



WELCOME TO SPECIALTY CLINIC OF AUSTIN

Welcome to Specialty Clinic of Austin. We look forward to meeting you!

Our mission at Specialty Clinic of Austin is to provide our patients the highest quality psychiatric care and the best patient-care experience.

We hope you will enjoy your experience with us!

BEFORE YOUR APPOINTMENT

- Please complete and submit the attached New Patient Packet no later than one (1) business day prior to your initial evaluation. Completed paperwork can be submitted to our secure email address (info@specialtyaustin.com) or by fax to 512-777-4949.
- It's lengthy, but worth it! Providing this information in advance will optimize the time you spend with your clinician during your evaluation.

WHAT TO BRING TO YOUR APPOINTMENT

Please bring the following documents to your new patient evaluation:

- Your updated insurance card.
- A government-issued photo ID.
- Cash or credit card to make payment for any co-payments or deductibles.
- A list of your current medications and dosages (this includes non-psychiatric medications, over-the-counter medications, and all vitamins or supplements).
- If you have ever had any treatment for your psychiatric condition please bring a list of previous medications you have used.
- Copies of previous mental health records and/or neuropsychological testing, or a signed release so that we may obtain these records from your previous provider.

Expert Care

NORTH 4515 Seton Center Pkwy • Ste 175 • Austin TX 78759 • 512-382-1933 ph • 512-777-4949 fx

SOUTH 5625 Eiger Road • Suite 215 • Austin TX 78735 • 512-610-7900 ph • 512-610-8901 fx



WHAT TO EXPECT AT YOUR INTAKE EVALUATION

- New patients are asked to arrive 30 minutes prior to their scheduled appointment time. After checking in with our friendly receptionists you will be asked to complete a series of brief symptom assessments. Your answers will be uploaded directly into your chart for your clinician to review with you during your appointment.
- Following completion of the assessments you will meet with your clinician in his or her office for up to 60 minutes. During this time your provider will ask questions about your current symptoms, your past psychiatric treatment, your physical health and social relationships, and your treatment goals. Why so many questions? This information helps your provider understand what is troubling you and develop appropriate treatment recommendations. Your clinician will discuss these treatment recommendations with you, including whether or not pharmacological intervention is warranted and the risks, benefits, and possible side effects of medication.
- Many psychiatric conditions are best managed through a combination of pharmacotherapy and psychotherapy. Our primary role is pharmacologic management of psychiatric conditions. While we may provide supportive psychotherapy, this does not fulfill the valuable role of a CBT-trained individual therapist. We will be happy to provide referrals to excellent professionals in the Austin area.
- If medication is prescribed the prescriptions will be sent electronically to your preferred pharmacy. At the conclusion of the visit you will be asked to visit the check-out desk where you will schedule your next follow up appointment.

WHAT TO EXPECT AT YOUR FOLLOW-UP VISITS

- Once treatment is initiated you will be expected to attend regular follow-up visits. Your clinician will want to follow you closely until your condition is considered clinically stable; this often means more frequent follow up visits initially, but over time you may be eligible for an extended duration of time between appointments (not to exceed 3 months).
- Why are follow-up visits important? These visits provide the opportunity for you and your clinician to review your treatment progress, side effects, lab results, and progress toward your treatment goals. Any necessary adjustments to your treatment plan will be made during these follow-up visits. Your provider will not make changes to your medication regimen outside of office visits.
- Please bring your insurance card and photo ID to each appointment and inform our receptionist if there have been any information changes since your last visit (i.e., name changes, address and telephone change, or insurance changes).
- Please arrive 10 minutes prior to your appointment start time to ensure adequate time to complete the check-in process including updating insurance and demographic information and making payment for services. Arriving late for a scheduled appointment impedes your clinician's ability to provide you with the best quality care and it often makes your clinician's schedule run behind for the remainder of the day; thus, patients who arrive 10 or more minutes late for their appointments will be asked to wait for another opening or reschedule.
- We understand your time is valuable. Our clinicians strive to respect your time by staying on time. On occasion, a patient emergency or crisis situation arises and we may be running late for your visit. If your clinician is significantly delayed you will have the option to reschedule or wait to be seen.

Expert Care

We hope you've found the above information to be useful as you prepare for your new patient appointment. You are welcome to address any additional questions or concerns to our office staff prior to your visit or to your clinician during your visit.

We are honored that you have entrusted us with your care. We look forward to meeting you. We hope you will enjoy your experience with us!

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