

New Patient Orientation

What do I need to bring to my first appointment?

If you are over 18, you will need the following:

- Your social security card
- Photo ID/driver's license
- Insurance card or proof of income

If you are 18 or younger, you will need the following:

- Birth certificate or photo ID. Photo ID is only a substitute for a birth certificate for those over 14 years old.

- Your social security card
- Insurance card or proof of income

- **If under 14, a parent/legal guardian must be present with appropriate custodial documents**

**Please call to verify insurance coverage and fees prior to your appointment. The maximum cost expected for the initial appointment is \$200, but may vary.

What can I expect at my first appointment?

After our staff check you in, you'll meet with one of our Master's level therapists to assess for mental health and substance use needs. The therapist will then assist you with getting connected to the right agency resources based on your needs.



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When can I see a prescriber?

Our agency values the benefits of a therapy-based model of care. You'll initially meet with a therapist who will work with you to identify members of your treatment team based on your assessed needs. This can often include a prescriber, but this will happen after the initial assessment appointment.

Are there any prescriber restrictions?

Our agency will not prescribe controlled substances for adult clients upon request. If you meet with one of our prescribers for medications, please notify our office at least 14 days prior to running out to request a refill to ensure that your needs are addressed in a timely manner.

If you have any questions about our policies or practices above, please give us a call at [205-651-0077](tel:205-651-0077). We look forward to working with you!

