



Jenny Yates, LCSW, CEO
Four Rivers Counseling (4RC)
300 Franklin St, Suite 236
Martinsville, VA 24112

Hello and Congratulations for initiating this first step on your healing journey and inviting 4RC to help support you along the way. Please complete 4RC's brief Self-Referral form to start our intake process. Answer briefly, and upon review, Jenny will be in touch with you to set up a free 15-minute phone Consult. If we are a good fit, we will then arrange completion of your final Clinical Intake forms and schedule your first session. Please remember to contact your insurance company to verify coverage, copays, deductibles, etc. Then, submit your Self-Referral answers to: fourriverscounseling@gmail.com

1. How did you hear about Four Rivers Counseling?
2. What is your Date of Birth?
3. What pronouns do you prefer? What name do you prefer?
4. Mailing address?
5. Are you reasonably internet savvy? 4RC's entire practice is paperless, online through an EHR.
6. Are you requesting in-person or telehealth or hybrid?
7. What is a good number to reach you at?
8. What brings you to therapy with Four Rivers Counseling?
9. If this referral is for your child or teen, do they want to participate in counseling?
10. What previous counseling have you had? What was your experience(s) like?
11. What type of counseling are you currently seeking?
12. Is there current or past court or other legal involvement (e.g., CHINS, Child Custody, Divorce, Probation, etc.?)
13. Is substance use/ dependency a topic to be addressed?
14. What Insurances do you carry? Please include a photo of the front and back of your card.
15. **4RC requires all potential clients to contact their insurance to verify Jenny Yates, LCSW and Four Rivers Counseling, LLC are both IN-NETWORK prior to Consult.**

Important: Once received, you will be asked via email to call Jenny for your Consult. Please allow 24-48 hours for your Consult call from Jenny (excluding holidays and weekends). On average, wait times for therapy slots can vary from 2-4 weeks. *Patience and flexibility are required with this process, as Jenny is a solo provider with a Waitlist.* Not completing all paperwork on time, not communicating/ being responsive with Jenny, or not being reasonably available for a Consult, will extend wait-times, including being placed back on the Waitlist.

***I greatly look forward to working with you,
Jenny Yates, LCSW, CEO***