



## Diagnostic Session & Diagnostic Consult

### Purpose

The purpose of the intensive assessment and diagnostic service is to assess for the possible presence of mental presentations and diagnosis using standardized structured clinical interviews and questionnaires. This service includes assessment of psychiatric and developmental history, current symptoms, and current level of impairment related to these symptoms.

### Who will this be helpful for?

This service will be most helpful for individuals who are seeking clarification of psychiatric diagnoses for the purpose of treatment planning, medication consult with a treating psychiatrist, or for insurance purposes.

### Diagnostic Assessment:

- Completion and review of **self-report questionnaires**
- Review of previous relevant medical or psychological reports (if available) or consult with previous care providers (if relevant and with explicit written consent)
- **Structured clinical diagnostic interview with a diagnostician** for 120 minutes (e.g., psychologist, psychologist in supervised practice, psychology resident)
- **Feedback session** with a diagnostician for 30 minutes
- **One of the following Reports (Determined based on needs/requests):**
  - **A Consult Report (1 Page):** *Report Includes: Diagnosis and Treatment Recommendation(s)*
  - **A Brief Report (2-3 Pages) Report** *includes diagnostic elaboration, summary of measures/questionnaires, and any further steps for treatment recommendations (With resources reviewed)*
  - **A Comprehensive Report (7-8 Pages) Report** *includes diagnostic elaboration, summary of measures/questionnaires, review of previous relevant medical or psychological reports (if available) or consult with previous care providers (if relevant and with explicit written consent), and any further steps for treatment recommendations (with resources reviewed)*

### What is the process & how long does it take?

We have provided an infographic on the following page that provides a depiction of the major steps in our intensive diagnostic process. Wait times can vary throughout the year with demand for services. You will be advised of the current wait-time at the earliest possible juncture.

### The cost for this assessment:

Costs may vary depending on the complexity of the assessment and report needed (e.g., in some cases a short clinical interview with brief summary report is possible - this service is referred to as a Brief

Diagnostic Assessment). Prices increase based on length of report required, level of accommodations described, and/or whether consultation with your previous health care providers, or a review of medical/psychological reports are included. For more information, please arrange for a free information call by going to [www.ottawacbt.ca](http://www.ottawacbt.ca). All clients must complete a general intake session prior to enrolling in the intensive assessment and diagnostic program in order to assure suitability for the program. The current fee for this service will be outlined during the initial call and/or intake. Please see “What is the Fee for Services” section below for a list of all OICBT services, including assessment.

**Is this service covered by extended health care coverage?**

This service should be covered if you have extended health care benefits; however, you may wish to follow up with your insurance company to confirm this.

**Are these services offered at reduced rates?**

The intensive assessment and diagnostic service is already offered at a very competitive rate and reduced rate for assessments is not available.

**Is there anyone for whom an intensive assessment is not recommended?**

There are special considerations for doing a diagnostic assessment in clients over age 65 that can necessitate the involvement of in-depth neuropsychological testing to rule out or investigate the potential contribution of cognitive decline, dementia, and other age-related changes in cognition towards reported symptoms. As we currently do not provide the neuropsychological testing required to assess for the contribution of these factors to a client’s reported symptoms, we cannot currently offer intensive diagnostic assessments to clients over age 65.

There are also important considerations for completing an intensive diagnostic assessment in clients with suspected or confirmed autism spectrum disorder (ASD), traumatic brain injury, and/or multiple concussions that likewise can require in-depth ancillary cognitive, diagnostic, and/or medical assessment. As we do not currently provide the ancillary cognitive, diagnostic, and medical assessment required to appropriately assess the contribution of these factors to a client’s reported symptoms, we will redirect clients who present with these concerns to another service provider in the community who is better positioned to meet their needs.

For clients who are currently living with a moderate to severe substance use disorder, we advise that an intensive diagnostic assessment only be completed after this more acute issue has been stabilized through appropriate treatment. This is done to maximize the probability of arriving at a clear answer around your diagnostic picture.

**If I go through the diagnostic process, will I receive a diagnosis?**

A diagnostic assessment is a rigorous, data-driven process where we explore clinical hypotheses around what may be causing your difficulties using a combination of your feedback (via interview and questionnaire), the clinician’s judgment & experience, and any other available information (e.g., reports from other health care providers). Completing a diagnostic assessment will not necessarily result in being assessed as having a diagnosis of a mental disorder. Regardless of whether a diagnosis is assessed

to be present, the assessment process will be completed in full, and you will be provided with in-depth treatment recommendations.

### **What is the Fee for Services?**

As part of standard clinical practice, rates for services increase regularly (typically, yearly) by approximately \$5 to \$15 per clinical contact hour; however, the increase can vary by program. Please visit <https://www.ottawacbt.ca/current-fees> for a list of current rates for services as well as for any upcoming rate changes (these are published when available, typically 3 months in advance of any rate change). For new clients, the costs of services will be determined by the anticipated or scheduled start date of services, as opposed to when a client is placed on a waitlist.

### **Insurance coverage**

This type of service is usually covered for individuals with extended health care benefits; however, we recommend that you follow-up with your insurance company to confirm this.

### **Who should I contact if I wish to discuss this service?**

To make an assessment appointment, or to get more information about this service, including the fees, please go to [www.ottawacbt.ca](http://www.ottawacbt.ca), and click on the “Book Now – Free Information Call Adults/Seniors”. If you have any other questions, you can contact us by phone (613-820-9931 x 0) or by email at [info@oicbt.ca](mailto:info@oicbt.ca).

# OICBT INTENSIVE DIAGNOSTIC ASSESSMENT

## GETTING STARTED

Go to [www.ottawacbt.ca](http://www.ottawacbt.ca) to book an information session with one of our administrative staff.



## INTAKE ASSESSMENT

One of our front-line clinicians will conduct a comprehensive intake assessment with you



## APPOINTMENT BOOKED

When an opening is available, our admin staff will schedule your first appointment (usually a diagnostic interview)



## INFORMATION SESSION

Our administrative staff will collect basic information from you and if appropriate, refer for an intake assessment.



## WAITLIST

After the intake you will be placed on the waitlist. While waiting, you will be asked to complete admin forms, clinical measures and submit report cards/collateral information



## FEEDBACK SESSION

Your assigned psychologist will review the assessment and answer your questions via secure video



## SECOND PAYMENT

After the diagnostic assessment the second retainer payment will be processed



## FIRST PAYMENT

48hrs before your diagnostic assessment, the first retainer payment will be processed



## REPORT WRITTEN

All the data you have provided will be integrated into a comprehensive report



## DIAGNOSTIC ASSESSMENT

One of our registered psychologists will conduct an in-depth 1.5hr diagnostic interview with you via secure video



## SIGNED COPY

You will be sent a draft copy to review for any errors. Pending your approval, you will be sent a signed copy via our secure portal



## FOLLOW UP

You will be sent a form via secure email to initiate follow up on your interest in any treatment recommendations we have made



## QUESTIONS?

Contact us by phone (613-820-9931 x 0) or by email at [info@oicbt.ca](mailto:info@oicbt.ca)



## RECEIPT ISSUED

Once you have been sent the signed copy of the report, an insurance receipt will be issued



## PROCESS COMPLETE!

