

Outpatient Mental Health Evaluation

Who provides a mental health evaluation?

A mental health evaluation can be provided by a wide range of trained clinical providers. Evaluations are provided by licensed clinical psychologists, licensed psychiatrists, psychiatry or psychology residents in advanced training, licensed psychiatric nurse practitioners, licensed mental health counselors, and licensed social workers. We schedule patients with the type of provider who we think is best able to provide the evaluation that is being requested.

What is involved in a mental health evaluation?

A typical mental health evaluation will involve:

- Face-to-face visits with a child/adolescent and parents/caregivers for 2 to 4 sessions.
- Completion and review of behavior checklists from parents/caregivers, teachers, and youth ages 11 to 21.
- Review of relevant records from school, the primary medical care provider, and previous mental health providers.
- A face-to-face feedback visit explaining the results of the evaluation, information about any diagnosed mental health conditions, and recommendations for services, if needed.
- Involvement of a patient's current team of providers from local medical, mental health and educational systems in the feedback session if possible, or through authorized release of records.

Will my child be prescribed medications during the mental health evaluation?

Medications are typically not prescribed for patients who are receiving only an evaluation or a "second opinion" consultation. If our evaluation or consultation indicates the need for psychiatric medication, options for medication services will be discussed with the family.

What can I do to prepare for my child's mental health evaluation?

- Write down your list of concerns to share at the first visit, including any questions you would like answered by the evaluation.
- Complete and return all paperwork promptly.
- Mail or bring copies of school records, medical records, and past mental health services prior to your intake visit.
- Ensure that your child's parent or legal guardian accompanies them to all visits.

TO LEARN MORE

Children's Hospital
(206) 987-2000 (Voice)
(206) 987-2280 (TTY)
(866) 987-2000 (Toll-free for business use only)

Children's offers interpreter services for deaf, hard-of-hearing, or non-English-speaking families free of charge. To request these services, ask your child's nurse or health-care provider, or call (206) 987-5010 (Voice) or (206) 987-2280 (TTY). Please provide as much advance notice as possible.

Children's will make this information available in alternate formats upon request. Please call the Family Resource Center at (206) 987-2201.

Children's provides health care for the special needs of children, regardless of race, sex, creed, ethnicity or disability. Financial assistance for medically necessary services is based on family income and hospital resources, and is provided to children under age 21 whose primary residence is in Washington, Alaska, Montana or Idaho.