



Colette Stenz, PsyD  
Pediatric Psychologist

## Meet Dr. Colette Stenz

Dr. Colette Stenz is our Pediatric Psychologist working with our Gastroenterologists and Nurse Practitioners. She specializes in working with children, teens, and young adults (through age 21) with gastrointestinal (GI) conditions and Disorders of the Gut Brain Interaction (DGBIs). Her role on our team is to help you and your family cope with your medical condition, manage GI symptoms, and improve your quality of life. She works with you to identify and achieve measurable treatment goals and may be able to meet with you right where you attend your outpatient GI visits, either in person or virtually.



## Pediatric Gastroenterology Outpatient Services

### Contact Us

Pediatric Behavioral Health and Wellness in  
Pediatric Gastroenterology Outpatient Services

995 Senator Keating Blvd, Ste 340  
Clinton Crossings, Bldg. E  
Rochester, NY 14618-2779

Phone: 585-275-2647  
Fax: 585-275-0707

**UR Medicine Crisis Call Line:**  
**(585) 275-8686**

Part of Strong Memorial Hospital





### About Pediatric Psychology Services

Having a chronic or serious illness comes with unique challenges that can cause anyone to feel stress. Access to behavioral health support within your medical clinic can help reduce stress and provide better support for families. It can also:

- Reduce barriers to accessing behavioral health care
- Improve collaboration of care
- Reduce mental health stigma
- Increase medical effectiveness through whole-person care (biopsychosocial model)

### What Does a Pediatric Psychologist Do?

- Works with your medical provider as part of the treatment team
- Conducts brief screenings for mental health symptoms and evaluates the impact they may have on overall health
- Provides individual or parent-focused intervention to best fit patient needs
- Offers treatment strategies to minimize mental health symptoms
- Clarifies mental health concerns and diagnoses, provides diagnostic feedback, and offers treatment recommendations
- Assists in coordinating care with other health systems and medical teams
- Provides consultation to schools and childcare providers
- Connects children and their parents to mental health support networks in the community as needed



### How Can a Pediatric Psychologist Help with My GI Condition?

Pediatric Psychologists are members of the GI team and provide a multidisciplinary approach to GI health and wellness. GI Psychologists are trained to help children, teens, young adults, and their families:

- Learn about the relationship between the brain and the gut
- Implement strategies to help reduce or manage their GI symptoms
- Adjust to medical conditions and associated stress
- Manage chronic health conditions and pain levels (non-pharmacologic)
- Follow treatment recommendations
- Cope with procedures that may be needed (e.g., blood draws, scans)
- Manage parenting stressors and learn helpful strategies to manage them
- Assist with academic and school concerns like requesting accommodations

### How Do I Access Services?

To meet with Dr. Colette Stenz, patients and their caregivers should talk to their GI provider. Patients under 18 must have a caregiver/guardian present at each visit.