

How do I get started?

Please call **860-946-0447** or send a confidential email to **hhs4help@gmail.com**

Our office assistant will get back to you within 24 hours with the date of your appointment.

The **first appointment is a consultation** appointment with Dr. Schlichting, Chief Psychologist at HHS. Please come with **questions that you would like answered** about your child.

From there, an **assessment plan** will be established with the **types of testing** to be completed and projected deadlines. Fees will also be discussed at that time.

We do our best to start the testing process within one month of the consultation appointment.



Hopewell Health Solutions is an exceptional psychology group practice. We are consistently rated by our patients as providing "superb" and "excellent" services.

In addition to testing, we provide individual, family, and group counseling for children and families. Some of the groups for children that we provide are:

- Boys Group (ages 12-18)
- Girls Group (ages 12-18)
- Girls Club (ages 6-11)
- Mindfulness For Kids (ages 9-18).

In addition, the practice offers seminars and workshops on innovative topics such as:

- Practical Magic- Parenting Tools and Tips
- Mindful Parenting & Building Resilient Kids
- BREAKING BAD...Habits- Goal Setting & Achievement
- Study Tips & Tricks- Executive Functioning Development for Your Teen
- Lose to Win- Weight Loss & Healthy Habits



Central CT's Premier Psychology Group Practice
Hopewell Health Solutions

33 Pratt St. Glastonbury, CT 06033

hhs4help@gmail.com

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All insurances accepted for counseling services

"Do you want answers?"



**Neuropsychological
& Psychological
Testing/Assessment**



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We have the Solution-Comprehensive Psychological Testing and Assessment at Hopewell Health Solutions that can provide many of the answers that parents and schools need to help children.

Some questions that can be answered by testing include:

- * Why is my child struggling in school with (reading, math, writing, etc.)?
- * Why does my child have difficulty paying attention in class?
- * Why is my child so nervous, sad, withdrawn, etc.?
- * Why does my child have difficulty with friends?
- * What are my child's strengths and weaknesses?
- * Does my child qualify for special education or a 504 Plan at school?
- * Would medication possibly be effective for my child? What type?
- * What would a customized plan of action for home and school look like for my child?
- * What does my child need to be successful in life?

What HHS can do for you?

- * We offer comprehensive, customized testing with visual representations of the data, such as graphs and tables.
- * Our reports have tailored recommendations and solutions to address the targeted problem areas.
- * Psychological testing and assessment can be likened to getting your blood work done for a doctor's visit.
- * Testing can help provide a baseline of behavior and a targeted treatment plan for those specific areas. In addition, testing can help to monitor progress and make sure that the treatment is working.
- * Testing can also be very important before considering psychiatric medication because it will provide data for an accurate assessment. It also can highlight specific treatments that may be effective.

Current areas for testing include:

ADHD, Autism, Depression, Developmental Assessment (1-5 years old), Anxiety, Mood Disorders, Learning Disability, Personality Disorders, Personality Testing, Neuropsychological, as well as memory and executive functioning deficits.

Here's what our clients are saying...

"The testing at HHS allowed me to finally understand why my son was struggling in school and how to help him."

"The psychological testing at HHS gave us an understanding of our daughters' strengths and weaknesses. The recommendations helped us to create a plan that actually worked. We only wish we have done it sooner."

Many people see problems. We see solutions!



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Hopewell Health Solutions

Behavioral Medicine for Health, Healing, and Happiness

Call and connect with a great therapist today! **860-946-0447**