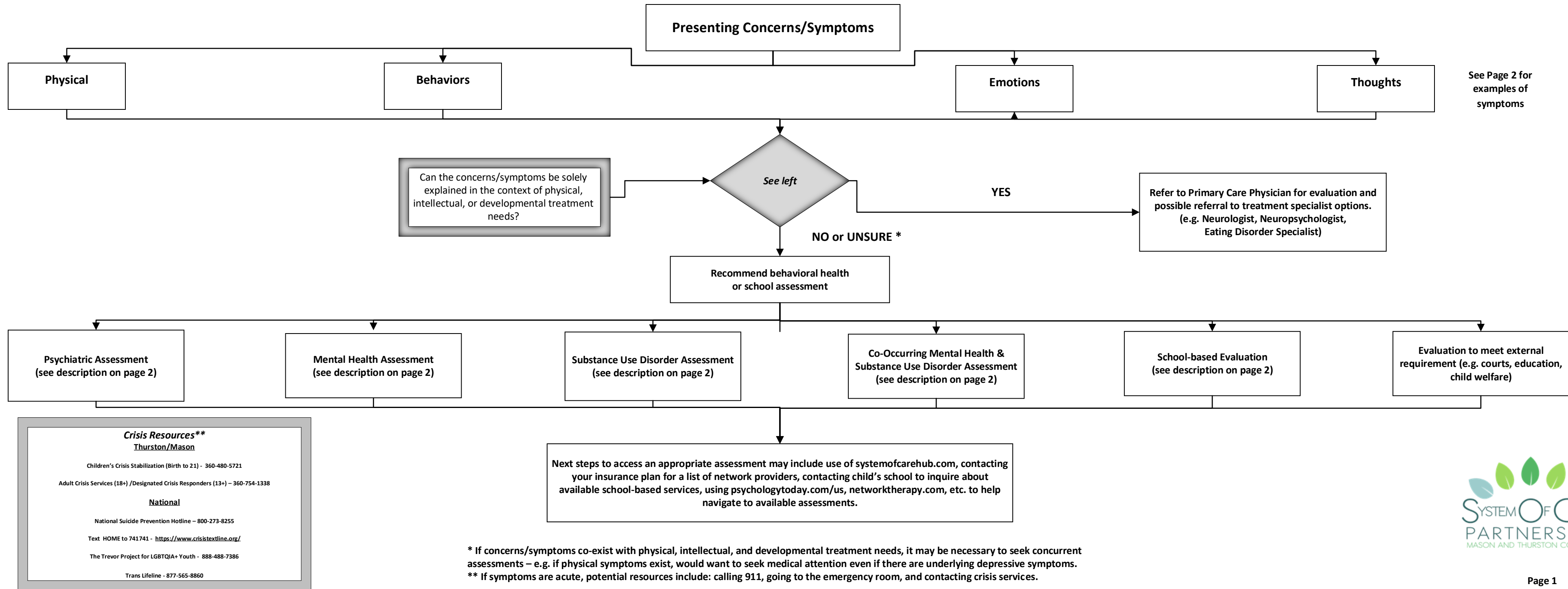
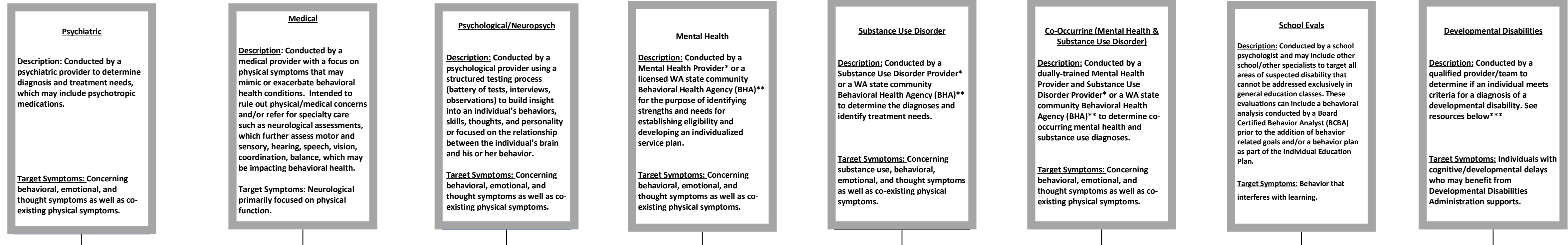


Guide To Social/Emotional /Behavioral Health Assessments

(Mental Health & Substance Use)



Assessments Commonly Associated with Behavioral Health Needs



Symptom Categories

Note: The focus is on symptoms that a child or youth is experiencing that is not typical for them or when there is a sudden change in symptoms/behaviors impairing ability to function in daily life.

***** Developmental Disabilities Resources**

Getting Started – Developmental Disability Eligibility Link: <https://www.dshs.wa.gov/dda/consumers-and-families/eligibility>

Navigation Info Link: <https://informingfamilies.org/>

Child Find Links – Contact your Local School District:
<https://www.k12.wa.us/student-success/special-education/program-improvement/technical-assistance/child-find>
<https://www.understood.org/en/school-learning/your-childs-rights/basics-about-childs-rights/child-find-what-it-is-and-how-it-works>

- Physical**
- Racing heart
 - Rapid breathing
 - Shortness of breath
 - Dizziness
 - Headaches
 - Sweating
 - Tingling
 - Numbness
 - Stomach pains
 - Nausea
 - Muscle aches/pains
 - Shaking
 - Unable to relax
 - Overeating or unable to eat
 - Sleeping more/less than normal

- Behaviors**
- Acting out at home or school
 - Does not follow rules
 - Argumentative
 - Trouble focusing
 - Aggressive
 - Withdrawal from others
 - Excessive crying
 - Inability to manage responsibilities
 - Use of alcohol and/or drugs
 - Obsessive or compulsive behavior
 - Inability to pay attention
 - Avoidance or phobic behavior
 - Difficulty making or sustaining friendships
 - Repetitive, self-soothing type behaviors

- Emotions**
- Depressed mood
 - Mood swings
 - Unrealistic or excessive anxiety or guilt
 - Irritability or anger
 - Lack of inhibition
 - Lack of emotion or emotional response
 - Hopelessness or helplessness
 - Oversensitivity to comments or criticism
 - Low self-esteem

- Thoughts**
- Self-criticism or blame
 - Pessimism
 - Difficulty making decisions
 - Difficulty concentrating or remembering
 - Rigid thinking
 - Racing thoughts
 - Altered sense of self
 - Delusions or hallucinations
 - Odd ideas
 - Lack of insight
 - Suspiciousness
 - Thoughts of death or suicide
 - Dissociative - detached from one's emotions, body, and or immediate surroundings

*Provider Credentialing Requirements- <https://www.doh.wa.gov/LicensesPermitsandCertificatesProfessionsNewReneworUpdateHealthcareProfessionalCredentialingRequirements>

*Provider Credential Search (includes enforcement actions) - <https://fortress.wa.gov/doh/providercredentialsearch/>

** Licensed Behavioral Health Agency Definition – <https://www.doh.wa.gov/LicensesPermitsandCertificates/FacilitiesNewReneworUpdate/BehavioralHealthAgencies>