

Solara Psychological



Dr. Arthur R. Cardona

Clinical Psychologist

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Dear Client/Caregiver,

Welcome to our practice, and thank you for entrusting your psychological evaluation needs to Dr. Cardona and our dedicated team. Your decision to choose us for this important step in your or your loved one's care means a great deal to us, and we are committed to providing the highest level of service and support throughout this process.

Submission of History Packet and Policies Forms: To ensure a comprehensive understanding of your background and needs, we require the completion and electronic submission of a history packet and policies forms (attached). These documents are crucial for us to tailor our evaluation process effectively to your specific situation. Please submit these materials electronically to testing@solarapsych.com at your earliest convenience. Prompt submission will enable us to proceed with your evaluation without unnecessary delays.

Additionally, as part of our comprehensive evaluation, we require the completion of the Vanderbilt Behavior Rating Scales by both parents and teachers. This vital tool aids in assessing specific aspects of behavior and academic performance, providing a well-rounded view of the child's needs.

Vanderbilt Rating Scales Inclusion:

- **For Parents:** Enclosed with this communication, you will find the Vanderbilt Behavior Rating Scale & BASC for parents. This scale is designed to be completed by you, offering valuable insights from the home environment.
- **For Teachers:** To gather a holistic understanding, we also require the Vanderbilt Behavior Rating Scale & BASC for teachers to be completed. We kindly ask that you obtain the email address of your child's teacher(s) and forward the teacher scale directly to them. This approach ensures that we receive comprehensive information from both home and school settings.

Completed scales should be returned electronically to testing@solarapsych.com alongside the history packet and policies forms. The inclusion of these scales is crucial for a thorough evaluation, enabling us to tailor our approach and recommendations to your child's unique context.

Should you have any questions regarding the Vanderbilt Rating Scales or require assistance in any part of this process, please feel free to contact us. Our team is committed to providing support and making this process as seamless as possible for you and your child.

Understanding the Evaluation Process: Our evaluation framework is designed to be thorough and efficient, typically involving three essential appointments:

1. **The Initial Interview:** This initial meeting with Dr. Cardona allows for a discussion of your concerns and the collection of important background information. Depending on your choice this appointment can be done via telehealth or via in-person.
2. **The Testing Appointment:** Our skilled psychometrists will conduct a series of tests to assess various psychological functions. The use of psychometrists helps streamline this part of the evaluation, making it as comfortable and efficient as possible. During the testing appointment please expect to fill out additional paperwork that will enable the process in gaining further insight into the concerns at hand.
3. **The Test Results Appointment:** In this final meeting, Dr. Cardona will present your test results and offer personalized recommendations moving forward. Depending on your choice this appointment can be done via telehealth or via in-person.

Expedited Process Through Collaboration: By incorporating psychometrists into our evaluation process, we can significantly expedite the overall timeline. While similar assessments might take 6 to 8 months in other settings, our approach typically reduces this time to 2 to 3 months. This efficiency ensures that you receive timely insights and recommendations, allowing for quicker access to any needed support or interventions.

Have Questions? Should you have any questions or need additional information about the evaluation process or the required documents, please don't hesitate to contact us at acardona@rosetstreet.org. Our team is here to assist you and ensure that your experience with us is positive and informative.

We are genuinely grateful for the opportunity to work with you and are here to support you at every step. Thank you for choosing Dr. Cardona and our team for your psychological evaluation needs.

Warmest regards,

A handwritten signature in black ink that reads "Dr. Arthur R. Cardona". The signature is fluid and cursive, with the first letters of "Dr.", "Arthur", and "Cardona" being capitalized and prominent.

Dr. Cardona and Team