



Behavioral & emotional flags

◆ When to refer to Manatee for child therapy, family and parent therapy

Age	Child Red Flags	Parent/Family Red Flags	Clarifying questions to ask
0 - 18 months	<ul style="list-style-type: none">• Inconsolable crying >3 hrs/day• Won't make eye contact or smile• Feeding refusal	<ul style="list-style-type: none">• Postpartum depression/anxiety• "I don't feel connected to my baby"• Severe sleep deprivation	<ul style="list-style-type: none">• "How many hours a day is baby crying?"• "How are YOU doing—not just the baby?"
18 months - 3 years	<ul style="list-style-type: none">• Daily tantrums >30 min• Aggression (hitting, biting)• Won't separate from parent	<ul style="list-style-type: none">• "I can't handle this anymore"• Discipline isn't working• Sibling aggression	<ul style="list-style-type: none">• "How long do the tantrums usually last?"• "How are you holding up?"• "Do you have the energy to set boundaries?"
3 - 5 years	<ul style="list-style-type: none">• Nightmares multiple times/week• Won't play with other kids• Regression (toileting, speech)	<ul style="list-style-type: none">• Recent divorce/move/. new baby• "Preschool says there's a problem"• Parent exhaustion	<ul style="list-style-type: none">• "How often are the nightmares happening?"• "Has anything big changed at home recently?"
6 - 11 years	<ul style="list-style-type: none">• Refuses to go to school• No friends/peer conflict• Frequent stomachaches/headaches	<ul style="list-style-type: none">• Family conflict escalating• Trauma exposure• Co-parenting breakdown	<ul style="list-style-type: none">• "What happens when it's time for school?"• "How are things at home?"
12 - 18 years	<ul style="list-style-type: none">• Persistent sadness >2 weeks• Mentions self-harm• Substance use• Eating changes	<ul style="list-style-type: none">• "I can't talk to my teen anymore"• Safety concerns (self-harm, risky behavior)• Family communication breakdown	<ul style="list-style-type: none">• "How's their mood been lately?"• "Have you noticed any changes in behavior?"

◆ Manatee's services

We support families with children ages 0-25

- **Postpartum Support:** Specialized care for postpartum depression, anxiety, and adjustment
- **Child Therapy:** Evidence-based play and talk therapy for behavioral and emotional concerns (ADHD, anxiety, depression etc.)
- **Family Therapy:** Treatment to improve communication, conflict resolution, and family dynamics
- **Adolescent Counseling:** Individual therapy for teens dealing with anxiety, depression, identity, screen addiction, relationships and more.
- **Parent Counseling:** Individual support for parents navigating stress, burnout and life transitions

Insurance: We accept most commercial insurance plans and provide superbills for out-of-network coverage.

◆ Helpful things to say to families

These scripts make talking about mental health a little easier

For child behavioral concerns

"Based on our visits, I've been noticing [specific behavior: frequent meltdowns / trouble separating / signs of anxiety] with [child's name]. A lot of kids go through this, and talking to someone who is specialized has really helped other families, I can put in a referral and connect you. Families get in pretty quickly and it's covered by insurance. Does that sound like something worth trying?"

Key phrases

- "This is common, a lot of kids go through this"
- "Start quickly, covered by insurance"
- "Try and see if it helps"

For parent support

"Parenting can be really challenging, especially [during the toddler years / with multiple children / after a new baby]. We work with counselors who help parents navigate stress and the adjustments that come with parenthood. A lot of parents don't know that's even an option that is covered by insurance. Would you want me to send a referral?"

Key phrases

- "Parenting can be really challenging"
- "Helpful support for YOU"

For postpartum screening

"I always check in with new moms about how they're doing—not just the baby. How's your mood? Your sleep? Any anxiety? This stuff is really common, but people don't talk about it much and moms tend to 'tough it out'. If you're struggling, I can connect you with someone who specializes in postpartum support."

Key phrases

- "I always check in"
- "Really common, but people don't talk about it"
- "You don't have to wait it out"

For family therapy

"Sounds like things have been pretty stressful at home. Sometimes it helps to have someone outside the family help everyone talk through what's going on. It's not about fixing anyone—it's just about making family communication easier, helping everyone feel heard and finding solutions that work for your family. Would you like me to connect you with someone who specializes in this?"

Key phrases

- "Help everyone communicate better"
- "Not about blame"
- "Solutions that work for your family"

◆ How to refer

Patient QR code

- Have the patient scan the code below with their phone

Refer online

- Go to getmanatee.com/refer and complete the form

Refer via fax

- Send patient info to (800) 694-3053

We'll handle the rest—family will be contacted right away.



Mental health for the whole family

