



SPACE

**Supportive
Parenting for
Anxious
Childhood
Emotions**

A parent-based treatment program for children and adolescents with anxiety, OCD, and related difficulties.

Help your child overcome anxiety today.

Brought to you by the Neurodiversity Alliance.

WHAT IS SPACE?

SPACE is a treatment program for parents of children and adolescents who are experience anxiety or OCD. It was created by Dr. Eli Lebowitz at Yale University.

You can hear directly from Dr. Lebowitz about the SPACE program on [episode 88 of The Neurodiversity Podcast](#).

WHO BENEFITS FROM SPACE TREATMENT?

Children who are dealing with many anxiety-related concerns can benefit from the SPACE program. Some of these areas include:

- Generalized anxiety
- Obsessive-compulsive behaviors
- Separation anxiety
- Panic disorder and agoraphobia
- Fears and phobias

HOW DOES SPACE WORK?

SPACE is different from other treatment modalities because it is focused on strategies the *parents* can use to support a child at home. That makes this treatment approach beneficial for the families of children who are reluctant to implement strategies to overcome their anxieties or engage in individual or family therapy.

Parents participate in a structured program with a combination of individual and group sessions with a SPACE-trained facilitator. These sessions are solution-focused and help parents develop strategies to implement on a daily basis in their home to help children develop new ways to handle anxiety-provoking situations.

WHEN AND WHERE ARE SESSIONS HELD?

Neurodiversity Alliance provides sessions virtually via Zoom. Families in the St. Louis area may choose to attend individual sessions in-person at our O'Fallon offices. All group sessions are held online.



HOW LONG DOES THE SPACE PROGRAM LAST?

There are three tiers of support, each in varying length. Every family begins in Tier 1 as they develop strategies for initiating the SPACE program in their home. Depending on the level of need and progress made, families then progress toward Tiers 2 and 3.

Each tier lasts 10 weeks, with a reevaluation of needs at the end of each ten week cycle.

- **TIER 1:** Ten weekly individual sessions with a SPACE-trained facilitator + weekly group sessions with other parents to discuss strategies and troubleshooting. (20 total hours of direct support)
- **TIER 2:** Four individual sessions with a SPACE-trained facilitator (scheduled based on consultation with facilitator) + weekly group sessions with other parents to discuss strategies and troubleshooting. (15 total hours of direct support)
- **TIER 3:** Weekly group sessions only. (10 total hours of direct support)

WHAT INVESTMENT IS NEEDED?

Because the program is based on parental support and is a structured program, it is not covered by health insurance. However, some HSA programs may allow funds to be used for participation. Payment plans are available upon request.

- **INTAKE SESSION:** \$150 (Fee for intake session is applied toward Tier 1 once enrolled.)
- **TIER 1:** \$1,500 for 20 total hours of direct support.
- **TIER 2:** \$800 for 15 total hours of direct support.
- **TIER 3:** \$300 for 10 total hours of direct support through weekly group sessions.

WHO FACILITATES THE PROGRAM?

Stefanie O'Neill, LPC is a SPACE-trained and neurodiversity-affirming facilitator. She has many years supporting children, teens, and their parents dealing with anxiety, OCD, and other concerns.

HOW CAN I FIND OUT MORE?

You are invited to attend an informational webinar on Monday, February 27 @ 8pm Eastern/5 pm Central. Click here to register for the [webinar](#).

To schedule an intake appointment and/or finding out more, please complete [this form](#).

