

FOR ADDITIONAL INFORMATION

This information was put together by Process Improvement Team 2 as part of the Integrated Family Services Plan. To learn more about Integrated Family Services, please contact the Lehigh County Information and Referral Unit at (610) 782-3200 or visit our website at www.lehighcounty.org.



Helpful suggestions for parents whose child has been diagnosed with a mental health illness.

County of Lehigh
Department of Human Services
Lehigh County Government Center
17 South 7th Street
Allentown, PA 18101

Phone: 610-782-3200
www.lehighcounty.org

**CREATING A
PORTFOLIO FOR
YOUR CHILD**



Helpful suggestions for parents whose child has been diagnosed with a mental health illness.

Lehigh County Children's Mental Health Unit

CREATING A PORTFOLIO FOR YOUR CHILD

It is very difficult and emotionally stressful for parents when their son or daughter has been diagnosed with a mental health illness. Parents' main concern is keeping their child safe while seeking the appropriate treatment. At times parents are faced with the difficult decision of taking their son or daughter to a hospital emergency room for a possible psychiatric inpatient hospitalization; or an out of home mental health treatment facility.

If your son or daughter should ever require a psychiatric inpatient hospitalization or an out of home mental health placement, it is important to be prepared in advance. The hospital emergency room, psychiatric hospital, and other mental health treatment agencies usually request similar information. Being prepared can help your child receive the appropriate level of care, and reduce the stress you may experience. Keeping a file of the necessary information may be helpful.

Suggestions for keeping and documenting current records on your child's psychiatric and medical conditions.

Psychiatric and/or psychological evaluations, treatment plans & provider information

- Ask the providing agency for this information. If they have not given you this information, you can call Magellan (1-866-238-2311) www.magellanhealth.com or the county Children's Mental Health Unit (610-782-3502)
- Know your child's current mental health treatment providers name; contact person; address and phone number.
- Know on-call 24 hour crisis/emergency numbers

Note: Keep records on your child's previous mental health treatment and diagnosis. This should include treatment agency names, addresses, telephone, numbers, type of treatment, and dates of treatment including previous psychiatric hospitalizations.

If you choose to share medical information with others remember that the information is private and confidential and should only be shared with individuals who are assisting you in the treatment of your child.

Please note: Providers may charge a fee for copies of their records.

Mental Health Symptoms

- Difficult behaviors and when they started
 - Things that lead to these behaviors
 - Things that improve these behaviors
 - Any attempts to hurt self or others
 - Keep video tapes of your child's behaviors
- Note: Keeping this type of information on your child may help you and the provider to learn ways to help your child.**

Medications for mental or emotional conditions

- Current medication your child is taking
- Good and bad effects of each medication
- Previous medications
- Good and bad effects of those medications
- Name, address, and telephone number of your child's psychiatrist

Medications for physical conditions

- Current medications your child is taking
- Good and bad effects of each medication
- Previous medications
- Good and bad effects of those medications
- Name, address, and telephone number of your child's doctor

Allergies

- Medications
- Foods
- Environmental
- Chemicals

Medical

- If your child has a medical condition such as asthma, seizures, diabetes, etc., keep the name, address, and telephone number of the doctor(s) treating your child
- Serious injuries your child has had and the age when the injury happened
- History of surgeries and dates
- Evaluations such as EKG, EEG, neurology, CAT Scan, etc., and results of evaluations
- Date and copy of the last physical evaluation
- Family history of medical conditions

Drug & Alcohol

- Current or previous drug & alcohol use and age of use
- Current or previous drug & alcohol treatment and dates
- Suspected use of drugs and alcohol

Education

- IQ tests and results
- Graduation/GED date and plans for after high school
- Current Individualized Education Plan (IEP)
- Name of school, district, classroom setting, grade, contact person, and phone number

Discharge Information

- Discharge summary, treatment plan and psychiatric/psychological evaluation with recommendations
- Information on community supports
- Medication script for refills and a scheduled follow up appointment for medication management
- Name of new provider, contact person, phone number, and address

Note: You should get this shortly after discharge.