Assessments Commonly Associated with Behavioral Health Needs

Psychiatric

Description: Conducted by a psychiatric provider to determine diagnosis and treatment needs, which may include psychotropic medications.

Target Symptoms: Concerning behavioral, emotional, and thought symptoms as well as coexisting physical symptoms.

<u>Medical</u>

Description: Conducted by a medical provider with a focus on physical symptoms that may mimic or exacerbate behavioral health conditions. Intended to rule out physical/medical concerns and/or refer for specialty care such as neurological assessments, which further assess motor and sensory, hearing, speech, vision, coordination, balance, which may be impacting behavioral health.

Target Symptoms: Neurological primarily focused on physical function.

Psychological/Neuropsych

Description: Conducted by a psychological provider using a structured testing process (battery of tests, interviews, observations) to build insight into an individual's behaviors, skills, thoughts, and personality or focused on the relationship between the individual's brain and his or her behavior.

Target Symptoms: Concerning behavioral, emotional, and thought symptoms as well as coexisting physical symptoms.

Mental Health

Description: Conducted by a Mental Health Provider* or a licensed WA state community Behavioral Health Agency (BHA)** for the purpose of identifying strengths and needs for establishing eligibility and developing an individualized service plan.

Target Symptoms: Concerning behavioral, emotional, and thought symptoms as well as coexisting physical symptoms.

Substance Use Disorder

Description: Conducted by a Substance Use Disorder Provider* or a WA state community Behavioral Health Agency (BHA)** to determine the diagnoses and identify treatment needs.

Target Symptoms: Concerning substance use, behavioral, emotional, and thought symptoms as well as co-existing physical symptoms.

Co-Occurring (Mental Health & Substance Use Disorder)

Description: Conducted by a dually-trained Mental Health **Provider and Substance Use** Disorder Provider* or a WA state community Behavioral Health Agency (BHA)** to determine cooccurring mental health and substance use diagnoses.

Target Symptoms: Concerning behavioral, emotional, and thought symptoms as well as coexisting physical symptoms.

School Evals

Description: Conducted by a school psychologist and may include other school/other specialists to target all areas of suspected disability that cannot be addressed exclusively in general education classes. These evaluations can include a behavioral analysis conducted by a Board Certified Behavior Analyst (BCBA) prior to the addition of behavior related goals and/or a behavior plan as part of the Individual Education

Target Symptoms: Behavior that interferes with learning.

Developmental Disabilities

Description: Conducted by a qualified provider/team to determine if an individual meets criteria for a diagnosis of a developmental disability. See resources below***

Target Symptoms: Individuals with cognitive/developmental delays who may benefit from Developmental Disabilities Administration supports.

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/programimprovement/technical-assistance/child-find

https://www.understood.org/en/school-learning/your-childs-rights/basicsabout-childs-rights/child-find-what-it-is-and-how-it-works

Physical

- Racing heart
- Rapid breathing
- Shortness of breath
- Dizziness Headaches
- Sweating
- 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
- Irritability or anger
- Lack of inhibition
- Lack of emotion or emotional response
- Hopelessness or helplessness
- Oversensitivity to comments or
- 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