

# Your First Appointment

## **Initial Evaluation**

First we start with a diagnostic evaluation by a Psychiatric Mental Health Nurse Practitioners (PMHNP). PMHNP's are advanced practice nurse prescribers/practitioners with specialty training in psychiatry.

A diagnostic evaluation is an in depth interview that starts to identify your condition. The evaluation includes information about your personal, medical and behavioral health history as well as a mental status exam.

The history and mental health status examination leads to an assessment, along with treatment recommendations. These may include medication, psychotherapy (counseling), psychological testing, community health worker referral for community resources, lab work or referral to another specialty care department.

## **Medication Management**

To help with symptoms associated with mental health conditions, sometimes medications are necessary. If after an evaluation by a PMHNP, medications are recommended, options will be discussed.

Education regarding the reason for recommending medication, potential side effects, dosage instructions and expected results, is done by your PMHNP.

As part of your care team, we are available to answer questions you may have as well as provide support and education as needed.