



THERE IS HOPE

Very young children can experience disruptions in their social and emotional development. However, services do exist, and with a little help, children can get back on track.

Services in the context of the family

Since young children's development occurs within their family and other primary relationships, mental health services are provided within these relationships, building a safe, trusting relationship by listening and learning from each other as they all find what is best for your child.



Where to seek help in west central Minnesota

*Lakeland Mental Health Center

Alexandria: 320-762-2400
Detroit Lakes: 218-847-1676
Fergus Falls: 218-736-6987
Glenwood: 320-634-3446
Moorhead: 218-233-7524

*Lutheran Social Services of Minnesota

Alexandria: 320-762-5124
Detroit Lakes: 218-847-0629
Fergus Falls: 218-736-5431

Prairie St. Johns

Fargo, ND: 701-476-7216

*Solutions Behavioral Healthcare Prof.

Alexandria: 320-762-5411
Detroit Lakes: 218-844-6853
Fergus Falls: 218-998-2992
Moorhead: 866-455-6417

*Therapeutic Services Agency—Deaf, Deaf-Blind, and Hard of Hearing

To make a referral : 218-343-6196

*The Village Family Services

Alexandria: 320-762-8851
Moorhead: 701-451-4811

Tischer Therapeutic Services, LLC

Breckenridge: 218-651-0212
Mobile: 701-640-9453

*White Earth Tribal Mental Health Program

White Earth: (218) 983-3286 Ext. 1284

*These agencies are recipients of the Minnesota Department of Human Services Children's Mental



For any developmental concerns
Statewide: 1-866-693-4769
Mde.helpmegrow@state.mn.us
Helpmegrowmn.org

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Why
does
my
child
seem
different?

When very young
children struggle with
their emotions

Helpful Resources
for Parents and
Caregivers

When you're worried about your child's behavior

WHAT'S UP WITH JENNY?

"WE NEED HELP . . . BUT I DON'T KNOW WHAT TO DO.

JENNY HAS BEEN KICKED OUT OF THREE CHILDCARE
SETTINGS IN TWO YEARS. SHE AND I HAVE NEVER
BONDED. SHE'S ONLY THREE, BUT SHE'S JUST SO
ANGRY." -JENNY'S MOM



When to seek help

Every child develops at their own pace. Children can be active, fussy, and even throw tantrums. While frustrating as a parent, these behaviors are often a normal part of your child's growth and development.

When your child's behavior seems extreme and prolonged, if there are possible delays in development, or your child has the inability to build close relationships, it may be time to seek help.

Other symptoms of concern:

- Excessive fearfulness or fussiness
- Sleep problems
- Feeding problems
- Aggressive or defiant behaviors
- Impulsive or hyperactive behaviors
- Withdrawal/extreme sadness
- Excessive clinging or dependent behaviors
- Extreme tantrums
- Trouble talking, listening or understanding
- Or "Something just does not seem right"

What is a Diagnostic Assessment?

When a child experiences a physical illness, we trust the medical doctor to run tests to identify the problem and choose the best treatment. Mental health is no different. A Diagnostic Assessment (DA) is the evaluation that allows specially trained mental health professionals to identify why your child is exhibiting behaviors and how to best treat your child. The DA is made up of a parent interview and several observations that occur over time. It may seem like a long process, and little is happening, but the DA is a critical part of helping your child and family, and must be complete before services begin.



Children's behaviors **have** meaning!