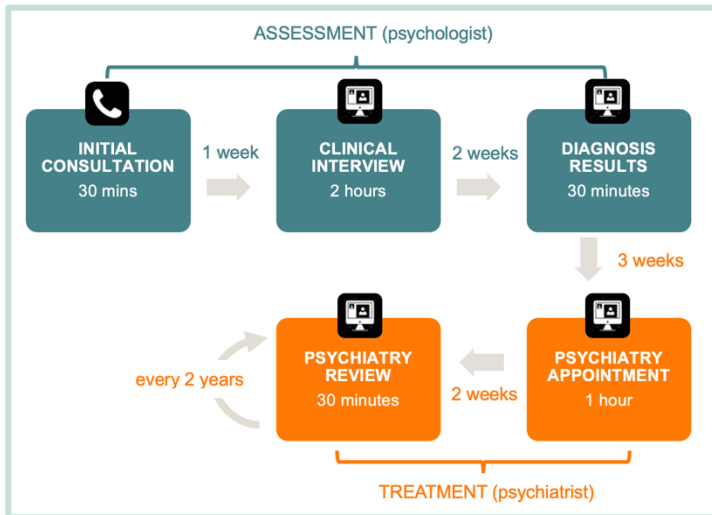


## Information Sheet: Adult ADHD Assessment and Treatment

### OUR GOLD-STANDARD ASSESSMENT PROCESS:



#### 1. INITIAL CONSULTATION:

**A 30-minute appointment to set you up for your assessment.**

The psychologist will ask you brief questions about the symptoms you are experiencing and your physical and mental health. Any identified potential barriers or factors that could complicate an ADHD diagnosis or access to medication treatment are discussed up front. Next steps are outlined and your next appointment booked.

2. **CLINICAL INTERVIEW: A video call appointment for approximately 2 hours.** The psychologist covers symptoms and relevant background history with you in detail.

#### 3. OTHER INFORMATION:

- **Questionnaires** are emailed asking about the symptoms you are experiencing. These are sent to you, and to someone you have known well for at least the last 6 months.
- **Information from whānau:** A comprehensive form is sent to someone who knew you well as a child. Usually, this is a parent or caregiver. Sometimes the psychologist will speak to that person on the phone too, and will review any previous documentation, such as school reports or previous assessments.

4. **DIAGNOSIS RESULTS: A 30-minute video call appointment to give final assessment results.** This includes whether you are being given an ADHD diagnosis and the recommended next steps (e.g., medication, therapy, etc.). You will also receive a comprehensive assessment report for your records.

### TREATMENT

5. **PSYCHIATRY APPOINTMENT: A 1 hour video call appointment for medication.** This includes discussing treatment options with you, and prescriptions as appropriate.

6. **PSYCHIATRY FOLLOW-UP: A 30-minute video call appointment to review how treatment is going.** This usually occurs two weeks later.

Once medication treatment is underway, special authority prescription renewals for ADHD stimulant medications are only required every two years.

This is our standard process. Adjustments may be required, such as additional appointments. You will always be informed of this, and any additional costs, in advance.

### PRICING

#### **\$2550.00 Assessment and psychiatrist treatment package**

This includes all of the above.

#### **\$1840.00 Diagnostic assessment only**

This includes 1-4 above only, i.e., no psychiatrist appointment. This is suited to those living in the Canterbury region who will likely be eligible for free prescriptions via their GP, or those who do not wish to consider medication treatment. Please note medication is the first-line treatment for ADHD.

#### **\$780.00 Psychiatrist treatment only**

This is only available to those who have had an ADHD diagnostic assessment completed by MindMatters Clinic who didn't get the "Assessment and psychiatrist treatment package" above.

#### **\$270.00 2 yearly psychiatrist reviews for existing clients**

### IMPORTANT THINGS TO NOTE

- **There must be evidence from the person who knew you as a child of several symptoms in childhood.** If you don't have someone, occasionally we can use school reports.
- **Telehealth:** All appointments are via telehealth (online video calling and phone calls). This is straightforward; no special equipment or software is required.
- **Payment terms:**
  - All prices are in New Zealand Dollars and include GST.
  - Full payment is required up front to confirm your booking. This is a fixed cost.
  - Payment can be made via internet banking, Visa or Mastercard. We do not offer payment plans or partial payments.

Partial refunds:

  - If you do not proceed after your initial consultation appointment, you are refunded in full less \$230.00 and any card fees to cover the cost of that first appointment.
  - If you have purchased the package option but do not proceed to psychiatrist treatment after your assessment, you are refunded \$710.00.
  - Refunds can only be processed into a nominated New Zealand bank account number and take up to 14 days.
- **Changes or cancellation terms:** To reschedule or cancel an appointment, 72 hours' notice is required, otherwise additional charges for any re-booked appointment will apply.