

## Resources for Young Children who are Anxious or Worried

### Anxious kids may:

- Be tense or become upset easily;
- Seek reassurance and prefer being around adults;
- Avoid participating in activities;
- Be quiet and withdrawn, or even selectively mute;
- Be overly eager to please;
- Have stomachaches, headaches, or other physical symptoms;
- Misbehave, especially in new situations or during transitions;
- Exhibit defiance or inflexibility; and,
- Have a need to control people and situations.



Anxiety in children occurs on a spectrum. If you feel that anxiety is interfering with your child's enjoyment of and participation in age-appropriate activities, the resources below can help you determine if additional services might enable your child to worry less. Anxiety is one of the most common mental health disorders among children and adolescents. In the United States, 7% of children 3-17 years old have a diagnosed anxiety disorder at any given time. While some children with anxiety disorders experience general anxiety and worry about broad aspects of their everyday lives, others have anxiety about more specific situations, such as socializing with peers or separation from caregivers. (Graphic created by Donna Shea at The Peter Pan Center, Boxborough, <http://peterpancenter.com/> )

#### Screening for Child Anxiety Related Disorders to be filled out by the parent.

The SCARED has been determined to be a reliable and valid screening instrument to help identify children and adolescents who may benefit from supportive interventions to alleviate symptoms of anxiety. It is used worldwide and has been evaluated in multiple peer-reviewed journals. If the results are concerning to you, please speak with your pediatrician about what your next steps should be. We've included a variety of regional options below.

[http://www.shared-care.ca/files/SCARED\\_Parent\\_Updated\\_June\\_2015.pdf](http://www.shared-care.ca/files/SCARED_Parent_Updated_June_2015.pdf)

### The Spence Child or Preschool Anxiety Scale

An alternate screening developed by the co-author of *Helping Your Anxious Child*, Susan Spence, Ph.D. Available in 35 languages and includes a teacher report. Parents can use the screening and bring it to your pediatrician or a mental health provider for interpretation and advice if the results are concerning.

<https://www.scaswebsite.com/#>

### Preschool-based Consultation Services for Children

Preschools or parents can request observation of a child enrolled in an early education program if there are difficult behaviors that the preschool is finding challenging. Collaborative mental health consultation services provide licensed and experienced mental health clinicians to help build partnerships with early childhood educators and families to support the emotional and social wellbeing of all enrolled children and/or address specific challenging behaviors exhibited by one or more children. Services can include recommendations for the preschool program staff, and can include home-based services as well. This is a **FREE** service provided by Mass. Dept. Early Education and Care.

**Together for Kids serves preschools located in:** Ashby, Ayer, Berlin, Bolton, Groton, Harvard, Lancaster, Lunenburg, Pepperell, Shirley, Townsend (and towns west). Call **508-791-3261** or email Beth Ciavattone, [eciavattone@communityhealthlink.org](mailto:eciavattone@communityhealthlink.org)

**MSPCC Mental Health Consultation Program serves preschools located in:** Bedford, Billerica, Carlisle, Chelmsford, Dunstable, Lexington, Lincoln, Lowell, Tewksbury, Tyngsboro, Waltham, Westford (and towns northeast). Call 508-688-5408 or email Jayna Doherty, [jdoherty@eliotchs.org](mailto:jdoherty@eliotchs.org)

**Enable, Inc serves preschools in:** Acton, Boxboro, Concord, Framingham, Hudson, Littleton, Maynard, Marlboro, Natick, Stow, Sudbury, Wayland, Wellesley, Weston (and towns southeast). Call 781-821-4422 or email Gail Brown, [ghbrown@enableinc.org](mailto:ghbrown@enableinc.org)

### Diagnostic & Treatment Resources for Pediatric Anxiety

**Trainer Center for Cognitive Behavioral Therapy**, 154 E. Central St., Natick **508-647-1644**  
<http://www.trainorcenter.com/>. Family-based treatment providing a team approach for anxious children and adolescents. CBT strategies work with children to manage anxious feelings, recognize irrational anxiety, and stop harmful behaviors. Treatment is helpful for children with anxiety disorders, OCD, Tourette's, autism, trichotillomania, selective mutism, and specific phobias. Program director, Kathleen Trainor, Ph.D., is author of *"Calming Your Anxious Child: Words to Say, Things to Do."* Teletherapy available. **Accepts Tufts and BCBS HMO's.**

**Boston Child Study Center**, Boston & Natick, [aflynn@bostonchildstudycenter.com](mailto:aflynn@bostonchildstudycenter.com), **617-398-0383**  
The **Young Child Services** (ages 2-8) team offers comprehensive assessments designed to better understand your child's strengths and weaknesses. Parent-Child Interaction Therapy for Anxiety Disorders serves as the primary treatment for young children with this diagnosis. Our overall mission is to offer comprehensive and research-based assessment and state-of-the-art treatment in a sensitive, caring, and collaborative manner. We strive to provide short-term, solution-focused strategies that will provide a child and their family with clear and concrete strategies that can be

implemented across settings. To determine progress, we continually monitor and assess behavior. Psychopharmacology and teletherapy available. **No insurance accepted, sliding scale fee available.**

