



Clinical Services



WELCOME PACKET



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WELCOME ♥

MESSAGE FROM THE CHIEF CLINICAL OFFICER

Welcome to CHC. We understand that reaching out for an appointment is a big step. Our health care experts and Care Managers are here to help.

Often when families call us, they are in urgent need of help. We strive to create access to care as soon as possible and we know that waiting for your initial appointment can be stressful. Please know you will receive the best care from expert mental health clinicians. Our broad range of clinicians is able to provide interdisciplinary care and they are looking forward to helping you and your child or teen begin this important journey.

Included here in your welcome packet are recommendations from clinicians of books and tools to help you before your first appointment with us. CHC provides free Community Education Classes that you can attend weekly.

Please feel free to reach out to our Care Managers if you have questions. Additionally, we encourage you to reach out to parents on our Outreach Team. These parent volunteers have personally advocated for their own children and can be there for you to listen and provide insights based on their own experiences.

Sincerely,

Ramsey Khasho, PsyD

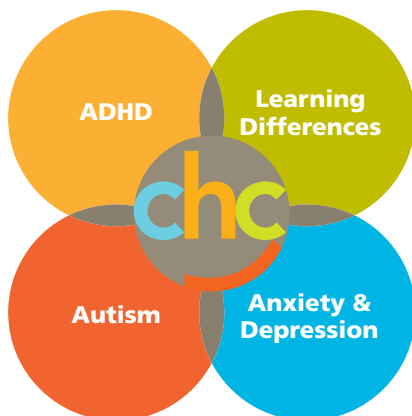
A handwritten signature in blue ink, reading 'Ramsey Khasho, PsyD'.

Chief Clinical Officer
Children's Health Council





PREPARE & EMPOWER



CHC'S AREAS OF EXCELLENCE INCLUDE

Learning Differences
Anxiety & Depression
ADHD
Autism

PREPARING FOR YOUR FIRST APPOINTMENT WITH A CHC CLINICIAN

Collect prior assessments and available records – prior evaluation reports, progress reports/discharge summaries from therapy, school documents (report cards, progress notes from teachers, examples of work), school district evaluation reports, IEP documents, relevant medical information and anything else you think would be pertinent.

Gather input from additional sources (such as teachers, therapists, educational specialists, clinical treatment providers) about your child's functioning – this could be informal (e.g., brief chat) or requesting a meeting or written note from the specialist.

WHAT TO DO TO EMPOWER AND FIND SUPPORT FOR YOURSELF

- Consider individual therapy for yourself as a parent/caregiver; overwhelmed parents may find support and help in therapy.
- Attend a parent support group at CHC; find out more by emailing communityed@chconline.org.
- View CHC's Community Education calendar at chconline.org/calendar, and plan to attend an event to build your own understanding regarding your child.
- Access resources in the CHC Resource Library at chconline.org/resourcelibrary to help you gain greater insight regarding your child and learn how to help your child build essential skills.

If a concern is impacting your child's academic learning at a public school, ask for a Student Study Team (SST) meeting to share concerns and develop a support plan so learning needs can be identified; if a concern is impacting your child's academic learning at an independent school, ask for an individual meeting with the school counselor or psychologist to share concerns and receive guidance on setting up a support/intervention plan.



WHAT YOU CAN SAY TO HELP PREPARE YOUR CHILD/YOUTH FOR THE FIRST APPOINTMENT

We have an appointment to find out how you learn, what your strengths are, and what might be getting in the way of...

We are going to see a therapist/counselor/support person so you can have a special place where you can talk about your worries and your feelings in a safe place.

We are going to meet with an adult you can talk to that's not us because we realize that you might not feel comfortable or want to talk about some things with us.

We are going to therapy because _____ happened in our family.



RESOURCES



SPECIAL CHC RESOURCES

CHC Community Education - chconline.org/community-education

Unique classes presented at our Palo Alto or South Bay location from September through May on topics relating to education, psychology and child development.

CHC Resource Library - chconline.org/resourcelibrary

A curated online archive of articles, videos and helpful links.

