



The Children's Mental Health Checklist Developed under the auspices of Project COPE and FEMA

1. Has the child had more than one major stress within a year BEFORE this disaster, such as a death in the family, molestation, major physical illness, or divorce? If yes: + 5
2. Does the child have a network of supportive, caring persons who continue to relate to him daily? If yes: - 10
3. Has the child had to move out of his house because of the disaster? If yes: + 5
4. Was there reliable housing within one week of the disaster with resumption of the usual household members living together? If yes: - 10
5. Is the child showing severe disobedience or delinquency? If yes: + 5

Is the child showing any of the following as NEW behaviors for more than three weeks after the disaster?

6. Nightly states of terror? + 5
7. Waking from dreams confused or in a sweat? + 5
8. Difficulty concentrating? + 5
9. Extreme irritability? + 5
10. Loss of previous achievements in toilet or speech? + 5
11. Onset of stuttering or lisping? + 5
12. Persistent severe anxiety or phobias? + 5
13. Obstinacy? + 5
14. New or exaggerated fears? + 5
15. Rituals or compulsions? + 5
16. Severe clinging to adults? + 5
17. Inability to fall asleep or stay asleep? + 5
18. Startling at any reminder of the disaster? + 5
19. Loss of ambition for the future? + 5
20. Loss of pleasure in usual activities? + 5
21. Loss of curiosity? + 5
22. Persistent sadness or crying? + 5
23. Persistent headaches or stomachaches? + 5
24. Hypochondria? + 5
25. Has anyone in the child's immediate family been killed or severely injured in the disaster (including severe injury to the child)? + 15

To score the checklist, sum the pluses and minuses for a final score. If the score is over 35, a mental health consultation is suggested. It is also recommended that any child who has been seriously injured or who has lost a parent, sibling, or caregiver by death, have a psychological evaluation and/or brief therapy.