

OBHN Psychological Assessment's Frequently Asked Questions

How much time do assessments take?

The evaluation sessions usually take about 6 to 7 hours. These appointments may be shorter for a young child or one who gets tired quickly. The appointment may also be longer if the youth needs extra time to work and is not too tired or overwhelmed to do so. The feedback sessions will be approximately 50 minutes. This appointment may be shorter or longer depending on caregivers' previous understanding of the child's needs and/or 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 evaluation appointments begin promptly at 8:45AM and your appointment may need to go over the lunch hour (12:00PM-1:00PM). However, we generally break for lunch. Please feel free to bring a small snack(s) with you to the appointment for the patient. The assessment psychologist may provide time for you/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 immediate area of the office. The locations of our offices are on the following page. If we have requested the patient not take their prescription medications that morning, please bring them with you to the evaluation appointment.

How will I find out about results?

You will be mailed a tentative final copy of the written report and we will schedule a feedback session with the assessment psychologist. The written report will present the patient's history, behavioral observations, test findings, diagnostic formulation, and recommendations. Our psychologists work very hard to accurately capture all of your information. However, if you find any information you believe is not correct please let the psychologist know and it can be corrected in the finalized version if it impacts diagnoses, conceptualization, or recommendations. During the feedback sessions, the findings of the evaluation will be discussed with you in detail. 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 required 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 patient are welcome to provide input. For the feedback sessions, we strongly encourage attendance by parents, step-parents, guardians, or anyone who has responsibility for the patient regularly. We do not typically invite non-family professionals to the first feedback session – to allow private concerns to be discussed where necessary. The assessment psychologist is 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 welcome adolescents (14-17 years old) who are competent to understand the discussion to 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 or 9 years old are not typically interested in sitting around while the 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 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. or anyone you wish with a signed release of information. 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.

What happens in the evaluation sessions?

On the day of testing, the psychologist and patient will work on various tasks that answer the referral question placed by the patient's provider. These tasks can vary depending on the referral question. In 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.

Primary Locations:

4050 Lake Otis Parkway, Anchorage, AK 99508