NYSTROM & ASSOCIATES

Nystrom Billing Policies and Consent for the Release of Records

If you plan to submit your own claims to your insurance company, it is our policy that payment of the entire fee is due at the time of service. As a service to our patients, Nystrom & Associates (Nystrom) staff will submit your insurance claims. If you fail to provide active insurance information in a timely manner you will be held liable for this. Co-payments are due at the time of service. Deductibles and coinsurances will be billed to your account. In the event the undersigned is entitled to health insurance benefits of any type, insuring patient or any other party liable to the patient, their benefits are hereby assigned to this health care facility for application to the patient's account.

Billing & Payments

By signing, you authorize Nystrom to release information, including medical records, to your insurance company or the designee of your third party payer (authorized agent) as may be necessary to determine benefits, process and pay health care claims, and perform quality of care reviews at Nystrom. Nystrom will submit charges to your insurance company whenever possible for services rendered. Payments will be applied to the oldest charge on your account. Charges are based on what occurs during your treatment with Nystrom. Charges associated with your appointment depend on your individual medical necessity and level of care, as determined by your treating provider.

Time billed for court appearances, court case review, report writing, letters, telephone consultation, and other charges excluded by insurance coverage are your responsibility. Charges vary based on time spent and type of service.

A service charge of 1.5% (18% annual rate), or the highest statutory amount allowed, whichever is higher, will be charged on accounts past due 28 days. If payment from insurance is not received within 90 days the account may be due and payable in full by the patient. An account 90 days past due will be subject to collection procedures and/or small claims court, and the patient agrees to be held responsible for the cost disbursement, including reasonable attorneys, collection, and court fees. Nystrom may use the information listed below to contact you regarding your account. There is a fee of $30 for checks returned for insufficient funds. **Patients seen in Minnesota only:** Minnesota Care Tax will be added where applicable, and you agree to be held responsible for these fees.

Insurance Coverage

Nystrom can make no guarantee that your insurance company will provide payment for services rendered. It is your responsibility to know what is and is not covered under your policy. You are responsible for the full amount of the charge, whether or not your insurance will cover any portion. If your insurance company requires preauthorization of services you are responsible to inform us. Be aware that some insurance companies have an annual maximum benefit for outpatient mental health coverage.

Cancellations

Nystrom requires a 24-hour notice when cancelling an appointment. This will allow us to schedule the time for someone else. Please note: **IF YOU DO NOT ATTEND A SCHEDULED APPOINTMENT OR CANCEL WITH LESS THAN 24-HOUR NOTICE, YOU WILL BE CHARGED A FEE THAT CORRESPONDS TO THE SCHEDULED LENGTH OF YOUR SESSION**. Your insurance cannot be billed for missed appointments. At the discretion of Nystrom your services may be discontinued due to excessive failed appointments or late cancels.

Financially Responsible Party

The parent or guardian who signs this agreement will be considered the responsible party and will receive all billing statements and letters. Any alternative financial arrangements, including court-ordered financial arrangements, must be worked out between the parents or guardian of the children outside of this agreement.

Unclaimed Refunds

Please remember to read your invoices carefully and call us if you have any questions, especially if you believe there is a credit on your account. If Nystrom confirms that it owes you or your payer a credit refund, it will resolve that promptly. After 120 days, if a credit of less than $25 remains on the account, and no credit refund has been requested it will be removed from the account. If Nystrom determines that it owes you a credit refund but cannot locate you, then Nystrom will file an Unclaimed Property Report with the State. The State publishes those Reports to alert the public that Nystrom owes you money that you have not yet claimed. The State typically publishes your name, your address, the amount unclaimed, and the identity of who owes you the money, which would be Nystrom and Associates.

Involuntary Discharge

There are certain circumstances in which Nystrom can involuntarily discharge a patient from services. These circumstances include but are not limited to: abusing or selling prescription medications, obtaining similar medications from alternate providers, non-disclosure of regularly prescribed controlled medications, refusal to sign requested releases or attestation forms, threatening behavior towards staff or other patients, threatening litigation toward Nystrom or a Nystrom provider, and inability to pay for services (entering into collections process).

