

# Selective Mutism Group

## To Learn More

- Speech & Language Services  
206-987-2104, option 1
- Ask your child's healthcare provider
- [www.seattlechildrens.org/getservices](http://www.seattlechildrens.org/getservices).

## Free Interpreter Services

- In the hospital, ask your child's 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.

## Who should attend?

This group helps children with selective mutism face their fears of speaking in front of peers and adults in various settings. Parents also learn behavioral strategies for increasing speaking behaviors in their child and new ways of interacting with and supporting their child with selective mutism. We have two groups, one for younger children and one for older school aged children.

## How long is the group and what does it cover?

The groups are 8 weeks long. The first group of each session is for parents only. Each week thereafter, parents and children will meet separately and then come together for the last portion of the group. Parents will learn about what causes and maintains symptoms of selective mutism and new strategies for helping their children break the cycle of not speaking. Children will practice gradually increasing their speech with therapists and other group members. At the end of the group each week, parents and children will practice exposures to speaking situations together with the help of clinicians.

## Where does the group take place?

Check in at the Ocean 5 Registration desk (level 5, Ocean zone) and then go to the Seastar Waiting Area. During the group, your child will practice speaking around the hospital so it is very important to be on time.

## How much does it cost?

Your insurance will be billed for each group session that 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. Procedure codes billed for the groups are:

- Child group: 90853 group psychotherapy or 92508 group speech therapy
- Parent group: 90849 multiple family group psychotherapy

## How do I register?

If you are interested in this group, please contact your child's primary care provider. They will need to send a referral to Seattle Children's Outpatient Psychiatry for your child that says "Selective Mutism Group." If we receive a referral from your provider, we will let you know if we have an opening for a screening visit. If we do, we will call you to schedule.

If your child is a current patient, ask your Children's provider for referral. We will call you when there is a spot available.