



Referral Considerations for Mental Health Evaluation Module 1

Directions: This checklist may assist in determining if a student with IDD may also have co-occurring mental health needs. Check boxes consistent with observations and review with parents, trained mental health professionals, or the student's physician for possible referral for a mental health evaluation.

Caregiver's Name: _____ Teacher / Parent Date: _____

Student's Name: _____ M / F / Other Age: _____

New or unusual symptoms

Increased anxiety/panic

Changes in memory, speech, appetite, sleep

Possible hallucinations

Excessive irritability/emotional sensitivity

False beliefs/delusions

Seems withdrawn, isolated, apathetic

Severity of behavior challenges

Behavior has increasingly become more challenging than usual

Behavior has become more intense than typical

Behavior seems to be out of the student's control

Behavioral strategies are ineffective

Changes in adaptive skills

Personal hygiene

Changes in school performance

Changes in social interactions, social skills

Decreased motivation to complete chores or responsibilities

Self-harm

Self-injurious behavior appears to be intentional (e.g., hitting self, head banging, hand biting)

Expresses (verbal/nonverbal/written/drawn) suicidal ideation (e.g., "I want to die," "I wish I were dead")

Has a history of suicidality

Vulnerabilities

History of psychiatric treatment

Mental illness in the family

Trauma (abuse, neglect, witnessed or experienced violence)

Recent life/family change or transition

Current medications with psychological side effects

References

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- Janssen, C. G. C., Schuengel, C., & Stolk, J. (2002). Understanding challenging behaviour in people with severe and profound intellectual disability: A stress-attachment model. *Journal of Intellectual Disability Research*, 46(6), 445-453.
- Lunsky, Y., & Benson, B. A. (2001). Association between perceived social support and strain, and positive and negative outcome for adults with mild intellectual disability. *Journal of Intellectual Disability Research*, 45(2), 106-114.
- Rush, K. S., Bowman, L. G., Eidman, S. L., Toole, L. M., & Mortenson, B. P. (2004). Assessing psychopathology in individuals with developmental disabilities. *Behavior Modification*, 28(5), 621-637.



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