



The Centre For Human Development Limited

Strengthening Families. Building Communities. Developing Minds.

GENERAL ASSESSMENT PORTFOLIO

The Assessment Process

In engaging therapeutic services, the first contact with clients provides the opportunity for TCHD Ltd.'s Clinical team to obtain essential information through clinical intake and assessment. From this intake and assessment, clients will either continue onto the collaboratively designed treatment plan or require further assessment. TCHD Ltd, in upholding best practices and international standards utilizes the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM- 5) and the International Classification of Diseases, Tenth Revision, Clinical Modification (ICD-10-CM) within both clinical practice and assessment methods.

 **Clinical Intake & Assessment**

 **Psychological Testing**

 **Psycho-Educational
Assessment**

 **Psychological Assessment**

 **Psychometric Assessment**

 **Developmental Tests**

 **Psychiatric Assessment**

 **Clinical Consultation**



Location of Services

- AT THE OFFICES OF TCHD
 - o East
 - o South
 - o Tobago
- SAFE AND PRIVATE LOCATION AT YOUR LOCATION/S
- AT THE HOMES OF THE CLIENT

ADDRESS: 9 Pasea Main Road, Tunapuna

TEL: 1(868) 235-5181 / 1(868) 317-3471 / 1(868) 374-9814 **FAX:** 1(868) 623-6529

EMAIL: thecentre@lifelifehelltt.org **WEBSITE:** www.lifelifehelltt.org

A MEMBER OF THE TCHD GROUP OF COMPANIES LIMITED



About Us

The Centre for Human Development Limited (TCHD) was developed to meet the Social Service, Psychological and Counselling needs of the people of Trinidad & Tobago, regionally and internationally. Our work is defined by our ability to respond to the many needs of the most vulnerable among us. The Families we serve have complex needs, communities need to strive to develop and the training needs are broad based. TCHD will continue to evolve as we strive to Strengthening Families, Building Communities and Developing Minds.

Our Commitment

The Centre for Human Development Limited is committed to delivering social, psychological and counselling services locally, regionally and internationally. It is our distinct belief that, those we serve, is in the greatest position to chart their own course and take control of their lives. Our commitment to you is to utilize our most skilled practitioners to deliver services to you utilizing best practices, person-centered, and solution focused modalities.

Our Vision

The Centre for Human Development Limited will become the premier Social Service Agency in Trinidad and Tobago, serving Children, Families, and the Community, determined to develop human capacity through continuous training and development.

Our Mission

Our mission is to facilitate a continuity of care by strengthening families, building communities and developing minds in an environment which fosters healing through solution-focused, person-centered practices.



Core Values

1. EVERY PERSON WILL BE TREATED WITH DIGNITY AND RESPECT

No person will be made to feel inadequate or “less than”, in any way. Every issue or situation will be treated with the level of dignity and respect it deserves.

2. CONFIDENTIALLY ABOVE ALL

Every person, every case and every situation will be treated with the utmost level of confidentiality afforded by law and with the level of ethics that govern our profession.

3. ADVOCACY

No, is not an option, we will use our influence and knowledge to improve social conditions, expand community outreach, and develop resources for our families and communities.

4. HIGH STANDARDS SET

We will set, meet and surpass the highest standards for all of those whom we serve, along with the highest levels of business ethics, morals, and responsibility.

5. SOLUTION FOCUSED

The Centre is committed to Solution-Focused Services, utilizing proven evidence based competencies and abilities to move the individual and the family or community forward.

Confidentiality

The Centre for Human Development Limited (TCHD) agrees that what has to be heard will be held in the strictest confidentiality and will respect the confidentiality of all our client's information, except as otherwise authorized by the client. Those matters, which The Centre for Human Development Limited is under obligation by law to report because of licensure or professional obligations, we will disclose these specific issues to the client before working with him or her.

