Behavioral and Developmental Sciences
Scope of Services

March 2022

Psychology Service

The psychologists at Texas Children’s provide neuropsychological assessment, diagnostic assessment, and short-term, evidence-based interventions for patients with co-occurring medical conditions and those requiring specialty care for specific anxiety or disruptive behavioral disorders.

Assessments
- Difficulty adjusting to medical diagnosis, coping, procedural difficulty, suboptimal adherence to medical regimen
- OCD and a subset of Anxiety Disorders
- ADHD (6 years old)
- Premature/behavioral problems (4-6 years old)
- Trauma-related to unintentional or accidental injury
- Neuropsychological evaluation: Assesses normal and abnormal central nervous system function associated with brain injury or disease (Brain tumors, Seizures, Diabetes, Traumatic brain injuries, etc.)
- Psychopharmacological evaluations (self-pay)

Interventions
All patients receive an initial assessment for diagnostic purposes and to determine if intervention programs.
- Therapy
  - Pediatric Health Psychology Program
  - Inpatient and outpatient
  - Patients treated for chronic/life threatening illness within our medical system
- OCD and Anxiety Disorders Program (OC/ADP)
- Evidence based treatment typically (CBT with family component)
- Brief Behavioral Intervention (BBI)
- Evidence based treatment program for pre-school disruptive behavior and/or ADHD (typically focused on caregiver-child dyads)
- Inpatients with Autism and behavior getting in the way of care
- Limited services available at Primary Care locations

Psychiatry Service

Psychiatry services at TCH provide families with a comprehensive assessment and ongoing evidenced based care for youth with mental health disorders including Major Depression, Anxiety Disorders, Bipolar and related mood disorders, Psychosis, Intermittently CDOP, Fragile X, Autism spectrum disorders.

Assessments
- Age range 5-16
- Complicated ADHD (failed two trials of care)
- Autism
- Anxiety disorders
- Bipolar disorders
- Depressive disorders
- Disruptive behavior disorders (e.g.- CDOS)
- Patients with chronic suicidal or self-injurious behaviors
- Psychotic disorders
- Health conditions with co-morbid psychiatric disorders

Interventions
- Ongoing psychiatric management when indicated
- Community service coordination
- Family education and advocacy
- Transition support

Developmental Pediatrics and Autism

Developmental Pediatrics and Autism provides diagnostic and treatment planning consultations for children spanning the full spectrum of neurodevelopmental-behavioral pediatrics, from conditions like diabetes, autism spectrum disorders, and developmental delay to learning disorders, ADHD, and most recently the syndromes associated with childhood autism spectrum disorders – including consultations for those at risk due to prematurity and other in utero complications, congenital heart disease, birth defects, or genetic syndromes.

Assessments
- Age range 0 -12 years for general Developmental Pediatrics and Autism
- Age range 0 -38 for specialty clinics – Down Syndrome, Spina Bifida, COOP, Fragile X
- Developmental delay/conditions
  - Including speech/language/social communication, growth/development, and autism
- Insidious onset disorders
  - Autism spectrum disorders
  - School aged children with learning and/or attention problems
- High risk for developmental delay/learning problems
  - Prematurity
  - Congenital anomalies/genetic syndromes (congenital heart disease, spina bifida, cerebral palsy, Down syndrome, Fragile X syndrome)

Interventions
For patients evaluated through the Meyer Center for Developmental Pediatrics and Autism:
- Provision of community resource information
- Family education and supportive services
- Parent Management Training (4 years old with autism)
- Parent Management Training for children with developmental disabilities

**Educational programming is open to all families, including those from the community and followed by other services. See clinic newsletter for program details.

Exclusion Criteria for all service lines:
- Acute psychosis, mania, or suicide/self-injurious patients
- Inpatient care
- Medical necessity
- Developmental delay
- Behavioral therapy
- Intellectual disability

- Established developmental or behavioral diagnosis seeking primary care, education management, and/or ongoing developmental monitoring
- Established developmental or behavioral diagnosis seeking intervention services such as behavioral therapy, ABA, etc.
- Family/school adjustments
- Forensic evaluations (court ordered, parental custody, evaluation)
- Psychiatric emergencies (including acute suicide/behavioral issues)
- Substance Related Disorders
- Therapy for maladjustment

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