WESTERN WAKE
PEDIATRICS
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Collaborative Care Program for Behavioral Health
Patient Information and Consent

What is the Collaborative Care Program? Western Wake Pediatrics is pleased to offer a Collaborative Care Program for patients to help support behavioral health. The Collaborative Care Program is an evidence-based program to help children, teens, and their families support the mental health care provided by our medical team.

Who are members of our Collaborative Care Team? Your Western Wake Pediatrics provider (your doctor or nurse practitioner) is the leader of this team. The team also includes our Behavioral Health Care Manager, Mackenzie Howard, and a pediatric/adolescent Psychiatrist from Duke Health.

What are the benefits of our Collaborative Care Program?

- Regular check-ins with our Behavioral Health Care Manager to monitor your child's progress (in-person in our office, via video visit, or by phone call).
- Brief problem-solving sessions conducted by our behavioral health care manager with your child and family that can start immediately, like helping children/teens create and practice strategies to help with anxiety or attention, and working on ways to help family interactions and home support.
- Your child's case will be reviewed on a frequent basis with our dedicated Duke Psychiatrist, to offer the best recommendations for your child's care, especially if medications are prescribed. Your child will not interact directly with the psychiatrist.
- The average enrollment time in the Program is 4-6 months, but may vary depending on treatment needs.
- If advanced care is required, we will help your child establish care with a community therapist or psychiatrist.



Mackenzie Howard, LCMHCA
Behavioral Health Care Manager

What are the costs of the Collaborative Care Program?
Your insurance will be billed monthly for the time our team spends helping your child. As with other care, some of this cost may be passed along to you for co-payment depending on your insurance coverage. Typically, the cost of participation in this program is less than the cost of similar sessions with a community therapist.