



March 22, 2020

Dear BSCC Community and Clients,

As we receive new information from the CVC (Center for Disease Control) and our local government, we want to update our response to keep you informed of our latest action plan. Our priority remains the mental and physical health of our clients. For many of our clients, therapy is essential and decreasing sessions is not recommended for progress to be gained and/or maintained. Dallas County has issued a Stay at Home/Shelter in Place order except for Essential Services and recognizes that Mental Health Services are considered Essential. We understand that some of our clients are able to receive Telehealth (virtual) services, and some of our clients are not.

We encourage everyone continue being active and proactive ensuring your and your child's mental health remain a priority, especially during this time when uncertainty results in additional mental health concerns. Therefore, we have the following options:

- Continue in-person sessions: Many of our clients have moved to Telehealth; therefore, our in-office traffic is low, allowing those who would better benefit from in-person sessions to continue to practice social distancing (see below for our cleaning precautions). We will also give you a letter stating that you were receiving Essential Services, should you need.
- Telehealth (virtual) sessions for children, teens, adults, and families
 - Telehealth (virtual) with children who are currently engaged in play therapy requires proactiveness of your part (i.e. a quiet room and a few materials)
 - We have previously conducted virtual play sessions with children and know it can be effective; however, not all children connect as easily via a screen; therefore, preparation is necessary for this to be successful.
 - We can help you (the parent/s) know how to set up the space/materials for your child to play while we are present virtually (via a phone, tablet or laptop).
 - We can offer parent consults, in person or virtually, so we can teach you how to effectively conduct play sessions at home. We call this Therapeutic Parenting, also known as Child-Parent Relationship Therapy (CPRT), and something we offer on a regular basis.
 - This would involve multiple therapeutic parenting sessions while we guide you through the process of gaining the skills, creating the space to have at home sessions, and to support you between the sessions you have with your child/children. Our therapists are both trained in CPRT, and Rochelle is a Certified CPRT Supervisor.
 - For many, homeschooling has begun. At home sessions can be a part of their homeschooling routine to decrease their anxiety and give them a way to express their feelings.



Lastly, we want to remind you that if you have traveled internationally (plane or cruise ship), if you have been exposed to someone with COVID-19 in the last 14 days, been exposed to someone who has exhibited the below symptoms, or if you are experiencing any of the below symptoms, we MUST reschedule your appointment for a future date.

- Fever
- Cough
- Shortness of breath
- See [here](#) for more details from the CDC

We will reschedule if we experience any of these symptoms, too.

*We are cleaning vehemently after every session. For those who have children in play or activity therapy, certain materials have been removed that are more difficult to disinfect, such as some craft items and dress up clothes. We will also take the following precautions:

- close the office to thoroughly disinfect if we learn that someone who has visited our office notifies us of becoming ill with the aforementioned symptoms
- attempt to stagger appointments so that no more than one person (or two if a parent is bringing a child) is at our office at any one time
- begin and end all sessions on time to ensure everyone can easily come and go to return home to minimize your being in public spaces
- limiting our own movements outside our home and office space to decrease our exposure

Lastly, please know we are here for you. If we can be a support in any way, address any concerns or answer any questions, please do not hesitate to let us know.

Warmly,

The Counselors at BSCC



2007 N Collins Blvd, Ste 301
Richardson, TX 75080

info@brightspotcc.com
www.brightspotcounseling.net