interventions.
10. What does success look like for you in this role?
11. How do you envision working with the medical team to provide exceptional patient care?
12. How will your skills benefit our practice?



When a mental health professional and a physical health professional join forces, the patient wins.





Integration and Onboarding Considerations

1. Behavioral Health Provider should shadow others to understand team members roles, responsibilities and clinic flow
2. Review expectations for workflow including support needs for scheduling and rooming patients
3. Seating location for the Behavioral Health Provider should be with the other providers to maximize communication amongst team members
 - a. A separate space for therapy and testing is required
4. Consider documentation/EHR needs
5. Review budget for psychological testing and screening materials
6. Discuss and set an appropriate balance for clinical and administrative duties
7. Develop a brief explanation for the Behavioral Health Provider role to share with patients
8. Ensure adequate staff training on mental health and how to utilize the Behavioral Health Provider
 - a. Mental health means different things to different people based on personal experiences, media, television and movies. A key to successful integration is to provide training to ensure all staff have a basic understanding of the issues you plan to address in your setting and how the team can best support patients, families and one another
9. Ensure credentialing is completed prior to seeing patients
10. Role Clarification-It is important for the practice to agree on what problems the Behavioral Health Provider will address vs what the Primary Care Provider will do. This is likely dependent on your practice and the comfort level of the providers.



Billing

Health & Behavior Codes

- 96150** The initial assessment of the patient to determine the biological, psychological and social factors affecting the patient's physical health and any treatment problems.
- 96151** A reassessment of the patient to evaluate the patient's condition and determine the need for further treatment. A reassessment may be performed by a clinician other than the one who conducted the patient's initial assessment.
- 96152** The intervention service provided to an individual to modify the psychological, behavioral, cognitive and social factors affecting the patient's physical health and well-being. Examples include increasing the patient's awareness about his or her disease and using cognitive and behavioral approaches to initiate physician prescribed diet and exercise regimens.
- 96153** The intervention service provided to a group. An example is a parent behavior management training group for children with ADHD or disruptive behavior that includes educational information, cognitive-behavioral treatment and social support. Group sessions typically last for 90 minutes and involve 8 to 10 patients.
- 96154** The intervention service provided to a family with the patient present. For example, a psychologist could use relaxation techniques with both a diabetic child and his or her parents to reduce the child's fear of receiving injections and the parents' tension when administering the injections.
- 96155** The intervention service provided to a family without the patient present. An example would be working with parents and siblings to shape the diabetic child's behavior, such as praising successful diabetes management behaviors and ignoring disruptive tactics.

Psychotherapy CPT Codes

- 90791** Initial Assessment or Psychiatric Diagnostic Evaluation - Psychiatric/psychological diagnostic interview without medical services (intake interview)
- 90832** Individual psychotherapy, 30 minutes
- 90834** Individual psychotherapy, 45 minutes
- 90837** Individual psychotherapy, 60 minutes
- 90847** Family Psychotherapy with patient present

Psychological Testing Codes

- 96130** Psychological testing evaluation services by physician or other qualified health care professional, including integration of patient data, interpretation of standardized test results and clinical data, clinical decision making, treatment planning and report and interactive feedback to the patient, family member(s) or caregiver(s), when performed; first hour
- +96131** each additional hour (List separately in addition to code for primary procedure)

- 96136** Psychological or neuropsychological test administration and scoring by physician or other qualified health care professional, two or more tests, any method, first 30 minutes
- +96137** each additional 30 minutes (List separately in addition to code for primary procedure)
- 96138** Psychological or neuropsychological test administration and scoring by technician, two or more tests, any method; first 30 minutes
- +96139** each additional 30 minutes (List separately in addition to code for primary procedure)

Missouri billing worksheet: <https://www.integration.samhsa.gov/financing/Missouri.pdf>

Kansas Billing Worksheet: <https://www.integration.samhsa.gov/financing/Kansas.pdf>

