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Perinatal Through 5-Years-Old Referral List, and Full Referral Flow Process for the Professional Psychology Clinic and Associated Clinics

Abstract

Referrals are an important and underacknowledged component of ethical clinical practice. While clinical care is understandably the core focus for most organizations, effective and efficient referrals can aid in improving client outcomes through successful connections to services, effective use of conjunctive services, and increased trust in mental health and healthcare systems/providers. In addition, improvements in the referral process can serve to decrease undue burden on providers and organizations. This document aims to review the literature on the need for and use of referrals, as well as elements of successful referrals, to inform the development of a referral self-assessment and flow process that can be implemented within clinical settings. In addition, a robust referral list was developed for clinical use based on the findings of this manuscript, whose structure can be adopted and generalized to other clinics.

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Perinatal through 5-years-old Referral List, and Full Referral Flow Process for the Professional
Psychology Clinic and Associated Clinics

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IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE
DOCTOR OF PSYCHOLOGY

BY

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Contents

Abstract

Introduction

Background

Referral steps

Pros of referrals

Risk associated with referrals

Universally available sources of referrals

Navigator provided referrals

Clinician or agency provided referral

Developing a protocol for referrals

Conduct an internal evaluation of needs and readiness to provide referrals

Verifying referral credentials, practice parameters, and areas of expertise

Reviewing access to care considerations and barriers to receipt of referral services

Insurance panel and fee considerations when providing referrals

HIPAA and confidentiality considerations when making referrals

Cultural competence considerations when providing referrals

Relational approach to building and maintaining a referral list

Making Referrals

Future Considerations

Structured referral form example

Referral List

Perinatal Mental Health Referrals

Assessment

Couples and Family Therapy

Fatherhood Mental Health and Resources

Group Therapy/Parent Training Groups

Perinatal Health Psychology

Perinatal Mental Health Treatment

Perinatal Psychiatry

Perinatal Psychosis

Perinatal Substance Use

Adjunct Services and Resources for Perinatal Populations

Abortion Services

Baby Gear

Breastfeeding Resources

Domestic Violence Victims

Food Resources

General Resources

Housing Resources

Pregnancy and Newborn Loss

Resource List by Moms for Moms

Teen Parenting Resources

0-5 Referrals

- Assessment
- Behavioral Difficulties and General Mental Health
- Deaf and Hard of Hearing
- Dyadic therapy
- Early Childhood Trauma
- Grief and Loss
- Neurodevelopmental Disorders
- Adjunct Services and Resources for 0-5 Populations
 - Disability Policies
 - General Resources
 - Resource List for Parents and Providers

Abstract

Referrals are an important and underacknowledged component of ethical clinical practice. While clinical care is understandably the core focus for most organizations, effective and efficient referrals can aid in improving client outcomes through successful connections to services, effective use of conjunctive services, and increased trust in mental health and healthcare systems/providers. In addition, improvements in the referral process can serve to decrease undue burden on providers and organizations. This document aims to review the literature on the need for and use of referrals, as well as elements of successful referrals, to inform the development of a referral self-assessment and flow process that can be implemented within clinical settings. In addition, a robust referral list was developed for clinical use based on the findings of this manuscript, whose structure can be adopted and generalized to other clinics.

Introduction

While service provision is understandably the core focus for most clinicians and clinics, the referral process is an underacknowledged component of many professional industries and systems, particularly within healthcare and service environments (Shumsky & Pinker, 2003). Thoughtful referrals are also a component of ethical practice within patient/client care professions. For example, Naidoo (2016) asserted, “When necessary, a timely and appropriate referral is an ethical imperative which fulfills a professional duty to a patient.” Referrals represent a component of psychologists’ ethical responsibility to coordinate care with other professionals. The available literature suggests that a well-defined referral process, provision of ethical and culturally-responsive referrals, and the consistent implementation of the referral process are all key components in promoting continuity of care and positive outcomes for clients (Mehrotra et al., 2011; Naidoo, 2016; Pumariiega et al., 2009). This manuscript explores important considerations in making referrals, best practices for the referral process, and will then utilize the discussed research and literature to develop a full referral process or loop and referral list.

Background

According to Natwick (2017), “*Referral* is when counselors make recommendations of where else a client might seek treatment.” As such, the referral process describes all steps in providing these recommendations. Mehrotra et al. (2011) identify the referral process as a source of frustration for many providers. The report Transforming Clinical Practice Initiative (US Government Centers for Medicare & Medicaid Services, n.d.) supports this assertion and elaborates on how the referral process often causes frustration and extra work for both the provider and the client. The report also describes how optimizing the referral process can reduce

undue burdens for both the provider and the client. Given the role of referrals in ethical practice for healthcare and service environments, as well as the ways in which the referral process itself can affect both providers and clients, the need for evaluation and optimization of the referral process for clinical psychology-based clinics appears warranted generally but especially in pediatric mental health practices where there has been very little study (Rushton et al., 2002).

Rollin (2006) provides an applicable model of referral provision in veterinary sciences, which he specifies was developed from general primary care practices. In that work, the adaptation was based on “pediatrician models of client/patient care,” and states that if a patient/client will benefit from specialty care, the provider has an ethical obligation to make a referral. In addition, referrals to a higher level of care or referrals to additional complimentary services may be indicated over the course of treatment (Gamby et al., 2020; Iarussi & Shaw, 2016). Natwick (2017) specified several reasons for providers to need to make a referral such as problematic dual relationships, the need for a higher level of care, client goals not being met in response to current treatment, or clinicians needing to terminate the professional relationship for another reason (i.e. retirement, move, moving on to a new stage of training).

Given the above-outlined rationale for providers needing to provide referrals, it is important to note that the timing of referrals can occur at any point in the professional relationship (i.e., phone screen, prior to the beginning of treatment, during treatment, or when treatment with a provider is ending). Within the literature on referral processes, one of the most frequently addressed questions is “When should a provider make a referral?” When considering the initial steps of the referral process, Smith et al. (2018) described that initial assessment of mental health needs is the first key window of time for providers to consider making a referral. Withholding information about potentially beneficial referrals does a disservice to clients and can prolong

treatment episodes unnecessarily. Timely referrals by the originating provider and coordinating with the receiving referral team needs to be a robust cycle of communication in order to avoid clients falling through “gaps” between services. It is then important to create strong referral pathways and assure valid and appropriate referrals in order to optimize positive outcomes for clients seeking services (Waller et al., 2009).

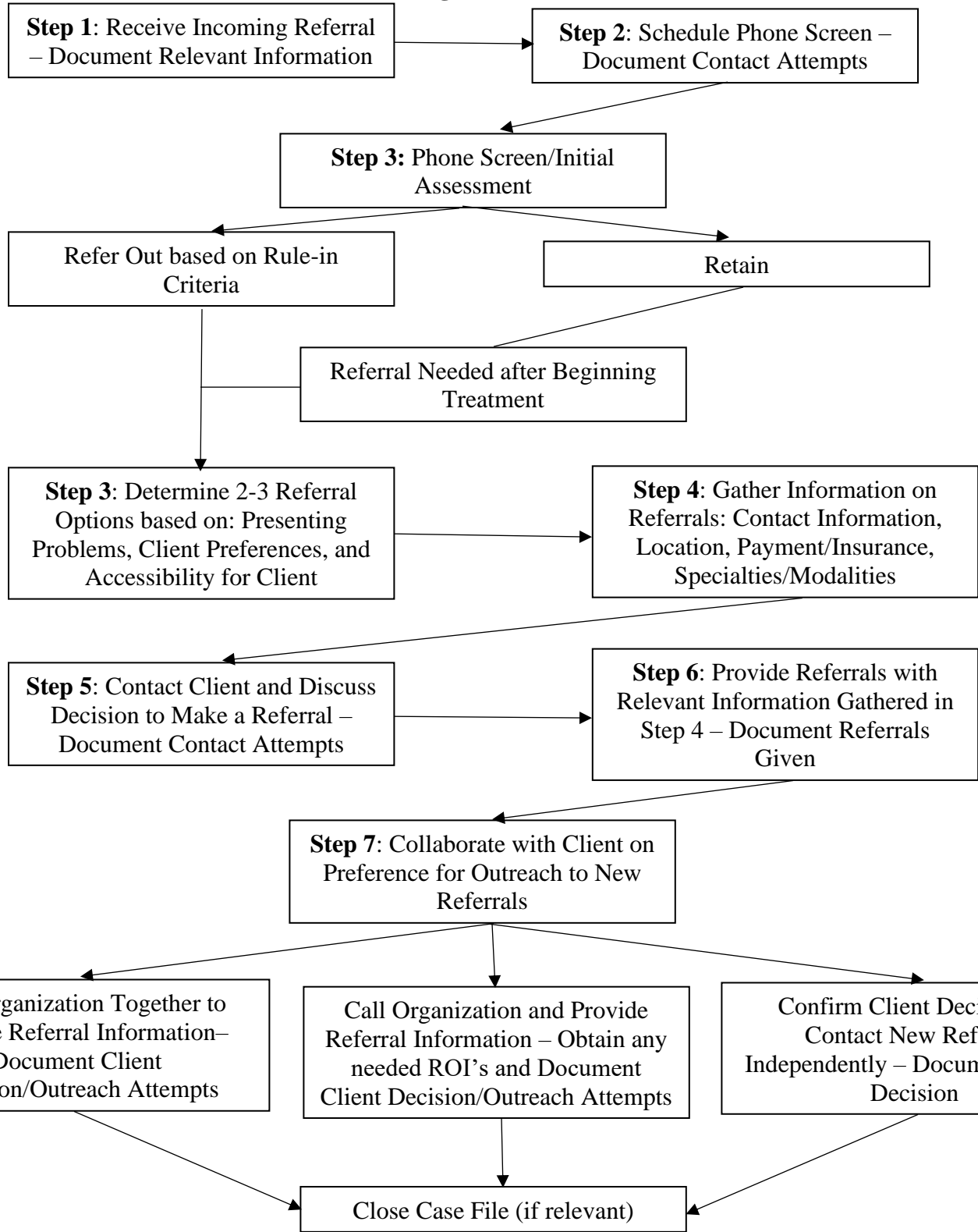
The second window would be when, as a result of the treatment, a new issue emerges or a new, previously non-existent symptom is identified (e.g., family death, divorce, car accident, etc.) Several sources agree that one of the most frequent and ethically important reasons to refer a client to another provider is as soon as it becomes clear additional specialized services are needed, and/or when a client’s needs are outside the provider’s or the clinic’s competencies (Akbari et al., 2008; Natwick, 2017; Shumsky & Pinker, 2003; Song et al., 2014).

Referral Steps

Figure 1 represents the basic referral steps or flow. When making a referral prior to the initiation of treatment, the first step is receiving an incoming referral, and documenting relevant information for this referral (i.e. contact information and date received). The second and third steps are scheduling and then conducting an initial phone assessment to determine if the potential client meets your clinic’s rule-in criteria. Steps 3 through 7 occur regardless of the timing of the referral (i.e. prior to treatment, during treatment, or at the conclusion of treatment. Step 3 includes determining 2 to 3 referral options for the client that take into consideration presenting problems, client preferences, and accessibility for the client (i.e. payment/insurance, transportation, and language options). Step 4 is gathering information on the referral options that will be provided to the individual (i.e. contact information, location, payment/insurance information, and specialties/modalities). Step 5 is contacting the client to discuss the decision to refer to another

provider, and documenting attempts at contact. Step 6 includes providing the individual with the referrals and referral information gathered, then documenting what referrals were given to the individual. Step 7 is collaboration with the client to determine the preferred and most effective means of connecting them to a referral: client outreach to the organization, provider outreach to organization, or contacting the organization together. If the individual requests that the provider reaches out to the organization receiving the referral and there is any need for disclosure of protected information, proper consents should be obtained prior to contact being made with the organization. In addition, it is important to document the client's decision, as well as any attempts made to contact the organization being referred to if the provider is involved in initiating contact with the organization. Finally, if relevant for your clinic, it would be appropriate at this point in the referral process to close an open client file if the client did not receive services or no longer receives services from your clinic.

