



Physical health impacts mental health and mental health impacts physical health. This is true for adults and children. Historically, these two sides of health care, physical and mental, have been treated separately. You may experience this when you take care yourself or your child to your primary care provider but are sent elsewhere for mental health services. This fragmentation in the health care system can be frustrating, costly, and can hinder positive outcomes for families. Addressing the whole person, through mental health integration, is a way to address the fragmentation that exists. Integrated care is designed to treat mental health conditions like any other medical condition a patient may experience.

For pediatric patients, the primary care setting is the ideal place for mental health integration. The pediatrician's office is where families have established trusting relationships with pediatric providers and a place where children feel comfortable, familiar, and safe. According to the North Carolina Center for Excellence more than half of all common mental health conditions (ADHD, anxiety, and depression) are treated in primary care settings.

Pirate Pediatrics in Greenville, NC has had integrated mental health since 2016. Dr. Page Klitzman Eaker is a pediatric psychologist seeing children for behavior and attention issues. She also helps patients with anxiety, depression, sleep and bathroom issues. "Dr. K" also leads group sessions where children of like age work on relaxation, social skills, study habits, and coping mechanisms.

At Pirate Pediatrics we believe that integrated mental health has many benefits for patients and families. Improved access to care, reduced stigma, increased collaboration between medical providers, decreased wait times for mental health appointments, greater convenience and satisfaction for families are just a few of the benefits Pirate Pediatrics has seen.

For further information on how Pirate Pediatrics integrates mental health in a pediatric setting or to set up a consultation with Dr. K please call 252-364-8790 or go to piratepediatrics.com.