



## RUSH NEUROBEHAVIORAL CENTER

4711 WEST GOLF ROAD, SUITE 1100, SKOKIE, ILLINOIS 60076  
PHONE 847-933-9339 FAX 847-933-0874 WWW.RNBC.ORG

During this time of increased social isolation, parenting children can become an increasing challenge as children are faced with the inability to go outside, play with peers face-to-face, and have increasing e-learning requirements from the school. Parents are now required to wear several “hats” as many try to manage at-home work requirements, help with academic requirements, and parenting under stressful conditions. Here at RNBC we are dedicated to providing support and assistance during this time, including parent support, individual therapy, behavioral consultations, increasing coping skills, managing anxiety and depression, and general support with developing structure and routine in the household.

We have moved the provision of all clinical services to telephone and video-based platforms in light of the COVID-19 Pandemic and in accordance with CDC guidelines, the Illinois Shelter-in-Place order, and in the best interest of our patients’ health. This includes psychotherapy, speech and language therapy, as well as neuropsychological assessment intakes. Full neuropsychological testing is currently on hold until it is safe to resume in-person appointments. We continue to monitor our phones. Please reach out, and we can answer any questions you may have. For more information regarding how to contact RNBC for more information, intake process, and on-line forms, please visit <http://rnbc.org/clinical-services/telehealth-services/>

## Psychiatry Telehealth Services

**Rekha Bandla Kasi, D.O.**

**Board Certified Child and Adolescent Psychiatrist**

- Psychiatric evaluation and medication consultation
  - Dr. Kasi will consult with the patient and parents. The parents and the patient will have the opportunity to discuss their concerns individually and together.
  - The assessment will integrate biological, psychological and social perspectives
  - Dr. Kasi will partner with the family to create a comprehensive treatment plan with recommendations unique to each patient and family.
  - Recommendations may include psychopharmacological intervention and referrals to psychotherapy with our wonderful team at RNBC.
- Areas of Expertise
  - Anxiety Disorders
  - Mood Disorders
  - Obsessive-Compulsive Disorder (OCD)
  - Attention Deficit/Hyperactivity Disorder (ADHD)
  - Learning Disorders
  - Post Traumatic Stress Disorder

## Psychological Telehealth Providers and Services

**Parent Support/Training**

- Managing Parent Stress
- Behavior regulation support and consultation
- Managing tantrums and big feelings
- Increasing positive/desirable behaviors
- Assisting in creating a routine and structure in the home
  - How to set up a visual schedule
  - How to set up a reward system
  - How to create and use social stories or adapted books
- Social skills supports



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- How to work on social skills while maintaining social distance
- Managing anxiety and general stress, and supporting self-esteem and emotional development in your children
- Psychoeducation regarding your child's diagnosis
- Navigating the special education system and education advocacy
- Managing and improving sleep hygiene
- Parent support and education about young children with autism, behavioral challenges, ADHD, Learning Disabilities, etc.
- Supporting toilet training in children
- Psychoeducation regarding your child's diagnosis
- Transitioning into adulthood for individuals with and without social-emotional challenges and/or developmental disabilities

### Direct Therapy Services

- Coping skills to address anxiety, stress, and/or depression
- ABA techniques with children with autism
- Working with children and teens on using more helpful thinking styles and coping behaviors
- Supporting positive sleep habits
- Learning adaptive daily living skills (e.g., getting dressed, washing hands, brushing teeth)
- Social skills supports for children with autism or social skills challenges
- Establishing habits for medication adherence



## Speech and Language Pathologist Providers and Services

**Kristen Vincent, M.A., CCC-SLP**

### Services Provided

- SLP & Parent Consultation
  - This time could be devoted to talking with parents about their child, concerns about their child's communication skills and education about communication development, ideas and strategies to help improve skills in the home.
- SLP Play observation
  - This time could be scheduled so that the SLP can observe the parent playing with their child in their home. These clinical observations reveal present levels of functioning in areas such as play, language and speech skills and behaviors. These observations will inform the SLP of ideas and strategies that can be shared during follow up session.
- SLP & Parent coaching
  - This time could be scheduled so that the SLP can provide real time parent coaching while they are playing with their child in order to remind parents when and how to use strategies to improve communication skills at home.
- Speech-language therapy
  - The SLP can provide direct speech therapy session to children in the home via teletherapy



## Educational Services

The Educational Services team at RNBC is currently providing individualized Executive Function Tele-Tutoring sessions to help students adjust to e-learning at home.



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### **Education Specialist and Executive Function Tutor: Michael Smith**

Our EF tutoring services are designed to help students to develop strategies and routines in the following areas:

- Organizing a work space at home
- Managing Materials
- Time Management
- Prioritizing
- Estimating Time

### **Project Management**

- Focusing Techniques
- Study Strategies
- Note-taking Skills
- Goal Setting



For further information, please email Michael Smith at [michael\\_e\\_smith@rush.edu](mailto:michael_e_smith@rush.edu)



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