

# Developmental and Behavioral Health Clinic

## Outpatient Infant-Family Mental Health Services

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This new service is made possible  
by the generous support of the Tikun Olam Foundation



### **Introducing outpatient mental health services for our youngest patients!**

We are now offering mental health therapy for patients 0-5 years old and their parents through the Developmental and Behavioral Health Clinic. If a family has commercial health insurance and is in need of mental health support for their young child 0-5 years old, they can now be referred to the Developmental and Behavioral Health Clinic for follow up.

The mental health needs of our youngest population, infants, toddlers and preschoolers, are often overlooked or may be difficult to identify. Early experiences from birth to five years old serve to create the architecture of the developing brain and as such, timely support for both the young child and caregivers are crucial. Infant-Family Mental Health Services can help address emotional and/or behavioral challenges in the young child. In addition, parental stress, anxiety, depression, and vicarious trauma around a child's illness and/or hospitalization can greatly influence family well-being as well as child outcomes. Infant Family Mental Health services support both the child and the parent by working on the relationship.

The Infant and Early Childhood team at Children's Hospital Los Angeles specializes in infant development and mental health. We provide services that strengthen and support family relationships, help babies develop and thrive, and reduce family stress. Services are planned in partnership with families, including:

- Intake assessment to determine diagnosis and treatment needs
- Developmental guidance to help families respond to the behavioral and emotional needs of their babies and young children
- Therapy for babies/young children and caregivers together, to help families process various traumatic experiences and to meet the emotional and behavioral needs of their young children

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Here are possible reasons to refer:

**In children:**

- Sleep or feeding problems accompanied by other concerns
- Excessive irritability, fussiness or crying for no apparent reason
- Unexplained fears
- Easily startled or scared
- Aggressive behaviors (hitting, biting, throwing, screaming, spitting)
- Withdrawn or unusually quiet
- Frequent and intense tantrums/meltdowns
- Separation anxiety
- Difficulty sharing, playing at an age-appropriate level and/or difficulty playing with peers
- Not developing peer relationships as expected
- History of hospitalizations, painful procedures, difficult diagnoses



**In parents:**

- Guilt associated with pregnancy, birth, parenting that interfere with their ability to maintain a healthy relationship with their child
- Lack of parental confidence
- Experienced a high-stress/traumatic event that influences parenting
- Anxious about a specific childcare routine (i.e., feeding, sleep, school drop off)
- Difficulty bonding with their baby/child
- Excessive worry or anxiety around their child's health or development that impact their parenting
- Experienced high stress due to child's medical diagnoses/procedures/hospitalization(s)
- Feeling depressed, hopeless or anxious due to child's health condition

Please refer to the tutorial on the next page to refer patients for this new service:

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### For referrals from within CHLA:

Orders for Signature

Order Name	Status	Start	Details
Neurology Fin#:2009900484 Admit: 04/08/2020 11:08			
<b>Consults / Referrals</b>			
Referral	Order	08/23/2021 10:41	Medical Service: Behavioral Health, Type: New Patient, Start: 08/23/2021 10:41

  

**Details for Referral**

Details | Order Comments | Diagnoses

Order details

**Medical Service [Behavioral Health]**

**Referral Reason**

Treatment to Date

Referral Type [New Patient]

Refer To Practice Site/Provider

**Requested Start Date [08/23/2021 10:41]**

Service/Appointment By Date

Urgent

Instructions to Staff

myCHLA Referral ID

Detail values

- Adolescent Medicine
- Aerodigestive Clinic
- Allergy
- Behavioral Health**
- Bone Marrow Outpatient
- Brachial Plexus
- Brachial Plexus and Peripheral Nerve
- Cardiogenomics
- Cardiology
- Card/Thor Surgery
- Card/Thor Transp
- CARES
- Center for Global Health
- Clinical Nutrition
- Colorectal Clinic
- Cranio Facial
- Cystic Fibrosis
- Dental
- Dermatology

1 Missing Required Details    Dx Table    Orders For Nurse Review    Sign

### To make a referral from outside CHLA:

Fax: 323-361-8988  
 Ph: 888-631-2452  
 Email: [md1@chla.usc.edu](mailto:md1@chla.usc.edu)



**Esther Chon, PhD**, is a licensed psychologist and a team member at UCEDD. She completed her predoctoral externship at CHLA providing therapy and school reintegration support for children in the Hematology and Oncology department. She completed a postgraduate fellowship at University of Massachusetts, Boston in Infant-Parent Mental Health Postgraduate Certificate Fellowship. Esther's interests include working with parents in their pregnancy and early parenting phases, utilizing perinatal mental health, infant mental health, attachment and neurodevelopment theories. Esther works with families in the NICU and outpatient settings. Additionally, Esther is interested in reflective practice, trauma informed mental health, and advocacy for young children and families