

Psychological Assessments

Providing Child and Adolescent Psychological Assessments.

What are psychological assessments?

At NYFS, we strive to create a safe and supportive environment that respects the experiences and perspectives of families. Psychological assessments offer a deeper understanding of your child's strengths and needs, and considering their behavior, emotions, and cognitive abilities. We value your expertise as parents and caregivers and see our role as complementing your insights with additional tools. We also work to incorporate information from other providers (e.g., therapists, doctors, teachers).

Our approach is trauma-informed and aims to offer diagnostic clarity, particularly in areas such as autism, ADHD, trauma, mood disorders, anxiety, and behavioral concerns. We also work to identify new directions for ongoing support.

Why would someone seek a psychological assessment?

As a caregiver, you might consider a psychological if your child is struggling in school, has trouble making friends or interacting socially, or you are noticing challenging behaviors. Sometimes, teachers, doctors, or family members might recommend an assessment if they notice concerns that you might not be fully aware of.

Who will we assess?

We offer assessments for children between the ages of 3 and 17. We accept most forms of insurance and offer payment plans to help make the assessment more feasible for your family.



What is the process?

Step 1: Caregiver Interview

We'll meet with you to gather detailed information about your child and want to understand their personality, strengths, challenges, and background. Your input is crucial in shaping the assessment process, ensuring that we address your specific questions and goals effectively.

Step 2: Assessment Appointment

During the assessment appointment, your child will participate in various activities. Caregivers will also complete rating scales. This appointment must be completed in person.

Step 3: Feedback Appointment

After the assessment, our psychologist reviews all the information to answer your questions. We then have a feedback appointment to discuss the evaluation, providing a report and recommendations for services and strategies to implement at home and school.

NYFS believes in an inclusive approach – empowering families with knowledge and support. Let us help you understand your child's unique strengths and challenges.

Take Your Next Step.

Visit nyfs.org/mental-health/clinic.

To make an appointment, call 651-486-3808 or visit nyfs.org/start/appointment.



Transforming Lives

Transforming lives by ensuring access to care that nurtures healing, cultivates community, and inspires hope.

NYFSorg 

Northeast Youth & Family Services 

[NYFS.ORG](https://nyfs.org)

LOCATIONS:

Shoreview Clinic
3490 Lexington Ave N
Suite 205
Shoreview, MN 55126
(651) 486-3808

White Bear Lake Clinic
1280 North Birch Lake Blvd.
White Bear Lake, MN 55110
(651) 429-8544