

# CREATIVE SOLUTIONS 4Kids And Families LLC A MENTAL HEALTH PRACTICE

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Please check off any items that you observe in your child and bring to the first appointment.

- Often argues with adults
- Often actively defies or refuses to comply with adults' requests or rules
- Often deliberately annoys people
- Often blames others for his or her mistakes or misbehavior
- Is often touchy or easily annoyed by others
- Is often angry and resentful
- Is often spiteful or vindictive
- Often loses temper
- Often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities
- Often has difficulty sustaining attention in tasks or play activities
- Often does not seem to listen when spoken to directly
- Often does not follow through on instructions and fails to finish school work, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions)
- Often has difficulty organizing tasks and activities
- Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework)
- Often loses things necessary for tasks or activities (e.g., toys, school assignments, pencils, books, or tools)
- Is often easily distracted by what is going on around them
- Is often forgetful in daily activities
- Often fidgets with hands or feet or squirms in seat
- Often leaves seat in classroom or in other situations in which remaining seated is expected
- Often runs about or climbs excessively in situations in which it is inappropriate
- Often has difficulty playing or engaging in leisure activities quietly
- Is often "on the go" or often acts as if "driven by a motor"
- Often talks excessively
- Often blurts out answers before questions have been completed
- Often has difficulty awaiting turn
- Often interrupts or intrudes on others (e.g., butts into conversations or games)
- Worries excessively and uncontrollably, usually when there is really no problem or any realistic circumstance to cause the worry
- Has an excessive fear of being negatively evaluated, rejected, humiliated or embarrassed in front of others
- Has excessive fears that center around being lost or of something terrible happening to him or his parents
- Experiences anxiety in new social situations

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- Avoids or experiences anxiety in school situations such as giving oral reports, speaking to other children, or taking tests
- Has frequent physical complaints such as stomachaches and headaches, often related to avoiding situations that cause anxiety for him
- Has a specific fear or phobia to the extent that his social functioning is impaired
- Is irritable or sad for a period of two weeks or more
- Doesn't find enjoyment even in his favorite things for a period of time
- Shows a pattern of sleep and appetite disruption when he is sad or down
- Is lethargic, lacking in energy often
- Verbalizes feelings of worthlessness, hopelessness, or inappropriate guilt
- Has trouble concentrating and/or has begun to do poorly in his schoolwork
- Has recurring thoughts of death or suicide