

Specialty Behavioral Health Services at Saint Anne's Hospital's Fernandes Center for Children & Families

Behavioral Health services at Fernandes Center for Children & Families now offer "Select Clinics," which are designed to treat symptoms associated with Neurodevelopmental Disorders with a developmental focus. Each Clinic focuses on a particular age group and problem set, and incorporates a targeted, evidence-based treatment approach. These services have a defined time frame and are delivered in individual sessions which also include parents/caregivers.

These **Brief Therapy "Clinics,"** which offer specific treatment for problem behaviors that emerge during various stages of child development, include:

- Early Childhood Aged 2–5 years, **Toddler-Pre-School:**

A therapeutic approach for young children and their caretakers.

Therapy sessions utilize Behavior Therapy (including parent management training) and psychoeducation and treat occurring behaviors, including tantrums, defiance, and aggression.

- Elementary Aged 6–13 years, **Attention Deficit/Hyperactivity:** A therapeutic approach for school-age children who have been diagnosed with ADHD and their caretakers.

Therapy sessions utilize Behavior Therapy (including parent management training), Cognitive Behavior Therapy, and psychoeducation to address problems with self-regulation, build social skills and improve task management.

- Adolescence Aged 14–19 years, ASD: **Transition to Young Adult Services:** A therapeutic approach for adolescents who have been diagnosed with Autism Spectrum Disorder and their caretakers.

Therapy sessions will target the issues inherent in "ageing out." Using a person-centered approach, sessions will include facilitating communication, identifying expectations, psychoeducation, behavioral interventions, and exploration of potential support services in the community.

Referral for any of these services can be made by PCP, community agencies or other pediatric specialist. Referrals should be submitted by fax to (508) 678-6905, using the FCCF referral form. For further information, please call Sonya at (508) 235-5285.

