



## Therapeutic Assessment & Systems Collaboration

Frequently Asked Questions and Information Sheet for Youth

### Why am I having an assessment?

- Unlike other assessments or psychological testing you might have done, you will be thinking of your own questions so that you and other people in your life can understand you better.
- Some examples of questions other youth have asked are, "Why do I get so mad?", "How come I can't make friends?", "Why am I so clingy?", "Why do I drink so much?", "Am I dumb?", "Why do boys like me?" In addition, parents or therapists or teachers might have questions about you. We will answer those questions too.

### So What Happens?

- In order to answer these questions you would need to come to 4-6 appointments, talk a little about yourself, fill out some questionnaires, and do different psychological tests with your assessor. We also might want to meet with you and your family and have you all do something together.
- At the first appointment, we will begin to develop your questions. We will then meet several times for testing. After that, the assessor will meet with

you privately to talk to you about the results and answer your questions. You can even decide to keep some of your questions private.

- We will also share some of the results with the important people involved with you. With input from you, we can decide how to share the results with those people. If you are not legally an adult,



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your parents, guardian or social worker are entitled to know some results of your assessment.

- Outside of these people, we don't tell anyone else, with one exception: If you tell us that you have been abused (and it has not been previously reported), you have abused someone in the past, or that you are about to hurt yourself, or someone else. In those cases we are legally required to report that information, and to take steps to make sure that you, or someone else doesn't get hurt.

### What will I get out of this?

- You might learn things about yourself that will help you get what you want with your friends, parents or caregivers, and other people. Also, if you feel people don't understand you, we might be able to explain your point of view in a way that people can hear it.

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- Teenagers like you often feel better after this process because unlike the other assessments, you get the answers to your own questions, you have some say in the process, and you get a letter from us to keep.

### Is there any down side of this?

- If you decide to do the assessment, it will take up some of your time (usually 10-14 hours, though not all at once!).
- You may miss school or lose time with friends or doing other things.
- It might not always feel comfortable talking about yourself to a stranger. If things come up that bother you or that are hard, or if you get tired, it would be good to talk about it with the person working with you. This works best when you feel involved in the process and feel you can get something out of it for yourself.

### For More Information

If you have more questions or would like more information on Therapeutic Assessment, feel free to contact:

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