Shifting Focus PLLC
Child & Adolescent Behavioral Health

Behavioral Health Child/Adolescent Intake Form

Child Name (First, MI, Last)		Age	Date of Birth
School		Grade	Today's Date
Primary M.D.	Social Worker		County
Who Referred You?			

What are the current concerns? List in order of importance.

1._____

_____

2._____

_____

3._____

_____

Mental Health Treatment History	Place(s) and Date(s)
☐ Psychiatric Consultation	
☐ Outpatient Therapy/Counseling	
☐ Inpatient Hospitalization	
☐ Partial Hospitalization (Hospital-Based)	
☐ Day Treatment (Alternative School or School-Based)	
☐ Chemical Dependency Treatment	
☐ In-home Family Therapy	
☐ Psychological testing (IEP, IQ, achievement, etc.)	

Are there other ways that your family has attempted to deal with the concerns?

1.
2.
3.

SYMPTOM CHECKLIST: Read each item below and decide how much you think your child/adolescent has been showing the problem during the past month. **(0 = Not at all 1 = Rarely 2 = Sometimes 3 = Often)**	
NEURODEVELOPMENTAL SYMPTOMS	
	Fails to give close attention to details or makes careless mistakes in schoolwork, work, or activities
	Does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace
	Has a difficult time organizing tasks and activities (e.g. managing sequential tasks, organizing materials, etc.)
	Loses things necessary for tasks or activities
	Is distracted by extraneous stimuli (for adolescents and adults this may include unrelated thoughts)
	Is forgetful in daily activities (e.g., doing chores, running errands, keeping appointments, etc.)
	Runs about or climbs in situations where it is inappropriate (or feelings of restlessness in adolescents/adults)
	Is "on the go", acting as if "driven by a motor" (e.g. unable to sit still for extended periods of time)
	Talks excessively
	Blurts out an answer before a question has been completed
	Speech or language problems
	Has difficulty in reading (word reading accuracy, reading rate or fluency, reading comprehension)
	Has difficulty in mathematics (number sense, memorization of math facts, accuracy or fluency, reasoning)
	Has difficulty in written expression (spelling, grammar/punctuation, clarity or organization)
	Vocal/motor tics (e.g., repetitive eye blinking, throat clearing, facial movements, noises, etc.)
	Has difficulty with social communication and social interaction across multiple contexts/settings. **IF YES, CHECK THOSE BELOW THAT APPLY.**
	☐ Deficits in social-emotional interactions (e.g. approaching others abnormally, failing to converse back and forth, doesn't share interests or feelings, fails to initiate or respond to social interactions, etc.)
	☐ Deficits in nonverbal communication (e.g. abnormal eye contact or body language, lack of facial expression, trouble
	☐ Trouble developing or keeping friendships at a level expected for developmental age
	Restricted, repetitive patterns of behavior, interest, use of objects or speech. **IF YES, CHECK THOSE BELOW THAT APPLY.**
	☐ Repetitive patterns of behavior, interests, use of objects, or speech.
	☐ Repetitive or unusual motor movements, use of objects or speech
	☐ Insistence on things being the same, inflexible routines or patterns of verbal/nonverbal behavior
	☐ Highly restricted interests that are abnormal in intensity or focus
	☐ Under or over-reactivity to sensory input or unusual interest in sensory aspects of the environment (e.g. indifference to pain/temperature, over response to textures, smells, light, movement, sounds, or tastes)

DISRUPTIVE BEHAVIOR SYMPTOMS	
	Loses temper
	Deliberately annoys others
	Blames others for own mistakes or misbehavior
	Physical aggression
	Used a weapon that can cause serious physical harm to others
	Physically cruel to people or animals
	Stealing
	Forced someone into sexual activity
	Deliberately engaged in fire setting with the intention of causing damage
	Broke into someone's house, building, or car
	Lies in order to obtain favors or to avoid obligations

