

Modern Health for Your Children and Adolescents

The global and local events in the past few years have significantly impacted the family unit - caregivers, parents, and children alike. **Mental health issues are one of the leading causes of poor life outcomes and disability in young people.** The majority of children who experience stressors or adversity will bounce back, a process that is called [resilience](#). However, support can sometimes be helpful and necessary in this process, especially for children whose behaviors and emotions are interfering with their ability to do developmentally-appropriate activities.

At Modern Health, we're proud that we can match your child with a licensed therapist who works with children and/or adolescents within 2 business days.



Some of the most common reasons for reaching out to a Modern Health child therapist include if your child:

- Asks for therapeutic support to manage their emotions or stress
- Engages in or talks about self-harm behaviors and/or suicide
- Experiences difficulty in multiple areas of life (e.g., relationships, academics, leisure activities, social-emotional development)
- Experiences excessive worries or anxiety that get in the way of their daily activities
- Has significant changes in behavior (e.g., withdrawing from things or relationships that bring the joy), sleep, or eating

Ultimately, if you aren't sure, our child therapists at Modern Health are here to support you and your child's mental health. Scheduling a session to inquire about whether your child is a good fit for therapy is a great place to start.

How do I connect my child with a therapist?

To get started, add your child to your account today! You can invite your dependents through 'Profile' in the mobile app or web. Our Care Matching Team will reach out to you within 2 business days.

For more information on how to add your child to your account, [click here](#).

This guide is specific to Modern Health's therapy dependent services for children under the age of 18 years. Please note that we offer therapy services for minor dependents of all ages in the U.S. and 6 -17 outside of the U.S.
Questions? Email us at help@modernhealth.com



FAQs

What age dependents are covered through Modern Health?

For U.S.-based employees, minor dependents of all ages are eligible for Modern Health services. For employees outside of the U.S., dependents age 6+ are eligible for Modern Health services.

Are there any limitations?

Minor dependents (age 0-17) may get connected to therapy services, but will not be granted access to services offered within the Modern Health app like coaching and digital content.

What types of areas can Modern Health child therapists help with?

Modern Health's provider network includes licensed therapists who are specifically trained in working with children and/or adolescents. The most requested pediatric specialties that our licensed therapists address include challenges related to:

- Anxiety
- Attention and Executive Functions
- Autism
- Confidence & Self-Esteem
- Depression
- Disordered Eating
- Divorce
- Gender or Sexuality
- And more!

Is virtual therapy effective for children and teens?

Research on the effectiveness of telemental health (or virtual therapy) for children and teens was emerging prior to onset of the COVID-19 pandemic. Research suggests that outcomes of virtual therapy are comparable to in-person for children and teens with a range of different mental health conditions. Parent-mediated and parent-focused interventions delivered virtually have accumulated the most evidence and are effective (Ros-DeMarize, 2021). Virtual delivery of common evidence-based interventions like cognitive behavioral therapy (CBT) and other evidence-based practices for school-aged children (6-12 years) are also effective in most cases. For younger children, it is expected that a child therapist works primarily or at least in collaboration with the parent for the most clinical benefit.

As the parent, caregiver, step-parent, or co-parent am I involved in a virtual therapy session?

In general, this is determined by the child therapist that you'll be working with based on their professional assessment of your child and family's needs. Usually, it depends on whether your child is asking for this care themselves (e.g., as seen with teenagers seeking their own mental health care), how engaged your child may be with virtual therapy, and age of your child. Typically for children under the age of 8-9 years old, it is expected that a primary caregiver would be involved in sessions in terms of supporting the child with completing homework like practicing coping skills during the week or practicing parent management skills during the week. A helpful comparison is like learning a new instrument. Your child may have a lesson with a music teacher one day out of the week, but needs to practice their instrument every day.

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