



## A BETTER APPROACH TO PEDIATRIC THERAPY

We created Healthy Young Minds believing that there's a better way to deliver pediatric mental and behavioral health care -- and to fill the gigantic gap in accessibility and affordability that frustrated our own family.

*And the research proves it: online therapy is as effective and often more so than in person therapy.*



## WHAT WE OFFER

Deeply engaging online sessions personalized to a child's interests

Evidence-based treatments and data-driven care

Matching every child's needs to provider expertise

Access regardless of geography

Bilingual Therapists

Cross-discipline care for children, teens and young adults ages 0-21 years

HYM accepts Medicaid (in CO and growing)

## OUR SERVICES

Behavioral Therapy | Occupational Therapy | Speech and Language Therapy

Art Therapy | Music Therapy | Psychological Testing and Evaluations | Counseling



For a free consultation call 303-317-6504 or fill our form at [www.healthyyoungminds.com](http://www.healthyyoungminds.com)

For referrals: email [referrals@healthyyoungminds.com](mailto:referrals@healthyyoungminds.com) or

call 303-317-6504 or fax 866-677-3077

# THE TELETHERAPY ADVANTAGE

## HIGHLY ENGAGING

Our therapists create interactive sessions personalized to a child's interests.

## ACCESSIBLE

Teletherapy works where and when it's convenient for our clients, as often as they need it.

## HOME-CENTRIC

Children are treated in their natural environment, improving functionality at home.

## TRANSPARENT

Parents can easily observe sessions, glean strategies in action, and share feedback.



## THE PROOF IS THERE

- Telehealth showed similar improvements in 5 of 6 outcome measures  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5546562/>  
Wales, Skinner, Hayman, 2017
- A multi-study review showed that services delivered via telehealth to children and teens with ASD were equivalent to services delivered in person  
<https://www.tandfonline.com/doi/abs/10.1080/17549507.2018.1465123?journalCode=iasl20>  
Sutherland, Trembath, Roberts, 2018
- Occupation-based coaching via telehealth for families of young children with ASD saw parent competence and child participation increase significantly.  
<https://research.aota.org/ajot/article-abstract/72/2/7202205020p1/6416/Occupation-Based-Coaching-by-Means-of-Telehealth?redirectedFrom=fulltext>  
Little, Pope, Wallisch, Dunn, 2018



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