

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, 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

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're looking for 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:

Whether your child needs therapy, a focused program, or testing, **care at Brightline begins with a diagnostic evaluation**. The evaluation includes three closely scheduled sessions designed to help us deeply understand your child's needs, your concerns, and the full picture of what support will help most so care can start with clarity and confidence.

**These visits can be held in person or online.** The two-step evaluation is typically between \$600 and \$650; we take insurance and can provide superbills.

A thoughtful, three-part evaluation built around your family

- **Session one: We hear your invaluable insights, background, and perspectives**  
You know your child better than anyone. You have a unique and intimate view of their changes and challenges. You also have a deeper memory of their full medical, psychological, and family history — all factors that we weave into their full clinical picture. Your input helps us understand your child's environment, struggles, and strengths. Our conversation with you is also time for us to get clear on goals and what feels most important to achieve with treatment.
- **Session two: We build trust and rapport with your child**  
When your child has the time and space to feel safe and heard, they are more likely to open up about feelings, fears, and what they're experiencing. Their perspective on what they go through on a daily basis teaches us about potential barriers and motivations, and helps your child begin to find their voice with us. With younger children, in order to develop a clear treatment plan, we might spend this time focusing more on observing how your child interacts with you and the world around them, rather than asking them lots of detailed questions.
- **Session three: We build a plan — together**  
The feedback appointment is a highly interactive and collaborative opportunity to share our impressions and discuss what we know about concerns and treatment options based on research. Together, with your input, we'll arrive at a treatment plan based on the options we have at Brightline, or depending on your child's specific need, based on other options in the community.

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

### \* Psychological testing

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

- Testing day(s) involve the child and parent(s) and help us understand and find answers to questions about symptoms related to autism, executive functioning, learning disorders, 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 online to receive test results and a care plan recommendation; we'll also talk through any patterns the clinician sees and talk through next steps as needed.
- The cost of testing ranges from \$2,000–5,000 depending on how complex the symptoms are and what is clinically recommended; we take insurance and can provide superbills.



### \* General therapy and psychiatry

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

- To support 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 tasks and tasks like potty training.
- Utilizes cognitive behavioral therapy [CBT] and trauma-focused therapy [TF] to help kids and parents build skills; homework is given 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. 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.

### \* Anxiety & Obsessive Compulsive Disorders (OCD) Programs

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

- To support things like separation anxiety, social anxiety, generalized anxiety, panic disorder, selective mutism, specific phobias, and obsessive compulsive symptoms.
- Utilizes cognitive behavioral therapy [CBT] and exposure and response prevention [ERP] to help kids and parents build skills; homework is given for continuity between sessions; medication management is added 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. 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.

### \* ADHD & Behavior Disorders Programs

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

- To support kids with 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 parent management training [PMT] and organizational skills training [OST] which help kids and parents build skills; homework is given for continuity between sessions; medication management is added 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.
- 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. 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.