

**PARENT/GUARDIAN ASSESSMENT**

Date: \_\_\_\_\_

Name of child: \_\_\_\_\_ Age: \_\_\_\_ Birth Date: \_\_\_\_\_

Name/s of parent/s or guardian/s completing form: \_\_\_\_\_

1. Do all legal guardians approve of therapy for the child? (Required.) Yes \_\_\_\_\_ No \_\_\_\_\_

2. Parents/Guardians: Please list your child's strengths/areas that are going well:

3. Please check your top priority concerns for your child below, and provide a brief description:

**Concerns (check those that apply.)**

**Describe: For how long, how often, triggers, etc.**

\_\_\_ Depression, irritability, sad mood,  
Low self esteem, loss of interest/pleasure. \_\_\_\_\_

\_\_\_ Suicide thoughts, intent, plans, or comments. \_\_\_\_\_

\_\_\_ Self-injurious behavior. \_\_\_\_\_

\_\_\_ Anxiety, excessive worries, separation  
fears. \_\_\_\_\_

\_\_\_ Hearing voices-when there was no  
one there—speaking about them or telling them  
what to do or saying bad things to them. \_\_\_\_\_

\_\_\_ Saying that they had intrusive/obsessive thoughts? \_\_\_\_\_

\_\_\_ Repetitive behaviors or mental acts in  
response to intrusive/ obsessive thoughts: \_\_\_\_\_

\_\_\_ Feeling the need to check on certain things  
over and over again, like whether a door was locked. \_\_\_\_\_

\_\_\_ Worrying a lot about things touched being dirty  
or having germ? \_\_\_\_\_

\_\_\_ Started more projects than usual, or did more  
Risky things than usual? \_\_\_\_\_

\_\_\_ Slept less than usual, but still had lots of energy? \_\_\_\_\_

**Concerns (check those that apply.)**

**Describe: For how long, how often, triggers, etc.**

\_\_\_ Difficulty identifying and expressing feelings.

\_\_\_\_\_

\_\_\_ School/homework problems.

\_\_\_\_\_

\_\_\_ School refusal/skips class.

\_\_\_\_\_

\_\_\_ Attention issues in school, difficulty staying seated, waiting turn, blurting out answers, easily distracted, interrupts/intrudes.

\_\_\_\_\_

\_\_\_ Family problems (impacted by.)

\_\_\_\_\_

\_\_\_ Defiance/arguing with parents.

\_\_\_\_\_

\_\_\_ Defiance/arguing with teachers.

\_\_\_\_\_

\_\_\_ Frequent temper tantrums.

\_\_\_\_\_

\_\_\_ Drugs/alcohol/vaping/cigarettes or other chemical use.

\_\_\_\_\_

\_\_\_ Used any medicine without a doctor's Prescription?

\_\_\_\_\_

\_\_\_ Losing control of anger and acting out aggressively.

\_\_\_\_\_

\_\_\_ Cruel to others and/or bullying

\_\_\_\_\_

\_\_\_ Cruel to animals.

\_\_\_\_\_

\_\_\_ Stealing

\_\_\_\_\_

\_\_\_ Running away

\_\_\_\_\_

\_\_\_ Stealing or destruction of property

\_\_\_\_\_

\_\_\_ Issues with food/eating

Problems maintaining weight? \_\_\_\_\_ Intense fear of weight gain? \_\_\_\_\_ Binge eating? \_\_\_\_\_ Purging? \_\_\_\_\_

\_\_\_\_\_

\_\_\_ Not accepting responsibility for his/her own actions.

\_\_\_\_\_

\_\_\_ Sleeping problems

\_\_\_\_\_

**Concerns (check those that apply.)**

**Describe: For how long, how often, triggers, etc.**

\_\_\_ Social skills; making and keeping friends. \_\_\_\_\_

\_\_\_ Being bullied/taken advantage of by others. \_\_\_\_\_

\_\_\_ Abuse (physical, sexual or emotional) of child by other/s: \_\_\_\_\_

\_\_\_ Recent changes in behavior, health or personality \_\_\_\_\_

**How long have the checked issues been of concern?** \_\_\_\_\_

**Family History:**

\_\_\_ Family history of depression. Child's: \_\_\_ father \_\_\_ mother \_\_\_ grandparents

\_\_\_ Family history of anxiety. Child's: \_\_\_ father \_\_\_ mother \_\_\_ grandparents

\_\_\_ Family history of substance abuse. Child's \_\_\_ father \_\_\_ mother \_\_\_ grandparents

\_\_\_ Other mental health issues \_\_\_\_\_ father \_\_\_ mother \_\_\_ grandparents  
\_\_\_\_\_ father \_\_\_ mother \_\_\_ grandparents

\_\_\_ Medical issues for child? Surgeries/accidents? \_\_\_\_\_

Medication/s? \_\_\_\_\_ Date of last physician check up? \_\_\_\_\_

\_\_\_ Birth story / developmental complications? \_\_\_\_\_  
\_\_\_\_\_

**Student's general weekly AFTER SCHOOL routine / homework/ activities / interests:**

Mon. \_\_\_\_\_

Tues. \_\_\_\_\_

Wed. \_\_\_\_\_

Thurs. \_\_\_\_\_

Fri. \_\_\_\_\_

Weekend: \_\_\_\_\_

Has child participated in counseling/ therapy services before? \_\_\_ Yes \_\_\_ No. If yes, please list  
Date: \_\_\_\_\_ Reasons: \_\_\_\_\_

**Main reason for seeking therapy for child at this time:** \_\_\_\_\_  
\_\_\_\_\_