

EMOTIONAL/BEHAVIORAL DISORDERS EVALUATION SERVICES At INOVA KELLAR CENTER

The Emotional/Behavioral Assessment Service at Inova Kellar Center has been developed to meet the needs of children and adolescents primarily between the ages of 6 and 18 who may have emotional or behavioral problems that interfere with academic, social functioning or family functioning. As the emotional and behavioral functioning of children and adolescents is complex, this service is designed to provide an in-depth evaluation with the results being used to provide a better understanding of the child/adolescents behavior and to assist in the development of a comprehensive treatment plan.

Emotional/Behavioral Disorders may include the following symptoms:

- Defies/refuses to follow rules
- Frequently sad/irritable/mad
- Grandiosity
- Abrupt onset of intense fear
- Fear of leaving home
- Intense fear of an object or situation
- Obsessions/compulsions
- Excessive worries about being away from caregivers
- Chooses not to talk outside of family members
- Constant worrying
- Exposure to a traumatic event

These difficulties may range from mild to severe and affect school performance, the ability to relate with peers, and the ability to relate with family members.

Emotional/Behavioral Disorders are thought to be the result of multiple factors. Research currently suggests that early childhood temperament, psychiatric family history, family functioning, parenting skills, marital adjustment, parental emotional adjustment and psychosocial stressors influence the emotional and behavioral functioning of children and adolescents. However, there is presently *no specific test* that can be used to diagnosis a particular emotional or behavioral disorder.

How are emotional and behavioral disorders diagnosed?

In order to diagnose a specific emotional or behavior disorder, a comprehensive evaluation is conducted by an Inova Kellar Center licensed clinical psychologist or individuals under their supervision. Research indicates that evaluations that use information from many sources are the most helpful in diagnosing and treating emotional and behavioral disorders. This philosophy guides

the staff at Inova Kellar Center and as such, information is obtained from multiple sources including parents/guardians, teachers, and the child him or herself.

What is the evaluation process?

In order to make the most accurate diagnosis and to provide information to formulate a comprehensive treatment plan, the Inova Kellar Center staff use a multi-step procedure:

1. Initially, an appointment is scheduled with the child/adolescent and his/her parents/guardians in order to review concerns, to complete an in depth interview of the child, and to complete a symptom-based checklist that focuses on emotional and behavioral disorder symptoms. These procedures are designed to provide more specific information regarding the nature of the child/adolescent's difficulties. Should information collected during this appointment indicate the possibility of an emotional or behavioral disorder, behavioral checklists are distributed to be completed by the parents/guardians and possibly the child/adolescent's teacher. Rating scales are used to assess the following areas: early childhood temperament, parenting style, family functioning, family psychiatric history, and functioning while at school.
2. If further diagnostic procedures are recommended, a 2-3 hour evaluation appointment is scheduled where direct testing of emotional and behavioral functioning is completed. During this period of time, the child/adolescent completes a variety of different self-report measures that assess emotional and behavioral functioning. In addition, projective measures such as the Rorschach, Thematic Apperception Test, and project figures drawings are used to provide information about the personality structure of the child/adolescent. These procedures are billed as 10 hours of psychological testing (CPT Code 96101), which covers the time it takes to administer, score, interpret, and complete a written report. During the time the child/adolescent is being evaluated, the parents/guardians complete several symptoms-specific rating scales and a computer-based clinical interview that assesses emotional and behavioral functioning in multiple areas and. Once these items are completed, the information is reviewed with the clinician to ensure an accurate reporting of concerns. Parents/guardians are also asked to provide copies of school records and to provide developmental history information. If the child's pediatrician has not recently conducted a health assessment, this should be completed as soon as possible to ensure that the presenting problems are not related to a medical condition.
3. Following these procedures, a summary conference is held with the parents/guardians approximately 2 weeks after the evaluation appointment. During this appointment, the evaluation results are reviewed and a treatment plan is discussed.

*When diagnostic questions are complex, an additional one hour appointment may be required with parents only, which will be billed as a Family Therapy w/o Patient (CPT code 90846).

What is the cost of the evaluation?

Approximately \$1900.00

The cost of the evaluation covers interviews, a review of the developmental history and school records*, administration of the diagnostic measures, scoring of the measures, interpretation of the test findings, report write-up, and a summary conference with the parent(s).

A portion of the diagnostic procedures may be covered by your insurance company but specific benefits and coverage should be determined prior to the evaluation using the following diagnostic codes where applicable:

- **1** initial assessment interview (\$250.00, CPT code 90791).
- **10** hours of psychological testing (\$1500.00, CPT code 96101). Patients are required to pay psychological testing hours not approved by their insurance company due to a denial of a preauthorization request, as a result of testing not being a covered benefit or due to annual limitations.
- **1** review summary (**\$150.00**), which is **not covered through insurance**.
- **Payment for non-insurance covered services is expected at the time of each appointment. Should you need to finance the cost of the non-insurance covered services, payment may be made over a three-month period or longer through the use of Medi-Credit (571-423-5802).**

Figures in **bold** indicate minimum out-of-pocket expenses.

* If a review of records exceeds one (1) hour, an addition charge will be added at a rate of **\$150.00** per hour in quarter-hour increments, **which is not covered through insurance**.

A non-refundable deposit of \$150.00 is required when the testing appointment is scheduled in order to reserve the testing appointment slot. This fee will be applied to the review appointment or forfeited if the testing appointment, for whatever reason, is not completed on the scheduled date.

What if my child is diagnosed with an emotional or behavioral disorder?

Should an emotional or behavioral disorders diagnosis be made, Inova Kellar Center offers a wide range of short-term treatment services. These services include medication management, parent education groups, child and adolescent therapy groups, and individual and family therapy. When a recommendation for medication is made, a referral can be made to an Inova Kellar Center child psychiatrist or the parents may elect to consult other health care professionals including the child's pediatrician. Psychotherapy services tend to be brief and oriented towards helping the parents help the child to do better at school and at home, and with peers. With adolescents, an emphasis is placed on self-management skills and family conflict resolution. Consultation with your child's teacher can also be arranged to assist the teacher with making classroom modifications to meet your child's needs within a regular classroom environment. Finally, a list of community and support services, which may assist you and your child in coping with his/her disorder, will be provided.

If you suspect that your child may have an emotional or behavioral disorder, please contact the Inova Kellar Center staff at 218-8500.