

HARMONY Mental Health

EXTERNAL REFERRAL FOR ASSESSMENT

OVERVIEW

Harmony Mental Health welcomes external referrals for psychological assessment. Harmony Mental Health only uses instruments that are empirically validated, reliable, and consistent with the standards of professional practice in psychology. Assessment results are intended to provide the client and referring clinician with an integrated interpretation of relevant clinical findings and recommendations for opportunities for the client to improve their overall health and well-being. We are committed to conducting psychological assessment that is trauma-designed, sensitive to multicultural considerations, and appropriate for each individual's unique mental health needs.

COMPLEX TRAUMA ASSESSMENT

Harmony Mental Health's policy is that any individual who presents with a history of complex trauma or indicators that the client is experiencing any level of dissociation, they are to be referred for full complex trauma assessment before beginning EMDR or an equivalent reprocessing intervention. Clients who present with complex symptoms, overlapping diagnoses, and/ or complex history of mental health treatment are candidates for full psychological evaluations. Clients who present with a complex trauma history are candidates for trauma informed assessment and screening for dissociation.

ADHD ASSESSMENT

Harmony Mental Health's policy on ADHD diagnosis is based on best practice guidelines and standards indicating that a diagnosis of ADHD should only be rendered after a full clinical interview AND the administration of an objective, ADHD-specific measure. Thus, ADHD diagnoses should only be rendered as provisional following initial diagnostic interview and clients should be referred for testing.

OTHER ASSESSMENTS

Clinicians wanting to refer a client for testing for any other reason are welcome to do so insofar as testing can be determined to be medically necessary (note: diagnostic clarity alone does not always indicate medical necessity). In these instances, clinicians are encouraged to consult with testing staff prior to starting the referral process to discuss what they hope to learn from testing and whether it would qualify as medically necessary.

REFERRAL PROCEDURE

Harmony Mental Health's External Referral for Assessment form can be found on our website. Referring clinicians should fax the completed referral form (or equivalent), ROI to Harmony Mental Health signed by the client, and most recent Diagnostic Assessment or treatment summary to our office for processing. Harmony Mental Health's admin team will contact all external referrals and facilitate adding them to our waiting list for assessment.

HARMONY

Mental Health

While client is on the waiting list, they will need to verify whether their insurance plan requires Prior Authorization for assessment. In cases where Prior Authorization is required, it is common for the referring provider to be required to submit supporting documentation to prove medical necessity for assessment. Referring clinicians should contact our office in these cases, as we will need to work closely to determine that appropriate codes and units are being requested. Some major insurance companies do not allow for retroactive authorization requests, so these requests must be sent prior to engaging in assessment.

When it is the client's time to be scheduled for assessment, our admin team will contact them and facilitate scheduling. Referring providers generally be scheduled for phone consultations with assessing providers prior to or during the assessment process.

REPORT

When the assessing provider has completed documentation, it will be submitted to the referring clinician via fax. Referring clinician is encouraged to contact our office to schedule consultation with assessing provider.