

Preschool Mental Health Assessments

If you are concerned about your young child's behavior, a mental health assessment may be helpful. In children 3 to 5 years old, you may be concerned if your child:

- has temper tantrums.
- is over active.
- has trouble following directions or focusing.
- has problems with their emotions.
- is having trouble getting used to changes or stress in your family life.

A preschool mental health assessment looks at these concerns. Follow up services may be suggested. The assessment may be covered by insurance.

What can I expect?

The assessment is done over three visits. Each visit is about one hour. Most often, the three visits will take place over a 30 day period.

- Before the first visit you will get some forms to complete. These forms help the therapist learn more about your child's strengths and challenges.
- At the first visit, you will meet alone with a therapist to talk about your concerns. You will need to find someone to watch your child. Tell the therapist as much as you can about your child and family. If your child has had any other testing done, please bring the paperwork or reports to the first visit. This may include reports from an IEP meeting, a psychological assessment, Birth to Three, or another therapy or medical clinic.
- At the second visit, you will bring your child. The therapist will give you tasks to work on while you and your child play together.
- The last session is a feedback session. The therapist will talk with you about the assessment. You and the therapist will create a plan to help your child.

What will the plan include?

The plan may include:

- A referral to specific mental health services. These services may include individual or family therapy.
- Other services such as occupational therapy, speech and language, or other educational support services.

Parents and caregivers will get a written copy of the plan to help with their child's needs. The child's doctor will also get a copy of the plan.

How can my child get an assessment?

If you feel your child should be seen, call Psychiatry and Behavioral Medicine at 414-266-3339.

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.