### **Child & Adolescent Program at the Center for Anxiety and Related Disorders at Boston Univ.**

Commonwealth Avenue, Boston, [bonnieb@bu.edu](mailto:bonnieb@bu.edu) **617-353-9610**

This program offers clinical services to young people experiencing difficulty with fears, anxiety, shyness, and other related disorders such as depression and selective mutism. We also offer assessment and therapy on a sliding scale fee in order to accommodate individuals with limited income. For more information on who we are and what we do, please explore our website: <http://sites.bu.edu/childcardresearch/> Teletherapy available. **Insurance information:** Sliding scale fee ranges from \$25 to \$150 per session and is offered for the PhD student trainee level. The assessment fee is double that of that sliding scale fee (\$25 individual session, \$50 assessment fee). PhD Clinicians: \$180 per session, \$500 assessment. Master Clinician Level: \$250 per session, \$500 assessment. At this time, the center does not accept insurance directly. Families are welcome to request information to be submitted to their insurance for reimbursement, though we cannot guarantee that a reimbursement would be made.

### **Youth & Family Psychotherapy Services at William James College, Newton **617-831-1176****

<https://www.williamjames.edu/community/yfps/index.cfm> [YFPS@williamjames.edu](mailto:YFPS@williamjames.edu)

This Doctoral training program uses the Modular Approach to Therapy for Children method, under the supervision of Judge Baker Children's Center, a Harvard Medical School affiliate, in working with children who present with anxiety, depression, trauma or conduct problems. Their services are firmly rooted in evidence-based, culturally responsive therapies which may include a diagnostic evaluation, psychoeducation, ongoing psychotherapy, and consultation. Supervising clinicians also have experience in cognitive-behavioral therapy. **Insurance information:** All services provided through a flexible sliding scale.

### **Psychology Assessment Center at MGH for Children (info) **617-643-3997** (appt) **617-644-3248****

<http://www.massgeneral.org/children/services/treatmentprograms.aspx?id=1623>

Pediatric neuropsychology specialists conduct evaluations for the diagnosis of many psychiatric, neurological and developmental disorders including ADHD, OCD, Tourettes, anxiety or mood disorders, PTSD, autism, bipolar, behavior disorders and genetic conditions. **Accepts most insurance including Medicare and Medicaid.**

### **Integrated Center for Child Development, 109 Oak St., Newton, **781-619-1580, 781-619-1500 x581****

<https://www.iccdpartners.org/service/counseling-department/>, [jrobinson@iccdpartners.org](mailto:jrobinson@iccdpartners.org)

Multiple providers trained in cognitive behavior, play and other therapies to work with children who have anxiety and other mental health diagnoses. Neuropsychological assessments available, as well as psychopharmacology if needed. Clinicians work with the child and family, and school system if necessary. Accepts **BCBS and Optum/UBH** (mental health component of Harvard Pilgrim & United HC). Psychopharmacology services available through the medical dept. accept BCBS, HP, and Tufts, with some physicians also accepting Aetna, Cigna and United HC.

### **Pediatric OCD and Related Disorders Program, Boston, [mghpediocdtics@partners.org](mailto:mghpediocdtics@partners.org), **617-643-2780****

Specialty clinic can diagnose and treat OCD, body dysmorphic disorder, BDD by proxy, olfactory reference syndrome, Tourette syndrome, chronic tic disorder, hoarding, hair pulling disorder, skin picking disorder. These disorders are commonly grouped together because they have some overlap

in symptoms (repetitive thoughts or behaviors) and may share a common neurobiological and genetic basis. In addition, patients often have more than one of these disorders. **Insurance:** If your insurance benefits cover services at “MGH Outpatient Psychiatry” you will be covered. Services are billed under that group, not an individual provider or clinic. Treatment studies are free.

<https://mghocd.org/pediocdtic/>

**OCD Institute Residential Program for Ages 10+, Middleborough**

**877-244-4476**

<https://www.mcleanhospital.org/treatment/ocd-institute> [ocdiir@partners.org](mailto:ocdiir@partners.org)

Specialty program for children diagnosed with OCD, severe anxiety and related disorders. School work is integrated in the daily routine. Exposure & Response Prevention Therapy and Acceptance and Commitment Therapy are the cornerstones of treatment in this McLean-affiliated program. Family education and therapy, along with a step-down outpatient level of care for transitioning home.

**Accepts Allways, Aetna, BCBS, BMC Healthnet, Cigna, Commonwealth Care Alliance, Coventry PPO, Fallon CHP, Multiplan PHS PPO, Humana PPO, Tufts, Unicare, United.**

**PANS/PANDA Clinic at Mass. General Hospital**

**617-724-5600**

<https://giving.massgeneral.org/girl-fights-pandas-disorder/>

PANDAS is believed to be a misdirected immune response to strep or a tick bite. In a child with PANDAS, it is hypothesized that the antibodies target the child’s own tissues, including those in the brain. This immune response is believed to result in inflammation of the child’s basal ganglia, the part of the brain involved with emotions, behaviors and physical movements. This abnormal immune response can cause sudden, severe OCD symptoms. It is one of only a few clinics in the world that takes a multidisciplinary approach to diagnosing and treating PANDAS. Clinicians from the Department of Psychiatry work closely with colleagues in neuropsychology, infectious disease and immunology to treat patients and conduct research on the biological basis of the disease.

**Accepted insurance listed here:** <https://www.massgeneral.org/children/doctors/19504/kyle-williams>

**SPACE (Supportive Parenting for Anxious Childhood Emotions)** <https://www.spacetreatment.net/>

SPACE is a parent-based treatment program for children and adolescents with anxiety or OCD-related problems (separation anxiety, social anxiety, generalized anxiety, fear/phobias, panic/agoraphobia, selective mutism). It has been tested and found to be efficacious in randomized controlled clinical trials. Parents learn skills and tools to help their children. The changes parents make in their own behaviors by responding supportively and reducing accommodations allows them to help their child feel less anxious and function better. Website has local providers listed.

**Websites:**

Anxiety in the Classroom

<https://anxietyintheclassroom.org/>

Facts for Families: The Anxious Child

<https://www.mcpap.com/pdf/AACAPFFAnxious.pdf>

OCD in Kids, International OCD Foundation

<https://kids.iocdf.org/>

OCD Massachusetts (support groups)

[www.ocdmassachusetts.org](http://www.ocdmassachusetts.org)

[Facebook.com/OCDMassachusetts](https://www.facebook.com/OCDMassachusetts)

## Parent Support Groups

**ONLINE: Powerfully Parenting for Strong-Willed Children: From Resistance to Resilience**

<https://www.facebook.com/groups/empoweredparentingfreegroup/>

**FREE** private group to support folks parenting strong-willed children, with periodic live presentations by the moderator, Frederique Begin, LICSW, Certified Holistic Psychotherapist. Practice is based in Concord, MA ([www.begintherapy.org](http://www.begintherapy.org), see below)

**ONLINE: Parents of Children Aged 5-10 with Disruptive Behaviors (8 weekly sessions)**  
**SPACE Group for Parents of Children up to Age 12 with Anxiety or OCD (8 weekly sessions)**

[Groups | The Concord Center \(concordcbt.com\)](http://groups|TheConcordCenter(concordcbt.com)) or [groups@concordcbt.com](mailto:groups@concordcbt.com)

Fee-based, insurance does not cover these groups.

## Individual Clinicians who Treat Anxiety and Work with Families

Worcester Cognitive Behavior Therapy, 9 Cedar St., Worcester **508-210-0114**

<https://worcestercognitivebehaviortherapy.com/anxiety-treatment-children/>

**Jennifer Lish, Ph.D.**, [jenniferlish@jenniferlish.hush.com](mailto:jenniferlish@jenniferlish.hush.com). **Accepts BCBS**, or \$200. Telehealth available. Is your child refusing to go to school, asking to sleep in your bed, or panicked about his or her everyday life? Is your child terrified to experience separation from you, or try new things? Is he afraid to do things that other kids his age do confidently? Jennifer uses Exposure & Response Prevention Therapy, as well as community-based and family play therapy in working with children who have anxiety, phobias, selective mutism, agoraphobia, panic attacks or OCD.

The Concord Center for Cognitive Behavioral Therapy, 747 Main St., #324, Concord **978-405-2521**  
[info@concordcbt.com](mailto:info@concordcbt.com), <https://www.concordcbt.com/>. Telehealth available.

**Caitlin Norton, MSW, Jamie Garner, MSW, Sophie Termyn, LICSW, Kerrie Pieloch, PhD, Ariel Handy, Ph.D.** Specialty practice includes the above practitioners who work with children who have anxiety, OCD spectrum or depression diagnoses using Cognitive Behavioral, Exposure and Response Prevention, Acceptance and Commitment, Parent-Child Interaction, and Supportive Parenting for Anxious Childhood Emotions Therapies. July 2021 individual therapy has wait list, groups are open. **No insurance**, sliding scale fee if qualified.

