

MEDICAL/PSYCHIATRIC SERVICES AT VALLEY:

Our psychiatric medical providers are here to provide assessment, diagnosis and treatment of mental health conditions. We specialize in providing treatments that address underlying biological causes of those conditions such as depression, anxiety, bipolar disorder, OCD, ADHD, schizophrenia, and certain addictions.

Who are the Behavioral Health Providers you may see?

Psychiatrists (M.D. or D.O) are medical doctors with training in **behavioral health**. They have obtained a Doctor of Medicine (MD) or Doctor of Osteopathic Medicine (DO) degree, plus completion of residency training in psychiatry. They will be licensed as a physician in the state where they are practicing; they may also be “Board Certified” by the Board of Neurology and Psychiatry. Many psychiatrists undergo an additional year of fellowship training to become specialized in a specific field, for instance Child and Adolescent Psychiatry or Addiction.

Psychiatric/Mental Health Nurse Practitioners: (PMHNPs) have a master’s degree in advanced nursing practice and can offer various assessments, diagnostic exams, prescribe medications per state authority, develop holistic, cross-disciplinary treatment plans and psychotherapy. PMHNPs are licensed to provide emergency psychiatric services and manage all stages of patient care. PMHNPs collaborate with physicians to determine scope of practice.

Psychiatric/Mental Health Physician Assistants (PA): PAs are medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications, and often serve as a patient’s principal healthcare provider. A certified physician assistant (P.A.-C.) are educated at the master’s degree level and practices medicine in collaboration with a physician. Physician assistants can specialize in psychiatry.

Psychiatric-mental health nurse: A psychiatric-mental health nurse (P.M.H.N.) is a registered nurse with training in mental health issues.

HOW TO PREPARE FOR YOUR FIRST APPPOINTMENT

- PLEASE bring a list of all the current medications you take, including all prescriptions as well as over-the-counter and herbal/supplements
- If possible, please have a list of all prior psychiatric medications you have been prescribed
- Be prepared to provide permission to contact any prior psychiatric treatment providers as we may need to request past records in order to determine the best treatment plan for you now.

WHAT TO EXPECT WHEN YOU COME TO MEDICAL SERVICES:

- ❖ You will first be seen by one of our nurses who will gather information about your medical health and medications, and who will assess your weight, blood pressure and other vital signs
- ❖ You will be asked to complete a symptom and health evaluation form
- ❖ You will be evaluated by the doctor, advanced practice nurse or physician assistant
- ❖ Treatment recommendations will be provided to you, explaining the options deemed most appropriate for your condition, and after review of the risks and benefits of these options you may be prescribed a medication or other treatment. We encourage you to ask questions so that you feel you understand the treatment options and can make an informed choice about your treatment.
- ❖ Follow up instructions will be given to you, including how to contact us if you have further questions or if any issues arise between visits

FOLLOW-UP APPOINTMENTS:

Your treatment will be reviewed on a regular basis by our psychiatric care providers in order to determine if they are achieving positive benefits and to monitor for any potential adverse physical effects. Some medications require laboratory monitoring. We will ask you to return for regular appointments to review and update your treatment. Therefore, in general we will not automatically refill your prescriptions without your attendance at a visit in the time frame requested by your care provider. Therefore:

- ❖ If you need to reschedule to let us know 24 hours in advance, in which case refills can be called in until the rescheduled visit time
- ❖ If you do not come for your scheduled appointment, we will ask you to come to a walk-in clinic (times are available daily) to be evaluated; this may require waiting to be seen and if the clinic is full you may have to return the next day. Refills will only be called in to cover until you are able to attend the walk-in clinic, and will not be provided for more than a 7-day supply
- ❖ We ask that you to come 10 minutes prior to their scheduled appointment in order to review and complete paperwork; patients who are more than 15 minutes late to their appointment may not be able to be seen on that day