

Behavioral Health Services for Youth

Behavioral health includes the connection among our behaviors, emotions, and overall health. It includes your child's developmental milestones, emotional adjustment, behavioral control, and coping.

Your child's behavioral health and mental health are important parts of your child's health care!

About 1 in 5 children experience some type of behavioral health concern that significantly affects their ability to learn in school, get along with peers, or successfully handle strong emotions, among other things. Child behavioral health difficulties can cause increased stress in parents and families.

Unfortunately, only about 50% of children who need intervention for behavioral health difficulties receive them and few "grow out" of these problems. The good news is that many behavioral health concerns can be addressed with the help of a behavioral health specialist.

A behavioral health specialist can help your child cope with stressors, their emotional well-being, and their behaviors. They can also provide interventions to help make typical developmental milestones go more smoothly, such as toilet training, learning to separate from parents, and learning to comply with parental commands or deal with frustration.

A behavioral health specialist can also help assess whether your child's development is on track and provide recommendations to address any concerns identified.

Here is a list of some of the common concerns parents may have when seeing a behavioral health specialist:

- Anxiety
- Adjustment to recent stressor
- Coping with bullying
- Coping with a change in the family or a medical diagnosis
- Mood concerns
- Sleep difficulties
- Toileting
- Disruptive behaviors
- Noncompliance
- Child developmental milestones
- And many more!

Behavioral interventions are skills-based and oriented toward teaching the individual and/or their family specific skills to address the family's goals. Treatment is typically relatively brief and ends once the family's goals have been met.

Addressing a child's behavioral health needs early on can also prevent or drastically improve mental health concerns that may arise later on in a child's development!