
Pediatric Behavioral Health Consult and referral guidelines

Introduction

We want to make referrals easy, fast and efficient for primary care providers. This tool was developed to help create productive visits for you and your patient.

Each guideline includes appointment priority guide, common conditions treated, information about each service offered and how to refer.

Feedback regarding these guidelines is encouraged. Please contact your physician liaison to share feedback.

For access to all pediatric guidelines, visit helendevoschildrens.org and type “guidelines” in the search field.

Behavioral Health at Spectrum Health

In the section of Behavioral Health at Helen DeVos Children’s Hospital, we strive to care for the whole child which includes attending to their mental health, physical health, personal, family, school and community needs. Our experts utilize a multidisciplinary and comprehensive approach to diagnose and determine the root of the child’s problem utilizing a biological, psychological, and social approach to create a personalized treatment plan for each child.

Detailed clinical information with referrals helps to place the child with the best behavioral health specialist.

It is important to designate if the child is referred for psychiatric evaluation, therapy, neuropsychological testing, or autism testing.

We accept referrals for children and teens from birth to 18 years.

Appointment priority guide

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| <p>Immediate</p> | <p>If patient is experiencing a psychiatric crisis, for the best direct route to care, contact:</p> <ul style="list-style-type: none"> • Medically clear patient, with private insurance coverage – Pine Rest or Forest View • Not medically clear, with private insurance coverage – Emergency Department • Medicaid – Network180 (Kent County) or regional Community Mental Health |
| <p>Routine</p> | <p>Send referral via Epic Care Link, fax completed referral form to (616) 267-2850, or send referral through Great Lakes Health Connect.</p> <p>Please indicate if the child is referred for psychiatric evaluation, therapy, neuropsychological testing, or autism testing.</p> <p>For consultation on mild-to moderate mental health concerns, consider:</p> <ul style="list-style-type: none"> • MC3 • HDVCH Direct <p>Information regarding MC3, and requesting a consultation, can be found at https://mc3.depressioncenter.org</p> |

Autism Spectrum Disorders/Developmental Disabilities Clinic (Certified BCBS Center of Excellence)

The ASD Assessment Center is an approved autism evaluation center as designated by BCBS/BCN. The team includes a speech and language pathologist, pediatric psychologist and behavioral pediatrician. We currently provide comprehensive evaluation services and recommendations for educational and treatment planning. We do not see patients for autism testing who have are covered under Medicaid, (other than McLaren) or United Healthcare insurance plans.

The Clinic prefers to serve patients between 18 months of age and 18 years. Once assessment is complete, the Clinic assists with providing a resource list of clinical care organization for treatment.

Symptoms of ASD include:

- Deficits in social-emotional reciprocity
- Deficits in nonverbal communicative behaviors used for social interaction
- Deficits in developing and maintaining relationships, appropriate to developmental level (beyond those with caregivers)

- Stereotyped or repetitive speech, motor movements, or use of objects
- Excessive adherence to routines, ritualized patterns of verbal or nonverbal behavior, or excessive resistance to change
- Highly restricted, fixated interests that are abnormal in intensity or focus
- Hyper or hypo reactivity to sensory input or unusual interest in sensory aspects of environment

Neuropsychology Clinic

Spectrum Health will help place a patient for psychological and neuropsych testing. Detailed background information regarding the child assists with differentiation in psych testing:

- Neuropsych – medical illness which may be impacting brain development or learning
- Psychological – concerns regarding development or dyslexia, without medical illness

The Neuropsychology Clinic provides evaluation and treatment for the following:

- Prenatal alcohol or drug exposure
- Prematurity and/or neonatal complications
- Developmental delay and intellectual disability, transition to adulthood
- Genetic disorders and other rare illnesses
- Hypoxic/anoxic events (i.e., low or lack of oxygen)
- Cerebral palsy
- Neuro-immunology and neuro-infectious diseases (e.g., meningitis, HIV, etc.)
- Concussion and traumatic brain injury
- Epilepsy
- Pre-surgical and post-surgical evaluations
- Neurovascular disorders
- Neurodegenerative and demyelinating disorders
- Leukemia, brain tumor and treatment with chemotherapy and/or radiation
- Bone marrow transplant
- Solid organ transplant
- Congenital heart disease
- Chronic kidney disease

Pediatric Pain and Palliative Medicine, Comprehensive Pain Clinic

The Comprehensive Pain Clinic is an outpatient clinic consisting of a pediatric pain psychologist, pediatric pain physician, advanced practice provider, social worker, and physical therapist. We provide a joint multidisciplinary, comprehensive, biopsychosocial pain evaluation to determine the best treatment for our patients.

We provide:

- Outpatient pain medicine management
- Individual and family pain psychology intervention (cognitive behavioral and bio behavioral treatments including biofeedback)
- Physical therapy
- Social work services
- Care coordination with other medical specialties.

Child Psychiatry Clinic

The Child Psychiatry Clinic is a shorter-term consultative clinic for stabilization and treatment.

Care is provided to patients with medical illness that affects mental illness or mental illness which affects physical illness. Examples are, patients with diabetes and depression that are not adherent to treatment, have conversion disorder, or somatic symptom disorder.

Pediatric Psychology Clinic

The Pediatric Psychology Clinic provides evaluation and treatment for the following:

- Adjustment to chronic illness
- Adherence to medical treatment regimens
- Anxiety and depression *in the context of physical illness*
- Autism Spectrum Disorders
- Behavioral and school problems *in children younger than six years of age*
- Chronic pain
- Enuresis and encopresis
- Gender care
- Neurodevelopmental disorders

- Somatoform disorders including conversion disorder
- Parenting behavioral advice
- Dyslexia and other learning disabilities

Hospital-based services: Pediatric Behavioral Health Consultation Liaison Team

Outside of the ambulatory service information listed above, HDVCH offers hospital-based Behavioral Health consultation. The Pediatric Behavioral Health Consultation Liaison Team provides psychiatric and psychological consultation, evaluation and treatment for children and families with acute illnesses. Our psychiatrists and psychologists work closely with social work, psychiatric nurses, child life specialists, and behavioral health technicians during a medical hospitalization to provide well-rounded and holistic care.

HDVCH Direct: (616) 391-2345

Helen DeVos Children's Hospital developed these referral guidelines as a general reference to assist referring providers. Pediatric medical needs are complex and these guidelines may not apply in every case. Helen DeVos Children's Hospital relies on its referring providers to exercise their own professional judgment with regard to the appropriate treatment and management of their patients. Referring providers are solely responsible for confirming accuracy, timeliness, completeness, appropriateness and helpfulness of this material and making all medical, diagnostic and prescription decisions.