



MIDWEST PSYCHIATRY

First Appointments

DECIDING WHETHER TO COME FOR TREATMENT

Meeting with clinicians to talk about personal problems is not easy for many of us for a number of reasons.

- We often have questions about the difficulties that we or members of our families are experiencing and what can be done about them. By going to The Mental Health Information section of this website, you can learn about more such problems and how they are treated. You are likely to discover that they are more common than you thought.
- Even if clinicians are recommended highly by our doctors, friends, or relatives, they are still strangers before we meet them. If you would like to learn more about our office before your appointment, visit the Staff section of the website.
- You may be concerned about how much of a commitment is involved in making an appointment for a consultation session. To be frank, just making the appointment is often the most significant step patients take in their treatment. However, the purpose of consultations is simply to gain a clearer understanding of problems and treatment options. Decisions about what to do next remain yours to make.

SCHEDULING AND INSURANCE CERTIFICATION

Our administrative staff will arrange an appointment for you at the earliest possible time. If your schedule is flexible, it can usually be made within a few days of your call.

Insurance companies typically require that patients, not doctors, contact them to seek approval for the first session before it can be provided. When you call your company, they will give you an authorization number to show that treatment has been approved. If you have any questions, our staff can tell you how to get certification from your company. After the first appointment, our office can obtain approval for subsequent sessions for you.

INFORMATION TO BRING TO THE INITIAL SESSION

- The authorization number and your insurance card. If there is not proof of health care coverage and authorization, patients are responsible for paying for the session prior to the appointment.
- The names, addresses, and phone numbers of mental health professionals who are currently treating the patient or did so in the past. If you have copies of earlier evaluations or treatment records, please bring them. We will not contact other treaters or organizations without your permission.
- The names and dosages of any medications the patient is taking. Information about any psychiatric medications that have been prescribed in the past would be helpful as well.
- If children are referred with problems related to school, please bring its address and phone number.

COME EARLY

Because filling out forms is an unfortunate aspect of modern life, please come to the first session 15 minutes early. It will allow you to complete the necessary paperwork and to spend as much time with clinicians as possible.