

## Little Seed Counseling – Assessment Options Comparison

*Our goal is to provide affirming, accessible assessments for adults exploring ADHD and Autism. Below is a breakdown of the services we offer to help you find the best fit for your journey.*

Assessment Type	Self-Discovery Consultation	Standard Assessment	Full Assessment Package
<b>Purpose</b>	Professional consultation for self-exploration	Formal ADHD and/or Autism diagnosis with brief summary letter	Comprehensive ADHD and/or Autism evaluation with full written report
<b>Time Commitment</b>	1 hour consultation	1–2 clinical interview sessions + 1-hour feedback session	1–3 clinical interview sessions + 1-hour feedback session
<b>Cost</b>	\$150 total Private Pay	\$150/hour  \$125 CREYOS assessment (private pay only)	\$150/hour  \$150 report fee (private pay only)  \$125 CREYOS assessment (private pay only)
<b>Can Insurance be used?</b>	✓ BCBS, Aetna, Cigna, UHC	✓ BCBS, Aetna, Cigna, UHC for interview and feedback only	✓ BCBS, Aetna, Cigna, UHC for interview and feedback only
<b>Deliverables</b>	Thoughtful insights  Resource & referral list	1-page diagnostic letter  Personalized resources  Access to ADHD 101 course	Full written report  Resource & referral list  Access to ADHD 101 course
<b>Diagnosis Provided</b>	✗ No	✓ Yes (if applicable)	✓ Yes (if applicable)

<b>Ideal For</b>	Independent self-explorers seeking professional perspective	Individuals seeking confirmation & direction without full report	Those needing detailed documentation for personal/employment/accommodation use
<b>Optional Add-On</b>	None	Sensory Profile (SPM-2) – \$250	Sensory Profile (SPM-2) – \$250
<b>Limitations</b>	Not a diagnostic service	Not valid for legal or educational accommodations	Not valid for legal use; may be used for employment or university depending on policies

*Little Seed Counseling is proud to offer neurodivergent-affirming care rooted in curiosity, creativity, and compassion. Whether you're seeking clarity, diagnosis, or deeper understanding, we're here to help you anchor into your truest self.*

How to figure out estimated cost:

Sally has Aetna State Health Plan insurance. She has a \$0 copay for therapy services. She chooses the Full Assessment Package. We meet for two clinical interview sessions and a feedback session. Her cost is as follows:

Session 1: \$0  
Session 2: \$0  
Feedback Session: \$0  
Report Write Up Fee: \$150  
CREYOS Assessment: \$125  
**Total: \$275**

Johnny has United Healthcare with a \$30 copay. For the same package, he would pay:

Session 1: \$30  
Session 2: \$30  
Feedback Session: \$30  
Report Write Up Fee: \$150  
CREYOS Assessment: \$125  
**Total: \$365**