



www.mcyaf.org
(877) 488-6293
information@mcyaaf.org

The Masonic Center for Youth and Families



About Us.....

We are rooted in a deep commitment to serving Masons and their families throughout California. The Masonic Center for Youth and Families is a non-profit organization that offers a sliding scale fee schedule that makes services accessible to clients at all income levels.



Assessments

Our comprehensive and in-depth psychological assessments help children and adolescents overcome learning and personal challenges by looking closely at areas of cognitive, emotional, neuropsychological, and learning ability. We also consider environmental and developmental factors that may be hindering each client's potential to succeed at school. An assessment is not required to access therapy services.

Educational Therapy

Our educational therapist is available to create custom learning plans for children with learning differences. Homework and consultation support to further support specific learning needs is also available.





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Individual and Family Therapy

We create trusting relationships with each individual and family, allowing clients to explore areas of concern in a safe and accepting environment.

Whether meeting with individuals or a whole family, we spend time to understand clients' unique experiences and to help them harness their own inherent strengths.



Resident Services

Emotional health deserves attention, just like physical health. Our clinicians are an integrated part of campus life and are available to the residents in Covina and Union City.

Groups and Workshops

Our dynamic groups and workshops connect individuals or whole families with others who can relate to one another's experiences. We help facilitate conversations, manage feelings of isolation, and foster a greater sense of self-understanding.

MCYAF is an extension of your fraternal benefits and we proudly offer lodge and group presentations to all blue lodges throughout California including our Masonic Youth Orders. Please reach out if you're interested in a presentation on our services.



Psychological Assessment Services

The Masonic Center for Youth and Families (MCYAF) provides a wide range of psychological assessment services to help children, adolescents, and young adults improve their sense of well-being and achieve their full potential at home, in school, and within the community.

What is a psychological assessment?

A psychological assessment provides an in-depth look at an individual's cognitive, emotional, and/or academic functioning, with consideration given to environmental and developmental factors. Each assessment typically consists of a clinical interview and a series of standardized tests designed to measure a client's strengths and difficulties across several areas. Patterns in performance are used to aid in proper diagnosis and treatment planning. Each assessment concludes with a written report and individualized recommendations to ensure that the client's unique needs are appropriately addressed.

Would my child benefit from a psychological assessment?

A psychological assessment is usually recommended when your child is experiencing ongoing difficulties or sudden changes in attention, memory, language, perception, behavior, personality, mood, or academic achievement. These symptoms may be due to any number of biological, neurodevelopmental, psychological, or social factors. Testing can be helpful in understanding and addressing your child's specific situation.

What is assessed?

MCYAF offers both *comprehensive* and *targeted* assessments based on your child's unique needs.

Comprehensive assessments are designed to provide a "complete picture" of an individual across all key areas that affect our daily lives. They integrate in-depth cognitive and learning performance measures with a thorough emotional and psychological evaluation in order to gain a comprehensive understanding of your child's current challenges and how to overcome them.

Targeted assessments are designed to address specific areas of concern. The types of targeted assessments offered through MCYAF include:

- Attention Deficit/Hyperactivity Disorder (ADD/ADHD) assessments
- Learning disabilities assessments
- Emotional and behavioral assessments
- Accommodations testing (e.g., classroom supports, standardized exams)

MCYAF is committed to a culturally informed assessment process. The charitable funding we receive from the Masons of California allows us to offer flexible payment options for our psychological assessments. Each potential client is reviewed on a case-by-case basis to ensure that no one will be denied services due to a lack of resources.

SIGNS A CHILD MIGHT NEED HELP

Childhood and adolescence are periods of development, and all children will experience challenges as they grow and transition into new life phases. It can sometimes be difficult for parents and other loved ones to determine if a child's struggles are the result of a "growing phase" or if they could benefit from the support of a mental health professional. The following list contains common indicators that your child may need additional support.

ACADEMIC DIFFICULTIES

- Struggles with reading, spelling, writing, and/or math
- Struggles with peers and social relationships
- Intellectual potential does not match academic performance
- A marked difference or decline in performance at school
- Difficulty following directions
- Problems with memory and retaining information
- Difficulty processing or organizing information
- Inability to manage homework or meet deadlines
- Problems with attention and staying focused in class

EMOTIONAL DIFFICULTIES

- Sadness and hopelessness for no obvious reason
- Withdrawal from friends, family, and other important relationships and activities
- Frequently angry or irritable
- Cries frequently or overreacts to typical experiences
- Feelings of worthlessness, guilt, or anxiety
- Unable to come to terms with a loss

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- Fearful or having unexplained fears
 - Excessive concerns about physical problems or appearance
 - Frightened that his/her mind is controlled or is out of control
 - Worry about being harmed, hurting others, or doing something "bad"
 - Feeling life is too hard to handle

BEHAVIORAL SIGNS

- Difficulty controlling or containing impulses
- Inability to sit still or focus attention
- Losing interest in things once enjoyed
- Racing thoughts that are nearly too fast to follow
- Unexplained changes in sleeping or eating patterns
- Persistent nightmares
- Avoiding friends or family; frequently wanting to be alone
- Suicidal thoughts
- Alcohol and other drug use
- Cutting; self-harm
- Engaging in physical fights
- Eating excessive amounts of food and then purging; abusing laxatives; or restricting food intake
- Unnecessary dieting and/or exercising obsessively
- Engaging in risky, life threatening activities
- Washing, cleaning, or performing certain routines numerous times per day

MCYAF offers family assessments for a variety of situations, including help for youth who persistently experience one or more of the above. Visit mcyaf.org or call (877) 488-6293 to learn more.