

Anxiety and OCD Treatment Program

Welcome to the Department of Psychiatry and Behavioral Medicine's outpatient Anxiety and OCD 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 program is a stepped care program meaning that most families start with at the lowest intensity level of care (such as a group series) and then we step up to a higher level of care (like individual therapy) depending on how your child responds to treatment.

What groups are offered?

Our anxiety treatment program offers groups for parents and youth ages 9 to 17. We offer parent-only groups when your child is younger (aged 2 to 8 years) or has a cognitive impairment.

What material is covered?

Similar material is covered in all groups. Our programs are based on well researched Cognitive Behavior Therapy (CBT) interventions that have proven successful.

When and where do the groups take place?

- Seattle Children's main campus Seattle, WA
- North Clinic in Everett, WA

During COVID-19 restrictions on group gatherings, 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?

We offer several treatment groups for children based on age:

- Young Child Anxiety Groups (ages 2 to 8): These 60-minute groups for young children are for caregivers only.
 - Tween (ages 9 to 12): By telehealth, this 90-minute group involves tweens and parents jointly for the first 45 minutes and parents only for the second 45 minutes. In person, this 60-minute group involves two concurrent groups: one for caregivers, one for tweens.
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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.

- Teen (ages 13 to 18): By telehealth, this 90-minute group involves teens only for the first 45 minutes and caregivers only for the second 45 minutes. In person, this 60-minute group involves two concurrent groups: one of parents, one for teens.
- Adapted group for youth with cognitive impairment: These 60-minute groups are for caregivers only.

Does insurance cover the groups?

Your insurance will be billed for each session you attend. 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 a possible referral to 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.