



Welcome to Pediatric Behavioral Health & Wellness Outpatient Services

Our services are designed to meet the needs of families from diverse backgrounds that may benefit from outpatient assessment and treatment. We diagnose and treat children and adolescents with a variety of mental health challenges. Each family we serve can be confident knowing our specialists are committed to providing the highest quality care.



Our Convenient Locations

Brighter Days Pediatric Mental Health Urgent Care Center
Open to all
Walk-in hours: 12 pm – 7pm, 7 days/week
300 Crittenden Blvd., Rochester, NY 14642

Brighton Central School District
Open to 6th – 12th grade students
Rochester, NY 14618

Churchville-Chili Central School District
Open to 6th – 12th grade students
Churchville, NY 14428

East River Road
Open to all
200 East River Rd., 3rd Floor, Rochester, NY 14623

Fairport Central Schools
Open to all students (K – 12)
Fairport, NY 14450

Golisano Children's Hospital – Pediatric Practice
Open to patients of the Pediatric Practice
601 Elmwood Ave., AC-6, Rochester, NY 14642

Panorama Pediatric Group
Open to patients of Panorama Pediatric Group
961 Panorama Trail South., Rochester, NY 14625

Pittsford Central School District
Open to 6th – 12th grade students
Pittsford, NY 14534

Rochester City School District
Open to students of Roberto Clemente #8 and Loretta Johnson Middle School
Rochester, NY 14611

Rush-Henrietta Central School District
Open to students of Crane, Fyle, Sherman and Vollmer Elementary Schools
Henrietta, NY 14467

South Avenue
Open to all
1860 South Ave., 1st Fl., Rochester, NY 14620

UR Medicine Primary Care – Perinton Pediatrics
Open to all patients of Perinton Pediatrics
1669 Pittsford-Victor Rd., Ste. 100, Victor, NY 14564

Contact Us

For more information or to schedule a phone screen appointment, please call us at (585) 279-7800.

In an emergency, 24 hours a day, families may contact the **Behavioral Health Crisis Call Line** at **(585) 275-8686**.

Open Monday through Thursday,
8:00 a.m. to 7:00 p.m.

Friday, 8:00 a.m. to 5:00 p.m.

Saturday (at select locations)
8:30 a.m. to 2:00 p.m.

Insurance and Payment Information:
Most insurance plans provide coverage for our services. If you have questions about insurance coverage, co payments, financial assistance or billing, please contact our financial advisor at (585) 273 4705 or (585) 602 2435.



Part of Strong Memorial Hospital.
golisano.urmc.edu/behavioralhealth



MEDICINE of THE HIGHEST ORDER

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
- Attention deficits
- Autism Spectrum Disorder
- Depression
- Difficulties related to disruptive behavior
- Emotional regulation challenges
- Post Traumatic Stress Disorder
- Stress due to medical illness, change in family situation or other life events
- Issues related to sexual orientation and gender identity
- Other mental health concerns



What you can expect:

- Once your child or adolescent is accepted into services, one of our clinicians conducts a diagnostic assessment to help us best understand your child's strengths and areas of concern.
- Recommendations for treatment are then carefully reviewed with parents and/or guardians and youth.
- Services are designed to meet the specific treatment goals identified by the family and clinician.
- We work closely with the child or adolescent, family, primary care provider, school personnel and others to ensure that assessment and treatment are clinically appropriate and comprehensive.

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 and treatments.

Psychological Testing Service

For current patients, we may provide intellectual, educational, developmental, and personality assessments. The majority of intellectual or educational testing is offered by your child's school district. Generally, insurance coverage is limited to situations where medical illness is affecting a child's functioning.

