

## Introduction

We all want what is best for our children. When your child begins to struggle in school due to mental or behavioral health needs, it can feel stressful to navigate the situation. Luckily, there are steps that can be taken to get your child the help they need and deserve to thrive.

## How a diagnosis can help

Diagnostic assessments (DAs) measure a student's strengths and learning styles. By measuring the student's unique attributes and coming to a specific diagnosis, the DA can inform your child's learning plan.

Learning plans, (often called 504 plans) are designed to help parents work with educators to design accommodations for their needs. In some cases, an Individualized Education Plan (IEP) may be best for your child.



WILDERNESS  
HEALTH

PARTNERS ADVANCING RURAL HEALTH

<https://wildernesshealthmn.org/>



*About the Wilderness Health Telehealth Program - The goal of the WH Telehealth Program is to improve access to mental and behavioral health services in Northeastern Minnesota through the use of telehealth. Using what we've learned, we will build sustainable telehealth models that bring primary and specialty care to patients into the future. Telehealth program materials produced by WH are supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$771,000 with 10% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government.*

## Is your child struggling with school? Let us help.

How a diagnosis can get  
your child support.



WILDERNESS  
HEALTH

## Steps to get started

### 1. First, talk with your school

You can begin the process of setting up an education plan for your child by writing to the school requesting educational assistance through a 504 or IEP plan. They can help you understand their processes.

### 2. Second, talk with your doctor

Primary care doctors have resources on where to get a diagnostic assessment or a psychological evaluation. They are able to refer your child to the appropriate specialist.

### 3. As you explore, understand your insurance

Reach out to your insurance provider to get a clear understanding of what testing is covered and what testing is not.

### 4. Once you have your diagnosis, stay collaborative

Remain involved and informed throughout the process. Schools require parental consent in writing. Call to verify that the school received the form, and note who confirmed it for you.

Collaboration with educators, healthcare providers, and specialists is crucial for the best outcomes.



## Telehealth can help on your journey

### Help with diagnostic assessments

Wait times can be a barrier to getting a diagnosis. Telehealth, which lets you see a health care provider without going to their office, can make getting an appointment faster.

Telehealth is private and confidential. Ask your doctor for more information.

### Help with mental health therapy

Many parents seek the help of a mental health therapist right away for their student. Therapists can help students process their emotions and make better decisions at home and school. They can help your child with tools for success.

Telehealth is also an option for accessing mental health therapy and can shorten wait times.

## Advanced help for your child

After your child's diagnostic assessment, you may decide to seek more help through psychological testing. We explain the differences below.

### Diagnostic assessment

A diagnostic assessment (DA) is a written report that documents the clinical and functional face-to-face evaluation of a person's mental health. A few things these reports evaluate are nature, severity, and impact of behavioral difficulties, functional impairment, and subjective distress.

The goal of a diagnostic assessment is to identify specific mental and behavioral health conditions and/or disorders.

### Psychological testing

Psychological testing relies on a series of tests and assessments that are used to measure and observe a patient's behavior to arrive at a diagnosis and treatment guide. The goal of psychological testing is to provide an inclusive understanding of an individual's overall psychological functioning.