

KLEBANOW & ASSOCIATES IS PLEASED TO NOW OFFER BEHAVIORAL HEALTH CONSULTS, PROVIDED BY OUR PEDIATRIC PSYCHOLOGIST!



Jessica K. Winkles, Ph.D.

- Licensed Psychologist in Maryland
- Ph.D. in Child Clinical Psychology from the University of Denver
- B.A. from the University of Virginia
- Predoctoral Internship at Children's National Health System
- Fellowship at University of Maryland Medical Center

In collaboration with your pediatrician, Dr. Winkles helps with:

- Tantrums, defiant behavior
- ADHD
- Stress and worry
- Sleep
- Toileting
- Feeding
- Fear and anxiety
- Low mood or irritability
- Adjustment to change
- Coping with a medical condition
- Peer or family relationship difficulties
- Grief and bereavement
- Habit reversal
- Healthy lifestyle self-empowerment and sustainability
- Pill swallowing
- Taking medications as prescribed
- Pain management
- Other behavioral concerns

Consults with Dr. Winkles:

- Are open to all patients in our practice
- Usually last 30 to 45 minutes
- Are documented in your electronic health record and shared with your pediatrician
- May be available on the same day you see your pediatrician
- Some patients get what they need in a single visit, while others may return for a few brief follow-ups

Behavioral health consults do not include:

- Court ordered services
- Special evaluations (e.g., autism, neuropsychological, or custody)
- Long-term therapy

To schedule a behavioral health consult:

- Ask your doctor or CRNP
- Talk with the front desk
- OR call 410-794-4924

Dr. Winkles is currently a contracted, in-network provider with most of the insurances accepted by our practice. A private pay fee schedule is available at the front desk. Please contact Billing at 410-964-0903 with additional questions.