

# How our program works



After thorough evaluation using input from you, your child, and health professionals who know your child best, your child will be matched with a member of our team of expert Licensed Therapists, Child Psychologists, Social Workers, Certified Sleep Coaches, Pediatricians, and nurse practitioners, with speciality training in medication, if needed.

We do everything we can to keep pricing reasonable and affordable. We will be contracting with health plans in the near future. Until then, we can provide you with a copy of your bill to submit to your insurer for potential reimbursement. Our Family Support Team is here to help you understand your insurance benefits. Please visit our website for more information on rates and how we can help.



**Jennifer Weber, PsyD**  
Director of Behavioral Health  
for PM Pediatrics Behavioral Health



**Dr. Kelly Cleary**  
Medical Director of Psychopharmacology  
for PM Pediatrics Behavioral Health

## What makes the **behavioral health program** at **PM Pediatrics unique?**

Our team of experts is based on a collaborative model of care where we can treat a variety of conditions by a cohesive team that communicates with your pediatrician.

This effective model follows evidence-based guidelines to ensure progress and to meet the goals of therapy as efficiently and expediently as possible. We are reviewing not only the behavioral health issues but considering the medical ones as well. We are also using state-of-the-art technology that assists us in providing the most current and advanced care plans.

We look forward to helping you and your child so that together, we can achieve every child's and young adult's optimal physical, psycho-social, and emotional well-being.

### Our services include:

- Sleep coaches to help guide you and your infants, children and young adults to a better night's sleep
- Evaluation of the psycho-social and emotional well-being of children and young adults
- Treatment of common behavioral health conditions
- Therapy sessions
- Medication prescription and management, if needed
- Group therapy
- Collaborative review with schools to improve educational goals

We know **pediatrics.**

We know **families.**

We know **behavioral health.**



Learn more at  
[pmpediatricsbehavioralhealth.com](https://pmpediatricsbehavioralhealth.com)  
or call or email us at (516) 738-5600  
[behavioralhealth@pmpediatrics.com](mailto:behavioralhealth@pmpediatrics.com)



# Introducing **PM Pediatrics Behavioral Health,** a robust consultation and therapy program conducted virtually



At PM Pediatrics we believe in the health of the whole child or young adult –from the physical to the emotional to the behavioral, and every space in between.

And we recognize that the pandemic has caused a significant increase in behavioral health needs for children and young adults ages 5 and up.

That's why we are proud to introduce the **PM Pediatrics Behavioral Health program.** With this new offering, we are committed to providing the same high level of evidence-based treatment found in our urgent cares, to children's and young adults' behavioral health needs—so together, we can keep your children healthy, happy, and safe.



## **Our approach**

**Too often behavioral health is treated in a silo. When it comes to your child's care, we know the best outcomes are a result of open communication, partnership, and personalization.**

**Our program is available for non-emergency mental health conditions in children and young adults 5-26 years old, including:**

- Sleep Coaching (ages 0-26)
- Depression
- ADD/ADHD
- OCD
- PTSD (Post-traumatic Stress Disorder)
- Oppositional Defiant Disorder (ODD)
- Conduct Disorders
- School Avoidance, Family Issues
- Parenting Support
- Grief Support

## **Getting started**

**For patients over 18: please follow the instructions below. A parent/caregiver should complete the necessary forms for all children under 18.**

- 1** First request a Behavioral Health Appointment via [pmpediatricsbehavioralhealth.com](https://pmpediatricsbehavioralhealth.com), to make a 40-minute appointment with a behavioral health specialist.
- 2** At the appointment, our behavioral health specialist will discuss you/your child's needs, design a treatment plan that best fits those needs, and initiate therapy. If there are any conditions we cannot treat, we will provide a referral to a community resource to help you/your child find the care needed.
- 3** After completing this initial appointment, you/your child will be matched with a care team for ongoing further evaluation and treatment.

Your care provider will work closely with you/your child to develop the best treatment plan, identify goals, and schedule the necessary visits. If medication is part of the treatment, your provider will discuss this with you and make the referral to our physicians.

PM Pediatrics Behavioral Health is currently offered in select states, visit our website for more info.

### **Questions before you get started?**

Call or email us at (516) 738-5600  
[behavioralhealth@pmpediatrics.com](mailto:behavioralhealth@pmpediatrics.com)