Figure 1.



Pros of referrals

Referrals are important to increase the probability of positive outcomes for clients. Iarussi and Shaw (2016) highlight the importance of delivering a smooth referral process that is fully outlined, to avoid discontinuity of care. In addition, “making the referral process easy for patients increases the chances that they will follow through” (Agency for Healthcare Research and Quality, 2022). Finally, it is important to thoroughly train all personnel providing referrals in the established referral processes (Decker et al., 2020). That work described how caregivers and families of children often feel overwhelmed by the referral process, and a greater understanding of the referral process by professionals may promote families accessing services.

Risks associated with referrals

Within the legal literature on health care, attorneys have identified several ethical pitfalls associated with making referrals. The first is known as *vicarious responsibility* or vicarious liability. Vicarious responsibility, in its simplest form, is defined as one party being held responsible for another party’s actions (Glavaničová & Pascucci, 2022). Grossbaum (1997) describes vicarious responsibility as the responsibility referring providers have to ensure referrals are made to trustworthy providers who have experience in the presenting issue or population you are referring. The concept of vicarious responsibility is linked to the possibility of a *negligent referral*. The term negligent referral is used when a referring provider fails to adequately investigate the integrity of the provider they are referring to before making the referral and an adverse outcome occurs (Grossbaum, 1997). In this situation, a negligent referral claim can then be made against the referring provider, potentially leading to legal action and the needed use of professional liability insurance to cover this claim (International Risk Management Institute, n.d.).

Given the concept of vicarious responsibility and the legal and ethical ramifications that come from negligent referrals, Grossbaum (1997) suggested two important strategies to avoid risks when making referrals: confirm the provider you are referring to has experience with the presenting problem or population you are referring for and, when referring out of your clinic, effectively communicate to the client that you are referring out so you will not be providing any form of care at that agency but are willing to coordinate care between providers.

Universally available sources of referrals

Time-pressed providers often see large community resource databases (e.g., United Way 2-1-1) as an alternative to or complement to their referral processes especially as those resources continue to be more widely developed and disseminated (Iott et al., 2021). The relative independence of those lists and assurance of periodic quality checks of the information on those lists by host agencies bring into question the need for provider agencies to develop and maintain their own referral lists and referral processes (Iott et al., 2021). When databases are complemented with human-based resource connection services (i.e., not automated), Iott et al. (2021) refers to these systems as *information and referral services*. That work defines these efforts as a way to “maintain information about community resources and coordinate referrals to connect patients to healthcare resources or social services agencies (p. 583).” As previously noted, the referral process is often seen as frustrating and taxing for both providers and clients, and increases the workload for referring providers and clinics (Mehrotra et al., 2011; US Government Centers for Medicare & Medicaid Services, n.d.). In contrast, community resource databases and insurance companies often have care coordinators that are responsible for updating databases periodically and connecting clients to resources.

It has also been suggested that community resource databases should be used as a tool, rather than a replacement, for clinics providing referrals (Health Leads Network, 2021; Iott et al., 2021). In fact, Mile High United Way 2-1-1 states that they are not working towards primary use of one platform, but rather they are working towards accessibility and ease of use of many platforms in order for providers to utilize services as efficiently as possible when needed (Mile High Health Alliance, 2022). Health Leads Network (2021) argues that sending clients to a site for referrals is an added barrier for clients, as it is impersonal and adds extra steps to the referral process (e.g., the client may not be able to articulate the differential diagnostic referral question when following a clinician's recommendation for psychological testing). In addition, Eddens and Kreuter (2011), evaluated a sample of United Way 2-1-1 systems throughout the country finding a consistently high volume of calls these agencies receive in each state. For example, in that report, the Denver-based Mile High United Way received 175 to 250 calls per day at the time. The article argued that, given this high volume of calls, the system is not equipped to and generally does not engage in robust screening of callers' needs. A lack of robust screening can lead to a failure to capture and understand narrative information from the client (i.e. social context, readiness for services, and accurate assessment of needs), which may impede the ability to determine the best referral source to provide to a caller (Iott et al., 2021).

Navigator provided referrals

Natale-Pereira et al. (2011) demonstrate ways in which patient navigators within healthcare and insurance systems can be used as a tool to reduce health disparities for underserved populations, advocate for patients, and address patient distrust in providers and the healthcare system. Similarly, Carter et al., (2018) conducted a literature review assessing varied patient navigation frameworks utilizing volunteer-based navigators or nurse navigators, and found that

patient navigators address the need for coordination and facilitation of services in order to reduce barriers to care and increase access to support and resources. However, they also found that there is currently a noticeable lack of properly run research studies evaluating the effectiveness of navigation services. In addition, they noted a high degree of variance in the literature, causing difficulty in drawing their own conclusions due to extreme variability in different models/frameworks of patient navigation services and their effectiveness. As such, it appears that patient navigation services may be a viable and effective means of referral in the future, though currently requires further development in uniformity, consistency, and research.

Clinician or agency provided referrals

Iott et al. (2021) and Health Leads Network (2021) emphasized the importance of personal communication, and relationship and trust building in the effective use of community resource databases. Iott et al. (2021) asserted, “Findings suggest that digital platforms may augment referral functions, but should not be seen to replace interpersonal work, relationships, and interorganizational networks.” Similarly, Health Leads Network (2021), stated, “strong communication pathways are essential to successful implementation and use of resource databases.” After all, it is the currently engaged clinical team that has developed a nuanced understanding of the client and their family’s needs while providing clinical services, utilizing the information from that work is a key asset for thoughtful referral.

Another benefit to clinics and clients, from maintaining an active referral list, is increased communication pathways between agencies. Increased communication with other clinics and agencies, on one hand, ensures that a provider is referring to an agency that can meet the client’s needs both in terms of specializations and has current capacity to take new clients (Health Leads Network, 2021). In addition, providing referrals and maintaining communication with referral

sources often increases the probability that those providers will refer well-matched clients to you; in other words, providing referrals also serves as a source of receiving referrals (Health Leads Network, 2021; TheraNest Team, 2018).

Developing a protocol for clinician provided referrals

Conduct an internal evaluation of needs and readiness to provide referrals

With the exception of extensive health care systems such as the Veterans Administration and Kaiser Permanente, no single clinic or provider can deliver every type of service that a client may need. To develop a thoughtful referral system, organizations and providers are encouraged to reflect on and specify their boundaries of clinical expertise and competence and then identify what are the most likely services that clients may need.

The first step in developing a referral flow process is determining rule-in criteria for your own organization in order to guide administrative personnel and clinicians in appropriate assessment of the need for a referral when your agency is not able to provide the service (Smith et al., 2018). Smith et al. (2018) expands that initial contact and effective assessment of client needs is then an important step in determining whether the client should remain in-clinic or be referred to another provider. While the logistics and parameters of robust assessment of client needs will be dependent on the organization and their rule-in criteria, Iarussi and Shaw (2016) identified several global client factors that should be collected in order to make an informed decision on client retention versus referral out of clinic at the point of initial assessment (e.g. phone screens, referral forms, etc.): demographic information, reason for seeking services, presenting problems, previous treatment history, insurance and payment information, access to transportation, and schedule/availability. In addition, the initial review and assessment of referrals should be done in

a timely manner, as Rushton et al. (2002) found that patients were less likely to follow-up with a mental health provider when they expected a long wait period.

Once the decision to make a referral has been made, regardless of the timing of a referral (i.e. after initial assessment, after initial appointment, or after beginning treatment), collaboration and open communication with the client is an important piece of the referral process. This includes taking their preferences and past experiences into account, discussing referral options with the client, and effectively communicating the steps in the referral process. This client involvement is an important component in effective referrals, as increased collaboration and involvement of the individual or family in the referral process results in a more positive experience for them and an increased likelihood of a successful referral (Iarussi & Shaw, 2016).

Initial review and assessment of incoming referrals, decisions to refer to another provider, communication with the client about the referral process, and initiating contact with referral sources are all steps of the referral process that should be completed in as timely a manner as possible; studies suggest that increased waiting time decreases the likelihood that individuals will follow-through on referrals, while decreased waiting time increases the likelihood of a successful referral (Rushton et al., 2002; Shannon et al., 2018). In addition, regardless of timing of the referral, record keeping throughout the entire referral process is important in protecting clients, clinicians, and organizations (Natwick, 2017). Finally, Akbari et al. (2008) found that the referral process will likely improve when guidelines for the referral process are distributed to team members and team members are trained on the referral process. As such, structured guidelines for the referral process, training on the referral process, and consistent implementation of referral guidelines are all important aspects in creating a referral process that is as effective and efficient as possible.

Verifying referral credentials, practice parameters, and areas of expertise

When looking more specifically at referral processes for mental health providers, Newport Healthcare (n.d.) emphasized the importance of verifying proper licensure and credentialing of the provider you are referring to (e.g., many state licensing boards have an online look-up system), gaining knowledge on treatment modalities used in that organization, clarifying which presenting problems can be addressed, service languages, and ensuring that providers and families being referred are provided an understanding of the levels of care are available and to what level of care the client is referred. These example elements aid in assuring the client is being referred to an adequate and appropriate level of care, with providers who will be able to address their needs. When providing referrals to complimentary services, it may be difficult determining competency and goodness of fit for a client, given that the referral is being made for a service outside the provider's own competency and professional sphere. Gamby et al. (2021) found that providers struggle in making referrals to complimentary services and providers often counter this uncertainty by reviewing provider education, licensure, and initiating a conversation with the provider to learn about their specializations and experience. In addition, many providers reported feeling more comfortable making a referral when they have received positive feedback about the provider from others. In summary, given the legal relevance of providing adequate referrals in order to engage in risk management as well as the importance of providing adequate care to individuals upon referral, the available research demonstrates the importance of obtaining knowledge on the competency, licensure, and areas of practice and specialization of providers prior to making a referral.

Reviewing access to care considerations and barriers to receipt of referral services

Several studies report finding a gap between the number of individuals with diagnosed mental health disorders, and each referral made and receipt of services (Decker et al., 2020; Hansen et al.,

2021; Shannon et al., 2018). Commonly cited reasons were barriers to care such as stigma surrounding mental health services, and the feeling of being misunderstood by or “passed around” by providers. In response, several studies and articles address access to services, and actual and perceived barriers to treatment as large contributors to the existence and persistence of this gap (Decker et al., 2020; Hansen et al., 2021; Iarussi & Shaw, 2016; Shannon et al., 2018). In particular, these articles note that both actual and perceived barriers lead to a lack of follow through on referrals, a lack of follow through on scheduling or keeping an initial appointment, and distrust in and frustration with providers which negatively impact future engagement in treatment.

The most frequently cited barrier to completed referrals is economic resources to cover receipt of services, often linked to socioeconomic status and insurance panel or plan restrictions (Iarussi & Shaw, 2016; Kwon et al., 2022). Kwon et al. (2022) outlined the ways in which low-income populations are at increased risk for mental health problems relative to their higher SES counterparts. For example, mothers in low-income areas are particularly at-risk for mental health concerns, which has been correlated with poor caregiver and child outcomes; as such, populations most at-risk for mental health concerns struggle to access services due to financial and insurance restrictions. Similarly, Shannon et al. (2018) described insurance difficulties as a recurring challenge in accessing services in a timely manner for refugee populations struggling with significant trauma and distress. In addition to socioeconomic status, geographic location has been identified as a factor impacting access to services. Those in rural locations report difficulty accessing services due to the high turnover rate of providers and lack of services within the community (Decker et al., 2020).

