A guide to the resources and services offered at U of M, provided by Tonka Lulgjuraj, intern at the University Center for the Child and Family

(Information accurate as of May 2, 2016)
WE WILL DISCUSS:

• Anxiety, depression, mood, and trauma concerns
• Autism spectrum disorders
• Education, attention, and learning concerns
• Family and parenting concerns
• Feeding issues
• Occupational and physical therapy
• Psychiatric and medication services
• Speech-language pathology
University Center for the Child and Family

- For depression, anxiety, trauma, and mood concerns; child has an initial evaluation & is assigned a therapist.
- Treatment plans are made in conjunction with therapist and family and best practice treatments are used, including Cognitive Behavioral Therapy, Interpersonal Therapy, Dialectical Behavior Therapy, and Family Systems Therapy.
ANXIETY, DEPRESSION, TRAUMA, & MOOD ISSUES CONTINUED

Depression Center & Ambulatory Psychiatry

• Evaluation and treatment for bipolar disorders and difficult-to-treat major depression for children and adolescents

• Evaluation and treatment for pediatric anxiety and tic disorders

• Evaluation and intervention services:
  – Trauma and grief programs for infants, children, & adolescents offered at Trauma and Grief Clinic and Infant and Early Childhood Clinic
AUTISM SPECTRUM DISORDERS: EVALUATIONS

University Center for the Child and Family

- We see children ages 12 months up to 18 years old
- Accepted insurances include: Blue Cross Blue Shield and Blue Care Network
AUTISM SPECTRUM DISORDERS: EVALUATIONS CONTINUED

Multidisciplinary Developmental Evaluation Clinic

- Children 4 years old and younger
- Referral needed from primary physician
- Most insurances accepted

Depression Center and Ambulatory Psychiatry

- If child is under 6 years of age and the family has Medicaid, the child can be tested within 6 weeks
- Most insurances accepted
AUTISM SPECTRUM DISORDERS: TREATMENT

University Center for the Child and Family

• Treatment focuses on social skills development, emotion regulation, anxiety, attention and behavior management, and family concerns

• Intensive center-based Applied Behavior Analysis (ABA)

• We accept Blue Cross Blue Shield & Blue Care Network insurances
EDUCATION, ATTENTION, AND LEARNING ISSUES

University Center for the Child and Family

• Psychoeducational testing
• Social skills groups
• IQ testing
• Education consultations
• School visits (for current clients only)
• ADHD & Learning Disabilities workshop offered in spring & fall
• Accepted insurances: Blue Cross Blue Shield, Blue Care Network, & Meridian
Neuropsychology Clinic at Commonwealth

- Offers evaluations for children & adolescents who are having difficulties in some area of education, or need academic counseling
- Offers developmental evaluations for cognitive disorders associated with neurological illness, general medical conditions, learning and developmental disabilities
DEPRESSION CENTER & AMBULATORY PSYCHIATRY

- Evaluations for attention concerns for children and adolescents ages 4 to 18 years old
- Ongoing treatment available
- No referral necessary
- Most insurances accepted
FAMILY & PARENTING CONCERNS

University Center for the Child and Family

• Evaluation and treatment services offered for depression and life transitions, such as: separation, divorce, marriage, adoption, moving, or death

• Ongoing parenting through separation and divorce seminar each month; call to sign up
FAMILY & PARENTING CONCERNS CONTINUED

Depression Center & Ambulatory Psychiatry

- Parent-child relational clinic: accepts mothers & children from 19 months to 6 years old
- Women & infants mental health clinic: can be seen within weeks
- No referrals necessary
FEEDING ISSUES

Child Behavioral Health Clinic at C.S. Mott Children’s Hospital
• Evaluation & treatment
• Ages from infancy to 18 years old
• Referral from PCP required

Briarwood Milestones & Pediatric Rehabilitation Center
• Consult required from the child’s PCP
• Initial evaluations are being scheduled at 6 weeks out, but depends on family availability
• Most insurances accepted, including Medicaid
OCCUPATIONAL & PHYSICAL THERAPY

**MedSport**
- Locations in AA, Brighton, & Northville
- Children starting at age 12 accepted; contact for more info if younger
- PT prescription needed from PCP
- Waitlist dependent on prescription & urgency

**Briarwood Milestones and Pediatric Rehabilitation Center**
- Doctors order needed
- Waitlist dependent upon diagnosis & family availability; typically can be seen within a week to a month
- Most insurances accepted, including Medicaid
PSYCHIATRIC SERVICES: OUTPATIENT

Depression Center & Ambulatory Psychiatry

• Program for Risk Evaluation and Prevention (PREP):
  – Consult clinic for ages 14 to 25 who may be showing early signs of schizophrenia

• UM Addiction Treatment Services:
  – Offered for adolescents and adults
  – Evaluations, consultations, referrals
  – Individual, group, couples, and family therapy

• Treatment-Resistant Disorders Clinic:
  – Services adolescents and children who suffer from severe mood disorders (depression or bipolar disorder) and psychotic disorders that have failed to respond to conventional treatment
  – Comprehensive evaluation and treatment recommendations
PSYCHIATRIC SERVICES: INPATIENT
C.S. Mott Children’s Hospital

• Child and Adolescent Psychiatry Inpatient Program:
  – Inpatient psychiatric care for psychiatric disorders including mood, anxiety, psychosis, behavioral and developmental disorders
  – Diagnosis and treatment are provided

• UM Comprehensive Eating Disorders Program:
  – Services for ages 8-24 years old
  – Offers comprehensive treatment for anorexia nervosa, bulimia nervosa, eating disorders not otherwise specified, and atypical eating disorders

• Child and Adolescent Consultation & Liaison Services:
  – Services include safety of depressed and suicidal youth
  – Provides pharmacologic recommendations for emotional and behavioral disturbances, therapeutic treatment, and disposition management for outpatient care
SPEECH LANGUAGE PATHOLOGY: EVALUATIONS

University Center for Language and Literacy

- Self-pay, but will work with families who want to file insurance claims
- All ages accepted
- Can be seen fairly quickly, no waitlist
SPEECH LANGUAGE PATHOLOGY: EVALUATIONS CONTINUED

Briarwood Milestones, Pediatric Rehabilitation Center, and Northville Health Center

• Consult required from the child’s PCP
• Initial evaluations are being scheduled at 6 weeks out, but depends on family’s flexibility
• Most insurances accepted, including Medicaid
SPEECH LANGUAGE PATHOLOGY: TREATMENT

University Center for Language and Literacy

• Accept a range of diagnoses, typically language and literacy issues, as well as articulation difficulties
• Self-pay
• After eval, treatment plan is created and can begin quickly
• Offers the Preschool & Communication Therapy (PACT) program
  – For children ages 3-4 who are struggling with language
Briarwood Milestones, Pediatric Rehabilitation Center, and Northville Health Center

- Consult from child’s PCP required
- Waitlist dependent upon family’s flexibility, but is currently at about 75 kids across all 3 sites
- Most insurances accepted, including Medicaid
Thank you!