

## PSYCHOLOGY AND SOCIAL WORK SERVICES

### WHO ARE WE?

**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 DO 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 SERVICES AND FEES

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

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.

### Consultation and Therapy

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, family therapy, individual and group therapy. We have training in various modalities including cognitive-behavioural therapy (CBT), emotion-focused therapy (EFT), psychodynamic therapy, solution-focused therapy, and mindfulness. **At this time our therapy is being conducted 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 is typically recommended for ongoing therapy and we suggest booking multiple appointments after your first session to ensure that you have your preferred regular time slot.

**Psychological Services: Consultation\* and Therapy:** \$235.00 CAD/hour. Services include consultation, school observation, and therapy.

**Social Work Services:** \$180.00 CAD/hour. Services includes consultation, school observation, and therapy.

*\*Consultation with school personnel and/or documentation letters may be requested and time is billed as appropriate.*

### Assessment

Psychologists provide many types of formal standardized assessments that are useful in better understanding various concerns. Assessments are used to evaluate a child or adolescent’s cognitive, academic, behavioural and/or social-emotional functioning in order to identify and/or diagnose the following, if appropriate: Learning Disabilities, Attention-Deficit Hyperactivity Disorder (ADHD), Giftedness, Autism Spectrum Disorder (ASD), and Mood, Anxiety, or Behavioural Disorders. Assessments are conducted by a psychologist, or a psychometrist under the supervision of a psychologist. Assessment tasks include direct testing, report writing, file preparation (such as scoring, interpretation, and/or documentation review), and feedback.

Following an initial consultation, billed separately at the consultation rate, we have flat rates for each assessment type. Rates take into consideration length and complexity of the assessment.

- **Psychoeducational Assessment:** \$3750.00 CAD flat fee.
- **Attention-Deficit Hyperactivity Disorder (ADHD) or Giftedness Assessment:** \$2750.00 CAD flat fee
- **Developmental Assessment (re. Autism Spectrum Disorder):** \$1,895.00 CAD flat fee
- **Neuropsychological Assessment:** \$4250.00 CAD flat fee
- **Mental Health Assessment (re. Mood, Anxiety, and/or Behavioural Disorders):** \$1750.00 CAD flat fee

## COVID-19 CONSIDERATIONS

Kindly see the following link on our website for a complete list of updated guidelines. [www.boomeranghealth.com/covid-19-update](http://www.boomeranghealth.com/covid-19-update)

## In-Clinic Services

We are currently offering in clinic assessments. Please note that the initial consultation as well as the feedback session will be conducted virtually. 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.

## Virtual Rehabilitation Services

We will be using video and/or audio technologies for the assessment consultation and feedback session, along with all of our therapy sessions.

## CONFIDENTIALITY

In your first appointment we will review the purpose and process of assessment and/or 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".*

## Virtual Rehabilitation Confidentiality Considerations

We do our best to make sure that any information you give 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.

## 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., consultation or feedback session), report writing or file preparation. 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 will 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 file preparation time can be billed on separate days, after the testing sessions. Please talk to your clinician about any preferences you have prior to the end of the session. **We will 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.

## ADDITIONAL RESOURCES

1. [www.kidshelpphone.ca](http://www.kidshelpphone.ca) (1-800-668-6868)
2. [www.yssn.ca](http://www.yssn.ca) (1-855-310-COPE/2673)
3. [www.whatsupwalkin.ca](http://www.whatsupwalkin.ca) (416-438-3697)
4. [www.anxietycanada.com](http://www.anxietycanada.com)
5. [www.mindyourmind.ca](http://www.mindyourmind.ca)
6. [www.teenshealth.org](http://www.teenshealth.org)