



B L A C K S T O N E T H E R A P Y

MENTAL HEALTH & DISABILITY COUNSELING



AUTISM ASSESSMENT INFO PACKET

WELCOME LETTER

Howdy-Ho Neighbor!

Growing up, many of us were conditioned to hide or mask our unique traits, quirks, and behaviors that didn't align with societal norms. Masking has become such an ingrained survival tool that many individuals don't even realize they're doing it. I am writing this letter to remind you that it's okay to let your mask down, to embrace your authentic self, and to understand that your unique traits are not flaws, but rather integral parts of who you are.

Historically, our understanding of autism has been largely skewed towards boys, or individuals assigned male at birth. This has led to many girls, or those assigned female at birth (AFAB), being overlooked or misdiagnosed. However, as research continues to evolve, we're starting to see a shift in this narrative. Autism is not confined to a particular gender, and it's important that we recognize and validate the experiences of all individuals on the spectrum.

I know it may seem like there's a sudden "epidemic" of autism diagnoses. This isn't a fad, but rather a reflection of increased awareness and improved diagnostic methods (specifically with adults). We are finally catching those who fell through the cracks. Embarking on a journey towards diagnosis can be a mix of emotions - it can be exciting, but also daunting. The fear of the unknown can be overwhelming, but remember, you are not alone in this journey. There are numerous resources and communities available to provide support.

Let me share a little about myself. I am a psychotherapist and disability counselor, specializing in working with high-masking Autistics who are coming to terms with their new diagnosis and having to shift their understanding of how to navigate their life. I am not just a clinician; I'm also someone who has personally experienced the nuances of living with autism and ADHD. My personal experiences, combined with science and empirically-based assessments and treatments for Autism, enable me to offer a unique, holistic perspective.

Thank you for letting me be a part of your journey. Remember, it's not about IF you are autistic, but HOW. Let's learn about your brain & it's amazingness - together.

-Tracy Fey Blackstone

GENERAL INFORMATION

WHO IS BLACKSTONE THERAPY?

Blackstone Therapy, located out of Fitchburg Wisconsin, is a comprehensive mental health service provider specializing in the unique intersection of disability and mental health. Our clinicians are trained both in disability and mental health backgrounds, providing a unique approach to our therapeutic services. We take pride in being a safe space for all individuals, ensuring a non-judgment, kink-positive environment, with specialization in helping the LGBTQ+ population. We use an eclectic approach to therapy, but are founded in the roots of Acceptance and Commitment Therapy. At Blackstone Therapy, we are dedicated to changing lives one session at a time, upholding our commitment to respect and celebrate each individual's unique identity.

WHY CHOOSE BLACKSTONE FOR ASSESSMENT?

This is a fair question, given the many dozens of companies and organizations out there offering Autism assessments for Adults across the world. We could sit here and give you the corporate answer of, “we have years of experience...” or “we are passionate about...” or any number of things you’d expect a company to say. But honestly, you should choose us because we are a good fit for you. Just like when you are choosing your therapist, it is important that you feel comfortable, safe, respected, and heard when you are getting assessed for something as important as Autism. That is why we make sure each person has extra time with the diagnosing clinician to walk through the results of the assessment, giving you the opportunity to ask questions about the results, Autism, or next steps. It is important to us that you are able to discuss your thoughts, worries, and concerns with someone who gets you - beyond professional training, but on a personal level. You’ll get one-on-one time to process with someone who understands you beyond the diagnosis, but as a human being.

IS DIAGNOSIS IMPORTANT?

Obtaining an official Autism Spectrum Disorder (ASD) diagnosis can be a crucial step for many people. This diagnosis provides a structure for interpreting personal experiences and struggles, facilitating the development of tailored strategies and interventions to address these challenges. Nevertheless, the journey towards diagnosis can be riddled with hurdles, primarily due to an insufficient understanding and awareness among some healthcare practitioners. The vast range of ASD symptoms, along with shared characteristics with other disorders, can result in incorrect diagnoses. These misidentifications can lead to unsuitable treatment plans, potentially worsening the individual's struggles.

IMPORTANT INFORMATION

DIFFERENCES BETWEEN SCREENING VERSUS ASSESSMENT

Screening is an initial step that assesses the likelihood of autism traits, providing a preliminary indication of the need for further evaluation, while not providing a formal diagnosis. Diagnostic assessment, on the other hand, is a comprehensive and in-depth evaluation conducted by professionals that follows specific criteria for an ASD diagnosis. It involves analyzing developmental history, observing behavior, and administering various assessments to confirm or rule out an ASD diagnosis, considering strengths, challenges, and co-occurring conditions. **Screening** serves as an initial “does this make sense” tool, while **diagnostic assessment** offers a detailed evaluation to provide a definitive diagnosis and guide appropriate interventions and support. We require all individuals seeking diagnostic assessment to first go through our screening services.

