



BEHAVIORAL HEALTH SERVICES

Are emotional challenges or conflicts interrupting your life? Ready to talk to someone about your mental health or substance use? Ask your provider about a referral to behavioral health.

Whitman-Walker offers these behavioral health services:

INTEGRATED BRIEF BEHAVIORAL (IBB)

IBB pairs you with a clinician to work on behavioral health issues and that can be addressed in several brief sessions. Commonly addressed issues are depression, anxiety, grief, major life change, trauma, etc. This brief, limited approach helps build your strength and resilience. To get connected, schedule a Behavioral Health Consult through MyChart.



PEER SUPPORT

Support groups to help individuals at any stage of life, many of which are focused on LGBTQ+ identities. Groups are led by trained volunteers and the cost is free - though donations are always welcome.



Contact Michael Mitchell for a group intake: mmitchell@whitman-walker.org 

SUBSTANCE USE DISORDER TREATMENT

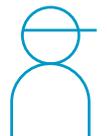
SUD services are here to help you better understand and address your drug and alcohol use. Whether you're seeking to quit altogether (abstinence) or reduce the harms of use (harm reduction) we have a range of programs to help you meet your goals.



Contact Jen Loken to get connected: jloken@whitman-walker.org 

YOUTH MENTAL HEALTH

Youth Mental Health services include trauma-focused individual psychotherapy, group therapy, and psychiatry young people between 13-30, with a specific focus on supporting queer youth who have experienced trauma or violence. To schedule a consult, please schedule through MyChart.



Contact Sarah Lawson for more info: slawson@whitman-walker.org 

GROUP PSYCHOTHERAPY

These groups help with everything from emotional regulation and stress reduction to processing feelings through writing and navigating health challenges. Groups are led by therapists on staff at Whitman-Walker. To learn which group is right for you, schedule a Behavioral Health Consult through MyChart.



PSYCHIATRY

Psychiatric services are specialized medical services aimed at diagnosing, treating, and managing mental health conditions. Available only to those who receive primary care at Whitman Walker. Talk to your primary care provider at WWH to discuss possibilities.



Note: We do not provide in-house testing for learning disorders or autism spectrum disorders.



BEHAVIORAL HEALTH SERVICES

NOT SURE? SAME DAY BHS SUPPORT

If you are still not sure about what support you need, ask your primary care provider to connect you to a Behavioral Health Specialist (BHS) at your next medical visit. A BHS is a licensed clinician who can assess your behavioral health needs and refer you to the appropriate services. This assessment can help aim you in the right direction for care if you are not sure.

CANCELLATIONS

BH appointments can be canceled by:

- Patient portal
- Contacting your therapist directly
- Appointments canceled with less than 24 hours' notice will be considered a no show.
- If you do not show up for your appointment and give no advanced notice, it will be considered a no-show.
- Two (2) no-shows in a 2-month time frame will result in discharge from IBB.
 - Clients discharged will be given referral options for ongoing care elsewhere.
 - Clients discharged will not be eligible for readmission for IBB for 90 days.

The No Show and Cancellation Policy is designed to help fully engage clients in behavioral health services, to discharge clients who are not engaged in treatment, and effectively manage the behavioral health needs of all clients of WWH.

COST FOR BEHAVIORAL SERVICES

- All behavioral health services with licensed clinicians are billable services.
- If you have public insurance (Medicaid or Medicare), services are likely fully covered.

- If you have commercial insurance, contact your insurance company about out-of-pocket costs, like copays or deductibles.
- No insurance– need to find out about options? Talk to our Public Benefits team.

OUT OF POCKET COSTS FOR BH (NOT USING INSURANCE)

- \$200 – Individual Therapy 45 minutes- 90834
- \$130 – Individual Therapy 30 minutes- 90832
- \$50 – Group Therapy- 90853
- \$250 – Crisis Intervention- 90839
- \$270 – Psychosocial Assessment- 90791
- \$300 – Psychiatry Assessment- 90792
- \$115 – Psychiatry Follow-Up- 90833

OTHER RESOURCES

CAN'T FIND WHAT YOU NEED? SCAN HERE



MYCHART

Whitman-Walker Health is now using Epic's MyChart to manage your appointments, prescriptions, test results, and communication with your providers. **You can download  MyChart from the Apple App Store or Google Play Store.**

ACCESS OUR PORTAL HERE



Text **START** to **59036** to receive your appointment reminders and updates.