Structural barriers are also frequently reported and associated with decreased access to services such as language differences, transportation issues, lack of culturally responsive care and rejection

of referral by receiving agency (Decker et al., 2020; Hansen et al., 2021; Shannon et al., 2018). Decker et al. (2020) found that families in rural settings felt that being sent from one referral to another without receiving care was a barrier to pursuit of services, as it caused a perceived lack of support from professionals. Similarly, families in a study conducted by Hansen et al. (2021) reported feeling “that services often ‘passed the ball around,’” making families feel that no one could help their child. This same study also found long wait times, stigma around mental health, and previous poor experiences with mental health providers to be frequently reported as perceived barriers to following through on referrals. Understanding challenges clients face in accessing care, as well as barriers they may encounter in pursuing referrals can help address the gap that is frequently observed in services, and adjust referral systems accordingly.

Another barrier to effective and successful referrals is the lack of development and consistent implementation of a standardized referral system due to a lack of reimbursement for successful referrals (Rushton et al., 2002). As such, reimbursement through insurance for successful referrals may lead to more effective implementation of referral systems, and therefore decrease barriers to effective referrals.

Insurance panel and fee considerations when providing referrals

Low-income populations are at elevated risk for mental health complications, relative to those with higher economic resources. For families, this level of risk factor impacts outcomes and service needs for both caregivers and children (Kwon et al., 2022). Ronis et al. (2017) found that “health insurance coverage directly influences access to services by children and youth from low-income families that are unable to independently finance short or long-term treatment for psychological problems (p.959).” As such, payment options (i.e. sliding scale, insurance options, Medicaid coverage) are important to know in order to promote access to services for underserved

populations (Ronis et al., 2017). Rollin (2006) argues that it is important for a referring provider to take a client's financial situation into account when making referrals. Clinicians need to assess that the referral will not add financial stress or discourage a client from pursuing provided referrals. Ronis et al. (2017) explored the financing of mental health services in three different countries and found that publicly funded insurance programs (i.e. Medicaid) "have been found to reduce cost-related barriers to service accessibility" (p.961). As such, the utilization of referrals that take the financial situation of a client into account appear to be within best practice. In addition, families often do not know that many insurances cover mental health treatment; as such, providing education on insurance coverage and encouraging families to check if their insurance plan covers mental health treatment may help families and individuals access services (Newport Healthcare, n.d.).

HIPAA and confidentiality considerations when making referrals

The Health Insurance Portability and Accountability Act (HIPAA) is a federal law requiring the creation of national standards for protecting patient health information from being disclosed without the patient's consent (Centers for Disease Control and Prevention, 2022). Patient information surrounding mental health (i.e. diagnoses, mental health treatment, mental health history) is considered protected information under HIPAA, and therefore requires patient consent to disclose (U.S. Department for Health and Human Services, 2022). As such, when making referrals, patient consent is legally required if disclosing protected patient information to the receiving provider. The American Psychological Association Code of Ethics (2017) establishes important guidance for psychologists in relation to referrals. For example, Code 3.09 directs that psychologists should collaborate with other professionals, when needed and appropriate to provide effective care. Ethics Code 4.05 states that proper disclosures should be obtained when disclosing

confidential information, unless otherwise mandated or permitted by law (i.e. risk of harm, obtainment of payment for services, etc.). Often, confidential information does not need to be exchanged in order to communicate with an organization about making a referral; however, when the disclosure of confidential information is needed or clinically indicated, the provider must obtain prior consent to release this information and properly document consent, or can make a referral call with the client present so they are able to choose what information is released (Mile High Health Alliance, 2022).

Cultural competence considerations when providing referrals

Provider cultural competence can come into play at all levels of the referral process. Language barriers, cultural differences, and culturally based stigma around mental health can all play a role in a client's initial encounter with a provider, and influence whether or not they decide to pursue a referral (Shannon et al., 2018). In addition, Shiles (2009) suggests that clinicians looking to refer a client to a different provider due to cultural or value differences should be cautious of making a discriminatory referral. The article goes as far as to say that making this type of referral without reflection on personal bias, discrimination, and the effects on the clinical relationship is unethical. Shiles (2009) encourages clinicians to explore other options and engage in personal reflection, rather than automatically referring out due to discomfort or disagreeing with a client; it argues that this form of consideration and self-reflection is an important component of making a culturally competent decision on referring a client out to another provider.

Once the decision to make a referral has been reached, regardless of the timing of that referral, it is important to provide referrals to clinics dedicated to cultural competence. According to Pumariega et al. (2009), the mental health system's lack of effectiveness in addressing the needs of culturally diverse populations has resulted in racial and ethnic disparities, including reduced

access to services. As such, they emphasize the importance of referrals made to providers dedicated to cultural competence in order to reduce disparities in mental health treatment and provide adequate care for diverse populations. In addition, referral to adjunct services may be within best practice for culturally responsive care, as focus on overall wellness and referrals to non-western forms of healing may be more effective for many cultural groups and help increase treatment prognosis (Gamby et al., 2021).

Relational approach to building and maintaining a referral list

When building a referral list, it is suggested that forming connections with other providers in the community is an effective way to both build your own referral list and receive referrals from other providers (Health Leads Network, 2021; TheraNest team, 2018). These connections and referral sources should be made for adjunct services as well as mental health services, as they promote overall wellness and can be effective in treating individuals in non-western cultures that embrace eastern medicine practices (Gamby, et al., 2021). As noted in earlier sections, it is ethically and clinically imperative for referring providers to do their due diligence when making referrals. As such, referral sources should only be placed on a referral list once their education, licensure, and credentials have been confirmed (Gamby et al., 2021; Newport Healthcare, n.d.). Also previously noted is the importance of referring to providers who can meet an individual's or a family's needs in regard to specializations and presenting concerns. As such, information on services provided, and populations or presenting concerns addressed by the provider is important to include in a referral list. In addition, given the previously established importance of providing referral options that take the financial situation of a client into account, inclusion of Medicaid, insurance panel, and self-pay information in a referral list will likely aide in providing referral options that due not increase financial stress or barriers to treatment for individuals and families.

The literature has also suggests several other elements that are important to include in a referral list when possible: contact information, location/address, service languages available, and treatment modalities used. Several articles and research studies note that providing this information to clients helps decrease barriers to services, increases likelihood of client follow-through, and helps individuals and families make an informed decision about which referrals to pursue (Naidoo, 2016; Stone, 2020; Transforming Clinical Practice Initiative, n.d.; Waller et al., 2009).

Regarding maintaining a referral list, it is again recommended to form and maintain community connections in order to aide in maintaining referral sources, as well as to aide in receiving referrals (Health Leads Network, 2021; TheraNest team, 2018). There is very little research indicating appropriate length of time for referral list updates; however, per the Mile High Health Alliance (2022), many of the leading resource databases in Colorado that conduct their own review processes have reported that they conduct a review of all referral information bi-annually, in addition to engaging in “live” updates (i.e. updating organization information in the database when an organization reports a change in contact information, location, etc.).

Making Referrals

As previously mentioned, it is important for referrals to be made as quickly as possible in order to increase likelihood of follow-through and successful connection with services ((Rushton et al., 2002; Shannon et al., 2018). In addition, the literature suggests that providing ethical referrals includes providing multiple referral options in order for the individual or family to find the best option for services, both in terms of accessibility (i.e. wait time, location, hours, payment/insurance options, etc.) and services provided (Natwick, 2017; Stone, 2020).

Communication between the referring provider and the client is essential when a referral is being made. An article from the Transforming Clinical Practice Institute (n.d.) emphasized the

importance of having a conversation with the client in order to ensure that they understand the reason for referral, understand the referral process, and agree to the referral. Naidoo (2016) and the Agency for Healthcare Research and Quality (2020) agree that rationale for the referral and information about the referral process should be communicated to the client, but add that information related to the referral provided (i.e. contact information, location, payment/insurance) should also be communicated to the client in order to inform their decision on pursuing a referral.

Direct communication with the organization the provider is referring to appears to be in best practice when possible. Iott, et al. (2021) stated, “Warm handoffs, in which providers personally connect patients to a representative of a resource, have been shown to be more effective in enrolling patients in tobacco quitlines than simply providing contact information.” They expanded that increasing the emphasis on personalization and building relationships in the referral process increases trust in the referral provider, making it more likely for clients to successfully be connected to services. In addition, Waller et al., (2009), showed that direct telephone contact between the referring provider and the provider receiving the referral increased the likelihood that a client would be scheduled for an appointment at the referral site. This is supported by findings from Shannon et al. (2018), which indicated that a key component in referrals that were successful was communication between providers. Communication between the referring provider and the provider receiving the referral is also extremely important when the referral is made after treatment has begun. Referring providers who have a relationship with the client and a more comprehensive understanding of presenting concerns can effectively and efficiently provide needed information to the receiving provider (with proper consents in place), such as reason for the referral, relevant treatment information, and presenting problems (Naidoo,

2016). Rollin (2006) makes the similar argument that the provider knows the client's environments and circumstances, and how they impact presenting concerns; as such, it is important for the referring provider to play a role in the referral process and effectively communicate information that can improve the quality of care for the client.

Future Considerations

While making referral flow processes more ethical, accessible, and effective has been the primary focus of the literature reviewed in this document thus far, there is some limited research available on also making referral processes more efficient. It is suggested that this may be done by creating formalized and structured referral guidelines, as well as a structured referral form or checklist (Akbari et al., 2008; Mehrotra et al., 2011). Mehrotra et al. (2011) comments, "Referral guidelines seek to formalize and clarify those aspects of the referral process on which there is disagreement." They add that taking the extra step to create a structured referral form makes referral guidelines more meaningful and impactful. Both Akbari et al. (2008) and Mehrotra et al. (2011) posit that utilizing a structured referral form, despite adding some work for the referring provider, may improve the referral process and reduce burdens in the long-term because they assure that referral guidelines are followed and that steps are not missed. In addition, a structured referral form or checklist may contribute to more effective record keeping, which aides in protecting both the client and the organization ((Natwick, 2017).

Other future considerations center primarily on the use of resource databases. As previously discussed, the literature suggests that referral lists and referral flow processes are within best practice at this time and that resource databases should be used as resources within the referral process. However, it appears that many resource databases and referral processes are working to bridge the gaps in services within larger, interconnected systems such as large

Electronic Medical Record EMR systems (Mile High Health Alliance, 2022). As such, for mental health organizations that are connected to or integrated in larger healthcare systems, or that utilize EMR's, use of resource databases and referral platforms may be an adequate replacement for full referral flow processes in the future. Per the Mile High Health Alliance (2022) resource guide, many of these referral platforms are being integrated into systems such as EMR's to make the referral process more streamlined, aide in efficient record keeping, and reduce burden on providers. However, Iott et al. (2020) and Health Leads Network (2021) suggest that, even if this shift is made, robust assessment of client needs, effective assessment of client resources and barriers, and communication between providers when clinically indicated would still be components of the referral process that would need to be addressed and implemented within the contexts of these referral platforms in order to provide sufficient and successful referrals.

