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# Anxiety Group Program

Welcome to the Department of Psychiatry and Behavioral Medicine's Anxiety Group Program. In this treatment group, we teach anxiety management skills to children and adolescents and help their parents understand how to best help them with anxiety.

## **What groups do you offer?**

Our Anxiety Group Program offers concurrent groups for parents and youth ages 6 to 17. This means that while parents and caregivers attend the parent seminar, youth attend an anxiety management group at the same time.

## **What material is covered?**

Similar material is covered at the same time in the parent and child groups. Our programs are based on well-researched Cognitive Behavior Therapy (CBT) interventions that have proven successful.

## **When do the groups take place?**

- Seattle Children's main campus - groups are held on Tuesdays from 5 to 6 p.m.
- Seattle Children's Bellevue clinic at Overlake - groups are held on Wednesdays from 5 to 6 p.m.
- We occasionally offer additional groups at different times at these sites.

## **How many sessions are there in the series?**

There are 9 sessions in the series. You should plan to attend **all** 9 sessions. We do not recommend missing 2 or more sessions. If you know you will miss more than 2 sessions, please sign up for the next group of sessions. Please join the group when you can fully attend and benefit from this program. The group series restarts about every 9 to 10 weeks.

## **What groups are available for children?**

We offer 3 to 4 treatment groups for children based on ages:

- 6 to 8-year olds - This group is offered at Seattle Children's Hospital main campus only
- 9 to 12-year olds
- 13 to 17-year olds

### To Learn More

- Ask your child's healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### 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.

### Does insurance cover the groups?

Your insurance will be billed for each session that is attended. 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. These are the procedure codes billed for the groups:

- Child group: 90853 group psychotherapy
- Parent group: 90849 multiple family group therapy.

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

### How do I register?

If you are interested in signing your child up for this group, please contact your primary care provider or mental health provider. They will need to send us a referral. Once we receive a referral from your provider, we will contact you to schedule an initial evaluation to determine if the group is an appropriate fit for your child and family. For more information visit [www.seattlechildrens.org/getservices](http://www.seattlechildrens.org/getservices).

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

### Is there follow-up care?

In the last session of group, we discuss the followup needs for all families. This might include a recommendation for no further care at this time, a medication evaluation, referral to a specialized and more intensive treatment such as an Obsessive-Compulsive Disorder Intensive Outpatient Program, or short term, focused individual CBT treatment for anxiety to build on skills learned and progress made in this program. These services might be available in our clinic or in the community.