UCSF Benioff Children's Hospitals

Child & Adolescent Psychiatry Portal



CONNECTING FOR CARE

Child and Adolescent Psychiatry Portal

Access to pediatric mental health care is a universal and ever-increasing need. The UCSF Child & Adolescent Psychiatry Portal (CAPP) is a child psychiatry access program that increases access to mental health care through real-time consultation, education and care coordination throughout Northern California.

CAPP's no-cost, timely, practical guidance on mental health screening, assessment, diagnosis and treatment planning, as well as training and peer tele-mentoring helps pediatric primary care providers steadily increase their knowledge, skills and confidence in managing common mental health conditions like anxiety, depression and ADHD.

Connecting for Care

CAPP education and consultation on increasingly prevalent conditions like autism, eating disorders, gender dysphoria, substance use, as well as care coordination for more complex presentations, help PCPs and families bridge support while they navigate linkage to appropriate referrals.

CAPP consultation is guided by trauma-informed care principles, including cultural humility, curiosity and responsiveness, with youth and family voice and choice at the heart of its mission.

The CAPP program has been an absolute godsend. Advice has been on-point, clearly stated and given in a timely fashion. I have learned so much and my patients' psychiatric care has dramatically improved.
-Barbara Botelho MD

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Consultation:

Initial CAPP Consultation offers real-time, patient specific consultation with a child and adolescent psychiatrist on patients with behavioral health concerns. This may include guidance on screening, assessment, diagnosis, treatment planning, including medication management, and resource & referral navigation, as well as general questions about development and related mental health concerns.

'Reach Out and Connect' is an opportunity for caregivers to collaborate with a therapist on how to best meet the needs of their child during a one-time consultation session. one-time opportunity for families to speak directly to a knowledgeable psychologist for clarification of underlying behavioral and mental health concerns, parent guidance on behaviors and navigating next steps.

Bridge Care Coordination is for families identified during initial CAPP consultation who need extra assistance in navigating recommended resources & referrals due to motivational, language and/or other barriers, and who consent to Bridge services with the PCP.

Education: CAPP hosts monthly webinars (with CME available), as well as monthly Project ECHO online peer learning communities.

Enrollment:

If your practice has not yet enrolled, please complete the enrollment form on our CAPP enrollment page, so that you and your colleagues can start benefitting from no-cost, CME-eligible educational offerings and consultation services.

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