

## Behavioral Health Information

Behavioral health care at Legacy is not covered by all insurances. Our team at Legacy is working hard to change this and have Behavioral Health be in-network for more insurance policies.

In the meantime, we want to be sure we can assist those out-of-network in getting the care you need. If your insurance is out-of-network, we will start with a phone appointment. We are confident that a phone appointment with Clancy can get you started in the right direction. Often, insurers that are out-of-network for behavioral health will cover one visit with Clancy. The phone intake will determine when it will be helpful to schedule that one visit. If it is important to you to work with Gender Care Center behavioral health in an ongoing way, you may choose to pay out of pocket for this service. To learn more about this self-pay options, please contact our office for pricing.

If your intake is over video or in-person, this indicates that we are in-network with your insurance. Intake visits will be billed to your insurance and a co-insurance, co-payment, or fee may apply. If you have questions about what your insurance covers and what your associated costs might be, please contact your insurance directly.

Our clinic follows World Professional Association for Transgender Health (WPATH) guidelines, which require a letter of support from a therapist to be able to access gender affirming medical interventions, like pubertal suppression and hormone replacement therapy from our physician. Your insurance likely also has this requirement to cover gender affirming medical care.

We recommend establishing with a community provider in the area that can offer this support. Please check out our website at: [www.legacyhealth.org/children/health-services/transgender/your-first-visit/Finding-a-therapist](http://www.legacyhealth.org/children/health-services/transgender/your-first-visit/Finding-a-therapist) for tips on finding a mental health provider. Clancy (P: 503-413-5443 Email: [crobert@lhs.org](mailto:crobert@lhs.org)) and the Legacy Gender and Sexual Health Program (Email: [transhealth@lhs.org](mailto:transhealth@lhs.org)) may also be helpful resources in this.

Clancy will work collaboratively with each patient and family during intake on a next step plan for moving forward, as well as a supportive behavioral health plan. That may mean the patient will continue to work with their outside mental health provider and have no behavioral health needs from Gender Care Center. For others, that may be working with Clancy on assessment for accessing gender affirming medical care. This can be anywhere from 2-6 sessions.

After someone begins gender affirming medical treatment, Gender Care Center behavioral health is offered either monthly or quarterly to patients for support around transition. If you would benefit from weekly therapy or have more acute mental health needs, a community therapist outside of the Gender Care Center is recommended. Gender Care Center is unable to provide crisis mental health services. Though working with a mental health provider is not required once starting gender affirming care, we do encourage it so that individuals can have the most support around transition.

