

Pediatric Behavioral Health & Wellness  
**Outpatient Services**



## Conditions we treat:

We provide outpatient behavioral health and wellness services for children and adolescents ranging in age from birth to 18 years with issues related to:

- Anxiety disorders
- Attention deficit hyperactivity disorder (ADHD)
- Bipolar disorder
- Depression
- Conduct disorder
- Oppositional defiant disorder (ODD)
- Post-traumatic stress disorder (PTSD)
- Schizophrenia
- Substance use disorders
- Tic disorders
- Tourette syndrome
- Trauma-related disorders
- Obsessive-compulsive disorder (OCD)
- Personality disorders
- Self-harm
- Suicide risk

## What you can expect:

- Comprehensive diagnostic evaluations
- Individualized treatment plans
- Evidence-based interventions
- Family involvement and support
- Medication management when appropriate
- Crisis intervention services
- Coordination of care with other providers
- Regular communication and updates
- Flexible scheduling options
- Telehealth services
- Cultural and linguistic sensitivity
- Confidentiality and privacy
- Collaborative decision-making
- Holistic approach to care
- Supportive and non-judgmental environment

In addition to diagnostic evaluations, we offer:

### Individual Therapy with Family Involvement

Our clinicians provide a wide array of evidence-based treatments for children and adolescents. Families are always involved in treatment – and may participate in sessions with their child and/or through separate parent consultation sessions.

### Family Therapy

Family members are seen together to work on helping the child or adolescent overcome difficulties and build on their strengths, while also fostering family relationships and communication.

### Group Therapy

Group therapy provides an excellent opportunity for youth to learn and practice skills with support and coaching from group leaders. During group sessions, children and adolescents connect with peers to work on shared problems together. We offer group therapy for youth with a wide range of needs and challenges.

### Psychiatric and Medication Consultation Service

We provide initial psychiatric and medication evaluations and consultations, as well medication management and follow-up care.

### Substance Use Disorder Assessment and Treatment

We understand that youth may turn to alcohol and/or substances when distressed. We collaborate with Strong Recovery's Adolescent & Young Adult Program to offer comprehensive substance use disorder assessments for our patients being seen for mental health concerns. In addition to evaluations, we partner with them to offer outpatient substance use treatment including individual, family and group treatment.

### Psychological Testing Service