

# Anxiety and OCD First Steps

## Caregiver Education Class

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### What is Anxiety First Steps?

This class is for parents or other caregivers of children and teens with anxiety or OCD that is getting in the way of their lives. Teenagers may join with their caregivers at families' discretion. This class is a one-time web-based video class you participate in from home. The session focuses on how anxiety affects behavior, evidence-based treatments for anxiety, and generating an action plan to address how anxiety is getting in the way for your family.

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### Who should attend?

This class is for caregivers of children and adolescents aged 2 to 17 who have problematic anxiety symptoms. We encourage teenagers to attend with their caregiver when possible. More than one caregiver is welcome to attend the video visit, (even if joining from another location).

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

This class includes one 90-minute session. Topics covered include:

- What causes anxiety
- Which interventions for anxiety are supported by science and steps families can take right now
- Why youth with problematic anxiety need different parenting strategies for anxiety

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### Where does the class take place?

At this time, all classes are being held via a telemedicine/video visit platform. The day and time of the week may vary, and families will be informed at the time of scheduling. Some in-person classes may resume in the future.

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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 much does it cost?

Each class session costs \$20. Families will be billed by Seattle Children's Hospital after class occurs. This class is not billed to insurance.

This fee is covered if your family meets Seattle Children's Hospital financial assistance criteria.

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### How do I register?

If you are interested in this class, please contact your child's primary care provider or community mental health provider first. Ask them to fax in a referral form to Seattle Children's and indicate the referral is for the "Anxiety First Steps Class."

New Referral Form:

[seattlechildrens.org/globalassets/documents/healthcare-professionals/narf/narf.pdf](https://seattlechildrens.org/globalassets/documents/healthcare-professionals/narf/narf.pdf)

After we receive the referral, you will be contacted when we are ready to schedule for our next class.

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

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