



## THINK:KIDS CLINIC

### **About our Clinical Services**

The Think:Kids Clinic is offered by the Massachusetts General Physicians Organization (MGPO), and its mission is to provide clinical services to families of kids with social, emotional and behavioral challenges. Our goal is to offer a different approach to helping kids with such challenges, one that helps caregivers develop an accurate and meaningful understanding of their child's behavior and to teach them an approach to parenting that improves child and family functioning. We serve children and adolescents from ages 2 through 22 years of age with a variety of needs and diagnoses. The Clinic offers consultation and psychotherapy treatment to families struggling due to their child's behavioral challenges. We work to collaborate with school personnel and other providers to coordinate efforts and maximize therapeutic benefits.

### **Consultation Services**

All families who come to the Think:Kids Clinic are seen initially in a 3- to 4-session consultation. Typically this involves a session or two with parents, a separate meeting with the child or adolescent, and then a feedback meeting with the family. The exact structure of the consultation will vary depending on the circumstances. In some instances, families may only be interested in a one-time consultation, and in such cases we will work with you to decide upon a practical consultation framework.

During the consultation phase of a treatment, it is often helpful to have parents come without their child, so that history and background information can be obtained, and parents can describe their concerns about their child. (It is very important, wherever possible to have both parents or caretakers present for this initial session or two.) In other cases it may make sense for parents and a child to come together for a first meeting. With adolescents in particular, it often makes some sense to begin with their meeting a clinician one-to-one. We will discuss with you what is most advisable during our telephone intake conversation.

Our basic consultation goals will include arriving together on a meaningful understanding of your child—specifically, what lagging cognitive skills are contributing to his or her behavioral and emotional challenges—as well as a clear sense of the triggers or problems that are causing difficulty. (Please explore the remainder of our website's content for much additional information about our approach.) They will also include a discussion of our evidence-based approach to addressing such triggers with your child in a manner that solves problems, develops lagging skills, and enhances your relationship. In many cases, we may make additional recommendations for other forms of support, intervention, or evaluation that seem indicated, and provide you with appropriate referrals to pursue in each case. Finally, should ongoing treatment in the Clinic be indicated, we will discuss with you a framework for how to proceed.

### **Psychotherapy Services**

The primary focus of the Think:Kids Clinic is to assist families in implementing our approach to behaviorally challenging kids at home. In many cases, a consultation would then be followed by a time-limited series of ongoing meetings aimed at helping families get proficient in problem-solving together. The treatment approach we employ differs in some respects from a standard notion of psychotherapy, where treatment may be somewhat open-ended. While the useful duration of treatment varies greatly, and it is difficult to make any generalizations in this regard, we have found that in many cases, families find significant benefit within approximately 12 sessions. We suggest that families think about their treatment here as time-limited. Our ultimate goal is to impart a new way of thinking about your child and the problems that arise with him or her, and a new way to approach these problems, that you can implement on your own. There may be circumstances where treatment is of a longer duration, and where that seems indicated, you and your clinician will

be able to discuss appropriate options. For additional information regarding what such treatment involves, please see our Frequently Asked Questions below.

### **School Consultation Services**

Often, a crucial part of assisting a child with behavioral challenges is helping individuals outside the family, frequently school personnel, achieve a more productive understanding of the child. In some cases this consultation will be an aspect of the broader treatment we are providing. In others, more intensive direct consultation to schools may be instrumental in having an appropriate impact. Where possible, we offer such consultation to schools at the request of a child's family.

### **Psychopharmacology Services**

The Think:Kids Clinic does not presently provide its own psychopharmacology services. There is a strong likelihood that we will begin to do so at some future date, in an effort to maximize collaborative efforts to support your child. In the meantime, we are happy to try and assist you in finding an appropriate psychopharmacology referral should this seem in order. In some instances, we may be able to refer you to a child psychiatrist within the Department of Psychiatry here at MGH.

### **Clinic Hours**

Our Clinic is open Monday through Friday, 9am to 5pm. We do not presently have evening appointments available.

### **Insurance**

As a hospital-based clinic, we accept most major insurances. Before scheduling an appointment, however, it is wise to call your insurer to check that services with us will be covered, and to learn if you require pre-authorization from your (or your child's) primary care doctor.

### **Measuring Outcome**

Our first priority at Think:Kids is making sure that you get the results you want. For this reason, it is very important that you are involved in monitoring our progress throughout therapy. Measuring treatment progress and outcome also helps us to gather additional data on the effectiveness of our approach, to learn from it, and to share it with others in the professional community. We therefore ask for your help in providing us with such crucial information and feedback.

We like to do this formally by having you come in early to your first visit, about an hour, to fill out a few paper and pencil forms that will give us a sense of how your child is doing right now, before treatment starts, as well as things like how your relationship with your child is going. We will ask that some of these measures be completed at intervals throughout the treatment, as well as at the conclusion of your treatment experience in the Clinic.

There is also a very short form that our clinicians like clients—kids and parents—to fill out at the start of every session to help check progress week-by-week. There is a lot of research that shows that if therapy is going to be helpful, one should see signs of improvement sooner rather than later. If what we are doing together works, then you'll continue with that, but if not, it lets us know that we need to change or modify something.

Your clinician will further discuss with you the rationale for these outcome measures and answer any questions you may have. Completing such measures is not required in order to be seen within the Clinic.

