

Central Virginia
Health Services, Inc.

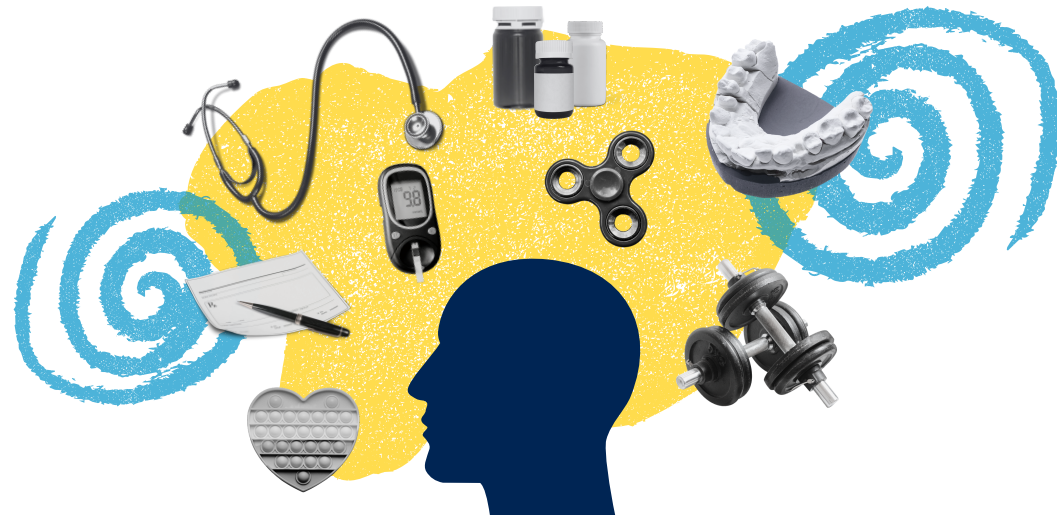


Psychiatric Services

Here, you matter. Here, you count.



Integrated Care



Your medical provider may want you to work with our Psychiatric Mental Health Nurse Practitioners (PMHNPs) for concerns regarding your mood, emotions, behaviors and functioning.

Our PMHNPs are advanced practice registered nurses, licensed and nationally board certified to provide specialty medical care for mental health.

CVHS medical, dental, behavioral health, and psychiatry services work together to provide you the very best care. As part of your integrated care model, the PMHNP works to address mental health conditions.

 info@cvhsinc.org  www.cvhsinc.org

What To Expect



1 Confirmation

Before your first appointment with a PMHNP, a nurse will contact you by telephone to confirm your visit and review your history and concerns.

2 Initial Evaluation

A 60 - 90 minute diagnostic assessment will be done at your primary care site.

On the day of your visit, you will receive screening forms as a text message. Please complete the forms before your appointment time. You will go to your CVHS primary care site to connect with the PMHNP through telehealth. Arrive 15 minutes early and check in at the front desk as you would for an in-person appointment.

3 Follow Up Plan

Your provider will discuss next steps and a follow-up consultation will be scheduled. On-site staff will assist you with any required lab work or paperwork.

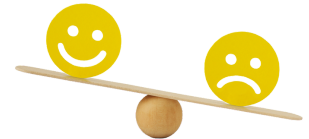


Ongoing Care

Through routine telehealth visits, your PMHNP will work with you to resolve any concerns and review progress towards your mental health goals. These follow up appointments may last 15 - 30 minutes depending on the nature of your visit.

You can expect your treatment plan to incorporate:

- Medication Management
- Behavioral Interventions
- Lifestyle Modifications
- Collaborative Care



Adjustments to mental health medications will be made based on how you are tolerating and responding to them. A patient who becomes stable on their medication may then be managed by their CVHS medical provider and the patient can be referred back to the PMHNP if future adjustments are needed.

You may need to periodically complete lab monitoring or vitals, and be referred for follow up with other clinicians or CVHS resources to address any unmet medical, dental, or behavioral concerns.

