

The Pinwheel Method™

Pinwheel Clinic™ helps families, doctors, and schools make sense of complex mental health, behaviour, and learning challenges in children. It is a physician- and psychologist-led, team-based care approach that prioritizes clarity first, then delivers coordinated, evidence-based treatment with ongoing measurement of progress.

Our Foundational Principle

We don't start with treatment. We start with understanding. Before choosing any therapy or program, we take time to understand what is really driving your child's difficulties and what is not.

How The Pinwheel Method™ Works

1. Understanding what's really going on

We begin with a psychological assessment or a focused diagnostic interview to clarify the core issues behind your child's challenges and reduce uncertainty.

2. Building a clear plan together

Our physician and psychologist work together with your family to review findings, discuss evidence-based options, set practical goals, and decide how progress will be measured. Parents and children are both included.

3. Focused, evidence-based treatment

Your child and family take part in a structured treatment program (most are about 12 weeks). Some conditions can be resolved; others may be ongoing. In all cases, the goal is meaningful improvement in symptoms, daily functioning, and quality of life.

4. Checking progress and adjusting early

Progress is tracked using validated tools, and goals are reviewed partway through the program. If something isn't working, the plan is adjusted rather than waiting until the end.

5. Clear next steps

At the end of the program, progress is reviewed together and next steps are decided, such as discharge, brief follow-up support, or transition to lower-intensity care. Outcomes are communicated clearly with your family doctor and, when appropriate, your child's school.

What makes The Pinwheel Method™ different

- True coordinated team-based care
- Family-inclusive by design
- Clarity before action
- Evidence-based programs that change trajectory
- Measurement and accountability