



AN INNOVATIVE MENTAL HEALTH OPTION:

Did you know that Forest Hills Pediatrics has a program to help you reach your behavioral health goals? This program involves you, your pediatrician, a psychiatric consultant from Pine Rest, and a **Behavioral Health Care Manager (BHCM)**. The primary goal of this program is to provide additional support and motivation to enhance mental health. This program is called: **COLLABORATIVE CARE**

Your mental health is an important part of your overall wellbeing. Unfortunately, finding mental health services can be challenging. That's why we have adopted this evidence-based Behavioral Health Collaborative Care model - to help patients find quicker access to mental health support when they are struggling with mental health conditions.

BENEFITS OF THIS PROGRAM:

- You are an active partner in your goals
- We contact you by phone, video, in-person or portal message
- The **BHCM** acts as the liaison between you, the psychiatrist and your pediatrician
- The **BHCM** discusses your needs and concerns with a psychiatric consultant, and they adjust your treatment plan as needed
- Studies support better physical and mental health outcomes with this model
- This program helps overcome barriers with a goal of mentally feeling better more quickly
- Collaborative Care is covered by many insurance plans, and often cost sharing is waived. Since each plan is unique, please contact your insurance company directly to check coverage of the billing codes 99492 and 99493.

WHAT IS YOUR ROLE:

- Follow-up with the **BHCM** to discuss your care plan and explore barriers to reaching your mental health goals
- Attend regular appointments with your pediatrician to adjust treatment plan, as needed