



Central Pediatrics is partnering with Natalis Psychology to offer on-site behavioral health therapy!

What is Integrated Behavioral Health (IBH)?

IBH is a collaborative care model that combines medical and behavioral health services in one location to comprehensively treat patients.

Treatment is usually short-term (6-8 sessions) and solution-focused to work on a specific problem or issue.

About Natalis

Natalis is a community mental health center and clinic providing therapy, psychiatry, DBT and group therapy throughout the Twin Cities Metro for children, teens, families, adults and couples.

www.natalispsychology.com

Frequently Asked Questions

Does Natalis take insurance?

Yes. Natalis will bill your insurance company and if you owe money, like a co-pay, this bill will come from Natalis.

Is there a waitlist?

Sometimes. We try to schedule your first intake appointment quickly so that we can make a plan for treatment as soon as possible.

How it works

Kids and teens are referred to Natalis clinicians by their pediatrician for behavioral health treatment - usually for things like depression, anxiety, social concerns, ADHD, tantrums and behavior regulation problems, school issues, or support through a life change.

Natalis will call you and schedule an intake session to talk with a clinician about current challenges and decide what the next steps are. Together, you may decide to start short-term therapy or may decide your child would benefit from psychological testing or longer-term therapy, in which case your clinician will provide you with referrals.

Talk to your pediatrician today for more information!