Attestation for Consent

Release of Information for Coordination of Care/Treatment, Operations, and/or Payment of Service

By signing, you authorize Nystrom to disclose your behavioral health records to your primary care provider for the purpose of coordinating care for best treatment outcomes. This consent will remain in effect until you cancel it in writing to Nystrom. In addition, you authorize Nystrom to disclose your behavioral health records and substance use disorder (SUD) records to other Nystrom providers, including providers at Nystrom Residential Treatment LLC, Life Works, Psychiatric Associates and Sandhill for purposes of treatment coordination and care.

By signing, I understand my mental health and/or substance use disorder records may be disclosed for treatment, payment, or operations. I understand my records may be re-disclosed as provided by regulations. I understand my substance use disorder records may not be re-disclosed for use in civil or criminal proceedings without expressed written consent or a valid court order.

Electronic Signature

By signing, you understand that this becomes your electronic signature for the following forms: Initial Treatment Plan, Updated Treatment Plans, and the DBT Agreement Form. The provider will ask for your verbal consent after reviewing the forms with you.

Communication from Nystrom about Your Care

By signing, you authorize Nystrom to contact you via mailed correspondence, phone, text message, or email regarding your payment, treatment, and healthcare operations. Nystrom is not financially liable for any charges you incur from your service provider. By supplying your home phone number, mobile number, email address, and any other personal contact information, you authorize Nystrom and your healthcare provider, or a business associate of theirs, to contact you at any numbers or email addresses using an automatic telephone dialing system, using a pre-recorded voice or other third-party automated outreach and messaging system as well as to use your protected health information, or other personal or identifying information, during such contact for any administrative or health matter. You consent to the practice, your provider, or their business associate contacting you via unencrypted email and text messages. You also agree that they may leave detailed messages on your voice mail, answering system, or with another individual, if you are unavailable at the number provided.

Notice of Privacy Practices

By signing, you acknowledge that Nystrom's HIPAA Notice of Privacy Practices and Patient or Consumer Rights Handout, procedures for reporting alleged violations of patient's rights and grievance procedures have been made available to you. This agreement may not be altered in any way. I have read and agree to the above and hereby guarantee payment of all charges for services with the financial arrangements of Nystrom.

_____ _____

PRINTED FULL LEGAL NAME OF PATIENT PATIENT DATE OF BIRTH

_____ _____

PRINTED NAME OF LEGAL GUARDIAN PHONE NUMBER OF LEGAL GUARDIAN

_____

ADDRESS OF LEGAL GUARDIAN

_____ _____

EMERGENCY CONTACT PHONE NUMBER OF EMERGENCY CONTACT

_____ _____

SIGNATURE OF PATIENT OR LEGAL GUARDIAN DATE

_____

EMAIL ADDRESS OF PATIENT OR LEGAL GUARDIAN

NYSTROM & ASSOCIATES AUTHORIZATION TO RELEASE INFORMATION

Form can also be completed electronically at nystromcounseling.com/medical-records

Please note that adult patients have the option to register for a FollowMyHealth account and can view their records there immediately, rather than going through the records request process.

PATIENT INFORMATION		
Patient Name		Date of Birth
Address		Phone Number
City	State	Zip Code

INITIAL ACTION
☐ Keep on File for Future Use ☐ Send Nystrom records to Agency/Name Listed Below ☐ Request records from Agency/Name Listed Below

I AUTHORIZE NYSTROM & ASSOCIATES TO	☐ RELEASE INFORMATION TO: ☐ RECEIVE INFORMATION FROM:
Agency/Name	Relationship to Patient
Phone Number	Fax Number
Address	City, State, Zip Code
Email	☐ **This is my primary care provider.**

