Tenko Raykov:

“For the case of binary (or binary scored) items, see Raykov, Dimitrov, & Asparouhov (2010, Structural Equation Modeling). (This paper is uploaded on the Mplus website.)

For the case of Likert-type items with at least 5-7 possible response options, use can be made of the method in Raykov & Marcoulides (2015, Structural Equation Modeling). (This paper is also uploaded on the Mplus website.)

For the case of highly discrete items with 3-4 or so possible options, a method based on parceling is discussed in Raykov & Marcoulides (2011, Introduction to Psychometric Theory, NY: Taylor & Francis). This method may be reasonably trustworthy when several different parceling choices yield very similar results/estimates for reliability (incl. confidence intervals).

There is no direct way that I am aware of, which would permit using the ‘omega’ formula from the continuous case (and/or the associated R-function for confidence interval evaluation) with parameters estimated utilizing WLSMV upon declaring the scale items as categorical in Mplus.

All preceding assumes unidimensionality of the set of items under consideration (possibly after splitting of an initial larger scale or test that is not so), which is a testable assumption using latent variable modeling, and in particular Mplus as software.