

Working closely with a specific behavioral health provider, such as Hoover & Associates, can enhance the physician's patient-care by:

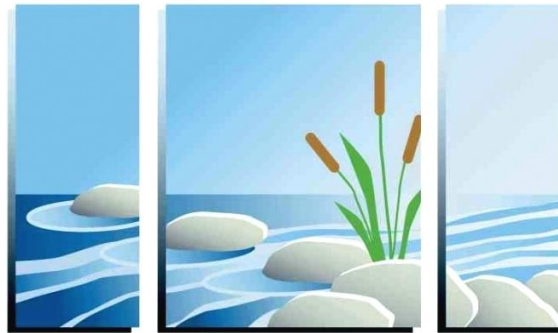
- ✓ Facilitating patient's timely access to behavioral health evaluation and focused treatment
- ✓ Lessening the stigma of mental health care.
- ✓ Improving patient follow-through on mental health referrals to behavioral health clinicians whom primary care providers actually know.
- ✓ Providing prompt, concise, and clear feedback to physician about evaluations, plans and progress.
- ✓ Helping address psychosocially complex and chronic cases.
- ✓ Helping patients with chronic illness to better cope with or better manage their diabetes, insomnia, heart problems, chronic pain, etc.
- ✓ Helping identify and assist patients with depression, anxiety, or other behavioral health issues.
- ✓ Helping patients utilize skills and resources that could in some cases allow for decreased reliance on medications.
- ✓ Helping motivate patients with unhealthy life styles to initiate and maintain healthier habits of diet, exercise and avoidance of harmful substances.
- ✓ Improving use of physician time and appointment availability by making it possible for physicians to delegate much of behavioral health care to us.

When Is Testing Useful?

Testing is used for a variety of purposes, including clarifying a diagnosis, determining level of functioning, and generating specific treatment recommendations. When a patient is referred for testing, this indicates that their physician or therapist has questions that cannot be answered by an interview evaluation alone.

What is Cogmed Training?

Cogmed is an evidence-based, computerized training program designed by leading neuroscientists to improve attention by increasing working memory capacity over a five week training period. Cogmed users range from young children to older adults.



HOOVER & ASSOCIATES

Hoover & Associates has been providing mental health services in the southwest suburbs of Chicago since 1985.

We are a large private practice of caring and experienced mental health professionals, and we are deeply committed to providing our patients with the highest quality therapy and testing services, including:

- Services for children, adolescents, adults and older adults
- Individual Therapy
- Marital / Couples Therapy
- Family Therapy
- Child Therapy
- Group Therapy
- Psychological Testing
- Cogmed Working Memory Training
- Consultation for parents, schools, doctors, and law enforcement
- Presentations about mental health topics

We treat most mental health conditions and employ a wide variety of the latest approaches to therapy, to best suit each case. We'd be happy to help! If we can't help a patient directly, we'll do our best to help them find someone who can.

708-429-6999

www.licensed-psychologists.com

Collaborative Behavioral Care

Hoover & Associates

Helping physicians help their patients.

- ✓ ***Psychological Evaluation and Testing***
- ✓ ***Mental Health Services***
- ✓ ***Patient Resources***
- ✓ ***Consultation***



Hoover & Associates
16325 S. Harlem Ave.
Suite 200 (2nd floor)
Tinley Park, IL 60477

708-429-6999
www.licensed-psychologists.com

Collaborative Behavioral Care

Hoover & Associates

Psychological Evaluation and Testing

Hoover & Associates offers two levels of evaluation:

A. Interview Evaluation

A basic psychological interview evaluation assesses for diagnostic criteria, evaluates mental status and reviews the presenting problem(s), history of the problem, social history, lifestyle factors, health factors, substance abuse issues, coping strategies, and patient's goals.

B. Formal Psychological Testing

Some patients may benefit from more extensive testing. Hoover & Associates provides comprehensive psychological testing for clients of all ages, including:

- ✓ **Diagnostic and personality testing**
- ✓ **Tests of academic and cognitive functioning** (including assessment of deficits due to aging)
- ✓ **Tests related to medical coping** (impact of medical stress, healthy & unhealthy coping styles, healthy & unhealthy lifestyle factors)
- ✓ **Social Security Disability Assessments**

Results and Recommendations are promptly shared with the physician. If the physician prefers to receive only an evaluation and recommendations, but no treatment, they would need to let us know. Otherwise, a treatment plan may be developed (if appropriate).

Mental Health Services

Hoover & Associates offers the following treatment options, and more:

1. Brief Therapy:

After the evaluation, a patient would attend three to nine solution-focused treatment sessions.

2. Psychotherapy:

After the evaluation, a patient would attend ten or more psychotherapy sessions, depending on their needs and progress. We provide psychotherapy for most mental health issues. (see also reverse)

3. Healthy Lifestyle Counseling:

This specialty service focuses on helping patients make healthy lifestyle changes. Length of treatment depends on the patient's needs and progress.

4. Biofeedback Assisted Relaxation

Training: This specialty service uses a computerized biofeedback program, with fingertip slip-on-sensors, to teach patients how to trigger their physical relaxation response. It can be a brief stand-alone treatment, or it can be combined with treatment options 2 or 3 above.

Patient Resources

We offer free educational resources on our website, including lists of low-cost, local and easy-to-access **resources for healthy lifestyle changes**, as well as information about other mental health topics through our blog and Vivacare.

Consultation

At Hoover & Associates we believe that a collaborative multidisciplinary approach can most benefit our patients, we value our relationships with physicians, and we emphasize prompt, concise, and clear communication with physicians.

We offer various levels of consultation, depending on the physician's preference. All levels include faxed evaluation results, treatment plans, phone calls if/when needed, and notice of closing. Additionally, the physician can choose one of the following:

- a. Monthly Reporting System** includes one progress report per month.
- b. Quarterly Reporting System** includes one progress report every three months.

If a physician has any preferences or requests with regards to our services or consultation, we are happy to discuss options for making our collaboration fit their needs.



HOOVER & ASSOCIATES

www.licensed-psychologists.com

708-429-6999



HOOVER & ASSOCIATES

16325 S. Harlem Ave., Suite 200

Tinley Park, IL 60477