

The PEARL Clinic Evaluation Visit

(Program to Enhance Attention, Regulation and Learning)

Welcome to the PEARL Clinic. PEARL stands for Program to Enhance Attention, Regulation and Learning. We are an evaluation and treatment clinic for children and adolescents with concerns about attention, behavior and learning.

We want your clinic visit to be as smooth as possible, and we want to prepare you for what to expect. Here are answers to some questions you might have about our clinic.

Who does the PEARL Clinic see?

Children (older than 4) and adolescents with attention, behavior or learning difficulties. These issues may affect their family functioning, friendships or school performance.

Do I need a referral?

Yes. You will need to talk with your child's primary care provider. They can refer you to the PEARL Clinic, and we will let them know if we have any openings. Your child's primary care provider will provide ongoing care for your child.

Who will see my child?

An attending psychologist, psychiatrist, psychiatric nurse practitioner or pediatrician will coordinate the visit.

Several team members may see you and your child, including trainees in psychology, psychiatry and pediatrics. We will discuss your child's evaluation in our team meetings led by faculty at the University of Washington School of Medicine.

How do I prepare for and what can I expect at the FIRST visit?

1. **Talk with your child's teacher** about concerns and questions.
 2. **Fill out forms online.** When you schedule your first visit, we will email a link to complete forms online at a secure website. The email we send you will give details about how to get set up on the website. If you do not have internet access, come early to complete the forms on paper.
 3. **Prepare medical or school records**, including any previous evaluations or Individualized Educational Plans (IEPs) developed by the school.
 4. **We will talk about next steps.** At the end of the first visit, we will talk with you about the need for and timing of follow-up visits. We see most patients for 1 to 3 visits. After that, we make treatment recommendations for you and your primary care provider to consider
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To Learn More

- PEARL Clinic
206-987-2164
- 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.

What happens during clinic visit?

During the visits, we:

- Talk about your child’s medical history, weight and height
- Interview you and your child separately to discuss concerns and assess for Attention Deficit Hyperactivity Disorder (ADHD). (While talking with parents, children 12 or older will wait alone in the waiting room. If younger, they will wait outside the clinic room door.)
- Look for factors that can contribute to or be similar to ADHD
- Identify your child’s strengths
- Review medical and school records and ask questions to confirm information
- Talk about overall impressions and our recommendations for treatment

What are next steps after the visit(s)?

One or more of these things will happen. Your child will be:

- Referred back to their primary care provider for follow-up care and recommendations for next steps
- Offered treatment options at the PEARL Clinic, like behavioral management training for parents, medication consultation or psychological testing. (Psychological testing can help for understanding more about attention and learning challenges. Learn more: seattlechildrens.org/pdf/PE2219.pdf)
- Asked to return to PEARL Clinic for follow-up
- Referred to another Seattle Children’s or community provider
- Invited to participate in research, if there is a study for which they are eligible

When and where are visits scheduled?

Evaluations and consult visits are scheduled through Seattle Children’s main campus in Seattle and North Clinic in Everett. At this time, all sessions are being held via a telemedicine/video visit platform. 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.

What should I have ready for the visit?

- Previous medical or school records (e.g., IEPs)
- Medicine list, including a history of medicines and doses for ADHD, if taken
- A quiet activity or headphones (for younger children) for your child to use when we are interviewing you alone