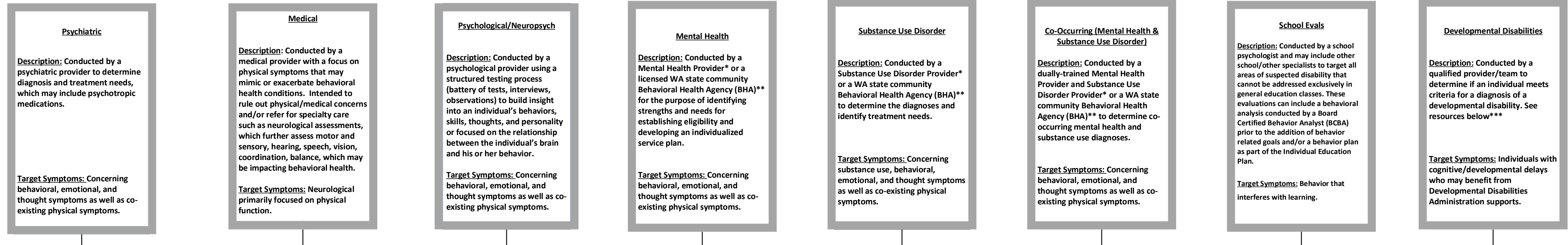


# Assessments Commonly Associated with Behavioral Health Needs



**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>