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# BHES Update

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## Psychological Assessment Services



Psychological Assessment provide an accurate diagnosis and identifies individualized treatment needs by evaluating an individual's intellectual and cognitive abilities, personality traits and emotional capacity.

**Psychological Assessments:** Licensed Clinical Psychologists at BHES provide the following Psychological Assessment services to children, adolescents and adults:

- Academic Achievement
- Emotional
- Intelligence/Cognitive Ability
- Personality
- Pre-Surgical Evaluation
- Neuropsychological

**Common Psychological Concerns:** Psychological testing is often used to help determine the presence (or absence) of common psychological issues such as:

- Anxiety Disorders
- Mood Disorders
- Schizophrenia
- Substance Dependence
- Attention Deficit/Hyperactivity Disorder
- Autism Spectrum Disorders
- Learning Disabilities
- Memory & Neurological Concerns
- Readiness for Gastric Bypass and other Surgeries

**The Initial Session:** This session typically consists of a clinical interview with the patient; it may also include the patient's family members. The sessions goals are to:

- Explain the assessment process.
- Answer questions about the assessment process.
- Obtain the necessary information to determine what, if any, psychological tests/procedures are necessary.

**Additional Sessions:**

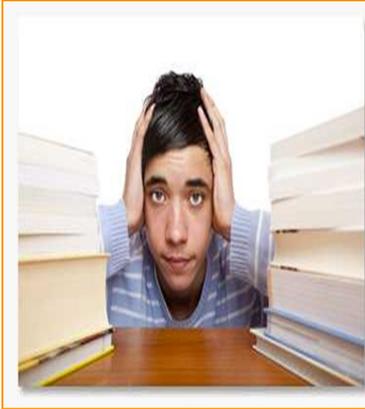
- The number and length of the sessions is determined by the psychological tests required to understand the identified areas of concern.
- The psychological tests are administered by a Licensed Clinical Psychologist, but some assessment instruments may be completed independently or by a family member or teacher.



**The Final Session:** This session consists of reviewing the results and recommendations from the psychological assessment and answering remaining questions.

**Call BHES Today to Schedule a Psychological Assessment**

# Attention Deficit Hyperactivity Disorder



ADHD is the most commonly diagnosed behavioral disorder of childhood. It affects about 3 - 5% of school aged children.



Attention-Deficit/Hyperactivity Disorder (ADHD) is a mental health condition that causes inattention, hyperactivity and impulsive behavior. ADHD starts in early childhood and can persist into adulthood; ADHD causes ongoing problems in multiple areas of an individual's life.

## Inattentive symptoms:

- Failure to give close attention to details or making careless mistakes in schoolwork.
- Having difficulty keeping attention during tasks or play.
- Not seeming to listen when spoken to directly.
- Not following instructions and failing to finish schoolwork, chores, or duties.
- Having difficulty organizing tasks and activities.
- Avoiding or disliking tasks that require sustained mental effort.
- Losing assignments, pencils or tools needed for tasks or activities.
- Being easily distracted and forgetful.

## Hyperactivity symptoms:

- Fidgeting with hands or feet or squirming in seat.
- Leaving seat when remaining seated is expected.
- Running about or climbing in inappropriate situations.
- Having difficulty playing quietly.
- Often "on the go," acting as if "driven by a motor," talking excessively.

## Impulsivity symptoms:

- Blurting out answers before questions have been completed.
- Having difficulty awaiting turn.
- Interrupting/intruding on others.

ADHD symptoms can lead to a number of problems, including unstable relationships, poor work or school performance and low self-esteem.

## Psychological Assessment:

A diagnosis of ADHD can be accurately determined by completing a psychological assessment. Most children with ADHD also have at least one other developmental or behavioral problem. Thus, they may also have a co-existing psychiatric diagnosis, such as a learning disorder, mood disorder or anxiety disorder.

## Treatment:

Research shows a combination of medication and psychotherapy produces the best results. Psychotherapy for both the child and the parents can be beneficial to the family by understanding and gaining strategies to manage the ADHD symptoms.

## Therapy aims to help the patient and family:

- Understand the diagnoses.
- Improve time management and organizational skills.
- Learn how to reduce impulsive behavior.
- Develop better problem-solving skills.
- Cope with past academic and social challenges.
- Improve self-esteem.
- Improve relationships with family, co-workers and friends.
- Develop strategies for managing emotions.

## Tips to help a child with ADHD:

- Communicate regularly with the child's teacher.
- Keep a consistent daily schedule
- Limit distractions in the child's environment.
- Make sure the child gets enough sleep and maintains a healthy diet
- Praise and reward good behavior.
- Provide clear and consistent rules for the child.
- Provide consistent consequences and follow through with them.

## Managing Test Anxiety

Most students experience some level of anxiety while taking tests, but when anxiety affects test performance it has become a problem.

