

# REFERRAL FORM

Revised 02/08/24



**Bilingual Services Available**

**LOCATIONS:**

Imperial County  
San Diego County  
Riverside County  
Biometric Telehealth

**OTHER PROVIDERS:**

Dr. Lisandra Herrera  
Dr. Katherine Turner  
Dr. Casey Aguinaldo  
Dr. Kadie Lombardo  
Dr. Ana Lesquives  
Dr. Sonal Chowdhry  
Dr. Stephanie Judy  
Dr. Tawny Williams  
Dr. Susan Chavez  
Dr. Lucila Vega

**DOCTORS:**

Dr. Clark Smith  
Dr. Heechin Chae  
Dr. Marcia Elfenbaum  
Dr. Tomer Anbar  
Dr. Kimberely Tilley  
Dr. Tina Wolfe  
Dr. Megan Johnson  
Dr. Sandra Martinez  
Dr. Vianney Luis-Quero

**EVALUATION**

CBT for Pain  
PTSD/EMDR  
Functional Restoration Program  
Chronic Pain Multidisciplinary Evaluation  
Neuropsych  
AOE/COE

**TREATMENT**

Psychiatry  
CRPS  
Post Traumatic Stress Disorder Program  
Brain Injury Program  
COVID-19  
Psych Surgical Clearance

**EVALUATION / TREATMENT**

Pain Management  
PM&R  
Detox Rehab  
PTP or STP Role  
Hybrid Telemedicine  
Neurology

Patient Referred By:

Phone #:

Date :

Signature:

Contact Person:

Patient Name (Last):

(First):

SS#:

DOB:

Phone #:

Claim #:

DOI:

Ins. Carrier:

**PLEASE CHECK ALL THAT APPLY**

Pain which persists 6 months or more after injury or onset of symptoms, or any pain that persists beyond the anticipated time of healing is an indication of chronic pain per ODG, ACOEM and the Medical Treatment Utilization Schedule (MTUS) and should be referred for biopsychosocial evaluation and treatment. Additional symptoms and areas of intervention inherent in chronic pain may include:

Sadness/depression

Anxiety/panic/PTSD

Sleep complaints

Somatic complaints (e.g. abdominal/bowel)

Increased pain behaviors

Frustration with medical care

Feelings of helplessness/hopelessness

Elevated stress levels

Cognitive complaints

Frustration/anger

Failure to respond to treatment/delayed recovery

Functional complaints/disability

Excessive medication usage/requests

Weight gain/loss

Need for medication tapering/detox

Job dissatisfaction/lack of support

Verbal/physical/mental abuse

## INSTITUTES OF HEALTH LOCATIONS



**1** Institutes of Health  
**San Diego, CA**

9246 Lightwave Ave #120  
San Diego, CA 92123

+1 800 270 5016

**2** Institutes of Health  
**Riverside, CA**

5885 Brockton Ave  
Riverside, CA 92506

+1 800 270 5016

**3** Institutes of Health  
**El Centro, CA**

2302 Merrill Center Dr  
El Centro, CA 92243

+1 800 270 5016