

# Understanding and Diagnosing Complex Behavioral Health Problems in Children and Youth eLearning



Course Code: BHE0094

## Course Description

Children and youth who come in for evaluation deserve our best efforts. Relatively uncomplicated cases, or **Simple cases**, deserve our attention and diligence to make sure we understand the difficulties and prepare ourselves to offer understanding to the child and caregivers, as well as some beginning ideas on how to address the child's case.

Children and youth with **Complex cases**, those with multiple symptoms, multiple treatments attempted and multiple stressful events, need patience and a different kind of approach to ensure we understand all the factors present in order to come up with a comprehensive and helpful understanding. The biggest risk when facing these cases is going too deep, too soon and arriving at a diagnosis before you know the whole story. It's critical, then, to get a lay of the land first before going too deeply into any one problem area. To help with this, we have developed a method that uses 8 Questions to help us accomplish our task.

Using this method, and the support tools we'll present in the course, will help you organize your data collection and will lead to a diagnostic formulation that will ensure the treatment you provide will meet all the needs for the children and youth you serve who are living with complex behavioral health problems.

## Audience

CYF-BHS therapists, counselors, family and support partners, case managers, and other direct service providers working with children, youth and families.

## Learning Objectives

Upon completion of this training participants will be able to:

- Identify the signs that indicate a child or youth experiencing behavioral health problems has a complex case
- List The 8 Questions that providers can use to better understand all the factors affecting complex cases
- Recognize the 26 areas of behavioral health problems and their groups
- Explain how determining when the problems started can inform your evaluation of a child's behavioral health problems
- Recognize how identifying the course of the symptoms can help you discriminate between possible diagnoses
- Recognize stresses and protective factors that influence the child
- Use the information you learned through asking The 8 Questions to determine next steps

[Click Here](#) to log into the LMS and Register

**Registration:** If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by [clicking here](#). Email [RIHS@sdsu.edu](mailto:RIHS@sdsu.edu) if you have any questions. This training is FREE of charge to BHS County employees and contractors.

**Continuing Education:** This course meets the qualifications for 2 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 1S-98-398-0820, and CAADE Provider # CP10-906-CH0320 for 2 contact hours/CEHs. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to [obtain CE Certificates](#). Click here for the [CE Grievance Procedure](#).



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