



In partnership with



INTEGRATED PSYCH SOLUTIONS

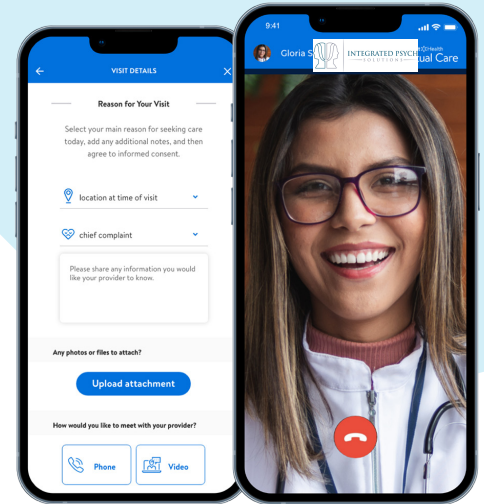


BOYS & GIRLS CLUB OF NORTH CENTRAL FLORIDA



Convenient, affordable mental health support for teens and families!

We are excited to inform you that ADHC/IPS (Access Discount Healthcare/Integrated Psych Solutions) now offers a telehealth mental health support service for adolescents 10-17, families, and adults 18+. Telehealth provides a convenient and accessible way to connect with a mental health provider from any location, for your convenience and benefit.



Q What is telehealth?

Telehealth is an affordable and convenient way to access mental health services online through the use of technology. ADHC/IPS telehealth service has a team of US-licensed, certified providers and talk therapists who can provide personalized treatment plans and care. Telehealth is particularly helpful outside of regular business hours, when in-person care is not available, or when travel is difficult. Teletherapy is a more convenient and private way to seek help for your emotional health and can be an alternative or supplement to in-office therapy.

Q How does virtual care work?

If you are experiencing any mental health concerns, you can contact us and we will connect you with a provider who can help you. Once you are registered with us, we will give you access to your personal portal where you can view your upcoming appointments and attend your scheduled sessions. You can work closely with your mental health provider to design a treatment plan that is tailored to meet your individual needs and goals. You can have check-in sessions with the same provider as often as required to monitor your progress and guide your course of care to improve your overall wellbeing.

Q What concerns can a mental health provider help me with?

Our team of licensed mental health professionals can assist you in navigating life's challenges, regardless of what you may be going through. Some examples of areas we can help with include:

- Anger management
- Anxiety
- Bipolar disorder
- Depression, grief, loss
- Relationships
- Change in usual interests and habits
- Social isolation
- Mood swings
- Obsessive compulsive disorder
- Panic attacks
- Performance coaching
- PTSD
- Stress management
- Spirituality
- And more

We aim to provide support and guidance to individuals struggling with any of these areas, and our team is committed to helping you achieve a positive outcome.

Call us at 800- 354-9308 or visit our website at adhctherapy.com for more information

Q Can I get a prescription?

No. Our Licensed therapists do not prescribe medication. If you or your child is in need of medications, contact your PCP.

Q When is ADHC/IPS available?

Our care management team is available every day from 9am to 5pm EST to help you schedule appointments. Our therapists are available during weekdays, evenings, and weekends, so you can choose a time that suits you best. We strive to ensure that patients can get their first session scheduled within 72 hours of contacting our office.

Q Who is eligible to use ADHC/IPS?

The program is available to anyone 10 years of age and up.

Q Do I need an email address?

Yes. Patients over 18 must provide an email address for their personalized portal profile. Legal guardians must provide an email address to create the portal and sign consent for patients under the age of 18.

Q Is this service confidential?

Yes. ADHC/IPS services are HIPAA compliant and confidential.

Q Is a webcam required?

Yes, in most cases. Audio-only visits are sufficient to address many concerns. However, we highly recommend video visits if possible, as it enables our providers to assess your condition more accurately and deliver optimal care. Please note that a video visit may be mandatory in certain states. To learn more, please get in touch with ADHC/IPS.

Q Will I see a quality provider?

Yes. We take pride in providing highly trained and experienced licensed therapists for quality service.

Q What is the cost?

ADHC, in partnership with IPS, is now a provider for the NWF Health Network system, offering virtual mental and behavioral health therapy. This program is sponsored by the State of Florida and the Department of Children and Families (DCF). If you are uninsured or under insured, you may qualify for free or no-cost therapy. To determine if you are eligible, please call **800-354-9308** and speak with one of our staff members who will assist you.

Next steps:

- 1 CALL US AT 800-354-9308**
Our Care Team will walk you through the intake process and get you scheduled with our next available provider.
- 2 CREATE YOUR PORTAL**
You will receive an email and link to create your HIPAA compliant individualized portal where you can see your upcoming appointments, join your virtual sessions and share documents with your provider.
- 3 SPEAK WITH A PROVIDER**
Consult with a licensed therapist to pinpoint your needs, establish a treatment plan and measure your progress.

