



Selective Mutism Group

Who should attend?

This group is for children with selective mutism. 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 children and new ways of interacting with and supporting their children with selective mutism.

How long is the group and what does it cover?

This group is 8 weeks long. Each week, 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, parents and children will practice exposures to speaking situations together with the help of clinicians.

To Learn More

- Psychiatry and Behavioral Medicine 206-987-2164
- Speech & Language Services 206-987-2104, option 1
- Ask your child's healthcare provider
- www.seattlechildrens.org

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

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.

How do I register?

If you are interested in signing your child up for this group, please contact your primary care provider. They will need to send us a referral. If we receive a referral from your provider, we will let them know if we have an opening or not. If we do, we will contact you to schedule. For more information visit www.seattlechildrens.org/getservices.

If you are a current patient, please talk to your Children's provider about attending this group.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

© 2017 Seattle Children's, Seattle, Washington. All rights reserved.

12/17

PE2671