

Psychiatry Evaluation: WHAT CAN I EXPECT DURING MY VISIT?

Questions Often Asked By Our Families



Q: Why is my child seeing a psychiatrist?

A: Your pediatrician or another health care professional may have referred you to a psychiatrist to evaluate your child's behavioral, emotional and/or developmental needs.

Q: What will happen during the psychiatric evaluation?

A: The evaluation is tailored to your child's individual needs. A nurse or assistant will check your child's height, weight, and blood pressure. The psychiatrist will review all the information you have provided, ask questions about your concerns and review the child's medical history. The psychiatrist will review the questionnaires that you and your child's school have completed. Depending on the nature of the concerns and the age of the child/adolescent, the psychiatrist will speak with the parent alone, child alone and/or parent and child together. The evaluation typically concludes with the parent and child speaking with the psychiatrist together.

Q: What types of testing will my child need?

A: Your concerns will determine the diagnostic tools and tests to be used. An EKG (electrocardiogram) may be ordered depending on whether prescription medication is recommended. Medical tests and lab work may be required to help provide additional information. Each child is different and you and your physician will decide together what additional testing would be helpful.

Q: On the day of the evaluation, will there be time to discuss the findings and get a diagnosis?

A: We know that many families would like answers and a specific diagnosis during their first visit. We may not have all the information needed at that time to give a specific diagnosis, but your physician will share with you their initial thoughts.

Q: Will my child receive medication?

A: After the evaluation and diagnosis, the psychiatrist will make a recommendation whether or not your child may benefit from medication. The risks and benefits of medications are discussed as well as non-medication treatment options that may also be appropriate. Ultimately, it is the parent's decision whether to proceed with medication.

Q: How long will the evaluation take?

A: The evaluation may take up to 90 minutes.

Q: When will I get a copy of the evaluation report?

A: The parent and any adolescent between the ages of 14-17 must sign a release of information form before the report may be released. The form is available from our Health Information Management Department. A copy of



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the report will be mailed to you in approximately four weeks after release is signed.

Q: Do I have to bring my child to Children's Specialized, or can another relative bring them?

A: It is a requirement that a parent or legal guardian be present during your child's evaluation and to sign consent. You have the most beneficial information about your child and it is important to have your input. It might be helpful to bring another adult to stay with your child so you can talk to the physician privately.

Q: What should I bring?

A: Please bring:

- A current photo ID
- Insurance card
- Referral (if needed)
- Prescription
- School reports
- Prior evaluations
- Recent lab work
- Names/addresses of individuals you might want the report sent to
- Current list of medications
- The questionnaires that were sent to you
- A backpack with some toys/games and a snack for your child
- A list of questions to ask the psychiatrist

Q: Can I bring my other children?

A: If possible, it is recommended that siblings stay home so that the parent can give their undivided attention during the evaluation. Understanding that child care is sometimes difficult, when bringing siblings, it may be helpful to bring another adult and activities to occupy the siblings during the evaluation.

Q: Will my insurance pay for the evaluation and treatments?

A: Behavioral Health coverage will vary, but health insurance plans cover many of our services. Please contact your insurance company prior to your appointment to verify if your plan offers a benefit for the service for which you are scheduled. Your insurance plan may also require you to obtain a referral. If an authorization is needed this will be obtained by our Insurance and Verification Department.

