

Welcome to the Behavioral Health Program

Thank you for supporting your child's emotional health. We know that reaching out for services can be a difficult process and we are here to walk through this with your family. While the program is called Behavioral Health, our therapists focus primarily on connecting with you and your child while providing support and encouragement for enhancing that important relationship. We believe the behavior we see in children is a symptom of how they are feeling inside so we work to identify the unmet need that the behavior is communicating. We work collaboratively with the family to shift attention away from the challenging behavior and instead focus on how we can help the child get their needs met in appropriate ways. Our team of therapists will develop a plan for working with your child that is grounded in solid, evidence-based practices while using playful, creative strategies that meet your child's developmental needs.

What to Expect:

We believe that parent/caregiver participation or involvement is important in therapy services for children and will work with your family about what works best for your individual circumstance. You spend much more time with your child than we do, and we believe that your child will benefit from your participation.

Your first session with a therapist will include a chance to review the therapist's credentials and Encompass policies. The therapist will review your child/family's developmental history and current strengths and concerns. We will complete any necessary screening tools and observe your child's interactions. If needed, we will discuss an appropriate diagnosis, work collaboratively with you to set goals, and discuss treatment recommendations like the frequency we would like to see your child and location of sessions. Sometimes, there are topics that are best discussed without your child present. If that's the case, we will arrange another time to discuss those issues.

Sessions may last anywhere from 16-53 minutes and usually occur once a week. We hold sessions in our clinic, at local schools, in our mobile therapy unit and in some local daycare/preschool settings.

Our therapists frequently collaborate with other Encompass teams such as occupational, physical, and speech therapists to provide the most comprehensive services. This collaboration is always focused on the best interests of our clients and is one of the most unique aspects of Encompass services.

It is important for us to know what you are seeing at home both behaviorally and emotionally, so if there is a distressing or difficult event or a change occurring, please let us know. Be sure to send your therapist a quick email to provide this information in a way that supports your child's privacy and dignity.



Additional Tips:

Therapy can be a difficult experience for a child. Practicing openness and vulnerability is hard! Providing your child with a protein snack and water is a great way to empower their body to be able to do this challenging and important work.

We know many families are busy and often go from activity to activity. It can be helpful to make sure your child has some time to rest and regroup after therapy, try to avoid scheduling things that might be challenging for them right after therapy-this can provide a needed buffer. Adding in extra connection through laughter, cuddles and enjoying shared activities can help get you and your child get back on track.

Consistency in therapy is important. We know that sometimes appointments need to be cancelled or rescheduled. Please work with our clinic desk to reschedule a missed appointment whenever possible. Even if your child is sick, our therapists are available to connect with you through telehealth to provide parent coaching during your regularly scheduled session time.

Next Steps:

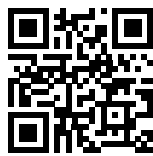
Our parent/caregiver workshops, podcasts, and groups for both children and their grownups are a great way to supplement your therapy services. Please review our calendar of events or check out our social media for more details!

We know that waiting for an available opening can be frustrating. Families who are open to sessions during the school day often wait significantly less time than those who want to wait for only after school times.

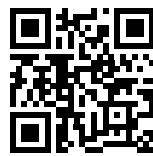
Online Resources:



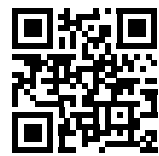
**Connecting with
Your Child
Tip Sheet**



**Emotion
Coaching
Tip Sheet**



**Diagnosis
Related Grief
Tip Sheet**



**Holding Space When
Children are Hurting
YouTube Workshop**

Child Development Center
9050 384th Ave. SE
Snoqualmie, WA 98065
425.888.3347

Early Learning Center
1407 Boalch Ave. NW
North Bend, WA 98045
425.888.2777

Carnation Preschool
4950 Tolt Ave.
Carnation, WA 98014
425.844.4548

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