

VALLEY PSYCHIATRIC ASSOCIATES, P.C.

*****KEEP A COPY FOR YOUR RECORDS*****

WHAT TO EXPECT FROM YOUR VISIT

Initial visits are called “*diagnostic evaluations*.” You will meet with the physician for your first visit. This visit will last between 40 to 50 minutes. All parents/guardian should be present with the child for this visit. You will be asked about early development, medical problems, family history of mental illness, and the problems you are having. Parents and the child are typically interviewed together. The child may be interviewed alone if needed. We believe everyone should participate in making treatment plans together. There is NO blood drawn and NO “physical examination” at this visit. At the end of this visit the decision will be made by everyone about what to do for the patient. This may include medications, some type of psychotherapy, (talking regularly with a therapist about ways to make life better), psychological/educational testing, or medical tests. Although the doctor will try to explain as much as possible PLEASE ASK ANY QUESTIONS YOU MAY HAVE. You are responsible for contributing to the decisions.

Return visits are charged according to the amount of time used. Sometimes this is decided by your insurance company which may allow only certain kinds of visits. Returns check on how medication is working and take less than 15 minutes. These visits are called *medication evaluations* or *med checks*. These visits happen every few weeks until your medicine is adjusted correctly. Sometimes the dose must be adjusted or different medicines may be tried until finding the medicine that is just right for the patient. Sometimes there may be problems that arise or questions that can't be answered quickly. When more time is needed to deal with a problem the visit is called “*brief therapy with medication management*” and usually lasts 20 to 25 minutes. Anytime you have something to discuss or questions to ask let the doctor know. WE can't know what you're thinking unless you tell us. Once the medicine is working correctly these visits are spread out to every 3 months.

You may be referred for ***Individual or Family Psychotherapy***. This therapist will be a psychologist or licensed therapist. These visits usually occur weekly and last 40 to 50 minutes. These visits are intended to help deal with stress and improve coping skills. The doctor will try to match the therapist with the specific problems your child is having.