### **Next Steps**

If you have not already done so, call Beth Edelstein, B.S., OT/L, our Director of Outreach and Support Programs, at 617-643-9331, to schedule an intake. If you decide together that moving forward makes sense, you will need to then call MGH Registration at 866-211-6588 to register your child as a patient. Be sure to have your insurance information ready. Finally, Beth will direct you to call Jennifer Bean at 617-643-6030 to schedule the actual appointment day and time.

## **Frequently Asked Questions**

### **Who comes to treatment?**

The answer to this depends somewhat on your particular family and its circumstances. During the consultation phase of a treatment, it is often helpful to have parents come without their child, so that history and background information can be obtained, and parents can describe their concerns about their child. In other cases it may make sense for parents and a child to come together for a first meeting. With adolescents in particular, it often makes some sense to begin with their meeting a clinician one-to-one. At the time that you arrange for your initial appointment, we will listen a bit to the particular circumstances and make a recommendation.

### **What should I bring to our first meeting?**

Many of the children and adolescents we work with may at some point have undergone psychological or neuropsychological testing, or some other form of evaluation. Many are also on Individualized Education Plans (IEPs). Reviewing this documentation can be quite helpful, and if you have such reports or documents we encourage you to come with copies that your clinician may keep to review. If you will be coming with your child, it is useful to plan with your child around what activities they might bring to occupy themselves during any time spent in the waiting area.

### **What should I tell my child about the appointment?**

The notion of meeting a clinician is sometimes a complicated one for a child or adolescent, particularly if they have not done so before. Often parents have quite good judgment about how to present the idea of treatment to their child. Our feeling is that it is often best to suggest that you are meeting with someone whose job it is to help families get along better and solve problems together, with the aim of decreasing a child's sense that therapy is about "fixing" his or her problematic behavior.

## **Location and Directions**

Think: Kids is located at 111 Merrimac Street, Suite 250, in Boston, MA.

Though we are a part of the Massachusetts General Hospital, our clinic is actually several blocks from the main hospital campus. Tel: 617-643-6030.

### **By Subway:**

#### **Green Line - Government Center**

- Exit station into City Hall Plaza.
- Walk down Cambridge Street with the City Hall building on your right. Take a right on Staniford Street will be about three blocks down on your right.
- Take your next right onto Merrimac Street.
- 101 Merrimac Street is the office building on the left with an Au bon Pain banner out front.

#### **Blue Line - Bowdoin**

- Exit station onto Cambridge Street.
- At the top of the stairs, take a sharp right and walk down Cambridge Street with the T entrance/exit on your right. Take a right on Staniford Street which will be one block down on your right.
- Take your next right onto Merrimac Street.
- 101 Merrimac Street is the office building on the left with an Au bon Pain banner out front.

#### **Green/Orange Line - North Station**

- Exit station onto Causeway Street.
- Walk down Causeway Street with the TD Bank North Garden on your right.
- Very soon, there will be a four-way intersection. Staniford Street will be the street straight in front of you. It is a divided road.
- Take a left here onto Merrimac Street.
- 101 Merrimac Street is the office building on the left with an Au bon Pain banner out front.

#### **Red Line - Charles/MGH**

- When you exit the station turn right, cross the street and go right to walk down Cambridge Street. MGH will be on your left after a block, and then Staniford Street will be about four blocks down on your left. Turn left onto Staniford Street.
- Take your next right onto Merrimac Street.

- 101 Merrimac Street is the office building on the left with an Au bon Pain banner out front.

**By Car:**

**From West of Boston**

- Take Mass Pike to Cambridge-Allston Exit.
- Bear right after the tollbooth.
- Make a right at first set of lights onto Storrow Drive.
- After approximately 5 miles, take Government Center exit.
- Follow signs to Downtown and Government Center (Cambridge Street).
- After approximately four blocks at the fifth light, take left onto Staniford Street.
- Go down to the first traffic light and take your next right onto Merrimac Street.
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**From North of Boston**

- Take Route 93 or 1 exiting onto Storrow Drive and immediately get in the left lane.
- Take the Government Center exit off Storrow Drive.
- Follow signs to Downtown and Government Center (Cambridge Street).
- After approximately four blocks at the fifth light, take left onto Staniford Street.
- Go down to the first traffic light and take your next right onto Merrimac Street.
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**From South of Boston**

- Take Route 93 exiting onto Storrow Drive.
- Take the Government Center exit off Storrow Drive.
- Follow signs to Downtown and Government Center (Cambridge Street).
- After approximately four blocks at the fifth light, take left onto Staniford Street.
- Go down to the first traffic light and take your next right onto Merrimac Street.
- 101 Merrimac Street is the office building on the left with an Au bon Pain banner out front.

**Parking**

There are several parking garages within a 4 block radius, prices vary, but are usually \$5.00-\$10.00 an hour. Go to: [www.boston.bestparking.com/index.php](http://www.boston.bestparking.com/index.php) to check exact rates. The parking lot to the right of our building is \$22.00 for the day. The North Station Garage is \$20 for the day. There is limited street metered parking. Also, if you park at the parking garages at the MGH main campus at Cambridge Street, the fee is around \$9.00 for the day and we are a 20 minute walk away from the main campus.

**Free MGH Shuttle Service:**

After parking at the Parkman, Fruit or Yawkey garages, call (617) 726-2250, MGH Transportation Office, to request a campus shuttle van or go to an MGH Information Desk at the Yawkey, White, or Wang Bldgs and ask them to call for a campus shuttle van. Please ask them to direct you to the nearest location to board the shuttle. There is a pick up/drop off location at our center at 101 Merrimac Street.