

CrescentCare Adult Outpatient Psychiatry: What to Expect

- ✓ Your first appointment is a psychiatric evaluation and will last approximately one hour.
- ✓ For individuals seeking evaluation and/or treatment for ADHD: Any issues with mood/depression, anxiety, substance use, etc. will be treated first. Once reasonably controlled, assessing for and treating ADHD is appropriate. Non-stimulant medication and addressing executive functioning skills deficits are the preferred treatments for ADHD.
- ✓ For individuals seeking treatment with benzodiazepines or “Z-drug” sleep aids (e.g., Xanax, Klonopin, Ambien, etc.): For safety, our general practice approach is **not** to prescribe these medications long-term or continuously.
- ✓ Controlled substance prescribing: The outpatient psychiatry treatment team requires consent to a “Controlled Medication Agreement” to receive any controlled medication. You will be asked to provide a urine sample for baseline testing and random urine samples for testing throughout treatment. You must have at least two (2) in-person appointments per 12-month period to receive controlled medications.
- ✓ Controlled medications are highly regulated by the U.S. Drug Enforcement Agency. This procedure is in place to ensure our medical management is **safe and evidence based**, as well as to avoid distribution or use of the medication that is not intended by your provider.
- ✓ Once stabilized, you may be referred to your primary care provider for maintenance treatment.

Your psychiatry evaluation is scheduled for:

Date & Time: _____

Provider: _____

Location: _____