### Test Anxiety Symptoms:

- Increased heart rate
- Cold and/or sweaty palms
- Rapid breathing
- Nausea or light-headedness
- Headaches
- Inability to concentrate
- Inability to understand what you are reading
- Inability to organize your thoughts
- Inability to remember information



### Test Preparation to Reduce Anxiety:

**Stay healthy:** Get enough sleep, eat healthy, exercise and allow for personal leisure time.

**Plenty of study time:** Study at least a week or two before the test, in small increments of time and over a few days. Complete study guides and a practice test following the same time constraints.

**Approach the exam with confidence:** Engage in positive self-talk, such as "I will do my best."

**Maintain a positive attitude:** View the exam as an opportunity to show how much you've studied.

**Be prepared:** Organize and thoroughly learn your material.

**Strive for a relaxed state of concentration:** Avoid speaking with fellow students who have not prepared for the test or who express negativity.

### During the Test:

- 1) **Arrive early** in order to mentally prepare
- 2) **Read** the directions carefully
- 3) **Budget** your test-taking time: Estimate how much time you have to answer each question
- 4) **Write down** important formulas, facts, definitions or keywords in the margin
- 5) **Maintain focus** on the present task
- 6) **Answer questions** you know first and then return to the more difficult ones later
- 7) **Outline essays** before you begin to write.
- 8) **Don't panic** when students start handing in their papers. There's no reward for finishing first
- 9) **Implement deep breathing and positive self-talk** by acknowledging you are doing your best



### After the Test:

- 1) **Identify what worked** in order to implement successful strategies in the future
- 2) **Identify areas you would like to improve** on for the future
- 3) **Celebrate** your success
- 4) **Seek out school resources** to continue to improve
- 5) **Seek out extra services** if you continue to struggle; this includes tutoring and/or psychotherapy.

## Please Welcome BHES' Newest Providers

### Administrative Assistants

**Amanda Gallegos** joined BHES in January 2012. She will be working mainly at the Chicago office.

**Andrea Kuchta** joined BHES in January 2012. She will be working mainly at the Plainfield office.

**Peggy Christian** joined BHES in January 2012. She will be working mainly at the New Lenox office.

### Psychotherapists

**Gwen Ginski, M.Ed.**, a Licensed Clinical Social Worker, joined BHES in March 2012. She will be working mainly at the Plainfield office.

**Gerald Smith, Ph.D.**, a Licensed Clinical Psychologist, joined BHES in March 2012. He will be working at the Plainfield and New Lenox offices.



# Kindergarten Readiness



Does your four-year-old have a summer birthday?  
Are you wondering if your child is ready for kindergarten or you should wait another year?

The Education Specialists at BHES can help you make an informed decision regarding your child's kindergarten readiness. By using a quick and fun screening instrument, your child's skills can be evaluated, usually in under an hour, to determine appropriate placement. Following the evaluation, a report will be written and the results shared with you. Feedback will be provided to explain the evaluation recommendations, as well as your child's areas of strengths and areas in need of continued growth and development.

Please contact our office for more information.

## Changes to the April ACT Test

In the state of Illinois, all juniors take the ACT test in late April. This year, students will NOT be given the ACT writing test as part of the PSAE testing. Students who are applying to colleges that require the writing section will have to take the ACT test again. Students can take the ACT test multiple times and colleges will consider the student's highest scores for all tests. The next ACT test is on Saturday June 9<sup>th</sup>.

At our Plainfield office, we are offering our ACT prep course for the June 9<sup>th</sup> test. The classes start on Wednesday May 9<sup>th</sup> and meet twice a week for 4 weeks. Please contact our office for more information.



Class	Day	Time	Start Date
2012S-04	Monday-Wednesday	6:30-9:00 pm	May 9, 2012

- This course meets for four weeks on Monday and Wednesday evenings.  
Tuition is \$500.

50% Discount for students registered by May 1st, 2012.



You can receive updates on BHES' services by  
liking BHES from BHES' website  
[www.bhes.us](http://www.bhes.us)

Just click on the like button on BHES' website



# Psychotherapy Groups

## Plainfield Office:

### **Assertiveness Group**

Thursdays 8:00pm—9:00pm

Open to males and females 18 years old and older

Facilitated by Sarah Gura, M.A.,  
L.C.P.C.

Confronting challenges by yourself is often much harder than relying on the support of a group.



## Chicago Office:

### **Woman’s Issues Group**

Wednesdays 8:00pm – 9:00pm

Open to females 18 years old and older

Facilitated by Christina Heath, Psy.D.

The owners of BHES understand the importance and value of access to vital community resources. We are committed to providing exceptional behavioral health and education services to the community.

By providing educational, psychological and psychiatric services at one location, we are able to address both behavioral health and educational needs within the same treatment team to provide a high level of continuity of care. This allows our providers to provide a high level of care to those we treat and tutor.

You can sign up to receive BHES’  
Newsletter by sending a request to [Info@BHES.US](mailto:Info@BHES.US).