



Center for Diagnostic Excellence (CDE)

Clear Answers for ADHD & Autism – For Kids, Teens, and Adults

The Center for Diagnostic Excellence, part of Minnesota Mental Health Clinics, **provides comprehensive ADHD and Autism Spectrum Disorder (ASD) evaluations** designed to deliver clarity, confidence, and real-world next steps.

Our assessments go beyond diagnosis. We identify cognitive, emotional, and behavioral patterns and translate results into practical strategies for school, work, relationships, and daily life.

Evaluation Ages

- ADHD evaluations starting at age 6
- ASD evaluations starting at age 2.5

Why This Matters

Based on 2025 CDC data **ASD is identified in 1 in 31 children** (approx. 3.2%) aged 8 years in the U.S. and about **12% of U.S. children (ages 3–17) have been diagnosed with ADHD** – making early, accurate evaluation and support critical.

What to know



Who We Serve

Children, teens, and adults seeking evaluation, diagnostic clarity, or documentation for school or workplace accommodations.



What to Expect

Comprehensive evaluation, a diagnostic report with recommendations, and follow-up session to review results and next steps.



Insurance Accepted

Including Medicare, Medicaid, and most commercial insurers such as Aetna, HealthPartners, Cigna, UHG, BCBS, and more.



Ready to Get Started?



 651-615-2641

 contactus@mnmentalhealth.com

 mnmentalhealth.com/CDE

More about MMHC's CDE



Program Goals

- Provide accurate, research-based diagnosis
- Identify strengths alongside challenges
- Deliver clear, personalized next steps
- Support access to accommodations and care
- Increase confidence and self-understanding



What We Assess:



Attention & Executive Function

- Focus, organization, working memory, processing speed



Emotional & Behavioral Regulation

- Emotional regulation, impulsivity, hyperactivity



Social & Communication Functioning

- Social interaction, communication patterns, relationships



Learning & Environmental Factors

- School/work performance, learning differences, support needs

How We Help:

Comprehensive Evaluation & Diagnosis

- Full psychological and diagnostic assessments
- Personalized recommendations and care planning
- Follow-up support for implementation

School & Workplace Accommodation Support

- Cognitive and learning evaluations
- Disability documentation and 504/IEP support (when applicable)
- Collaboration with schools (for minors)
- Implementation and care coordination support

Diagnosis Review & Ongoing Planning

- Review of past diagnoses
- Needs and goal-based planning
- Treatment, referral, and resource guidance

Who We Help:

- Individuals struggling with focus, organization, or follow-through
- Children experiencing academic or social challenges
- Adults seeking clarity on lifelong patterns
- Families wanting clear direction and support

Answers, support, and a plan forward start here.

We provide comprehensive evaluation, clear diagnosis, and personalized recommendations so you or your child can move forward with confidence and the right supports in place.

 651-615-2641

 **Minnesota**
Mental Health Clinics

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