

Psychological and Neuropsychological Testing Information for KP External Contracted Providers

Psychological Testing: The Primary reason for psychological testing is to facilitate the assessment and treatment of mental health and substance abuse disorders when routine intervention is unsuccessful.	Neuro-Psychological Testing (NPT): NPT can be an important tool in making specific diagnoses or prognoses specific to neurological disorder or injury, to aid in treatment planning, and to address questions regarding treatment goals.
- Psychological testing and assessment measure and evaluate behavior, cognition, mood, affect and/or personality to improve understanding of these capabilities and symptoms. - The results of these tests determine an individual's personality strengths and weaknesses, and may identify certain disturbances in personality, or psychopathology. - Results can be helpful in directing psychotherapies and may inform medication management.	- NPT is a comprehensive assessment of cognitive processes to aid in the evaluation of neurological or neurodevelopmental disorders and in understanding the etiology and evolution of a disorder or injury. - NPT can be helpful when a differentiation between organic vs. functional disorders is needed to direct proper therapy (e.g., OT/PT/ST), predict neuropsychological recovery, or monitor progress.



A referral **solely based on patient request**, without a clinical need, will not be granted

Prior to referral for Psychological or Neuro-Psych Testing the following needs to occur:

- An Intake assessment with a therapist
- A Medication Evaluation (MEDE)/Psychiatric Assessment

These are needed to ensure that the question to be answered **could not be resolved** by a psychiatric/diagnostic interview or observation in therapy.

OR

These have been attempted but have been unsuccessful or have not resulted in the expected progress.

- The referral meets medical necessity (all must be met):
 - The reason for testing must be based on a specific referral question or questions from the treating provider and related directly to the psychiatric or psychological treatment of the individual.
 - The specific referral question(s) cannot be answered adequately by means of clinical interview and/or behavioral observations.
 - The testing results based on the referral question(s) must be reasonably anticipated to provide information that will effectively guide the course of appropriate treatment.

Regarding Requests for Autism Evaluations in Adults:

If the patient is requesting the diagnosis – why, what are they looking for to be answered or resolved?

- Can that need can be met safely without the testing?
- A formal Autism diagnosis is not required to be eligible for social skills group and psychotherapy.
- High functioning Autism may be effectively treated with Dialectical Behavioral Therapy (DBT) and other modalities focused on specific challenge areas. (Consider referral to a different therapist as appropriate)