



# NURSING ASSESSMENT

The nursing assessment is an important part of your services at Community Mental Health for Central Michigan (CMHCM). This assessment helps your treatment team to have a full understanding of your needs to allow us to provide you with the best level of care. The nurses will be a part of your treatment team while receiving services at CMHCM and will coordinate with your providers on your physical health and psychiatric needs.

During the nursing assessment, nursing staff will collect health history and take your vital signs to evaluate your health needs that you may have and to link you to resources based on those needs. **Please come to this appointment with a list of your current medications as well as contact information for your primary care provider and any specialists you currently work with so that coordination can occur.**

Nursing assessments help identify and address a person's mental and emotional well-being, leading to more effective and personalized care.

