

Program Protocols

- Please do not have your child receive any other therapy for anxiety while in this study.
- Please do not start your child on any new medications for mental health or change their current medications (no dosage changes)

Reschedule/Cancellation Policy

We understand that emergencies arise. If you ever need to reschedule an appointment, we ask for 48 hours notice. We are flexible to accommodate your schedule! In order to keep up with the timeline of the program, we try to reschedule appointments for that same week so that your child's progress is not delayed.

Timeline

Below is the planned timeline. Please note it is subject to change depending on attendance, completion, and rescheduling.

	Session and Phone Check-ins	SPACE Homework (complete before next session)	Surveys (sent to your email)	Assessments
Week 1		Read Chapters 1-7 (before your first SPACE session).		Baseline Assessment
Week 2	Session 1	Fill out the Accommodation Chart Practice using supportive language. Read Chapters 8-10		
Week 3	Phone Check-in 1			
Week 4	Session 2	Continue practicing supportive language. Write the announcement. Deliver the announcement. Begin implementing the plan - monitor successes and setbacks with the "MONITORING TARGET ACCOMMODATION" worksheet. Read Chapter 11	Surveys	
Week 5	Phone Check-in 2			
Week 6	Session 3	Continue practicing supportive language. Continue implementing the existing plan. For new plans: inform the child, begin implementing the plan, monitor successes and setbacks of plan. Read Chapter 12-14		
Week 7	Phone Check-in 3		Surveys	
Week 8	Session 4			
Week 9				Midpoint Assessment

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Below is the planned timeline. Please note the phone call check-in is optional and you can decide when to have it. The placement on the timeline is just a suggestion.

	Improvement Survey and Check-in Phone Call	Surveys (sent to your email)	Assessments
Week 10			
Week 11	Complete Improvement Survey	Surveys	
Week 12			
Week 13	Complete Improvement Survey		
Week 14			
Week 15	Complete Improvement Survey	Surveys	
Week 16	(Optional) Phone Check-in		
Week 17	Complete Improvement Survey		
Week 18			
Week 19	Complete Improvement Survey	Surveys	
Week 20			Post-treatment Assessment
Week 21			
Week 22			
Week 23			
Week 24			One Month Follow-up