

Integrated Pediatric Behavioral Health at Reliant



WELCOME! Reliant integrates behavioral health (BH) care for children and adolescents into our primary care offices. When care is integrated, your primary care provider (PCP) and BH specialists work together as a team to provide care for your child. [Read on to learn more.](#)

1

What should I do if I have a BH concern for my child?

The first step is always to reach out to your PCP. You can bring up your concern while you are in the office for a visit. You can also call to speak with a primary care nurse. If you are in the office, your PCP may invite a pediatric behavioral health consultant into the room to talk with you. They can give you some ideas and help decide what to do next. Or your PCP or primary care nurse may share your concern with the consultant. Someone from the team will then contact you about what to do next.

2

Who is the Pediatric Behavioral Health Consultant?

The consultant is the first line of support to help your primary care team better understand your child's BH concerns. They have expertise in BH issues from early childhood all the way up to young adults. They are ready to quickly offer advice, education, and treatment when you need it. Reliant's consultants can teach you and your child some new skills to help deal with their BH concern.

3

What happens during a visit with the pediatric BH consultant?

During the first consult visit, you and your child will talk about your current concerns and BH history. Please take some time to talk and think about these things before your visit. Both child and guardian should be ready to talk. This is a family process. By the end of this visit, you will have a plan for what to do next. This might include some things to practice on your own, a series of treatment sessions, or both.



4

What happens in treatment sessions?

Treatment is focused on building skills to feel better and working to reach some shared goals. Your child will have two to eight sessions. These are 30 minutes long and take place in person or virtually. Reliant does not provide long-term therapy. If your child needs long-term therapy, your team will help connect you with a community BH provider.

5

How does medication fit into BH treatment?

Reliant's integrated pediatric BH team includes child psychiatry consultants who are experts on medication. Your child's care team will work with your family to decide if medication is right for your child. Your PCP can contact the child psychiatry consultant for help with decisions about prescribing.

6

Will my child have an appointment with the child psychiatrist?

It depends on your child's needs. Sometimes medication can be complicated. If needed, you and your child may have two to four telehealth visits to get the medication just right. Then your PCP will take over managing the medicine. It is important that both the child and guardian are present for these visits. If your child needs long-term medication management, your PCP team will help connect you with a community provider.



WHO CAN HELP ME IF I HAVE QUESTIONS?

- Reliant Behavioral Health Department:
1-508-856-0732
- Suicide Hotline: 1-800-273-8255
- Emergency Mobile Crisis Line: 1-877-382-1609

What should I know about costs?

Integrated BH care is billable through health insurance both for direct time spent with you and time coordinating your care. Because insurance coverage can vary greatly, please check with your insurance company about your specific plan and costs.