



FAMILY WELLNESS CENTER

What Happens During an Assessment?

A full assessment provided by the San Diego Center for Children is a multi-step process that evaluates how a person of any age thinks, learns, feels, and behaves.

Step 1: A clinical interview to gather information about a person's history. The discussion includes developmental, health, family, social, emotional, behavioral and academic history that may help to shed light on the development of current concerns.

Step 2: Specific procedures and tests are selected based on the referral questions and the information gathered from the clinical interview in Step 1.

Step 3 (as applicable): A review of previous assessments, observations, consultations with other professionals, can be conducted to make sure no other findings are overlooked.

Step 4: The actual testing portion of the assessment includes various standardized tests and activities to gain understanding of general intellectual ability, language, memory and learning, problem solving, planning and organization, attention and concentration, fine motor skills, visual spatial skills, academic skills, and emotion and behavior. Usually they are a combination of one-on-one question and answer, as well as tasks involving pencil and paper, puzzles, drawing, and games.

Step 5: A written report detailing the assessment process and findings is prepared and reviewed with the family and child, or as appropriate, with other treating professionals and educators.

Contact Us Today

Family Wellness Center

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The San Diego Center for Children is a 501(c)(3) organization, nationally-accredited by The Joint Commission. Founded in 1887, it is the oldest children's nonprofit in the region. The Center operates in 8 locations and hundreds of homes throughout San Diego County, empowering the lives of over 1,000 children and families every day.