MOOD SYMPTOMS	
	The mood in between temper outbursts is persistently irritable or angry
	Depressed or irritable mood
	Less interest or pleasure in all or almost all activities
	Significant weight loss when not dieting or weight gain (greater than 5% of body weight in a month)
	Difficulty sleeping or oversleeping
	Increased movement and agitation or decreased movement and slowing down
	Fatigue or loss of energy
	Feelings of worthlessness or excessive and inappropriate guilt
	Difficulty thinking or concentrating, or indecisiveness
	Thoughts of death, or suicidal thoughts (with or without a specific plan), or suicide attempt(s)
	Has had a *distinct* period of abnormally and persistently elevated (happy, excited) or irritable mood *and* abnormally and persistently increased goal-directed activity or energy. **IF YES, CHECK THOSE BELOW THAT APPLY.**
	☐ At least 4 days of noticeably increased talkativeness or pressure to keep talking
	☐ At least 4 days of noticeably increased racing thoughts or flight of ideas
	☐ At least 4 days of noticeably increased distractibility
	☐ At least 4 days of noticeably increased goal-directed activity or motor agitation (purposeless activity)
	☐ At least 4 days of noticeably excessive involvement in high risk activities
ANXIETY SYMPTOMS	
	Fear and anxiety concerning separation from home or major attachment figures
	Failure to speak in certain social situations (e.g., school or with unfamiliar adults) but speaking ok at home
	Marked fear/anxiety about a specific object or situation (e.g., heights, animals, the dark)
	Marked fear/anxiety about social situations involving being observed by others (e.g., performing, conversing)
	Panic attacks (sudden onset of intense fear or physical discomfort that reaches a peak within minutes)
	Anxiety and worry about a number of events or activities, occurring more days than not
OBSESSIVE-COMPULSIVE SYMPTOMS	
	Recurrent and persistent thoughts, urges, or images that cause marked anxiety or distress
	Repetitive behaviors (e.g., hand washing, checking) or mental acts (e.g., praying, counting) that the individual feels driven to
	Preoccupation with perceived defects or flaws in physical appearance that are not observable to others
	Difficulty discarding or parting with possessions, regardless of their value (i.e., hoarding)
	Hair pulling
	Skin picking
TRAUMA- AND STRESSOR- RELATED SYMPTOMS	
	Has experienced a pattern of extreme, insufficient care (e.g., neglect, deprivation, changes in caregivers, etc.) **IF YES, CHECK THOSE THAT APPLY**
	☐ Rarely or minimally seeks or responds to comfort from caregivers when upset or distressed
	☐ Minimal social and emotional responsiveness to others
	☐ Limited positive emotions
	☐ Episodes of unexplained irritability, sadness or fearfulness during interactions with adult caregivers
	☐ Reduced caution in approaching and interacting with unfamiliar adults
	☐ A pattern of actively approaching and interacting with unfamiliar adults (e.g., a willingness to go off with unfamiliar adults
	Has had exposure to actual or threatened death, serious injury, or sexual violence **IF YES, CHECK THOSE THAT APPLY**
	☐ Recurrent, distressing memories or dreams of the traumatic event
	☐ Re-enactment of the traumatic event in repetitive play activities
	☐ Intense, physical or emotional distress when exposed to reminders of the traumatic event

	☐ Flashbacks of the traumatic event (i.e., feeling or acting as if the traumatic events were recurring)
	☐ Persistent avoidance of memories, thoughts, feelings, places or objects associated with the traumatic event
	☐ Negative changes in thoughts or mood beginning or worsening after the traumatic event (e.g., guilt, shame, loss of interest, feeling detached, self-blame, etc.)
	☐ Marked changes in arousal or reactivity, beginning or worsening after the traumatic event (e.g. angry outbursts, hypervigilance, problems sleeping, reckless/destructive behavior, etc.)
DISTORTED THINKING OR PERCEPTION SYMPTOMS	
	Delusions (i.e., persistent odd or false beliefs)
	Hallucinations (i.e., hearing or seeing things that are not really there)
	Episodes of binge eating
	Inappropriate behaviors used to prevent weight gain (e.g., self-induced vomiting, misuse of laxatives or diuretics, fasting, excessive exercise, etc.)
	Restriction of food intake leading to significantly low body weight (i.e., less than minimally expected)
	Fear of gaining weight or becoming fat
	Disturbance in the way in which one's body weight or shape is experienced
GENDER DYSPHORIA SYMPTOMS	
	Incongruence between one's experienced/expressed gender and actual gender, of at least 6 months duration
MISCELLANEOUS SYMPTOMS	
	Are there other symptoms or concerns that you have about this child/adolescent?
Risk Indicators (Check all that apply)	
	Wish to be Dead: has had thoughts about a wish to be dead or not live anymore, or a wish to fall asleep and not wake up.
	Suicidal Thoughts: has had non-specific thoughts of wanting to end life/die by suicide.
	Suicide Behavior: has had an actual suicide attempt, an interrupted attempt, or other preparatory acts to kills self
	Self-injurious behavior ***without*** suicidal intent
	Method for suicide available (gun, pills, etc.)
	☐ No firearms in the home ☐ Firearms are easily accessed ☐ Use of safe firearm and ammunition storage practices
	Family history of suicide (lifetime)
	Recent loss(es) or other significant negative event(s) (legal, financial, relationship, etc.)
	Arrests/Pending incarceration
	Current or pending isolation or feeling alone
	Hopelessness
	Command hallucinations to hurt self
	Highly impulsive behavior
	Drug or alcohol abuse/dependence
	Perceived burden on family or others
	Chronic physical pain or other acute medical problem
	Homicidal thoughts/preoccupation with violence
	Aggressive behavior toward others
	Sexual abuse (lifetime)
	Unhealthy peer group
	Inappropriate sexual activity

