

## OUR MISSION

Behavioral health services aims to further Tiger Pediatrics' mission to provide personalized, state-of-the-art pediatric care that helps the children of Mid-Missouri achieve the best physical and mental health possible.

Behavioral health is a concern for many parents, because most children are intermittently affected by sleep disorders, behavior problems, temper tantrums, and moodiness.

The behavioral health services available at Tiger Pediatrics on Ash Street aim to provide assistance for children ages 0-18 with any emotional or behavioral concerns. We believe it is vital to incorporate the role of parents and caregivers into growth and improvement of each child's life.



## CONTACT INFO



Main Phone  
573-777-7627

<http://www.tigerpediatrics.com>



2nd Floor of the Family Impact  
Center  
105 East Ash Street  
Columbia, Missouri 65203

Wednesdays  
1:00 p.m. – 6:00 p.m.

# Behavioral Health Services

**TIGER PEDIATRICS**







## Available Services:

- Behavioral health assessment
- Behavior rehearsal
- Case management
- Community referrals
- Mindfulness practice
- Sex education for teens and preteens
- Up to 12 weeks of brief intervention for child and/or parent(s)

*Behavioral health services at Tiger Pediatrics - Ash Street partners with the Integrative Behavioral Health Clinic located in the same building and floor as Tiger Pediatrics. You are not required to see Dr. Thomas to utilize services from the behavioral health consultant at Tiger Pediatrics.*

## Behaviors & Other Concerns Often Addressed Include:

- Anger/emotional control
- Drug/alcohol use
- Eating disorders
- School performance
- Self-harm behavior
- Sleeping problems
- Sex education for preteens & teens