## SOURCES OF SPECIALTY SERVICES FOR CHILDREN WITH MENTAL HEALTH PROBLEMS AND THEIR FAMILIES

<table>
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<th>Specialty Services</th>
<th>Sources</th>
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| Psychiatric emergency services                                                     | - Local mental health screening, triage, and referral service or other intake point for public specialty system  
- Mobile crisis unit, if available                                                  |
| Medication consultation or management of patients with problems of high severity (MD or DO required) | - Child psychiatrist  
- General psychiatrist with child expertise or child psychiatry consultation  
- Developmental-behavioral pediatrician  
- Adolescent medicine specialist  
- Neurodevelopmental pediatrician  
- Pediatric neurologist  
- Local public mental health agency                                                  |
| Early Intervention (EI) services                                                    | - Developmental evaluation agency  
- Developmental-behavioral pediatrician  
- Child psychiatrist with expertise in young children  
- Early Intervention specialist                                                      |
| Child protective services                                                           | - Department of Social Services                                                             |
| Grief counseling                                                                    | - Licensed mental health professional (LMHP)<sup>a</sup>  
- Hospice agency                                                                     |
| Substance abuse counseling                                                          | - Licensed substance abuse counselor  
- Agency specializing in substance abuse                                              |
| Psychosocial assessment                                                             | - LMHP<sup>a</sup> with expertise                                                         |
| Educational assessment                                                              | - School psychologist  
- Other licensed psychologist  
- Developmental-behavioral pediatrician  
- Educational specialist                                                             |
| Psychosocial treatment (see summary of current evidence on treatment of specific conditions)<sup>a</sup> | - LMHP<sup>a</sup> trained in the specific intervention (eg, cognitive behavioral therapy specific to the condition [see "How to Identify Cognitive Behavioral Therapy Practitioners"], exposure, behavior therapy, intensive communication training, parent management training, family therapy) |
| Specialized counseling programs (eg, domestic violence, family reunification, children of alcoholics, juvenile sex offender, divorce, stress management, smoking cessation) | - LMHP<sup>a</sup> with expertise  
- Agency specializing in that area                                                     |
| Parenting education                                                                 | - Parent educator trained in evaluated curriculum  
- Family services agency  
- LMHP<sup>a</sup>  
- School system’s social work services (Some have parenting education programs.)  
- Agricultural extension service (Some have parenting education programs.)          |
| Care coordination/case management                                                   | - LMHP<sup>a</sup> with expertise  
- Local public mental health agency  
- Peer support program (see “Peer support”)                                          |
| Peer support                                                                       | - Local organization of National Alliance on Mental Illness, National Federation of Families for Children’s Mental Health, Family Support Network, Children and Adults with Attention Deficit/Hyperactivity Disorder  
- Local public mental health agency  
- Al-Anon                                                                               |

<sup>a</sup> LMHP = Licensed Mental Health Professional
Sources of Specialty Services for Children with Mental Health Problems and Their Families

"Licensed mental health professional (LMHP) can include a licensed clinical social worker, licensed psychologist, licensed professional counselor, licensed marriage and family therapist, registered nurse or nurse practitioner with specialized psychiatric training, or another professional licensed by the state to provide mental health assessment and therapy. Licensed mental health professional can also include a child or general psychiatrist or other medically licensed specialist as listed under “Medication consultation or management of patients with problems of high severity (MD or DO required).” When a child’s needs are of high severity or urgency, or when medication is likely to be a central consideration, referral to a medical specialist or team that includes a medical specialist is desirable. (The intake or contact person may be a nonmedical LMHP)." Licensed mental health professionals may work in juvenile justice, social service, school, public mental health, military, or private health care systems.


When patients are referred to mental health specialists, as many as 50% do not follow through or keep their appointments. The following resources and topics may be helpful in making effective referrals:

1. "Improving Mental Health Services in Primary Care: Reducing Administrative and Financial Barriers to Access and Collaboration" addresses the administrative and financial barriers that impede children from receiving mental health care.

2. "Enhancing Pediatric Mental Health Care: Strategies to Prepare a Community" provides guidance on how to create relationships with mental health specialists, schools, and agency personnel.

3. "Enhancing Pediatric Mental Health Care: Strategies to Prepare a Primary Care Practice" provides guidance on engaging the child in addressing mental health problems; tracking children referred for mental health specialty care and those not yet ready to take action; collaborating with specialists and other in providing care; involving the child and family in creating a plan of care; and implementing office procedures to support the family in completing a referral.

4. "Algorithms to Guide Primary Care Clinicians in Promoting Mental Health, "Identifying and Addressing Mental Health and Substance Use Concerns in Pediatric Primary Care” and the associated guidance for primary care management of commonly occurring symptoms provide guidance in working with families who are not ready to take action or until referral is accomplished; managing symptoms commonly presenting to primary care (including suggested criteria for referral); developing collaborative care plans; and monitoring progress in care.

The American Academy of Pediatrics has a brochure entitled Your Child’s Mental Health: When to Seek Help and Where to Get Help that assists families in understanding the mental health specialty referral process.

How to Identify Cognitive Behavioral Therapy Practitioners

Families should seek the following information when looking for a qualified pediatric cognitive behavior therapist:

- Valid license on state education department Web site (for all therapists)
- High volume of cognitive behavioral therapy (CBT) cases in practice
- Evidence of initial intensive training and supervision to learn CBT
- Evidence of ongoing professional education in CBT (eg, recent workshops attended, reading of recent CBT publications/journals)
- Membership in professional organizations that promote CBT (eg, Association for Behavioral and Cognitive Therapies)
- Ability to clearly articulate examples of how CBT is used in practice and to use CBT terminology in discussion
- Evidence of specialty in CBT (eg, CBT for phobias, attention-deficit/hyperactivity disorder, trauma)
- Authorship of professional or mass media publications on CBT

Families should reach prior understanding with a therapist about insurance coverage and payment.


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Appendix S1: Sources of Specialty Services for Children with Mental Health Problems and Their Families

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http://pediatrics.aappublications.org/content/125/Supplement_3/S126.citation

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