



Bramblebush Pediatrics
Boston Children's
Primary Care Alliance



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What to expect from your visit with the Behavioral Health Consultant:

The first appointment is a clinical assessment to gather background information, these appointments are scheduled during the morning hours. You and your child will participate in answering questions about your child's development and history, share your concerns and answer any questions you may have. Your child's participation and behaviors will also be observed as part of the interview process. The purpose of this first meeting is to determine the level of care needed. At the end of this visit, you may receive referrals for outside services, schedule a follow-up visit, or it may be determined that services are not necessary at this time.

What services we offer: Clinical assessment as described above. Brief individual skill-based treatment and family support. Typically, treatment is focused on coping skills and tools to manage symptoms in about 4-6 sessions. Referrals to outside providers and services if deemed appropriate.

Where we refer: We have a list of local agencies and private practice clinicians that we are updating regularly. We do our very best to ensure we are providing referrals to skilled providers who take your insurance and are within a reasonable driving distance.

Why we refer: Our goal is matching your child to the most appropriate service for their specific needs. Because we operate in a primary care pediatric practice, we are only able to offer short-term services. We will often refer our patients that would benefit from a higher level of care and whose treatment goals would not be met within a short-term therapy model. *This may include patients with a long standing history of mental health diagnoses, patients with developmental delays, families who may benefit from ABA services, complex family dynamics where in-home therapy or long term family therapy may be more beneficial, children under the age of 3, patients with concerns related to toilet training, patients in crisis, and actively suicidal or engaging in self-injurious behaviors who would benefit from urgent crisis support and/or long term support.*

PCP communication: We maintain communication with your primary care physician so that they are up to date on your behavioral health needs and concerns. We also have our medical home care coordinator to help with referrals.