Structured referral form example

- **Step 1:** Receive Incoming Referral
 - Document referral information
- **Step 2:** Schedule Phone Screen within 3 Days
 - Document contact attempts
 - Document scheduled phone screen time/date
 - Document if you could not reach referral and efforts are being discontinued

When a Referral is Needed:

- **Step 3:** Determine 2-3 Referral Options
 - Presenting problems/ client preferences align with referral specialties/services offered
 - Language options available (if needed)
 - Location and transportation options are feasible for client
 - Payment/insurance options are feasible for client
- **Step 4:** Gather Information on Referrals in order to Provide Information to Client
 - Contact information
 - Location
 - Payment/insurance options
- **Step 5:** Contact Client and Discuss Decision to Make a Referral
 - Document Contact Attempts
 - Document if you could not reach referral and efforts are being discontinued
- **Step 6:** Provide Referrals with Relevant Information
 - Contact information provided
 - Location provided
 - Payment/insurance options provided
 - Document what referrals were provided
- **Step 7:** Collaborate with Client on Preference for Outreach to New Referrals
 - Call together
 - Document client decision
 - Document when referral call is made
 - Close out client file
 - Provider calls
 - Obtain ROI (if needed)
 - Document client decision
 - Document when referral call is made
 - Call client following referral call to update them on referral
 - Document client contact
 - Close out client file
 - Client calls
 - Document client decision
 - Close out client file

Referral List

Perinatal Mental Health Referrals***Assessment***

Adent Grove Foundation

- <https://ardentgrove.org/>
- Therapeutic assessment: brief, intensive treatment model that can help identify emotional, learning, and attentional conditions, as well as diagnostic clarification
- Payment and Insurance: Unknown
- Medicaid: Colorado Access Medicaid
- Phone: (303)704-4062
- Address: 300 S. Jackson St. Suite 520 Denver, CO 80210

Healthy Expectations (CHCO)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- Evaluations for psychiatric and psychosocial concerns in the perinatal period
- Payment and Insurance: Large range of insurances
- Medicaid: CO Medicaid
- Phone: (303)864-5252
- Email: healthyexpectations@childrenscolorado.org
- Address: 13123 E 16th Ave, Aurora, CO 80045

Couples and Family Therapy

Adent Grove Foundation

- <https://ardentgrove.org/>
- Help you define and meet your relational goals as a couple/family no matter how you define your family. We are a safe community for LGBTQ+ families.
- Collaborative process, in which the goals for treatment are co-created between client and therapist
- Payment and Insurance: Unknown
- Medicaid: Colorado Access Medicaid
- Phone: (303)704-4062
- Address: 300 S. Jackson St. Suite 520 Denver, CO 80210

Asian Pacific Development Center

- <https://www.apdc.org/behavioral-health>
- Current enrolled clients are primarily, but not limited to, Asian persons from Bhutan, Burma, Cambodia, China, Japan, Korea, Laos, Taiwan, Thailand and Vietnam
- Behavioral health care services typically provided in the clients' native language with bilingual staff who share the same cultural background as that of the client
- Couples and family therapy

- Payment and Insurance: Unknown
- Medicaid: Unknown
- Phone: (720)839-0162
- Email: ClinicReferrals@APDC.org
- Address: 1537 Alton Street, Aurora, CO 80010

Colorado Therapy and Assessment Center

- <https://coloradotherapyassessment.com/services/>
- Therapy allows couples to problem solve from a place of unity, where they can combine shared strengths against their identified problems to work through them as a team
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement ; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Payment and Insurance: Several insurance options
- Medicaid: Accepts all Medicaid
- Phone: (720)515-4244
- Email: contact@coloradotherapyassessment.com
- Denver Address: 1777 S. Bellaire St, Suite 390, Denver, CO 80222
- Westminster Address: 8461 Turnpike Dr, Suite 102, Westminster, CO 80031

Birch Psychology

- <https://www.birchpsychology.com/>
- Ranges from the basics of strengthening communication to the complexities of increasing intimacy
- Psychodynamic, cognitive and behavioral approaches
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement
- Medicaid: Denver Health, CoAccess, and First, but NOT CCHA at this time
- Phone: (303)834-1026
- Email: INFO@BIRCHPSYCHOLOGY.COM
- Address: 6881 S. Holly, Centennial, CO 80112

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- Family therapy for services related to: parenting support, improving relationships within the family, high conflict divorce and blended families, and couples and marital counseling
- Telehealth options
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778-4077

- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

Insights, Colorado Assessment and Therapy

- <https://www.insightsdenver.com/therapy/>
- Couples and family therapy: CBT, Solution Focused Therapy, EMDR, and TBRI
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Payment and Insurance: Select insurances; fees vary by clinician
- Medicaid: CO Health First Medicaid
- Phone: (303)935-5307
- Email: info@insightsdenver.com
- Address: 1658 York Street, Denver, CO 80206

Shiloh House

- <https://shilohhouse.org/>
- Family Counseling: in-home options
- Payment and Insurance: Unknown
- Medicaid:
- Phone:(303)933-1393
- Email: info@shilohhouse.net

Thriving Families – WiseWellness

- <https://thrivingfamiliescolorado.org/programs>
- Trauma-informed behavioral health and counseling for individuals, couples, and families
- Bilingual options
- Payment and Insurance: Free of Charge
- Phone: (720)440-3052
- Email: info@thrivingfamiliescolorado.org
- Address: 1330 Fox St, Denver, Colorado 80204, United States

Thriving Families – PREP Couple Workshops

- <https://thrivingfamiliescolorado.org/programs>
- Workshops on relationship and communication skills for couples.
- Bilingual options
- Payment and Insurance: Free of Charge
- Phone: (720)440-3052
- Email: info@thrivingfamiliescolorado.org
- Address: 1330 Fox St, Denver, Colorado 80204, United States

Fatherhood Mental Health and Resources

Colorado Family Life Center

- <https://coloradofamilylife.org/>

- Fatherhood (FP): Fatherhood-specific classes are available to support dads on their journey of parenthood
- Payment and Insurance: Free of Charge
- Phone: (303)366-1072
- Email: info@coloradofamilylife.org
- Address: 651 Chambers Road, Suite #204, Aurora, CO 80011

Denver Human Services – Fatherhood and Parenthood Program

- <https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Denver-Human-Services/Be-Supported/Child-Support-Services/Fatherhood-and-Parenthood-Program>
- Parenthood/Fatherhood Program empowers men and women to grow as parents
- The program helps parents gain the skills and support they need to “be there” for their children, both financially and otherwise
- Being a DHS customer is not a requirement – open to everyone
- Bilingual options
- Payment and Insurance: Free of Charge
- Phone: (720)944-1323
- Email: DHSFatherhood@denvergov.org

Denver Indian Center – Honoring Fatherhood Program

- <https://6nz.1ae.myftpupload.com/honoring-fatherhood-program/>
- Demonstrate self-determination and gain a deeper understanding of relationships, the relevancy of fatherhood, and importance of economic stability within Native cultural context
- Participants eligible to receive on-site childcare during classes, transportation assistance, and connection with other service agencies
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Phone: (720)576-0022
- Email: honoringfatherhood@denverindiancenter.org
- Address: 4407 Morrison Rd, Denver, CO 80219

Fathering Together

- <https://fatheringtogether.org/resources/>
- Resources for fathers
- Community engagement and education on fatherhood and supporting fathers

Jefferson County Human Services – Fatherhood Parenting Program

- <https://www.jeffco.us/2693/Fatherhood>
- Online Parenting Classes on Tuesdays from 5:30 to 7:00 p.m. and Fridays from 1:00 to 2:30 p.m.
- Payment and Insurance: Free of Charge

- Phone: (303)271-1388
- Email: cbearden@co.jefferson.co.us

National Responsible Fatherhood Clearinghouse

- https://www.fatherhood.gov/?gclid=CjwKCAiAqt-dBhBcEiwATw-ggPBn16p4CDJsNo0ez91kIr17AZHziWB15mbiGaylMTD5qCudXh8wdx0CKxgQAvD_BwE
- An Office of Family Assistance (OFA) funded national resource for fathers, practitioners, programs/Federal grantees, states, and the public at-large who are serving or interested in supporting strong fathers and families
- Resources, events, and support networks for fathers

Group Therapy/Parent Training Groups

Circle of Parents

- <http://circleofparents.org/>
- Parent support groups
- Provides a friendly, supportive environment facilitated by trained facilitators, but led by parents and other caregivers
- Offers a Children's Program at same time as parent support groups – place for children to interact with other children while their parents attend a support group
- Payment and Insurance: Free of Charge
- Phone: (303) 413-3460
- Email: amichaelsboffy@illuminatecolorado.org
- Address: 1530 W 13th Ave. #118, Denver, CO 80204

Colorado Family Life Center

- <https://coloradofamilylife.org/>
- Earn While You Learn (EWYL): A program for teenage and first-time parents from pregnancy until their first child turns three → one-on-one program in-person, online, or hybrid where parents earn credits for being on time and completing homework, which they can then spend on baby gear at Aurora location
- Fatherhood (FP): Fatherhood-specific classes are available to support dads on their journey of parenthood
- Independent Study Parenting Program (ISPP): This program is available to anyone, free of charge, to complete classes online at their own pace.
- Partner Referral Parenting Program (PRPP): Parenting classes required for legal or DHS purposes
- Payment and Insurance: Free of Charge
- Phone: (303)366-1072
- Email: info@coloradofamilylife.org
- Address: 651 Chambers Road, Suite #204, Aurora, CO 80011

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- Pregnant and Post-Partum group therapy
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; possibility of discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778.4077
- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

Healthy Expectations (CHCO)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- Bearing Hope: topic-based support group where pregnant women can connect, learn and find support as they navigate the complex path toward motherhood
- Mother-Infant Therapy Group: evidence-based, 12-week psychotherapeutic group made up of three weekly parts: Mother's Group, Infant Developmental Stimulation Group and Mother-Baby Dyadic Group – partners are also requested to join for two group sessions
- Mothers and Moods: free weekly mom-to-mom support group offered to moms with postpartum issues who can't come to one of our psychotherapy groups due to insurance or scheduling issues
- MAMAS Connect: (@ Highlands Ranch location) 12-week psychotherapeutic group where women struggling with depression or anxiety issues during the first year after delivery come together to connect, learn and find support as they navigate motherhood
- Payment and Insurance: Large range of insurances
- Medicaid: Accepts CO Medicaid
- Phone: (303)864-5252
- Email: healthyexpectations@childrenscolorado.org
- Address: 13123 E 16th Ave, Aurora, CO 80045

Jefferson County Human Services – Parenting Program

- <https://www.jeffco.us/2693/Fatherhood>
- Virtual support group for moms on Wednesdays from 3:00 to 4:30 PM
- Payment and Insurance: Free of Charge
- Phone: (303)271-1388
- Email: cbearden@co.jefferson.co.us

JFCS Center for Children and Youth

- <https://ccy.jfcs.org/services-for-families/parents-place/parents-support-groups/>
- Online single-parent support groups
- Various time and date options
- Payment and Insurance: Pay what you can afford between \$5 and \$20
- Register online

Let's Connect (CU Anschutz)

- <https://www.letsconnect.org/>
- Parenting intervention that teaches caregivers to identify and respond to children's emotional needs and behaviors in a way that builds connection and warmth and promotes children's emotional competence, sense of emotional security, and well-being
- Offers individualized training, skills modeling, and live support for skills practice for caregivers of children and youth (ages 3-16)
- Approximately 8-12 sessions
- Email: info@letsconnect.org

Postpartum Support International – Colorado Chapter

- <https://psichapters.com/co/>
- Virtual support groups for moms experiencing emotional distress during pregnancy or after delivery
- Support group spaces for Black and Latino/a moms and birthing people
- Bilingual options
- Babies are welcome
- Payment and Insurance: Free of Charge
- Website has a link with all support group options and zoom links for each group

Project NICU

- <https://www.projectnicu.com/vsg>
- Online support groups for past and present NICU parents
- Led by NICU graduate parents
- Website provides additional resources for NICU parents
- Payment and Insurance: Free of Charge
- Register online

Thriving Families – MotherWise

- <https://thrivingfamiliescolorado.org/programs>
- Workshops for women who are pregnant or have new babies, pregnant and parenting teens, and communicating and solving family problems
- Virtual services available
- Bilingual Options
- Payment and Insurance: Free of Charge
- Also provides transportation, meals, and childcare for in-person workshops
- Phone: (720)440-3052
- Email: info@thrivingfamiliescolorado.org
- Address: 1330 Fox St, Denver, Colorado 80204, United States

Thriving Families – La Luz

- <https://thrivingfamiliescolorado.org/programs>
- Postpartum parent education groups shown to reduce postpartum depression

- Bilingual options
- Payment and Insurance: Free of Charge
- Phone: (720)440-3052
- Email: info@thrivingfamiliescolorado.org
- Address: 1330 Fox St, Denver, Colorado 80204, United States

Thriving Families – The Incredible Years

- <https://thrivingfamiliescolorado.org/programs>
- Evidence-based parent training program for parents with 3 to 6 year-olds
- Bilingual options
- Payment and Insurance: Free of Charge
- Phone: (720)440-3052
- Email: info@thrivingfamiliescolorado.org
- Address: 1330 Fox St, Denver, Colorado 80204, United States

