



FOR IMMEDIATE RELEASE

New Pediatric Behavioral Health Practice, MindBridge Behavioral Health, to Open in Winston-Salem July 7th with Media Event

Practice founded by veteran pediatrician Dr. Gretchen Hoyle aims to address the growing youth mental health crisis.

Winston-Salem, NC — June 11, 2026 — A new pediatric behavioral health practice designed to address the growing mental health needs of children and adolescents will open its doors in Winston-Salem on **July 7, 2026**.

MindBridge Behavioral Health, founded by pediatrician **Dr. Gretchen Hoyle**, will specialize in diagnosing and treating conditions such as **ADHD, anxiety disorders, depression, and behavioral challenges** in children and teens.

Dr. Hoyle brings more than **25 years of pediatric clinical experience** to the practice and has long been an advocate for improving access to mental health care for young people.

“Parents are struggling to find timely, coordinated mental health care for their children,” said Dr. Hoyle. “MindBridge Behavioral Health was created to bridge the gap between traditional pediatrics and behavioral health so families can receive thoughtful, integrated care.”

Mental health challenges among youth have risen dramatically in recent years. According to the **Centers for Disease Control and Prevention**, more than **40% of high school students report persistent feelings of sadness or hopelessness**, underscoring the growing need for accessible behavioral health services.

MindBridge Behavioral Health will operate as a **pediatric behavioral health specialty practice**, grounded in a **collaborative care model** that integrates:

- pediatric medical expertise
- family-centered care
- coordination with schools and therapists
- evidence-based behavioral health treatment

The practice will focus on several key patient groups:

- children and teens with **ADHD**
- youth experiencing **anxiety or depression**
- families seeking **behavioral and emotional support**
- adolescents navigating **academic stress and social pressures**

The practice was developed in collaboration with **Matthew Buttermann**, Marketing and Communications Director and creator of the **Nimble Youth Podcast**, which focuses on youth mental health and parenting.

“Families across the country are facing unprecedented challenges related to anxiety, attention disorders, and digital stress,” Buttermann said. “MindBridge was designed to provide thoughtful, coordinated care that supports not only the child but the entire family.”

MindBridge Behavioral Health will begin seeing patients in July.

About MindBridge Behavioral Health

MindBridge Behavioral Health is a pediatric behavioral health practice based in Winston-Salem, North Carolina. Founded by Dr. Gretchen Hoyle, the practice focuses on the mental and emotional well-being of children, adolescents, and young adults through a collaborative care model that integrates pediatric expertise, family support, and coordination with schools and community providers.

For more information, visit:

www.mindbridgebehavioralhealth.com

Media Contact

Matthew Buttermann

MindBridge Behavioral Health

Email: matt@mindbridgebehavioralhealth.com