INFORMATION TO BE RELEASED (CHECK APPROPRIATE BOX(ES)):	
Only release Mental Health records checked below: ☐ Standard Release (Recent Intake Assessment, Last 3 Progress Notes, and Most Recent Treatment Plan) ☐ Most Recent Intake Assessment ☐ Last 3 Progress Notes ☐ Most Recent Treatment Plan ☐ Psychological Testing Interpretive Report ☐ Other (Specify Type) _____	**Only release Substance Use Disorder (SUD) records checked below:** ☐ Comprehensive Assessment/Update ☐ Letter of Recommendation ☐ Verification of Attendance Letter ☐ SUD Diagnostic Assessment ☐ Progress Notes/Treatment Plan ☐ Transition/Discharge Summary ☐ Information Exchange for Family Involvement, Collateral, or Emergency Contact
☐ **Or Any and All Mental Health Records Dated From: _____ to _____**	☐ **Or Any and All SUD Records Dated From: _____ to _____**

PURPOSE OF RELEASE (CHECK APPROPRIATE BOX(ES)):

The purpose of this release is for coordination of care or:

☐ Personal Use/Review*
☐ Social Security Appeal/Disability*
☐ Insurance Payment/Claim*
☐ Family Involvement
☐ Collateral
☐ Emergency Contact Only
☐ Litigation/Legal*
☐ Continuation of Care
☐ Other* _____

**Fees may be charged in accordance with MN Statute 144.292 and Federal Rule 45 CFR § 164.542.*

METHOD OF COMMUNICATION (CHECK APPROPRIATE BOX(ES)):

Electronic Methods:

☐ Non-Secure Email (PDF)
☐ Secure Email (PDF)
☐ CD (Password-Protected PDF)

NOTE: Transmission of records via standard email is not a secure method of transmission. By choosing email, I understand that I risk my information being intercepted by an unauthorized individual.

Standard Methods:

☐ Phone/Email Conversation
☐ Pick Up
☐ Fax
☐ Mail
☐ Verbal Exchange

I understand the following: a. I have a right to revoke this authorization in writing at any time, except to the extent information has been released according to this authorization. b. The information released in response to this authorization may be re-disclosed to other parties. Substance use disorder records may not be re-disclosed to investigate or prosecute a patient. c. My Substance Use Disorder (SUD) records are protected under the federal regulations governing confidentiality and SUD patient records, 42 CFR Part 2, and the Health Insurance Portability and Accountability Act of 1996 (HIPAA), 45 CFR Parts 160, 164. My treatment or payment for my treatment cannot be conditioned on the signing of this authorization. e. Disclosure is only allowed with my authorization, except in limited circumstance as described in Nystrom Privacy Policy. f. I have the right to inspect and receive a copy of my treatment records that may be disclosed to others, as provided under applicable state and federal laws. This authorization shall be in force and effect until 1 year from the date of execution at which time this authorization expires. Fees may be charged in accordance with MN Statute 144.292 and Federal Rule 45 CFR § 164.524.

Patient/Legal Guardian Signature: _____ Date: _____

Representative's Relationship to Patient (Parent, Guardian, etc.): _____
NOTE: If signed by someone other than the patient, we need written proof of authority.

DO NOT FORWARD TO ANOTHER PERSON OR AGENCY WITHOUT PATIENT CONSENT.

Psychiatric Consent and Agreement Form

Thank you for choosing us for your care, it is important for you to read each of the following statements carefully. If you have any questions about the items below, please discuss them with your new provider at your appointment.

General:

- You are consenting to be evaluated and undergo possible medication treatment for your mental illness. Medication options will be discussed with you by your provider during your appointments. You may also be recommended to participate in other forms of mental health care treatment.

- Nystrom ***does not offer*** after-hours services. If you have a concern, please contact us using FollowMyHealth or by calling your clinic. During business hours, your message will first be triaged through our Psychiatry Triage Nurse Team.

- If you have an emergency, such as severe suicidal thoughts, thoughts to hurt someone else, or a severe drug reaction, you should call 911, 988 (for suicidal thoughts), go to your local urgent care, or go to the emergency room.

- Minors must have a Legal Guardian present at all appointments for treatment. If a guardian fails to attend the appointment, it will be cancelled and rescheduled. It is strongly recommended that an adult who is not their own legal guardian have their legal guardian present for all appointments.

- Release of Information is required for our providers to establish and provide ongoing care. Please complete a Release of Information for your Case Manager, any Substance Use Treatment Services, previous Psychiatric care including psychiatric hospitalization records. Medical records are vital to maintaining continuity of care and allow us to verify past/current medical and medication history.