Perinatal Health Psychology

Birch Psychology

- <https://www.birchpsychology.com/>
- Focuses on the interrelationships among behavioral, emotional, cognitive, social and biological components in health
- Psychodynamic, cognitive and behavioral approaches
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement
- Medicaid: Denver Health, CoAccess, and First, but NOT CCHA at this time
- Phone: (303)834-1026
- Email: INFO@BIRCHPSYCHOLOGY.COM
- Address: 6881 S. Holly, Centennial, CO 80112

Project NICU

- <https://www.projectnicu.com/vsg>
- Online support groups for past and present NICU parents
- Led by NICU graduate parents
- Website provides additional resources for NICU parents
- Payment and Insurance: Free of Charge
- Register online

Perinatal Mental Health Treatment

Adent Grove Foundation

- <https://ardentgrove.org/>
- Perinatal and Postpartum MH: Supporting mothers and families make the transition to new parenthood
- Grief and Loss
- EMDR for trauma
- Collaborative process, in which the goals for treatment are co-created between client and therapist

- Payment and Insurance: Unknown
- Medicaid: Colorado Access Medicaid
- Phone: (303) 704-4062
- Address: 300 S. Jackson St. Suite 520 Denver, CO 80210

Aurora Mental Health and Recovery

- <https://www.auroramhr.org/>
- Child therapy, family therapy, and individual therapy for caregivers
- Referring providers can fill out online referral form:
<https://www.auroramhr.org/get-help/referral-form/>
- Payment and Insurance: sliding scale rates; most major commercial insurances
- Medicaid: Accepts Medicaid
- Phone: (303)617-2300
- Locations: Several locations throughout Aurora

Birch Psychology

- <https://www.birchpsychology.com/>
- Postpartum depression and anxiety, pregnancy and newborn loss, trauma, infertility, identity changes and general family transitions
- Psychodynamic, cognitive and behavioral approaches
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement
- Medicaid: Denver Health, CoAccess, and First, but NOT CCHA at this time
- Phone: (303)834.1026
- Email: INFO@BIRCHPSYCHOLOGY.COM
- Address: 6881 S. Holly, Centennial, CO 80112

Community Reach Center

- <https://www.communityreachcenter.org/>
- Postpartum depression, and perinatal mood and anxiety disorders
- In-home treatment available
- Fatherhood services available
- Payment and Insurance: self-pay; options for reduced fee or grant based on circumstances/income
- Medicaid: Accepts Medicaid
- General information phone: (303)853-3801
- Early childhood services phone number: (303)853-3762
- Address: 8889 Fox Dr., Ste. B, Thornton

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- Changes in mood, anxiety, identity, relationships, body image, ambivalence, and recovery from high-risk pregnancies or traumatic birth
- Telehealth options

- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778.4077
- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

PROMISE Clinic (CU Anschutz)

- <https://www.cumedicine.us/locations/promise-clinic/>
- Within the CU OB-GYN service: provides on-site screening, treatment, emotional support and community referrals for women who are receiving pregnancy care with us and who may be experiencing perinatal mood disorders
- Payment and Insurance: Accepts most major insurance plans
- Medicaid: Accepts Medicaid
- Phone: (720) 848-1060
- Address: 1635 Aurora Ct, Anschutz Outpatient Pavilion, 3rd Fl, Aurora, CO 80045

Healthy Expectations (CHCO)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- Group therapy and medication management for a large range of mental health concerns in the perinatal period
- Payment and Insurance: Large range of insurances
- Medicaid: CO Medicaid accepted
- Phone: (303)864-5252
- Email: healthyexpectations@childrenscolorado.org
- Address: 13123 E 16th Ave, Aurora, CO 80045

Thriving Families – WiseWellness

- <https://thrivingfamiliescolorado.org/programs>
- Trauma-informed behavioral health and counseling for individuals, couples, and families
- Bilingual options
- Payment and Insurance: Free of Charge
- Phone: (720)440-3052
- Email: info@thrivingfamiliescolorado.org
- Address: 1330 Fox St, Denver, Colorado 80204, United States

Young Mothers Clinic (CHCO)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/primary-care/young-mother-clinic/>

- Mental health services, including therapy and medication management (as well as women's health and medical services) for moms younger than 22 years old and their babies
- Payment and Insurance: Accepts many insurances
- Medicaid: Accepts Medicaid
- Phone: (720)777-2776
- Address: 860 N. Potomac Circle, Aurora, CO

Perinatal Psychiatry

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- Medication management for Perinatal Mood and Anxiety Disorders
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778-4077
- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

Healthy Expectations (CHCO)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- Medication management for concerns in the perinatal period
- Payment and Insurance: Large range of insurances
- Medicaid: Accepts CO Medicaid
- Phone: (303)864-5252
- Email: healthyexpectations@childrenscolorado.org
- Address: 13123 E 16th Ave, Aurora, CO 80045

Perinatal Psychosis

Healthy Expectations (CHCO)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- Accepts mothers with perinatal psychosis: group therapy and medication management
- Payment and Insurance: Large range of insurances
- Medicaid: Accepts CO Medicaid
- Phone: (303)864-5252
- Email: healthyexpectations@childrenscolorado.org
- Address: 13123 E 16th Ave, Aurora, CO 80045

Perinatal Substance Use

Addiction Research and Treatment Services (ARTS)

- <https://www.artstreatment.com/reflections-for-women/>

- 16-bed residential treatment provider, where women can recover from the disease of addiction and co-occurring mental health disorders
- Provide specialized services to pregnant women and women with infant children
- Children who are 15 months or younger can reside with their mothers in treatment
- Payment and Insurance: Sliding scale fees; many services are covered by insurance, public benefits, or grants
- Medicaid: Accepts Medicaid
- Phone: (303)734-5000
- Address: 3738 W. Princeton Circle, Denver, CO 80236

Arapahoe House – Aspen Center for Women

- <https://www.arapahoehouse.org/spanish/aspen-center-women/>
- Intensive residential treatment program for pregnant/postpartum women with drug and alcohol dependence
- Women ages 18 and older and their dependent children
- Payment and Insurance: Sliding scale fees; accepts a range of health insurances
- Medicaid: Health First CO and Child Health Plan Plus (CHP+)
- Phone: (303)657.3700
- Email: info@ahinc.org
- Location: Westminster, CO

Arvada Counseling Center, Inc.

- <https://drugandalcohol.community/>
- Substance use treatment options including outpatient therapy, intensive outpatient programs, and telehealth therapy
- Special programs for pregnant/postpartum women
- Payment and Insurance: self-pay (sliding scale)
- Medicaid: accepts Medicaid and Medicare
- Phone: (303)420-4494
- Address: 7850 Vance Drive Suite 280, Arvada, CO 80003

Denver Health – Substance Abuse Recovery Program for Women and Families

- <https://www.denverhealth.org/services/behavioral-health/addiction-services/recovery-program-women-families>
- Outpatient substance use treatment
- Designed specifically to help pregnant women, parenting women, and families who need substance abuse treatment
- Serves families with open child welfare cases to reunify families
- Payment and Insurance: Accepts a variety of commercial insurances
- Medicaid: Accepts all Medicaid and Medicare
- Phone: (303)436-5699
- Address: 667 Bannock St., Pavilion K, Denver, CO 80204

SCL Health, West Pines – Recovery Nurse Advocate Program

- <https://www.sclhealth.org/locations/west-pines/services/addiction-services-and-treatments/recovery-nurse-advocate-program/>
- One-on-one support to help pregnant women who are addicted, or struggle with past addiction, lead a healthier and happier life
- Prenatal, substance use, and mental health care; transportation resources; education on childbirth, child care, and child development; peer support; doula support
- Online referral form: <https://www.sclhealth.org/locations/west-pines/services/addiction-services-and-treatments/recovery-nurse-advocate-intake-form/>
- Payment and Insurance: Accepts all major insurance plans
- Medicaid: Accepts Medicaid
- Phone: (303)467-4008
- Address: 3400 N Lutheran Parkway, Wheat Ridge, CO 80033

Adjunct Services and Resources for Perinatal Populations***Abortion Services***

Abortion Care Network

- <https://abortioncarenetwork.org/>
- Information about procedures and clinics, find a clinic map, and advocacy information
- Bilingual options
- Phone number: (202)419-1444

Colorado Doula Project

- <https://www.coloradodoulaproject.org/>
- Free logistical and emotional support for people accessing abortion in Colorado
- Health supplies: condoms, emergency contraception, and other resources
- Bilingual options
- General email: info@coloradodoulaproject.org
- Abortion Support Network email: asn@coloradodoulaproject.org

Baby Gear

Rocky Mountain Diaper Depot

- <https://www.rmdiaperdepot.org/home.html>
- Collect and distribute diapers for families in need through distribution partners
- Distribution Partners: Warren Village, Doctors Care, Family Promise of Greater Denver, Denver Inner City Parish, The Gathering Place, Colorado Coalition for the Homeless, Inner City Health Center, Alternatives Pregnancy Center
- Holds Diaper drives and take donations for those that would like to contribute

WeeCycle

- <https://www.weecycle.org/>

- A nonprofit whose mission is to recycle essential baby gear and match it to Colorado families in need
- Provides gently used baby gear to low-income families through network of community-based organizations
- WeeCycle is unable to donate directly to individuals – if clients are in need of baby gear, see list of organizations that help link families to baby gear at <https://www.weecycle.org/our-partners-2/>

Breastfeeding Resources

Black Mothers' Breastfeeding Association (BMBA)

- <https://blackmothersbreastfeeding.org/>
- Services for mothers and families: community-based doula program, Black mothers' breastfeeding club, breastfeeding helpline, and prenatal breastfeeding class
- Also provides trainings and conferences for providers in breastfeeding and childbirth education
- Breastfeeding helpline: (800)313-6141 X 3 → calls will be returned between 24 and 36 hours
- General phone: (800)313-6141
- Email: info@BMBFA.org

Children's Colorado: Breastfeeding Management Clinic

- Comprehensive approach to breastfeeding challenges for the baby and family
- "Trifecta Team" – a pediatrician with breastfeeding expertise, a lactation consultant and a psychologist
- Comprehensive breastfeeding evaluation of mother and baby, integrated infant mental health and child development specialist, and focus on maternal-infant bonding and promoting positive caregiver-baby relationships
- Outpatient clinics at various locations in the metro area
- Phone consultation warm line
- For more info: (720)777-3605
- To schedule an appointment: (720)777-2740
- Referral form for referring providers: <https://www.childrenscolorado.org/globalassets/departments/primary-care/2021-clinic-referral-form.pdf>

Colorado Department of Public Health and Environment – Breastfeeding and Childcare

- <https://cdphe.colorado.gov/breastfeeding/breastfeeding-and-child-care>
- List of resources for breastfeeding in CO
- CO breastfeeding laws and resources for breastfeeding in the workplace

La Leche League

- <https://lllcoloradowyoming.org/>

- An international non-profit, non-sectarian organization dedicated to providing education, information, support, and encouragement to families who want to breastfeed
- Services are always free of charge
- Resources for breastfeeding
- Support groups throughout CO
- Warmline – Denver: (303)779-6722; Colorado Springs: (719)445-9110

Spanish for Breastfeeding Support

- <https://www.spanishforbreastfeedingsupport.com/breastfeeding-resources-i.html>
- List of Spanish Resources for Breastfeeding

Crisis Services

2-1-1 Colorado – Basic Needs Help Center

- <https://unitedwaydenver.org/community-programs/2-1-1/>
- Dial three simple numbers, 2-1-1, to reach Mile High United Way's 211 Help Center
- Or text your zip code to 898-211 (message and data rates apply)

Alcohol and Drug Abuse Hotline

- 1-800-662-HELP (4357)

AllHealth Network Walk-In Crisis Center

- 24/7 walk-in crisis center providing confidential, in-person support, information and referrals to anyone in need
- Available to children, adolescents, young adults, families and adults
- Walk-in crisis center address: 6509 S. Santa Fe Drive, Littleton, CO 80120

