

## PSYCHOLOGICAL SUPPORT SERVICES

**“One of the fun things about my job is when I can help parents feel supported and energized to try new approaches with their child. Just as often, I feel good about helping parents to feel good about themselves.” -  
Psychologist**



Early intervention psychologists provide psychological support services when a parent, therapist, or care coordinator has concerns about a child’s behavior or socio-emotional development. Psychological services support & educate families to develop coping techniques & enhance their ability to support their child’s development.

Services involve either a consultation or an evaluation. Both include observations of the child & in-depth interviews with caregivers (e.g. parents, teachers, therapists). A consultation is provided when families and/or therapists have questions about whether certain behaviors or skills are age-appropriate (e.g. ability to get along with others, tantrums); how to resolve typical early childhood concerns, such as picky eating or bedtime refusal; or situational issues, such as reactions to divorce or loss. The consultation report provides a brief history of the child, a detailed exploration of the reason for referral, observations of the child, & the results of standardized screening tools if needed (e.g. Child Behavior Checklist for Ages 2-3). Detailed recommendations are offered with consideration for the child’s & family’s strengths & needs.

A psychological evaluation is provided when a diagnosis is desired. For example, more complex problems (e.g. poor social engagement or unusual behaviors) may be precursors to later problems or red flags indicating current mental health concerns such as autism spectrum or attachment disorders. The evaluation report includes a detailed history of the child & reason for referral; observations of the child; the results of appropriate screening and/or evaluation tools (e.g. the Vineland Adaptive Behavior Scales, the Bayley Scales of Infant Development); & when applicable, a diagnosis. Again, detailed recommendations are presented, which consider the strengths & needs of the child & family.

If ongoing psychological or behavioral intervention is indicated, the early intervention psychologist will refer the child & family to an appropriate therapist. The early intervention psychologist may provide support and education to the family and other early intervention staff regarding the child’s behavior and/or diagnosis. Ongoing consultation and/or support is available as needed.