

What to Expect at Your Allina Health Mental Health Visits

Allina Health Mental Health

You are scheduled for a mental health appointment at an Allina Health clinic. You will be asked to take an active role as you work with your mental health provider to design the best treatment plan for you.

What to Expect at Your First Visit

You will meet with a mental health provider (psychiatrist, psychologist or licensed clinical social worker). He or she will do an assessment to identify the symptoms and behaviors that are affecting your health.

What to Expect at Your Second Visit

You and your mental health provider will create a treatment plan that meets your needs. This plan will focus on your:

- mental health symptoms and concerns
- goals for treatment.

Together, you and your mental health provider will make sure you are getting the care you need, at the right place, with the right mental health provider, at the right time.

What to Expect at Your Next Visits

You will have therapy sessions scheduled to continue your treatment plan. During these sessions, you will talk about your:

- current mental health symptoms and concerns

- goals for treatment
- progress toward your goals.

Therapy is an active learning process and much of the work of change is done outside of your visits. Your mental health provider will likely ask you to practice skills as homework between your sessions.

Length of Your Treatment Plan

You and your mental health provider will review your progress every session. Your treatment plan will be reviewed every 3 months to determine if you need to continue with your treatment.

- **If you have not reached your goals,** you and your mental health provider will work together to make changes to your treatment plan.
- **If you have reached your goals and do not have any other mental health concerns,** you have finished your treatment at this time.

Important: If at any time your mental health concerns return, you may make another appointment to continue care with your mental health provider.

Referrals

Your mental health provider may refer you to another clinic if needed. If that occurs, you will return to your therapy sessions after your needs are addressed.