- If you are disrespectful to any staff (including but not limited to yelling, foul language, bullying or harassing) or if you disrupt the care of other patients, we may end care with you.

- You may be asked to only use one pharmacy and your provider may talk with the pharmacist about your medications.

- You will be asked to participate in having vitals taken at a Nystrom location for monitoring purposes. This includes Height, Weight, Blood Pressure, and Pulse.

- You will be considered an inactive patient and unable to receive medication refills through Nystrom & Associates if you have not attended an appointment with your medication provider in a 12-month period.

Medication Refill Requests:

- You should contact your pharmacy or use FollowMyHealth first for all medication refill requests.

- Refill authorizations can take up to 5 business days.

- Early Refills of Controlled medications will not be authorized.

- Refills of ADHD/Stimulant medication, controlled sleep medication, or benzodiazepine will not be issued outside of appointments.

- Your provider may not grant early refills for any reason (i.e. lost, stolen, damaged) for any controlled medication.

Appointment Scheduling and Cancelations:

- Patients are responsible for scheduling their next appointments to avoid running out of medications between office visits.

- Appointments canceled without a 24-hour notice may be assessed a fee.

- If you miss 3 appointments with your medication provider, we will end care with you. You will be ineligible to schedule ongoing care for 12 months following your discharge from care.

- Many of our providers work with medical or nursing students. You should inform your provider if you do not want a student participating in your appointments.

- Therapy appointments cannot be scheduled for the same day as psychiatric appointments.

Forms/Letters:

- Our providers require an appointment to complete any forms. Any forms needing completion should be dropped off at the front desk or uploaded to our website at **www.nystromcounseling.com**. Your provider will review the forms and notify staff how long to schedule your forms appointment for. Any forms completed outside of an office visit will be assessed a fee, requiring prepayment.

Laboratory & Psychological Testing:

- Your provider will request you complete certain laboratory tests before initiating or continuing certain medications. Laboratory tests may include but are not limited to; saliva, hair follicle, urine, blood serum, electrocardiograms, psychological testing, genomic testing, etc.
    - Drug Screens, laboratory tests, and counts of remaining pills may be requested if you are taking controlled medications and must be completed within a 48-hour period.

- Laboratory testing is not available at all Nystrom locations. Laboratory testing fees are your responsibility. If your insurance plan will not cover the cost of laboratory, psychological, or other testing, you will be responsible for all costs. incurred.

Billing and Insurance:

- A charge for psychotherapy in addition to a medication management billing code may appear on your billing statement. Psychotherapy is a standard psychotherapy add-on code that all Nystrom medication providers use to reflect psychotherapy services that occur in session. Psychotherapy is defined in Current Procedural Terminology (CPT) by the American Medical Association as “the attempt to alleviate the emotional disturbances, reverse or change maladaptive patterns of behavior and encourage personality growth and development” (2012).

Controlled Substance Medications:

- Patients are responsible for informing all other physicians of the controlled substance medication received through Nystrom & Associates. Likewise, patients will inform Nystrom & Associates medication provider of any other controlled substance medications received from another physician.

- Our providers may not prescribe standing doses of benzodiazepines with stimulant medications.
- Our providers must follow Nystrom & Associates prescribing and maximum dosing guidelines for controlled medications. If you are pregnant, have certain medical or psychiatric conditions, controlled medications may not be appropriate for you. If you are currently taking psychotropic medications, it is up to the clinical judgement of your new Nystrom & Associates Psychiatric Medication Management Provider whether they will continue them as they are currently prescribed.

- Our providers do not prescribe pain medication or medical cannabis. If you are taking narcotic pain medication, medical cannabis, have a history of substance abuse, or are not currently sober, our providers may not prescribe controlled medications to you. If you are taking medical cannabis, methadone, suboxone or other any other narcotic-based medications on an ongoing basis, controlled medications may be stopped while you are taking these other medications.

- If you sell, trade, share, fill early, or increase the dose of controlled medications on your own, these medications will be stopped and cannot be restarted during the duration of your care at Nystrom & Associates.

