



Direct Psychiatric Care Plans 2020 Membership Options

Direct Psychiatric Care Membership plans are monthly membership fees covering the costs of care at the RPVB

1. Point of Care

Personalized psychiatric care in an inviting and comfortable environment is available right here in Ponte Vedra. At The Retreat at Ponte Vedra Beach, psychiatric medication management services are accessible and affordable without compromising quality of care. Psychopharmacology is combined with supportive care, careful measurement of response, and consideration of alternative and integrative therapies.

What is the cost? \$147.00 per month

What is included? 1 visit monthly is included. Visits will last 30 minutes. Follow up check-in phone calls, brief symptom check, and vitals as needed are included. Family support, coordination with other providers, discounted admission to Retreat sponsored events is also included.

How do I know if Point of Care is right for me? You have been treatment responsive in the past. You are new to treatment and this frequency of care has been advised by your provider. You are already in psychotherapy therapy with your own therapist or counselor for regularly recurring (not open ended) visits. You are not currently in therapy but are willing and able to begin counseling/therapy, if it is recommended as part of your treatment plan.

2. Enhanced Psychopharmacology

Medication management plays a role in treatment and recovery of many psychiatric and emotional conditions. Evidence-based interventions are employed along with therapeutic interventions to follow response through remission. Evidence shows that when medication is prescribed by a psychiatrist the effectiveness increases. We are committed to helping you feel confident in the care you receive.

What is the cost? \$297.00 per month

What is included? 2 visits a month are included. Visits will last 30 to 45 minutes. Family support, comprehensive coordination of care with other providers, discounted admission to Retreat sponsored events is also included. Priority scheduling for early morning and afternoons.

How do I know if Enhanced Psychopharmacology is right for me? You have complex or treatment refractory conditions or a preference for longer visits. You will benefit from additional supportive and brief Cognitive-Behavioral Therapy interventions. You may or may not also be involved in therapy with a psychologist, counselor, or therapist outside RPVB.

3. Family Communication Strategies and Problem Solving

Many families are looking for expert support and guidance navigating the challenges of daily life. Issues such as setting rules to support a child's level of development, negotiating social media use, defining work and play time, limiting highly rewarding behaviors like video game time, and other common struggles in families can be addressed in this format. Similarly, families dealing with divorce, loss, relocation and other impactful life events can gain the tools they need to cope together.

What is the cost? \$397.00 for the first 3 months

What is included? 2 visits a month are included. 45-60 minute visits as either Parent Sessions, Individual Sessions, or Family Sessions. **Depending on the presenting complexity or family constellation*

Transition to maintenance cost: \$187.00 / per month

What is included? 1 visit 45 minute Parent or Family Session

Frequency is driven by the needs and functioning of the family, implementation of home plan, and course as discussed with your provider. Comprehensive coordination of care with other providers and discounted admission to Retreat sponsored events is also included.

How do I know if Family Communication and Strategies is right for me? You are looking for a combination of strength based parenting tools, family communication strategies, and anticipatory guidance. You are interested in preventing issues of concern (whether or not a diagnosis or designated risk-factors exist), correcting habits, or improving family cohesion and coping following an adverse event. You want to foster connection and the capacity for resilience. You do not require management of medications or ongoing and continuous psychotherapy.

4. Wellcare Advantage Counseling

Set your goals for wellness and chart your course with the support and strategies for success. Discover the barriers to making the changes you desire. Find the motivation to achieve your vision. Take a deep dive into the psychological factors impacting your Wellness goals. Attain the practical advice for your diet, exercise plan, and decisions making to surpass your expectations.

What is the cost? \$357.00 per month months 1-3

Can transition to maintenance cost: \$147 / month for 1 visit 30 minutes

What is included? 3 visits a month are included. The first visit of the month lasts 60 minutes and includes goal setting and planning. The second 2 visits are 30 minutes and will examine progress and barriers and set short term goals. Family support, comprehensive coordination of care with other providers, discounted admission to Retreat sponsored events is also included.

