

RADICAL HEALING

Clinical Assessments/Psychological Testing FAQ

Updated as of 08/10/23

- 1. What mental health diagnoses/conditions can be tested through clinical assessments?**
 - a. Most psychological concerns and diagnoses found in the DSM-5-TR can be tested through clinical assessments/psychological testing.
 - b. ADHD, learning differences, Autism, and other neurodivergent concerns are the most common diagnoses provided through clinical assessments/psychological testing.

- 2. Who is eligible for clinical assessments/psychological testing?**
 - a. Only patients 16 years old and older are eligible for testing at this time.
 - b. After age range exclusions, additional eligibility will be determined during your consultation call.

- 3. Do I need an informal or formal assessment?**
 - a. If you're interested in receiving an assessment for your own medical knowledge or to help direct your treatment in the future, an informal assessment may provide the information you need. An informal assessment takes place over 3-5 sessions with our psychologist and includes semi-structured interview, possible completion of brief measures and screenings, and a feedback session. These are aimed at providing a *provisional* diagnosis for treatment purposes and/or providing additional information regarding symptoms and self-diagnosis. Oftentimes, medication and accommodations at school and/or work *cannot* be accessed at this level of assessment.
 - b. If you're looking to access medications or accommodations at school and/or work, you will likely need a formal assessment. A formal assessment (i.e. comprehensive assessment) is a complete psychological evaluation with a psychologist. A formal assessment requires 8-10 hours of testing and assessments to provide a formal diagnosis.

4. What conditions are eligible for an informal assessment and which require a formal assessment?

- a. ADHD and learning differences diagnoses can *only* be assessed through a formal assessment.
- b. For other diagnoses such as Autism, whether you need a formal assessment will be determined based on your stated needs in the referral form as well as through your initial conversations with our psychologist.

5. How much are informal assessments and formal assessments?

- a. An informal assessment is billed at the hourly rate of \$250. This fee must be paid out-of-pocket after each session before the following session can be scheduled. The estimated total charge for an informal assessment is \$1,000-1,500. This total cost includes approximately 3 hours of face-to-face time with the psychologist and 1-3 hours of report writing for the psychologist. The final cost will be determined based on your specific needs as determined by our psychologist.
- b. As of 01/16/23, a formal assessment for Autism, ADHD, and learning differences are \$4,000 each. To assess both Autism and ADHD together, the cost is \$5,500. Half of the total fee will be paid at the time of scheduling the first assessment session. The remaining half will be paid prior to scheduling the feedback session.
- c. A formal assessment for all other psychological conditions is billed at an hourly rate of \$250 with an expected total cost around \$1,250. This total may end up being less or more, depending on your specific needs as determined by our psychologist. This fee will be charged after each session before the next session can be scheduled.

6. Why are clinical assessments/psychological testing so expensive?

- a. To complete both an informal and formal assessment, a prospective patient will spend many hours with our PhD psychologist who has specialized training to offer these services. In addition to those hours of face-to-face time with the psychologist, she also spends numerous hours reviewing the results of the testing and writing official reports based on those results.
- b. Clinical assessments/psychological testing also require a large amount of administrative support from both our Program Manager and Office Manager.

- c. The testing materials themselves cost thousands of dollars, so the overhead to offer these services are very high.

7. Are these assessments covered by insurance?

- a. Possibly, though unfortunately this is highly dependent on your specific insurance plan. Because of this, you must verify your coverage with your insurance independently and are required to initially pay for services out-of-pocket regardless of insurance status.
- b. While Radical Healing will verify our status as an in-network provider as a courtesy, we cannot verify insurance coverage for assessments or testing.
- c. After the completion of services, we can provide a superbill which you can file with your insurance company for possible reimbursement.

8. If I'm verifying coverage/seeking preauthorization for psychological testing with my insurance, what billing codes will be used for these services?

- a. A combination of billing codes will be used depending on your specific needs.
- b. Some of the typical codes used for assessments/testing are as follows:
 - i. 90791: Psychiatric diagnostic evaluation
 - ii. 96116: Neurobehavioral status exam (first hour)
 - iii. 96130: Psychological testing evaluation services (first hour)
 - iv. 96131: Psychological testing evaluation services (each additional hour)
- c. Please note that this is not an exhaustive list of potential codes that can be used for your specific testing. The final billing codes used will be determined based on the psychologist's evaluation of what's necessary for you specifically

9. Who is the provider completing the assessment? Who is the billing provider?

- a. All assessments will be completed by Dr. Frances Adomako with supervision by Dr. Amar Saxena.
- b. For insurance purposes, these services are billed under Radical Healing Collaborative's Clinical Director, David Young Oh.

10. What is the turnaround time from completing testing to receiving a final report and/or recommendations?

- a. We aim for the shortest possible wait times. However, due to the complexity of these tests, the psychologist is typically booking one month out from the time of the initial contact with the practice.
- b. After an informal assessment is completed, it may take a week to receive a final report. After the completion of a formal assessment, it may take up to 1-4 weeks to receive the final report.
- c. Dr. Frances and/or RHC admin will remain in communication with you to give you updates throughout the process.
- d. If you have particular deadlines/timeline requirements, please communicate this in your referral request and during your consultation call. We will do our best to meet this need, however, this cannot be guaranteed.

11. Can I continue to see Dr. Frances for ongoing therapy after the assessment?

- a. Dr. Frances has limited availability for ongoing therapy patients. If you're interested in continuing treatment with her, we encourage you to communicate that in your referral responses as well as in your initial communication with her.