



Sources of Key Mental Health Services

Specialty Services	Sources
Psychiatric emergency services	<ul style="list-style-type: none"> ▪ 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)	<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> ▪ Department of social services
Grief counseling	<ul style="list-style-type: none"> ▪ Licensed mental health specialist^a ▪ Hospice agency
Substance use disorder counseling	<ul style="list-style-type: none"> ▪ Licensed substance use disorder counselor ▪ Agency specializing in substance use disorder
Psychosocial assessment	<ul style="list-style-type: none"> ▪ Licensed mental health specialist^a with pediatric expertise
Educational assessment	<ul style="list-style-type: none"> ▪ School psychologist ▪ Child psychologist or another licensed psychologist ▪ Neurodevelopmental/developmental and behavioral pediatrician ▪ Educational specialist
Psychosocial treatment	<ul style="list-style-type: none"> ▪ 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)	<ul style="list-style-type: none"> ▪ Licensed mental health specialist^a with pediatric expertise ▪ Agency specializing in that area



Specialty Services (<i>continued</i>)	Sources (<i>continued</i>)
Parenting education	<ul style="list-style-type: none"> ▪ 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	<ul style="list-style-type: none"> ▪ Licensed mental health specialist^a with pediatric expertise ▪ Local public mental health agency ▪ Peer support program
Peer support	<ul style="list-style-type: none"> ▪ 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 ▪ Al-Anon

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

^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.

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.

