

NATIONAL NONPROFITS

Support beyond the doctor's office

PANDAS Network

Awareness, family support, a doctor finder, an online parent forum and a list of support groups.
pandasnetwork.org ·
pandasnetwork@gmail.com

Look. Foundation

Personal support for families, treatment grants for families in financial need, and training for schools and pediatricians.
lookfoundation.org ·
grants@lookfoundation.org

PANDAS Physicians Network (PPN)

A directory of clinicians, diagnostic and treatment flowcharts, and school guidance.
pandasppn.org · support@pandasppn.org

ASPIRE

Free parent webinars, "ChitChat" support meetings on Zoom, parent mentors and a provider finder.
aspire.care

California Coalition for PANS/PANDAS Advocacy

The California group that led the push for AB 2105.
calcoalition.com

LOCAL SUPPORT

Pediatric H.E.L.P. Organization

The HELP Circle

A free weekly Zoom support group for parents and caregivers of children with PANDAS/PANS. Mondays, 7:30–8:30 pm PT. Register at **pediatrichelpp.org/support-group**

Insurance: California AB 2105

Since January 1, 2025, state-regulated health plans and insurance policies in California must cover the prevention, diagnosis and treatment of PANDAS/PANS. Self-funded employer plans may not be covered, so families should check with their plan.



Scan for resources and family stories, or to request a school or district training.

Pediatric H.E.L.P. Organization

2829 Townsgate Road, Suite 100, Westlake Village, CA 91361
info@pediatrichelpp.org · 818.606.2386

This guide is for education only and is not medical advice. A listing here is not an endorsement. Details were verified September 2026 and can change, so call ahead.



FOR SCHOOL NURSES, STAFF & FAMILIES

Where to Turn

Next steps after you notice signs of PANDAS or PANS

Who to contact, what to bring to the pediatrician, and where families can find specialists, support and help with insurance.

"Every Child Deserves HELP"

Healing · Encephalopathy · Leadership · Program

From noticing to getting care

- 1 **School notices.** A teacher, aide or nurse sees a sudden change. They write down what they saw, when it started and how fast it came on.
- 2 **School nurse and family talk.** Share what you've observed, without offering a diagnosis. Give the family both of our guides.
- 3 **Pediatrician visit, soon.** The family brings the timeline and school observations. They ask whether an infection could have triggered this, and whether a strep test is appropriate.
- 4 **A PANS-literate clinician.** If PANS/PANDAS is suspected, the pediatrician may treat or refer. The PPN directory lists clinicians by state.
- 5 **School support.** Set up a 504 plan or IEP, with accommodations for the student's symptoms.

In an emergency, or if a child talks about self-harm, call **911**, call or text **988**, or go to the nearest emergency room.

What families should bring & ask

Bring

- A **timeline**: the date symptoms began, how fast they came on, and any illness in the weeks before
- Notes from the school nurse and teacher
- **Handwriting and schoolwork samples** from before and after the change
- Short phone videos of tics or episodes, if it's safe to film them
- A list of recent infections, exposures and medications

Ask

- "Could an infection, such as strep, have triggered this sudden change?"
- "Is a strep test or other lab work appropriate?"
- "Have you seen the PANDAS Physicians Network diagnostic flowcharts?"
- "If you don't treat PANS, who can you refer us to?"



Find a PANS-literate clinician: the PPN practitioner directory at pandasppn.org/practitioners

Naturopathic & integrative practitioners

Alongside medical treatment, some families add integrative care that focuses on **gut health** and **nervous system regulation**. These practitioners say publicly that they work with children with PANS/PANDAS.

Gary Ruelas, DO, PhD

Integrative Medical Institute of Orange County · Orange
(714) 771-2880 · integrative-med.org
PANS/PANDAS; gut health

Mae Kinaly, MD

Integrative Medicine Orange County · Irvine
(949) 860-7088 · integrativemedicineoc.com
PANS/PANDAS

Gianina Shek, ND

AlphaPed · Garden Grove
(657) 703-5974 · alphaped.com
Pediatric naturopathic care; PANS/PANDAS

Joy Bozzo, ND

Wholesome Brain Medicine · telehealth (LA)
(858) 252-0891 · drjoybozzo.com
Pediatric naturopathic care; PANS/PANDAS

Ari Calhoun, ND

Wholesome Brain Medicine · telehealth (San Diego)
(858) 252-0891 · wholesomebrainmedicine.com
Gut and microbiome healing; vagal tone and nervous system

Jennifer Bahr, ND, DHANP

Resilience Naturopathic · San Diego
(858) 461-8121 · resiliencenaturopathic.com
Classical homeopathy for PANS/PANDAS

Donna Ruiz, MD

Wellness Center for Integrative Pediatrics · Murrieta
(951) 587-5537 · donnaruizmd.com
Integrative pediatrics; PANS/PANDAS

Please note: integrative care should **complement, not replace**, medical evaluation and treatment, so keep the child's pediatrician involved. Licenses were checked with the CA Department of Consumer Affairs. This is not an endorsement.