

Fact Sheets & Resources

Resources, fact sheets, and websites listed below offer factual information about pediatric mental health:

American Academy of Child and Adolescent Psychiatry: www.aacap.org

Find helpful fact sheets here:

www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/FFF-Guide-Home.aspx

Children's Mental Health Network:

www.cmhnetwork.org/

A national network bringing together the voices of children's mental health.

The Boston Children's Hospital "Depression Experience Journal":

www.experiencejournal.com

Collection of stories, videos, and personal experiences from families about what it has been like to live with their children's illnesses; Experience Journals aim to facilitate the *strength* and *resilience* that lies in every child, adolescent, and family facing adversity.

National Child Traumatic Stress Network:

www.nctsn.org/

Collaboration of frontline providers, researchers, and families committed to raising the standard of care while increasing access to services.

HelpSteps: www.HelpSteps.com or download the app

Generates a list of resources for the services you are interested in.



State Agencies

Bureau of Substance Abuse Services:

www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/

Oversees substance abuse and gambling prevention and treatment services in the Commonwealth.

Youth Central Intake: 1-866-705-2807

Department of Mental Health:

www.mass.gov/dmh

Provides support and services to youth with serious emotional disturbance and adults with serious mental illness.

Department of Developmental Services:

www.mass.gov/eohhs/gov/departments/dds/

Provides support to individuals with developmental disorders and their families.

Department of Children and Families:

www.mass.gov/dcf

Responsible for providing protection and support to children across the Commonwealth and their families.

Massachusetts Department of Early Education and Care:

www.eec.state.ma.us/ChildrenWithSpecialNeeds.aspx

Oversees pre-school education and transitions from Early Intervention.

Department of Youth Services:

www.mass.gov/dys

Juvenile justice agency for the Commonwealth

Office of Patient Protection: 800.436.7757

www.mass.gov/dph/opp

Provides health insurance consumer protections in accordance with Massachusetts law.



Family Resource Guide

Helping you make sense of the Massachusetts Mental Health system



Finding a Provider

The first step to getting care is finding a provider, which can be difficult. Persistence is often necessary to find the appropriate provider for your child and family.

1. Health Insurance: Access to mental health services is often determined by insurance. Call the number on the back of your insurance card or go to the insurance company's website to find a list of providers in your area covered by your plan. You can limit provider lists to type of provider, disorders treated, and location. You may have to call many providers to find the right one for your family.

2. Primary Care Provider (PCP): More and more PCPs have mental health providers in their offices. They may also know many of the providers in your community. You may want to bring a list from your insurance company and ask them to identify recommended providers.

3. Other referral sources: Your child's school, a religious leader, a friend, or family member may know providers. You may be surprised that many people in your community have experience with mental health providers.

Most children receive behavioral health services in their community. Some behavioral health supports at BCH are listed, below.

Outpatient Psychiatry (Intake):
617.355.6688

Priority is given to patients with primary or specialty care at BCH.

Autism Spectrum Center: 617.355.7493

Learning Disabilities Program:
617.355.6388

Adolescent Substance Abuse Program:
617.355.ASAP

Family Support and Advice

Families can find it helpful to receive support from other families who are experiencing some of the same challenges accessing, maintaining, and navigating mental and behavioral health care for their child(ren). Listed below are resources to assist in family support and advice:

BCH Hale Family Center for Families:
617.355.6279

Provides support to families during their experience at Boston Children's Hospital.

Parent/Professional Advocacy League (PPAL): 617.542.7860 www.ppal.net

Offers advice and support for parents across the state and runs a hotline.

Federation for Children with Special Needs:
617.236.7210 www.fcsn.org

Statewide organization that helps parents of children with special needs. It is a great online resource for IEPs and 504s.

Health Care for All: 800.272.4232
<https://www.hcfama.org/helpline>

Expertise in Massachusetts health insurance access and coverage.

The National Alliance on Mental Illness of Massachusetts: 800.370.9085
www.namimass.org

Statewide support for persons living with mental illness and their caregivers.

Massachusetts Advocates for Children Helpline: 617.357.8431 ext. 237

Provides support to families whose children are facing barriers to receiving educational supports and services.

Special Needs Advocacy Network:
www.spanmass.org

Provides information and resources on special needs to parents and professionals.

Navigating mental and behavioral health systems can be challenging.

Boston Children's Hospital (BCH) aims to provide resources to ensure families receive access to effective care.

This resource guide is intended to provide families with information to gather support, service options, educational materials such as fact sheets on pediatric mental health, and other state agencies that may provide information or support in navigating the Massachusetts mental health system.

