



To Whom It May Concern:

Thank you for your interest in learning more about outpatient mental health treatment from Restoring Destiny Mental Health Services, LLC. We appreciate your support of our program and your interest in the evidence based, client centered and trauma informed mental health treatment that we provide.

Restoring Destiny's mission is to provide individuals with evidence-based mental health services that will equip them with skills necessary to improve their quality of life. Our core values are understanding, transparency, kindness, respect, collaboration, innovation and creativity. Restoring Destiny's service delivery model is rooted in these core values.

Therapy is a process where we meet weekly, bi-weekly or monthly to resolve or learn new skills to cope with symptoms so that you can function better and improve your overall well being and quality of life! We do this by starting with a one hour evaluation. Each session after the initial session will be 30 minutes long. Our first two sessions will be focused on evaluation. I'll be asking you a series of questions to learn more about what brings you to therapy. After we complete the evaluation period, I will provide you with a formal diagnosis and we will then work together to create a treatment plan. Therapy sessions will be based around the treatment plan we create.

Here are some housekeeping rules:

1. At this time, all services are provided virtually due to the COVID19 pandemic. However, we will provide in person sessions at a safer time.
2. All appointments must be cancelled by telephone or email within 24 hours before the scheduled appointment.

3. There is a 15 minute grace period for all appointments. Please communicate with me regarding lateness or need to cancel. I am available by text at 443-282-8146 anytime.
4. Patients must attend at least 5 therapy sessions before any DSS or SSI or any medical forms of any type can be completed on patients behalf. Once a patient attends 5 therapy sessions, forms can be completed. However, we ask for a 3 week turnaround for completing forms.

OK, now that we have that out of the way - let's talk about emergencies! In the event that you feel that you are a danger to yourself or someone else, please RUN to your nearest emergency room! Text me once you are stable in your room! I am available by text 24 hours a day. If you need to contact me after business hours, please give me 24 hours to call you back. Keep my number saved in your cell phone - 443-282-8146. Also, if you have forms that need to be sent to me, my email address is restoringdestinymentalhealth@gmail.com and my fax number is 443-478-4707.

I am looking forward to working with you.

Best,

Jessica T. Fautleroy, MSW, LCSW-C