

A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.



A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.



PARENTING CHILDREN WITH PSYCHOLOGICAL DISORDERS

BY ASHLEY MOHESKY
FEATURED WRITER



When parents are awaiting the birth of a child, they often feel excitement and dream about that child's future in a positive light. However, parents can receive news that their child has a psychological disorder that can impact their lives. Often times, this information can bring up negative emotions for parents such as fear, anger, loneliness, and doubt. During the initial phase of a diagnosis, parents wonder how their child will contribute to society due to the challenges that the psychological disorder will bring.

The definition of the term "diagnosis" states that it identifies a pattern of symptoms that can lead to a diagnosis of a psychological illness according to the fifth edition of the Diagnostic & Statistical Manual. While psychological disorders can affect one's life, it does not mean that it defines a person for who they are. Many times people will only see the diagnosis first, without noticing the person. This can be hindering, as it prevents society from viewing the person for his/her amazing qualities. Whether someone has a psychological disorder or not, we all want to be accepted in this world:

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One of the best things that parents can do to help their child is to embrace their differences and to let them know that they are loved despite their challenges. When the child begins to ask questions about their diagnosis, parents can explain it in a way that discusses reasoning for why they do certain things, but also bring up the positive aspects of the child so that they know they are not just a diagnosis.

Another way to help the child is to build a village of teachers, therapists, doctors, etc. By doing so, this provides a way for parents and their child to have support in the community. When a child has a disorder of any kind, it is likely that the individual will thrive if a support system is in place. Also, available services can greatly improve quality of life. While parenting a child with significant obstacles can be difficult, it is important to remember not to solely focus on the diagnosis. A disorder is only a small part of a child, it does not outweigh the wonderful person that the child is destined to be.

What You Need to Know about Tricare

Frequently Asked Questions about TriCare Prime - Referral

Q. How do I get a referral from Tricare East (Humana Military) as a provider?

A: Providers (PCM, Pediatricians) can submit a referral request through the provider self service portal link under the Referral and Authorization section. They can also submit a Patient Referral and Authorization form by fax.

Q. Can a patient call Humana Military to get a referral?

A. No, It has to be submitted by the patient's Primary Care Manager or, if the patient is being admitted to the hospital, the admitting facility can make the request. A specialist who is already treating the patient and is on file can request to add additional units of services if needed.



Q. Who can request to update a referral already on file?

A. Primary Care Manager, Ordering Facility, or the specialist approved to evaluate and treat can request to update a referral on file. If the provider is not on the referral request, he/she cannot make any changes.

By ARJUMAND YAMEEN, BSc, CPC
Medical Billing Specialist



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STAY TUNED

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.

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