



MINDWELL PSYCHOLOGICAL ASSESSMENT OVERVIEW OF TESTING SERVICES

MindWell primarily offers diagnostic evaluations for the following*:

- Autism
- Attention-Deficit Hyperactivity Disorder
- Specific Learning Disabilities (i.e., Psychoeducational Evaluation to examine academic achievement levels)

*All evaluations will include screening to examine co-existing mental health conditions. Requests for broad psychological evaluations, which do not include a rule-out for neurodevelopmental disorders, will be considered on a case-to-case basis.

What age population does MindWell serve?

- Autism Evaluations (Ages 2-25)
- ADHD Evaluations (Ages 4-25)
- Psychoeducational/Learning Evaluations (Ages 5-25)

Does MindWell require a referral to initiate services?

Although MindWell frequently receives referrals from medical providers, therapists, and school personnel, a formal referral is not required to initiate a phone screening for evaluation. However, MindWell reserves the right to request a referral should care coordinators require more information to determine appropriateness of fit for evaluation services or ensure medical necessity of services.

Why seek evaluation at MindWell?

- To better understand my or my child's cognitive, academic, and social-emotional strengths and support needs
- To find out whether I or my child have traits or the kinds of symptoms that indicate a

mental health or neurodevelopmental disability

- To understand whether my difficulties are severe enough and cause enough problems to require a diagnosis
- To identify the most likely condition or multiple conditions interacting to contribute to current concerns
- To determine the most appropriate treatment recommendations and accommodations to enhance my or my child’s performance at home, school, work, and social settings and improve independence and quality of life
- To identify strategies that can help others (e.g., teachers; therapists; family members) better understand how I or my child think(s) and perceive(s) the world, which may lead to better acceptance, insights, and ways to support my or my child’s needs

Does MindWell accept insurance for psychological/neuropsychological evaluations?

Currently, MindWell is only in-network with CDPHP plans*. Clients with any other insurance will be considered out-of-network and eligible to self-pay for evaluations.

MindWell cannot guarantee any out-of-network benefits or reimbursements. If you choose to self-pay for evaluation services and submit your own claim for insurance reimbursement upon completion of services, our care coordination team will work with families to provide a superbill and documentation that you can provide to your insurance carrier.

It is recommended that any client seeking services first inquire with their insurance companies if the following codes are covered and their policy requirements for out-of-network reimbursements **prior** to scheduling services with us:

| | | | | |
|-------|-------|-------|-------|-------|
| 90791 | 96116 | 96121 | 96130 | 96131 |
| 96132 | 96133 | 96136 | 96137 | 90846 |
| 90847 | 96112 | 96113 | | |

*Please note that insurance does not typically cover stand-alone psychoeducational evaluations without a medical or psychiatric rule-out. Furthermore, your insurance may have other limitations on types of assessments covered and eligibility for medical necessity.

What are the self-pay rates for an evaluation?

Psychological evaluations at MindWell are comprehensive and take a great deal of time. Completing a thorough, high-quality evaluation requires spending adequate time getting to know you and/or your child in-clinic, obtaining a full understanding of your/your child’s history, ruling-out co-existing mental health concerns or differential diagnoses, and creating individualized recommendations and written reports. Most evaluations at MindWell take between 10-18 hours, which includes time spent with you/your child in the clinic (e.g., interviewing; test administration; feedback of results) and in other test evaluation services (e.g., scoring; report writing; consultation with teachers/therapists).

Our current fee-structure, is as follows:

| Fee Structure | |
|------------------------------|-------------------|
| Intake | \$280 |
| Every additional hour | \$240/hour |

*partial hours will be prorated based on the hourly rates above

Costs for each type of assessment range based on a number of factors, including age, complexity of presentation, and number of hours and assessments needed to answer the reason(s) for referral. Below is the range of fees by type of assessment:

| Assessment Type | Number of Hours | Cost |
|---|------------------------|---------------|
| Autism <u>or</u> ADHD | 8-14.5 | \$1,960-3,520 |
| Psychoeducational Evaluation/Specific Learning Disability | 14-16 | \$3,400-3,880 |
| Combination Evaluation (ASD/ADHD) | 14-18 | \$3,400-4,360 |

While an estimated cost range for a complete evaluation will be provided to you during your initial phone screening depending on the type of service requested, final cost of evaluation is determined based on the actual number of hours spent delivering services.

How will fees be collected?

If you are self-paying, MindWell will collect half of the estimated cost of evaluation at the time of scheduling. The remainder of payment will be due upon completion of services following the

feedback appointment. Comprehensive reports of evaluation will be provided upon receipt of final payment.

Clients utilizing CDPHP benefits will be responsible for copays, deductibles, and co-insurance (as dictated by their plan) at the time of service.

