

Mental Health Care Guide

For Primary Care Clinicians

Version 1.0 ♦ Summer 2014

By: Keith Cheng, M.D., OPAL-K Medical Director

OPAL-K

Oregon Psychiatric Access Line about Kids

This mental health care guide is designed to offer diagnostic and treatment process guidance for primary care clinicians and is not a substitute for specific professional medical advice. Clinicians may reproduce any pages of interest from this booklet for use in their own clinic.

There was no pharmaceutical industry or commercial funding for preparing this booklet.

Mental Health Care Guide for Primary Care Clinicians

OPAL-K

Oregon Psychiatric Access Line about Kids

The vision of OPAL-K is to expand the availability of high quality mental health treatment to children in Oregon through the support of the “medical home.” We will achieve this goal by offering primary care clinicians:

- Timely psychiatric consultation
- Clinical education
- Primary care treatment algorithms
- Connections with private and public community mental health professionals

The OPAL-K program offers:

- Same day phone consultation for psychiatric questions, weekdays from 9 a.m. to 5 p.m. (excluding major holidays)
- Evidence-based practice data support to primary care clinicians in need of psychiatric treatment information
- Practical advice to clinicians providing mental health care in the medical home of Coordinated Care Organizations (CCOs)

OPAL-K is not a program that focuses only on medication issues and is **not a substitute for:**

- Emergency room assessment of psychiatric emergencies
- Inpatient psychiatric care or referrals
- Community mental health clinic programs providing specialty care to special needs youth

For information or to sign up, email opalk@ohsu.edu or call 503-346-1000 or 1-855-966-7255