Our goal was to identify a family in need and help them gain access to resources for their child. The family identified has a child with severe emotional and mental struggles who is diagnosed with ADHD and a mood disorder. The child experiences behavioral and communication difficulties in the classroom that are interfering with his educational progress. An individual education plan (IEP) at school is recommended for the child. Students met with the mother in a clinic visit at the Center for Well Being. A follow-up visit was made to the family’s home to help identify the barriers to an IEP. Three students accompanied the mother to the IEP hearing at the school. An IEP was granted to the child and follow-up meetings between teachers, administrators and family were scheduled.

• The overwhelming majority of children with mental disorders fail to be identified, lack access to treatment or support, and, in turn, have a lower quality of life.
• Research shows that the early years of life set the stage for all future development, and therefore early intervention is crucial.
• Although a multitude of mental health services are available, navigation through the system can be dizzying and frustrating.
• A practitioner must understand and acknowledge social determinants of health and an individual’s own personal circumstance.

Next Steps
• Educate parents, healthcare providers and schools about children’s mental health
• Create sustainable programs modeled after MYCHILD and Project LAUNCH
• Increase access to the healthcare and education system for parents of children with mental disorders

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References
