

Your First Visit Checklist

A first appointment at Resilience Psychiatry is a comprehensive psychiatric evaluation: time to talk through symptoms, history, concerns and goals, and to agree on next steps. Use this checklist to arrive prepared, whether you come to the East Setauket office or meet by video.

First visit

Usually 60 to 90 minutes.

Follow-ups

Usually 25 to 30 minutes.

Where

In person in East Setauket, or by telepsychiatry for eligible patients in New York and Florida.

Languages

Care is available in English and Spanish.

Your first visit at a glance

1

Start with an evaluation

A comprehensive psychiatric evaluation reviews your symptoms, history, concerns and goals.

2

Choose a visit option

Meet in person in East Setauket, or by telepsychiatry if you are an eligible patient in New York or Florida.

3

Continue care

Ongoing care may include medication management, psychotherapy, or both, based on clinical need.

Before you come

- [ ] Complete the new patient forms the office sends you.
- [ ] List your current medications and doses.
- [ ] Gather relevant medical records and any prior evaluations.
- [ ] Write down your questions, symptoms, concerns and goals.
- [ ] Look for the office's message with appointment details and, for video visits, your telehealth link.

What the evaluation covers

- Current symptoms, worries and goals.
- Medical, family and mental health history.
- Lifestyle, stressors, routines and support systems.
- Past therapy, medication and evaluation experiences.
- Initial diagnostic impressions and treatment planning.

If your visit is by video

- [ ] Use a private room where you can talk comfortably.
- [ ] Test your internet, camera and microphone before the visit.
- [ ] Be physically located in the state where you are scheduled (New York or Florida) at the time of the appointment.
- [ ] Keep your medication list, questions and notes within reach.

For children and teens

- **Parents or guardians** attend a child's first appointment.
- They are expected to be present at medication management follow-ups and may join therapy follow-ups when appropriate.

After the first visit

- Your clinician may recommend psychotherapy, medication management, telepsychiatry follow-up or another plan.
- Medication decisions depend on the evaluation, diagnosis, symptoms, safety needs and past treatment.

Fees in brief

- Resilience Psychiatry is an **out-of-network** practice. You receive a superbill to submit for possible reimbursement.
- HSA and FSA cards are accepted.
- Self-pay or uninsured patients can request a Good Faith Estimate.

Need urgent help? Resilience Psychiatry is not an emergency service. If you are in crisis, call or text 988. In an emergency, call 911.

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Book online through Zocdoc · **Call** (631) 371-4844 · **Visit** 46 NY-25A, Suite 4, East Setauket, NY 11733

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