Location of Assessment Services

Due to the need for privacy and the need to establish a therapeutic bond services will be conducted:

- AT THE OFFICES OF TCHD
 - o East
 - o South
 - o Tobago
- SAFE AND PRIVATE LOCATION AT YOUR LOCATION/S
- AT THE HOMES OF THE CLIENT

** Ensuring sufficient assessment to safeguard persons from any risk to health and safety during any care or treatment and the conducting of services to client(s)*

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Clinical Intake & Assessment

The clinical intake and assessment is a form of bio-psycho-social assessment that is, assessing the factors that contribute to the presenting issue of the client. It is the first step for the client, be it adult or child entering the therapeutic process towards establishing a baseline of challenges and strengths presented. Additionally issues are focused from a trauma perspective enabling deeper and longer lasting positive changes. Within the subsequent treatment plan (recommendations), a multifaceted approach is taken, where the primary stakeholders (parents and guardians, teachers, or in the case of adults, spouses and colleagues.) are part of the support team for the client.

Psychological Testing

Psychological testing is not a single test or even a single type of test. It is, rather, a comprehensive assessment of particular challenges that the client faces. Depending upon what kind of testing is being done, it can last anywhere from 1/2 hour to a full day.

I. Psycho-Educational Assessment

Examine the achievement and ability of the individual. It incorporates some aspects of a psychological assessment (behavioural evaluation, social-emotional testing) but it also places greater emphasis on evaluating an individual's intellectual potential and one's current level of achievement. It also measures key aspects of development such as adaptive functioning and visual motor integration skills. Special education testing (dyslexia and other specialist linguistic tools) is sometimes required to facilitate accurate diagnosis and referral for services. A psycho-educational battery is useful for a variety of purposes such as:

- o In cases of poor academic performance
- o Confirming learning difficulties and/or disabilities
- o Confirming the scope of an individual's intellectual abilities
- o Cognitive testing post-accident/injury

II. Psychological Assessment

This, on the other hand, examines the personality and behavioural characteristics of the participant. A Full Psychological Assessment is a thorough evaluation of how a person thinks feels and behaves. It is made up of a set of procedures that are administered and interpreted to obtain a comprehensive picture of a person's holistic functioning.

III. Psychometric Assessment

This is concerned with the objective measurement of skills, knowledge, abilities, attitudes, personality traits and educational achievement. The process measures relevant strengths and weaknesses and primarily assesses employment suitability, including company-candidate fit.

These three main assessments can be utilized to identify a number of challenges presented by the client. Some other areas of challenge that TCHD can address are:

IV. Developmental Tests

Parents are sometimes unaware of the challenges that can be posed to a child in terms of development and growth. Associated medical issues such as Autism and Developmental Disabilities need to be clinically assessed to provide identification and severity.

Additionally, the following specific challenges can be addressed through the assessment process:

Child/Adolescent - Some challenges that we can help and provide support with are:

- o Depression
- o Anxiety
- o Oppositional Defiant Disorder
- o Attention Deficit Hyperactivity Disorder
- o Conduct Disorder
- o Trauma

Adult - Some challenges that we can help and provide support are:

- o Depression
- o Anxiety
- o Stress
- o Personality
- o Trauma

V. Psychiatric Assessment

A psychiatric assessment is a process of gathering information about a person within a psychiatric service, with the purpose of making a diagnosis. The Centre for Human Development Limited will provide the following services:

General psychiatric evaluation - Interview based evaluation to assess the necessary actions to be taken. The aim of a general psychiatric evaluation is to:

- 1) Establish whether a mental disorder or other condition requiring the attention of a psychiatrist is present.
- 2) Collect data sufficient to support differential diagnosis and a comprehensive clinical formulation.
- 3) Collaborate with the client to develop an initial treatment plan that will foster treatment adherence, with particular consideration of any immediate interventions that may be needed to address the safety of the patient and others—or, if the evaluation is a reassessment of a patient in long-term treatment, to revise the plan of treatment in accordance with new perspectives gained from the evaluation.
- 4) Identify longer-term issues (e.g., premorbid personality) that need to be considered in follow-up care.

Emergency evaluation - in response to thoughts, feelings or urges to act that are intolerable to the patient, or to behaviour that prompts urgent action by others, such as violent or self-injurious behaviour, threats of harm to self or others, failure to care for oneself, bizarre or confused behaviour, or intense expressions of distress.

VI. Clinical Consultation

Evaluations for the purpose of assisting in the diagnosis, treatment, or management of an individual with a suspected mental disorder or behavioural problem.



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