

## PSYCHOLOGY AND SOCIAL WORK SERVICES

### WHO WE ARE

**Psychologists** are Regulated Health Professionals who are trained to work with children, teens and their families in the areas of assessment, diagnosis, treatment and prevention of behavioural and mental health conditions (College of Psychologists of Ontario, 2013). Psychologists use a developmental perspective in their work – they seek to understand a child’s functioning in all areas in the context of development. The techniques and approaches used in psychology are evidence-based, meaning that they bring together scientific research, clinical opinion and the needs and values of the client/family.

**Social Workers** are Regulated Health Professionals who work within a scope of practice that includes the assessment, diagnosis, treatment and evaluation of individual, interpersonal and societal problems, to assist families in achieving optimum social functioning (College of Social Workers, 2016). Social work is targeted on promoting the healthy social and emotional development of the child and overall well-being of the family. Social workers are regarded for their collaborative and strength-based approach.

### WHO WE SEE

Psychologists and social workers work with children and teens (up to age 18), and their families struggling with a broad range of issues, including: Learning problems, attention issues, social skills deficits, behavioural difficulties, problems with emotion regulation, developmental disabilities, giftedness, anxiety and mood disorders, parent-child relationship problems, adjustment issues, parent-infant attachment difficulties, chronic pain, and trauma.

### OUR APPROACH

Practitioners work as a team with each family to create a treatment journey that fits into their lifestyle, builds trust and helps achieve shared outcomes. We work from a developmental perspective to provide a number of evidence-based assessment, treatment and consultation services for children, teens and their families. We may also collaborate with other disciplines to ensure comprehensive care is provided.

### OUR FEES

Rehabilitation services, including psychology and social work, are not covered by OHIP, but may be covered under your extended health insurance benefits. Check with your insurance provider for details. *Psychological Services* – \$225.00/hour. Services include consultation, assessment (involving an intake, approximately six to eight hours of testing, an equivalent six to eight hours of report writing, two hours of scoring, feedback), in-school observations, and treatment. Consultation with school personnel and/or documentation letters may also be requested and time billed as appropriate. *Social Work Services* – \$180.00/hour. This includes consultation, in-school observations, and treatment. Consultation with school personnel and/or documentation letters may also be requested and time billed as appropriate.

### SERVICES WE OFFER

**Assessment:** Psychologists provides various types of formal standardized assessments that are useful in better understanding various concerns. We provide developmental, neuropsychological, psychoeducational, and interdisciplinary assessments. Assessments are used to evaluate a child or adolescent’s cognitive, academic, behavioural and/or social-emotional functioning in order to identify and diagnose the following, if appropriate: Learning Disabilities, Attention-Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Mood, Anxiety, or Behavioural Disorders, and Giftedness.

- Assessments are conducted by a psychologist, or a psychometrist under the supervision of a psychologist.
- The assessment involves a 1 hour in intake interview, approximately 6 to 8 hours of one-on-one testing with the child, an equivalent **additional** 6 to 8 hours of report writing, 2 hours of scoring and administrative duties (e.g., phone calls), and a 1 hour feedback session. **Please note that for every testing hour there is an equivalent report writing hour.**
- Consultation with school personnel may also be required.
- The report that we provide at the end of our assessment is a comprehensive report that outlines the assessment results, our formulation and recommendations. **Families are billed at our regular psychology rate (\$225/hr) on an ongoing basis throughout the assessment.** At this time we do not offer a package price. Overall, an average assessment can take approximately 15 to 20 hours to complete (at an *estimated* cost of \$3375 to \$4500).

**Treatment:** Our psychologists and social workers work with children, teens, and families to provide evidence-based (scientifically validated) therapeutic interventions. Our treatment approaches include parent counseling, play-based parent-child therapy, family therapy, individual and parent-supported therapy, and group therapy. We have training in various modalities including

cognitive-behavioural therapy (CBT), emotion-focused therapy (EFT), psychodynamic therapy, brief therapy, solution-focused therapy, attachment-focused therapy, acceptance and commitment therapy (ACT), positive psychology, mindfulness, and systemic family therapy. **At this time all of our therapy is being done virtually.**

- Sessions are booked for one hour (which is typically a 50-minute session and 10 minutes for notes).
- A minimum of 6-8 sessions are usually recommended initially to ensure some treatment efficacy.
- We suggest booking your time in advance to ensure that you have a preferred regular time slot.