- Failure to notify your provider of any history of drug, alcohol, or prescription drug misuse may result in stopping any controlled medications.

- You can be found guilty of Driving Under the Influence (DUI) if taking these medications and driving.

_____	_____
Printed Name of Patient	Patients Date of Birth
_____	_____
Printed Name of Legal Guardian	Phone Number of Legal Guardian
_____	_____
Signature of Patient or Legal Guardian	Date

THIS FORM HAS 2 SIDES. COMPLETE BOTH SIDES AND RETURN TO YOUR PROVIDER.

PHQ-9 & GAD-7

Today's Date: _____ Date of birth: _____/_____/_____

First Name: _____ Last Name: _____

PHQ-9-Patient Health Questionnaire

Over the last 2 weeks, on how many days have you been bothered by any of the following problems?	**Not at all**	**Several days**	**More than half the days**	**Nearly every day**
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or over eating	0	1	2	3
6. Feeling bad about yourself-or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed, or the opposite-being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3
Add the score for each column		**+**	**+**	

Total Score (add your column scores)	

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____ Somewhat difficult_____ Very difficult_____ Extremely difficult_____

THIS FORM HAS 2 SIDES. COMPLETE BOTH SIDES AND RETURN TO YOUR PROVIDER.

THIS FORM HAS 2 SIDES. COMPLETE BOTH SIDES AND RETURN TO YOUR PROVIDER.

PHQ-9 & GAD-7

GAD-7
Generalized Anxiety Disorder 7-item scale

Over the last 2 weeks, on how many days have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious, or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it's hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3
Add the score for each column		**+**	**+**	

Total Score (add your column scores)	

If you checked off any problems, how difficult have these made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all _____ Somewhat difficult_____ Very difficult_____ Extremely difficult_____

Source: Sptizer, RL, Kroenke K, Williams JBW, Loew B. A brief measure for assessing generalized anxiety disorder. *Arch Inern Med.* 2006; 166:1092-1097

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A@663B 10-04-2005

THIS FORM HAS 2 SIDES. COMPLETE BOTH SIDES AND RETURN TO YOUR PROVIDER.

Edinburgh Postnatal Depression Scale[1] (EPDS)

Name: _____ Date of Birth: _____

Today's Date: _____ Baby's Date of Birth: _____

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

In the past 7 days:

1. I have been able to laugh and see the funny side of things:
   - ☐ (0) As much as I always could
   - ☐ (1) Not quite so much now
   - ☐ (2) Definitely not so much now
   - ☐ (3) Not at all
2. I have looked forward with enjoyment to things:
   - ☐ (0) As much as I ever did
   - ☐ (1) Rather less than I used to
   - ☐ (2) Definitely less than I used to
   - ☐ (3) Hardly at all
3. I have blamed myself unnecessarily when things went wrong:
   - ☐ (3) Yes, most of the time
   - ☐ (2) Yes, some of the time
   - ☐ (1) Not very often
   - ☐ (0) No, never
4. I have been anxious or worried for no good reason:
   - ☐ (0) No, not at all
   - ☐ (1) Hardly ever
   - ☐ (2) Yes, sometimes
   - ☐ (3) Yes, very often
5. I have felt scared or panicky for no very good reason:
   - ☐ (3) Yes, quite a lot
   - ☐ (2) Yes, sometimes
   - ☐ (1) No, not much
   - ☐ (0) No, not at all
6. Things have been getting on top of me:
   - ☐ (3) Yes, most of the time I haven't been able to cope at all
   - ☐ (2) Yes, sometimes I haven't been coping as well as usual
   - ☐ (1) No, most of the time I have coped quite well
   - ☐ (0) No, I have been coping as well as ever
7. I have been so unhappy that I have had difficulty sleeping:
   - ☐ (3) Yes, most of the time
   - ☐ (2) Yes, sometimes
   - ☐ (1) Not very often
   - ☐ (0) No, not at all
8. I have felt sad or miserable:
   - ☐ (3) Yes, most of the time
   - ☐ (2) Yes, quite often
   - ☐ (1) Not very often
   - ☐ (0) No, not at all
9. I have been so unhappy that I have been crying:
   - ☐ (3) Yes, most of the time
   - ☐ (2) Yes, quite often
   - ☐ (1) Only occasionally
   - ☐ (0) No, never
10. The thought of harming myself has occurred to me:
    - ☐ (3) Yes, quite often
    - ☐ (2) Sometimes
    - ☐ (1) Hardly ever
    - ☐ (0) Never

---

[1]Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.

