

Helpful information to provide

Families of children with dual diagnosis have important information to share with clinicians and planning teams. Gather and share data where possible. Here are some ideas of information that might be appropriate to share.

- Early childhood information and history
 - Complications in utero (before birth)
 - Complications at birth
- Developmental milestones
- Previous treatment history and diagnosis
- Dates and ages when things happened
- Medications
- Information about your child's disability and how it affects him or her
- Reasons for your current concerns about mental health (Remember to describe--not label.)
- Specific changes you have noticed
 - Behavior
 - Affect
 - Mood
 - How a change is different to your child specifically
- When you first noticed the change
- How often a behavior or symptom happens
- Intensity
- How long it lasts (minutes, days, etc)
- Patterns (bedtime, transitions, something new is introduced, etc)
- Family mental health history
- If you, your spouse, or children have used medication previously and what the result has been:
 - With similar genetics it may be a good place to start

- Recognize that different medications within the same “class” work differently
- Any significant changes in your child or family’s lives (puberty, moves, new baby, divorce, death of a family member)
- Any possibly traumatic events (losses, bullying, accidents, injuries, losses)
- What you have tried to do to address the concern and the child’s response or lack of response
- What response your child exhibited previously to similar “interventions”
- Current treatment or services already being provided for your child
- Copies of previous test results, scans, reports, etc.
- Contact information for professionals who have records on your child that might need to be requested. (medical, dental, school)