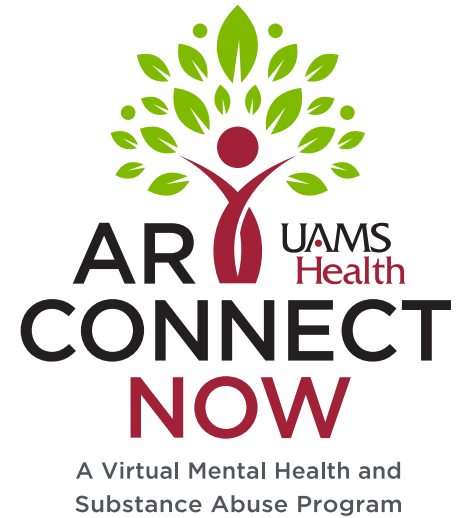


FAQ

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.

May I attend my virtual therapy visit from anywhere if I have internet and video?

The patient must be within the state of Arkansas at the time of the service, and the patient is expected to treat their virtual appointments the same as they would in-person appointments. For example, the patient's virtual appointments cannot be conducted while the patient is in the bathroom, in a public setting like the grocery store or while watching television. The patient should be in a quiet, private environment with limited distractions for all their virtual appointments. For the patient's safety, any appointments attempted while the patient is driving a motor vehicle will be rescheduled. The patient is expected to be fully clothed during the video sessions.

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.

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