

# PAL Plus Depression Program

## A Community Based Collaborative Care Program

**What Is PAL Plus?** Brief skill-based treatment for mild to moderate depression. The program works with local behavioral health therapists to provide 5 in-person sessions. Care is coordinated with the student's primary medical doctor.

**Who Qualifies?** Students 12-17 years-old with state insurance and mild to moderate depression.

**How to refer a student?** School based professionals can identify and refer their Medicaid students by:

1. Contacting parents/caregivers to assess their interest, verify state insurance, and collect Primary Care Provider's name.
2. Fill out the referral form at [www.seattlechildrens.org/PALPlus](http://www.seattlechildrens.org/PALPlus).

Our team will call parents/caregivers to screen for eligibility and to schedule.



### Learn More!

Web: [www.seattlechildrens.org/PALPlus](http://www.seattlechildrens.org/PALPlus)

Email: [PALPlus@seattlechildrens.org](mailto:PALPlus@seattlechildrens.org)

Phone: 866-599-7257



**PARTNERSHIP ACCESS LINE**  
Mental Health Consultation Outreach