



Clinical Services for Children

Comprehensive Services

Coaching for Parents • Screening and Evaluation • Occupational Therapy
School Observation & Consultation • School Advocacy • Cognitive & Psychological Testing •
Play and Traditional Psychotherapy for Children and Teens

We Provide Consultation and Therapy Services for:

Anxiety • Sensory Integration • Behavior Management • ADHD
Learning Challenges • Anger Management • Depression and more



Clinical Services for Children

Parents Place offers services for all parents, including those who are raising children with special needs. We recognize that each child is unique and therefore uniquely special and that some children require more support than their same-age peers.

At Parents Place, we have brought together a team of highly trained specialists with experience and expertise in child development, mental health counseling, speech and language development, and occupational therapy. Our collaborative approach allows us to offer parents step-by-step guidance in a flexible, supportive, and highly coordinated manner. Our goal is to address your immediate concerns and offer your family a roadmap so that you can confidently choose a path that is right for your child and family.

For an appointment call 415-359-2443

PARENTS PLACE
Frank Stein and Paul S. May Building
Koret Family Resource Center
1710 Scott Street
San Francisco, CA 94115

For more information, please contact:

www.parentsplaceonline.org/peninsula

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PARENTS PLACE IS A PROGRAM OF JEWISH FAMILY AND CHILDREN'S SERVICES
OF SAN FRANCISCO, THE PENINSULA, MARIN AND SONOMA COUNTIES



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Coaching for Parents

Children today often face many challenges as they navigate our intensely competitive and complex world. At Parents Place, our highly experienced staff includes licensed child psychologists, clinical social workers, and marriage and family therapists, who can provide your children with support, guidance, and practical strategies to cope with the pains and stresses of growing up.

Contact our licensed professionals if your child is experiencing:

- Significant family changes, such as divorce, loss of a family member, or moving to a new home
- Difficulties with anger management
- Mood and anxiety disorders
- Prolonged or profound sadness
- School issues (such as changes in attendance, behavior, or academic performance)
- Intense irritability or mood changes
- Social isolation or interpersonal difficulties
- Trauma-related difficulties
- Sleep issues (such as insomnia, wakefulness, or nightmares)

Our menu of mental health services includes: individual, family, and group therapies. We use diverse strategies, such as child-parent psychotherapy, cognitive behavioral therapy, attachment-based and trauma-specific treatment, dialectical behavioral therapy, social learning, and play therapy.

Treatment is individualized to meet each family's unique needs.

Call 415-359-2443 for an appointment or to find out more about our services.

Screening and Evaluation

Many children and parents have experienced lengthy testing protocols, but even after testing, parents often learn only that their child has a “disability” or a specific diagnosis. They many not receive any clear guidance on what to do next.

At Parents Place, we are different. We use a unique collaborative assessment model.

Here’s what we do:

- Listen to your concerns and partner with you to figure out where we can be of help.
- Focus on your child’s and family’s strengths and understand your child’s specific challenges and how they can best be managed or overcome.
- Address your immediate concerns and offer your family a roadmap so you can confidently choose a path that is right for your family.

Here is what we don’t do:

1. Focus *only* on diagnosing your child’s challenges.
2. Recommend a full battery of tests that cost thousands of dollars.
3. Leave your family without a plan of action.

What you can expect from us in the first couple of meetings:

If you decide to obtain services at Parents Place, a developmental specialist will work with you and your family to develop a preliminary plan and agreement covering:

- The type(s) of services that will be provided
- The benefits that can be expected from each service
- The names and credentials of involved professionals
- The types of screenings, observations, or tests that will be preformed (if necessary) and what we can learn from these screening tools
- An estimate of your financial obligation
- Advocacy in working with insurance providers





Sensory Processing Support Group *

The Sensory Processing Parent Support Group is for parents of children with sensory processing challenges. Parents will have an opportunity to meet with others to share experiences, swap ideas and receive support. The group is facilitated by Deanne Kelly, OTR/L and Kylie Hunter, OTR/L.

Parents Place—San Mateo
2001 Winward Way, Suite 200
San Mateo, CA 94404

For more information contact

Deanne Kelly,
Occupational Therapist
deannek@jfcs.org, 650-931-1854

***PLEASE NOTE THIS GROUP DOES NOT MEET IN SAN FRANCISCO**

Occupational Therapy

Parent's Place offers a wide range of occupational therapy services including

- full developmental and sensory assessments
- screenings and consultations
- individual and group therapy sessions

Serving children newborn through adolescence, our therapists use state of the art equipment and professional insight to provide treatment to a large range of development needs including:

- developmental delays
- sensory processing disorder
- autism spectrum disorder
- ADHD/ADD
- feeding challenges
- fine motor development

Therapy is family based and utilizes skills from other clinical members of the Parent's Place team.

Call [415-359-2443](tel:415-359-2443) for an appointment or to find out more about our services.





