



## SPECIAL MEDICAL SERVICES FOR CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS

### PSYCHOLOGY SERVICES

#### WHAT ARE THE SMS PSYCHOLOGY SERVICES?

**Information/Referral Services** This service is provided to parents, healthcare providers and others who want to consult about a child's issues and available services. These can include development issues, problems in school, need for outpatient therapy services, etc. Consultation takes place over the phone. Information about the consultation is entered into the SMS database. Children who are eligible may be referred for SMS Care Coordination Services.

#### Types of psychological services available to any child ENROLLED in SMS regardless of financial eligibility:

**School Consultation:** Review of school records, classroom observation, consultation with school staff, help to determine an educational disability, discussion about how to set up a behavior program, and information about the effect of chronic medical problems on learning.

**Assessment Consultation:** Discussion with parents and/or school staff about the need for assessments of intelligence, achievement, social-emotional development, and/or neuropsychological consultations/evaluations.

**Treatment Consultation:** Discussion about what problem(s) exists and management. Potential problem areas include: anxiety, coping with a chronic illness, behavior problems, fears, depression, sleep disorders, hyperactivity, eating, bed wetting or soiling, pain, and low self-esteem. Families needing services will be referred to mental health providers in the community.

#### WHO ARE THE CHILDREN WE SERVE?

- Children birth to age 21 years of age regardless of family income
  - Who are enrolled in a SMS affiliated or operated programs (including Child Development Clinic).
  - Who are residents of New Hampshire

#### WHAT IS THE PROCESS TO GET A REFERRAL TO PSYCHOLOGY SERVICES?

The request for a referral should be made with the child's SMS coordinator or by calling the SMS phone number listed below. Once the referral is made, the SMS Consulting Psychologist will call you to talk about your concerns and develop a plan of action. This plan might include scheduling an appointment to gather information, observing your child in school or referring you to a resource in your local area. A note will be written detailing the consultation and will be sent to you, the child's health care providers, the school, and a copy will be placed in the child's file at SMS.

**For more information please call 1-800-852-3345 ext 4488 or 603-271-4488.**

**Special Medical Services**

**NH Department of Health and Human Services**

**129 Pleasant Street - Thayer Building, Concord, NH 03301-3857**