

Therapeutic Collaborative Assessment

Frequently Asked Questions by Youth

Why have an assessment?

- The goal of this process is to answer your questions! You will have an opportunity to ask questions about yourself privately (as long as safety is not a concern).
- The process will help you better understand your strengths and challenges and what would be most helpful.
- We will help you communicate your needs to the adults in your life so they know how to best support you. Sometimes adults can hear things better from other adults.
- Parents, therapists, or teachers might also have questions. We will help answer those questions, too.



What does an assessment look like?

Our goal is to keep you informed and part of the process every step of the way. You and your assessor weekly will meet weekly for about 4 - 6 sessions. In sessions, you will...

- develop your assessment questions
- talk about your background and experiences
- fill out some questionnaires
- do different activities to answer your questions

Your assessor will also talk to other adults in your life to better understand your experiences. Your assessor will share with you what results mean and will ask for your input about how that applies to your life. The assessor will share what the two of you have learned together in a letter or story written just to you.



Who will see this?

Your assessment questions will remain private unless you ask us to share. We can only share information with people who you or your caregivers give us permission to talk to. People often want us to share things with their team so everyone can get on the same page to support you. If you are not legally an adult, your parents, guardian, or social worker are entitled to the results of your assessment.



What if I don't want to do the assessment?

Your voice and participation are the most important part of the assessment. We respect your desire to answer things at your own pace and share what feels okay to you. Sometimes assessments can be hard. It might feel weird talking about yourself and your challenges. If you change your mind or don't want to do the assessment, tell your caregivers, or let us know and we can talk about your concerns.

How do I get started?

First step is to think about questions you have about the assessment and things you'd like to learn about yourself. If you don't know your questions right now, that's fine, too! Just let your caregiver or therapist know you want to get started and we'll take it from there.



For more information, please contact:

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