**Services for Teens:**

**Executive Function Skills (for the treatment of Attention Deficit Disorder; Developmental, Mood and Behavioral Disorders; Symptoms of Emotional and Interpersonal Dysfunction; School/Learning and Esteem Issues)**

1. Impulse Control
2. Shifting Focus and Attention/problem solving
3. Emotional Regulation
4. Self-monitoring and Awareness of Social Behavior
5. Initiation of tasks, activity and ideas
6. Working Memory and completion of tasks
7. Planning and Organizing in a systematic manner; understanding main ideas and steps, anticipating changes and future events; setting realistic goals
8. Task Monitoring and performance assessment within goals
9. Organization of Materials in workspace, home and school
10. Screening and Detailed Assessment, **BRIEF2** by PARiConnect, with parent, teacher and self-report forms for medical and school coordination (with or without medication)

**Special Needs for High School and College Transition Services:**

Facilitation/Advocacy of/for services needed to be successful – Special Education, 504, Disability Services in

College, Louisiana Rehabilitation Services, Testing Accommodations, IEP and SBLC Meeting Support

**General Educational Services (Not Covered by Insurance If Not Within Qualifying Diagnosis):**

1. Personality and Communication Styles and Application
2. Learning Styles Inventory
3. Screen for Foundational Academic Concerns and Evaluation Referral
4. Detailed Study Skills Inventory, Strategies and Monitoring of Outcomes
5. Organization – Personal & School
6. Time Management & Scheduling
7. Activities and Social Interaction – Leadership, Teamwork and College Readiness
8. Class Scheduling for Appropriate College Track
9. Comprehensive College Planning
10. Detailed Career Assessment with Applicable Resources, **Holland Self-Directed Search** by PARiConnect

**Note:**

With certain diagnoses, your insurance should pay, depending on coverage, treatment, and deductible (SuperBill provided) Often, attention deficits, executive dysfunction, emotional dysregulation, anxiety and depression go hand in hand

In-Network with BCBS of LA – Out-of-Network with other providers (payment assigned to parent after full month)

Monthly Fee due at first of month or 4-week period

Detailed Assessments may require an additional fee and/or session

There is no “quick fix” where your teen is concerned. A minimum of six months is strongly suggested for optimal results.

***Extra*** - **Focus Group** ☺ to learn effective social skills and deal with common adolescent issues (family, independence vs isolation, bullying, frustration and anger, anxiety, coping techniques, mindfulness, relaxation, friends and peer relationships, goal setting, effective communication, outside activities, managing distractions, failure, the future, college expectations and realistic personal assets, fears and temptations, building a personal support system, honesty, respect, careers, helping others)

*No cost for those on a monthly ($500) contract covering 6 months; participants must have continuing minimal individual services and be appropriate for group – as decided by the facilitator. Group cost is $100/month thereafter.*

***Focus on College Now and Carol Brill Counseling might fit your family’s needs, if your teen falls into any of the following groups:***

* Career Uncertainty – Needs a Thorough Career Assessment
* High Achieving – Needs Individualized Guidance Toward Selective Colleges
* Uncertain About College Choice & Scholarship Options
* Considering Unique Scholar Programs
* Needs Help Becoming “Well Rounded”
* Needs Coaching for Interviews and Help with Essays
* Family Overwhelmed by SO Many Details Regarding College
* Disorganized, Sloppy, Incomplete School Work - Needs Organization Skills
* Slow Starter or Unmotivated
* Wastes Time and Needs Study Skills
* Can’t Seem to Plan Ahead (or keep a planner)
* Procrastinating Underachiever - Causes Stress on Entire Family
* Isolates from Others at Home and/or School
* Behavioral Issues – Needs an Assessment for This
* Low Test Scores & Grades with Difficulty Finishing Tasks
* Poor Reading and Language Skills
* Academically Challenged
* Cannot Take Clear Notes
* Trouble with Abstract Concepts
* Working Memory Problems
* Immature & Likely Unprepared for College
* Works Hard but Discouraged & Struggling (tried everything)
* Special Needs (ADD, Autism, Other Health Issues) Requiring Services
* Trouble Making and Keeping Friends
* Lacks Effective Social Skills & Emotional Balance
* Independence & Career Plans Likely to Be Delayed
* Appropriate College Placement Is Critical (perhaps with Necessary Services)
* Parent Is a Busy Professional – Needs Help of Another Professional!