

# **Best Practices in Child and Adolescent Behavioral Health Care**

## **Series Editor**

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*Best Practices in Child and Adolescent Behavioral Health Care* series explores a range of topics relevant to primary care providers in managing a broad range of child and adolescent mental health problems. These include specific disorders, such as anxiety; relevant topics in related disciplines, including psychological assessment, communication assessment, and disorders; and such general topics as management of psychiatric emergencies. The series aims to provide primary care providers with leading-edge information that enables best-care management of behavioral health issues in children and adolescents. The volumes published in this series provide concise summaries of the current research base (i.e., what is known), best approaches to diagnosis and assessment, and leading evidence-based management and treatment strategies. The series also provides information and analysis that primary care providers need to understand how to interpret and implement best treatment practices and enable them to interpret and implement recommendations from specialists for children and effectively monitor interventions.

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Patricia A. Prelock • Tiffany L. Hutchins

# Clinical Guide to Assessment and Treatment of Communication Disorders

 Springer

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*We would like to dedicate this book to our families for their unending support of our work.*

## Series Editor Preface

Primary care providers are increasingly asked to assume a great role in both the diagnosis and continued management and care of children with a range of developmental and behavioral problems. This is an increased role, both in early diagnosis and treatment, which involves coordination with evaluators and care providers from a range of disciplines. Challenges arise on all sides and range from learning to understand each other's specialized terminology to practical issues of access to quality evaluations and treatment. The myriad of complexities in dealing with insurance plans only adds to the burden of parents and care providers. Services vary considerably from place to place. Fortunately, mandates for services in most countries mean that schools provide important rehabilitative services. However, even here, there is an important role for the primary care providers in the coordination of care. For mental health and developmental problems, the tripartite system of care (self-pay, state-supported insurance, and private service) poses other obstacles for obtaining specialized medical assessments and, in particular, mental health services. The use of the medical home model (Sheldrick & Perrin, 2010) provides an important overarching plan for these efforts but still requires a basic understanding of these conditions on the part of primary care practitioners.

In this series, our goal is to provide primary care physicians, nurse practitioners, and other related professionals in the field with practical, evidence-based guides for a range of topics concerned with developmental and mental health disorders. In this first volume of the series, Drs. Patricia Prelock and Tiffany Hutchins provide a clinical guide to understanding and treating communication disorders in conditions like autism, where social communication problems are so much a focus of treatment.

Problems in communication include a range of conditions – from problems in articulation to broader problems in expressive and receptive language, and in the complex world of social language use. Early detection and intervention are often the key to successful treatment. Even though questions about speech delays and language problems are very commonly mentioned by parents, many medical care providers have little understanding of these conditions as well as the work of speech-language pathologists in their assessment and treatment. While excellent

specialized textbooks on the topic are available (e.g., Paul, Norbury, & Gosse, 2018), straightforward practical guides have not been so readily available.

In this volume, Prelock and Hutchins give readers a basic understanding of the typical pattern of communication development in children and adolescents. This volume describes screening and assessment protocols and when referrals should be made for such assessments. It also helps practitioners on how to talk about intervention and educational practices with other caregivers and parents. This volume, the first in the series, sets a high standard which we hope to maintain in subsequent volumes.

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