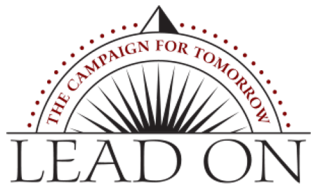


Pacific Psychology & Comprehensive Health Clinic (PCH): Services Offered

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Agenda

- Services Offered
 - Counseling & Therapy
 - Assessment & Testing
 - Support Groups
 - Speech-Language Pathology Services
 - Services en Espanol
- Provider Information
- Scheduling
- Contacting Us



Services Offered

- Pacific Psychology & Comprehensive Health Clinic provides affordable & accessible outpatient assessment, therapy, and primary care services to children, adults, and families at our clinics in downtown Portland & Hillsboro
- Offer **counseling and therapy** for depression, anxiety, child/family issues, PTSD, and a wide range of other concerns
- Offer **assessment and testing** for learning disabilities, ADHD, and cognitive problems. Testing services were on hold due to COVID-19, now we are able to provide comprehensive psychological assessment through a mix of zoom video and in person appointments
- Currently offering a **ADHD Skills group** 2x per week

Assessment & Testing Services

- Comprehensive psychoeducational & neurological assessment for a variety of academic, attention, medical and emotional difficulties including:
 - Learning disabilities
 - Attention Deficits (ADHD)
 - Cognitive and Emotional Difficulties
 - Head injuries and other medically related cognitive difficulties
 - Service connection evaluation for PTSD and mental health diagnosis
 - PTSD evaluation

Assessment & Testing Services

- Test patients of all ages, starting at 6 years old
- Typical assessment patients include:
 - Students experiencing academic problems and seeking accommodations from their school & people with medically related cognitive difficulties. We do not diagnose ASD
- Comprehensive assessment fees is calculated based on take home income and ranges from \$625-\$1,125
 - Due at the first appointment and unable to bill insurance for any of the testing services
- Typically takes 3-4 appointments for a few hours

Counseling & Therapy Services

- PCH operates from a evidence-based treatment philosophy: best possible treatment to match patients needs
- Providers are advanced level graduate students working under the supervision of licensed clinical psychologists
 - Up to date on state of the art therapeutic interventions
 - Receive specific initial and ongoing training & supervision in evidence based interventions
 - Carefully and appropriately assess client progress to ensure that client needs are met

Counseling & Therapy Services

- Currently there are 15 teams at PCH across both Portland and Hillsboro clinics
- Variety of teams offering varying specialized services under Licensed Clinical Psychologists
 - Children and Adolescent teams
 - Neurocognitive challenges (mild-moderate to severe)
 - Health emphasis
 - General Adult teams

Counseling & Therapy Services

1. Phone Screen: Callers requesting services talk to a clinician who asks some questions to assess the match between our services and caller needs. Callers either receive an appointment for intake or a referral to more appropriate services

2. Intake Assessment:

- Interview: Comprehensive initial interview to assess reasons for seeking treatment, goals for therapy, and diagnosis
- Assessment: Several questionnaires and assessments are used to collect additional information about the nature and severity of presenting concerns and to try and provide a baseline or comparison point for treatment progress

Counseling & Therapy Services

3. Treatment Planning: Based on initial assessment and discussion between client and clinician a treatment plan is collaboratively developed, involves treatment goals, interventions, and outcome measurement, plan is flexible

4. Treatment usually involves: Weekly, bi-weekly, every 3 weeks or 1x a month 50 minute session with the therapist

Speech Language Pathology Services

- PCH provides speech and language services for individuals with communication disorders
- Graduate level clinician from Pacific University School of Communication Sciences and Disorders
- Provide diagnostic evaluations and individual therapy to adolescents and adults under the supervision of a speech language pathologist who holds the Certificate of Clinical Competence from the American Speech Language Hearing Association (ASHA) and Oregon Licensure
- Diagnostic & Therapy Services for the following speech & language disorders:
 - Accent Modificaiton, Brain Injury, Concussion, Dementia, Fluency, Head and Neck Cancer, Stroke, Transgender Voice Coaching, Voice Disorders
- Available at both Hillsboro and PDX clinics



Scheduling & Fees

- **Appointments Available:**
 - Monday - Thursday: 9 a.m. to 8 p.m.,
Fridays: 9 am. to 5 p.m.
 - Please call to schedule an appointment do not offer walk-ins
- **Oregon Health Plan Patients:**
 - Bill counseling & Therapy Services to OHP Health Share, OHP Care Oregon, and OHP Trillium for eligible patients that reside in Multnomah, Washington, Clackamas counties

Scheduling & Fees

- **Fees for Self-Pay Patients:** Who do not have insurance and have limited access
 - Calculate cost of care using Federal Poverty Level (FPL) guidelines which take into account your annual income adjusted for the number of dependents supported on that income
 - Patients required to bring income documentation to their first appointment, take cash, check, or charge

Steps to scheduling an appointment

1. Call our front desk at the location of your choice (Portland: 503-352-2400, Hillsboro: 503-352-7333) for a 10-15 minute free, confidential phone screen with one of our counselors
2. The counselor will ask you some questions about why you are seeking counseling. If it sounds like we might offer the services you need, we will schedule your intake appointment.

Steps to scheduling an appointment

3. The intake appointment takes 2 hours; we will also administer 2 or 3 cognitive and personality assessment measures after the interview or in a separate appointment

4. Qualified clinic staff will review the information you provided to the clinician and determine if our clinic has the kinds of services you need, which is typically the case. If our clinic seems to be a good match for your needs, you will receive a phone call from a therapist within a few days of your intake appointment to schedule your first 1 hour therapy session

Contact US

Pacific Psychology & Comprehensive Health Clinic | Portland

1411 SW Morrison St, Suite 310 Portland, OR
97205

503-352-2400 | Fax: 971-266-2955

Pacific Psychology & Comprehensive Health Clinic | Hillsboro

222 SE 8th Ave, Suite 212 Hillsboro, OR 97123



503-352-7333 | Fax: 971-266-2956

Questions