NO INSURANCE ACCEPTED

Blackstone Therapy does not communicate nor offers direct billing to insurance companies for any of our screening, diagnostic, or profiling services. If you have insurance coverage, it is advisable to inquire about the possibility of reimbursement according to your insurance company's policies. Please note the cost of services is due prior to starting each part of the process. At this time, we can only accept credit card payments through Stripe. We're sorry, but we have no payment plan options at this time.

STATE RESTRICTION FOR DIAGNOSTIC ASSESSMENT

Please note that we are restricted from providing diagnostic assessments for autism to individuals residing outside the state of Wisconsin due to licensing and jurisdictional regulations. If you reside outside the state of WI and are seeking a formal diagnosis, you are welcome to still partake in our screening process and take those results to someone who can provide formal diagnosis within your state.

ASSESSMENT ACCOMMODATIONS

If you require any accommodations throughout the screening or diagnostic process, please inform us as soon as possible and we will be happy to help! If you are not sure if you can use and/or what accommodations are available, please contact Tracy Blackstone at Assessments@Blackstonetherapy.com to discuss your options.

COST AT A GLANCE

PHASE 1 Screening		PHASE 2 Formal Diagnosis		PHASE 3 Autism Profile & Therapeutic Support	
INDEPENDENT	\$150	INDEPENDENT	\$1575	COST VARIES DEPENDING ON WHAT ADDITIONAL SERVICES IS REQUESTED	
THERAPIST ASSISTED	\$225	THERAPIST ASSISTED	\$1650-\$3600	Min: \$500	Maximum \$1700

TOTAL COST RANGE

SCREENING + FORMAL DIAGNOSIS \$1725 - \$3825

SCREENING + FORMAL DIAGNOSIS + PROFILE \$2125 - \$5300

ASSESSMENT & SCREENING PROCESS

PHASE 1

Screening

The first phase of the process is **neurodivergent screening**, which gives an indication if you are likely to be Autistic, have ADHD, or both (and includes a screening report). This will help us (and you) to determine if the bigger assessment is appropriate and to custom tailor your experiences with us. Choose from the following:

1 - SOLO SCREENING

Take the screening assessments on your own. This allows you to do this on your own time, at your own pace. Great option if you have high social anxiety, inflexible scheduling, or simply prefer not to speak to anyone at this time.

2 - THERAPIST SCREENING

Take the screening assessments with the assessing therapist. This allows us to have more of a conversation and get to know you beyond numbers. Get real time feedback without waiting.

What the screening process entails:

- A detailed history questionnaire
- 15+ questions targeted at various Autism & ADHD traits
- 2+ evidence-based psychometric assessments that screen for neurodivergent traits
- 6+ page report reviewing your data & how it aligns/does not align with ASD
- 1-2 week turnaround time

COST

SOLO SCREENING	THERAPIST SCREENING
\$150	\$225
\$75 - Solo Assessments Fee	\$150 - Therapist Assisted (\$150 x 1 hour)
\$75 - Interpretation & Report (\$150 x 0.5 hour)	\$75 - Interpretation & Report (\$150 x 0.5 hour)

PHASE 2

Formal Diagnosis

The second phase of the process is the **diagnostic assessment**, resulting in a diagnostic report (50+ pages), diagnosis letter for future healthcare providers, and a formal diagnosis. During this phase, you'll complete a series of self-report assessments across a wide range of categories including (but not limited to): Autism, ADHD, Executive Functioning, Anxiety, Mood Disorders, and more. We not only look at Autism, but several common misdiagnosed conditions to help rule out possibilities (such as Bipolar Disorder or Borderline Personality Disorder). You'll meet one-on-one with our assessing clinician to complete a formal interview and to walk you through, step by step, the results of your assessment. For this phase, you get to choose to take the assessments solo or alongside the assessing clinician.

What the diagnostic process entails:

- 2 sessions (2 hours each) with diagnosing clinician: One for diagnostic interview & the other to review results of your assessment
- 15+ evidence-based psychometric assessments that address Autism, ADHD, and common co-occurring conditions
- 50+ page report reviewing all your data, differential diagnoses, diagnostic impressions, and treatment recommendations (note: this builds off of the screening report)
- 6-8 week turnaround time
 - If also purchasing Autism Profile & Therapeutic Support, please add 2 additional weeks for turnaround time

COST

SOLO ASSESSMENTS + DIAGNOSTIC INTERVIEW \$1575	* THERAPIST ASSISTED ASSESSMENTS + DIAGNOSTIC INTERVIEW Varies on need: \$1650 to \$3600
\$75 - Solo Assessments Fee	\$Varies - ** Therapist Assisted \$150 per hour needed
\$900 - Interpretation & Report (\$150 x 6 hours)	\$900 - Interpretation & Report (\$150 x 6 hours)
\$300 - Diagnostic Interview (\$150 x 2 hours)	\$300 - Diagnostic Interview (\$150 x 2 hours)
\$300 - Results Session (\$150 x 2 hours)	\$300 - Results Session (\$150 x 2 hours)

* Please note: Therapist assisted assessment is variable and may be added at any point during the assessment process. Each hour of the therapist's time is charged at the end of the process. For the full diagnosis phase, please allow at least 6 hours.

