

***Don't have Insurance?
Insurance doesn't cover
Mental Health Services?***

You may be eligible to receive Mental Health services at the Wellness Recovery Clinic if you:

- ◆ Have a mental illness
- ◆ Are a resident of Utah County
- ◆ Are 200% or below the Federal Poverty Guidelines (based on household size and income)
- ◆ Do not have or qualify for health insurance with mental health benefits. PCN is accepted.



Wellness Recovery Clinic
A program of Wasatch Mental Health

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Suite 220
Provo, UT 84606

(801) 852-3789
WWW.WASATCH.ORG

Wellness Recovery Clinic



Mental Health Care
and Resources for
Individuals who are
Uninsured or Under-
insured

A client story:

"I was in the hospital ... and not sure of what I was going to do to move forward. I knew that I needed some serious help with my mental health issues and did not know where to look. I felt so helpless and hopeless.

While in the hospital, I was visited by a WRC case manager. She was so kind and introduced me to the canopy of services available in the WRC clinic. The WRC staff assisted me with group therapy, medication, and case management. Sometimes, knowing there were capable and caring staff ready to assist gave me a reason to get up. I found that group therapy was a place where I can be with people who are not judgmental and are accepting of my idiosyncrasies.

This assistance meant a lot to me and even more to my family. It has given them the reassurance that I'm getting the help I need to function and progress toward being a healthy and contributing person again. The WRC clinic is what I've needed for years and I wish I could have found the clinic earlier in my life.

Call the Wellness Recovery Clinic (WRC) at (801) 852-3789 to schedule an intake appointment.

INTAKE PROCESS

Plan on about two hours for your Intake Appointment. You will complete some basic paperwork and then meet with a therapist who will help you to identify your strengths and goals for treatment.

After your intake appointment, the therapist will invite you to attend an orientation group. It is required that you attend the orientation group within two weeks. A group leader will review expectations of the program, the treatment contract, and assign you to one of the program's weekly groups based on your needs and goals.

CASE MANAGEMENT

During your first case management appointment, a case manager will review your needs with you and then develop a plan for accessing the supports and helps that you may need. You will be assisted in exploring community resources that are available, including medication assistance programs.

WEEKLY GROUP THERAPY

Attendance at weekly group therapy is a required part of the program.

DOCTOR APPOINTMENTS

Appointments with the doctor/prescriber will be scheduled after you demonstrate consistent group attendance.

How long can I stay in the program?

The goal is to resolve the problem or transition to a community provider for longer-term care within 6 months.

How will a case manager help me?

A case manager will work to link you with resources in the community. Some examples might be: helping you apply for Medicaid, or applying for Medication Assistance Programs.

What is required from me?

There have been studies showing that medication AND therapy increase your chances of being well. The WRC expects you to attend group therapy weekly to achieve the most benefit in our limited time.

Can I attend groups and not visit the doctor?

Yes.

Can I just visit the doctor and not attend groups?

No. Weekly group attendance is required to see the doctor.

What if I miss several groups?

The WRC will no longer provide services to you. Our goal is to assist as many people as possible toward recovery and we can't help you if you aren't coming in.