Aurora Mental Health and Recovery

- <https://www.auroramhr.org/>
- 24/7 walk-in crisis center with trained Crisis Team of clinicians, Peer Specialists, and medical staff
- Phone for crisis services department: (303)923-6500
- Walk-in crisis center address: 2206 Victor St, Aurora, CO

Colorado 4 Kids

- <https://co4kids.org/>
- Statewide mandated reporting hotline for child abuse and neglect
- Resources for professionals/providers working with kids and families
- Child Abuse and Neglect Hotline: (844)264-5437

Colorado Crisis Services

- <https://coloradocrisisservices.org/>
- Statewide mental health and addiction crisis line
- Bilingual options

- Call: 1-844-493-8255
- Text: Text “TALK” to 38255
- Walk-in: Get support in-person at your closest crisis center – check website for walk-in locations throughout Colorado

National Maternal Mental Health Hotline

- 24/7, Free, Confidential Hotline for Pregnant and New Moms in English and Spanish
- Bilingual options
- Hotline: 1(833)943-5746

Rocky Mountain Crisis Partners

- <https://rmcrisispartners.org/>
- Crisis support hotline via phone and text, support and follow-up, mobile crisis dispatch
- Mental Health and Substance Abuse Crisis Hotline: 844.493.TALK (8255)
- Or text ‘TALK’ to 38255

Substances and Mental Health Services Administration (SAMHSA)

- <https://www.samhsa.gov/find-help/988>
- National Suicide and Crisis Hotline
- Call or text 988

Domestic Violence Victims

National Domestic Violence Hotline

- (800)799-7233

Asian Pacific Development Center – Victim Assistance

- <https://www.apdc.org/victimassistance>
- Assistance in applying for financial services, emergency housing, and victim compensation funds
- Crisis counseling, case management and social services, and legal and personal advocacy
- These services are provided free of charge to victims
- Bilingual options
- Online forms for victims and for referring providers to get clients connected with services
- Crisis Line: (720)394-7909
- Phone: (303)923-2920
- Email: victims@apdc.org

Colorado Department of Human Services – Domestic Violence Program

- <https://cdhs.colorado.gov/our-services/child-and-family-services/domestic-violence-program>

- Help finding community-based domestic violence programs across Colorado, resources for both survivors and perpetrators, and information on laws, funding, and policies related to DV

Family Tree Colorado

- <https://www.thefamilytree.org/domestic-violence-services>
- Crisis line, emergency shelter, safety planning, legal advocacy, supervised parenting time and linkages to community resources
- Services available in Spanish and English, as well as interpretation services for other languages
- 24-hour DV crisis line: (303) 420-6752

Porchlight

- <https://www.porchlightfjc.org/>
- Family Justice Center
- Provides comprehensive legal, emotional and critical supportive services for survivors of domestic violence, sexual assault, child abuse, abuse of at-risk individuals, elder abuse, and human trafficking
- Key local government agencies, law enforcement, community, social and legal service providers, and District Attorney's Offices are located on-site
- Bilingual options
- Phone: (720)853-8850
- Email: porchlight@jeffco.us
- Address: 11100 W. 8th Avenue, Suite 200, Lakewood, CO 80215

Rose Andom Center

- <https://roseandomcenter.org/>
- Services: Advocacy, Children's Services, Civil Legal, Criminal Legal, Medical, Self-Sufficiency, Counseling
- Bilingual options
- After hours and shelter resources: <https://roseandomcenter.org/after-hour-resources/>
- Phone: (720)337-4400
- Email: info@roseandomcenter.org
- Address: 1330 Fox Street Denver, CO 80204

Safehouse Denver

- <https://safehouse-denver.org/>
- Serves survivors of domestic violence and their children through an Emergency Shelter, a non-residential Counseling & Advocacy Center and an Extended Stay Program
- Bilingual options
- 24-Hour Crisis & Information Line: (303)318-9989
- Phone: (303) 318-9959

- Email: info@safehouse-denver.org

Servicios de la Raza

- <https://serviciosdelaraza.org/services/basic-emergency-services/>
- Victim Services: case management, linkage to legal counsel, 24-hour crisis line
- Bilingual options
- 24-hour Crisis Line: (303)953-5930
- Phone: (303) 458-5851
- Email: info@serviciosdelaraza.org
- Address: 3131 W. 14th Avenue Denver, Colorado 80204

Violence Free Colorado

- <https://www.violencefreecolorado.org/resources-2/>
- Provides a list of resources based on geographical areas within Colorado (i.e. advocacy services, emergency shelter, housing options, financial support, support groups, and legal advocacy)
- Bilingual options

Food Resources

Metro Caring

- <https://www.metrocaring.org/>
- Works to meet people's immediate need for nutritious food
- Programs: Healthy Foods Access, Nutrition Education and Cooking Classes, ID Procurement, Urban Gardening and Agriculture, and Community Organizing and Development
- Bilingual options
- Can make a food appointment online or by phone
- Phone: (303)860-7200
- Email: info@MetroCaring.org
- Address: 1100 E. 18th Ave. Denver, CO 80218

Servicios de la Raza

- <https://serviciosdelaraza.org/services/basic-emergency-services/>
- Emergency Services: food bank and clothing bank
- Bilingual options
- Phone: (303) 458-5851
- Email: info@serviciosdelaraza.org
- Address: 3131 W. 14th Avenue Denver, Colorado 80204

General Resources (i.e. wrap-around services, healthcare, parent advocacy, etc.)

2-1-1 Colorado

- <https://www.211colorado.org/>
- 2-1-1 is a confidential and multilingual service connecting people to vital resources across the state
- Financial needs, housing and shelter, food assistance, crisis and emergency, health services, employment, tax assistance, legal assistance, immigrants and refugees

- Services specifically for pregnant and new parents: child care, education and early intervention, parent helplines, nurse advice line, sleep, breastfeeding, nutrition, and food assistance
 - <https://www.211colorado.org/pregnant-new-parents/>

A Precious Child

- <https://apreciouschild.org/>
- Clients need to contact their caseworker or a staff member at a partnering agency for a referral
- Families are connected with a case worker who helps provide wrap-around support to disadvantaged and displaced children and families
- Resource centers providing basic human needs
- Help families navigate community resources
- Cradle to Career Initiative programs: child & family advocacy, family stability, academic success, social and emotional well-being, and workforce development
- Bilingual options
- Phone: (303)466-4272

Colorado Coalition for the Homeless

- <https://www.coloradocoalition.org/>
- Help with housing, healthcare, childcare, and employment
- Interpretation services in over 240 languages
- Phone: (303)293-2217
- Email: info@coloradocoalition.org

Colorado Community Health Network

- <https://cchn.org/>
- Primary care center – offers care for pregnant moms, new moms, and babies
- Full range of prenatal care to help caregivers have a healthy pregnancy and baby
- Accepts patients without insurance, and provides free or low-cost medication and supplies
- Bilingual options
- Several locations throughout Colorado – see website for locations map
- Phone number dependent on location

Colorado Department of Early Childhood

- <https://cdec.colorado.gov/family-support-programs>
- Childcare and early intervention services
- Family support programs: community response, family resource centers, fatherhood program, stewards of children, etc.

Colorado Department of Early Childhood – SafeCare Colorado

- https://www.coloradoofficeofearlychildhood.com/OEC_Families?p=Family&s=SafeCare-Colorado&lang=en

- In-home and online support for parents
- Education on home safety, child health, and parent-child relationship
- Referral form:
https://www.coloradoofficeofearlychildhood.com/oec_safecarereferralformforfamilies?lang=en

Elephant Circle

- <https://www.elephantcircle.net/>
- Birth justice education and services
- Brings an intersectional, feminist, reproductive justice, design thinking approach to birth justice
- Focus on presently and historically marginalized groups, groups no one else is helping, & groups that share an intersectional reproductive justice analysis
- Services: coaching and consulting, community organizing, doula services, legal services, fiscal sponsorship, and workshops/webinars
- Bilingual options
- Phone: (720)335-5033

Focus Points Family Resource Center

- <https://www.focuspoints.org/>
- Helps families enroll in health insurance, including Medicaid
- Aide in food access and applying for food stamps
- Energy bill and housing assistance
- Adult English classes – in-person or online
- Refugee services program
- Bilingual options
- Phone: (303)292-0770
- Address: 2501 East 48th Ave, Denver, Colorado 80216

La Cocina – Cultura Cura Belly (CCB)

- <https://www.lacocinahome.org/program-platforms>
- Latinx residents of Denver County who are pregnant or those who are caring for an infant younger than 8-months old
- Home visits by support providers; in-home doula prenatal, birth and postpartum visits; prenatal and postpartum support group
- Bilingual options and all services providers are bilingual
- Payment and Insurance: Free of Charge
- Referral Form: https://hipaa.jotform.com/LaCocina_TFC/CCB
- Phone: (970)232-0740
- Email: Hola@LaCocinaHome.org
- Address: 116 East Oak Street, Fort Collins, CO 80524

My Care Maternal Mental Health Now

- <https://mycare.mmhnow.org/>

- Educational app designed to help parents feel prepared for transition into parenthood, support self-care, and provide education on signs and symptoms of perinatal depression and anxiety
- Bilingual options

Nurse-Family Partnership

- <https://www.nursefamilypartnership.org/locations/colorado/>
- In home nurse assistance for newborns of first time moms
- Providers throughout Colorado – contact information on website
- Denver provider contact: Kimberly Hirst
- Phone: (720)865-6236
- Email: khirst@iik.org

Servicios de la Raza

- <https://serviciosdelaraza.org/services/basic-emergency-services/>
- Emergency Services: food bank and clothing bank
- Healthcare Access: health insurance enrollment aid and healthcare clinic
- Victim Services: case management, linkage to legal counsel, 24-hour crisis line
- Bilingual options
- 24-hour Crisis Line: (303)953-5930
- Phone: (303)458-5851
- Email: info@serviciosdelaraza.org
- Address: 3131 W. 14th Avenue Denver, Colorado 80204

Shiloh House

- <https://shilohhouse.org/>
- Family Support Professionals: services provided in home and in community settings – budgeting, safety plans and appropriate supervision for children with big behaviors, connection to community resources, and household management
- Supervised visitation in home and in community settings
- Rapid Response Program: in-home family assessment with rapid referral for families needing immediate support for children with big behaviors → Arapahoe County Only!
- Residential Services: ages 5-17 with emotional and behavioral challenges
- Short-Term Respite Care
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Phone:(303)933-1393
- Email: info@shilohhouse.net

Stride Community Health Center

- <https://stridehc.org/services/pediatric-care/>
- Pediatric primary care – perinatal, postpartum, infancy, and childhood
- Integrated behavioral health services, medication management, and dental care

- Payment and Insurance: provides care to those without insurance – but need to schedule a financial screening appointment!
- Medicaid: Health First Colorado and Child Health Plan Plus (CHP+)
- Phone: (303)778-7433
- Several locations throughout Denver and surrounding areas

The Gathering Place

- <https://tgpdenver.org/>
- Family Program provides onsite resources, navigation and external referrals, always at no cost
- Meeting Basic Needs: Meals and food assistance, resource advocates, clothing, essential baby products, and general services (toys, books, cribs, showers, hygiene items, phones, etc.)
- Supporting Stability: Parenting groups, connections with case workers, and parent education and job readiness
- Bilingual options
- Phone: (303)321-4198
- Address: 1535 High Street, Denver CO

Tinyhood

- <https://www.tinyhood.com/>
- Fully virtual education and support for all steps of parenting
- Online childbirth, breastfeeding, and parenting classes
- Online parenting support groups
- “Membership” allows for on-demand classes
- \$12.95/month, billed annually. Quarterly subscriptions for \$24.95/month or a month-to-month subscription for \$38.95/month
- Can apply for a grant program that offers free annual membership for selected applicants

