SMA Healthcare
Referral Process

At SMA Healthcare, we provide exceptional behavioral health services and want to help support your family. We can provide counseling services to youth that are struggling with substance use concerns (including vaping) as well as issues such as depression, anxiety, adjustment difficulties, and responses to trauma. Services can be provided in the school, at home, or in one of our outpatient offices throughout Volusia County.

Outpatient services will include an initial biopsychosocial assessment with the youth, with input from the family, and an individualized treatment plan. Services are typically weekly for approximately 1 hour and are completed in person.

Reasons to refer to SMA:

- Concerns about possible substance use, including vaping
- A change in mood
- A change in social behavior such as becoming more withdrawn
- Concern that anxiety/worry is impacting ability to reach potential
- Behavior problems such as arguing, skipping class, not following directions

Anyone can fill out a referral!

1. Complete the SMA referral form.
2. Email the form to adolescentreferrals@smahealthcare.org
3. SMA will contact the family, explain the services, and answer any questions.
4. If family is interested in receiving services, SMA will verify insurance or if youth does not have insurance, SMA will determine sliding scale fee.
5. SMA will make at least 3 attempts to schedule with the family.
6. If SMA is having difficulty reaching the family, we will reach out to the referral source to assist.
7. Services with SMA are voluntary, and families can reach out at any time to obtain counseling.

Program Contact:

For referrals or information: 386-254-1237 | Ronda Bostick, LMHC
Email: adolescentreferrals@smahealthcare.org

SMA HEALTHCARE