

Mental Health and Behavior Psychology Telehealth Consultations

Child, Adolescent, Adult and Geriatric

We offer behavioral health telehealth consultations for certain clinical conditions. If you would like to refer a patient with a condition that is not listed below, please send your request with the patient's chart notes to the telehealth coordinator for the specialist's consideration.

Clinical Conditions

Mood, Anxiety, Adjustment Disorders Associated with a Medical Health Diagnosis, such as:

- Pain Disorder
- Arthritis, Fibromyalgia
- Cancer
- Neuromuscular
- Other: Specific Medical Health Diagnosis
- Diabetes
- Chronic Fatigue
- Cardiac, Respiratory
- Obesity

Health Behavior Self-Management Problems Associated with a Medical Health Diagnosis, such as:

- Maintaining prescribed exercises or activity level
- Adhering to a medication regimen
- Maintaining regular blood glucose testing
- Determine appropriate strategies to self-manage mood or anxiety problems
- Develop strategies to manage pain related tension
- Other: Specific problem

Information Needed Prior to Scheduling an Appointment

- [Telehealth Referral Request Form](#)
- Recent physical and mental health information related to the referred clinical condition
- Medical and mental health problem history
- After review we may request additional patient data or a patient history form prior to the appointment

Information Needed Before the Consultation Begins

- Signed [UC Davis Health Acknowledgement of Receipt: Notice of Privacy Practices](#) form (new patients only)
- Documented verbal consent from the patient, parent or legal guardian for participation in a telehealth consultation
- Completed problem questionnaire

Appointment Scheduling

New: 60 minutes
Follow-up: 30 minutes

Required Level of Presenter

May include a brief introduction from the primary care provider, RN, PA, FNP or MA

Required Equipment

- Videoconferencing unit



Consultants

[Debra Ann Fishman, Psy.D](#)

UC Davis Health Clinical Telehealth Program

Toll Free Phone:

(877) 430-5332

Referral Fax:

(866) 622-5944

health.ucdavis.edu/cht