Is my child’s behavior "normal" for their age? 
Is this something that I should seek professional help for? 
What can I do to help my teenager who is struggling? 
What do I do next? Where do I even begin? 
I’ve tried everything, and nothing seems to be working. What now?

The University Center for the Child and Family (UCCF) Expert Consultations can be the first step to figuring out which path to take. These stand-alone, single-session consults provide access to clinicians with expertise in a wide variety of child, developmental and family concerns.

What to Expect from a UCCF Expert Consultation
During the 45-minute session, an expert clinician obtains a brief overview of the client concerns and history. Based on the client needs, the clinician then provides specific resources and strategies, including potential treatment recommendations, to help the family prioritize what steps to take next.

Clients can expect to leave an expert consultation with a better understanding of the scope — the size and importance — of the problem and actions to take now and in the future at different milestones.

Insurance Coverage
Insurance may be used to cover costs of the a UCCF consultation; Standard deductibles and co-pays apply. Self-pay also accepted.

Is this right for my family? Consultations may be useful when you:
- Have a concern but are unsure whether or not to seek clinical services.
- Are on a waitlist for mental health services, but are hoping to get ideas, strategies and resources to support their family more immediately.
- Are interested in therapy, but can’t commit to regular sessions because of lack of resources, time, money, and/or insurance coverage.
- Are interested in several possible services (e.g. individual therapy, parent therapy, testing services), but are unsure where to start.
- Are interested in testing services for a child, but want more information about the different testing approaches (e.g. neuropsychological testing, Autism Spectrum Disorder testing) and what to expect.
- Are already engaged in therapy services with a provider and they have recommended an expert consultation as a specialized supplement to ongoing care.

Contact us for more details or to schedule an expert consultation:
If this sounds like a good fit for you or if you are another clinician who would like to refer a client to our expert consultations, review the next page and contact UCCF to get started:

(734) 615-7853 or mari.umich.edu/contact-us
Clinicians provide single-session expert consultations related to:

**Anxiety in Youth**
- **Addresses:** Parent concerns regarding anxiety and worries in their children. Consult will provide resources around anxiety in kids and discuss potential good matches for evidence-based treatment, if recommended.
- **Good Fit for:** Children of all ages with anxiety.

**Autism Spectrum Disorder (ASD)**
- **Addresses:** Concerns common to children with Autism, including problematic behavior, meltdowns, difficulty adjusting to change, or social challenges.
- **Good Fit for:** Person with diagnosed or suspected autism spectrum disorder or other developmental disabilities.

**Behavioral Concerns**
- **Addresses:** Behaviors including meltdowns and tantrums, noncompliance, and verbal or physical aggression. Also can focus on behavioral skill development for skills such as sleeping, eating, and toileting.
- **Good Fit for:** Typically-developing individuals from birth through 10 years.

**Couples Therapy**
- **Addresses:** Couples struggling with communication and problem-solving. Session covers resources and next steps to explore building healthy, romantic relationships.
- **Good Fit for:** Adult couples.

**Navigating Adolescence**
- **Addresses:** Common concerns and challenges of parenting a teenager. Provides information on developmental processes and resources and strategies for supporting healthy development during teen years. Discuss potential good matches for evidence-based therapy, if needed.
- **Good Fit for:** Parents of youth(s) 12-18 years.

**Organization and Planning Skills for Youth**
- **Addresses:** Concerns around organization and planning abilities, which make completing academic and/or home chores challenging. Provide information and resources around organization and planning skills in kids, and discuss potential good matches for evidence-based therapy.
- **Good Fit for:** Children of all ages with organizational challenges, ADHD, etc.

**Parent-Child Relationships During Early Years**
- **Addresses:** Common concerns and challenges of parenting young children, with a focus on how to build healthy relationships with children. Discuss resources and strategies for supporting healthy development during the early years.
- **Good Fit for:** Parents of young children, newborn through 6 years.

**Gender Diverse Youth**
- **Addresses:** Help parents gain deeper understanding and learn how to best support their child in ways that can help them succeed and thrive. Provide psycho-education and consultation to parents and/or adolescents regarding gender diversity.
- **Good Fit for:** Children of all ages.

**Testing**
- **Addresses:** Which type of testing (neuropsych, psychoed, ASD, etc.) would be recommended based on presenting issues and goals of family. Also to review testing results from a previously conducted assessment and help family to interpret and apply results.
- **Good Fit for:** Children and adults. Those who are on the waitlist for testing, those interested in learning more about tests and options, or who have recently completed testing.