

## **CLINIC POLICIES**

Pleasant Care BHC PLLC offers comprehensive psychiatric evaluations and ongoing medication management with adjunctive solution-focused psychotherapy and lifestyle coaching to clients.

Please take the time to read our policies and procedures regarding medication management services. Collaboration between providers and clients is most effective when all parties involved understand the goals and expectations of service delivery. Pleasant Care BHC is not able to offer “on call” availability or treatment on non-business days. If Pleasant Care BHC Psychiatric Center cannot meet your needs, we can assist with referrals to a higher level of care or an outside entity that may better fit your situation

### **Payment at time of service**

We require that clients make full payment at the time of services. You will be provided with information about your insurance benefits for services requested prior to scheduling, as well as information about private pay rates. We require that a credit card be on file prior to scheduling your first appointment.

### **Controlled substance**

**Benzodiazepine Policy** Benzodiazepines (medications such as Xanax, Ativan, and Klonopin medications will RARELY be prescribed at Pleasant Care BHC. This reflects the current understanding that benzodiazepines can worsen anxiety and contribute to cognitive decline over long periods of time. In addition, benzodiazepines carry the risk of tolerance, dependence and abuse and are potentially lethal in overdoses, particularly when mixed with alcohol and/or opioid pain medications. **Stimulant Policy** Stimulant medications are a first line treatment for the symptoms of ADHD, however, they carry the risk of tolerance, dependence and abuse. For this reason, their use is tightly regulated. There are non-controlled substances that are FDA approved for treatment of ADHD in children and adults .