

You're not the only parent who feels like they're focused on one child and ignoring everything (and everyone) else

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 depression, grief, or trauma, 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 signals, behaviors, and emotions that we see the most from kids who benefit from therapy or psychiatry. If you see these difficulties (or others) at home, we can help you understand why and address them.

- * Persistent low mood, lack of motivation, withdrawal from typical activities, hopelessness, thoughts or comments about wanting to hurt themselves
- * Difficulty coping with reminders, flashbacks, and avoidance of the things/situations related to a traumatic event and/or difficulty adjusting to a change in their environment (e.g. a move, divorce, or death of a loved one)
- * Physical symptoms without an identified medical cause
- * Trouble coping emotionally with a chronic condition or new onset illness
- * Sustained difficulties with everyday asks and tasks like potty training, eating a variety of foods, and getting good quality sleep

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.



Therapy and psychiatry with Brightline provide kids up to age 18 with careful symptom assessments, clear diagnostic impressions, and thoughtful treatment including:

- Evidence-based interventions (e.g., cognitive behavioral therapy (CBT), behavioral activation [BA], and trauma-focused CBT), psychiatry, and medication management (as needed) for depression, grief, trauma, etc.
 - Between-session practice plans to support skills generalizing to 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 online or in person, based on family preference and clinical recommendation.
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A typical course of therapy is between 8–16 sessions. The initial session typically costs \$350. On average, ongoing sessions are \$200–\$275 each. A typical course of psychiatry (including medication management) is between 6–10 sessions. On average, these sessions range from \$225–\$350 each. We take insurance and can provide superbills.

“My daughter was nervous for her first session, as she had never talked with a therapist or had an online visit of any kind. The therapist put her at ease, and afterwards my daughter said it went so well and that she really liked the therapist. My daughter feels the sessions are very helpful. I can see it too!”

Brightline parent

For more information, an estimate of what your insurance may cover, or to schedule an appointment, call **(888) 255-1329** or visit **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, New Hyde Park, NY 11402
 - 330 W 58th Street, Suite 611, New York, NY 10019
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