Current Living Situation			
Parent's name:	Age:	☐Biological ☐Adoptive ☐ Step	
Address:	City:		State:
Lives with the child/adolescent? ☐Yes ☐No	If not, where does he/she live?		
Employed outside of the home? ☐Yes ☐No	Occupation:		Hours/wk:
Parent's name:	Age:	☐Biological ☐Adoptive ☐ Step	
Address:	City:		State:
Lives with the child/adolescent? ☐Yes ☐No	If not, where does he/she live?		
Employed outside of the home? ☐Yes ☐No	Occupation:		
Parents' marital status: ☐ never married. ☐married for _____ years. ☐separated. ☐divorced.			
If parents are divorced, describe physical and legal custody?			
Other parent(s) or caregiver(s) names (*if different from above*):			
Relationship to patient:			
Relationship to patient:			
Is the caregiver employed outside the home? ☐Yes ☐No	Occupation:		
Legal guardian of patient, if other than biological parent(s):			
List all people this child/adolescent is presently living with:			

Name	**Age**	**Relation**

List any immediate family members who do not live with this child/adolescent and any deceased family members:

Name	**Living**	**Age**	**Relation**
	Y/N		
	Y/N		
	Y/N		
	Y/N		
	Y/N		
	Y/N		

Developmental History

Prenatal and Delivery History

How was the mother's overall health during pregnancy with this patient?: ☐good ☐fair ☐poor ☐don't know

Did the mother experience any medical problems or complications during pregnancy? ☐Yes ☐No
If yes, please specify:

How old **were** the parents when this patient was born? Mother _____ Father _____

What substances, if any, did the mother use during the course of the pregnancy (including before learning that she was pregnant)?

☐Alcohol: Describe amount and frequency. _____

☐Tobacco: Describe amount and frequency. _____

☐Street Drugs: Describe what drugs, amount and frequency. _____
_____

☐Prescription Drugs: Describe what drugs, amount and frequency. _____
_____

Was this child/adolescent born: ☐less than 30 weeks gestation ☐30-35 weeks ☐36-40 weeks ☐over 40 weeks

Was delivery: ☐Normal ☐Breech ☐Caesarian ☐Forceps/vacuum assisted ☐Induced

What was the child/adolescent's birth weight? _____

Were there indications of fetal distress during labor/birth? ☐Yes ☐No

Were there any health complications following birth? ☐Yes ☐No
If yes, please specify
_____

Postnatal Period and Infancy

Were there any infancy feeding problems? ☐Yes ☐No
If yes, please specify _____

Was this child/adolescent colicky as an infant? ☐Yes ☐No
If yes, please specify _____

Were there infancy sleep pattern difficulties? ☐Yes ☐No
If yes, please specify _____

Were there problems with responsiveness/alertness during infancy? ☐Yes ☐No
If yes, please specify _____

How easy was this child/adolescent as a baby?
☐Very easy ☐Easy ☐Average ☐Difficult ☐Very Difficult

Were there any concerns about this child/adolescent's attachment to the primary caregiver(s)? ☐Yes ☐No
If Yes, please specify _____

Toddler Period

As an infant/toddler, how did this child/adolescent behave with other people?

☐More sociable than average ☐Average sociability ☐Actively avoided socializing ☐More shy than average

As an infant/toddler, how insistent was this child/adolescent when he or she wanted something ?

☐Very insistent ☐Somewhat insistent ☐Average ☐Passive

As an infant/toddler, how active was this child/adolescent?

☐Very active ☐Active ☐Average ☐Less active ☐Very inactive

How would you describe this child's play as an infant/toddler? (Check all that apply)

☐Loud ☐Interested in playing with others ☐Imaginative / Make believe

☐Quiet ☐Played alone ☐Repetitive ☐Rigid, concrete

Developmental Milestones

Have you or anyone else ever had concerns about this child/adolescent's development? ☐Yes ☐No

If yes, please specify _____

At what age (in months) did this child/adolescent:

Sit up? _____ Crawl? _____ Walk? _____

At what age (in months) did this child/adolescent speak single words (other than "Mama" or "Dada")? _____

At what age (in months) did this child/adolescent begin stringing two or more words together? _____

At what age (in months) was this child toilet trained? For bladder _____ For bowel _____

Medical History

How would you describe your child/adolescent's health?

