

SCREENING CHILDREN/ADOLESCENTS FOR MENTAL HEALTH CONDITION

Studies have shown that 9 percent to 21.4 percent of all children will have a behavioral developmental problem, but few children are identified as needing care, and even fewer receive the treatment they need. Identifying children—both those at risk for behavioral developmental problems and those with identifiable problems—is the first step in linking them with appropriate services.

The following screening tool is designed to alert physicians early to difficulties in functioning that may indicate current or potential psychosocial problems, so that early intervention might be provided. This 35-item screen is for children and adolescents ages 6-16. It is used only as a screening tool and not to make a formal diagnosis or measure treatment interventions. It is designed to be completed by parents and should take only 5-10 minutes to complete.

We encourage you to print it out, complete it, and discuss the results with your child's primary care physician.

Pediatric Symptom Checklist (PSC)

Emotional and physical health go together in children. Because parents are often the first to notice a problem with their child's behavior, emotions or learning, you may help your child get the best care possible by answering these questions. Please indicate which statement best describes your child.

Please mark under the heading that best describes your child:

| | | NEVER | SOMETIMES | OFTEN |
|--|----|-------|-----------|-------|
| 1. Complains of aches and pains..... | 1 | | | |
| 2. Spends more time alone..... | 2 | | | |
| 3. Tires easily, has little energy..... | 3 | | | |
| 4. Fidgety, unable to sit still..... | 4 | | | |
| 5. Has trouble with teacher..... | 5 | | | |
| 6. Less interested in school..... | 6 | | | |
| 7. Acts as if driven by a motor..... | 7 | | | |
| 8. Daydreams too much..... | 8 | | | |
| 9. Distracted easily..... | 9 | | | |
| 10. Is afraid of new situations..... | 10 | | | |
| 11. Feels sad, unhappy..... | 11 | | | |
| 12. Is irritable, angry..... | 12 | | | |
| 13. Feels hopeless..... | 13 | | | |
| 14. Has trouble concentrating..... | 14 | | | |
| 15. Less interested in friends..... | 15 | | | |
| 16. Fights with other children..... | 16 | | | |
| 17. Absent from school..... | 17 | | | |
| 18. School grades dropping..... | 18 | | | |
| 19. Is down on him or herself..... | 19 | | | |
| 20. Visits the doctor with doctor finding nothing wrong..... | 20 | | | |
| 21. Has trouble sleeping..... | 21 | | | |
| 22. Worries a lot..... | 22 | | | |
| 23. Wants to be with you more than before..... | 23 | | | |
| 24. Feels he or she is bad..... | 24 | | | |
| 25. Takes unnecessary risks..... | 25 | | | |
| 26. Gets hurt frequently..... | 26 | | | |
| 27. Seems to be having less fun..... | 27 | | | |
| 28. Acts younger than children his or her age..... | 28 | | | |
| 29. Does not listen to rules..... | 29 | | | |
| 30. Does not show feelings..... | 30 | | | |
| 31. Does not understand other people's feelings..... | 31 | | | |
| 32. Teases others..... | 32 | | | |
| 33. Blames others for his or her troubles..... | 33 | | | |
| 34. Takes things that do not belong to him or her..... | 34 | | | |
| 35. Refuses to share..... | 35 | | | |

Total score _____

Does your child have any emotional or behavioral problems for which she/he needs help? () N () Y
 Are there any services that you would like your child to receive for these problems? () N () Y

If yes, what services? _____

ADHD

It can be challenging for families when children are suspected of having, or have been diagnosed with, Attention-Deficit/Hyperactivity Disorder (ADHD). According to the National Institute of Mental Health, this disorder affects 3% -5% of school age children, and it is more common in boys than girls (NIH Publication No. 96-3572). ADHD affects attention, and can cause higher levels of activity and impulsive behavior. Children having this problem can experience many difficulties, ranging from behavior and discipline problems, to poor school performance and social problems. However, most school-age children will respond well with effective treatment.

To support families and children, HNE wants to let you know about two websites that provide a simple, convenient way for you to learn more about ADHD. Paper copy of selected information is available upon request.

The web addresses are:

- www.adhdparenting.com/english/MCOHEA0136
- www.schoolpsychiatry.org

We encourage parents to learn about ADHD and to work closely with the educational and healthcare professionals involved.