

**Intake/Annual Orientation**

**Wellness and Recovery**: Wellness is more than the absence of symptoms. Wellness includes achieving our best health and preventing possible future problems. Wellness is a holistic view of all parts that can help someone recover. Recovery is a journey of change and growth. It helps people live the life they want to live. That is why we talk about your goals and strengths, not just symptoms or problems. Wellness includes your mind and body. Wellness is an active process. It does not just happen when we sit and wait for it. We have to work to find wellness and to keep wellness. Through services, we can help you on this journey.

**Independence and Community:** Everyone has capabilities. While listening to your dreams and desires, strengths and challenges, we will help you build upon those capabilities to achieve recovery and to engage in activities that promote community life. Your choices are identified with a positive view of the future from the perspective of building a fulfilling, meaningful life in your community, and while honoring the dignity of risk. We help you to achieve your greatest potential for independence.

**Attendance and Cancelations:** Woodlands requires clients to provide 24 hour notice if an appointment needs to be canceled. Appointments canceled without prior notice will be considered a “no show.” Clients who no show two (2) or more times within a three (3) month period will be provided an Action Notice indicating our intent to discharge services. For clients receiving psychiatric services, a no show two (2) or more times in a six (6) month period will result in Woodlands providing notice of our intent to close services. We understand life can be unexpected at times. If you have concerns with appointments, please reach out to your primary clinician for assistance in problem solving, rescheduling, or finding alternative solutions to service delivery, such as telehealth (when appropriate).

**Transition/Discharge Planning:** Discharge planning begins when services begin. This is because both you and your clinician use your goals to guide treatment through the person centered planning process. This will help you and your clinician monitor progress and make adjustments as necessary. The goal of treatment is not to remove all stressful emotions or situations. It helps us learn to navigate these difficult situations skillfully, so the challenges of life don’t derail our long term goals. Discharge may be ready when we are stable and using our tools and skills, when we have other resources to meet our needs, or we need a break from treatment. Some people will return to treatment for more support in the future.