Comprehensive Diagnostic Evaluation Program
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The Center for Professional Recovery conducts multidisciplinary comprehensive diagnostic evaluations (CDE) utilizing a team approach. The Comprehensive Diagnostic Evaluation Program is designed to serve licensed professionals, such as physicians, attorneys, judges and pilots, as well as others in safety-sensitive roles. However, the program can benefit anyone needing a thorough evaluation. A typical CDE is conducted over 2-3 days, but evaluations are individualized and sometimes extend longer when more complex or if additional specialists or testing is necessary.

We conduct evaluations with the highest integrity, in accordance with guidelines established by the American Psychiatric Association, the American Society of Addiction Medicine, the Federation of State Medical Boards and the Federation of State Physician Health Programs.

Our Comprehensive Diagnostic Evaluation Program is currently authorized by 38 state physician health programs and 41 state medical regulatory boards. It is recognized for its ability to work with complex cases involving licensing and other workplace-related requirements. Our program has worked with many other regulatory boards, including dental, pharmacy and others, with over 20 health professional boards and state bar associations covering most states. Our program is FAA HIMS-certified to evaluate commercial airline pilots.

Our Accreditations

The Center for Professional Recovery is licensed and certified by the State of California and accredited by The Joint Commission.
Confidential Evaluations

All evaluations are confidential and conducted with professionalism and respect. Our team approach to the evaluation process has been shown to be more sensitive and specific in accurately defining complex problems. We individualize each evaluation using our esteemed staff who have extensive experience conducting assessments. Combined with local and carefully selected consulting specialists, we will build an assessment plan specifically tailored to you.

Evaluations are conducted in a transparent and straightforward manner. The typical goal of an evaluation is to determine if a disorder exists—based on strict adherence to established criteria, such as the Diagnostic and Statistical Manual of Mental Disorders (5th ed.)—and, if present, what type of treatment is necessary to adequately address the problems.

If treatment for a substance use disorder is recommended, we describe what specific treatment is indicated, including specific care for any co-occurring disorders. Because we are aware of the potential for conflicts of interest, suitable treatment facility options are then discussed with the individual and their referent.
Evaluation Types

Substance Use Disorder
Determine whether an individual meets *DSM-5* criteria for a substance use disorder or any co-occurring psychiatric condition and, if present, what type of treatment is appropriate and determine fitness for duty, with or without restrictions.

Relapse/Recovery Status
Examine the individual’s recovery program to determine if a relapse has occurred; in cases where an individual has relapsed, we identify the underlying causes of their relapse and recommend appropriate treatment to prevent further relapse.

Chronic Pain
Rule out addiction, and establish the cause and needed treatment for chronic pain disorders.

Professional Boundary Violations
Explore and clarify whether the individual has engaged in professional boundary violations or improprieties and make recommendations for treatment as needed.

Neuropsychological
Determine whether a cognitive disorder exists and, if so, define the causes and recommend fitness for duty, with or without limitations.
Customized Evaluations

We can design a Comprehensive Diagnostic Evaluation that will help answer an individual's questions that are not covered in our typical evaluations.

Other evaluations can include gambling disorder, eating disorder, body dysmorphic disorder, sexual disorders and other psychiatric disorders.

Contact us to discuss any special needs. We will then offer an approach designed to address the questions at hand.
Primary Evaluation Components

While every evaluation is individualized, there are basic components that are generally utilized in every evaluation.

**Complete Physical Examination:** performed by an internist, including appropriate lab testing

**Addiction Medicine Assessment:** including any appropriate drug testing

**Neurocognitive Screening:** a cognitive screening and further comprehensive neuropsychological testing as necessary

**Psychological Evaluation:** including personality testing, depending on symptoms, and contacting appropriate collateral sources of information, spouse, family and associates as appropriate

**Psychiatric Evaluation:** including historical and current symptoms of mental health and substance use disorder conditions by a board-certified psychiatrist. Also includes a suicide risk assessment and relapse risk assessment, if applicable

**Group Participation:** clients are invited to participate in one of Dr. Skipper's biweekly groups that are designed to address issues particular to licensed professionals
Evaluations for Licensed Professionals and Others

Although our program was designed to evaluate licensed professionals and others involved in safety-sensitive occupations, business executives whose responsibilities require peak performances can also benefit from this process. As with any other medical care, the first step in treatment should be a thorough and accurate evaluation to know what is to be treated.

Symptoms that can indicate the need for an evaluation include:

- Suspected new onset of a mental health disorder, such as a substance use disorder or other psychiatric disorder
- Unexplained changes in behavior or function
- Questions of impairment related to job performance
- Complicated fitness-for-duty evaluations when there is a behavioral or mental health cause of primary concern
- Chronic pain issues if substance abuse is suspected
- Disruptive behavior or boundary violations
- Question of inappropriate sexual behavior
- Other symptoms of psychiatric problems
The Comprehensive Diagnostic Evaluation Program at the Center for Professional Recovery was developed by our Medical Director, Gregory Skipper, M.D.