☐Very Good ☐Good ☐Fair ☐Poor ☐Very Poor

How is his/her hearing? ☐Good ☐Fair ☐Poor Fine motor coordination? ☐Good ☐Fair ☐Poor

Vision? ☐Good ☐Fair ☐Poor Gross motor coordination? ☐Good ☐Fair ☐Poor

Speech and language? ☐Good ☐Fair ☐Poor

Has this child/adolescent ever had chronic health problems (e.g., asthma, diabetes, allergies, heart condition)? ☐Yes ☐No

If yes, please specify _____

Which of the following illnesses has this child/adolescent had? Check all that apply:

☐Chronic diarrhea ☐Stomach aches ☐High fevers ☐Chronic pain ☐Chronic ear infections

☐Constipation ☐Allergies ☐Encephalitis ☐Chronic headaches ☐Lead poisoning

☐Asthma ☐Croup ☐RSV ☐Chicken pox ☐Urinary tract infections

☐Pneumonia ☐Seizures ☐Meningitis ☐Other _____

Has this child/adolescent had any medical problems aside from the usual childhood illnesses? ☐Yes ☐No

If yes, please specify _____

Has this child/adolescent ever been hospitalized? ☐Yes ☐No
If yes, please specify the reason, date, outcome and name of hospital. _____
_____
_____

Has this child/adolescent ever had any emergency room visits for emotional or behavioral problems? ☐Yes ☐No
If yes, please specify the reason, date, outcome and name of hospital. _____
_____
_____

Has this child/adolescent ever received medication for emotional, physical, learning or behavioral problems? ☐Yes ☐No
If yes, please specify:

Medication #1: _____
Reason prescribed? _____
Daily Dose: _____
Who Prescribed This?: _____
How long was this taken?: _____
Was this helpful? _____
Side effects: _____

Medication #2: _____
Reason prescribed? _____
Daily Dose: _____
Who Prescribed This? _____
How long was this taken? _____
Was this helpful? _____
Side effects: _____

Medication #3: _____
Reason prescribed? _____
Daily Dose: _____
Who Prescribed This? _____
How long was this taken? _____
Was this helpful? _____
Side effects: _____

Medication #4: _____
Reason prescribed? _____
Daily Dose: _____
Who Prescribed This? _____
How long was this taken? _____
Was this helpful? _____
Side effects: _____

Medication #5: _____
Reason prescribed? _____
Daily Dose: _____
Who Prescribed This? _____
How long was this taken? _____
Was this helpful? _____
Side effects: _____

Medication #6: _____
Reason prescribed? _____
Daily Dose: _____
Who Prescribed This? _____
How long was this taken? _____
Was this helpful? _____
Side effects: _____

Has this child/adolescent had any accidents resulting in the following? (Check all that apply)

☐Sutures ☐Broken bones ☐Severe lacerations ☐Head injury
☐Severe bruises ☐Loss of teeth ☐Loss of consciousness ☐Eye injury

Please explain the injury: _____

Does this child/adolescent have any bladder control problems?: ☐No ☐Yes
If yes, are these … ☐During the day? ☐During the night?

Does this child/adolescent have any bowel control problems?: ☐No ☐Yes
If yes, are these … ☐During the day? ☐During the night?

This child/adolescent's usual bedtime is at: _____ when in school. _____ when on vacation.

Describe this child/adolescent's sleep patterns or habits:

☐Sleeps all night without disturbance ☐Has trouble falling asleep ☐TV in bedroom ☐Early morning awakening

☐Awakens during night/restless sleeper ☐ Screen time up to bedtime ☐Severe snoring ☐Sleeps outside bedroom

☐ Gets out of bed in middle of the night ☐ Sleeps with parent(s)

Describe this child/adolescent's eating habits:

☐Overeats ☐Average ☐Under eats ☐Binge eating ☐Intentionally restricts intake

Family Mental Health History

Check all that apply to biological family	Mother	Maternal family	Father	Paternal family	Siblings
Heart Problems					
Thyroid Problems					
Problems with inattention, hyperactivity/ impulse control.					
Problems with aggression, oppositional, or antisocial behavior as a child.					
Learning disabilities					
Cognitive/intellectual disabilities					
Autism Spectrum					
Anxiety					
Depression					
Obsessive Compulsive Disorder					
Eating Disorder					
Schizophrenia or Psychosis					
Bipolar Disorder					
Suicidal thoughts or attempts					
Drug abuse or dependence					
Victim of sexual abuse					
Victim of physical abuse					
Other: (specify)					

