

why should you

GET AN ASSESSMENT

Foundations Recovery Network's outpatient centers offer complimentary behavioral health assessments.

An assessment is a professional analysis of the following:

- Substance abuse history
- Mental health history
- Physical condition
- Immediate medical needs, medication and diagnostic history
- Family history and traumatic life experiences
- Spiritual, cultural and educational background
- Employment history

THE ASSESSMENT CAN OFFER GUIDANCE AND INSIGHT IN THE FOLLOWING WAYS:

- It is a thorough and thoughtful evaluation of mental health or addiction concerns.
- It identifies any urgent needs or emotional challenges.
- It defines the individualized treatment options available for you.

We approach the assessment process utilizing a **BIOPSYCHOSOCIAL** model. This means that once different professionals review your case from various biological, psychological and social aspects, an overall **SUMMARY** is created that evaluates your information in a comprehensive and sensitive way. We can ascertain a diagnosis and individualized treatment plan based on the whole you. We look at the numerous factors influencing your health and see how they are interacting with each other. This allows us to identify core issues that potentially may be treated.

on the PHONE



An admissions coordinator will conduct an initial assessment to determine your circumstances, asking basic questions about your age, situation, location, family history, substance abuse history, mental health history and insurance or payment options. The admissions coordinator does this in order to find out what your needs are and what treatment options might suit you best. He or she can recommend helpful resources and point you to a location where you can receive a full behavioral health assessment.

in PERSON



Medical staff will review your medical and diagnostic history in greater depth. They can get a picture of your physical and psychiatric health and also evaluate whether your current medications are effective for you. With a full clinical profile, they can develop recommendations for your short-term and long-term medical care.

Certified therapeutic staff will assess your social, psychological and mental health needs. They can identify considerations that are important for your diagnosis, creating an individualized plan that incorporates therapeutic concerns into recommendations for your overall treatment.

Overall, an assessment can help you find out more about yourself and what your next steps might be. It is essentially focused on the following:

- You, your history and your present situation
- Your goals and expectations
- Your current needs and future needs as they develop

Would you like a complimentary assessment? Contact us today at 866.494.7787