

PITTSBURGH MERCY CHILD & ADOLESCENT OUTPATIENT SERVICES

About Our Services

Pittsburgh Mercy offers child and adolescent outpatient services to those in need of mental health or behavioral supports. Services are voluntary and include individual, family, and group therapy services; psychiatric evaluations, and medication management and monitoring at two convenient locations:

North Shore

Pittsburgh Mercy
1200 Reedsdale Street
Pittsburgh, PA 15233

South Side

Pittsburgh Mercy
330 South 9th Street
Pittsburgh, PA 15203

Pittsburgh Mercy uses a strengths-based approach to all services. We promote collaboration between the child/adolescent, family, and partners involved in the child/adolescent/family systems. Families are supported and encouraged to participate in treatment planning and reviews.

Pittsburgh Mercy also offers child and adolescent counseling and other behavioral health services to students in partnership with several school districts and schools in Allegheny County, including the Pittsburgh Public Schools. For more information, please visit our website, www.pittsburghmercy.org and click the Behavioral Health tab.

Therapy/Counseling Services

Services include individual, family, and group therapies to:

- Improve the child's/adolescent's awareness and feelings of self-esteem and self-worth
- Increase management of emotional/behavioral symptoms through evidence-based practices
- Support improved relationships
- Help learn to manage stress, anger, and other challenges.

The number of therapy visits is based on the unique needs of each child/adolescent and family. Pittsburgh Mercy employs master's degree-prepared clinicians. Our team collaborates with children/adolescents and families to develop individualized treatment and discharge plans with identified supports. We collaborate with school professionals, case management representatives, and others to implement plans.

Psychiatric Evaluations

Your child/adolescent may be referred for a psychiatric evaluation by their therapist and/or following a hospital discharge. A psychiatric evaluation helps provide a mental health diagnosis, recommendations regarding treatment/services, and recommendations for medications, if needed, to help the child/adolescent manage his/her symptoms. Psychiatric evaluations are completed by licensed Pittsburgh Mercy child and adolescent psychiatrists.

PITTSBURGH MERCY
1-877-637-2924
www.pittsburghmercy.org

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Medication Management & Monitoring

If a child/adolescent is prescribed medication and the family is in agreement, ongoing medication monitoring services with the psychiatrist are available. The psychiatrist will work with the child/adolescent and family to determine the timeframe for follow-up visits.

Who Can Benefit From Therapy Services?

Children and adolescents who could benefit from therapeutic services include, but are not limited to persons:

- With a mental health/behavioral health diagnosis
- With intellectual disabilities
- On the Autism spectrum
- In need of social, emotional, and behavioral supports or interventions
- Experiencing major life changes or transitions
- With anger management or aggression difficulties
- Experiencing grief, loss, or other forms of trauma
- Having difficulty with peer relationships and social skills
- Experiencing difficulty with sexual identity or LGBTQI+ issues.

How Can I Access Services for My Child?

To register your child for services, please call 412-323-8026 and have following information handy:

- The child's/adolescent's full name
- The child's/adolescent's date of birth
- The child's/adolescent's insurance information.

What Can I Expect After Registering My Child for Services?

When you call to register the child for services, you will be offered dates and times to schedule an in-person assessment (also known as an "intake assessment") at Pittsburgh Mercy, 1200 Reedsdale Street, Pittsburgh PA 15233 (North Shore). Parking is free. This location is also accessible by bus. The in-person assessment is required prior to starting services. Please bring your child with you to the assessment. A therapist will meet with you and/or your child to complete the assessment. Based on the assessment, your child will be referred to the appropriate service. Psychiatric Evaluations will be scheduled following a referral from your therapist or upon discharge from a hospital. If a psychiatric evaluation is recommended, the therapist will discuss with the parent and make the appropriate referral.

Other Important Things to Remember

- Outpatient therapeutic services are voluntary.
- If your child is under the age of 14 years, you must give your permission for him or her to receive mental health treatment. This is a state law. If your child is 14 years of age or older, he or she has the legal right to make decisions about receiving care. He/she must agree to mental health treatment and may obtain mental health treatment without your permission.
- Enrollment in services requires contact with the family/adolescent to obtain demographic information, including insurance information.
- Pittsburgh Mercy supports family contact and engagement, including signing of releases, development of treatment plans, and participation in family therapy.

Contact Us

If you have questions, please call 412-323-8026 or visit www.pittsburghmercy.org. Please note: This is not a crisis service. If you are experiencing a crisis, call resolve Crisis Services at 1-888-796-8226 (1-888-7-YOU-CAN).