

Department of  
Psychological Services

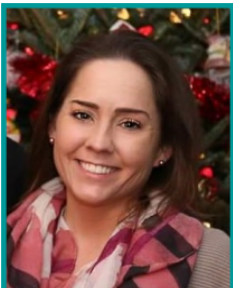
Community Behavioral Health (CBH) would like to introduce Heather Lopez, Psy.D., who recently joined our team as the Director of the Department of Psychological Services. Dr. Lopez has developed and implemented programming that allows CBH to now provide comprehensive psychological assessment for individuals of all ages. Clinical consultation and supervision services are also available.

Dr. Lopez is a licensed Clinical Psychologist and a member of the American Psychological Association (APA). She holds a Bachelor's degree in Psychology from Rutgers University and a Masters degree in Psychological Counseling from Monmouth University. She earned her Doctor of Psychology (Psy.D.) degree at Immaculata University, an APA- accredited doctoral program, with a 4.0 GPA.

Dr. Lopez has experience working with diverse populations across a variety of settings (e.g., inpatient and outpatient mental health facilities, partial hospitalization, crisis intervention, juvenile detention, hardware- and staff-secure residential placements). She has served in mid- and senior- level management positions and has provided clinical supervision to interns and staff of various disciplines. She has also testified in court as a Qualified Expert Witness for 'Adolescent Clinical Psychology' and 'Psychological Assessment.'

For more information about psychological services at CBH, feel free to contact Dr. Lopez directly: Telephone: (410) 571-4831

Email: [H Lopez@CommunityBehavioralHealth.net](mailto:H Lopez@CommunityBehavioralHealth.net)

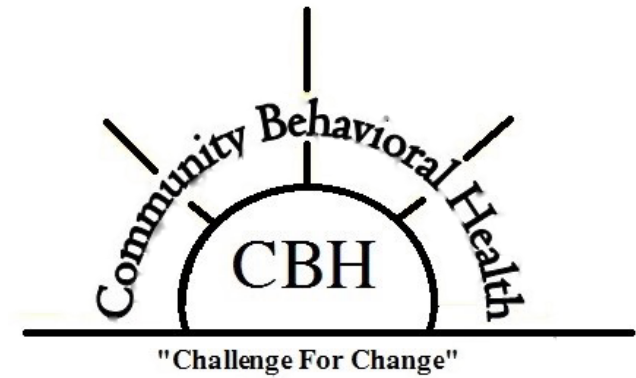


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Psychological Services



## What is Psychological Testing / Assessment?

Licensed clinical psychologists are trained extensively in selecting, administering, and interpreting psychological tests as part of an evaluation that may focus on any or all of the following areas:

- Cognitive / Intellectual Functioning
- Academic Achievement
- Attention and Executive Functioning
- Developmental / Adaptive Functioning and Sensory Processing
- Memory and Learning Skills
- Receptive and Expressive Language
- Sensorimotor Functioning and
- Visuospatial Processing / Perceptual Skills
- Personality and Emotional / Behavioral Functioning
- Clinical and Forensic Risk Assessment



*Need help putting the pieces together?*

Comprehensive psychological assessment involves the integration of data from various sources, such as interviews, review of records, informal rating scales, and formal/objective psychological testing.

## How can it help me / my child?

Psychological assessment can be extremely useful in multiple ways – from determining an individual's readiness for a medical procedure (e.g., bariatric surgery, difficult treatment regimen) to confirming or ruling-out specific diagnoses, including but not limited to the following:

- Autism Spectrum Disorder (ASD)
- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Intellectual Disability
- Neurocognitive Disorder (e.g., secondary to dementia or brain injury)

Assessment results, therefore, can help avoid inappropriate or unnecessary medication trials, as well as provide guidance on the most appropriate therapeutic interventions that could lead to faster reduction of symptoms.

## How do I get started?

For current CBH clients:

Please talk with your (or your child's) primary therapist. They will work with you to make a referral for a psychological assessment.

For individuals that are not CBH clients:

Please call Natasha Dykes at (844) 224-5264, ext. 300, to get set up in our patient portal and be scheduled for a testing intake session.

## What should I expect?

1. Assessment clients should complete the patient portal's online Check-In prior to their appointment with the psychologist. [Assistance can be provided upon request.]
2. A testing intake appointment will be held for the psychologist to hear your concerns, discuss relevant background information, and review appropriateness of assessment. [Clients should bring with them copies of prior testing/evaluations, school IEP's, and other records felt related to current concerns.]
3. The psychologist would then develop an individualized battery, depending on the age and needs of the client, and request insurance authorization as applicable.
4. While the specific tools and number of tests used are different for each client, all clients should expect to attend at least two (2) testing sessions.
5. Upon completion of testing, a feedback session will be held for the psychologist to review assessment results and provide a written report that includes diagnostic impressions and recommendations.

## Substance Use Policy

Those with active substance abuse must be free from use for 30 days prior to completing testing. If someone presents with signs of drinking or drug use, they will be asked to leave the premises.

Thank you for your understanding.