

6. What Do Each of the CDBC team Members Do?

CDBC Assessment Coordinator /Social Worker: The Assessment Coordinator will coordinate the assessment process and offer support to you and your family. You will be interviewed (in person or by phone) to gather past and present information about your child, your family and the services needed.

Pediatrician: The Pediatrician is a medical doctor who is trained to diagnose and manage the special needs of children and adolescents with developmental and behavioural disorders and conditions.

Child/Adolescent Psychiatrist: The Psychiatrist is a medical doctor who is trained to assess, diagnose and treat mental health conditions in children and youth.

Psychologist: The Psychologist will work with your child/youth to assess strengths and weaknesses across a number of areas. These include: cognitive abilities, academic achievement, attention, memory, planning, problem solving, personal care, social skills, and mental health concerns.

Speech Language Pathologist: The Speech Language Pathologist will look at your child's ability to understand what is being said and ability to communicate with others.

Occupational Therapist (when necessary): The Occupational Therapist will evaluate your child's skills in areas such as fine/gross motor eye-hand coordination, sensory processing and general development.

7. How Can You Prepare For The Assessment?

You can help with your child's assessment by supplying the following:

- Begin gathering information about your child and his/her family background
- Pregnancy history
- Birth and health history
- Records of height and weight
- Photographs of your child at different ages (school photos work well)
- School testing, recent report card
- Other assessments that have been done by community service providers.

8. What Happens After The Assessment?

At the end of the assessment process you will receive a report that will cover the assessment outcome and practical recommendations for interventions specific to your child's strengths and challenges.

For those diagnosed with complex developmental behavioural conditions (including FASD), specially trained **Key Workers** (funded by MCFD) are available to assist you with finding services to address the team's recommendations.

For families where children are diagnosed with ASD, **individualized funding** may be available and will be explained at time of diagnosis.



Complex Developmental Behavioural Conditions Clinic

**Interior Health
Children's Assessment
Network**

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1. What Is The Complex Developmental Behavioural Conditions Assessment Clinic?

The Complex Developmental Behavioural Conditions program (CDBC) provides an assessment and diagnosis clinic for children and youth who live in the Interior Health Authority area and who are suspected of having an Autism Spectrum Disorder (ASD), Fetal Alcohol Spectrum Disorder (FASD) or other Complex Developmental Behavioural Conditions (referred to as a complex child/youth (CCY).

2. How Can I Get My Child Assessed?

- ◆ Make an appointment with your family doctor to talk about your concerns.
 - ◆ Your doctor may refer your child or youth to a Pediatrician or Psychiatrist to rule out possible medical causes for delays in communication, or development.
 - ◆ If Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorder, or other Complex Developmental Behavioural Conditions are suspected, the Pediatrician or Psychiatrist can make a referral to the CDBC clinic for a comprehensive diagnostic assessment (If a Pediatrician or Psychiatrist is not readily available, IHCAN will accept a referral from a family doctor).
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3. What Will Happen Next?

IHCAN receives the referral form and supporting documentation from the referring Doctor and is reviewed by the IHCAN team.

If the CDBC clinic is determined to be the best fit for your child, then you will receive a package of forms to complete and return to IHCAN. Once all relevant background information has been collected by the Intake Coordinator, you will receive a phone call to make an appointment date to begin the diagnostic assessment process.

If it is decided that the CDBC clinic is not the best fit for your child, you will be informed why not and other resources will be suggested.

4. How Long Will We Have To Wait For An Assessment?

There are wait times for CDBC assessments. However, we will do everything we can to see your child as soon as possible and if necessary, will work with you to find other resources to meet your needs while you wait.

IHCAN's goal is to provide assessments for children 0-6 years old within 3-6 months of receipt of referral and children 6-19 years within 6-9 months of receipt of referral.

5. What Will The CDBC Assessment Involve?

The inter-disciplinary CDBC team will complete a comprehensive diagnostic assessment.

If deemed necessary, you may be interviewed by the Assessment Coordinator to gain a better understanding regarding your child's strengths and challenges. Based on the information provided to us, (previous medical reports, school achievements, etc), your child will be scheduled for all (or some) of the following assessments:

Pediatrician

Child/Adolescent Psychiatrist

Psychologist

Speech Language Pathologist

Occupational Therapist

The CDBC team will then arrange a time to provide you feedback in a **family conference**. This is a time to consult with you and others **you** wish involved and provide you with a preliminary summary of the assessment results.

Full reports will be mailed to you in approximately six weeks.
