



The Process of Evaluating Your Child for Academic, Mood, or Behavioral Concerns

Your child's behavioral health is important to their overall health. Allegro can assist your family in evaluating common concerns such as academic struggles, attention/concentration difficulties, anxiety, or depression. There is no single test to diagnose behavioral conditions, so identifying and treating these conditions will require several appointments, ongoing follow-up, and potentially a referral to a specialist.

It is best practice to work with your child's primary care pediatrician (PCP) for the initial appointment and follow-up visits. This consistency allows your provider to better understand your child's overall health and history and offers a familiar, caring guide for your family when dealing with complex emotional concerns.

For school-aged children, a common sequence of visits includes:

1. **Pre-visit questionnaire** – you will be asked to complete a [detailed history and parent concern form](#) before the first visit so that your time with your provider can focus on what is most important to you.
2. **Initial appointment(s)** – share your concerns with your child's PCP. You may include your child in this first discussion or schedule a separate follow-up to allow parents to frame the issues first.

Your provider may need to examine your child during this process if they need to rule out underlying medical causes such as iron-deficiency or sleep apnea.

At the end of the initial discussion, your provider will determine what further input is needed.

- **Standardized Forms** – we follow best practice guidelines and use evidence-based diagnostic tools to help in evaluation by rating your concerns in different areas of behavior, school performance, and mood. Depending on which forms your provider advises, they are to be filled out by parents, patient, and/or other trusted adults.
 - **Any prior evaluations** by other doctors or specialists that are related to your concerns. Please submit any relevant medical records you have access to through the Patient Portal. We will request a [Release of Information](#) (ROI) form if any additional medical records are needed or if you would like us to talk to another professional about your child.
3. **Summary of diagnostic evaluation and review of treatment plan** – your child's PCP will review the major findings from the prior visit(s) and completed questionnaires. Your child's provider will begin to discuss treatment options at this visit. The care plan may involve a combination of counseling or behavioral therapy, parent coaching, further educational evaluation, school accommodations, consultation with other specialists, or medication. Your input will be essential to determine what to prioritize first.
 4. **Follow-up to ensure the treatment plan is helping** – this visit begins the process of regular follow-up, designed to best fit your family's unique situation. Our focus will be on how your child is functioning at home, in school, socially and developmentally.

If your Allegro provider starts your child on a behavioral health medication, you should expect to have ongoing, regular follow-up with that provider, with the next appointment ranging from one week to three months after this visit, depending on individual factors. ([Rx refill guidelines](#))

Please visit the [Behavioral Health section of our website](#) for additional resources.

Please talk with a member of your care team if you have any questions about this process.