Warren Village

- <https://warrenvillage.org/>
- Safe and affordable housing, parent services and advocacy, early education and childcare
- Phone: (303)321-2345
- Email: info@warrenvillage.org
- Address: 1323 Gilpin St, Denver, CO 80218-2552

Housing Resources

Affordable Housing Online

- <https://affordablehousingonline.com/housing-search/Colorado>
- List of income-based apartments

Casa de Paz

- <https://www.casadepazcolorado.org/>

- Temporary housing for individuals just released from immigration detention
- Supports families in working towards reunification
- Bilingual options
- Phone: call us or text (720)515-6732
- Email: info@casadepazco.org

Delores Project

- <https://www.thedeloresproject.org/need-shelter/>
- Extended stay shelter, rehousing and continued care (i.e. case management and housing navigation), and permanent supportive housing
- All shelter guests, supportive housing residents, and continued care clients are provided optional, on-site 1-on-1 therapeutic services and recovery and wellness-oriented group programming and counseling
- Phone: (303) 534-5411

Family Promise of Greater Denver

- <https://www.fpgd.org/shelter>
- Services for families: emergency shelter, weekly case management, housing navigation, 3 meals per day, and transportation assistance
- Phone: (303)675-0713

Marisol Homes

- <https://ccdenver.org/marisol-homes/>
- Marisol Homes provides safe and secure emergency and community-based extended-stay shelter for pregnant women and single women with children
- Maternity care, case management, and childcare services
- Based within Catholicism
- Phone: (855)777.5280
- Email: info@ccdenver.org

Shannon's Hope Maternity Home

- <http://www.shannonshope.org/index.html>
- A residence providing a safe community for pregnant and postpartum women of child-bearing age
- Religious leaning
- Phone: (303)480-5433

Pregnancy and Newborn Loss

Colorado Pregnancy and Newborn Loss Services

- <https://www.coloradopregnancyloss.org/>
- Support for families affected by loss through miscarriage, stillbirth, and early infant death through education and grief support
- Loss support meetings and pregnancy after loss support meetings
- Childbirth education

- Trainings for providers working with loss families
- Phone: (720)946-2828
- Email: cpnl@coloradopregnancyloss.org
- Address: 7355 S Peoria St, Englewood, CO, 80112

Denver Share

- <https://www.denvershare.org/>
- Bereavement support group for parents who have experienced pregnancy loss, stillbirth, or loss of a baby in the first few months of life
- Meetings are led by parents (not a therapist)
- Phone: (720)316-9917
- Address: 455 S. Hudson Street, 2nd Floor, Denver, CO 80246

Mommies Enduring Neonatal Death (MEND)

- <https://www.mend.org/welcome-denver>
- Christian, non-profit organization that reaches out to families who have suffered the loss of a baby through miscarriage, stillbirth, or early infant death
- Publishes free bi-monthly magazines, holds commemorative ceremonies, and hosts a variety of support groups throughout the nation
- Go to website to find local support groups and events in Colorado

The Beautiful Scar Project

- <https://thebeautifulscarproject.com/>
- Assists newly bereaved parents in the Denver area by providing them with comprehensive information regarding resources available to them to help make eternal care decisions less overwhelming
- Resource list of infant loss funeral providers, supports, and services by city in Colorado
- Phone: (303)638-6556 or (720)275-4982
- Email: beautifulscarproject@gmail.com

Resource List by Moms for Moms

A resource list collaboratively created by the CUB Perinatal Support Group (2020-2021)

- Article on COVID vaccine, pregnancy, & lactation:
<https://www.pbs.org/newshour/health/covid-19-vaccine-guidance-for-those-who-are-lactating-is-based-on-faulty-assumptions-experts-say?fbclid=IwAR1Vu8NN5oMWYyCxmahxdOcfF7z8LbSyOKFvdoJHC9RThpFcH1-kr5b2JII>
- Apps:
 - Expectful
 - Marco Polo
 - Ovia Parenting (tracking feeding, poop/pee, sleep, milestones)
- Podcasts, media, books:
 - <https://adultconversationpodcast.com>

- Herselfpodcast.com
- To Have and To Hold: Motherhood, marriage, and the modern dilemma
- Mommy labor nurse -instagram and online classes
- <https://www.fairplaylife.com/>
- The Birth Hour -- Podcast on birth stories
- Wellness products:
 - Pink Stork- helps with nausea while pregnant
<https://pinkstork.com/products/nausea-sweets-30-hard-lozenges>
 - Expecting and empowered - instagram, blog, pregnancy and postpartum fitness guides created by a women's health PT and geared toward readiness and healing
 - Taking Cara Babies - sleep courses for newborns and older babes (and instagram!)
 - BaoBei - Pregnancy and postpartum support clothing (pricey but worth it!)
 - Elvie and Willow wearable Breast pumps
 - The Birth Deck (labor positions/tips for partners)
 - #fedIsBest hashtag on instagram, others
- Health Professionals:
 - Kloor Chiropractic- Dr. Trish in Westminster
<http://www.kloorchiropractic.com/>
 - Evidence Based Birth - has a COVID resource page right now
- Misc:
 - Mealtrain.com (people can sign up to bring/send you food, just send them the link when they ask!)
 - Goodbuygear - amazing Denver consignment (free shipping!)
 - Kindred Bravely nursing sports bras

Teen Parenting Resources

GENESIS Program

- <https://bouldercounty.gov/families/pregnancy/genesis-program-english/>
- Home visiting program for teen parent families in BoulderCounty
- Personalized support, linkage to resources and baby gear, and childbirth education
- Eligibility: 19 years or younger at time of becoming a parent who is pregnant or parenting a child younger than 6 months old; resident of Boulder County
- Online referral form:
<https://www.preenrollment.info/form/BoulderCountyPublicHealth>
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Boulder: (303)413.7513
- Longmont: (303)678.6155
- Lafayette: (720)564.2707

Colorado Teen Parent Collaborative

- <https://teenparentcollaborative.org/>
- Connects teen parents and their children to low-cost/free services and resources
- Resources and education for providers working with teen parents

0-5 Referrals

Assessment

Birch Psychology

- <https://www.birchpsychology.com/>
- IQ and psychoeducational assessments, developmental assessments, social and emotional assessments, fully battery assessments, and community based assessments
- Psychodynamic, cognitive and behavioral approaches
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement
- Medicaid: Denver Health, CoAccess, and First, but NOT CCHA at this time
- Phone: (303)834-1026
- Email: INFO@BIRCHPSYCHOLOGY.COM
- Address: 6881 S. Holly, Centennial, CO 80112

Colorado Therapy and Assessment Center

- <https://coloradotherapyassessment.com/services/>
- Assessments for ADHD, ASD, learning difficulties, gender-related surgery, mood disorders, and OCD
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Payment and Insurance: Several insurance options
- Medicaid: Accepts CO Medicaid
- Phone: (720)515-4244
- Email: contact@coloradotherapyassessment.com
- Denver Address: 1777 S. Bellaire St, Suite 390, Denver, CO 80222
- Westminster Address: 8461 Turnpike Dr, Suite 102, Westminster, CO 80031

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- Cognitive and Personality Testing for Children aged 3-18
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778-4077
- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

Insights, Colorado Assessment and Therapy

- <https://www.insightsdenver.com/therapy/>
- Assessments for ASD, Fetal Alcohol Syndrome, ADHD, learning difficulties, adoption/surrogacy, cognitive/IQ, adaptive testing, and giftedness
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Payment and Insurance: Select insurances; fees vary by clinician
- Medicaid: CO Health First Medicaid
- Phone: (303)935-5307
- Email: info@insightsdenver.com
- Address: 1658 York Street, Denver, CO 80206

Jefferson Center – Child, Youth, and Family Services

- <https://www.jcmh.org/services/psychological-assessment-services/>
- Psychological testing for individuals 2.5 years and up
- Personality and social-emotional testing, cognitive testing, ADHD assessment, neuropsychological assessment, and early childhood assessments
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Contact information varies by location

New Horizons/Nuevos Horizontes

- <https://www.horizonsbegin.com/>
- Children ages 3 and up
- Testing specializations: Autism, ADHD, Dyslexia, Gifted identification and twice exceptional, and developmental disabilities
- Bilingual options
- Insurance and Payment: Unknown
- Medicaid: Unknown
- Phone: (720)585-4898
- Address: 2755 S. Locust St, Suite 216, Denver, CO

Rocky Mountain Behavioral Medicine

- <https://www.rockymountainbehavioralmedicine.com/about-us.html>
- Assessments: gifted students assessment, neuropsychological assessments, ADHD, ASD, and psychoeducational assessment
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Payment and Insurance: Several insurance options (see website)
- Medicaid: Accepts CO Medicaid
- Phone: (720)515-4244
- Email: contact@coloradotherapyassessment.com
- Denver Address: 1777 S. Bellaire St, Suite 390, Denver, CO 80222

- Westminster Address: 8461 Turnpike Dr, Suite 102, Westminster, CO 80031

Behavioral Difficulties and General Mental Health

Aurora Mental Health and Recovery

- <https://www.auroramhr.org/>
- Child therapy, family therapy, and individual therapy for caregivers
- Referring providers can fill out online referral form:
<https://www.auroramhr.org/get-help/referral-form/>
- Payment and Insurance: sliding scale rates; most major commercial insurances
- Medicaid: Accepts Medicaid
- Phone: (303)617-2300

Believing in Kids and Families

- <http://www.bikaf.com/WP-ClientServicesOffered.html>
- Emotion regulation/dysregulation (anger management, depression, anxiety), sensory processing challenges, social skills challenges
- Payment and Insurance: self-pay (\$100-\$120 per session), possible victim compensation for victims of a crime, several major commercial insurances
- Medicaid: Does not accept Medicaid
- Phone: (303)794-7008
- Email: bikafcounseling@gmail.com
- Address: 5921 S Middlefield Dr, Suite 102, Littleton, CO 80123

Community Reach Center

- <https://www.communityreachcenter.org/>
- Children ages 0-6
- Regulating and expressing negative emotions, aggression, defiance, impulse control challenges, sleep challenges, eating challenges, and toileting challenges
- Psychiatric services
- Occupational Therapy Services
- Payment and Insurance: self-pay; options for reduced fee or grant based on circumstances/income
- Medicaid: Accepts Medicaid
- General information phone: (303)853-3801
- Early childhood services phone number: (303)853-3762
- Address: 8889 Fox Dr., Ste. B, Thornton

Denver Children's Home

- <https://www.denverchildrenshome.org/>
- Intensive In-Home Program: We work to keep kids from going to a higher level of care and to return to and benefit from outpatient services
- Clients are typically age 3 to 17 years old, with clinicians with specialized training in early childhood intervention facilitating services for 3 – 5 years
- Community based services providing care to underserved populations

- Payment and Insurance: Children and Youth Mental Health Treatment Act (CYMHTA), Department of Human Services Core Service Funds and self pay clients on a case-by-case basis
- Medicaid: ABC Medicaid and CCHA Medicaid
- Phone: (303)399-4890
- Email: info@denverchildrenshome.org
- Address: 1501 Albion St, Denver, CO 80220

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- Behavioral outbursts, emotion dysregulation, & impulse control
- IoWA PCIT, Circle of Security, play therapy, CBT
- Telehealth options
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778-4077
- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

Fussy Baby Network, CO

- <http://www.fussybabynetworkcolorado.org/services.htm>
- Fussy Baby Warmline: Team members are available to listen, and to provide support and resources via phone
 - 1-877-627-9227
- Home Visitation Program: Infant specialists meet with you in your home to explore your concerns and offer support
- Fussy Baby Clinic: Consultation through Pediatric Primary Care at The Children's Hospital
- Bilingual options
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Phone: (877)627-9227
- Email: fussybabynetworkcolorado@ gmail.com
- Address: No physical address but associated with Children's Hospital Colorado

Insights, Colorado Assessment and Therapy

- <https://www.insightsdenver.com/therapy/>
- Children and adolescents with behavioral concerns: CBT, Solution Focused Therapy, EMDR, and TBRI
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need

