

# PROTOCOL FOR EVALUATION

## SOUTH COUNTY CHILD AND FAMILY CONSULTANTS PROCEDURES FOR PSYCHOLOGICAL TESTING

### **Initial Session:**

An initial interview is scheduled to meet with parents/guardians and children prior to the testing. During this interview I review the questions on the Background Questionnaire (enclosed). I will ask you to describe your areas of concern in the presence of the child, so that the child has an understanding of why the evaluation is being conducted. If there are specific issues that you would like to speak about privately, please let me know. Otherwise I generally include the child for the entire interview. The Intake is used to clarify problem areas and to select the specific psychological tests and tools to be used.

In addition, we will discuss how to utilize your health insurance to pay for the testing. Many insurance companies view psychological testing as a specialty requiring specific authorization. Some (RI Blue Cross Healthmate Coast-to-Coast, Blue Chip) cover the full range of psychological and neuropsychological testing, while others (United Health, those managed by Magellan and Aetna) require a request for test authorization after the initial appointment. These insurance companies often do not fully authorize the testing that is requested. In these situations, parents must pay for the portion of the testing that insurance does not cover. This is true particularly when any type of educational testing is requested and with some testing for Attention Deficit Hyperactivity Disorder. Many insurance companies reimburse us at significantly below our normal fees. If your insurance does not cover our full fees for evaluations, please talk to me about our use of a sliding scale to reduce your costs.

### **Testing Sessions:**

In general, one or more testing sessions are conducted with a child. The initial testing session usually requires two hours. Depending upon the complexity and type of evaluation, an additional one to three hours may be scheduled to complete the testing. Generally the testing session is conducted alone with the child. Younger children may prefer that their parents remain in the waiting room. Parents are free to leave the office during testing with older children providing they leave an emergency contact number.

### **Review Session:**

The final session is a follow-up meeting in which parents are given a written report to read and then discuss with me. Children under the age of 13 do not need to be at this session. Some children may wish to come back and visit, and we may choose to have them in the interview room when we are reviewing the report. Occasionally parents wish to have further follow-up sessions, which can be helpful in clarifying how recommendations are working.

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