



ELITE PSYCHOLOGY

883 Corydon Ave, Winnipeg, MB R3M 0W7

www.elitepsychology.ca

204.228.6085 (Call/Text)

admin@elitepsychology.ca

204.201.3578 (Fax)

Hello / Bonjour / Tansi / Hau/Han / Wotziye / Halu / Taanishi / Boozhoo / Waachi'ye

INFORMATION SHEET

Thank you so much for considering our services! We provide psycho-educational assessments to children, adolescents and young adults. A psycho-educational assessment is conducted by a Psychologist or a Psychological Associate that involves a standardized assessment of a child or adolescent's skills and abilities which can include the following areas:

- Cognitive skills (intelligence and learning abilities)
- Academic skills (reading, writing/spelling, math and oral language skills)
- Adaptive skills (everyday independent living skills that are needed to survive and thrive)
- Social skills (ability to initiate and maintain friendships with others)
- Emotional functioning (ability to regulate emotions and mood)
- Behaviour (ability to act appropriately and perform)
- Mental Health (to confirm or rule out any mental health disorders)

How does a psycho-educational assessment help? Typically, a person is referred for a psycho-educational assessment if they are struggling at home or at school in any of the areas mentioned above. This assessment helps by:

- Better understanding their strengths and challenges in order to develop a picture of how they are functioning, which is then used to make specific recommendations and strategies in both the home and school environments (where applicable)
- Determine eligibility for: (a) school learning plans such as a Curriculum Modification Plan (CMP) or an Individualized Education Plan (IEP) (b) Children/Adult Disability Services including Community Living Disability Services (c) Disability Tax Credit (DTC) form
- Diagnosing any mental health disorders or learning disabilities, along with a referral and letter of support to a medical doctor for a medication assessment (if required)

Note that a psycho-educational assessment does NOT include therapy or counselling

The 5-Step Assessment Process

Step 1 - Informed Consent – The parent/guardian will fill out a form that asks about background and historical information, and also provides information about the assessment process and asks for written consent to proceed. The parent/guardian can meet with the Psychologist to discuss anything related to the assessment at any time.

Step 2 - Distribution of Questionnaires - Once the consent form is returned, we will distribute several questionnaires that are to be filled out by the parent and teacher. These questionnaires ask about a variety of different things about the client including their behaviour, emotions and various skills they have. If the assessment is taking place at their school, the Resource Teacher typically helps with distributing and collecting the questionnaires to parents and teachers. If the assessment is taking place at our office, the parents will typically fill out the parent questionnaires while the assessment is taking place and then will be given the teacher questionnaires for them to distribute on our behalf.

Step 3 – Test Administration - We schedule the day(s)/time(s) for the assessment(s) that works best for everyone involved. The assessment takes place either at the child's school, our office or another agreed upon location depending on the circumstance. If the assessment takes place at our office, the parent can wait in a nearby waiting room. A standard assessment takes approximately 1-2 hours to complete. The assessments are completed in-person and are conducted one-on-one with the child. A standard assessment generally includes both cognitive and academic skills testing. Many of these testing activities will feel like games/puzzles to the child and include things like working with blocks, looking at pictures and answering questions. We may also fill out self-report questionnaire(s) with the child, which are similar to the parent/teacher questionnaires mentioned in step 2.

Step 4 - Submission of Written Reports, Support Letters & Forms – The written report, along with any letters of support (medical doctor, Jordan's Principle, etc.) or forms (e.g. Disability Tax Credit) required will be submitted to you **within a target timeline of 4 weeks from when the assessment was completed. The assessment is considered completed when (a) in-person testing occurs and (b) all the distributed questionnaires are filled out and returned.**

Step 5 – Meet To Discuss Results - We will have a virtual meeting either via Zoom (preferred) or by telephone to discuss the results, plan for the child and address any questions or concerns. Typically, the parents and some of the school staff (Resource Teacher and/or Classroom Teacher) will attend these meetings. However, with the parent/guardian's consent, others that are involved in the care of the child are welcome to join (e.g. other family members, educational assistants, school administrators, other clinicians, etc.). **Please note that it is the responsibility of the parent and/or school team to schedule a feedback meeting after the assessment is completed or when the report is received.** We will also continue to make ourselves available for any follow-up support meetings, if required. This feedback meeting can be scheduled by contacting us via call, text or email (contact info is on page 1 of this form) or by clicking on the link below: <https://calendly.com/garretfroese/psych-feedback-meeting>