



THE WOODLANDS BEHAVIORAL HEALTH & WELLNESS CENTER

ADD WELLNESS GROUP • INTENSIVE TREATMENT PROGRAM • ASSESSMENT CENTER

INTEGRATED TREATMENT MODEL

Integration is the key to our treatment model and represents our philosophy for treatment of any mental health issue. Our integrated Treatment Model treats the whole client as well as family members, school officials and employers who have been or are affected by the client's condition.

Key Components of Our Treatment Model:

- A **Complimentary Consultation** with a Client Care Coordinator is offered to discuss your or your child's treatment needs.
- We are a **Multi-disciplinary Team** of experienced Psychologists, Neuropsychologists, Adult, Child & Adolescent Psychiatrists, and Licensed Professional Counselors.
- We incorporate **Comprehensive Assessments** using clinical interviews along with standardized tests and rating scales to identify the source of the client's problem and whether there are any co-existing disorders.
- A **Formal Report** is provided following all evaluations which includes diagnosis, summary of findings, specific treatment recommendations, and whenever appropriate, recommendations for academic accommodations.
- An **Individualized Treatment Plan** is provided based on the assessment findings to address specific treatment needs that include the following:
 - Individual/couples/family/group psychotherapy
 - Parent Management Training/Behavior Modification Treatment/Parent Counseling
 - Psychiatric Intervention and Medication Management
 - Life/ADHD/ Executive Skills Coaching
- **Collaborative approach-** we encourage clients to partner with their clinician(s) to play an active role in treatment.