- Payment and Insurance: Select insurances; fees vary by clinician
- Medicaid: CO Health First Medicaid
- Phone: (303)935-5307
- Email: info@insightsdenver.com
- Address: 1658 York Street, Denver, CO 80206

Jefferson Center – Child, Youth, and Family Services

- <https://www.jcmh.org/services/child-youth-family-services/>
- Early childhood mental health services
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Contact information varies by location

Maria Droste Counseling Center

- <https://mariadroste.org/counseling/child-and-teen-counseling/>
- Play therapy, group counseling, communication and problem-solving skills, classroom interventions, and family therapy
- Online and in-person options
- Bilingual options
- Insurance and Payment: self-pay (sliding scale); limited private insurances
- Medicaid: Accepts Medicaid
- Phone: (303)867-4600
- Email: intake@mariadroste.org
- Address: 1355 South Colorado Blvd., Suite C-100, Denver, Colorado 80222-3305

New Horizons/Nuevos Horizontes

- <https://www.horizonsbegin.com/>
- Children ages 3 and up
- Therapy specializations: Anxiety and depression, School anxiety, ADHD and executive functioning, Immigration/racial discrimination, and Gifted identification and twice exceptional, and developmental disabilities
- Bilingual options
- Insurance and Payment: Unknown
- Medicaid: Unknown
- Phone: (720)585-4898
- Address: 2755 S. Locust St, Suite 216, Denver, CO

WellPower (Right Start for IMH)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- Child and family therapy
- Payment and Insurance: Unknown
- Medicaid: Unknown

- Phone: (303)504-6500
- Address: Multiple locations – all within the Denver area

Deaf and Hard of Hearing

WellPower

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- Individual, group, and family therapy
- Support groups
- Access to education and employment supports
- Interpreter services
- Consultation and education
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Video Phone: (720)459-5314
- Voice Phone: (303)504-7900
- Email: DeafandHoH@wellpower.org
- Address: 3401 Eudora St, Denver, CO 80207

Dyadic Therapy

Birch Psychology

- <https://www.birchpsychology.com/>
- Parent-Child Dyadic Therapy: issues related to behavior, bonding, postpartum depression/anxiety, previous trauma and attachment
- Parent-Child Interaction Therapy: behavior challenges (including impulsivity and regulation issues), tantrum behaviors, and attachment challenges (insecurities, regulation difficulties, frustrations)
- Psychodynamic, cognitive and behavioral approaches
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement
- Medicaid: Denver Health, CoAccess, and First, but NOT CCHA at this time
- Phone: (303)834-1026
- Email: INFO@BIRCHPSYCHOLOGY.COM
- Address: 6881 S. Holly, Centennial, CO 80112

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- IoWA PCIT and Circle of Security
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778-4077
- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

Mental Health Partners – Community Infant Program

- <https://www.mhpcolorado.org/about/services/specialty-community-infant-program/>
- Pregnant women and families with children 0-3 years old
- Parent-infant therapy; home visits to aide in fussiness and understanding child's emotional needs; public health nurses; support for new parents experiencing depression or anxiety
- Bilingual options
- Payment and Insurance: out of pocket; accepts most insurance plans
- Medicaid: Accepts Medicaid and Medicare
- Phone: (720)562-0560
- Locations: Multiple locations throughout Colorado

Tennyson Center for Children – Child First

- <https://www.tennysoncenter.org/programs/community-programs/child-first/>
- Serves children before birth through age five and their caregivers who are facing challenges like poverty, mental health issues, and homelessness.
- Work is done in the home for 1-2 hours per week using Child-Parent Psychotherapy (CPP)
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Phone: (303)731-4845
- Email: admissions@tennysoncenter.org
- Address: 2950 Tennyson Street, Denver, CO 80212

WellPower (Right Start for IMH)

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/programs/mental-health-moms/>
- CPP, PCIT, and parent-child groups
- Payment and Insurance: Unknown
- Medicaid: Unknown
- Phone: (303)504-6500
- Address: Multiple locations – all within the Denver area

Early Childhood Trauma

Community Reach Center

- <https://www.communityreachcenter.org/>
- Children ages 0-6
- Trauma symptoms associated with Abuse/neglect, family/community violence, removal from home, family illness/death, divorce/separation, family substance abuse, or parental mental health concerns
- Payment and Insurance: self-pay; options for reduced fee or grant based on circumstances/income
- Medicaid: Accepts Medicaid

- General information phone: (303)853-3801
- Early childhood services phone number: (303)853-3762
- Address: 8889 Fox Dr., Ste. B, Thornton

Believing in Kids and Families

- <http://www.bikaf.com/WP-ClientServicesOffered.html>
- Play therapy for trauma processing
- Payment and Insurance: self-pay (\$100-\$120 per session), possible victim compensation for victims of a crime, several major commercial insurances
- Medicaid: Does not accept Medicaid
- Phone: (303)794-7008
- Email: bikafcounseling@gmail.com
- Address: 5921 S Middlefield Dr, Suite 102, Littleton, CO 80123

Flourish Psychology, LLC

- <https://flourishpsychology.net/our-services>
- IoWA PCIT, Circle of Security, play therapy, CBT
- Telehealth options
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Medicaid: Does not accept Medicaid
- Phone: (720)778-4077
- Address: 6530 S. Yosemite St., Suite 210, Greenwood Village, CO 80111

Insights, Colorado Assessment and Therapy

- <https://www.insightsdenver.com/therapy/>
- Trauma and PTSD: CBT, Solution Focused Therapy, EMDR, and TBRI
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Payment and Insurance: Select insurances; fees vary by clinician
- Medicaid: CO Health First Medicaid
- Phone: (303)935-5307
- Email: info@insightsdenver.com
- Address: 1658 York Street, Denver, CO 80206

Grief and Loss

Judi's House

- <https://judishouse.org/>
- Youth ages 3 to 25, and their families who are grieving a death
- Focus on strengths to promote healthy adjustment to loss
- Groups, individual child therapy, couples therapy, family therapy, and play therapy

- Bilingual options
- Payment and Insurance: Free of Charge
- Phone: (720)941-0331
- Address: 10125 E. 25th Avenue, Aurora, CO 80010

Neurodevelopmental Disorders

Colorado Therapy and Assessment Center:

- <https://coloradotherapyassessment.com/services/assessment-for-autism-spectrum-disorders/>
- Psychological testing for Autism Spectrum Disorder
- Payment and Insurance: Accepts many insurances
- Medicaid: Accepts Medicaid for ASD evaluations
- Denver location: (720)515-4244
 - Address: 1777 S. Bellaire St, Suite 390, Denver, CO 80222
- Westminster location:(720) 515-4244
 - Address: 8461 Turnpike Dr, Suite 102, Westminster, CO 80031

Community Reach Center

- <https://www.communityreachcenter.org/>
- Children ages 2-16
- Treatment for children with dual diagnoses of mental health and developmental/intellectual disability
- In-home services
- Payment and Insurance: self-pay or Medicaid; options for reduced fee or grant based on circumstances/income
- Medicaid: Accepts Medicaid
- General information phone: (303)853-3801
- Early childhood services phone number: (303)853-3762
- Address: 8889 Fox Dr., Ste. B, Thornton

Insights, Colorado Assessment and Therapy

- <https://www.insightsdenver.com/therapy/>
- ASD, ADHD, and ID (also Fetal Alcohol Syndrome): CBT, Solution Focused Therapy, EMDR, and TBRI
- Payment and Insurance: Self-pay and out-of-network insurance reimbursement; reduced rates for treatment with student therapists and possibility of discounted rates based on need
- Payment and Insurance: Select insurances; fees vary by clinician
- Medicaid: CO Health First Medicaid
- Phone: (303)935-5307
- Email: info@insightsdenver.com
- Address: 1658 York Street, Denver, CO 80206

Adjunct Services and Resources for 0-5 Populations

Disability Policies and Resources

Atlantis Community, Inc.

- <https://atlantiscommunity.org/>
- Services are available to any individual with any disability—whether it be physical, mental, developmental, age-related, or all of the above
- Services: Advocacy, Information and Referral, Peer Support, Independent Living, Transition
- Phone: (303)733-9324
- Email: info@atlantiscommunity.org
- Address: 201 S. Cherokee Street, Unit 100, Denver CO 80223

Colorado Department of Healthcare Policy and Financing

- Programs for Individuals with Physical or Developmental Disabilities: <https://hcpf.colorado.gov/programs-individuals-physical-or-developmental-disabilities>
- Health First Colorado Buy-In Program For Children With Disabilities: <https://hcpf.colorado.gov/medicaid-buy-program-children-disabilities>

Colorado Department of Education

- Special Education Rules and Regulations: <https://www.cde.state.co.us/spedlaw/rules>
- Parents/Families of a Child with a Disability: <https://www.cde.state.co.us/cdesped/spedparents>

General Resources

Caruso Family Charities

- <https://www.carusofamilycharities.org/>
- Non-profit organization assisting families who have a child, adolescent or young adult being treated in Colorado for a life-threatening disease or life-altering event
- Mission is to relieve some financial pressures, such as rent, insurance payments, energy bills, co-pays or gas, so the family may focus on caring for their sick child
- Referring provider and family fill out online application: <https://www.carusofamilycharities.org/family-application>

Community Reach Center

- <https://www.communityreachcenter.org/>
- Pediatric primary care for children ages 0-18
- Payment and Insurance: self-pay or Medicaid; options for reduced fee or grant based on circumstances/income
- Medicaid: Accepts Medicaid
- Phone: (303) 430-0823
- Address: 8889 Fox Dr., Ste. A, Thornton, CO 80260

Focus Points Family Resource Center

- <https://www.focuspoints.org/>
- Early Childhood Education: Home visiting programs that serve 187 children aged prenatal to 5 years across the Denver area.
- Bilingual options
- Phone: (303)292-0770
- Address: 2501 East 48th Ave, Denver, Colorado 80216

Hazelden Betty Ford Foundation – Children’s Program

- <https://www.hazeldenbettyford.org/family-loved-ones/childrens-program>
- Support, education and care to kids who grow up in a family with alcohol or other drug addiction
- Group play and activities for kids to connect, learn about addiction, and express themselves
- Kids ages 7-12
- In-person and virtual options
- Payment and Insurance: Accepts most major insurance providers
- Medicaid: Does not accept Medicaid
- Phone: (303)745-2275
- Address: 7000 East Belleview Ave, Greenwood Village, CO 80111

Jefferson Center – Child, Youth, and Family Services

- <https://www.jcmh.org/services/child-youth-family-services/>
- Immunizations
- Well visits and physicals
- Chronic disease management
- Contact information varies by location

Mental Health Partners – Kids Connect

- <https://www.mhpcolorado.org/about/services/kid-connects/>
- Early childhood education and mental health consultation for parents and teachers
- Warmline: consultation regarding concerning or challenging behavior of children birth through seven years of age that can include in-home or in-school observation and assessment
- Bilingual options
- Warmline phone number: (303)245-4418
- Email: kidconnects@mhpcolorado.org

Raise the Future

- <https://www.raisethefuture.org/>
- Organization that serves children in foster care and works to facilitate adoption
- Colorado resources and family support for families going through the adoption process (i.e. family navigation, support groups, in-home coaching, consultation, etc.)
- Phone: (303)755-4756

- Email: kids@raisethefuture.org

Resource List for Parents and Providers

Clinician's Resource Guide: A Compendium of Child Treatment Resources, doctoral paper by Carleen Knauf

- [file:///C:/Users/Owner/Downloads/Child%20Seminar%20Clinician%E2%80%99s%20Resource%20Guide%20A%20Compendium%20of%20Child%20Treatment%20Resources%20July%202020%20\(1\).pdf](file:///C:/Users/Owner/Downloads/Child%20Seminar%20Clinician%E2%80%99s%20Resource%20Guide%20A%20Compendium%20of%20Child%20Treatment%20Resources%20July%202020%20(1).pdf)

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