

Wellshire Behavioral Services Important Patient Information

Welcome!

Your first visit to Wellshire Behavioral Services at The Mental Health Center of Denver (MHCD) is an important one.

The first visit is a thorough clinical evaluation. There are several things that occur during this visit, which may be intentionally longer than any subsequent visits.

First, and foremost, our provider would like to understand the reason you are seeking help and whether the services we offer can best support you in achieving your expectations for coming here.

We will review with you your history and any problematic symptoms that you experience along with what you want to change in your life.

Together with you, we will determine if there is a good treatment match which includes both the course of treatment and the high probability of a 'therapeutic alliance' between you and your provider here.

We will use our expertise and experience to recommend a course of treatment that will offer you the best likelihood of treatment success.

Our experience and the research literature is clear that treatment success is highly weighted toward your motivations and authentic participation in your treatment.

We are looking for several *alignments*; the extent that treatment can be delivered with an outpatient *frequency*, *agreement* on the types of treatment interventions and outcomes between you and your provider, and *your active participation* in improving your wellness.

There are a number of possibilities where treatment **here** may not indicated. A few examples are:

- Symptoms cannot be successfully treated by one provider.
- Treatment goals cannot be agreed upon.
- Best treatment options are elsewhere.
- Not a good provider/patient fit.

The first visit is where you and the provider determine if treatment with Wellshire Behavioral Services will begin.

We value your wellness and your time, and our interest is solely to establish the right conditions for your improvement and success.

I have read and understand what will occur on my first visit.