Cheatography

Child Mental Health Cheat Sheet by pitabread via cheatography.com/209674/cs/45123/

Underpinning Principles

 top down approach (focus on roles to facilitate participation, and in turn build skills)

- strengths based practice
- routines based practice

 neurodiversity affirming principles - strategies, tools, accomodations, focusing on a mix of environment and occupation change rather than occupation alone.

Intervention Planning

Preperation (establish goals with child and caregiver, ascertain buy-in)

Acquisition (implement strategies and apply to goals)

Verification (generalisation and reinforce)

Brofenbrenner's Ecological Systems Theory

Assessment Process

- occupational profile
- observation/reporting from caregivers

formal assessments

Vineland Adaptive Behaviour Scales (semi structured interview or questionnaire assessing daily living skills, communication, socialization, and motor skills of children aged 0-12 years to evaluate their adaptive functioning)

Sensory Profile (Infant/Toddler/Child)

Strengths and Difficulties

Questionaire brief behavioral screening tool used to assess the emotional and behavioral wellbeing of children and adolescents aged 2 to 17 years. It measures five domains: emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, and prosocial behaviour.

Interventions

Joint Attention

• Remove all toys, use every day objects

• Add a sensory layer e.g. noises, touch, movement

- Sprinkle 'no talking dust'
- Animated facial expressions and big gestures
- Add a level of anticipation to encourage joint attention
- Repetition and extending

Play Skills

• Facilitate sense of power, working with passions and enabling control

- Join in with current pretend play and extend
- Look for opportunities to develop specific play skills
 Object substitution
 Play script
 Social
 Create problems in advance to facilitate social problem solving



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