**Nora Shine, Ph.D.**, 20 Meetinghouse Rd., Littleton <http://drnorashine.com> **781-245-0326**

Neuropsychological assessments and evaluations for infants through age 19, as well as cognitive behavioral therapy for anxiety and mood regulation with the goal of improved communication and relationships within the family. **Out of network provider.**

**Rachel Kramer, Ph.D.**, 747 Main St., Concord [www.drrachelkramer.com](http://www.drrachelkramer.com) **978-369-9463**

Pediatric psychologist working with preschoolers thru teenagers and their families through cognitive behavioral therapy, parent coaching, training and education. **Out of network PPO provider.**

**Kelly B. Crowley, LICSW**, 1150 Main St., #7, Concord [kcrowley.counseling@gmail.com](mailto:kcrowley.counseling@gmail.com) 978-986-3298  
Works with parents of children with behavioral and/or emotional challenges, guiding parents to care for themselves and coaching them to find solutions to the many complicated parenting challenges. Will work with family members to build understanding, empathy and communication skills. Certified in Cognitive Behavioral Therapy. Also works with children age 11+. **Accepts Blue Cross Blue Shield**  
<https://www.psychologytoday.com/us/therapists/kelly-b-crowley-concord-ma/305533>

**Lisa Burke, LICSW**, 70b Junction Square Dr., Concord,

**617-981-6522, 857-600-1980**



<https://www.lisaburkelicsw.com>, [lisab.licsw@gmail.com](mailto:lisab.licsw@gmail.com)

Works with toddlers through young adults, specializing in those with anxiety, emotional dysregulation, behavior difficulties, autism spectrum disorders, cognitive and developmental challenges. Certified in Cognitive Behavioral Therapy Intervention through B.U. (see above), trained in DBT, ACT, ABA, and certified in animal assisted therapy (with Kaia the dog), as well as using humor as a therapeutic tool. Teletherapy available. **Out of network provider, \$225.**

**Ann Fernandes, LICSW, CEIS**, Member Association for Play Therapy [Metrowest Therapy](#)  
1 Granite Street, Framingham, & 317 North Main Street, Natick **508-507-2219 x102**  
Free phone consult. Accepts **BCBS and Tufts.**

Specializes in working with toddlers through age 10 and their families using play therapy.  
Past experience working with children in Early Intervention, Head Start, and Therapeutic Child Care.

**Frederique Begin, LICSW**, Certified Holistic Therapist **978-413-9118**  
81 Commonwealth Avenue, Suite 4, Concord, [www.begintherapy.org](http://www.begintherapy.org), [fbegin@mac.com](mailto:fbegin@mac.com)  
Expressive therapy, art therapy, play therapy, animal assisted therapy (dog). Collaborative Problem Solving skill development, neurofeedback self-regulation therapy, cognitive behavioral therapy.  
Works with parents and children. Accepts **BCBS, UBH, Harvard Pilgrim.** Sliding scale fee.

**Flying High Farm Equine-Facilitated Psychotherapy**, Lunenburg **978-582-7103**  
Cognitive-behavioral and play therapy with or without ponies, dogs, cats, goats or bunnies, assists children with their behavioral, emotional and social growth. **Accepts Aetna, Cigna, Anthem/First Health/Coventry, BCBS, Fallon/Beacon, Humana, Magellan, MBHP, NHP, Network Health Forward/Together, Optum (HP, UBH, UHC), Tufts/Network Health/Health Direct/Navigator.**  
<http://www.flyinghighfarm.com/>

### Massachusetts Resources for Diagnosis and Treatment of Selective Mutism:

Selective mutism is a common anxiety condition whereby kids who are normally chatty at home clam up around outsiders or at school. <https://www.selectivemutism.org/>

B.U. Center for Anxiety Related Disorders, 900 Commonwealth Ave., Boston, 617-353-9610  
<https://www.bu.edu/card/get-help/child-programs/child-conditions/selective-mutism/> , [childbu@bu.edu](mailto:childbu@bu.edu)

Boston Child Study Center, Boston and Framingham, 617-800-9610  
<https://bostonchildstudycenter.com/selective-mutism/> , [info@bostonchildstudycenter.com](mailto:info@bostonchildstudycenter.com)

Worcester Cognitive Behavior Therapy – Jennifer Lish, Ph.D., 508-210-0114  
<https://worcestercognitivebehaviortherapy.com/selective-mutism-treatment/> ,  
[jenniferlish@jenniferlish.hush.com](mailto:jenniferlish@jenniferlish.hush.com)

Helping Children with Challenges – Karen Levine, Ph.D., Developmental Specialist, Lexington, 781-799-4348  
<http://drkarenlevine.com/about-us/children-served/> , [info@drkarenlevine.com](mailto:info@drkarenlevine.com)

Trainor Center for Cognitive Behavioral Therapy, Natick – Kathleen Trainor, PsyD, 508-647-1644  
<https://www.trainorcenter.com/services/what-we-treat/> , [info@trainorcenter.com](mailto:info@trainorcenter.com)

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