



Pediatric Partners
OF THE SOUTHWEST

Behavioral Health Care at Pediatric Partners of the Southwest

Our practice has expanded our integrated care model for behavioral health. Our expanded behavioral health team (called Trekwise) is able to assist our families with the following:

- 1. Behavioral health care to complement medication therapies.** Psychiatric medications work best when they are paired with evidence-based approaches to helping families learn behavioral health and parenting skills. In addition, our providers are best able to find the correct medication and dosing when we collect regular measurements of your child's functioning. Our in-house program both teaches evidence-based approaches and allows us to provide measurement-based behavioral health care. We encourage all families for whom we prescribe medications to work with our behavioral health team for at least three months.
- 2. Support for parenting challenges and direct care for teens.** Screen-time, tantrums, big feelings, anxiety, depression, ADHD, substance use, peer relationships . . . Knowing how best to parent when you face a challenge is hard. Many common childhood behavioral health concerns are best addressed with a parents-first approach. Many of our teens can benefit from a targeted, skills-based course of care.
- 3. Navigating to the right behavioral health resources.** Does my child need therapy? If so, what kind of therapy? How about testing or other evaluations? Our integrated care model is your family's first stop for finding the right match for the care your family needs. Many needs will be able to be handled by our program. If your family needs resources beyond what our team can provide, our behavioral health team knows all of the community providers we have traditionally referred to and will facilitate external referrals specific to your family's needs.

**Schedule a
no-charge
info call**



[LINK](#)

**Schedule a
first session
Ages 4-12**



[LINK](#)

**Schedule a
first session
Ages 13+**



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