

H-1 “Keeping it all Straight”
Worksheet for “Understanding and Diagnosing Complex Cases in Young Children”

1. First Question- How many different symptom-types does the child have?
 - a. _____ # of areas? Which areas?

 - b. Is this case a Simple Case or Complex Case?

2. When did the problems start?
 - a. _____
 - b. Is Self-Regulation, Mastery and Executive Function, or Wellbeing affected?

3. What is the pattern and course of symptoms?
 - a. Continuous
 - b. Episodic
 - c. “One thing leads to another”
 - d. “Old symptoms + new symptoms”
 - e. Is the child ‘sensitive’ (experiences, placements, people make symptoms worse)?
 - f. Is the child ‘insensitive’ (experiences don’t change the intensity of the symptoms)?

4. What is the child’s chronologic age? Mental age?
 - a. Are they the same?
 - b. How do you know?

5. Are there any heritable conditions present in the family?
 - a. What are they?

 - b. Do these influence the diagnoses you are considering?

6. Did treatment help?
 - a. Treatments received?

 - b. What treatments helped?

 - c. What problems did they help?

 - d. If it did, why did the treatment stop?

7. Did any stresses make the problems worse? Are there protective factors present?
 - a. Stresses

 - b. Protective factors

c. What problems got worse?

8. Are there any Recognizable Complex Behavioral Health Disorders (multiple symptoms that often present together due to a common cause) present in this case?

- a.
- b.
- c.
- d.

What are the diagnoses for this case? It is likely that Complex Cases with have more than one, often many more than one.

- 1.
- 2.
- 3.
- 4.
- 5.

What are the next steps? Any assessments needed? Any medical care needed? What treatments would you start with?

Assessments:

Treatments: