

## These in-network Behavioral Health providers offer quick access to quality outpatient care for children, adolescents, and young adults



*Current as of April 2024*

Independence Blue Cross (IBX) has partnered with several in-network behavioral health providers who currently have openings to provide quality outpatient care to children, adolescents, and young adults. Please consider these providers as options for patients in need of an outpatient behavioral health provider.

Patients who are members of IBX plans can call the Customer Service number (located on the back of their insurance card) to get connected to a knowledgeable care navigator, who can assist in connecting and scheduling services for members.

- Members with Keystone CHIP HMO can call **1-800-294-0800**
- Members with our commercial insurance can call **1-800-688-1911**

### Little Otter

[littleotterhealth.com](http://littleotterhealth.com)

- Virtual care for children ages 0-14, offering medication management and individual talk therapy services
- Can accommodate expedited appointments for children who need to be seen in less than 7 days
- Real time access to care team utilizing Little Otter's app
- Available to Commercial members

In addition to care, Little Otter, an independent company, supports the mental health of children and their families by offering a proprietary family screening checklist that enables customized care, a comprehensive platform that combines everyday wellness tools with an award-winning child therapy app. Little Otter takes a family-first approach, recognizing when one part of a family unit is struggling, it can impact everyone.

#### To access

Schedule services by visiting the provider website or calling **415-449-2813**.

### Handspring

[handspringhealth.com](http://handspringhealth.com)

- Virtual care delivering evidence-based individual and family talk-therapy for patients ages 8-24. In-person care is planned for 2024
- Initial appointments can be scheduled within 7 days
- Available to Commercial members

Handspring, an independent company, provides evidence-based care for common conditions afflicting children through young adults including depression, family issues, anger management, and child behavioral disorders. Handspring offers highly trained providers who specialize in family psychotherapy, CBT, DBT, and other evidence-based approaches. Handspring partners closely with community partners, including pediatricians and schools, to ensure coordinated care.

#### To access

Patients can book a 15-minute consultation call online via the website or call **1-855-467-1300** to get more information on services and scheduling.



## Joon

[joon.com](http://joon.com)

- Virtual model of care designed specifically for youth and young adults ages 13-24
- Access to 1:1 online therapy using an Apple device including iPhone, iPad, or Mac
- In network for members with IBX commercial plans

Joon's clinical team treats anxiety, depression, stress, and other mental health challenges, powered by a purpose-built mobile app and therapist platform. Joon provides personalized treatment plans with a dedicated licensed therapist, along with on-demand skill-building resources for patients and support/resources for parents, including optional check-ins.

### To access

Patients can contact Joon via the website or by calling [425-600-6425](tel:425-600-6425).

## Blackbird

[blackbirdhealth.com](http://blackbirdhealth.com)

- Virtual and face-to-face services for children and adolescents ages 2-26
- Available to Commercial and Keystone HMO CHIP Independence Blue Cross members located in PA

Blackbird Health, an independent company, provides diagnostic evaluations and treatment for children through young adults struggling with social, developmental, and school-related challenges. Services include medication management and talk therapy services. Blackbird specializes in treating anxiety, depression, attention deficit disorder, behavioral concerns, autism evaluations, bipolar disorder, and developmental differences including speech/language and sensory/motor.

### To access

Patients can submit an online referral form found on Blackbird's website, with response within 24 hours.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

**Independence** 

**IBX**