What does the testing process look like?

Psychological Evaluations occur in a three-part process, which typically coincides with three separate appointments with you/your child's provider at MindWell.

Prior to these appointments, you will be asked to upload or send copies of relevant medical/educational records (e.g., IEP/504 Plans; previous psychological testing; medical records; report cards/transcripts):

Appointment 1: Intake Interview

- During this 1-2 hour appointment, your provider will complete a 1:1 extensive interview with you/your family to obtain information about your/your child's development, behavioral health and medical history, family history, educational/therapeutic history, and current concerns.
- To get a better understanding of your strengths and needs, we will ask you about your/your child's performance and behavior in various aspects of your life, such as at home, school/college, work, social situations, and other settings.

Appointment 2: Testing Appointment

- The formal testing appointment includes 1:1 activities between you/your child and a MindWell clinician. The type of measures utilized will vary depending on you/your child's reason for testing, age, developmental level, language comprehension, and other factors. Types of measures administered during these evaluations include a range of psychological and neuropsychological test instruments, including tests of:
 - Intellectual Functioning and related cognitive processes
 - Broad tests of Development
 - Attention
 - Visual-Motor Integration
 - Social Communication
 - Executive Functioning
 - Social-Emotional Functioning

- Behavioral Functioning
- Adaptive Functioning
- Academic Achievement (e.g., Reading; Writing; Mathematics)
- Phonological Processing
- Personality Inventories
- Language
- These tests include a combination of direct 1:1 testing, as well as questionnaires that will ask about you/your child's thoughts, feelings, and behaviors, and additional interviewing.
- You/your child will be scheduled for appointments ranging between 3-6 hours to ensure enough time to complete all activities and questionnaires. We will have a better idea of how long testing is anticipated to take after your first visit.
- It is important to gather information from another individual who knows you well in different settings and can provide us insights from another perspective. You may be asked to have questionnaires be completed by parents/caregivers, teachers, and if you are a young adult, other individuals close to you (e.g., significant other/roommate/close friend, employer)

Appointment 3: Feedback Appointment

- After we have reviewed you/your child's history and test results, you will meet with a psychologist to review the results, discuss recommendations, and ask any questions. This is a separate visit and is typically scheduled about two weeks after your/your child's evaluation.
- The results from the evaluation can be used to develop treatment plans, goals, accommodations and supports that are right for you, including therapy and supports at home, school, work, and in other activities.
- If you/your child receives a diagnosis following you will receive information to help you learn about how this diagnosis was determined, what it means, and ensure you are on the right path towards maximizing your strengths and accessing supports that improve quality of life.
- Referrals will be provided for additional consultation with necessary providers depending on concerns (e.g., occupational, speech and language, physical therapists, psychiatry)

Approximately 2-6 weeks following your evaluation, you will also receive a comprehensive report including results of evaluation. Wait times for generating your report may vary.

How to Schedule:

Prior to scheduling your/your child's evaluation, you will complete a phone screening with a member of our care coordination team. During this brief initial meeting, our team will collect some basic information, summarize the testing process, make sure an evaluation is appropriate, and get your/your child's appointments scheduled.

To initiate your **phone screen** please go to <https://www.mindwellcenter.com/getstarted> and select "Assessment Phone Screen"

Should I participate in therapy prior to completing an assessment?

For some individuals, it may be most appropriate to participate in mental health counseling prior to completing a comprehensive psychological assessment. For example, if there are current mental health conditions (e.g., anxiety; depression), which are impacting your/your child's daily life, it may be helpful to treat and stabilize these prior to completing testing for neurodevelopmental disabilities. Additionally, it may be necessary for individuals to work with a clinician longer-term in therapy to gain a better understanding of appropriate diagnoses and treatment recommendations.

All potential cases are reviewed by the care coordination team. If therapy is determined to be more appropriate than assessment at that time, a care coordinator may recommend a therapy phone screen/appointment instead.

Are assessments neurodiversity-affirming?

Our team at MindWell embraces neurodiversity and aims to provide strengths-forward and neurodivergent-friendly services. Our team utilizes a combination of testing approaches to gather information, including norm-based assessment protocols. However, clinicians delivering evidence-based testing acknowledge limitations to specific norm-based measures for certain populations, and need for supplemental assessment approaches, such as comprehensive interviewing to gather information regarding one's lived experience. With that being said, our evaluations are open-ended and data-driven, and may or may not result in the diagnosis you expect or with which you self-identify. Our clinicians will spend time during the feedback process explaining how they arrived at their determinations and recommendations that help support your/your child's unique strengths and differences, regardless of diagnosis.

Please connect with us with any questions you may have To book your assessments screening call, please visit www.mindwellcenter.com/getstarted. We look forward to

working with you.