

Something Human Mental Health

Referring Provider Patient Routing Guide - Who Should I Send This Patient To?

971-500-5551 | Fax: 971-529-1747 | info@somethinghumanhealth.com | somethinghumanhealth.com

Use this guide to determine which provider is the best fit before referring. If you're unsure, call us at 971-500-5551 - we're happy to consult.

Before You Refer - Please Note: We May Not Be the Right Fit If...

- Patient needs evening, weekend, or same-day crisis coverage (we do not provide wrap-around services)
- Patient needs a therapist only - our providers are psychiatric prescribers; therapy is available for established patients only via internal referral
- Patient is under age 10
- Patient is actively psychotic and requires inpatient level of care (patients with psychotic disorders who can engage in outpatient care are appropriate)
- Patient is in the pre-contemplation stage for change, please wait and refer when patient reaches contemplation stage

JESS TROTTER, PMHNP-C

Accepting - Summer 2026

Specialties: Adolescents (10-25) | Eating Disorders | ADHD | ASD

Refer to this provider if ANY apply:

- Patient is age 10-25
- General adolescent or young adult psychiatric needs (depression, anxiety, mood disorders)
- Suspected or confirmed eating disorder (anorexia, bulimia, ARFID, binge eating disorder)
- ADHD evaluation or management in adolescents/young adults
- Autism Spectrum Disorder with psychiatric needs
- Family-based treatment or CBT-E indicated

Note: Jess is our general adolescent and young adult prescriber in addition to her specialization in eating disorders, ADHD, and ASD. She uses CBT-E and Family-Based Treatment (FBT) for eating disorders - evidence-based approaches rarely available in outpatient psychiatry.

TAMMY JOHNSON, PMHNP-BC, PMH-C

Accepting now

Specialties: General Adult Psychiatry | Women's Health | Perinatal | PMDD | Menopause

Refer to this provider if ANY apply:

- General adult (18+) with depression, anxiety, or mood disorder - not high complexity
- Pregnant, postpartum, or planning pregnancy - psychiatric medication management needed
- PMDD or mood symptoms tied to menstrual cycle
- Perimenopause or menopause with psychiatric symptoms
- Patient from immigrant or multicultural background seeking culturally-informed care
- Adult ADHD evaluation

Note: Tammy is our general adult prescriber in addition to her women's health specialization. She holds the PMH-C credential through Postpartum Support International - one of few prescribers in Portland with this certification.

RACHEL WARD, PMHNP-BC

Limited - Stabilization Intakes only

Specialties: Complex & Hard-to-Treat Adults | Stabilization | High Acuity

Refer to this provider if ANY apply:

- Multiple failed medication trials or provider changes without improvement
- Diagnosis of BPD, bipolar I/II, treatment-resistant depression, or complex PTSD
- Psychotic disorder (schizophrenia, schizoaffective) with functional stability for outpatient care
- Significant psychiatric and medical complexity (e.g., autoimmune + psychiatric comorbidity)
- Dual diagnosis (psychiatric + substance use disorder)
- Recent psychiatric hospitalization (within the past 12 months)
- You have described this patient as 'complicated,' 'treatment-resistant,' or 'hard to place'

Note: Rachel's model: stabilization intake -> medication optimization -> transfer to Tammy or Jess for ongoing care. She keeps availability for new complex cases.

How to Refer

Phone: 971-500-5551 (Monday-Friday)

Fax: 971-529-1747 (use our referral form - available at somethinghumanhealth.com)

Email: info@somethinghumanhealth.com (please send with referral form or patient contact information)

Not sure who to send them to? Call us - we're glad to do a quick consult before the referral.