

OBHN Psychological Assessment Frequently Asked Questions

How much time do assessments take?

The evaluation sessions usually take about 4 to 5 hours. These appointments may be shorter for a young child or one who gets tired quickly. They may also be longer if the child needs extra time to work - and is not too tired or overwhelmed to do so. The feedback session takes approximately 60 minutes. This appointment may be shorter or longer depending on caregivers' previous understanding of the child's needs and/or on the issues that need to be discussed in order to provide a comprehensive plan for the child.

Can I bring food with us to this appointment?

Our appointments begin promptly at 9:00 am and your appointment may need to go over the lunch hour. Please feel free to bring a small snack with you to the appointment for the patient. The assessment psychologist may provide time for you and the patient to take a short lunch break (30 minutes) and then complete the remainder of the assessment activities. Please either bring a lunch or plan to go to one of the many restaurants in the Eagle River area. If we have requested the patient not take his/her prescription medications that morning, please bring them with you to this appointment.

How will I find out about the results?

You will meet with the assessment psychologist during a feedback session in which the findings of the evaluation will be discussed with you in detail. This will be followed by a written report that presents the child's history, behavioral observations, test findings, diagnostic formulation, and recommendations. This appointment will be scheduled once the psychologist has finished writing the formal report, which typically takes 3-4 weeks after the testing appointment.

Who should be present?

We require that at least one caretaker remain onsite for the duration of the evaluation to complete any necessary paperwork and/or to address any needs the patient may have. However, all those involved with the child are welcome to provide input. For the feedback session, we strongly encourage both parents, step-parents, guardians, etc. anyone who has responsibility for the child regularly. We do not typically invite non-family professionals to the first feedback discussion - to allow private concerns to be discussed where necessary. We are available to meet at an additional session, to conference on the telephone, and/or to attend school meetings as necessary. (Attendance at school meetings must be agreed on in advance and requires a written contract for reimbursement.)

As a general rule, we expect that an adolescent (14 - 17-y/o) who is competent to understand the discussion will attend the feedback session. Pre-adolescents are invited to attend, but may not wish to and should not be pushed to do so. Children younger than about 8 to 9 years are not typically interested in sitting around while adults discuss them. Whether or not a child should be invited/encouraged to attend can be discussed with the psychologist at the end of the evaluation session if parents are unsure as to the value of having the child present.

Who will get a copy of the report?

One copy of the report will be provided to you and one will be placed in the patient's Electronic Medical Record. We generally do not provide the report via digital means. If you wish, we will provide you with copies of the report for your child's school team, pediatrician/primary care provider, psychotherapist, etc. You will then be able to distribute the copies of the report to the relevant professionals. No copies of the report will be distributed to anyone without your express written permission.

You should know that, if the assessment is paid for by your child's school, you have contracted to provide them with a copy of the report. We will still need your written permission to forward a copy to them - or you can give them a copy yourself.

What happens in the evaluation sessions?

On the day of testing (or, in some cases, at the initial diagnostic interview session), an interview is held with both the child and the parent(s). This is to review the reason for the assessment and to obtain details of the developmental, medical, and educational history. Then, the evaluation proceeds with the child working with the psychologist on various tasks.