



DID YOU KNOW.....

- About half of Americans will experience a mental health disorder sometime in their life, with first onset usually in childhood or adolescence.
- It is estimated that 1 in 5 children living in the United States has experienced a mental health disorder in a given year.
- Those that seek and receive mental health therapy have a 79% chance of better outcomes than those that don't.

WHY SCREENING?

- Screening leads to early identification of any mental health concerns as well as better outcomes.
- Screening identifies areas of further assessment and possible treatment opportunities.
- By sharing information about your child's behavioral health, we can identify any concerns you may have.

"A child's mental health is just as important as their physical health and deserves the same quality of support."

~Kate Middleton, Duchess of Cambridge



Your DCBS Social Worker is

You can contact your social worker at:

Your child's behavioral health specialist/therapist is

You can contact your BH Specialist/Therapist at:



**Healthy Mind,
Healthy Children**

**Supporting
Your Child's Mental Health
with Screening Tools**

WHAT YOU NEED TO KNOW:

- If your child receives a behavioral health diagnosis, learn about the diagnosis and make sure your child has strategies to deal with the symptoms.
- Be open to participating in your child's therapy sessions (offer the therapist any information you have regarding your child's history and his/her feelings and interactions).
- Discuss treatment options with the therapist; be honest with the therapist about what you can do as the parent.
- Tune into your child's emotional cues. Pay attention to non-verbal communication. Show sensitivity to what your child is experiencing.

"People who need help sometimes look like people who don't need help."
~ Glennon Doyle

Support Your Child's Mental Health by Discussing Symptoms and Concerns:

When you give permission, the social worker will:

- Engage you in completing mental health screening tools.
- Gather information about your child's experiences and any symptoms or concerns.

Depending on your child's screening results:

- Your child may be referred to a comprehensive mental health provider of your choice for an assessment.
- The assessment is called the CANS (Child and Adolescent Needs and Strengths Assessment)

Your child's mental health provider will:

- Assess your child in a variety of areas using the CANS assessment.
- Provide information for a possible mental health diagnosis.
- Suggest treatment options and recommendations for frequency of services.

The CANS Assessment will be:

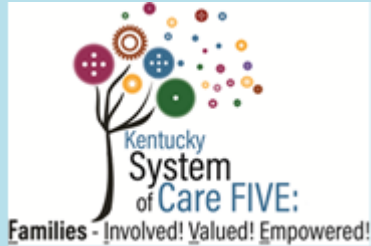
- Initially administered within thirty (30) days of referral.
- Updated every ninety (90) days to show progress.

What happens next?

- Your child's team will review your child's mental health progress over time.
- Your child's team includes YOU and YOUR CHILD, your child's therapist, your DCBS social worker, and other people of your choosing.

Happiness can be found even in the darkest of times if one only remembers to turn on the light

~ Albus Dumbledore



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