



MINDBRIDGE BEHAVIORAL HEALTH

PRESS KIT

Executive Summary

Across the United States, parents, pediatricians, and educators are confronting a growing youth mental health crisis.

Rates of anxiety, depression, and behavioral challenges among children and adolescents have increased significantly over the past decade, placing pressure on families and healthcare systems alike.

MindBridge Behavioral Health is a pediatric behavioral health specialty practice created to provide timely, coordinated, and developmentally informed care for children, teens, and young adults experiencing emotional and behavioral challenges.

Led by board-certified pediatrician Dr. Gretchen Hoyle, MindBridge offers longer appointment times, collaborative care planning, and direct communication with families, schools, and referring providers.

The practice is designed to fill a critical gap between primary care pediatrics and fragmented psychiatric referral systems.

The Youth Mental Health Crisis

Multiple national studies confirm that youth mental health challenges have increased significantly in recent years.

Key findings include:

- 40% of U.S. high school students report persistent feelings of sadness or hopelessness
- Approximately 1 in 5 adolescents has a diagnosable mental or behavioral health condition
- 11.4% of children ages 3–17 have been diagnosed with ADHD
- More than half of youth report difficulty accessing needed mental health care
- Depression rates among adolescents are significantly higher than among adults

Researchers have also documented steady increases in anxiety and depression diagnoses among adolescents in recent years.

These trends have led leading health organizations to describe youth mental health as a growing public health concern requiring expanded access to coordinated care.

The Gap in Care

Parents seeking help for children experiencing anxiety, ADHD, or emotional distress often encounter:

- long waitlists for psychiatry
- fragmented referral pathways

- brief appointments
- insufficient for complex concerns
- limited coordination among providers

Primary care pediatricians are increasingly asked to manage complex behavioral concerns within time-limited visits.

Families frequently report feeling uncertain where to turn.

A Practical, Pediatric-Based Solution

MindBridge Behavioral Health was designed as a practical response to these challenges.

The practice operates within a collaborative care framework that integrates pediatric expertise with behavioral health support.

Key elements of the model include:

- 60-minute initial evaluations
- 30-minute follow-up visits
- care coordination with pediatricians, therapists, and schools
- developmentally informed treatment planning
- family-centered clinical perspective

The goal is to provide care that is:

- thoughtful
 - accessible
 - coordinated
 - evidence-informed
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Founder Background

Dr. Gretchen Hoyle, M.D. is a board-certified pediatrician with more than 25 years of clinical experience caring for children and families.

Her work has focused extensively on ADHD, anxiety disorders, emotional regulation challenges, and the ways family systems influence child development.

MindBridge reflects her longstanding interest in improving coordination between pediatric medicine and behavioral health care.

Key Message for Media

MindBridge Behavioral Health represents a model for expanding access to coordinated pediatric behavioral health care at a time when families are seeking practical guidance and timely support.

The practice aims to reduce fragmentation in care and help families access evidence-informed support earlier in the course of emotional or behavioral difficulty.

Suggested Story Angles for Journalists

Local response to national youth mental health crisis

How one pediatrician is addressing increasing demand for behavioral health care among children and teens.

The growing demand for ADHD and anxiety care in children

Why families are seeking more coordinated treatment options.

The importance of time in behavioral health care

Why longer visits can improve diagnostic clarity and treatment planning.

Supporting parents navigating emotional challenges in children

How families are seeking guidance in a complex developmental landscape.

The role of pediatricians in addressing behavioral health concerns

Why pediatric-informed models may improve continuity of care.

Quotable Language

Parents often know when something isn't quite right, but they are unsure where to begin.

Behavioral health concerns often require more time and coordination than traditional visit structures allow.

Children's emotional challenges rarely exist in isolation from family, school, and developmental context.

Earlier guidance can help prevent challenges from becoming more disruptive over time.

Practice Information

MindBridge Behavioral Health

Opening July 7, 2026

Founder

Dr. Gretchen Hoyle, M.D.

MindBridge is an independent practice within the Privia Medical Group provider network

Special focus areas:

ADHD

Anxiety

Emotional regulation

Family systems

Young adult transitions

Website

www.mindbridgebehavioralhealth.com

Boilerplate Description (for articles)

MindBridge Behavioral Health is a pediatric behavioral health specialty practice focused on the evaluation and treatment of ADHD, anxiety, and emotional challenges in children, adolescents, and young adults. The practice operates within a collaborative care framework designed to coordinate treatment with families, pediatricians, therapists, and schools.

Media Contact

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