



School Refusal: Work Together with Your Pediatrician and Mental Health Providers

- Rule out medical causes for physical symptoms
- No medical note to stay out of school unless a medical diagnosis requires missing school
- Consider need for medication
- Assess, educate and treat underlying causes of school refusal
- Focus on treatment plan for comfortable and consistent school attendance
- Establish coping and problem solving strategies
- Consider need for medication or change in medication
- Social skills group if appropriate
- Sign release of information for mental health/medical providers and school to communicate

