

**UC Davis MIND Institute
22q Healthy Minds Clinic
Frequently Asked Questions about Appointments**

- 1) What information do I need to bring to the appointment(s)?** You should bring
 - a) information about your medical insurance,
 - b) the *completed* MIND Institute Clinics Patient Questionnaire,
 - c) *completed* parent and teacher screening questionnaires (e.g., BASC-2, SRS, NICHQ Vanderbilt),
 - d) if he/she has one, bring your child's *current* 504 plan, Individual Education Plan (IEP), Individual Family Service Plan (IFSP) or Individual Program Plan (IPP),
 - e) copies of previous evaluations such as completed by the school district psychologist, Speech/Language Pathologist, Occupational Therapist, private mental/behavioral health specialists, tutors, etc.
 - f) if you have them, bring copies of your child's most important medical records (e.g., psychiatric hospitalization intake and discharge reports, list of current medications, medical procedure reports, recent lab results, pediatric specialist reports, etc.).

- 2) What materials, supplies or toys should I bring to the appointment(s)?** You should bring
 - a) any assistive devices your child is prescribed/uses (e.g., glasses, hearing aides, FM system),
 - b) food items that may be unique to your child's diet (e.g., gluten free, high protein),
 - c) medications your child will need that day,
 - d) a fresh change of clothing and underwear in case you worry your child may have a toileting accident or upset stomach,
 - e) any toy or object that gives your child comfort but does not command their attention excessively (e.g., fluffy stuffed animal, security blanket versus hand-held video game),
 - f) special treats that might be used as an incentive.

- 3) Should my child take their prescription medication on the day of the appointment(s)?**

Yes, please assure that your child takes their usual medications at their usual times and dosages. Do not remove your child from any prescription medications on the day of the appointment unless specifically directed by the physician who prescribed them.

- 4) How long do the appointment(s) take?** Appointments usually take most of the day with breaks to use the bathroom, for lunch, stretching, rest or playing. However, there will be short periods when your child or you may not be with a doctor (e.g., when the doctors consult with one another). Although you may bring activities from home that entertain your child (e.g., favorite movie DVD), the MIND Institute also has many child friendly activities available (e.g., Wii station, an enclosed, outdoor playground). We also sometimes have adult, Child Life volunteers who can interact with your child, particularly if you and the doctor need to meet without your child present.

- 5) **Why does the bill for neuropsychological services charge more hours than the time our child actually spent with the psychologist?** We bill for all the time that is spent working on your behalf. This includes reviewing records and information from collateral resources, integrating the results of previous tests with our current test results, the in-person office visit(s), scoring/interpreting tests, preparing written reports, etc.
- 6) **What will my child and I be doing during the appointment with the Developmental and Behavioral Pediatrician or Child and Adolescent Psychiatrist?** These specialists meet with parents and interview them about their child's history, health and concerns. They also examine the child or adolescent; sometimes with the parents present but sometimes they meet alone with the child or adolescent. They also review, score and interpret various questionnaires and screening tests as well as reviewing previous test reports and records. They consult with the clinical psychologist and other specialists as needed in order to optimize their care of your child. Sometimes they meet as a team with the family and clinical psychologist to discuss findings and treatment recommendations.
- 7) **What will my child and I be doing during the appointment with the Clinical Psychologist?** This specialist reviews medical, school and other records, administers, scores and interprets standardized questionnaires and also will interview the parent and child or adolescent briefly. However, she will spend most of her time administering, scoring and interpreting standardized tests of various mental functions as well as other behavioral and emotional factors. While your child responds to these tests, you also may be asked to complete several more specific questionnaires. Depending on room availability and other factors, some parents are able to observe parts of the assessment from behind the one-way mirror. The psychologist also will consult with the Developmental and Behavioral Pediatrician or Child and Adolescent Psychiatrist and interpret the integrated results and recommendations from the clinical appointments to the family. At that time we also will discuss recommendations for treatment or other interventions/supports.
- 8) **Can I bring an electronic device (e.g., iPad, cell phone) to digitally record the doctors' interpretation of the test results and their recommendations?** Yes, as long as you do not distribute or post the recording without our permission, you may record the debriefing session with the 22q Healthy Minds doctors.
- 9) **How soon after the appointment can I expect to receive the written reports?** Usually our doctors will have written reports prepared and sent to you within 2-4 weeks after the appointment.
- 10) **What should I do to get my child ready for the appointment(s)?** You do not need to do anything special to prepare your child. However, it is ideal for your child to get a good night's sleep the evening before the appointment. Also encourage them to eat breakfast or bring snacks so they will not be hungry during the appointments. Some families like to make this a special day for their child so they leave siblings at home. Others like to bring siblings and have a family outing after the appointments. If siblings do come to the appointment, please bring a responsible adult who can supervise them while you are in your appointments.

11) What should I tell my child about the appointment(s)? Most children worry that they may get a shot or have other painful or frightening procedures during the appointments. You can assure them that we do not plan any painful procedures. If a procedure is necessary, we will do everything to help them feel comfortable. Most of the activities will be like things they do in school or day care. This includes talking to adults about their families and lives, things they enjoy doing, and what might worry them. It also includes doing things with their eyes and hands (e.g., looking at pictures, building and drawing), as well as using their minds and words to pay attention, listen, think and answer questions. Most children find the activities interesting and enjoy showing another adult their skills.

12) What about parking, meals and lodging? Because the activities of the 22q Healthy Minds Clinic are not supported by research funds, meals, lodging, and in some instances parking, are at your own expense.

- a) **Parking:** We have 15 parking spaces facing our building that have been designated for patient/research parking. With your welcome packet, we will include a "voucher" to put on your dashboard for parking in these spaces ONLY. The vouchers are not to be used for the rest of the lot. If there are no designated patient parking spaces available, please purchase a \$6.00 day pass from the Kiosk and leave that receipt on your dashboard. At no time can a patient park in the "D" permit parking spaces, or any other parking space already designated.
- b) **Meals:** We have a Café at the MIND Institute that offers cold breakfast foods (e.g., cereal, muffins, yogurt, juice) and lunch (e.g., salads, soup, sandwiches, soft drinks). It opens at 8:00 am and closes at 2:00 pm Monday- Friday. The Café also is closed when the server takes breaks from 9:15-9:30, 10:00-10:30 and 1:00-1:15 pm. Many choices for convenient fast-food or restaurant dining also are available within a short drive.
- c) **Lodging:** Should you need to stay overnight, the Marriott, Courtyard Sacramento Midtown, 4422 Y Street, Sacramento, California, 95817 is within a short drive or walk to the MIND Institute. You can reserve a room by calling (800) 321-2211 or (916) 455-6800. In some cases families may prefer to stay at the Kiwanis Family House, 2875 50th Street, Sacramento, CA 95817 < www.kiwanisfamilyhouse.org/ >. The Kiwanis Family House is next door to the MIND Institute. Their phone number is (916) 736-0116. If this is your preference, please let one of our coordinators know and they can send in a referral to schedule a reservation there.

13) Do you need more information? Please contact one of our coordinators by phoning (916) 703-0408 or (916) 703-0409 or emailing cabil@ucdmc.ucdavis.edu .