



## HELIOS PSYCHIATRY INC.

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### **Medication Management**

There are many tools that may be helpful to you in achieving your mental health wellness goals. At Helios we believe that medications can be an enzyme for transformation and when used with intention, can help us to overcome great challenges both mental, physical, emotional and even spiritual. Often, when symptoms are severe or do not respond to other interventions, your provider may suggest that you consider how a prescription medication could support you. Medications are tools that can target symptoms and assist clients in feeling well enough to engage more fully in their treatment, their journey and their lives.

Medications for psychiatric symptoms can be prescribed by a licensed provider such as a Medical Doctor MD (either a primary care doctor or a more specially trained Psychiatrist), Nurse Practitioner FNP, Physician Assistant PA or Naturopathic Doctor ND. The latter three practice with autonomy but under the supervision of a licensed Medical Doctor. At Helios, we believe that medications are most effective when taken in the context of psychotherapy and other holistic interventions targeting the root cause of your particular issue. We aim to reserve judgement about treatment modalities while also providing you with evidence based options with a sound clinical rationale. If you are not seeing a therapist at Helios, we will expect that you are participating in therapy, coaching or support with an outside provider. Therapy with an outside provider cannot always substitute for intervention specific therapeutic treatments such as Ketamine Assisted Psychotherapy as this modality requires special expertise in integrating the medication and the therapy by an experienced and trained provider.

At Helios, clients undergo a comprehensive psychiatric evaluation to determine if medications could be helpful and if so, which ones might work best for you individually. At the time of evaluation, your provider will discuss your psychiatric and medical history, your primary symptoms and preferences regarding medications. Providers will take their time to help you to understand their impressions and provide expert recommendations and education regarding medication support. Please make sure that you have an understanding of the risks, benefits and

side effects of any medications that you are prescribed as well as the rationale for why these medications are the right fit for you. We are required by law to search the California CURES database which collects information on all controlled substances that may have been ordered for you.

It is important to make sure that you inform your provider of your allergies to medications, all of your current medications and drug use, and your preferred local pharmacy. You can expect that it may take up to 24 hours for your provider to contact your pharmacy and for the pharmacy to process your prescription after your initial evaluation. Frequently, insurance may require a pre-authorization for medication which the pharmacy will inform you of. If so, please let your provider know and they will try to process it in a timely manner. We will need a copy of the back and front of your insurance card if this needs to be completed. Pre-authorizations usually take 48-72 hours but can take up to a week to process. Pharmacies often will allow you to pay out of pocket (if this is an option for you) and preauthorizations can sometimes be back dated if your clinician knows you picked up the medicine. Please contact your provider for medication refills (as opposed to relying on the pharmacy refill option) and allow adequate turnover time, typically 5 business days for regular requests. Urgent refills may incur a surcharge if extra after hours time must be spent speaking to pharmacies or rushing prescriptions. Communication regarding medication and protected health information should be made through our secure portal which you will receive an email to register for.

You can expect to meet with your prescriber weekly or every other week initially as medications are started so that they can monitor for side effects and dial in the optimal dose as well as support you to integrate the medication into your treatment plan and your everyday life. Expect this frequency of visit for the first month to six weeks when starting medications or making significant changes to your medication regimen. However, it may require longer to achieve the right dosing strategy. During this time you should be in touch with your prescriber about side effects, physical or mental complaints or changes as they may be relevant to the medication. Please use our secure messaging system to contact your provider for non urgent matters and phone/voicemail for urgent matters. As your medication regimen stabilizes, you can expect to meet with your provider every 4 to 6 weeks unless there are changes in your function and an absolute minimum of every 12 weeks in person as required by law. Please plan accordingly and schedule your appointments ahead of time. You can make followup appointments with your provider during your visit or use our online scheduling system. If you have trouble with this, please contact your provider.

Often, it is convenient to provide your prescriber with your insurance company's chosen mail order pharmacy once a medication regimen is working for you and no further changes are needed at the current time. This usually allows patients to obtain a 90-day supply of most medications. This process can often take some time to set up, but once it is working it is very convenient. There are also prescription coupons available for medications that are not generic from the manufacturer or otherwise, such as at GoodRx.com. Costco also provides lower cost drug prices.

Patients who are issued a prescription for Ketamine treatments at home are also subject to the above in addition to: needing to sign the KAP at home agreement, keep a KAP at home log, and have weekly integration sessions with their KAP provider. As was mentioned above, seeing an outside therapist is often helpful with respect to support and continuity of care but cannot wholly substitute for integration with a Helios provider who is trained in Ketamine Assisted Psychotherapy.

I have carefully read the above, agree and acknowledge the policies and procedures at Helios Psychiatry regarding medication management:

PATIENT SIGNATURE

DATE

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PRINTED NAME

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PROVIDER SIGNATURE

DATE

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PRINTED NAME

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