



SA CoParents Psychological & Behavioural Needs Assessment Report

Parent: Alex Rivera · Child: Ari Rivera · Date: 2026-07-31

1. Report overview

Purpose

- Identify your child's mental-health & behavioural strengths and needs.
- Consider whether additional professional support may be appropriate.
- Evaluate how mental-health information is shared between parents.
- Prepare for provider visits, medication reviews, therapy sessions, or school meetings.
- Develop practical options centred on your child's well-being.

This report reflects the responses of one parent. It is not a diagnosis, psychological evaluation, or determination of either parent's legal rights. Consult qualified professionals - the treating clinician, school counsellor, mediator, or attorney - for decisions that affect your child. In a mental-health emergency call 911 or the 988 Suicide & Crisis Lifeline.

2. Your support summary

Understanding your child's mental-health & behavioural needs

Rating: Strong

You have a clear picture of your child's diagnoses, providers, and plan.

Provider engagement

Rating: Developing

You are involved with providers but engagement is inconsistent.

Information sharing between parents

Rating: Developing

Some information is shared, but gaps could affect the child's care.

Consistency between homes

Rating: Developing

Home environments are mostly aligned, with some differences.

Treatment coordination

Rating: Developing

Treatment is mostly on track with some gaps in coordination.

Ability to make mental-health decisions

Rating: Developing

Some decisions get made together; others stall or default to one parent.

Overall

Your responses indicate that you are actively engaged in your child's mental-health care. Strengths include understanding your child's mental-health & behavioural needs. Creating a written plan and a consistent communication process may help both parents support the child more effectively.

3. Your child's profile

Strengths identified

- Positive engagement with clinicians the child trusts
- Willingness to attend appointments and follow through
- Openness to trying new coping strategies
- Ability to grow when both homes reinforce the same plan

Concerns identified

- Anxiety Disorder
- ADHD

Parent's perspective

Your primary concern is: Anxiety Disorder. You believe your child may benefit from: predictable morning routines and shared calming strategies across homes.



4. Professional involvement

Currently involved

- Child Psychologist

Upcoming or recommended meetings

Therapy appointment - status: Active. Suggested: Confirm both parents receive session summaries and next-step recommendations..

Prescriber / medication review - status: Active. Suggested: Attend the next medication review together or share written notes within 48 hours..

School mental-health team - status: Not involved. Suggested: Ask about counsellor support, 504 or IEP mental-health goals if relevant..

Crisis / safety plan - status: Partial. Suggested: Get the plan in writing, share with both homes, and confirm emergency contacts..

Neuropsych or psych evaluation - status: Discussed. Suggested: Discuss whether a written evaluation could clarify next steps..

5. Co-parenting assessment

Information sharing

Rating: Developing

- Appointment schedules
- Medication changes
- Behavioural changes
- School concerns
- Treatment recommendations

Possible gaps: Therapy progress, New diagnoses, Symptom changes

Consistency between homes

Rating: Developing

- Routines & sleep
- Emotional support responses
- Positive reinforcement
- Calm environment
- Safe expression of feelings
- Consistent expectations
- Healthy coping tools
- Stress reduction strategies

Decision-making

Rating: Developing

- Discuss concerns without dismissing one another
- Review provider recommendations before making decisions
- Communicate directly with clinicians
- Consider the child's own perspective
- Consult appropriate professionals
- Reach decisions within reasonable time frames

6. Areas of alignment

- Both parents want the child to feel emotionally safe and supported.
- Both recognise the value of professional mental-health care when needed.
- Both support consistent routines that help the child regulate.
- Both want the child to be heard without judgement.
- Both value the child's emotional well-being at home and school.

7. Areas requiring attention

- The child may be carrying emotional messages between parents.

8. Recommended support level



Level 2 - Develop a Shared Mental-Health Plan

Some differences or communication gaps are affecting coordination.

Suggested next steps

- Create one written mental-health plan shared with both homes.
- Attend a therapy or medication review together at least once.
- Agree on emergency contacts and a safety plan.
- Use a shared parenting app for provider messages.

9. Practical options and resources

- Give both parents provider portal access where allowed.
- Use a shared mental-health calendar.
- Upload treatment plans, evaluations, and prescriptions to a shared folder.
- Set a standard method for notifying the other parent of provider updates.
- Attend appointments together, separately, or virtually - whichever is safest and most productive.
- Submit questions to the clinician in writing before every visit.
- Obtain written recommendations, not just verbal advice.
- Use a neutral mental-health professional when parents disagree.
- Decide who schedules appointments and who follows up.
- Establish in writing how therapy and medication costs are shared.
- Keep the child out of adult disagreements about their care.

10. Your action plan

Priority 1: Obtain provider records - Request current treatment plan, medication list, and recent notes · Owner: Parent · Due: _____

Priority 2: Contact clinician - Ask the therapist / prescriber for a joint or written update · Owner: Parent · Due: _____

Priority 3: Share information - Send records through the agreed platform · Owner: Parent · Due: _____

Priority 4: Align on home routines - Pick 2-3 coping tools to reinforce in both homes · Owner: Parents · Due: _____

Priority 5: Review progress - Revisit the plan at the next provider visit · Owner: Parents · Due: _____

11. Foundation statement

My child's strengths include the willingness and capacity to grow when supported. My primary concerns are anxiety disorder, adhd. I believe my child needs predictable morning routines and shared calming strategies across homes to feel emotionally safe and continue to progress. I am willing to share provider information, consider professional recommendations, and participate in a structured decision-making process focused on my child's needs.

12. Questions for the other parent or professional

- What emotional or behavioural strengths do we both see in our child?
- What information from the provider do we still need?
- Are we seeing the same behaviours in both homes?
- For 'Anxiety Disorder', what support should we try first?
- When will we review whether the plan is helping?

13. Final child-focused summary

Your child benefits when mental-health concerns are addressed early, provider information is shared accurately, and decisions are based on the child's needs rather than parental conflict. You do not have to agree on every issue to create a dependable process for supporting your child.

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