

# SuperParenting Teens

## Parent Coaching Group

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### What is the SuperParenting Teens group?

This parent group is offered by the Seattle Children's Psychiatry and Behavioral Medicine Outpatient Program. It is based on several treatments that have been shown to help parents of adolescents improve their child's coping skills, behavior and relationships. You will learn effective strategies to help communicate more effectively with your teen about emotions, conflicts, and behavior.

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### Who should attend?

This group is for parents of adolescents aged 12 to 17 with mental health related difficulties including managing emotions, conflict with family members, task completion, and behavior. More than one caregiver is welcome to attend for each teen. The group is not appropriate for parents of teens with substance abuse, eating disorders, or severe mood or aggressive behavior problems without the additional help of an individual mental health clinician.

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#### To Learn More

- Outpatient Psychiatry  
206-987-2164
- Ask your child's healthcare provider
- [seattlechildrens.org](http://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.

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

This group includes 10, 60-minute sessions. Sessions cover these topics:

- How mental health difficulties affect teen behavior and families
- Communicating with your teen about emotions and conflict
- Helping your teen problem solve and work toward goals
- Limit setting, incentives, and consequences at home

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### Where does the group take place?

At this time, all group sessions are being held via a telemedicine/video visit platform. The current group is scheduled on Tuesdays from 4 to 5 p.m. Some in-person groups may resume in the future.

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### How much does it cost?

Your insurance will be billed for each group session that you attend. We recommend that you call your insurance 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. The code billed for parent groups is: 90849 multiple-family group psychotherapy.

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### How do I register?

If you are interested in this group, please contact your child's primary care provider or community mental health provider first. Ask them to fax in a referral to 206-985-3121 and indicate the referral is for "SuperParenting Teens Group." After we receive the referral, you will be contacted when we are ready to schedule for our next group. Our providers may want to schedule an assessment first to determine appropriateness for this group.

If you are a current Children's patient, ask your Children's provider to place an order referring you to the group.