



AMPERSAND

counseling & consultation

## PARENT/GUARDIAN\* SKILLS GROUP FAQ

\*Please note that the use of the word “parent” is meant as a catchall term for any adult who has guardianship or involvement in the life of a youth who can be supported by DBT skills

**What is this group?** Parents/guardians of youth enrolled in the six week DBT skills group have the option to also attend a concurrently running six-week parent group that will meet Wednesday evenings following the Saturday adolescent group. The parent group will review the same skills taught in the adolescent group, with a focus on deepening parental understanding and problem-solving ways to support youth.

**When and where is the group?** Parent group meets Wednesday evenings from 6:30-8.\* Parent group will begin the Wednesday following the first Saturday group. All meetings take place via Zoom. \*This is a tentative meeting time, it may be adjusted 30-60 minutes.

**How many people are in each group?** We aim to have 10-15 parents per group. Parents of youth enrolled in the current group have the first opportunity to attend the parent group. Parents of past group enrollees have second opportunity to join, and parents whose children have not attended and Ampersand group will have the opportunity to fill the group as space is available.

**Who leads the groups?** Chelsea Walsh and Gabrielle Arias. Chelsea is a licensed independent clinical social worker with extensive experience working with adolescents and their families and teaching DBT skills. Gabrielle is a licensed mental health counselor who has been teaching DBT skills and working with LGBTQ+ teens and adults throughout her career.

**What is the structure of the group?** Each week we focus on skills from one of the four modules of DBT (mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance). Parent groups also spend more time on introductory concepts and offer space for questions around using DBT skills at home.

***What is the attendance policy?*** Given that our group is only six weeks, we expect enrollees to be able to attend all groups. If it is necessary to miss a group, we ask that you follow our cancellation policy: if you cancel more than 24 hours in advance, you will not be charged and we will offer a free 20-30 minute make-up session to cover the group material, if desired. If you cancel less than 24 hours in advance or do not show up to the group, you will be charged the full group fee.

***How do I pay for group?*** Unfortunately, Ampersand Counseling & Consultation does not accept insurance and all costs are out of pocket. We do provide receipts and/or superbills if you hope to seek insurance reimbursement. Please note that many insurance companies do not cover skills groups. Each group cycle costs \$600, which includes a \$150 intake fee as well as six group sessions at \$75 each. Parents of youth currently enrolled in the group or parents of past participants can add the parent group at a discounted rate of \$55 per group session (or a total of \$930 for both the parent and adolescent group). Youth and families also receive group materials to keep and consultation with current treaters is included. Payments are made through our secure Client Portal. All clients must have a credit card entered into the Client Portal before the first group session, and will be charged automatically after each session.

***What other services does Ampersand offer?*** Ampersand can offer individual counseling, as well as DBT-centered family sessions, and consultation (particularly around DBT skills, LGBTQ+ issues, and the intersection of mental health and special education). Our individual rates are \$120-150/hour.

***How do I move forward?*** If you have further questions about whether or not a group is a good fit, we can schedule a short consultation phone call. If you want to move forward, please email our scheduling assistant at [caitlin@ampersandcounselingma.com](mailto:caitlin@ampersandcounselingma.com).