



THE UNIVERSITY of NORTH CAROLINA
TEACCH
 Autism Program
Services Across the Lifespan

Face your FEARS



Face Your Fears Group Intervention Program

REGISTRATION FORM

The “Facing Your Fears” program is a group intervention appropriate for youth ages 8 to 14 years with high-functioning autism and anxiety. This intervention is aimed at teaching both children and their parents the strategies they can use to cope with anxiety and fear. Interested participants will complete an initial pre-screening over the telephone in order to learn more details about the group and to assess eligibility.

Participation includes an individual informal assessment session during which each family will meet with clinic staff. Parents will be interviewed by a member of the team while their child meets with another member to complete an informal play based assessment. These assessments will be one hour in length. Group sessions will be 90 minutes in length and run weekly for 15 weeks. The sessions will be for the child and at least 1 parent (the same parent must be available to attend all sessions). FYF will be billed as group psychotherapy. TEACCH is part of UNC Healthcare and we accept most insurances, including Medicaid. Contact Michelle Kellogg at 919-966-3563 with billing questions.

Initial pre-screening: Conducted over the phone to assess group eligibility

Assessment Session: Individual, in-person Informal assessment/interview

Group Sessions 1- 14: Thursdays 4:30-6:00 pm (Parents & children attend all sessions)

Please complete and return this form to the Chapel Hill TEACCH Center in order to request a spot in a Facing Your Fears group.

Child’s name:

Child’s Birthdate:

Parent 1 Name:

Phone Numbers - Mobile:

Landline:

Work:

Email:

Address:

Parent 1 Name:

Phone Numbers - Mobile:

Landline:

Work:

Email:

Address: