

Mental Health

Background Notes

The majority of clients of DHS are in need of mental health services, both children and parents. [Psychotropic Medication Management](#) rule: explains how medications used to treat mental illness of children in substitute care are to be documented and administered. [Medical Services Provided through the Oregon Health Plan](#) rule provides workers with a timeline to achieve a mental health assessment, medical and dental exam for children when they are placed in out of home care. In addition to treatment services parents frequently have psychological evaluations completed for the purpose of case planning.

Tasks / Assignments:

- Review the rule above regarding the timeline for referral for a mental health assessment. Locate the mental health agency in your community that serves DHS children and parents.
- Find out whom your local office refers clients to for mental health services. What is the process for accessing and referring a client for counseling? Where are the therapy notes located in the case file?
- Ask a coworker who they have used for psychological evaluations, how to write a referral letter for an evaluation and how the payment process works. Review one example of a referral letter.
- Obtain a copy of a psychological evaluation. Read the evaluation and discuss how the evaluation would influence case planning with your Supervisor.

Discoveries

- *What is the timeline for referring a new child in care for a mental health evaluation?*
- *How are the notes and psychological evaluations used in casework practice and with whom can you share them?*
- *How quickly can the contracted therapy provider begin working with your families?*
- *What is the sequence of treatments for a family dually diagnosed with alcohol and drug addiction and mental health needs?*
- *What interpretation/translation resources exist for non-English speakers? How are they accessed?*