

# Intake Process at the Child & Adolescent Psychiatry Clinic: Meeting with a Child Psychologist

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# Referral Process

- ▶ If you have a concern related to your child's mental or behavioral health, schedule an appointment with your child's pediatrician or primary care provider.
- ▶ They will talk with you about your concerns and make a referral to the Child and Adolescent Psychiatry clinic to see a psychologist or psychiatrist, if appropriate.
  - ▶ Ages 4-18



# Intake paperwork



- ▶ After a referral to CAPS psychology is made, you will be asked to complete intake forms
  - ▶ Clinic policy form
  - ▶ Releases of information for child's school
  - ▶ Child and Family Information Form
  - ▶ Child Behavior Checklist/Strengths and Difficulties Questionnaire
  - ▶ Attention and Behavior Rating Form
- ▶ These forms help your provider to tailor the intake process to your child's specific needs.
- ▶ Once the intake paperwork is complete and turned in to the front desk of CAPS, an appointment will be scheduled with the next available provider.



# Initial Meeting with Psychologist

- ▶ Child and parents are asked to attend the initial appointment together.
- ▶ The following topics are discussed with psychologist:
  - ▶ Discussion of current concern(s)
  - ▶ Family/home life
  - ▶ School/educational performance
  - ▶ Physical health
  - ▶ Pregnancy of mother/early development of child
  - ▶ Prior experience with mental health services
  - ▶ Strengths of child and family



# Initial Meeting with Psychologist

- Usually, provider will meet with parent and child together, and also spend time with the child alone.
  - If parent wants time to speak privately with provider, let them know at the start of the appointment.
- At the end of the session, provider will discuss likely diagnoses and treatment recommendations.
  - No need for further treatment
  - Outpatient child therapy (individual and/or family)
  - Medication management with psychiatrist
  - In home therapy
  - Day treatment, inpatient, or other higher level of care
  - Psychological/neuropsychological testing
  - Referral to other specialist (such as speech and language therapist)

# Important things to know for initial appointment

- The initial appointment usually lasts 60 minutes. Please be on time to ensure that there is adequate time to complete the initial appointment.
- Interpreters are available and are requested upon your arrival in clinic. Please come 10-15 minutes early if interpreter is needed so that an interpreter can arrive in time.
- If child's parents share custody, both parents must be in agreement with plan to initiate therapy. It is best for both parents to attend initial appointment with child.
- If someone other than biological parent is legal guardian of child, please bring documentation of guardianship.

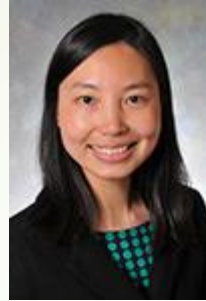


# Concerns treated in CAPS clinic

- ▶ Psychological adjustment to a medical condition (i.e., cancer)
- ▶ Behavioral components of a medical condition (e.g., obesity, treatment Compliance)
- ▶ Adjustment to stressors
- ▶ Peer difficulties
- ▶ Traumatic brain injury/concussion
- ▶ Inattention, hyperactivity, impulsivity
- ▶ Sadness, depression, bipolar disorder, other mood disorders
- ▶ Anxiety disorders
- ▶ Trauma
- ▶ Grief/loss
- ▶ Psychosis (hallucinations, delusions)
- ▶ Parenting/attachment concerns
- ▶ Family/sibling conflict
- ▶ Behavioral concerns (arguing, fighting, stealing, running away, skipping school, risky/dangerous behaviors)
- ▶ Co-occurring alcohol or drug use
- ▶ School problems
- ▶ LGBTQ concerns
- ▶ Common childhood concerns, such as those related to sleep, toilet training, habits and tics, & tantrums

# Providers in CAPS

Dr. Lidan Gu, PhD, LP



Dr. Marcia Jensen, PhD, LP



Dr. Courtney LeClair, PhD, LP



Dr. Mark Lynn, PhD, LP



Dr. Cheryl Sybesma Van Noord,  
PhD, LP





# Providers in CAPS

Ms. Hayley Chartrand, MS, Psychology Intern



Ms. Kate Zelic, MA, Psychology Intern



Dr. Dusty Hackler, PhD, Psychology Fellow



# Questions, Comments, Concerns?

