



Helping Your Teen Cope With a Brain Condition

St. Luke's Children's Neuro and Behavioral Psychology now offers **Teen Online Problem Solving (TOPS)**, an evidence-based program designed to help address the challenges many adolescents—and their families—face when learning to cope with a brain condition.

This program is available through referral only. For more information on how to participate in TOPS, please contact pediatric neuropsychologist Dr. Kathleen Deidrick by calling 208-381-5000.

What Is TOPS?

TOPS is an online program for teens ages 13-19 and their families. It provides information about the effects of your teen's brain condition.

- Teens complete 6-10 sessions online with their parents.
- They practice problem solving and communication skills.
- They learn how to apply these skills to their everyday lives.
- Additional sessions are offered on specific topics, like seizures or pain.

Families can choose to complete the sessions in one of two ways:

- **Therapist-guided:** You and your teen will log on to the TOPS website once each week to learn useful skills via training modules. Then you'll virtually meet with a therapist each week who will help your family achieve personalized goals and address problems associated with your teen's brain condition. Therapist visits will be billed to your insurance company.
- **Self-guided:** You and your teen will have access to all the same TOPS content on the website, which you will go through on your own. You will not meet with a therapist. The online program is free of charge.

Please note: This program is not designed to take the place of mental health treatment for conditions like depression, bipolar disorder or anxiety. If you have concerns about your teen's mental health, please reach out to your primary care provider.

