



## **Behavioral and Mental Health Services at Newton Wellesley Family Pediatrics**

NWFP offers behavioral and mental health consultations and support to patients of NWFP and their families throughout childhood, adolescence, and young adulthood. This is the first stop for mental health care.

Services include:

- Short-term episodic treatment (6-8 sessions per episode, repeated as needed)
- Treatment planning and determining the best services for you/your child
- Consultation to families and the pediatric primary care team
- Assessment of presenting concerns, presentation, and functioning
- Parent consultation, guidance, and coaching
- Collateral consultation (e.g. school, outpatient providers, etc.)
- Referrals to or support to obtain community-based behavioral and mental health services as appropriate and indicated (e.g. individual/group/family therapy, medication management, etc.)

Important Information About Behavioral and Mental Health Services at NWFP:

- Up to the first 3 sessions are evaluative in nature to allow enough time to develop an appropriate service plan.
- Sessions are 30 or 45 minutes, depending on the need.
- Virtual visits need to be from a quiet, private space.
- For most patients, the first meeting is with parents(s) alone to help define the concern and plan for the assessment. Patients 18 + have the option not to include their parents in the treatment.
- Patients under 12 years old should always be accompanied by a parent or guardian.
- Patients 13 – 16 years old should be accompanied by a parent or guardian for the first session.
- Patients who are 16 and 17 years old can come to the initial meeting alone, if they choose.
- Patients 18 and over are adults and can determine how they want to initiate treatment.
- Parents and guardians of patients under 12 years old can access visit notes on MyChart.
- Parents and guardians of patients over 13 cannot access visit notes on MyChart.
- For patients in the custody of the Department of Children & Families (DCF), visit notes are not accessible to proxies.

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