

# A CARE Network Behavioral Health Intake

## What is the CARE Network?

Licensed medical and behavioral health professionals in your community who are specially trained to do evaluations and assessments when there is concern about physical abuse or neglect for a child under 6 years old or for sexual abuse of a child under 13 years old.

## What to expect at a behavioral health intake?

- A visit to a CARE Network provider is very similar to a routine mental health intake appointment.
- The provider will ask you to read and sign a form that explains the process.
- The provider will decide whether the child will need to be present for the whole visit.
- The provider will take a history of your child. This includes asking information about your child's physical health, emotional health, as well as detailed information about your family.
- You may be asked to fill out a form with more questions about your child, your family and your child's behaviors.
- The provider will discuss these steps before proceeding.

## What does a CARE Network Behavioral Health intake include?

- The provider will document information collected from the visit into their own electronic health record.
- If previously unreported concerns of abuse or neglect emerge, a referral to police or social services will be made to protect the child.

## How can I prepare my child?

- Be honest- use simple language about why the child is being connected to behavioral health services ("You are going to see a person whose job is to talk to kids. Their job is to help you be safe and manage your big feelings.")
- Listen to your child – respond to questions in a way that provides support and minimizes fear.
- Praise your child – choose something your child did well during the visit and praise the child for this. Focus on good behaviors ("I like the way you told the therapist what you needed.")
- Stay calm – your child will respond to your reactions. If you are calm, your child will be more likely to stay calm. Help your child express feelings and fears.
- After the visit allow your child the opportunity to say something about the visit or ask questions.

## Who can refer a child for a CARE Network Behavioral Health intake?

- County social services
- Law enforcement
- Child Advocacy Centers
- Other medical providers/community agencies
- Parent/Custodian
- Community Organizations
- Other behavioral health providers