

Mental Health and Behavioural Wellness (MHBW) Program

ADULT



The VK
Wellness
Initiative

1 ORIENTATION AND INTAKE

1-2 hour introduction with you and initial intake assessment.



2 INTEGRATED INDIVIDUAL WELLNESS PLANNING

PART 1 ASSESSMENT AND DISCOVERY

Explores your current circumstances as it relates to your MHBW.

- Current individual experience
- Desired changes
- Barriers to change
- Strengths & Resources
- Motivation for change



3 MHBW ANALYSIS

Background/history Form or Interview and VK MHBW Quadrant Analysis.



- **PHYSIOLOGICAL SAFETY**
Are you experiencing autonomic nervous system states that are impacting your MHBW?
- **FUNCTIONING**
Do you have strengths or needs in your overall functioning? Motor skills, cognitive skills, communication skills, life skills, or social/emotional skills?
- **STRESSORS**
Are you experiencing autonomic nervous system states that are impacting your MHBW?
- **CURRENT WELLNESS**



4 INTEGRATED INDIVIDUAL WELLNESS PLANNING



PART 2 PLANNING

Create a meaningful, appropriate plan informed by Part 1 and including the MHBW Analysis.

- Behavioural change
- Environmental Change
- Learn something new
- Ask for help

Accountability Strategy

5 1:1 MHBW THERAPY



Your wellness plan and analysis recommendations will inform what this support looks like. The focus is moving towards your desired change and may involve the following:

CURRENT WELLNESS

EMOTIONAL REGULATION

SOCIAL SUPPORT AND CONNECTION

BEHAVIOURAL SUPPORT

COUNSELLING INCLUDING CBT, DBT, MBCT, AND OTHERS

ACCESSING COMMUNITY RESOURCES

PSYCHOEDUCATION

LIFE SKILLS

6 OTHER AVAILABLE SUPPORTS



You may decide that other supports are more appropriate for your overall MHBW. We offer a variety of clinical supports for additional costs including:

CLINICAL COUNSELLING

MARRIAGE AND FAMILY THERAPY

HYPNOTHERAPY

OCCUPATIONAL THERAPY

MASSAGE THERAPY

KINESIOLOGY

NUTRITIONAL COUNSELLING

CLINICAL HERBAL THERAPY

MEDIATION GROUP THERAPY

OTHER GROUP PROGRAMMING

YOGA/FITNESS CLASSES

INTEGRATED SLEEP COUNSELLING

ESTIMATED PROGRAM FEES*

Intake Assessment	\$300 (2hrs)
Wellness Plan Part 1 & 2	\$405 (4.5hrs)
VK MHBW Analysis (Includes 1-2 Standardized Tools, Clinical Analysis, and Report)	\$750 (2hrs In-person & Report)
Additional Assessments	Cost Varies (Estimate provided after intake)
MHBW Analysis Meeting	\$150 (1hr)
Wellness Plan Follow-up Meetings	\$150 (1hr)

*Total program costs depend on the assessment specifics, and frequency of MHBW Therapy. Pricing (+GST) will be supplied at consultation.

The MHBW adult program offers you a way of creating positive wellness changes. The program includes multiple supports that build on each other leading to our unique behaviour therapy. Assessments can be accessed as a standalone service without the other program components.

If you're interested in creating change and becoming a better, happier, more fulfilled you, contact us today!

The VK Wellness Initiative
4313 Alberta Ave #5
Powell River, BC

vkwellness.ca
604-578-8135
info@vkwellness.ca