

Clinic Welcome Packet

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, Collaborative Problem Solving (CPS) to help 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 function. We serve children and adolescents from ages 2 through 22 years of age with a variety of needs and diagnoses. The Clinic offers psychotherapy treatment to families struggling due to their child's behavioral challenges.

Intake Process

If you are interested in receiving services at Think Kids you must meet with a clinician for an initial consultation to determine if Think Kids is the right fit for you. There are two options of therapy for your family which the clinician will discuss with you during your initial consultation, Family Based Therapy and Parent Group Therapy. The clinician will help you to determine which option is the best fit for your family's needs and the best way to get started.

Parent Group Therapy

Family Based Therapy

All families are seen, initially, for 3- to 4-session consultation sessions. Typically this involves a session or two with parents, a separate meeting with the child or adolescent, and then a feedback meeting with the parents. 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, whenever possible to have both parents and caretakers present for the 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 sense to begin with them meeting a clinician one-to-one. 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. 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. Should ongoing treatment in the Clinic be indicated, we will discuss with you a framework for how to proceed.

Please explore our additional resources on our website for more information about our approach.

Psychotherapy Services

The primary focus of the Think:Kids Clinic is to assist families in implementing the Collaborative Problem Solving 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.

We suggest that families think about their treatment here as time-limited. Our ultimate goal is to import 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.

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. We will verify your insurance before scheduling your initial consultation to ensure that services will be covered. We do, however, advise that you call your insurer to check that services with us will be covered, and to learn if you require preauthorization from your (or your child's) primary care doctor.

Please see below for a list of insurance providers we work with:

- Aetna
- Beacon Health/Neighborhood Health Plan
- Blue Cross Blue Shield (Indemnity, Managed Care, Partners Plus)
- Centene/Celticare
- Fallon Select
- GreatWest
- Harvard Pilgrim/United Behavioral Health
- MBHP/MassHealth/Medicaid
- Network Health

- Tufts
- United Behavioral Health

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 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. First, when you enroll in treatment, we will send you an email with a link to a secure website where we ask you to complete a few questionnaires about how your child is doing, and how your relationship is going. We 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 request that parents 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 treatment, but if not this system 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.

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 151 Merrimac Street, 5th Floor in Boston, MA. Though we are a part of 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.
- 151 Merrimac Street is a 6-story brick office building with a blue/green bottom floor on the right opposite corner at the intersection of Causeway and Merrimac.
- Take the elevators to the 5th floor.

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.
- 151 Merrimac Street is a 6-story brick office building with a blue/green bottom floor on the right opposite corner at the intersection of Causeway and Merrimac.
- Take the elevators to the 5th floor.

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.
- 151 Merrimac Street is a 6-story brick office building with a blue/green bottom floor on your left at the intersection of Causeway and Merrimac.
- Take the elevators to the 5th floor.

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.

- 151 Merrimac Street is a 6-story brick office building with a blue/green bottom floor on the right opposite corner at the intersection of Causeway and Merrimac.
- Take the elevators to the 5th floor.

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, 151 Merrimac Street is a 6-story brick office building with a blue/green bottom floor on the right opposite corner at the intersection of Causeway and Merrimac.

From North of Boston

- Take Route 93 to exit 26 (North Station)
- Follow signs to Nashua Street
- Turn right at the end of the ramp onto Nashua Street.
- At second traffic light, turn left onto Lomasney Way.
- Follow to next traffic light (intersection of Causeway, Staniford and Merrimac) and bear right (not sharp right) onto Merrimac Street.
- 151 Merrimac Street is a 6-story brick office building with a blue/green bottom floor on the corner at the intersection of Causeway and Merrimac.

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, 151 Merrimac Street is a 6-story brick office building with a blue/green bottom floor on the right opposite corner at the intersection of Causeway and Merrimac.

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 to check exact rates. The parking lot to the right of our building is \$22.00 for the day. There is limited street metered parking (Merrimac, Portland, and others). 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 15-20 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. The closest pick up/drop off location to our center is 101 Merrimac Street. We are located on the corner of Merrimac Street, where the four way intersection of Staniford Street, Merrimac Street, Causeway Street, and Lomasney Way intersect.