Cultural, Spiritual Influences

Describe any important spiritual/religious/cultural influences that are important in understanding this child/adolescent's problems or treatment: _____

_____

Life Stressors/Trauma History

Has this child/adolescent experienced or witnessed any of the following? (Check all that apply)

- ☐ Domestic violence/abuse: Explain _____
- ☐ Community violence: Explain _____
- ☐ Physical abuse: Explain _____
- ☐ Verbal or Emotional abuse: Explain _____
- ☐ Sexual assault/molestation: Explain _____
- ☐ Physical neglect: Explain _____
- ☐ Serious illness: Explain _____
- ☐ Serious accident : Explain _____
- ☐ Divorce/Separation/Remarriage of Parent: Explain _____
- ☐ Change of residence: Explain _____
- ☐ Change of schools: Explain _____
- ☐ Job changes of parents: Explain _____
- ☐ Pregnancy/Miscarriage/Abortion: Explain _____
- ☐ Family chemical abuse: Explain _____
- ☐ Exposure to drug activity (outside of the home): Explain _____
- ☐ Foster care or other out-of-home placement: Explain_____
- ☐ Arrests/Imprisonments in family: Explain _____
- ☐ Death/loss of family member: Explain _____
- ☐ Death/loss of friend: Explain _____
- ☐ Family accident or illness: Explain _____
- ☐ Financial changes or stressors: Explain _____
- ☐ Parent conflicts in disciplining: Explain _____
- ☐ Other: Explain _____

Strengths and Quality of Social Network

What are this child/adolescent's strengths?

1. _____ 3. _____
2. _____ 4. _____

What does this child/adolescent like to do?

Activities: _____

Hobbies: _____

Describe this child/adolescent's relationship with each parent:

Mother: _____

Father: _____

Step mother: _____

Step father: _____

Other caregivers: _____

_____

Describe this child/adolescent's relationship with siblings:

_____

_____

Describe this child/adolescent's relationship with peers:

_____

_____

Describe the parent relationship and any impact on this child/adolescent:

Educational History

Does your child/adolescent have an IEP for special education services?: ☐No ☐Yes

If no, has your child ever been tested and determined not to need services? ☐No ☐Yes

Please summarize your child/adolescent's academic, behavioral and emotional progress within each of these grade levels. Please include any teacher observations.

Has this child/adolescent repeated any grades? ☐Yes ☐No

If yes, please specify which grade and why: _____

_____

Has this child/adolescent participated in any special education or other programming? If so, indicate which grade(s):

Program:

Early Childhood Spec. Ed./Developmental Delay _____ Developmental/Cognitive Disability _____

Special Learning Disability _____ Autism Spectrum Disorder _____

What are this child/adolescent's strengths in school? _____

What are this child/adolescent's weaknesses in school? _____

Is the school doing a good job of meeting your child/adolescent's needs? _____

Is your child/adolescent currently employed? If yes, where and how many hours/week? _____

Alcohol / Substance Use

Does your child or adolescent drink alcohol? ☐Yes ☐No

Has your child or adolescent ever experimented with drugs? ☐Yes ☐No

If you responded "no" to both questions, you can STOP here. Thank you for providing us with this important information.

If you responded "yes" to one or both questions, please complete the remaining questions:

CAGE-AID Questions (to be completed by a child/adolescent age 12 and up)

1. In the last three months, have you felt you should cut down or stop drinking or using drugs?
2. In the last three months, has anyone annoyed you or gotten on your nerves by telling you to cut down or stop drinking or using drugs?
3. In the last three months, have you felt guilty or bad about how much you drink or use drugs?
4. In the last three months, have you been waking up wanting to have an alcoholic drink or use drugs?

Which category of mood altering substances has your child/adolescent used?

☐Alcohol ☐Prescription drugs ☐Street drugs ☐Over-the-counter drugs ☐None known

Please name all mood-altering substances this child/adolescent has used:

How many years altogether has this child /adolescent been drinking and/or using drugs? _____

How would you describe this child/adolescent's pattern of alcohol or chemical use"?

☐Continuous and progressive ☐On and off with no pattern ☐A fairly regular pattern ☐Decreasing but more destructive

Has this child/adolescent shown signs of significant mood changes? ☐Yes ☐No

If yes, please explain: