PRACTICE TOOLS

Mental Health

Sources of Key Mental Health Services

Specialty Services	Sources
Psychiatric emergency services	 Local mental health screening, triage, and referral service or another intake point for public specialty system
	Mobile crisis unit, if it is available
	Child psychiatrist
	 General psychiatrist with pediatric expertise (or consultation with child psychiatrist)
	Emergency department
Medication consultation or treatment of patients with problems of high severity (MD or DO required)	Neurodevelopmental/developmental and behavioral pediatrician
	Child psychiatrist (in person or telepsychiatry)
	 General psychiatrist with child expertise (or consultation with child psychiatrist)
	Adolescent medicine specialist
	Pediatric neurologist
	Local public mental health agency
Services for young children	 Part C agency for 0–3 y, Part B agency for 3–5 y
	Early intervention specialist
	Developmental evaluation agency
	Neurodevelopmental/developmental and behavioral pediatrician
	 Licensed mental health specialist^a with expertise in caring for young children
Child protective services	Department of social services
Grief counseling	Licensed mental health specialist ^a
	Hospice agency
Substance use disorder counseling	Licensed substance use disorder counselor
	Agency specializing in substance use disorder
Psychosocial assessment	Licensed mental health specialist ^a with pediatric expertise
Educational assessment	School psychologist
	Child psychologist or another licensed psychologist
	Neurodevelopmental/developmental and behavioral pediatrician
	Educational specialist
Psychosocial treatment	 Licensed mental health specialist^a trained in the specific intervention (eg, cognitive behavioral therapy specific to the condition, trauma-focused therapy, parent management training, mind-body therapies, family therapy)
Specialized counseling programs (eg, domestic violence, family reunification, children of parents with alcohol use disorder, juvenile sex offender, divorce, stress management, smoking cessation)	 Licensed mental health specialist^a with pediatric expertise Agency specializing in that area

Sources of Key Mental Health Services



Specialty Services (continued)	Sources (continued)
Parenting education	Parent educator trained in evaluated curriculum
	Family services agency
	Licensed mental health specialist ^a
	School system's social work services (Some have parenting education programs.)
	Agricultural extension service (Some have parenting education programs.)
Care coordination/case management	Licensed mental health specialist ^a with pediatric expertise
	Local public mental health agency
	Peer support program
Peer support	Local organization of National Alliance on Mental Illness, National Federation of Families for Children's Mental Health, Family Support Network, or Children and Adults with Attention-Deficit/Hyperactivity Disorder Local public mental health agency.
	Local public mental health agency
	- Al-Anon

Abbreviations: DO, doctor of osteopathy; MD, doctor of medicine.

Adapted, with permission, from Appendix S1: sources of specialty services for children with mental health problems and their families. Pediatrics. 2010;125(suppl 3): S126-S127. http://pediatrics.aappublications.org/content/125/Supplement_3/S126. Published June 2010. Accessed December 3, 2020.

American Academy of Pediatrics DEDICATED TO THE HEALTH OF ALL CHILDREN® The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate. Original resource included as part of Addressing Mental Health Concerns in Pediatrics: A Practical Resource Toolkit for Clinicians, 2nd Edition. Inclusion in this resource does not imply an endorsement by the American Academy of Pediatrics (AAP). The AAP is not responsible for the content of the resources mentioned in this resource. Website addresses are as current as possible but may change at any time.

The American Academy of Pediatrics (AAP) does not review or endorse any modifications made to this resource

© 2021 American Academy of Pediatrics. All rights reserved.

^a The term licensed mental health specialist encompasses clinical psychologists, clinical social workers, professional counselors, and others permitted by state authority to provide the particular service.