

Mental Health Assessment for Young Children (MHAYC) Multidisciplinary Referral Guide

This tool helps providers identify referral partners for non-mental health specific needs related to a child’s functioning and well-being. It can be used to rule out medical, physical, and developmental conditions. The table provides examples of potential multidisciplinary partners, though it is not a comprehensive list. Providers should discuss the family’s preferences and gain consent prior to referring them to additional services and providers.

**This tool is not intended to take the place of a comprehensive mental health assessment.*

Considerations	Examples	Referral partners
Are there medical or physical conditions to explain the presenting behaviors or symptoms?	<ul style="list-style-type: none"> • Hard of hearing • Visual impairment • Potential side effect of prescribed medication • Reflux • Gastrointestinal issues 	<ul style="list-style-type: none"> • Primary care provider
Are there physical, cognitive, communication, or adaptive development concerns to explain behaviors or symptoms?	<ul style="list-style-type: none"> • Developmental regression or sudden loss of skills • Communication challenges • Delayed gross or fine motor movements • Strong reactions to sensory input 	<ul style="list-style-type: none"> • Early Supports for Infants and Toddlers (ESIT) • Neurodevelopmental center • Special education • Physical therapist • Speech language pathologist or speech therapist • Occupational therapist • Developmental therapist
Are there symptoms consistent with Autism Spectrum Disorder?	Refer to Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood for symptoms.	<ul style="list-style-type: none"> • Autism Center of Excellence • Applied behavioral analysis
Are the symptoms only related to sleeping?	<ul style="list-style-type: none"> • Difficulty falling asleep • Wakes regularly throughout the night • Night terrors • Sleep walking • Sudden awakening with distress 	<ul style="list-style-type: none"> • Pediatric sleep center
Are the symptoms only related to feeding?	<ul style="list-style-type: none"> • Coughing, choking, or gagging when eating or drinking • Vomiting often • Being fussy around mealtimes • Sensory, textural, or oral aversion • Avoids entire food groups • Poor growth and appetite 	<ul style="list-style-type: none"> • Primary care provider • Speech language pathologist • Occupational therapist • Feeding team • Registered dietician