

Child Psychiatry Access Network (CPAN)

Who We Are

CPAN is a grant funded, statewide program that provides real-time educational, and consultative services to providers caring for children & adolescents for any patient mental health concerns or questions.

Expert consultations are available free of charge from Monday to Friday, 8 AM to 5 PM to help you care for your patients.



**CALL CPAN AT
(888) 901- 2726
PRESS 2, THEN 1**

How It Works



1

You have a patient aged 3-21 with mental health concerns.

You have questions before, during, or after a visit



2

Call **(888) 901-2726**

Press **2** for South and South East regions, **then**

Press **1** for BCM

Speak directly with a trained behavioral health specialist



3

Receive Psychiatric Consultation and/or Referral & Resources

Speak with a Licensed Therapist or Psychiatrist

Discuss diagnosis, treatment, meds, behavioral interventions, etc.

Get customized referrals for therapists, psychiatrists, and more based on patient location, insurance, and waitlist times

Child Psychiatry Access Network

Frequently Asked Questions

What type of assistance can I receive through CPAN?

We provide a customized list of referral places that are verified. We try to eliminate the possibility of providing a referral that does not help the family (e.g. long waitlist, clinics not accepting new patients, etc.).

We can assist you in developing a behavioral plan based on information you provide to our licensed behavioral specialists.

We provide psychiatric educational consultations within 30 minutes of your call. Our child psychiatrist will assist you with a broad array of questions, such as:

- What is the diagnosis?
- What is the best method to assess for a childhood psychiatric concern?
- Which treatments may be indicated in children?
- How to manage a psychiatric condition, using evidence informed care, in a PCP office?
- When are psychotropic medications warranted in the treatment of children and/or adolescents?
- When is the right time to refer the patient to a child psychiatrist?

How long will it take for me to receive the list of possible referral places?

A referral specialist will follow-up with additional information within 24 hours. The referral will be provided directly to the PCP or a preferred contact provided by them.

If, for any reason, these referral options do not work or additional referrals or resources are needed, please contact us again and we will provide the needed information.

How long should I expect to wait for the child psychiatrist to contact me?

Within 30 minutes. If you have a longer wait time than 30 minutes, please give us a call back. You can also ask our team to call back at a later time when it is more convenient for you.

The psychiatrist will make three call attempts at the pre-discussed time. They will also leave a message or speak to designated personnel (physician assistant, charge nurse, etc.) assigned by you if you cannot be reached.

Does CPAN ever talk to the patient/family directly?

No, CPAN only speaks to primary care providers or designated personnel assigned by the PCP.

What patient information am I expected to provide when I call?

The following information is gathered during a CPAN consultation:

- Patient demographic information (optional patient name or MRN, date of birth and zip code)
- Presenting concern and diagnosis
- Any prior history of this problem or something similar
- Current or previous medications/treatment
- Circumstances that may be impacting the child (e.g., recent family/social/school stressors, history of trauma, non-suicidal self-injury, suicide attempts).



CPAN
Child Psychiatry
Access Network

This free program is funded by the Texas legislature.