



Windstone Health Services

This handout explains the services offered at this office.

Initial Psychiatric Evaluation

This is your first session with a Psychiatrist or Nurse Practitioner. This will last 30 to 50 minutes. You will be asked about your mental health and your family's mental health history. Medications may be prescribed for your mental health. You may be asked to have lab work completed before your next session. This is not talk therapy.

Medication Management

Appointment is 15 minutes with a Psychiatrist or Nurse practitioner. You will discuss your medications for your mental health. This is the time to ask any questions about your medications. This is not talk therapy. You will have these appointments monthly or every three to four months.

Initial Psychological Evaluation

This is your first session with your psychotherapist. A therapist is licensed by the state to provide psychotherapy. This session will last between 30-50 minutes. The therapist will ask you about your history and mental health. This is talk therapy. You and the therapist will develop a treatment plan to help with your symptoms and feelings. This will include ways to cope and behavior changes.

Individual Therapy

These sessions are with a psychotherapist and will last from 30 to 45 minutes. A psychotherapist is licensed by the state to provide psychotherapy. Your therapist will help you with your treatment plan. You will discuss ways to cope and behavior changes that might help. This is talk therapy, so you will talk about feelings and symptoms.

Questions

If you have questions about the services listed here please ask the office staff or your provider. Or call Windstone Customer Service at 800-577-4701

For other questions about your benefits, please call your health plan or medical group.