

Behavioral Health Consultation Access Line to Provide Support for Rural Primary Care Providers in Ohio

Rural health care providers often face significant challenges when addressing pediatric mental health needs, including limited access to child psychiatrists, lengthy waitlists for specialty care, and geographic isolation. The **Ohio Pediatric Psychiatry Access Line (OPPAL)** can help bridge these gaps by connecting prescribing pediatric primary care providers (PCPs) with child adolescent psychiatrists (CAPs) in real time.

Through telephone consultation, OPPAL psychiatrists provide clinical guidance and recommendations that empower rural clinicians to manage common mental health conditions such as anxiety, depression, and ADHD within their own practices. This not only improves timely access to care for children and adolescents but also reduces the need for families to travel long distances for specialty services.

OPPAL Benefits

Through OPPAL, clinicians now have access to the following resources:

- **Rapid Teleconsultation:** PCPs can request psychiatry consultation using two methods
 - Call **(614) 605-1511** Monday – Friday, 9:30 am – 4:30 pm to request a psychiatry callback within 30 minutes or a time convenient to you.
- **eConsultation Requests:** Enrolled providers can also schedule an OPPAL consultation through the PCP portal.
 - Submit E-Request via <https://oppal.pcp.trayt.health/> at your convenience and indicate when you'd like to receive a callback during OPPAL Operating Hours. This option is for enrolled PCPs only.
- **Statewide Support:** Rotating children's hospital teams provide consultations five days a week; primary care clinicians may call any day or select the date OPPAL is staffed by your local hospital. A schedule of coverage can be found at www.ohioaap.org/oppal.
- **Education & Training:** Free access to continuing medical education (CME) on pediatric mental health topics through OPPAL and the Ohio Minds Matter program.

By integrating OPPAL into primary care workflows, OPPAL can empower rural clinician's ability to early identify, improve treatment outcomes, and support a more sustainable, community-based approach to mental health care for young patients. Submit an [Interest Form](#) or call 615-605-1511 to enroll or speak directly with an OPPAL team member today! Additional questions can be submitted to OPPAL@odh.ohio.gov.

The Health Resources and Services Administration (HRSA), Department of Health and Human Services (HHS) provided financial support for OPPAL. The award provided 41.8% of total costs and totaled \$1,957,032. The contents are those of the authors. They may not reflect the policies of HRSA, HHS, or the U.S. Government.