Some young children (ages 0 to 5 years) and their families can benefit tremendously from mental health services. However, not all providers are trained in the most effective treatments for young children and their families. This tool may be helpful if you are looking for the right mental health services for your family.

Questions to ask your prospective Mental Health Provider

What is your Education and Training?

☐ **PhD/PsyD** Psychologist-therapy, psychological testing

☐ **LCSW** Clinical Social Worker-therapy, consultation

☐ **LMSW** Social Worker- therapy, consultation

☐ **LPC/LPE** Licensed Professional Counselor- therapy, consultation

☐ **LMFT** Licensed Marital and family Therapist- therapy

☐ **LAC** Licensed Counselor-- therapy, consultation

What age of children do you primarily work with? Or, what age of children do you prefer to work with?

☐ **0 to 3 years**   ☐ **3 to 6 years**   ☐ **6 to 12 years**   ☐ **13 to 18 years**

What Evidence-based Treatments (EBTs) do you provide for children ages 0 to 5 years of age?

☐ **Child Parent Psychotherapy (CPP)**

☐ **Parent Training, particularly for children diagnosed with Oppositonal Defiant Disorder (ODD) and Attention Deficit/Hyperactivity Disorder (AD/HD)**

☐ **Parent Child Interaction Therapy (PCIT)**

☐ **Family Therapies that build communication, interaction and behavior modification skills for children with Autism Spectrum Disorders (ASDs)**

☐ **Trauma Focused Cognitive Behavioral Therapy (TFCBT)**

☐ **Psychopharmacology provided by a child psychiatrist is preferred**

If you are not recommending an EBT, what treatment are you recommending and why?

Recommendation (The How):
_____

Rationale (The Why):
_____

How will our family be involved in treatment with you?

_____

What changes can we expect to see and how long will it take before we see them?

_____

How will we measure and monitor progress? How will we know when our treatment goals are met?

_____

How will the recommended treatment support my child's, and our family's, strengths and capacity?

_____

Adapted from the NAMI A family Guide to Choosing the Right Treatment