The program protocols are based on Dr. Skipper's years of experience conducting evaluations while Medical Director at Springbrook Institute in Oregon and as Medical Director of the Alabama Physician Health Program. Dr. Skipper has participated in thousands of interventions and evaluations.

Proper evaluation requires experience, finesse, hard work, dedication and a firm commitment to the highest levels of integrity and ethical conduct. Our evaluations are thorough, fair and based on established diagnostic criteria.
Comprehensive Diagnostic Evaluation (CDE) Program Team

SallyAnn Cross, MSW, LCSW
SallyAnn Cross, Executive and Clinical Director of the Center for Professional Recovery has 20 years of experience in addiction medicine and behavioral health.

Matthew Goldenberg, D.O.
Dr. Goldenberg, Associate Medical Director, is board certified in psychiatry and addiction psychiatry. He is affiliated with Cedar Sinai and UCLA hospitals and serves as the lead psychiatrist providing psychiatric assessments for our comprehensive diagnostic evaluations.

John Pustaver, M.Div, M.A.
John Pustaver, Program Director, has been directing professional evaluations for over a decade. His background includes leading the Betty Ford Center’s clinical diagnostic evaluation program from 2002 to 2014.

Laura Dorin, Ph.D.
Dr. Dorin is a psychologist and expert in psychometric testing with many years of experience evaluating health professionals and clients for the Catholic Archdiocese of California.

Jacob Palm, Ph.D.
Dr. Palm, is a forensic psychologist and neuropsychologist with an extensive background in conducting evaluations for hospitals, professionals and courts.

Judy Ho, Ph.D.
Dr. Ho is a forensic psychologist, neuropsychologist and assistant professor of psychology at Pepperdine University.
A Letter From Our CEO

The impact of addiction is far-reaching, and it continues to grow in a state of turbulent change. A tremendous upsurge in addiction rates and overdose fatalities is tearing families and communities apart. To know someone with a drug or alcohol addiction is no longer a rarity; it is now the norm.

Amidst an opiate epidemic—and more young people abusing drugs and alcohol than ever before—we in the behavioral health treatment industry have a responsibility to provide education, prevention, and outstanding treatment services that benefit not just a fortunate few, but as many people as possible.

Further, people with mental illnesses are still met with enduring stigmatization. We must continue to focus discussion and attitudes regarding addiction and mental illness toward treating the brain disorders that they are and correcting the erroneous view that choices create mental illness.
To live up to our mission, we must make a measurable difference in the lives of those we serve, in the families we help, and for the communities in which we reside.

At New Vista Behavioral Health, our mission is to deliver a healthy and productive new course for recovery and success. We promise innovative, client-centered, and evidence-based behavioral healthcare services for the people and communities we serve.

New Vista Behavioral Health is an industry leader—trusted, responsible, and inclusive. We are committed to unite with like-minded industry partners and policymakers around the country to address society’s need for better patient care in behavioral health and addiction treatment and to uphold the utmost ethical practices to ensure the best possible care for each person who walks through our doors.

Our long-standing commitment to excellence is honored by our skilled, trained, and passionate team who implements a unique and life-changing treatment experience. Throughout our continuums of care, the well-being of our patients, best clinical and business practices, and superior outcomes remain our top priority.

It is incredible what we can achieve when our team, patients and partners come together with a shared sense of purpose. We invite your interest and partnership as we continue our commitment to open doors to recovery for those who need it most.

Sincerely,

Stephen Odom, Ph.D.
New Vista Behavioral Health
CEO and Chief Clinical Officer
About New Vista Behavioral Health

Center for Professional Recovery is part of the New Vista Behavioral Health System. We are a national family of treatment centers focused on distinctive patient care, evidence-based treatment modalities and unwavering compassion.

Our Mission

New Vista Behavioral Health provides a healthy and productive new course for recovery and success. Our programs are focused on the client and driven by excellence. We offer evidence-based, innovative behavioral healthcare services for the people and communities we serve.

Our Services

New Vista Behavioral Health provides a full continuum of care, including:

- Subacute detoxification
- Residential chemical dependency treatment
- Residential mental health treatment
- Partial hospitalization programming
- Intensive outpatient services
- Family recovery education and program
- Individual, group and family therapy
- Psychiatric evaluation and assessment
- Transitional alumni and aftercare services
Within our family of treatment centers, we accept many in-network and out-of-network insurance policies.

Learn More Today

844-542-7020
newvistabehavioralhealth.com
Take Back Your Life Today

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centerforprofessionalrecovery.com