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Medications

	ADHD	Anxiety Disorder	Depressive Disorder	Insomnia	Autism
1st Line	Mixed Amphetamine Salts (Adderall, Adderall XR, Vyvanse)	SSRI (Prozac, Zoloft, Lexapro)	SSRI (Fluoxetine/ Prozac, Escitalopram/ Lexapro)	Melatonin	2nd Gen Antipsychotics (Risperdal, Abilify)
1st Line	Methylphenidate (Ritalin, Metadate CD, Concerta)			Clonidine	
2nd Line	Alpha-2 Agonists (Clonidine ER/ Kapvay, Guanfacine ER/Intuniv)	SNRI (Duloxetine/ Cymbalta, Venlafaxine/Effexor)	SSRI (Sertraline/ Zoloft, Citalopram/ Cymbalta)	Trazodone	
2nd Line	NRI (Atomoxetine/ Strattera)		SNRI (Duloxetine/ Cymbalta, Venlafaxine/Effexor)		
Notes:	<i>Stimulants come in several forms (tablets, capsules, patches, liquid) and may be short or long acting</i>	<i>Duloxetine/Cymbalta is the only FDA approved medication for GAD in children from age 7, however a number of other meds are considered safe and effective for treating childhood anxiety</i>	<i>FDA approved medications for MDD include Prozac from age 8 and Lexapro from age 12</i>	<i>Good sleep hygiene is crucial to high quality sleep, however medications may be used for a short period to help with sleep problems</i>	<i>Medications may be used to treat symptoms associated with autism, however behavioral therapies should be optimized</i>
Notes:	<i>Non-stimulants may be used as monotherapy or as an adjunct to a stimulant</i>				<i>FDA approved medications for Irritability Associated with Autism include Risperdal (from age 5) and Abilify (from age 6)</i>

	Common Adverse Effects	Black Box Warning
Stimulants	Appetite suppression, insomnia, headache, anxiety, palpitations, constipation, agitation, tic exacerbation	Abuse and Dependence
Alpha-2 Agonists	Somnolence, headache, hypotension	
SSRI	Headache, insomnia, diarrhea, appetite suppression	Suicidality
SNRI	Insomnia, restlessness, headache, dry mouth, palpitations	Suicidality
2nd Gen Antipsychotic	Somnolence, appetite stimulation, constipation, extrapyramidal symptoms	Dementia-related Psychosis



Metrics

1. Numbers and types of referrals sent to Behavioral Health Provider
2. Number and type of referrals Behavioral Health Provider is not able to see
3. Number and type of inappropriate referrals
4. Appointment wait time
5. Number of patients seen
6. Number of visits with each patient
7. Number of patients referred for outside services
8. Clinical outcomes
9. Success stories
10. Number of patients treated with medication
11. Number of patients referred for inpatient hospitalization



Resources

Mental Health Practice Readiness Inventory

https://downloads.aap.org/AAP/PDF/Mental_Health_Practice_Readiness_Inventory.pdf

Screening Tools

https://downloads.aap.org/AAP/PDF/Mental_Health_Tools_for_Pediatrics.pdf

Missouri Child Psychiatry Access Project

<https://medicine.missouri.edu/departments/psychiatry/research/missouri-child-psychiatry-access-project>

The Missouri Child Psychiatry Access Project (MO-CPAP) builds capacity within primary care settings to treat and manage behavioral health needs for children and adolescents. Through access to child psychiatry consultations, ongoing educational opportunities, and linkage to connect patients with community-based behavioral health referral services, enrolled PCPs receive support treating mental health disorders in children and adolescents.

Mid America Mental Health Technology Transfer Center

<https://mhttcnetwork.org/centers/mid-america-mhttc/home>

The Mid-America MHTTC serves Nebraska, Iowa, Kansas and Missouri (HHS Region 7) with a focus on integrated behavioral health and primary care, schools and mental health training programs. Our goal is to assist mental health programs and providers establish evidence-based programs that are locally supported and sustainable over time. The Center is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and is housed at the University of Nebraska Medical Center.

