



Consult Request Guide

Before you call the Consult Line, here are some things to be aware of.

Please have a conversation with the caregiver of your patient to let them know that you wish to make a consultation to a Child and Adolescent Psychiatrist. As part of the program, Family Voices, a private, nonprofit care coordination partner, is able to reach out to the family to see if there are any other services and care coordination efforts they could assist with. To accomplish this, a [release of information](#) will need to be completed by the caregiver.

The Consult line will be answered by Family Voices as our partnering provider for coordination of care.

They will ask you multiple questions to both prepare the on-call psychiatrist for your consultation and fulfill grant related documentation requirements.

The questions will be things that you will mostly have readily available. The following is a list of the questions and options for each question.

1. What is your name?
2. What is your provider credentialing?
 - Nurse Practitioner
 - Physician Assistant
 - Family Medicine
 - Primary Care Doctor
 - Other – and then specify other.
3. What is the name of the practice you work for?
4. Are you an enrolled provider in the North Dakota Pediatric Mental Health Care Access Program?
 - Yes
 - No

Note about enrolled providers, <https://ruralhealth.und.edu/projects/nd-pmhca/enroll>.
5. What is your North Dakota PMHCA Program ID?
 - This will only be asked if you are enrolled.

6. What is the North Dakota PMHCA Program Practice ID?
 - This will be asked if you are an enrolled provider in an enrolled practice.
7. What is your practice zip code?
8. What is your practice email?
9. What is a direct phone line that the consulting provider can reach you at?
(preferably not a nurse line)
10. What kind of agency is this? (i.e., primary care clinic, Emergency Dept, etc.)?
11. Reason for this consultation?
 - **Substance Use Assessment**
 - Ask for this if you have completed a substance use screening in your office setting and the results warrant a need for further assessment.
 - The LAC will be able to complete a telehealth substance use assessment and assist in determining the most appropriate level of care to refer your patient to.
 - The results of the substance use assessment will be sent to the you and the Family Voices care coordinator pending appropriate release of information is obtained.
 - **Guidance on Initiating Medication**
 - Ask for this if you are certain of the diagnosis and are inquiring about the medication and dosage to begin the patient on.
 - **Care Coordination**
 - Ask for this if you are making an additional referral on this list and/or if you are only seeking care coordination assistance for your patient.
 - Family Voices is available to help families connect to mental and behavioral health services. Family Voices also assists families in assessing their social determinants of health and can assist them in reducing their barriers to care in numerous ways.
 - **Assessment and Diagnostic Clarification**
 - Use this option if you are uncertain with the diagnostic presentation of your patient and you would like to puzzle through the case with a child and adolescent psychiatrist.
 - **On-going Medication Management Consultation**
 - Choose this option if you have already had a consultation and are seeking additional guidance in titrating the medication up or down.
 - Choose this also if you already have a patient on a medication and are considering polypharmacy to treat a behavioral or mental health condition.
 - **Direct Patient to Psychiatrist Consultation Request**
 - **This option is only available to enrolled providers.**
 - Choose this option if you have already had a consultation with the psychiatrist and the patient is not responding favorably to the interventions previously recommended.
 - Please note, this is not a referral to the psychiatrist in which the psychiatrist takes on the care of the patient. This is a one-time consultation that is free to the patient. It is to provide you with a clearer diagnostic assessment and recommendations to implement in your own practice.

- **Psychological/Behavioral Health Consultation**

- Use this option if you would like to consult with a psychologist or a behavioral health therapist about some brief behavioral health interventions to use in the primary care setting.

12. What screen tool was completed? (Check all that apply)

- CAGE
- GAD7
- PHQ-9A
- PHQ-9
- CRAFFT-N
- CRAFFT
- CSSRS
- SCARED
- Vanderbilt
- Other – and then define what the other is.

All of these screeners are available in the [diagnostic folders](#) of the website.

13. Summary of the consult question:

- This is a brief narrative section in which the Family Voices staff will get details from you about the case background and current concern necessitating the consultation. Think of this as an SBAR report process. This will better prepare the on-call psychiatrist for your conversation.

You are now ready to call the Consult Line at **1-888-522-9654**.

Thank you for your service to the youth in North Dakota!