



WHAT TO EXPECT DURING YOUR INITIAL VISIT

At Wellness Healthcare Clinics, we take pride in building personalized treatment plans for each and every client. During your initial visit, you will undergo an intake process to assess your needs and establish the best treatment path to help you reach your goals.

Step 1: Registration and Pre-Qualification

Upon arrival, you will meet with an intake specialist to complete pre-qualification process to determine whether we are the best program to help you achieve your wellness goals. You will likely also call the DC DBH Access Help Line to determine program eligibility and get linked to our clinic. If you are successfully linked, we will issue you an intake packet containing registration forms, information about our services, and more.

Step 2: Diagnostic Assessment (including GAINS, LOCUS, CRISIS)

In order to find out what treatment strategy is best for you; the diagnostician will meet with you to better understand your needs. They will ask you a variety of questions about:

1. Your personal and family medical/behavioral health history, including current medications
2. Personal and family substance use history, including prescription medications
3. Symptoms you feel, such as anxiety, panic attacks, depression or suicidal ideation
4. Current life transitions that may be causing additional stress
5. Goals for your behavioral health treatment

Step 3: Building Your Personalized Treatment Plan

Treatment is different for everyone, because everyone is different. Once the diagnostician has a clear understanding of your needs, they will collaborate with you to create a personalized 6-month treatment plan. The plan will be tailored to achieve the goals you have identified during your Diagnostic Assessment. This will include the types of services you will receive, the frequency of your visits and more. After 6 months, you will meet with the diagnostician again to assess your progress and update your treatment plan as necessary.

Step 4: Community Support Worker Assignment & Initial Introduction Phone Call (if applicable)

Step 5: Scheduling Your First Appointment (s)

We'll schedule your first appointment based on the type of care you need, your preferences and the soonest available appointment times. A Psychiatric Evaluation is usually scheduled about 7 days after your intake.



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**ARE YOU INTERESTED IN RECEIVING SERVICES?
Contact Us Today!**