

Finding a Therapist for Headache Psychology Treatment With MediCal

- 1) **Call your local county mental health office**
 - Numbers vary by county. The easiest way to find the appropriate number would be to google “[COUNTY NAME] Behavioral Health ACCESS” *or* “[COUNTY NAME] Mental Health ACCESS” and find the correct number listed on the website.
- 2) **Provide basic information over the phone or by voicemail** (*patients over 18 must call themselves or together with a parent*)
 - Name of caller and patient
 - Insurance
 - Location
 - “Looking for child/adolescent therapy services”
- 3) **Initial screen on phone *or* in person** (*process varies by county*)
 - In the assessment, be sure to (A) **be specific about emotional health and related symptoms** (ex: depression, anxiety) and (B) **describe the impact of these symptoms on the child’s life** (ex: school, concentration, sleep)
 - Request **Cognitive Behavioral Therapy (CBT)** during this assessment
 - At the end of the assessment, you may be assigned a therapist within the county system or referred to an outside provider.
- 4) At your first session, provide your therapist the “**An Introduction to Cognitive Behavioral Therapy (CBT) for Pediatric Migraine FOR MENTAL HEALTH PROVIDERS**” document.
- 5) **Go to at least 2 visits** with the same provider before deciding if it’s a good fit. Speak to your

NOTE: Chronic pain expertise is helpful but not necessary when finding a local therapist. The tools of CBT are similar for treating other concerns (ex: anxiety).

If you have any trouble getting services and/or have questions or concerns related to next steps, we encourage you to contact our social work team:

- Desiree Dieste, LCSW (415) 514-2934 desiree.dieste@ucsf.edu
- Peggy O’Grady, LCSW (415) 514-2497 peggy.ogrady@ucsf.edu

In the case of an emergency or for concerns related to safety, dial 911 or take yourself and/or your child to the Emergency Department.

24/7 National Suicide Prevention Lifeline 1-800-273-TALK (8255) En Español: 1-888-628-9454
24/7 Crisis Text Line: Text “HOME” to 741-741