



Welcome to Inland Mental Health Services

Hello,

Welcome to our practice. I am glad you're here. Deciding to start therapy or seek an evaluation is a significant step toward understanding yourself better, and I am honored to be part of that process with you.

Our Approach: A Partnership in Growth

At Inland Mental Health Services, we do things a little differently. We believe that therapy works best when it is a collaborative partnership. While I bring my clinical training in Evidence-Based Practice and Cognitive Behavioral Therapy (CBT), you are the expert on your own lived experience. Together, we work as peers to identify the patterns, habits, and obstacles that might be holding you back.

What to Expect in Our First Session

Our initial meetings are about discovery. Whether you are visiting me at our Versailles, Romantic Zone office or Mexico City office, our goal is to create a warm, safe, and structured environment where you feel heard.

If we are working on a diagnostic evaluation (such as for ADHD), we will use a combination of clinical interviews and standardized scales to build a clear picture of your cognitive strengths and challenges. If we are starting a treatment plan, we will focus on practical, "real-world" tools you can use immediately to improve your daily life.

Our Commitment to You

We are committed to providing care that is:

- Evidence-Based: Using methods proven to work.
- Transparent: You will always know why we are using a specific exercise or tool.
- Warm & Accessible: Therapy shouldn't feel like a cold clinical process; it should feel like a supportive space for change.

I look forward to meeting you and helping you navigate your path forward.

Warmly,

Clinical Psychologist Adrian Lopez, Founder of Inland Mental Health Services.