

# MENTAL HEALTH ASSESSMENTS AND PSYCHOLOGICAL EVALUATIONS

## Child Dependency Courts



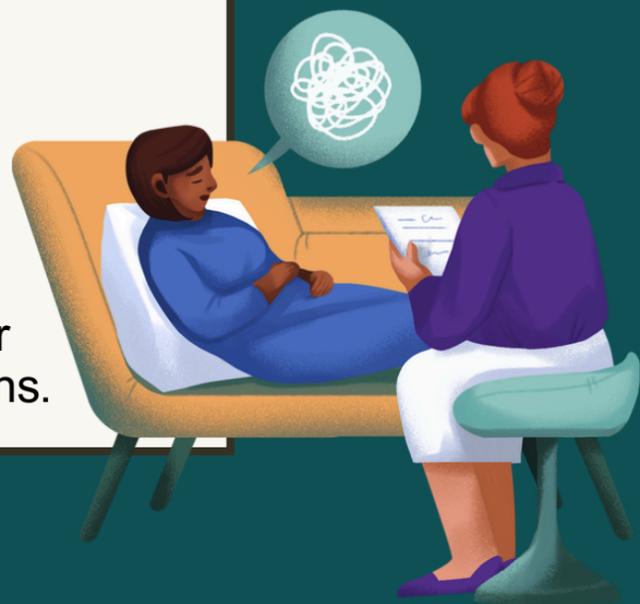
When questions arise about a parent's mental health in a dependency case, ordering the right type of evaluation is essential to obtaining clear, relevant, and actionable information. A well-matched evaluation provides the court with reliable insights, supports tailored case planning, and helps ensure that decisions are grounded in the most accurate and comprehensive understanding of a parent's needs.

## ASSESSMENT VS. EVALUATION

### Mental Health Assessment

Diagnostic interview focused on the presenting issues, the history of those issues, and in-depth questioning of symptoms to determine potential diagnoses and treatment recommendations.

Simpler, more cost-effective, and easier to access than psychological evaluations.



### Psychological Evaluation

Combination of an in-depth clinical interview and standardized testing to provide a detailed picture of cognitive, academic, behavioral, emotional, and social functioning.

More complex, expensive, and harder to access than mental health assessments.

Does not typically include a direct diagnosis or treatment recommendations.



When diagnoses are precise and treatment is well-matched, parents are better positioned to make meaningful progress toward case plan goals, improve family stability, and support safe reunification whenever possible.