# EMU Early Childhood Satellite Clinic Frequently Asked Questions

Updated 9/15/2021

#### Who are these services meant for?

These services are designed for families of children who are having any kind of behavioral, emotional, or developmental problem or concern. This may include excessive tantrums, fear and worry, behavior problems, or any other concerns you may have about how your child is developing, feeling, or behaving. Additionally, these services could benefit families who are having family-related issues that are impacting their child, such as excessive stress, parental conflict or divorce, parent-child relationship problems, or any other family issue that is affecting your child's development.

#### What will these services include?

These services will typically include two phases: the assessment phase and the treatment phase. The assessment phase will include a 90-minute intake interview, where the therapist will ask you questions about your child's developmental history and about your concerns; a classroom observation of your child in their classroom; and a parent-child play observation session. Then, your therapist will work with you to develop an individualized treatment plan in order to best help your child. Treatment may include having the therapist work directly with your child to address symptoms, working with you on parenting strategies, or working with you and your child together in parent-child joint sessions (or some combination of these). Since parents play a key role in their child's development, parents will be involved to some degree throughout treatment. Additional assessment may be recommended in certain cases.

## How many sessions will I have?

The number of sessions will vary for each family, based on what problems your child is having and what is determined in your individualized treatment plan. Most often, you and/or your child will meet with your therapist once a week for about an hour. Treatment can range anywhere from 3-12 months.

## Where will sessions take place?

There is dedicated space in the Children's Institute for sessions. Additionally, some sessions may be completed virtually through a HIPAA compliant zoom platform.

## When can I schedule my appointments?

We have appointment availability Mondays and Thursdays: 8 a.m. – 6 p.m., Tuesdays and Wednesdays 9 a.m. - 6 p.m., and Fridays 8 a.m. - 4 p.m., based on clinician availability. We offer appointments in the building and online, and your therapist will work with you to schedule appointments that are convenient, such as appointments close to pick-up or drop-off time, when you and your child are already at the center.

## How much does this cost?

Our services are free of charge. Costs are currently covered by a generous grant from the Michigan Health Endowment Fund.

# How do I sign up and how long until we can be seen?

When you complete <u>the online questionnaire</u>, your name will be added to our wait list. When a therapist has an opening, they will contact you to set up an intake appointment. Depending on demand, this may be anywhere from a few days to a few months after completing the form. We do our best to schedule intake appointments within a few weeks of referral, but we cannot guarantee that time frame.

## What COVID-19 precautions are in place?

Face coverings are required for clinicians and parents whenever in the center building. Children are encouraged to wear them if they are able. Social distancing of 3-6 feet will also be utilized when possible. All clinicians are fully vaccinated for COVID-19. Virtual sessions are also available as needed/ if preferred.