The ANXIETY CENTER
Integrated NeuroHealth

Referral Cheat Sheet

The Anxiety Center is strongest for patients with complex anxiety and OCD requiring intensive support, especially when symptoms are interfering with daily functioning, school, work, and relationships.

Anxiety and OCD Types

- **Anxiety disorders:** Generalized Anxiety Disorder, Social Anxiety Disorder, Panic Disorder, Agoraphobia, Specific Phobia, Separation Anxiety Disorder, Selective Mutism, Illness Anxiety Disorder, Performance Anxiety, School Anxiety/School Avoidance, Test Anxiety, Health Anxiety, Driving Anxiety, Emetophobia, and Anxiety with Avoidance.
- **OCD presentations:** Contamination OCD, Harm OCD, Checking OCD, Scrupulosity/Religious OCD, Relationship OCD, Sexual Intrusive Thought OCD, Sexual Orientation OCD, Pedophilia-Themed OCD, Symmetry OCD, "Just Right" OCD, Responsibility OCD, Hit-and-Run OCD, Pure O/Mental Compulsions, Reassurance-Seeking OCD, and Existential OCD.

Complex Anxiety or OCD Co-occurring with:

- Depression: low motivation, mood instability, suicidal ideation step-down needs, or difficulty functioning after discharge
- PTSD, trauma-related symptoms, or postpartum anxiety/OCD/depression
- Bipolar disorder, personality disorder traits, or high-functioning autism/DD when anxiety, OCD, depression, or emotional regulation are major concerns

Insurance / Access Notes

- Medicaid, Medicare, Tricare, and most commercial insurance accepted
- Goal is to get patients started quickly, ideally within 7 days when possible

Services You Can Refer for

- **Group therapy IOP:**
- **Medication Management:** Psychiatry
- **Advanced Treatments:** TMS, ketamine, and Spravato.

Keep in mind, you are able to refer for a singular service if they are already receiving care for another service we offer. In fact, we are commonly referred by outside psychiatrists and individual therapists to support their care.

Ages: 9+



Your Contact

Contact Chase for referral process questions, discharge coordination, patients who may have fallen through the cracks, fit questions, or feedback on how to make referrals easier.

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Step by Step Process

1. **Scan the QR Code:** The preferred way to refer a patient is by scanning the QR code and completing our online referral form.

   Once the referral is submitted, you will receive an email notification using the email we have on file, confirming the referral.

   Fax and phone referrals are also accepted, but the online form gives our team the clearest path to follow up quickly and accurately.

2. **Notify Chase:** If the referral is done outside the form, notifying Chase can help ensure the referral is received, routed correctly, and tracked from start to finish.

3. **Initial Scheduling Call:** Our phone team contacts the patient or parent/guardian to set up their portal, review insurance information, and schedule the intake evaluation. Using the provided email, a notification will be sent verifying the intake was scheduled.

4. **Intake Evaluation:** Our clinical team completes an evaluation, reviews the patient's needs, and recommends the appropriate level of care. Once again, using the provided email, a notification will be sent verifying the intake was complete.

5. **Start Treatment:** If services are clinically appropriate, the patient begins treatment based on the recommended care plan.