EdRev Online Community and Expo - EdRevSF.org

EdRev: A community for the 1 in 5 students with learning and attention challenges, often compounded by anxiety and depression, as well as their parents, educators and other support professionals.

EdRev Expo: Annual event at AT&T Park in San Francisco bringing together experts, practitioners and thought leaders with students, parents and educators for a day of education sessions, workshops and resource fair.



RECOMMENDED BOOKS

Helping Your Anxious Child: A Step-by-Step Guide for Parents

by Ronald Rapee, Ann Wignall, Susan Spence, Heidi Lyneham and Vanessa Cobham

How to Talk So Kids Will Listen and Listen So Kids Will Talk

by Adele Faber and Elaine Mazlish

Julia Cook children's book series

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic

by Katherine A. Martinez and Michael A. Tompkins

Raising a Sensory Smart Child by Lindsey Biel and Nancy Peske

Raising Human Beings by Ross W. Greene

Smart But Scattered by Peg Dawson and Richard Guare



RECOMMENDED BOOKS (CONT'D)

Straight Talk About Psychiatric Medications for Kids by Timothy Wilens and Paul Hammerness

The Autistic Brain: Helping Different Kinds of Minds Succeed
by Temple Grandin and Richard Panek

The Defiant Child by Douglas Riley

The Out of Sync Child Has Fun by Carol Kranowitz

Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents by Russell A. Barkley



WEBSITES

Understood - [Understood.org](https://www.understood.org)

Resources for the 1 in 5 with learning and attention issues

Child Mind Institute - [childmind.org](https://www.childmind.org)

Resources for children with mental health and learning challenges

Parents Place (Peninsula) - parentsplace.jfcs.org/location/peninsula/

Provider for a range of parenting needs including workshops, coaching/consultation, child behavior and school support, clinical and special needs services, child and family therapy

Parents Helping Parents - php.com

Resources and information for helping parents, caregivers and children with special needs

American Academy of Pediatrics - [aap.org](https://www.aap.org)

Professional website for parent resources on the health of all children

National Institute of Mental Health - [nimh.nih.gov](https://www.nimh.nih.gov)

Largest scientific organization in the world dedicated to research focused on the understanding and treatment of mental illness

CHADD - [chadd.org](https://www.chadd.org)

Organization providing education, advocacy and support for individuals with ADHD

NCLD - [ncl.org](https://www.ncl.org)

Improve the lives of the 1 in 5 children and adults nationwide with learning and attention issues—by empowering parents and young adults, transforming schools and advocating for equal rights and opportunities



WEBSITES (CONT'D)

Autism Speaks - autismspeaks.org

Funds programs that provide people with autism with social and educational experiences

Social Thinking - socialthinking.com

Help people develop their social competencies to better connect with others and experience greater well-being.



CRISIS RESOURCES

For immediate crisis assistance, please see the resources below.

Resource Name	Contact Information
American Foundation for Suicide Prevention (AFSP)	afsp.org
CHC Clinical Services	chconline.org/teens 650.688.3625 caremanager@chconline.org
Crisis Text Line	Text HELLO to 741741
Each Mind Matters - California's Mental Health Movement	eachmindmatters.org
JED Foundation	jedfoundation.org
Lifeline Crisis Chat	suicidepreventionlifeline.org/chat
Mental Health America	mentalhealthamerica.net
National 911 System	911
National Alliance on Mental Illness	nami.org
National Institute of Mental Health	nimh.nih.gov
National Suicide Prevention Lifeline	1.800.273.TALK (8255) suicidepreventionlifeline.org
OnYourMind Teen Chat	onyourmind.net
Strong 365	strong365.org
Suicide Prevention Resource Center	sprc.org
Teenstalk	teenstalk.org
The Trevor Project	1.866.488.7386 thetrevorproject.org

* **24/7 resources for mental health emergencies.** If you or someone you know is in crisis, please dial 911, go to the nearest emergency room, call 1-800-273-TALK (8255), or text HELLO to Crisis Text Line at 741741. You are not alone.