

## Emotional/Behavioral Disorders Evaluation Services at Inova Kellar Center

The Inova Kellar Center team developed the emotional/behavioral disorders assessment service 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 or family functioning. Because children's and adolescent's emotional and behavioral functioning is complex, we've designed this service to provide an in-depth evaluation. We use the results to provide a better understanding of a child's or adolescent's behavior and to assist in the development of a comprehensive treatment plan.

*A child or adolescent with an emotional/behavioral disorder may display the following symptoms:*

- Defies/refuses to follow rules
- Is frequently sad/irritable/angry
- Has flights of grandiosity
- Struggles with abrupt onset of intense fear
- Has a fear of leaving home
- Displays an intense fear of an object or situation
- Has obsessions/compulsions
- Is excessively worried about being away from caregivers
- Chooses not to talk to anyone outside of family members
- Worries constantly
- Has had an exposure to a traumatic event

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

Emotional/behavioral disorders are thought to be the result of multiple factors that influence the emotional and behavioral functioning of children and adolescents. They include:

- Early childhood temperament
- Psychiatric family history
- Family functioning
- Parenting skills

- Marital adjustment
- Parental emotional adjustment
- Psychosocial stressors

However, there is presently *no specific test* that can be used to diagnose a particular emotional or behavioral disorder.

*How are emotional and behavioral disorders diagnosed?*

In order to diagnose a specific emotional or behavior disorder, Inova Kellar Center's licensed clinical psychologists or individuals under their supervision conduct a comprehensive assessment. 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 we obtain information from multiple sources including parents or guardians, teachers, and the child.

*What is the evaluation process?*

To make the most accurate diagnosis and to provide information to formulate a comprehensive treatment plan, the Inova Kellar Center staff use a multistep procedure:

1. Initially, we schedule an appointment with the child/adolescent and the child/adolescent's parents to:
  - Review concerns
  - Complete an in-depth interview of the child
  - Fill out a short symptom-based checklist, which focuses on emotional and behavioral disorders symptoms

These procedures are designed to provide more specific information regarding the nature of the child's or adolescent's difficulties.

2. We schedule a second appointment with only the parent(s) to:
  - Review additional information not discussed in the initial meeting
  - Talk through the evaluation plan
  - Discuss costs associated with the evaluation

This session is billed as a "Family Therapy w/o Patient" appointment (CPT code 90846).

3. If further diagnostic procedures are recommended, we schedule a two- to three-hour evaluation appointment where we complete direct testing of emotional and behavioral functioning. During this period of time:
  - The child or adolescent completes a variety of self-report measures that assess emotional and behavioral functioning.

- In addition, we use projective measures such as the Rorschach, Thematic Apperception Test and project figures drawings to provide information about the personality structure of the child or adolescent.
- The child's or adolescent's parents or guardians complete several symptom-specific rating scales that assess the child's or adolescent's emotional and behavioral functioning in multiple areas.
- We also ask parents or guardians to provide copies of school records and to provide developmental history information.

All procedures are billed as 15 hours of psychological testing (CPT code 96130/31/36/37), which covers the time it takes to administer, score, interpret, complete a written report about and review the results as described below. 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.

4. When the evaluation is complete, we hold a summary conference with the parents/guardians approximately two weeks after the evaluation appointment. During this appointment, we review the evaluation results and discuss a treatment plan.

*What is the cost of the evaluation?*

**The evaluation's cost is approximately \$3,770. However, the actual cost may be lower or higher depending on the needs of the individual being evaluated.**

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
- A summary conference with the parent(s)

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

- **One** initial assessment interview (\$350, CPT code 90791)
- **One** follow-up appointment (\$210, CPT code 90846)
- **16** hours of psychological testing (\$3,210, CPT code 96130/31/36/37)

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. **Insurance companies will often not cover all costs associated with the evaluation.**

**Payment for noninsurance-covered services is expected at the time of each appointment. Should you need to finance the cost of the noninsurance-covered services, payment may be made over a three-month period or longer through the use of Medi-Credit (call 571.423.5802).**

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

Should an emotional or behavioral disorder 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
- Individual and family therapy

If we recommend medication, we can refer you to an Inova Kellar Center child psychiatrist, if you'd like. You may also elect to consult other healthcare professionals including the child's pediatrician.

Psychotherapy services tend to be brief and oriented toward helping the parents help the child to do better at school and at home. 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, we will provide a list of community and support services, which may assist you and your child in coping with his/her disorder.

*If you suspect that your child may have an emotional or behavioral disorder, please contact the Inova Kellar Center staff at 703.218.8500.*