

School Avoidance Group

For Parents and Caregivers

To Learn More

- Ask your child's healthcare provider
- www.seattlechildrens.org/getservices

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.

Who should attend?

This group is for parents or caregivers of youth who have had a very hard time attending school including frequent absences due to anxiety, for more than 2 weeks and less than 1 year. This is a parent-only group to help families understand the factors that lead to school avoidance and learn behavioral and problem-solving strategies to increase attendance.

How long is the group and what does it cover?

This group is 8 weeks long. All sessions involve parents or caregivers only.

The sessions include:

- Building collaborative problem-solving skills around school attendance
- Learning about what causes and maintains school avoidance and new strategies for helping break the cycle of school absences
- How to use coping strategies and school reintegration techniques

Where does the group take place?

Groups take place in the Psychiatry and Behavioral Medicine clinic. Check in at the Ocean 5 Registration desk (level 5, Ocean zone) and then go to the Seastar Waiting Area. Sometimes we meet in other areas of the hospital, so is very important to arrive 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. The procedure code billed for the group is 90849 (multiple family group psychotherapy).

How do I register?

To sign up for this group, please contact your child's primary care provider. They will need to send a referral to Seattle Children's Outpatient Psychiatry for your child that says "School Avoidance Group." If we receive a referral from your provider, we will let you know if we have an opening for a screening visit. If we do, we will call you to schedule.

If you are a current patient, talk to your Children's provider for a referral for this group. We will call you when there is a spot available.

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.

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