



Dear Parents and Caregivers,

This letter serves to inform you that your child's pediatrician has referred you to the **New Jersey Pediatric Psychiatry Collaborative (NJPPC)**, of which your child's pediatrician is a participating member. This is a grant-funded program in which pediatricians and child mental health specialists collaborate to provide treatment for children and adolescents with mental/behavioral health and/or substance use concerns.

The way the program works is as follows: participating pediatricians refer a patient to their local collaborative care Hub of the NJPPC. The Hub social workers, counselors, psychologists, and other mental health professionals will work with you by providing a telephonic assessment to identify your child's mental health needs and connect you with the appropriate resources in your community to address those needs.

The goal of our program is twofold: to provide a streamlined process for both the pediatric office and the family in referring patients to the necessary level of care. Secondly, in appropriate cases, the Hub offers a patient evaluation with a Child & Adolescent Psychiatrist at the Hub who can provide the psychiatric evaluation findings and medication management support to your pediatrician.

We know that managing the emotional and behavioral health needs of a child can be a sensitive issue. That is why our on-staff social workers, psychologists, and psychiatrists, are committed to sharing their expertise with you and your pediatrician to develop treatment plans that suit your child's needs. Thank you for the opportunity to serve you and your child!

Sincerest Regards,

The New Jersey Pediatric Psychiatry Collaborative (NJPPC)

Frequently Asked Questions:

- 1. How come my child was referred to the New Jersey Pediatric Psychiatry Collaborative Hub?**
 - a. Your child/adolescent's pediatrician has referred your child to the New Jersey Pediatric Psychiatry Collaborative Hub based on the results of the behavioral/mental health screening tool(s), their clinical judgement, and/or the concerns you may have shared regarding your child/adolescent's social emotional, emotional, or behavioral health.
- 2. Am I obligated to use the New Jersey Pediatric Psychiatry Collaborative Hub's services?**
 - a. Our program is completely voluntary and optional. However, we have found that many families have appreciated the opportunity of speaking to our Hub Staff as they speak directly to licensed mental health professionals (i.e. licensed clinical social worker, licensed professional counselors, psychologist) and mental health specialist to discuss the concerns they are having with regard to their child/adolescent's behavioral/mental health and whether those concerns are red flags that need to be addressed.
- 3. What can I expect when referred to the New Jersey Pediatric Psychiatry Collaborative?**
 - a. Our empathic and knowledgeable staff of mental health professionals will contact you directly by phone to complete a clinical intake of your child/adolescent to identify the concerns, evaluate the severity, and determine the appropriate level of care. The clinical intake is done over the phone and takes approximately 25 minutes.
 - b. Upon completion of the clinical intake, our staff will discuss the current concerns that were identified through the clinical intake, discuss the appropriate level of care that can address those concerns, and provide recommendations to therapists and/or agencies. You can consider our services as short-term case management.
- 4. How is this different from being given a list of therapists or agencies to contact for mental health services?**
 - a. Based on the information provided during the clinical intake, our Hub staff will research and contact providers and/or agencies directly that will work with your child/adolescent to effectively address said concerns. In short, we screen providers to ensure that can actually treat the presenting concerns. We also screen the therapists based on your insurance and geographic location.
- 5. Is the information I share about my child/adolescent confidential with the Hub staff?**
 - a. Yes, information that is shared about your child/adolescent's behavioral and mental health is strictly confidential. However, our Hub staff are mandated reporters and are required to break confidentiality when reports of child abuse/neglect are made or when your child is at risk of harming themselves or others.
- 6. Is my child/adolescent's pediatrician kept informed of the concerns and recommendations discussed?**
 - a. Yes, we are collaborating with your child/adolescent's pediatrician throughout the process to ensure they are fully informed as they will continue to be your child/adolescent's primary care provider.