



**tcmhcc**  
Texas Child Mental  
Health Care Consortium

**CPAN**  
Child Psychiatry  
Access Network

**PeriPAN**  
Perinatal Psychiatry  
Access Network



# Direct Patient-Psychiatrist Consultations

CPAN and PeriPAN psychiatrists can recommend and provide free, one-time direct patient consultations when indicated.



## How it works:

Call CPAN/PeriPAN at **888-901-2726** for a clinician-to-clinician consultation about your patient.



## If...

during your call, the psychiatrist recommends a direct consultation with your patient and the CPAN or PeriPAN psychiatrist to clarify next steps in care,



## Then...

they will discuss their reasoning, how to prepare, and put our team in touch with your patient to set up the one-time consultation.

## Requirements:

- 1 The treating clinician remains the primary health care provider.
- 2 The patient is not experiencing a mental health emergency (threatening harm to self or others).
- 3 The patient or their parent/guardian agrees to participate in the assessment and gives written consent to the CPAN or PeriPAN team.

# Direct Patient Consult FAQ



## Can I request a direct patient consult?

During the initial phone consultation, you and the CPAN or PeriPAN psychiatrist will determine if a direct assessment of the patient will better inform next steps in treatment.

## How long does it take to set up a direct consult with a CPAN or PeriPAN psychiatrist?

The CPAN or PeriPAN team will coordinate a one-time assessment with your patient (and parent/guardian if the patient is a minor) within 10-14 days from the time your patient or their parent/guardian provides written consent. The assessment will occur in person or virtually.

## What happens after a CPAN or PeriPAN direct consultation?

You remain the primary health care clinician. The CPAN or PeriPAN team will provide you with:

- » Clarification on the presenting mental health issue.
- » Diagnosis of a specific mental illness (if applicable).
- » Treatment options.
- » Applicable psychosocial and educational resources/recommendations.

Recommendations will be shared with you in writing and with a follow-up phone consultation. Once completed, you may share information with the patient or family and discuss next steps in care.

## Can I request more than a one-time consult?

The CPAN and PeriPAN team do not provide ongoing care. If your patient is determined to need specialty care that you are unable to safely manage, we will work to locate appropriate resources or referrals and provide that information to you.

## Does a direct consult cost anything for patients?

Your patient is not charged for the assessment. The service is provided at no cost.

## To whom does the patient or family need to provide consent?

Your patient or their parent/guardian must provide consent to the CPAN or PeriPAN team for this assessment.

## What insurance is needed?

No insurance is needed from your patient. This is a no-cost, one-time assessment and then you will continue to provide care to your patient.