

# Mental Health Clinician Self-Assessment

Name of clinician:

## Mental Health Standard

### ESSENTIAL COMPONENT A

Education/license requirement (must select ONE):

Academic training standard	Date completed	Completed, yes/no?
Master's degree/licensed/certified in a related mental health field	<input type="text"/>	<input type="text"/>
Master's degree in a related mental health field and working toward licensure; supervised by a licensed mental health professional	<input type="text"/>	<input type="text"/>
Student intern in an accredited mental health related graduate program, when supervised by a licensed/certified mental health professional	<input type="text"/>	<input type="text"/>
Both the student intern and supervising licensed mental health professional must meet the indicated 40-hour training requirements. Students who are currently enrolled in a training to deliver an evidence-based treatment (EBT) may provide services to children as a part of their EBT training.		

### Foundational training requirement

Clinician has completed 40 hours in one or more of the following trauma-focused, evidence-based treatment trainings:

*The Children's Advocacy Center (CAC) must demonstrate its mental health provider(s) has completed 40 contact hours in training and consultation calls to deliver an evidence-supported mental health treatment to children who have experienced trauma from abuse. (NCA approved treatments include TF-CBT, PCIT, AF-CBT, CFTSI, EMDR, CPP, PSB-CBT). Training programs that include fewer than 40 hours (including consultation calls) may be supplemented with contact hours in evidence-based assessment.*

Does the clinician have foundational training in one or more of these evidence-supported mental health treatments?

Do the training, consultation and supervision hours combined equal 40 hours?

Training topic	Total training hours	Total consultation hours	Total supervision hours
Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)			
Parent-Child Interactive Therapy (PCIT)			
Alternatives for Families - A Cognitive Behavioral Therapy (AF-CBT)			
Child and Family Traumatic Stress Intervention (CFTSI)			
Eye Movement Desensitization and Reprocessing (EMDR)			
Child-Parent Psychotherapy (CPP)			
Problematic Sexual Behavior - Cognitive Behavioral Therapy (PSB-CBT)			

Total hours of foundational training/consultation/supervision:

### ESSENTIAL COMPONENT B

Clinicians providing mental health treatments to CAC clients must demonstrate completion of continuing education in the field of child abuse, trauma, clinical practice and/or cultural applications consisting of a minimum of eight contact hours every two years.

Training topic or title	Date completed	Number of hours	Certificate or completion confirmation, yes/no?

Total hours of continuing education:



## ESSENTIAL COMPONENT C

Evidence-supported, trauma-focused mental health services for the child client are consistently available and include:

\*Note: All services should be culturally informed and culturally responsive.

1. Trauma-specific assessment of traumatic events and abuse-related trauma symptoms to determine the need for treatment

- a) Briefly describe how this is conducted and in collaboration with whom:

2. Evidence-based assessments to inform treatment

- a) Briefly describe how this is occurring:

- b) Name the assessment(s) being used:

3. Individualized treatment plan based on assessments that are periodically reassessed

- a) Briefly describe how this is occurring:

4. Individualized evidence-supported treatment appropriate for the child client and other family members

- a) Briefly describe how this is provided:

5. Child and caregiver engagement in treatment

- a) Briefly describe how this is occurring:

6. Monitoring of trauma symptom reduction

- a) Briefly describe how this is occurring:

7. Referral to other community services as needed

- a) Briefly describe how this is facilitated:



### ESSENTIAL COMPONENT D

Please explain how mental health services are available and accessible to all CAC clients regardless of their ability to pay.

### ESSENTIAL COMPONENT E

Do the CAC/multidisciplinary team's (MDT) interagency agreement/memorandum of understanding (MOU) or written protocols/guidelines include access to appropriate trauma-informed mental health assessment and treatment for all CAC clients?

### ESSENTIAL COMPONENT F

Do the CAC/MDT's written protocols and guidelines define the role and responsibility of the mental health professional(s) on the MDT, to include the following:

Roles/responsibilities	Yes/no	Where this can be found
Attending and actively participating in MDT case review and case management	<input type="text"/>	<input type="text"/>
Sharing relevant information with the MDT while protecting the clients' rights to confidentiality and the mental health professional's legal and ethical requirements	<input type="text"/>	<input type="text"/>
Serving as a clinical consultant to the MDT regarding child trauma and evidence-based treatment	<input type="text"/>	<input type="text"/>
Monitoring and sharing with the MDT the child's and caregiver's engagement in, and completion of, treatment	<input type="text"/>	<input type="text"/>



## ESSENTIAL COMPONENT G

Do the CAC/MDT's written protocols and guidelines include provisions about the sharing of mental health information and how client confidentiality and mental health records are protected in accordance with state and federal laws?

## ESSENTIAL COMPONENT H

Does the CAC provide services to caregivers that address:

Roles/responsibilities	Yes/no	Where this can be found
Safety and well-being of the child	<input type="text"/>	<input type="text"/>
Caregiver involvement in their child's treatment when appropriate	<input type="text"/>	<input type="text"/>
Emotional impact of abuse allegations	<input type="text"/>	<input type="text"/>
Risk of future abuse	<input type="text"/>	<input type="text"/>
Issues or distress that the allegations may trigger, including own history of trauma and/or current experience of abuse, violence and/or other trauma	<input type="text"/>	<input type="text"/>

## ESSENTIAL COMPONENT I

Please explain how clinicians providing mental health treatment services to CAC clients are participating in ongoing clinical supervision and/or consultation:

## Required Attachments

- Mental health clinician(s) licensure documentation or confirmation of student interns enrolled in a master's program
- Mental health clinician(s) foundational training certificate(s)
- Mental health clinician(s) continuing education certificate(s)
- CAC/MDT's written protocols/guidelines that outline how mental health services are available to all CAC clients and mental health clinicians actively participate in case review

