



Walpole Pediatric Associates Integrated Behavioral Health

Walpole Pediatric Associates' Integrated Behavioral Health (IBH) program started in efforts to better support our patients. Recognizing that physical, mental, and behavioral health is interrelated; Walpole Pediatric Associates (WPA) integrated behavioral health providers into our practice, including licensed therapists and medication managers in efforts to provide our patients quick access and to coordinated care. By addressing the mental and behavioral health in addition to the physical health needs of our patients, WPA can treat the whole person. Walpole Pediatric Associates' IBH program has providers licensed in Massachusetts, Rhode Island, and New Hampshire. Our staff provide psychotherapy and / or medication management treating children at the same office as their pediatrician. We provide using a solution focused, episodic, interventions to ensure quick access and comprehensive care.

Children are referred to IBH for a variety of reasons such as, a behavioral health checkup, concerns for emotional challenges, or behavioral health needs. Referrals are not necessary; parents can call to schedule an appointment for their child at any time.

What to expect from the first visit

The first appointment with a Walpole Pediatric Associate Intergraded Behavioral Health (IBH) provider is an assessment, scheduled in the morning, and lasts about an hour. During this initial assessment you and your child will review the emotional and/or behavioral concerns, past treatment, related history and contributing factors. Oftentimes people feel overwhelmed with needing to provide this information, no worries the IBH provider is skilled at guiding the conversation with clarifying questions. In addition to conversation between the child's adult and therapist, your child's participation and behaviors observed are also part of the interview process. The purpose of this first meeting is to assess the scope of the problem and determine treatment recommendations, including level of care needed. At the end of the first appointment the child, child's adult, and provider will create at a collaborative about next steps and treatment. Collaborative plans can include psychoeducation and related resources, brief intervention, and strategy building, scheduling a follow-up appointment to continue with short term treatment, or referrals for ongoing treatment or more in-depth evaluation.

Please ensure that a parent or legal guardian is present at the beginning of the initial visit.

If a parent desires to speak or meet with the clinician prior to the initial visit for information about services, to give background, get consultation without a child present, parent should schedule a 30-minute parent consultation in person or video appointment prior to the assessment. Schedule consultations with the front desk.

Services Provided

We know that rapid and early intervention to emotional health challenges creates the most success. To ensure quick access and prompt treatment we provide solution focused therapy consisting of 1-10 sessions providing clinical assessment, short-term individual and/or family treatment, behavioral health consultations, and referrals to community services and outside providers. When referring to community providers and specialists, your child's provider will do this in conjunction with you.

The behavioral health services at Walpole Pediatric Associates are voluntary. You always have the right to decide to seek help outside of WPA.

Scheduling, Communication, and Availability

Your initial appointment or assessment should be scheduled with the front desk; if a referral was made by your doctor, the front desk will reach out to you. If you are seeking behavioral health services without a referral, you can call the front desk yourself for scheduling at 508-668-2200. Following your initial visit, all follow-up appointments can be scheduled at the front desk at the end of each appointment with no more than three appointments scheduled at a time.

In scheduling your first appointment, we suggest that you schedule the initial assessment (morning appointment) and two follow-up appointments to ensure you receive an afternoon appointment that works for your family. In-person and virtual appointments are available. For virtual appointments, the child must be taking the appointment in the state the provider is licensed.

Communication

If you need to speak to your provider outside of session about a non-urgent matter, you can:

- Send a message to your provider using MyChart. Send directly to your provider or your child's pediatrician marked with ATTN: Provider's name.
- If you need to cancel or reschedule an appointment, please contact the front desk staff.

If you have an urgent matter to discuss with your provider:

- If there is an imminent safety concern regarding behavioral health, please contact 911, 833-773-2445 (Massachusetts Behavioral Help Line), or your local crisis team from the contacts below.
 - ◆ Riverside Community Cares: 190 Lenox Street, Norwood, MA (800) 529-5077
 - ◆ CBHC: 1 Washington St., Taunton, MA (800) 660-4300
 - ◆ Advocates: 1094 Worcester Road, Framingham, MA (800) 640-5432
- Call the nurse line at 508-668-2200 ext. 2

Cancelled Appointments

If you cannot make an appointment or need to reschedule, please call at least 24 hours in advance. If more than two visits are missed or are cancelled last-minute, you may need to schedule the next visit during a morning appointment.

Cost of Services

All scheduled visits are billed to your insurance company according to your insurance plan. All copayments are due at the time of your visit. Please make your copayment at the front desk. If you receive an invoice, you may pay online by visiting our website, selecting MyChart Login, and then choosing **Pay as Guest**.

Website: walpolepediatrics.com

Provider Schedules

	Kaelyn Hevert LICSW	Beth Bogus LICSW	Hannah Roberts
Monday	9:00am – 5:30pm	9:00am – 5:30pm	10:00am – 6:30pm
Tuesday	11:00am – 7:30pm	9:00am – 5:30pm	8:00am – 4:30pm
Wednesday	9:00am – 5:30pm		
Thursday	9:00am – 5:30pm	11:00am – 7:30pm	8:00am – 4:30pm
Friday		9:00am – 5:30pm	8:00am – 4:30pm