

Early Childhood Clinic Parent Anxiety Group

Who is this group for?

This anxiety group treatment program is for parents of children ages 3 to 6. This group is for parents only. There is no child group available for this age range

What material is covered?

This program is based on well researched Cognitive Behavior Therapy (CBT) interventions that have shown to be successful. The focus is on learning how to use gradual and effective exposures with your child.

When and where do the groups take place?

- Groups are scheduled at Seattle Children's main campus and North Clinic in Everett.
- At this time, all group sessions are being held via a telemedicine/video visit platform. Groups are offered on various days 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 8 sessions in the series. You should plan to attend all 8 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.

Does insurance cover the groups?

We will bill your child's insurance 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. This is the procedure code billed for the group:

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.

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.

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 "Early Childhood Parent Anxiety Group." If we receive a referral from your provider and have an opening, we will call you to schedule.

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. It may also include short-term parent training to continue to work on skills, a different specialized service or more intensive treatment. These services might be available in our clinic or in the community.