Anxiety and OCD
Group Treatment Program

Welcome to the Department of Psychiatry and Behavioral Medicine’s outpatient Anxiety and OCD Group Treatment Program. In this program, we teach children and teens how to face and overcome their fears. We also teach parents how to best support their child in making these changes. This group program is a stepped care program meaning that most families start here, at the lowest intensity level of care, and then we step up to a higher level of care depending on how your child responds to treatment.

<table>
<thead>
<tr>
<th>What groups are offered?</th>
<th>Our anxiety group treatment program offers concurrent groups for parents and youth ages 5 to 17. This means that while parents and caregivers attend the parent group, youth attend an anxiety group at the same time.</th>
</tr>
</thead>
<tbody>
<tr>
<td>What material is covered?</td>
<td>Similar material is covered at the same time in the parent and child groups. Our programs are based on well researched Cognitive Behavior Therapy (CBT) interventions that have proven successful.</td>
</tr>
</tbody>
</table>
| When and where do the groups take place? | • Seattle Children’s main campus Seattle, Wa  
• North Clinic in Everett, Wa  
At this time, all group sessions are being held via a telemedicine/video visit platform. Several groups are offered throughout the week. Information on days and times will be shared with families when our scheduling team contacts you to schedule. Some in-person groups may resume in the future. |
| How many sessions are there in the series? | There are 9 sessions in the series plus an individual feedback session at the end of group to discuss progress. You should plan to attend all sessions.  
We do not recommend missing 2 or more sessions. If you know you will miss more than 2 sessions, please sign up for the next series of sessions. Please join the group when you can fully attend and benefit from this program. The group series restarts about every 10 weeks. |
| What groups are available for children? | We offer several treatment groups for children based on ages:  
• 5 to 8 years – offered at Seattle Children’s Hospital main campus only  
• 9 to 12 years  
• 13 to 17 years |

To Learn More
• Ask your child’s healthcare provider  
• seattlechildrens.org

Free Interpreter Services
• In the hospital, ask your nurse.  
• From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.
Does insurance cover the groups?

Your insurance will be billed for each session that is attended. We recommend that you call your insurance company to find out if the cost of the group is covered and how much you need to pay if the full amount is not covered. Most insurance companies cover the child group, but not all cover the parent group. These are the procedure codes billed for the groups:

- Child group: 90853 group psychotherapy
- Parent group: 90849 multiple family group therapy

Families are welcome to apply for financial aid if they have concerns about whether the group visits will be covered.

How do I register?

If you are interested in finding out if this group is a good fit for your family, please contact your child’s primary care or mental health provider. Your provider will need to send a referral to Seattle Children’s Outpatient Psychiatry for “Anxiety Group.” If we receive a referral from your provider and we have an opening, we will call you to schedule an initial evaluation.

If you are a current patient in outpatient psychiatry, please talk to your Children’s provider about attending this group.

For more information about our services visit seattlechildrens.org/getservices.

Is there follow-up care?

At the end of group, we discuss the follow-up needs for all families. This might include a recommendation for no further care at this time, short-term individual CBT to continue to work on skills learned in group, a medication evaluation, a different specialized service, or more intensive treatment. These services might be in our clinic or in the community.