Assessing Emotional And Behavioral Health

At each health screening visit, children and adolescents should receive a psychological and behavioral assessment. This may include interviews with the child and parent and the use of a variety of screening tools.

The following screening tools and guidelines are available to assist practitioners in assessing the emotional and behavioral health of children and adolescents.

- **The Pediatric Symptom Checklist**: (M. Jellenek & M. Murphy) A brief screening questionnaire used by pediatricians and other health professionals to improve the recognition and treatment of psychosocial problems in children. [http://psc.partners.org/](http://psc.partners.org/)

- **Child Behavior Checklist**: (Achenbach & Edelbrock). Comprehensive approach to assessing adaptive and maladaptive behavior. [www.aseba.org](http://www.aseba.org)


- **The HEADDS Psychosocial Interview for Adolescents**: (J. Goldering & D. Rosen) Provides an outline for conducting an adolescent psychosocial interview. [http://www.contemporarypediatrics.com/contpeds/article/articleDetail.jsp?id=108002](http://www.contemporarypediatrics.com/contpeds/article/articleDetail.jsp?id=108002)

- The **CRAFFT**: (Children’s Hospital Boston) A brief alcohol and drug screening tool. [http://www.ceasar-boston.org/clinicians/craftf.php](http://www.ceasar-boston.org/clinicians/craftf.php) There is no consensus that favors the use of one particular tool. For a more comprehensive review of screening tools and treatment recommendations consult *A Guide to Substance Abuse Services for Primary Care Clinicians: Treatment Improvement Protocol (TIP)* Series.

Other sources of information about behavioral, psychosocial and risk behavior assessment include the following:

*Bright Futures in Practice: Mental Health* provides guidelines for mental health promotion for children and adolescents in the context of health supervision visits. Includes information on psychosocial development, preventing and identifying early emotional, behavioral, or substance abuse problems, providing anticipatory guidance and counseling, and making appropriate referrals. Order at: [http://www.brightfutures.org/mentalhealth/index.html](http://www.brightfutures.org/mentalhealth/index.html)


Community Resources:
If you need assistance in identifying local resources for children in need of evaluation and treatment of emotional, behavioral, and/or drug or alcohol problems, contact one of the offices listed below.

- Clara Martin Center, Bradford ............... 222-4477
- Clara Martin Ctr., Randolph ............... 728-4466
- Counseling Service of Addison Co ........ 388-6751
- HCRS of Southeastern VT, B. Falls ...... 463-3947
- HCRS of Southeastern VT, Brattleboro . 254-6028
- HCRS of Southeastern VT, Springfield .. 885-5781
- HCRS of Southeastern VT, WRJ ......... 295-3031
- Howard Ctr for Human Services ......... 658-0400
- Lamoille Co. Mental Health .............. 888-5026
- NEK Mental Health, Newport .......... 334-6744
- NEK Mental Health, St. Johnsbury .... 748-3181
- Northeastern Family Institute ......... 658-0040
- Northwest Counseling&Support Svs .. 524-6554
- Rutland Mental Health Services ........ 775-2381
- United Counseling Services .......... 442-5491
- Washington Co. Mental Health ....... 479-4083

Children’s Upstream Preventive Services (CUPS) is a statewide initiative that provides outreach, information, training, consultation, and intervention for families with children from birth to six with emotional and behavioral health needs. CUPS services may be accessed through the local mental health agencies listed above.