



# Project LAUNCH

Linking Actions for Unmet Needs In Children's Health



## Children's Mental Health

Children's mental health is impacted from infancy and is affected by the care and love of the primary caregivers. Early relationships provide the foundation for healthy social-emotional development and mental health. Healthy social and emotional development is essential for success in school and life.

### Child Trends'- Five Things to Remember:

- 1- Infants experience and perceive a range of emotions.
- 2- Early positive interactions promote emotional wellness throughout the lifespan.
- 3- Having appropriate expectations of young children's development is important.
- 4- Consider parents' and caregivers' emotional well-being.
- 5- Young children are resilient and, if properly supported, can overcome potentially traumatic events.

5 Things to Know about Mental Wellness in Early Childhood. *Child Trends*. 2015. Available at: <http://www.childtrends.org/5-things-to-know-about-mental-wellness-in-early-childhood/>.

## Caregiver Depression

Caregiver mental health is vitally important to the physical and developmental health of the child. Promoting universal screening and referrals to appropriate resources helps ensure the wellbeing of the caregiver and child. The role of the provider is to acknowledge the importance of the mental and physical health of the caregiver and provide guidance with a warm handoff to the next step, if necessary.

### What can providers do to help?

#### Questions to Consider Asking Parents:

- ◆ How are you enjoying your baby?
- ◆ How are you feeling about being a new mother or father?
- ◆ Are you getting enough rest?
- ◆ How are things going in your family?
- ◆ How is your appetite?
- ◆ During the past month, have you often been bothered by feeling down, depressed or hopeless?

Maternal depression and child development. *Pediatrics & Child Health*. 2004;9(8):575-583.

#### Encourage Caregivers to:

- ◆ Take care of themselves.
- ◆ Seek support from family and friends.
- ◆ Join a support group.
- ◆ Keep active.
- ◆ Eat a healthy diet.
- ◆ Talk to a counselor or healthcare provider.

## Ages and Stages Questionnaire As Common Language

Promoting the use of the ASQ is important to ensure a common language between caregivers and providers. Knowledge of this tool should be understood universally so that parents immediately know how it has or should be applied in their child's life. The ASQ is a foundational element in keeping track of a child's development through the first five years of life.

For more information about the Ages and Stages Questionnaire please go to: <http://agesandstages.com/about-asq/faqs/>

*"Clifford and her colleagues recommend that all children are screened using both ASQ-3 and ASQ:SE-2. Doing so provides a more complete view of the child's development, which can help providers and families identify concerns earlier and make informed decisions about referrals and support."*

<http://agesandstages.com/free-resources/articles/using-asq-3-and-asqse-2-together/>

### **What is ASQ-3?**

ASQ-3 is a low-cost, reliable tool for screening infants and young children for developmental delays during the crucial first 5 years of life.

### **How long does it take to administer ASQ-3?**

Questionnaires take 10–15 minutes for parents or caregivers to complete. Scoring takes about 2–3 minutes and can be conducted by professionals, paraprofessionals, or program staff.

### **What developmental areas does ASQ-3 address?**

ASQ-3 addresses five developmental areas: communication, gross motor, fine motor, problem solving, and personal-social.

### **My organization would like to implement ASQ-3. Do we need training to use it correctly?**

Not necessarily. After a thorough reading of the ASQ-3 User's Guide and several weeks of practice, an experienced early childhood professional should be able to implement the ASQ-3 effectively.

### **How does ASQ-3 involve parents?**

ASQ-3 relies on parents to observe their child and to complete the simple questionnaires about their child's abilities. Having parents complete the developmental questionnaires is not only cost effective, but also enhances the accuracy of screening.

### **I work in a physician's office and we would like to charge our patients' insurance companies for administering ASQ-3. Are we allowed to do that?**

Yes, you may charge insurance. Reimbursement of usual and customary charges for developmental screening, when performed with other evaluation and management services, is permitted.

### **What is ASQ:SE-2?**

ASQ:SE-2 is a low-cost, reliable tool for screening infants and young children for social-emotional delays during the crucial first 5 years of life.

### **How long does it take to administer ASQ:SE-2?**

Questionnaires take 10–15 minutes for parents or caregivers to complete. Scoring takes about 2–3 minutes and can be conducted by professionals, paraprofessionals, or program staff.

### **What social-emotional areas does ASQ:SE-2 address?**

ASQ:SE-2 addresses seven social-emotional areas: self-regulation, compliance, communication, adaptive behaviors, autonomy, affect, and interaction with people

### **Who completes ASQ:SE-2 questionnaires?**

Parents or caregivers complete ASQ:SE-2 questionnaires independently, or, if necessary, with the assistance of a staff member. Caregivers and teachers who spend 15-20 hours per week with a child may also complete ASQ:SE-2 questionnaires.

### **In what setting can ASQ:SE-2 questionnaires be completed?**

The questionnaires can be completed online or on paper at home; during home visits by nurses, social workers, or program staff; in waiting areas; or in educational centers. ASQ:SE-2 can be adapted to a variety of settings, including primary care clinics, child care settings, and teen parenting programs.

The Ages and Stages Questionnaire is developed by the Brookes Publishing Company. For additional information about their products please go to: <http://www.brookespublishing.com/>