

**Mental Health Considerations** provides a basic understanding of mental health disorders and conditions that commonly occur in childhood. Content is shared to illustrate that not all 'survival' behaviors or symptoms of grief are connected with mental health disorders. This training aims to empower child welfare professionals with the knowledge and skills needed to support children's mental health effectively and to ensure that they receive the necessary care and services. It emphasizes the importance of a holistic and compassionate approach to child welfare that takes into account the mental well-being of children under their care. Commonly administered psychotropic medications are described and information about how to obtain consistent, adequate, and appropriate access to mental health services is highlighted.

### **Proposed Objectives**

1. **Identification and Recognition:** To educate participants on the signs and symptoms of common mental health disorders and conditions in children. This could encompass conditions such as anxiety disorders, depression, ADHD, and trauma-related disorders.
2. **Differentiation from Survival Behaviors:** Emphasize the importance of distinguishing between typical reactions to trauma and survival behaviors versus indications of a mental health disorder. This is crucial for accurate assessment and intervention.
3. **Psychotropic Medications:** Provide information on commonly prescribed psychotropic medications for children and adolescents. This includes their uses, potential side effects, and the importance of medication management in collaboration with mental health professionals.
4. **Access to Mental Health Services:** Highlight the significance of ensuring consistent, adequate, and appropriate access to mental health services for children in the child welfare system. This may involve information on referral processes, available resources, and strategies for advocating on behalf of children in need of mental health support.
5. **Trauma-Informed Care:** Promote a trauma-informed approach to working with children in the child welfare system, recognizing the potential impact of trauma on mental health and the importance of providing a safe and supportive environment.
6. **Interdisciplinary Collaboration:** Encourage collaboration among child welfare professionals, mental health providers, educators, and other stakeholders to ensure holistic and integrated support for children with mental health needs.
7. **Self-Care:** Promote self-care strategies for child welfare professionals, as working with children with mental health needs can be emotionally challenging.
8. **Crisis Intervention:** Provide training on crisis intervention strategies to address acute mental health concerns or emergencies.