Integrating Mental Health in Pediatric Primary Care

https://www.integration.samhsa.gov/integrated-care-models/FG-Integrating_12.22.pdf

The Business Case for Behavioral Health Care

https://www.integration.samhsa.gov/financing/The_Business_Case_for_Behavioral_Health_Care_Monograph.pdf

A Quick Start Guide to Behavioral Health Integration

<https://www.thinglink.com/channel/622854013355819009/slideshow>

Models of Behavioral Health Integration

https://www.integration.samhsa.gov/integrated-care-models/CIHS_Framework_Final_charts.pdf

Pediatric Health Care Integration

<https://www.integration.samhsa.gov/integrated-care-models/Pediatric-Integrated-Health-Care-Implementation-Model.pdf>

Starfish Family Services-Beaumont Health System

<https://www.youtube.com/watch?v=lfHOBxYD-o>

Counseling and Community Mental Health Providers

MIDTOWN AREA

Truman Behavioral Health

Call 816-404-5755 for adolescent intake
300 W. 19th Terrace, 3rd Floor
Kansas City, MO 64108
Crisis Line: 1-888-279-8188
Individual and Family Counseling Ages 3-18 Years,
Play Therapy, Case Management, Family Support
& Psychiatric Services (Walk-in Intake available for
ages 18+ only; **Spanish**)

Mattie Rhodes Counseling Center*

148 N. Topping Ave.
Kansas City, MO 64123
816-241-3780
Individual & Family Counseling, Service
Coordination, Substance Abuse Treatment,
Parenting Classes, Youth Programs, Domestic
Violence Intervention (Sliding Scale, **Spanish**)

Swope Parkway Health Center*

Walk-in Clinic: M,T,TR,F 8:00-2:30pm
Call ahead for Walk-in Clinic info & details
3801 Blue Parkway
Kansas City, MO 64108
Main Line: 816-923-5800
Behavioral Health: 816-922-1070
Counseling, Case Management, Support Groups
& Psychiatric Services

Samuel Rodgers Health Center*

825 Euclid Avenue
Kansas City, MO 64124
2121 Summit Street
Kansas City, MO 64108
816-889-4610 or 816-474-4920
Individual, Family, and Group Counseling,
Ages 5+, Intensive Outpatient Program (IOP) &
Psychiatric Services (**limited Spanish**)

UMKC Community Counseling and Assessment Services (CCAS)*

615 E. 52nd St, Suite 212
Kansas City, MO 64110
816-235-2725
Individual, Couples, and Family Counseling,
Psychological or Educational Testing &
Assessments, Evening Appointments Times
Available (No Insurance accepted, Sliding Scale,
Interpretation Services Available)

The Children's Place

2 East 59th Street
Kansas City, MO 64113
816-363-1898
PCIT, Child Counseling for Ages 2-7 Years, Family
Support Services, Therapeutic Day Treatment
for Children Ages 1-6 & Outpatient Anger
Management

NORTH OF THE RIVER

Tri-County Mental Health Center

Walk-in Clinic: M-F 8:30-1:00pm
3100 NE 83rd Street, Suite 1001
Kansas City, MO 64119
816-468-0400
Crisis Line: 1-888-279-8188
Individual, Group, & Family Counseling, Intensive
Outpatient Program, Case Management, Support
Programs, Respite Care, Substance Abuse
Treatment for Ages 12-17 Years, & Psychiatric
Services

Metis Counseling

7505 NW Tiffany Springs Pkwy #510
Kansas City, Missouri 64153
816-399-4204
Individual & Family Counseling Ages 3 Years
& Older, Play Therapy, TF-CBT, & Behavioral
Management, Evening & Saturday Appointments
(**Korean**)

Center for Healing and Recovery*

1201 NW Briarcliff Pkwy, 2nd Floor Kansas City, MO 64116

7280 NW 87th Ter, Suite 210

Kansas City, MO 64153

816-363-2000

Individual, Family, & Group Counseling; Ages 0+, In-home Counseling, Autism, TF-CBT, DBT, PCIT, Child and Play Therapy, CPT, ARC, Video Counseling, DBT Skills Training, Distress Tolerance Skills Group, Support Groups (Medicaid/Sliding Scale & **Spanish**)

NOVO Counseling

7280 NW 87th Terrace #210

Kansas City, MO 64153

816-841-7735

Individual & Family Counseling, DBT, PCIT, EMDR, TF-CBT, Stress Management & Grief and Loss (early morning & evening appointments)

Samuel Rodgers Northland*

800 Haines Drive

Liberty, MO 64068

816-889-4610 or 816-413-0662

Individual, Family, and Group Counseling, Intensive Outpatient Program, Addiction Treatment, Medical Care, Dental, & Psychiatric Services

Family Guidance Center*

Walk-in Clinic: M-F 7:30-3:00pm

724 N. 22nd

St. Joseph, MO 64506

816-364-1501

Crisis Line: 1-888-279-8188

Individual, Family, & Group Counseling, TF-CBT, CBT, DBT, PCIT, EMDR, SFT, Outpatient Adolescent Substance Use Treatment, School-based Services, Case Management & Psychiatric Services

SOUTH KC AREA

Swope Parkway Health Center

Walk-in Clinic: M,T,TR,F 8:00-2:30pm

Call ahead for details for Walk-in Clinic

3801 Blue Parkway

Kansas City, MO 64108

Behavioral Health: 816-922-1070

Counseling, Case Management, Support Groups, Medical Care, Dental, & Psychiatric Services

ReDiscover Mental Health *

Walk-in Clinic: M & W 8:00-3:00pm

8800 Blue Ridge Blvd

Kansas City, MO 64138

816- 966-0900

Crisis Line: 1-888-279-8188

Counseling, Case Management, Parenting Classes, School Based Services & Psychiatric Services (**Sign Language**)

Center for Healing and Recovery*

435 Nichols Road, Suite 200,

Kansas City, MO 64112

816-368-2000

Counseling Ages 0+, In-home Counseling, Autism, TF-CBT, DBT, PCIT, Child and Play Therapy, CPT, ARC, Video Counseling, , Support Groups (Medicaid/ Insurance/ Sliding Scale & **Spanish**)

OUTSIDE OF THE METRO

Comprehensive Mental Health*

Walk-in Clinic: M-F 8:00-5:00pm

17844 E. 23rd Street

Independence, MO 64052

816-254-3652

Crisis Line: 1-888-279-8188

Individual, Group & Family Counseling, Crisis Intervention, Support & Psycho-educational Groups, Case Management, Outpatient Adolescent Substance Abuse Program, & Psychiatric Services

TMC Lakewood Counseling Center

300 SE 2nd Street Suite 100

Lee's Summit, MO 64063

816-404-6170

Counseling, Play Therapy, TF-CBT, Autism Services,
Diagnosis Services, Educational Groups, &
Psychiatric Services

The Family Conservancy*

4240 Blue Ridge Boulevard, Suite 434

Kansas City, MO 64133

913-742-4357 / **Español 913-573-1110**

Individual & Family Counseling, CBT, TF-CBT, Art
& Play Therapy, Homeless Teen Support Program
(Insurance/Sliding Scale, **Spanish, French,
Portuguese**)

COMCARE: Children's Mental Health Services

Walk-in Clinic: MWF 8:00-2:30pm

350 S Broadway Street

Wichita KS 67202

316-660-6905

Crisis Line: 316-660-7500

Counseling & Psychiatry Services (Medicaid/
Some Insurance/Sliding Scale)

Bert Nash Community Mental Health*

Children's Walk-in Clinic: Wed 10:30-
12:30pm and M,T,TR & F 9:30-11:30am

200 Maine Street, Suite A

Lawrence, KS 66044

Crisis Line: 785-843-9192

Counseling, In-home Therapy, Case Management,
Support Groups, Intensive Outpatient Program &
Psychiatric Services

C.A.R.E Counseling Inc.

3601 SW 29th St. Ste. 108

Topeka, KS 66614

785-608-3321

Individual, Child, Teen & Group Counseling,
TF-CBT, DBT, DDP, Attachment Therapy, PTSD
Treatment, Play Therapy, Psychological Testing
(Medicaid/ Some Private Insurances)

The Guidance Center*

Walk-in Clinic: M-TR 9:00-2:00pm

500 Limit Street

Leavenworth, KS 66048

913-682-5118

Crisis Line: 888-260-9634

Individual, Family, and Group Counseling, Crisis
Care, Case Management, Adolescent Addiction
Treatment & Psychiatric Services

ShadeTree Counseling, LLC

501 Delaware St, Suite 7

Leavenworth, KS 66048

913-286-1794

Individual, Child & Teen Counseling, TF-CBT, DBT,
PCIT, and Play Therapy (Medicaid/Insurance,
Spanish)

Elizabeth Layton Center*

Walk-in Clinic: M-TR 8:00-10:00am

2537 Eisenhower Road

Ottawa, Kansas 66067

785-242-3780 Crisis: 800-241-1266

Counseling, Case Management, Support Groups,
Community Based Services, & Psychiatric Services
(Medicaid/Private Insurance/ Sliding Scale)

JOHNSON/WYANDOTTE COUNTIES

Johnson County Mental Health

Walk-in Clinic: M-F 9:00-3:00pm

6440 Nieman Road

Shawnee, KS 66203

1125 W. Spruce Street

Olathe, KS 66061

Shawnee: 826-4000 Olathe: 782-2100

Individual & Group Counseling, Home-based
Family Therapy, Psychosocial Groups, Case
Management, Residential Substance Abuse
Treatment for Ages 12-18 Years, Strengthening
Families Program & Psychiatric Services

Kids TLC

480 South Rogers Road

Olathe, KS 66062

913-764-2887

Individual, Family & Group Counseling, DBT, Adolescent Substance Abuse Treatment, School based Services, Autism Services, PCIT, Caregiver Support Groups, & Psychiatric Services (**Spanish**)

In-Home Family Counseling Associates

913-952-9643

Family Counseling provided in-home, school, or other community settings (Medicaid, **Spanish**)

The Family Conservancy*

5424 State Ave.

Kansas City, KS 66102

913-742-4357 / **Español 913-573-1110**

Individual & Family Counseling for Ages 0+, CBT, TF-CBT, EMDR, Art & Play Therapy, Homeless Teen Support Program (Insurance/ Sliding Scale, **Spanish, French & Portuguese**)

Vibrant Health KC*

444 Minnesota Ave

Kansas City, KS 66101

913-342-2552

Behavioral Health, Medical Care, & Dental (Medicaid/ Private Insurance/Sliding Scale)

Wyandot Center

Walk-in Clinic: M-TR 9:00-3:00pm

7840 Washington Avenue

Kansas City, KS 66112

913-328-4600

Crisis Center: 8:30 – 5:00pm

24hr Crisis Line: 913-788-4200

Individual & Group Counseling, CBT, DBT, Integrated Dual Disorder Treatment, Art Therapy, Case Management, Parent Support, & Psychiatric Services (**Spanish**)

KU Psychiatry & Behavioral

KU Child & Adolescent Psychiatry

913-588-1300

KU Psychology & Behavioral

913-588-6323

Individual & Family Counseling, Psychiatric Services, Psychiatric & Psychological Evaluation

FREE SUPPORT HOTLINE NUMBERS

National Suicide Prevention Lifeline 24/7

1-800-273-TALK (8255)

Nacional de Prevención del Suicidio 24/7

1-888-628-9454

Suicide Prevention Crisis Textline 24/7

Just text 'HOME' to 741741

The Trevor Project for LGBTQ Youth 24/7

1-866-488-7386

Trevor Textline 24/7

Just text 'START' to 678678

Trans Lifeline 24/7 1-877-565-8860

NAMI Missouri WARMLine 1-800-374-2138

WARMLine is a free peer-to-peer support service, offering words of encouragement and compassion to those with mental health concerns. Available: Weekdays 9am-5pm and Weekends & Holidays 3pm-9pm

National Parent Helpline

1-855- 4 A PARENT (1-855-427-2736)

Call the National Parent Helpline to get emotional support from a trained advocate to become empowered and a stronger parent. Available: Monday-Friday 10am PST – 7pm PST

