

# Behavioral and Developmental Sciences

## Scope of Services

March 2022

### Psychology Service

The psychologists at Texas Children's provide neuropsychological assessment, diagnostic assessment, and short-term, evidence-based interventions for patients with co-occurring medical conditions and those requiring specialty care for specific anxiety or disruptive behavior disorders.

#### Assessments

- Difficulty adjusting to medical diagnosis, coping, procedural difficulty, suboptimal adherence to medical regimen
- OCD and a subset of Anxiety Disorders (Social Phobia, Separation Anxiety, Selective Mutism, Health Anxiety, Specific Phobia, Panic Disorder)
- ADHD (< 6 years old)
- Preschool behavioral problems (≤ 6 years old)
- Trauma related to unintentional or accidental injury
- Neuropsychological evaluations-Assesses normal and abnormal central nervous system function associated with brain injury or disease (Brain tumors, Seizures, Diabetes, Traumatic brain injuries, etc.)
- Psychoeducational evaluations (self pay)

#### Interventions

*All patients receive an initial assessment for diagnostic purposes and to determine fit for intervention programs.*

- Therapy
  - Pediatric Health Psychology Program
    - Inpatient and outpatient
    - Patients treated for chronic/life threatening illness within our medical system
  - OCD and Anxiety Disorders Program (OC/ADP)
    - Evidence based treatment (typically CBT with family component)
  - Brief Behavioral Intervention (BBI)
    - Evidence based treatment program for preschool disruptive behavior and/or ADHD (typically focused on caregiver-child dyads)
  - Inpatients with Autism and behavior getting in the way of care

*-Limited services available at Primary Care locations*

### Psychiatry Service

Psychiatry services at TCH provides families with a comprehensive assessment and ongoing evidenced based care for youth with mental health disorders including Major Depression, Anxiety Disorders, Bipolar and related Mood Disorders, Psychosis, treatment-resistant ADHD, Autism and complex behavioral disorders.

#### Assessments

- Age range= 5-16
- Complicated ADHD (failed two trials of care)
- Autism
- Anxiety disorders
- Bipolar disorders
- Depressive disorders
- Disruptive behavior disorders (e.g.- ODD)
- Patients with chronic suicidal or self-injurious behaviors
- Psychotic disorders
- Health conditions with co-morbid psychiatric disorders

#### Interventions

- Ongoing psychiatric management when indicated
- Community service coordination
- Family education and advocacy
- Transition support

### Developmental Pediatrics and Autism

Developmental Pediatrics and Autism provides diagnostic and treatment planning consultations for children spanning the full spectrum of neurodevelopmental-behavioral pediatrics – from intellectual disabilities, autism spectrum disorder, and cerebral palsy, to learning disorders, ADHD, and motor incoordination and their associated behavioral problems – including consultations for those at risk due to prematurity and other neonatal complications, congenital heart disease, birth defects, or genetic syndromes.

#### Assessments

- Age range= 0 -12 years for general Developmental Pediatrics and Autism
- Age range= 0-18 for specialty clinics - Down Syndrome, Spina Bifida, CDOP, Fragile X
- Developmental delays/problems
  - Including speech/language/social communication, gross/fine motor, and cognitive/adaptive delays
- Autism spectrum disorder
- School-aged children with learning and/or attention problems
- High risk for developmental delays/learning problems
  - Prematurity
  - Congenital anomalies/genetic syndromes (congenital heart disease, spina bifida, cerebral palsy, Down syndrome, Fragile X syndrome)

#### Interventions

*For patients evaluated through the Meyer Center for Developmental Pediatrics and Autism:*

- Provision of community resource information
- Family education and supportive services
- Parent Management Training (<6 years old with autism)
- Parent Management Training for children with developmental disabilities

**\*\*Educational programming is open to all families, including those from the community and followed in other services. See clinic newsletter for program details.**

#### Exclusion Criterion for all service lines:

- Acutely psychotic, manic, or suicidal/self-injurious patients needing inpatient level of care
- Aggressive behaviors related to Autism or intellectual disability
- Behavioral therapy/support for intellectual disability
- Conduct disorder
- Established developmental or behavioral diagnosis seeking primary care, medication management, and/or ongoing developmental monitoring
- Established developmental or behavioral diagnosis seeking intervention services such as behavioral therapy, ABA, etc.
- Family/divorce adjustments
- Forensic evaluations (court ordered, parental custody evaluations)
- Psychiatric emergencies (including acute suicidal/homicidal ideation)
- Substance-Related Disorders
- Therapy for maltreatment