

Outpatient Mental Health Providers

Description of Outpatient Mental Health Providers

Mental Health Providers may encompass a vast array of provider types. This category may include outpatient providers utilizing some form of services in behavioral or mental health, including but not limited to: therapy, assessment and evaluation, and medication management. These services are typically provided to children and adolescents between the ages of 0 and 17.

Screeners vs. Assessment

Some of the key differences between screeners and assessments are listed below. It is important for each provider to decide if they would like to provide a brief screener that determines who will receive a more in-depth assessment, or if they would like to skip the screener and provide the more detailed assessment to all clients.

Screeners

- Widely administered
- Brief
- Easy to complete
- Gives yes or no information
- Focused on a specific topic

Assessments

- Targeted administration
- In-depth
- Requires training to administer
- Gives unique client picture
- Informs treatment
- Completed over 1-3 visits

Recommendation

Universal trauma screening, or screening all clients who enter into outpatient mental or behavioral health services for trauma, is recommended because a high number of youth involved in mental and behavioral health care have been exposed to trauma and may have experienced multiple traumas. Additionally, conducting universal trauma screening ensures appropriate treatment modality as trauma symptoms can be misinterpreted as other disorders. For youth who screen positive for trauma, a more in depth trauma assessment is recommended for those clients engaged in on-going treatment. Assessments should be administered by a mental health professional trained in providing the identified assessment tool.

Potential Trauma Screening Tools (indicates availability of tool in other languages)*

- *ACEs Survey and Resilience Questionnaire -
<https://acestoohigh.files.wordpress.com/2014/07/acesandresiliencequestionnaire.docx>
 - Can be used in conjunction with: Brief Resiliency Scale (BRS); Ohio State University (2008)

- *Pediatric Emotional Distress Scale (PEDS) - <http://www.nctsn.org/content/pediatric-emotional-distress-scale>
- *Strengths and Difficulties Questionnaire (SDQ) - <http://www.cebc4cw.org/assessment-tool/strengths-and-difficulties-questionnaire/>
- *Child Behavior Checklist (CBCL) for ages 1½-5
<http://www.aseba.org/forms/preschoolcbcl.pdf>
- *Child Behavior Checklist (CBCL) for ages 6-18 -
<http://www.aseba.org/forms/schoolagecbcl.pdf>
- *Child Posttraumatic Symptom Scale (CPSS) -
<http://www.ptsd.va.gov/professional/assessment/child/cpss.asp>
- Agency Developed screener based on the National Child Traumatic Stress Network (NCTSN) categories (For example please email TICC@austinchildguidance.org)
- Childhood Trauma Questionnaire -
<https://utexas.app.box.com/s/5eb2vol3mrp03zq82a1il7bhslijrxpi>
- Child and Adolescent Needs and Strengths (CANS) Trauma Version -
<http://www.nctsn.org/content/nctsn-cans-comprehensive-trauma-version-cans-trauma>
 - To administer the CANS you are required to pass certification by the Praed Foundation, which is accessible online from the following link: <https://canstraining.com/login>

Resources

- Standardized Measures to Assess Complex Trauma -
<http://www.nctsn.org/trauma-types/complex-trauma/standardized-measures-assess-complex-trauma>

Questions to Consider Before Implementation

- Who will complete? Parent? Child? Both?
- How will it be administered? In person? Paper? By Whom?
- How will you use the data and information collected to guide service delivery?
- Is your agency qualified to provide a full assessment? If yes, what assessment will your agency use?
- How will staff be trained to screen and assess?
- What will be the frequency of reassessing?
- How will your agency document trauma information in the case file?
- What is the cost of the screener and/or assessment tool?