

FAQ

Learn more about the virtual mental health treatment available through AR ConnectNow.



What kind of mental health services does AR ConnectNow offer?

AR ConnectNow offers short-term individual therapy services to patients for up to six sessions. These services include crisis intervention and crisis stabilization. Once a patient has used their six sessions, AR ConnectNow will also help them transition into longer-term therapy services in their region of the state.

How will my therapist know how to help me?

During your first therapy visit, you will complete a process known as a diagnostic assessment. An assessment helps the therapist best understand their patient by obtaining important information, such as why the patient is seeking therapy, the patient's medical history, pertinent family history and more. The overall purpose of the assessment is to help the patient and therapist to establish counseling goals and to form the patient's treatment plan.

How many sessions will I get with my AR ConnectNow therapist?

AR ConnectNow patients are provided up to six individual therapy sessions with their therapist.

How long is each therapy session?

Therapy sessions can last up to 60 minutes.

How often do I need to see my therapist?

We recommended scheduling weekly sessions.

I'm a minor and under 18. Does my parent/guardian need to be present for my sessions?

When seeking therapy as a minor, your parent/guardian must be present for the intake and assessment. For ongoing therapy sessions as a minor, your parent/guardian must be at the same location at the time of the service, but does not have to sit in on the virtual sessions. Your mental healthcare provider and parent/guardian will work together to determine the best course of treatment.

Does AR ConnectNow write prescriptions?

AR ConnectNow has access to psychiatrists to help with identifying and prescribing the medications that patients may need. However, the patient's engagement with the psychiatrist will be limited to the time that they are in our program. For medication management following a patient's discharge from the AR ConnectNow program, the patient will be referred to a psychiatrist in their area.

As a virtual program, AR ConnectNow is prohibited from prescribing and filling some medications. These include controlled substances like Xanax (alprazolam), Valium (diazepam), Klonopin (clonazepam), and stimulant medications used to treat ADHD.

Does AR ConnectNow offer any testing services?

No, AR ConnectNow does not perform psychological testing. If that is needed, our care coordinators will find psychological testing resources in your community.

To get more of your questions answered or schedule your first appointment, visit **FACEYOURFEELINGS.ORG**.