

# We haven't walked in your shoes. But we have a well-worn pair just like them.

How do we know that you're full of questions about pediatric mental health (when what you really want are answers)? Because we've been there.

The answers you seek aren't in your search history or the social media posts you've been saving. They come from licensed pediatric therapists, psychologists, and other clinicians.

## Here's how care begins at Brightline:

**Families start with a two-step process that we call a diagnostic evaluation.** The evaluation consists of an in-depth conversation with a Brightline psychologist or therapist (1.5 hours) and a follow-up session (1 hour) to discuss evaluation results and recommendations. **The goal? That you come away holding a care plan you helped create, knowing we truly understand your needs.** Both of these visits can be held in person or virtually. We take insurance and can provide superbills.

## You can expect to:

- **Share a detailed history:** You and your child help us learn about behaviors, symptoms, and what your child has been going through. We then take all of that information and evaluate what the next right step for your child should be. (Providers may see things differently, so even if your child has had an evaluation done before, we will need to complete ours, too. It helps us establish a clear understanding of why you're here and what you need.)
- **Get a care plan:** The second appointment is where you get clear, concise impressions, diagnoses, risk assessment, and treatment recommendations, including written documentation for IEP plans as needed. You partner with the Brightline care team to create a plan that addresses your needs and works for you.
- **Be matched with a therapist/psychologist:** If your child's care path includes ongoing therapy or psychiatry, those sessions could be scheduled with the original psychologist or therapist who did their evaluation or another one of our providers. You'll have a chance to discuss what the best match for your child's needs might be at your follow-up session.

From there, your therapist will recommend one of four paths for your child:

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### \* Psychological testing

Testing must be held in person; follow-up session may be held virtually or in person

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- Testing day(s) involve the child and parent(s) and help us understand and find answers to questions about symptoms related to autism, learning disorders, executive functioning, school readiness, and giftedness.
- Additional testing may be recommended based on the results of the initial testing and provider recommendation.
- Parents attend the follow-up session in person or virtually to receive test results and a clear care plan recommendation; we'll also talk through overall performance patterns from a clinical standpoint and provide evidence-based recommendations for next steps (in cases where support is needed).
- The cost of testing depends on the complexity of symptoms and clinical recommendation; we take insurance and can provide superbills.

### \* General therapy and psychiatry

Held virtually or in person, based on family preference and clinical recommendation

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- For kids who are experiencing things like a persistent low mood, withdrawal from typical activities, hopelessness, difficulty coping with a traumatic event or a change in their environment, or sustained difficulties with everyday asks and tasks like potty training.
- Includes evidence-based interventions (Cognitive Behavioral Therapy [CBT] and Trauma-Focused Therapy [TF]) that help kids and parents build skills, and homework for continuity between sessions.
- Includes 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.
- 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.



## Anxiety & Obsessive Compulsive Disorders (OCD) Programs

Held virtually or in person, based on family preference and clinical recommendation

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- For kids who are experiencing things like separation anxiety, social anxiety, general anxiety, panic disorder, selective mutism, specific phobias, and obsessive compulsive symptoms.
- Includes evidence-based interventions (Cognitive Behavioral Therapy [CBT] and Exposure and Response Prevention [ERP]) that help kids and parents build skills, homework for continuity between sessions, and medication management as needed.
- Includes 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.
- 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.

## ADHD & Behavior Disorders Programs

Held virtually or in person, based on family preference and clinical recommendation

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- For kids who are experiencing behavioral and impulse control symptoms commonly found in diagnoses such as attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), and other specified behavioral disorders.
- Includes evidence-based interventions (including Parent Management Training [PMT] and Organizational Skills Training [OST]) that help kids and parents build skills, homework for continuity between sessions, and medication management as needed.
- Includes 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.
- 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.

For more information, call **(888) 255-1329** or visit **[brightline.com](https://www.brightline.com)**

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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.**



“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 with her coping. I would recommend Brightline to anyone who feels their child could benefit from therapy and learning coping mechanisms for everyday life. Her family and teachers already see a difference in her and I am so happy. She looks forward to every session.”

Janine, mom of 10-year-old, New Jersey



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

For more information or to schedule an appointment, call **(888) 255-1329** or visit **[brightline.com](https://www.brightline.com)**. We're open Monday–Friday from 8am–7pm ET.

Our clinic locations:

- 32 Court Street, Suite 808, Brooklyn, NY 11201
- 3000 Marcus Avenue, Suite 3E01, Lake Success, NY 11402
- 330 W 58th Street, Suite 611, Manhattan, NY 10019