School-Based Observations and Consultation

Parents Place's professionals offer a flexible menu of consultations to **teachers, classrooms, and entire schools**, individually adapted to meet educators' and parents' needs. Working in partnership with teachers, administrators, and parents, we offer evidence-based strategies for:

- Optimizing learning and social adjustment for all students
- Establishing most effective positive behavioral interventions for children with challenging behaviors
- Organizing classroom environments to help minimize sensory overload and distractions
- Facilitating social skills and social inclusion
- Improving parent-teacher communication

Our child development and learning specialists will partner with school staff to address challenges in development, learning, behavior, and socialization. Our goal is to facilitate appropriate and timely interventions for each child.

We observe children, teachers, and the classroom environment and strategize with educators and administrators to help staff better meet the needs of all children.

Parents Place staff also work with parents, providing them with parenting support and information about resources and referrals for services. Our licensed therapists, speech and language specialist, and occupational therapists are also available to support your children's needs through our Clinical Services division.

COACHING FOR CHILDREN

Parents Place coaches children and youth to help them succeed in their environments.

Successful strategies include:

- Helping students realize and appreciate their talents and areas of strength
- Helping students better understand their ADHD and learning challenges
- Strategizing about accommodations for classroom and for home
- Developing an individually tailored toolkit of learning strategies to support specific learning and attention challenges (e.g., time management, organization, planning, note taking, reading comprehension, writing, and test preparation)
- Developing an afterschool schedule that will include homework time, recreation, exercise, and other activities
- Creating a support system for daily routines (e.g., morning routine, backpacking, meals, and bedtime routine)
- Coaching students to communicate better with their doctors if they are taking medications

COGNITIVE AND PSYCHOLOGICAL TESTING

Psychological testing—also called psychological assessments—the foundation of how psychologists better understand a person and their behavior.

Psychological testing for children can be divided into five primary types:

- Clinical Interview
- Assessment of Intellectual Functioning (IQ) (with relative strengths and weaknesses)
- Assessment of Academic Functioning (with relative strengths and weaknesses)
- Personality Assessment
- Behavioral Assessment



Our assessments can provide insight into a child's social-emotional, intellectual, and academic functioning. Depending on the particular needs and concerns, our assessments can evaluate difficulties with attention and concentration, behavioral challenges at home or in the classroom, memory problems, learning challenges, difficulties with executive functioning, and issues of emotional regulation, self-esteem, and peer and family relationships.

As with all of the services we provide we work closely with the child's parents, teachers, and other professionals in order to gather information and develop a strategy for the assessment that is tailored to each child and family's unique situation, concerns, and needs. This may include classroom observation, formal psychological testing, a thorough review and explanation of previous evaluations, and/or extensive collaboration with the important people in the child's life. Recommendations are provided in a way that takes into account the unique needs of the child and family, emphasizing areas of strength that can be used to overcome the child's particular challenges in our very strength based approach to all of our work.

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Children's Clinical Services Staff



Mechele Pruitt, Parents Place Director

Working with children and families for over three decades, Mechele Pruitt has directed two early childhood programs in Silicon Valley and developed after-school programs for the San Francisco Unified School District. As a resource teacher, she served children with learning differences, and children on the Autism Spectrum. Mechele provides parent consultations and parent education, both onsite and in the San Francisco community.



Beth Berkowitz, PsyD—Clinical Director, Children's Services

Beth has more than 20 years of experience providing treatment to children, adolescents, and their families. She helps children who struggle with anxiety, depression, attention difficulties, and family separation. Beth's commitment to mental health, strength-based services, and culturally informed treatment have been the hallmarks of her many years of clinical service.



Ellie Pelc, PsyD—Clinical Psychologist

Dr. Ellie Pelc's specialized training enables her to serve a wide range of children and families. Her expertise encompasses infant-early childhood development, attachment and anxiety disorders, ADHD, and other challenging behavioral issues; and her approach applies a variety of evidence-based practices. Ellie earned her doctorate from the PGSP-Stanford PsyD Consortium in Palo Alto.



Maneesh Saini, MA, LMFT—Child and Adolescent Psychotherapist
Maneesh Saini provides psychotherapy to children, adolescents, and families, as well as clinical consultation to parents, teachers, and schools. Previously Maneesh worked as a school-based clinician in elementary, middle, and high schools in the Bay Area. He earned his Master’s degree in counseling psychology from the California Institute of Integral Studies and also holds a Master’s degree in education from the University of California, Berkeley.



Jasmin Zeger, MA, MFTi—Clinical Intern, Adult & Children’s Services
Jasmin provides mental health counseling and case management services to children, adults and seniors. Before joining JFCS, she worked for over ten years designing and implementing educational programs that teach leadership and life skills to youth and their communities. Jasmin holds a BA in International Relations from University of Southern California and a Master’s Degree in Counseling Psychology from the Wright Institute.



Anna Lisa Matudio, MS, OTR/L
Lisa is a board certified registered and licensed Occupational Therapist. Lisa has experience working as a Behavioral Interventionist for children diagnosed with Autism Spectrum Disorder, and has provided Early Intervention services for children with developmental delays. Lisa specializes in working with children from birth through adolescence who benefit from therapeutic intervention for neurodevelopmental and sensory processing delays, help with motor planning, activities of daily living, gross



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