

Early childhood

An early childhood mental health assessment is for children 0 to 5 years old. This may be helpful if you are concerned about these behaviors or stressful events:

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

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 struggles.
- 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 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. These services are available even for babies.
- Other services like 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. Your 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 Mental and Behavioral Health Intake at 414-266-3339.

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

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.