



Welcome to Collaborative Care at Richmond Pediatrics!

What is Collaborative Care?

Collaborative Care focuses on you and your family using a team approach.

- The team includes you, your doctor, the behavioral health specialist, and the care coordinator. If needed, a psychiatrist can consult with the team.
- Your team will work together to develop a treatment plan to help you reach your goals.
- Your team will check in frequently and can make changes to your plan as necessary.
- This care program includes up to 8 sessions with the behavioral health specialist and typically last 1-3 months.

How Do I Start and What is Next?

Discuss Collaborative Care with your primary care provider, if they recommend this for you, call the care coordinator, at 206-546-2421 ext. 210 to schedule an intake. Typically, you'll receive follow-up to your referral within 2 weeks. Intake visit openings are available within 2 weeks for morning times and within 4-6 weeks for afternoon appointments.

What Will This Service Cost?

Services are fully covered by Medicaid. Services may be subject to monthly copays or a deductible for private insurance. Upon request, our team can provide you with billing information and billing codes if you would like to verify your benefits.

Can I Turn Down These Services?

Using these services is up to you. You can stop Collaborative Care at any time. You will still be seeing your primary care provider as usual, and we can help find you other resources.

Questions? Call 206-546-2421 x 120

Meet Your Team

You are the most important person on the team!

- Help us understand your goals.
- Know your plan and tell us when it is time to change it.
- Know your medications and dosage.
- Track how you are doing.
- Ask questions, and tell us what works for you!
- Keep in touch, schedule in-person or tele health visits every 2 weeks.

Primary Care Provider

- Watch over your medical and behavioral health.
- See you for annual well-child check-ups and sick visits.
- Make diagnoses, prescribe medication, and refer you to specialists.

Behavioral Health Specialist (Josiah Hogan, L.M.H.C.A.)

- The initial visit will be to gather information to better understand your concerns and build a plan.
- Working closely with you on your treatment goals and plan, they will check in with you every 2 weeks.
- Help you notice medication benefits and side effects.
- Provide effective, short-term behavioral support in 4-8 counseling sessions and/or help you find another provider in the community.
- For longer care, we will coordinate with community partners to make sure you get the help you need.

Care Coordinator (Krisna (Kris) Oaks-Valenzuela)

- Schedule appointments.
- Help with referrals, resources, forms, and questions.
- Arrange communication between you, your team, your school, and any specialists involved with your care.



Josiah Hogan, L.M.H.C.A. (they/them), was born in Seattle and split their time growing up between Puget Sound and Northern Wyoming. They graduated with a psychology degree from Northwest College at the University of Wyoming. After college, they worked for a Lynnwood non-profit to support individuals with intellectual and developmental disabilities. They earned their graduate Clinical Mental Health Counseling degree from Central Washington University.

Josiah is passionate about assisting youth and families in achieving their goals and considers their work in behavioral health to be a collaboration between families, providers, and therapists. They are particularly interested in trauma-informed care, LGBTQ+ affirming care, evidence-based practices such as CBT, and strengths-based counseling.

Fun fact: Josiah enjoys a wide variety of live musical performances and often attends concerts and musical theatre productions.



Krisna Oaks-Valenzuela (she/hers) was born in Bangkok, Thailand. Since her father was in the U.S. Army, the family moved from Thailand to Korea, then to Okinawa, and after Kris turned 9, they made their home in Hawaii. Kris graduated from Mililani High School and received an AA degree from Leeward Community College. She has two daughters and a Corgi/Shepherd mix dog named Tucker. She enjoys arts and crafts, and loves traveling with her two girls to experience different cultures and food.

Kris has been at Richmond Pediatrics for over 10 years. She started as a receptionist and went on to work as the Medical Records and Referrals Coordinator before moving into the IBH Care Coordinator role.