

STAND – Teen Autonomy Building Program



What is STAND?

Supporting Teens' Autonomy Daily (STAND) is parent-teen therapy that helps adolescents improve their organization skills, motivation and self-sufficiency at home and school. When teens struggle with these skills, they often do not work up to their potential in school, get behind on their chores, feel bad about themselves and have stressful relationships with family members.

How can STAND help my teen?

Your adolescent will identify personal goals to work on and practice strategies that will help them meet these goals. Parents learn ways to promote and encourage their teen's independence and motivation. Many adolescents who complete STAND show more motivation and independence at home and school. This translates into improved school work, better completion of household responsibilities, and stronger relationships with family members.

What is included in STAND?

STAND is 8 to 12 sessions of weekly parent-teen therapy. Teens attend the session with one primary caregiver—the parent who typically monitors schoolwork and assigns chores. The same parent should join the teen every week. The therapist will work with parents and teens to set weekly goals and plan skill practice activities to do at home in between weekly sessions.

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To Learn More

- Outpatient Psychiatry
206-987-2164
- Ask your child's healthcare provider
- seattlechildrens.org/getservices

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.

Who can take part in STAND?

Many adolescents who participate in STAND have a diagnosis of attention deficit hyperactivity disorder, learning problems or difficulties with keeping track of and organizing things.

STAND can also be helpful when parents and teens frequently argue or when parents struggle with their own organization skills and would like help building a consistent family routine.

To participate in STAND it is important that:

- Your adolescent is in the 6th to 12th grade and enrolled in school.
- A primary caregiver is able to come to each weekly session.
- The teen and parent can commit to close to three months of weekly 60-minute sessions.

Who is not best suited for STAND?

STAND is not effective for adolescents who:

- Have intellectual disabilities
- Are placed in self-contained classrooms
- Have aggressive behaviors, substance use or illegal behaviors
- Need help with peer relationships

Where do the sessions take place?

At this time, all sessions are being held via a telemedicine/video visit. Sessions are scheduled based on available openings. Some in-person services may resume in the future.

How much does it cost?

Your insurance will be billed for each therapy session that you and your adolescent attend. We recommend 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 procedure code billed is 90847 - family therapy with patient.

How do I register?

If you are interested in finding out if this group is a good fit for you and your adolescent, please contact your adolescent's primary care provider. They will need to send a referral to Seattle Children's Outpatient Psychiatry that says "STAND" program. If we receive a referral from your provider, we will contact you to schedule an intake evaluation that includes screening for the STAND program.

If you are a current patient, ask your Children's provider for a referral, and we will call you when there is an opening.