



Dr. Asha Patton-Smith: Path To Wellness

So with Kaiser Permanente, part of what is so unique about their approach to mental health is that they have an approach to mental health. It allows for patients to be able to get true care, mind, body, spirit, which is really what Kaiser Permanente is about. When a patient comes in or family comes in, I start by establishing what my role is in the healthcare team, because patients come to see me in different ways. So they may have already seen a therapist. They may have seen their pediatrician. I am part of an integrated team and we're going to work together to reach goals. What's so interesting about this experience is that I ask patients and families what their goals are for the visit that usually blows them away because especially for a teenager, a lot of them have never been asked that. So that's when I'm allowing or laying the foundation for this personalized care pathway that is goal directed evidence-based and allows for feedback informed care that may consider medication therapy, either group or individual digital therapeutic applications that can be used in between sessions.

And all of these things are part of that care pathway that is goal directed and has an end. The goal is not to be on medicine forever. The goal is not to be in therapy forever, because really what we want is for you to be better. Once you've reached your therapy goals, then there needs to be first a celebration. Congratulations, you are at the point that you want it to be. You've learned skills. You have been able to move forward in difficult situations. And we are always here. If you need us. I just love working with patients and families. And I love seeing patients reach their goals. It's just an amazing feeling. It's part of why I do what I do.