

# Coping with Needles Group

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## About the group

In this program, we teach children and teens how to deal with feelings of distress that get in the way of getting injections or blood draws. We also teach parents how to best support their child during needle procedures.

## Who should attend?

Our Coping with Needles Group is for youth ages 6 to 17 and their parents/caregivers. This means that youth and caregivers attend the group together.

## What material is covered?

Our group is based on well-researched Cognitive Behavior Therapy (CBT) interventions that have proven successful. In this type of therapy, we help your child gradually face the fears and worries they have been avoiding, called “exposures.” You learn how to coach your child when they are anxious and to reduce avoidance or unhelpful ways of dealing with anxiety.

## When and where does the group take place?

The group for English speaking families is Fridays from 2 to 3 p.m.  
The group for Spanish speaking families is Thursdays from 4 to 5 p.m.  
At this time, all classes are being held via a telemedicine/video visit platform. Some in-person classes may start back up in the future.

## How many sessions are there in the series?

There are 4 sessions in the series. You should plan to attend **all** 4 sessions. Please join the group only when you can attend fully and benefit from this program.

## Does insurance cover the group sessions?

Your insurance will be billed for each session you attend. We recommend 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, but not all cover the parent. When you call your insurance provider, they may ask for a billing code.

These are the procedure codes billed for the groups:

- 96164 Health/Behavior Group initial 30 minutes
- 96165 Health/Behavior Group each additional 15 minutes

Families are welcome to apply for financial aid if they have concerns about whether the group visits will be covered.

### To Learn More

- Psychiatry and Behavioral Medicine  
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 do I register?

This group is for patients and families currently being seen at Seattle Children's. If you are interested in finding out if this group is a good fit for your family, please contact your child's Seattle Children's medical or mental health provider. Your provider will need to send a referral to Seattle Children's Outpatient Psychiatry for the "Coping with Needles Group." If we receive a referral from your provider and we have an opening, we will call you to schedule a consultation visit. This visit will help you to decide whether the group is a good fit for you and your child.

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](https://seattlechildrens.org/getservices)

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### Is there follow-up care?

At the end of group, we discuss the follow-up needs with each family. Recommendations may include no further care at this time or a medicine evaluation. We may also recommend short term, focused individual CBT treatment for anxiety to build on skills learned and progress made in this program. These further services may be offered in our clinic or at another clinic in the community.

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