#### COVID-19 UPDATES: GENERAL

Please see the link on our website for a complete list of updated guidelines. <http://www.boomeranghealth.com/covid-19-update/>.

#### COVID-19 UPDATES: PSYCHOLOGICAL AND/OR DEVELOPMENTAL IN-CLINIC ASSESSMENTS

- Intake and feedback sessions will be conducted virtually using Zoom.
- Children should plan to be in the clinic for one full day of testing with breaks.
- Children should bring food/drinks for snack and lunch breaks.
- Parents of children under age 12 who would like to stay in the clinic will use a therapy room for the duration of their stay. Our waiting room is closed at this time.

#### PAYMENT AND INSURANCE

All sessions are billed under the child's name, unless otherwise notified. Invoices can be in a parent/caregiver name if it is a parent/caregiver only session (i.e., intake or feedback session), report writing session or scoring session. In these cases, the child's name will still be listed as the patient, but the parent/caregivers name will also be included and the invoice will say parent/caregiver session. We cannot remove the child's name from the invoice. If a session is split as part child session and part parent/caregiver session, we can split the billing if that information is provided to the clinician **prior to the end of the session**.

**The entire duration of any in-clinic testing session MUST be billed on the day of testing. Please confirm with your insurance company that there will not be issues with daily limits.** Report writing and scoring sessions can be broken up and billed on separate days, after the testing is complete. Please talk to your clinician about any preferences you have **prior to the end of the session. We can not make changes after sessions have been billed.** Methods of payment we accept: Credit Cards (Mastercard or Visa) / Debit. Payment will be collected automatically on the following business day (within 24 hours) and you will be sent a receipt and invoice via email.

#### VIRTUAL CARE: Using Zoom

We will be using video and/or audio technologies for intake/feedback sessions, along with all therapy sessions, rather than asking patients to make additional visits to our office. We do our best to make sure that any information you give to us during virtual care visits is private and secure, but no video or audio tools are ever completely secure. There is an increased security risk that your health information may be intercepted or disclosed to third parties when using video or audio communications tools. To help us keep your information safe and secure, you can: Understand that video, emails, or calls you may receive are not secure in the same way as a private appointment in an exam room; Use a private computer/device (i.e., not an employer's or third party's computer/device), use secure accounts and a secure internet connection.

#### CONFIDENTIALITY

Consent for Services: In your first appointment we review the purpose and process of assessment and psychotherapy, risks and benefits, alternatives, and our fees. Information discussed in session is confidential and a password protected electronic record is created for you and/or your child. We are required to obtain your consent (and/or your child's consent) in order to share personal health information. *Confidentiality is limited by some of the following circumstances, amongst others: If there is concern that a child is being harmed or is at risk of being harmed, someone is an imminent danger to him/herself or others, if it is reported that a member of another regulated healthcare profession has been sexually inappropriate, or if we are "subject to subpoena".*

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**PLEASE NOTE: Boomerang Health is not a crisis centre. If you are in crisis, please go to the emergency room of your nearest hospital.**

#### ADDITIONAL RESOURCES

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| 1. <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a> (1-800-668-6868) | 4. <a href="http://www.anxietycanada.com">www.anxietycanada.com</a> |
| 2. <a href="http://www.yssn.ca">www.yssn.ca</a> (1-855-310-COPE/2673)              | 5. <a href="http://www.mindyourmind.ca">www.mindyourmind.ca</a>     |
| 3. <a href="http://www.whatsupwalkin.ca">www.whatsupwalkin.ca</a> (416-438-3697)   | 6. <a href="http://www.teenshealth.org">www.teenshealth.org</a>     |