

# You're not the only parent who feels like their child is caught in a loop of anxious behaviors

You know your child better than anyone. When it's hurt feelings or a scraped knee, you're the first and best person to care for them. But when it comes to things like obsessive compulsive behaviors, it's easy to feel unsure of how to help.

**Recognizing that something feels different is one thing. Finally figuring out what your child needs is another.**



These are some of the obsessive compulsive symptoms we see the most. If you're seeing some of these (or others) at home, we can help you understand why and address them.

- \* Repeated or ritualized behaviors that are driven by anxiety, fear, or disgust and are taking up a lot of time in life
- \* Overdoing things more than is needed (e.g. redoing homework) and/or asking repeatedly for reassurance
- \* Intrusive thoughts about any number of topics (germs/contamination, scary events, moral concerns) that cause distress
- \* Fear of not doing something "just right" and/or avoiding things they need or want to do

No matter what your child is here for, you (as their parent) will be closely involved in their care. The level of involvement depends on a few things: their age and stage, the presenting concerns, and what research tells us works best.

Sometimes, kids meet with their provider and a caregiver checks in for a few minutes. Other times, the caregiver is the one in the session for a longer time.

**Brightline will work with you to find the balance that is right for your family and the goals you have for your child.**

When you know it's time, Brightline is the right place.

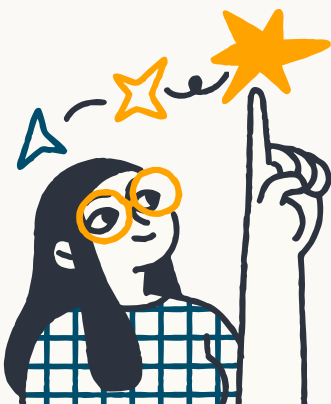


Brightline's Obsessive Compulsive Disorder (OCD) Program provides kids up to age 18 with careful symptom assessments, clear diagnostic impressions, and thoughtful treatment including:

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- Evidence-based interventions like Exposure and Response Prevention [ERP] and Habit Reversal Training [HRT] for obsessive compulsive disorders and related disorders like trichotillomania (hair-pulling) and excoriation (skin-picking), psychiatry, and medication management as needed
  - Between-session practice plans that support your child as they start using the skills they're learning in real-life situations
  - Information gathering (with parent permission) from important adults in your child's life, like teachers and other care providers, to ensure a well-rounded view of your child
  - A combination of agreed-upon session types (child-focused and caregiver-focused without the child) that include learning about emotions and behaviors, skill building, barrier identification, measured progress, and homework plans for continuity between sessions
  - Internal referrals to our psychiatry services (medication management) when a child needs more than therapy to progress towards goals, or if families want to try a combined approach from the beginning
  - Sessions can be held virtually or in person, based on family preference and clinical recommendation
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A typical course of therapy is between 8–16 sessions. A typical course of psychiatry (including medication management) is between 6–10 sessions. We take insurance and can provide superbills.



"We have had the best experience with Brightline. My daughter has been able to use the techniques given by her therapist and it really has helped her. I would recommend Brightline to anyone who feels their child could benefit from therapy and learning coping mechanisms for everyday life. Our family and her teachers already see a difference in her and I am so happy. She looks forward to every session."

Brightline parent

For more information, an estimate of what your insurance may cover, or to schedule an appointment, call **(855) 669-9915**.

**brightline.com**