How do I know if Wellcare Advantage Counseling is right for me? You are looking for a combination of positive psychology and wellness care. You are interested in making some changes to your lifestyle. You want support setting and reaching goals related to diet, exercise, and health-seeking behaviors. You do not require management of medications.



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5. **Comprehensive Psychiatric Care with Psychotherapy**

The Retreat at Ponte Vedra Beach was founded with a mission preserving the highest standards of care in psychiatry. We are dedicated to spending our time in the service of our patient. We are committed to a model of prevention and respect for the multidimensional factors leading to issues that bring people through our doors. Optimal results require consideration of normal development, relationships, past experiences and insight into the how, the why, and the now. When indicated, medication management should enhance the process of growth or recovery in therapy.

What is the cost? \$997.00 per month

What is included? 4 visits a month are included. Visits will last 60 minutes. Family support and feedback, comprehensive coordination of care with other providers, free or discounted admission to Retreat sponsored events is also included. Priority scheduling for early morning and afternoons.

How do I know if Comprehensive Psychiatric care with Psychotherapy is right for me? You are curious about your internal life and looking for insight to help you live a more fulfilled life. You will benefit from Psychodynamic Psychotherapy or Cognitive-Behavioral Therapy and are ready to commit to regular sessions. You may or may not be taking or considering taking psychotropic medications or alternatives. You are not currently involved in therapy with a psychologist, counselor, or therapist outside RPVB, unless specialty referral is necessary.

***ADD ON* Concierge Care to Comprehensive Psychiatric Care with Psychotherapy**

The addition of Concierge Level Care is available at the RPVB. Weekday appointments though regularly scheduled with be adjusted to accommodate you, including evening and weekends. You will have access by email and phone to your doctor as questions or concerns arise. Coordination of subspecialist care will be completed by your doctor, as indicated. You will receive expert psychopharmacology informed by psychological formulation, which will incorporate parents and family, in the case of children in care.

What is the cost? \$1197.00 (an addition of \$200 per month)

What is included? 4+ visits a month are included. Visits will last 60 minutes, family consultation and coordination up to 1 hour a month. Family support and feedback, comprehensive coordination of care with other providers. Also included in this scope of care is admission for you and a guest to Retreat PVB sponsored events. Priority scheduling for early morning and afternoon appointments.

How do I know if Comprehensive Psychiatric care with Psychotherapy Plus is right for me? You are curious about your internal life and you are looking for insight and answers to help you live a more peaceful or content life. You will benefit from Psychodynamic Psychotherapy or Cognitive-Behavioral Therapy and are ready to commit to regular sessions. You may or may not be taking or considering taking psychiatric medications or alternative. You are not currently involved in therapy with a psychologist, counselor, or therapist outside RPVB, unless specialty referral is necessary. You have a demanding schedule and require your provider to adapt to your schedule. You prefer a significant amount of family involvement and feedback. You benefit from time over the phone or by email with your provider.



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	Point of Care	Enhanced Psychopharm	Wellcare Advantage Counseling	Family Communication Strategies and Problem Solving	Comprehensive Psychiatric Care with Psychotherapy
Monthly Cost	\$147	\$297	\$357	\$397	\$997
Visits Monthly	1 - 2 visits	2 visits	3 visits	2 visits	4 visits
Length of Visit	15 - 30 minutes	30 - 45 minutes	60 minute 2 x 30 minutes	45 -60 minutes	60 minutes
Medication Management	X	X			X
Individual Therapy			X		X
Coping Strategies		X	X	X	X
Family Support	X	X	X	X	X
Priority Scheduling	X	X	X	X	X
Community Event Discount	X	X	X	X	X
Phone Calls	1	1	2	2	3
Additional Phone Calls	\$10 - \$25	\$10 - \$25	\$10 - \$50	\$10 - \$50	\$10 - \$50
Additional Visit	\$75	\$125	\$147	\$187	\$200
Forms/Letters	1	1	2	2	2
Additional Forms	\$35 - \$50	\$35 - \$50	\$35 - \$50	\$35 - \$75	\$35 - \$75
Minimum Monthly Commitment	3	3	3	3	3