



Alvord|Baker & Associates, LLC

NEWSLETTER

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FEE CHANGE

Beginning May 1st, our fees will change.

Individual 45 minute sessions will be \$200. Other sessions will be prorated accordingly.

60-minute group sessions will be \$100.

GROUP REGISTRATION

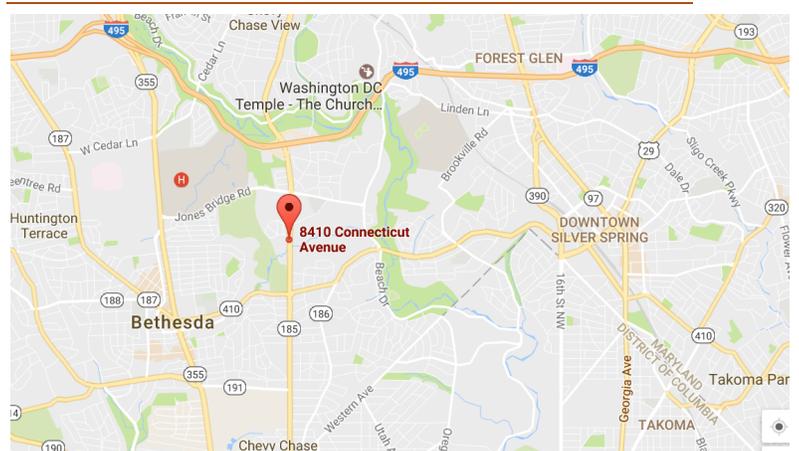
Priority registration for current Resilience Builder Program participants will begin March 27th for fall and summer groups. Registration will open to those on the waitlist on May 1st.

WELCOME TO OUR INAUGURAL NEWSLETTER

We will provide quarterly updates on news at our practice, including group registration, and research updates.

WE ARE MOVING OFFICES

After many decades in our Silver Spring office, we are moving to a new larger office in Chevy Chase, Maryland. Starting in August 2017, we will expand to our new space at 8401 Connecticut Avenue, Suite 1120. This new office is conveniently located minutes from the Beltway and is accessible by a free shuttle bus from the Bethesda metro station. Our expanded office will allow us to provide services to more families and shorten our waitlist. Our Rockville office will remain open.



Our new office, 8401 Connecticut Ave.

WELCOME TO OUR NEW FRONT DESK ASSISTANT

Amber Jackson has joined our administrative staff and is working at our Rockville office on Mondays and our Silver Spring offices on Fridays. Please join us in welcoming her!



Sue Wilson, Ph.D.

WELCOME TO OUR NEW CLINICIAN

We welcome Licensed Psychologist, Sue Wilson, Ph.D. Dr. Wilson earned a double doctoral degree in Clinical and Applied Social Psychology from Vanderbilt University. She has experience in assessment and therapy with children and teens with a range of anxiety and mood disorders. She also has experience working with parents of young children with behavioral problems. Dr. Wilson utilizes evidence-based therapies in the provision of individual, family and group therapies, specifically cognitive behavioral and systems frameworks.

Contact Us

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RESEARCH UPDATE

We continue to collect data on the effectiveness of our Resilience Builder Program® in collaboration with Brendan Rich of Catholic University. Thanks, in part, to funding from the Group Foundation for Advancing Mental health we have also been administering the Resilience Builder Program® at schools in which students often have limited access to mental health services. We are currently running

the RBP® in our 3rd school. Students have been randomly assigned to receive immediate vs. delayed group and we are assessing the effectiveness of our program. We look forward to expanding to additional schools.

MENTAL HEALTH SPOTLIGHT

American Academy of Pediatrics has established revised recommendations for children's media use. The current recommendations advise:

- For children under 18 months, avoid screen-based media except video chatting.
- For children 18 months to 24 months, parents should choose high-quality programming and watch with their children.
- For children 2 to 5, limit screen time to one hour per day of high-quality programming.
- For children 6 and up, establish consistent limits on the time spent using media and the types of media.

- Be flexible and use your judgment with these guidelines. Being overly restrictive may send a message that technology is something to fear.
- Have a conversation with your children about safeguards to protect their own privacy and personal information, as well as what is okay to share about family and friends. Continue this conversation as your child gets older.
- Screens may interfere with quality of sleep. Consider restricting the use of phones, tablets and computers for at least 30 minutes before bed. Be mindful of the effect of keeping screens in the bedroom.
- Encourage socialization in-person. Many children who find socializing difficult gravitate to online-friendships. Help facilitate friendships in person as well.

For more information, visit the American Psychological Association Digital Guidelines for Promoting Healthy Technology Use for Children: <http://www.apa.org/helpcenter/digital-guidelines.aspx>