



Pacific Mental Health Services

For Referring Providers & Community Partners

LICENSED TELEHEALTH · ALL 58 CA COUNTIES

(925) 771-0430 · WWW.PACMHS.COM

Fully virtual, licensed telehealth therapy practice. **No waitlist — patients are typically seen within the same week.** Inquiries answered within 12–24 hours (average ~6 hours). Send our Patient Referral Form to dkolpacoff@pacmhs.com, or patients may self-refer at www.pacmhs.com/connect — no referral or prior authorization required.

INSURANCE ACCEPTED

Partnership HealthPlan of California (Medi-Cal) — contracted provider; covered sessions typically \$0 out-of-pocket. Medicare · Medi-Medi · Private pay (sliding scale available; superbills on request).

WHO WE ACCEPT

Adults, teens, children (typically 6+), couples, and families anywhere in California. Patient must be physically in California at time of each session. Evening and weekend availability.

CLINICAL SCOPE

Anxiety & Panic

Depression & Mood

Trauma & PTSD (EMDR)

ADHD

Grief & Loss

Couples (Gottman)

Teen & Adolescent

Co-Occurring Conditions

OCD

Court-Ordered Therapy

OUT OF SCOPE

Therapy-only practice — no medication management, psychological testing, or crisis/emergency services. We coordinate psychiatric referrals with the patient's written consent.

HOW TO REFER

- 1 Email the completed **PMHS Patient Referral Form** to dkolpacoff@pacmhs.com, or have the patient self-refer at www.pacmhs.com/connect.
- 2 We contact the patient via their preferred method within 12–24 hours and verify PHP benefits directly — no paperwork from your office.
- 3 Free 15-minute consultation, then same-week intake. With patient consent, we confirm engagement back to the referring provider.

PARTNERSHIP HEALTHPLAN DETAILS

Contracted PHP provider — we bill PHP directly at the contracted rate. No referral or prior auth required for standard outpatient therapy. **Under-21 members qualify for expanded services via EPSDT.** No hard session cap for medically necessary care. Telehealth covered at parity with in-person.

PHP COUNTIES: HUMBOLDT · SISKIYOU · TRINITY · SHASTA · LASSEN · MODOC · MENDOCINO · LAKE · NAPA · SOLANO · YOLO · DEL NORTE · TEHAMA · GLENN

Referral contacts

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SCAN TO REFER
ONLINE

All associate clinicians practice under the direct supervision of Ryan Frost, LMFT #51777, a BBS-registered clinical supervisor. HIPAA-compliant telehealth via Doxy.me; records maintained in SimplePractice. **For patients in crisis, direct to 988 or 911 — PMHS is not a crisis service.**