PHASE 3 - OPTIONAL

Autism Profile & Therapeutic Support

The last phase takes a deeper dive into specific challenges, creating more understanding of your **Autistic profile**, which includes additional assessments & reports. This is where we really get into the heart of understanding **HOW** you are Autistic. We will dive into more information surrounding sensory sensitivities, accommodations for home, work, and/or school, communication skill building, and more. Meet with our assessing clinician to really get a handle on your diagnosis. This includes two one-hour therapy sessions with our assessing clinician to give you further support as you adjust to your results. This phase is really custom tailored to you and your needs while adding additional support where you need it most!

Included: Additional assessments added to diagnostic report, accommodation letter for work and/or school, emotional support animal letter, and tailored therapy sessions to address topics & skills.

What the autism profile & therapeutic support entails:

- Additional evidence-based assessments that addresses clients needs
- Additional assessments addressing values & personality strengths
- Additional 10+ pages added to formal report (or separate report, depending on client needs)
- (optional) Accommodations letter and/or Emotional Support Animal letter
 - Accommodation letter requires 1 hour session with therapist
- (optional) Consultation with your current therapist
- (optional) Family/Couples session to discuss results
- (optional) Up to 2 therapy sessions with diagnosing clinician to address employment, education, relationship, or other challenges from a therapeutic perspective
- 4-8 week turnaround time
 - If purchased at time of Formal Diagnosis, please add on 2 weeks to formal diagnosis time turnaround

COST

INCLUDED COST \$500 - \$1000	OPTIONAL ADD-ONS
ADDITIONAL ASSESSMENTS & TIME	\$75 - Emotional Support Animal Letter
\$50 - Solo Assessments Fee	\$150 - Accommodations Assessment (\$150 x 1 hour)
\$300 - Therapist Assisted Assessments (\$150 x 2 hours)	\$75 - Accommodations Letter
\$300 - Additional Report Time (\$150 x 2 hours)	\$300 - Therapy Sessions (\$150 x 2 hours)
\$150 - Additional Results Time (\$150 x 1 hour)	\$300 - Couples or Family session (\$150 x 2 hours)

POST-DIAGNOSIS SERVICES AVAILABLE

The following services are only offered to individuals who have gone through the diagnostic assessment process.

ADDITIONAL CLINICAL TIME - \$150 per Hour

For individuals who wish to have more one-on-one time to review assessment results and ask additional questions, we offer additional sessions (up to two) outside of the diagnosis process. Availability may be limited and there is no guarantee for immediate sessions post-diagnosis, although we will try our best to accommodate. The focus of these sessions are up to the individual, but may focus on various things such as:

- Detailed review of diagnostic results, which may include supports (i.e., family/partner)
- Time to process new information with someone immediately after diagnosis
- Space to ask questions about Autism, diagnosis, late-diagnosis, etc...
- Space to learn more about Autism through psychoeducation

ACCOMMODATIONS LETTER - \$225

An accommodation letter is a formal document provided to inform employers or educational institutions about specific needs and reasonable adjustments required due to a disability or medical condition. It serves as a means to communicate the individual's diagnosis, challenges faced, and a list of requested accommodations. The letter aims to facilitate dialogue, collaboration, and implementation of appropriate accommodations to support the individual's equal opportunities and accessibility.

- Assessment of accommodation needs in either/or/both workplace or educational settings
- Accommodation letter written and/or special form filled out for your organization

EMOTIONAL SUPPORT ANIMAL LETTER - \$75

Emotional Support Animal (ESA) letter is a document issued by a licensed mental health professional that verifies an individual's need for an emotional support animal. Emotional support animals are companion animals that offer therapeutic benefits to individuals with mental or emotional disabilities. The ESA letter serves as official documentation of the person's condition and the positive impact an emotional support animal can have on their well-being. This letter grants specific legal rights and accommodations to the individual under laws like the Fair Housing Act and the Air Carrier Access Act.

NEXT STEPS

When you've decided to start the process, here are the steps you need to take:

- Fill out this [Assessment Interest Form](#)
 - If the link doesn't work, here's the web address: <https://forms.gle/eTPK89aFn4ttAREZ6>
- After we review your interest form, we will send you a link to a website called Theranest to create your client profile & fill out required documentation.
- Once completed, we will send you the screening assessments for you to complete

Any questions? Reach out at Assessments@Blackstonetherapy.com with the subject line: Autism Assessment Question.