



Cobb Pediatrics Behavioral Health Treatment Policy

Anxiety, depression, and other behavioral health conditions in children and adolescents are often treated in the primary care setting. These conditions can be quite serious, and it is very important that any medication prescribed be taken regularly. Appropriate follow-up is very important in ensuring your child receives the best care.

In accordance with national clinical quality recommendations, all patients requiring medical treatment for behavioral health will be required to have an annual physical exam in addition to behavioral health maintenance visits with their primary care provider at regular intervals. We will monitor your child for proper growth and development, medication effectiveness, possible side effects, the potential need to change medications or dosages, and will also address any educational and psychological concerns. Please note that an interim visit for a sick appointment (cold, sore throat, abdominal pain, etc.) does not replace the need for your child to be seen for a behavioral health specific follow-up. An appropriate amount of time for these behavioral health specific visits is required so we can provide the best care for your child. If these appointments are missed, your child may run out of medication which could result in serious withdrawal symptoms.

- At the initial appointment, a thirty-day supply of prescriptions will be given, and the patient will be scheduled for a 1-month follow up.
- In the event of a medication or dosage change, a thirty-day supply of prescriptions will be given, and the patient will be scheduled for a 1-month follow up.
- Patients that are established on the same medication for >30 days will receive a ninety-day supply of prescriptions at each interval visit and will be scheduled to return to the office in 3-months.

Please be prepared to schedule your subsequent follow-up visit at each encounter. Planning ahead will ensure appointment availability and will also guarantee that you never run out of medication. In the event of any treatment complications, you may always contact us to discuss concerns, or you may come into the office for an earlier appointment if needed.

Prior to each behavioral health visit, you will receive a reminder for your child to complete a standardized behavioral health survey to help the provider monitor your child's symptoms and medication effectiveness. Please have your child fill out any surveys confidentially in advance of the appointment. When you complete these surveys online and in advance of your appointment, your provider will be better prepared for your visit, and you will minimize your wait time. If you do not complete these surveys in advance, your appointment may be canceled or rescheduled by our office.

Cobb Pediatrics is committed to providing the highest quality of care and we appreciate your cooperation with these guidelines. If you have any questions or concerns, please feel free to contact our office.

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