



The Children's Institute

Amazing Kids. Amazing Place.

Behavioral Health: Sibling Support Group Frequently Asked Questions

How could Sibling Group help my child?

Research suggests that siblings of children with special needs report increased stress, and benefit from peer support along with psychotherapeutic intervention to promote coping.

Who is eligible to participate?

The group is intended for cognitively typical 11-14 year olds who are the sibling of a child with a developmental disability or chronic illness.

What if my child is younger or older than 11-14?

If your child is outside of the age range for the current group, please contact us at rek@the-institute.org or rhx@the-institute.org to be added to a waitlist. We are planning to run additional sibling groups in the future designed for various age levels.

When is the program?

The group will meet weekly on Mondays, 5:00pm-6:00pm. Start date is to be determined, pending group enrollment.

Where will the group be held?

The sibling group will be hosted at the Squirrel Hill campus of The Children's Institute, located at 1405 Shady Avenue, Pittsburgh, PA 15217.

How long is the program?

Group participants will each engage in an individual intake evaluation, six 1-hour group sessions, and an optional individual exit session.

How can I enroll my child in the group?

Please email Becky Keenan at rek@the-institute.org and Rachael Hoffman at rhx@the-institute.org with your child's **name**, **date of birth**, and the best **phone number** to reach you. The Patient Access department at The Children's Institute will then contact you to confirm insurance coverage. Once authorization is obtained, an initial intake appointment with you and your child will be scheduled to gain an understanding of your child's needs and to determine whether the sibling group will be a good fit for him or her.

Who will be leading the group?

The group will be led by master's and doctoral level clinicians from The Children's Institute Behavioral Health department.

Is Sibling Group covered by insurance?

Many insurance providers will cover the cost of group psychotherapy. Our Patient Access department will work with you and your insurance provider to determine coverage.



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Is my child eligible if he/she is already receiving mental health services?

Depending upon your child's current services and insurance coverage, your child may or may not be eligible. Our Patient Access department will work with you to determine coverage.

Is this a social support group or group therapy?

Both! This group is designed to provide peer support in conjunction with psychotherapeutic intervention to promote coping.

Will parents be involved in the group?

Parents will participate in the initial evaluation and exit session, while sessions will be for children only. Parents will be provided with supporting information and materials as appropriate to help their children generalize skills across environments.

What is the programming based on?

The Sibling Group programming is adapted from the Sib Shops curriculum along with evidence-based stress management interventions.