Children's Mercy Nurse Advice Line

816-234-3188

Domestic Violence Crisis Line

816-461-4573 or 816-861-6100

MOCSA Sexual Assault Crisis Line
913-642-0233

National Human Trafficking Hotline
1-888-373-7888

The National Runaway Safeline
1-800-RUNAWAY (1-800-786-2929)

Hotline for the Homeless
816-474-4599

School Violence Report Hotlines
<https://www.stopbullying.gov>
MO: 866-768-7047
schoolviolencehotline.com
KS: 877-626-8203
stopbullyingkansas.org

ALTERNATIVE SUPPORT OPTIONS

- **Your school may have a counselor or social worker** available to meet with students who are needing emotional support. In addition to 1-on-1 support, you may also want to inquire about any support groups for students coordinated by the school.
- For additional in-network behavioral health providers (therapists/psychiatrists) please **call your insurance provider or visit your insurance's website.**
- You may also search for **local therapists, psychiatrists, treatment centers, or support groups** by visiting <https://therapists.psychologytoday.com>.
- If someone in your household is employed full-time, their employer may provide an **Employee Assistance Program (EAP)** benefit which may provide free temporary counseling. To

get more information ask the employer's benefits or human resource department.

- If you are needing **additional resources** please feel free to call **United Way 2-1-1**, a free and confidential service that connects people to community programs who can assist families with meeting their everyday needs at **816-474-5112** or toll free at **1-866-320-5764**.

Call ahead to verify information.
Provided as a resource, without any specific endorsement
*Multiple Locations Update 2/3/20



Acknowledgements

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Division of Developmental and Behavioral Health
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UMKC School of Medicine

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Appendix A

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Behavioral Health Provider

Summary

As key member of the primary care team, the Behavioral Health Provider is responsible for planning, prioritizing, and implementing integrated behavioral health strategies. The Behavioral Health Provider leads practice efforts to build a culture that supports integrated care across all providers and staff. In collaboration with the other providers, this position develops policies, procedures and protocols to address behavioral health needs in the patient population. The Behavioral Health Provider identifies, triages, and manages primary care patients with behavioral health needs. Using evidence-based treatment interventions, the Behavioral Health Provider develops individualized behavioral health treatment plans, in collaboration with the care team, that aim to improve the health and wellbeing for individual patients.

Essential Functions

1. Consultation
 - a. Assists primary care providers in recognizing and treating mental health needs
 - b. Performs substance abuse evaluation
 - c. Performs initial assessments and develops treatment plans
 - d. Provides psychoeducation for patients and their caregivers
 - e. Evaluates and emphasizes medication adherence
 - f. Assess for learning disabilities
2. Care Coordination
 - a. Provides on-going follow up with identified patients
 - b. Identifies, refers and advocates for patients needing more specialized care
 - c. Supports psychotropic medication management prescribed by PCP's
 - d. Maintains knowledge of community resources
 - i. Inpatient facilities
 - ii. Individual and family counseling services
 - iii. Community Mental Health Centers
3. Crisis Intervention & De-escalation
 - a. Provides crisis intervention and de-escalation for situations impacting the safety of patients, family members and staff
4. Program Development
 - a. Provides ongoing behavioral health education for clinic providers/staff
 - b. Develops behavioral health policies and protocols to fit the clinic needs
 - c. Determines which behavioral health screening tools to use
 - d. Participates in quality improvement efforts related to behavioral health

Qualifications

- Strong written and verbal communication skills
- Excellent interpersonal skills
- Ability to form and sustain effective relationships
- Demonstrates flexibility to adapt as clinic needs change

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- Maintains a working knowledge of differential diagnosis of common mental health or substance abuse disorders
- Experience in assessment and treatment of common mental health disorders

Education/Experience-

- Doctorate in clinical psychology, counseling psychology or behavioral health, or
- Master's degree in social work, psychology, marriage & family therapy, or
- Nursing degree
- Preferred experience working with behavioral health needs
- Preferred experience working in a health care setting

License

- Unrestricted license to practice in KS/MO