

Mental Health Support

We are pleased to be able to support both the physical and mental health of our patients. In addition to our general pediatric providers, we have a robust mental health support team.

This document outlines our behavioral health evaluation process and explains the roles of each team member.



The evaluation process

Mental health issues are complicated and require multiple visits. Initially, our team takes a comprehensive history and decides what the validated screening questionnaires indicate. Often these are filled out by the patient, a parent/guardian, and sometimes the child's teachers so we can assess behavior across multiple settings.

A thorough evaluation is necessary before initiating medications, such as anti-depressants, anti-anxiety medications, and ADHD medications. We understand the concerning behaviors may have been going on for a while by the time of the appointment. However, we need to properly assess your child before making medication recommendations which requires time and information gathering.



Confidentiality

Mental health issues may involve divulging private and sensitive information to our providers. We must build a trusting relationship with your child/adolescent to help them effectively. Therefore, we must maintain the confidentiality of these visits. Furthermore, we may need to quickly act upon information disclosed if we are concerned for the safety of your child/adolescent. It may require a prompt evaluation by a psychiatrist or developmental pediatrician and sometimes a referral to an emergency room or law enforcement. Our primary purpose is the continued health and safety of our patients. We take this responsibility with the utmost seriousness it deserves.



Meet Our Mental Health Team



Tara Lefenfeld, MD

Dr. Lefenfeld completed her internship and residency at North Shore University Hospital in Manhasset, NY. She received her medical degree from the Sackler School of Medicine in Tel Aviv, Israel. She received her undergraduate diploma from the University of Pennsylvania with a major in Biology. Dr. Lefenfeld is licensed in General Pediatrics and will be focusing on Pediatric and Adolescent Mental Health.



Jessica Rough, Developmental Pediatrics Nurse Practitioner

Jessica splits her clinical time between Orangetown Pediatrics and the developmental pediatrics division of BCHP in Westchester.

Jessica works with children from the toddler years through age 12. She manages developmental issues like autism spectrum disorders, developmental delays that require school accommodations, and behavior issues affecting home and school functioning. She works with our school-age groups on ADHD, anxiety, and depression. Jessica can help your family with education plans and with medication when appropriate. Her evaluations are comprehensive, and it may take several visits and screening questionnaires before she makes a diagnosis and plan.



Erica Boylan, Adolescent Medicine Nurse Practitioner

Erica offers adolescent medicine and mental health visits to our patients 12 years of age and older. She also provides adolescent gynecology services. Her expertise spans child and adolescent mental health issues, including peer interaction conflicts, bullying, and social media-related difficulties. She also addresses ADHD, anxiety, and depression. She is not a psychiatrist but can prescribe medication. Erica's evaluations are also comprehensive, and it may require several visits and screening questionnaires before she makes a diagnosis and plan. In certain instances, Erica will refer patients to her psychiatrist colleagues for more specialized care if the situation requires it.



Kelly Gach, Social Worker

Kelly earned her master's degree from the University of Maryland School of Social Work and is a Licensed Master's Social Worker. She has experience with crisis intervention and various therapeutic interventions, including cognitive behavioral therapy and dialectical behavior therapy. Kelly previously worked at a therapeutic day school and children's residence center where she gained clinical experience and supported adolescents and their families. Kelly uses an individualized approach and focuses on the unique strengths of each patient.



Lisa Steccato, Pediatric Nurse Practitioner

Lisa is a board-certified Pediatric Nurse Practitioner with an MSN in Pediatric Primary Care from Duke University. With a strong foundation in both hospital and outpatient settings, she has developed a special focus on pediatric mental health. Drawing from her clinical experience and her perspective as a mother of three, Lisa is a dedicated advocate for children's emotional well-being. She is committed to connecting families with the mental health resources they need and supporting the whole child—both physically and emotionally.