[2]Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression N Engl J Med vol. 347, No 3, July 18, 2002, 194-199

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NYSTROM & ASSOCIATES

PSYCHIATRIC MEDICATION PRENATAL/POSTPARTUM EVALUATION PACKET

Today's Date: _____

Identification:

Name:_____ Date of Birth:_____

Nickname/Preferred Name:_____ Preferred Pronouns:__

Preferred Pharmacy: _____

Emergency Contact/Relationship:_____ Phone: _____

Current Providers:

If anything below applies to the patient, it is requested that a release of information be placed on file**.**

Legal Guardian: appointed person for making medical decisions: _____

Phone:_____ Cell/Pager

Medical/Primary Care Provider: _____

Clinic: _____

Phone:_____ Date of last physical: _____

OBGYN/Midwife: _____

Clinic:_____ Phone: _____

Home Health Nurse or PCA: _____

Company:_____ Phone: _____

Psychologist/Therapist: _____

Clinic:_____ Phone: _____

County Social Worker/Case Manager: _____

Phone:_____ Cell/Pager: _____

Probation Officer: _____

Phone:_____ Cell/Pager: _____

Reason for Seeking Care

I would like to discuss the following symptoms or concerns in my initial visit with my provider: _____

_____

_____

_____

Approximately when did these symptoms first begin? _____

Have these symptoms worsened recently? _____

How do these symptoms impair your ability to function, work, or relate to other people?

_____

_____

Has anything happened in the last year or so that has been very stressful for you such as serious health problems in your home or a family member, death of a close friend or family member, work stress, loss of job, loss of home, financial problems, legal issues, physical or sexual assault?

_____

_____

Current Medications

IF YOU ARE TAKING ANY PSYCHIATRIC MEDICATIONS, WE MUST HAVE A RELEASE OF INFORMATION FOR RECORDS FROM THE MOST RECENT PRESCRIBER (see page 5).

Please list ALL of your current medications and supplements in the table below:

MEDICATION	**DOSE**	**NUMBER OF PILLS TAKEN**			
		MORNING	NOON	AFTERNOON	BEDTIME
Example Medication (1 twice per day, 2 at night)	0.5MG	1	0	1	2

Allergies

Please list all medication allergies:

_____

_____

_____

Medication History

Please check if you have EVER taken any of the following psychotropic medications:

Depression and Anxiety Medications			
Medication	**(X)**	**Medication**	**(X)**
Ascendin		Nardil/Phenelzine	
Anafranil/Clomipramine		Norpamin/Desipramine	
Auvelity		Pamelor/Nortriptyline	
Brintellix/Vortioxetine		Parnate/Tranylcypromine	
Brexanolone/Zulresso		Paxil/Paroxetine	
Celexa/Citalopram		Pristiq/Desvenlafaxine	
Cymbalta/Duloxetine		Prozac/Fluoxetine	
Cytomel		Remeron/Mirtazapine	
Desyrel/Trazodone		Sarafem/Fluoxetine	
ECT		Savella/Milnacipran	
Effexor/Venlafaxine		Serzone/Nefazodone	
Elavil/Amitriptyline		Sinequan/Doxepin	
Emsam/Selegiline		Surmontil/Trimipramine	
Esketamin/Spravato		TMS	
Fetzima/Levomilnacipran		Tofranil/Imipramine	
Ketamine		Viibryd/Vilazodone	
Lexapro/Escitalopram		Vivactil/Protriptyline	
Light Therapy		Wellbutrin/Bupropion	
Luvox/Fluvoxamine		Zoloft/Sertraline	
Marplan/Isocarboxazid			

Mood Stabilizers and Anticonvulsant Medications			
Depakote/Valproate		Neurontin/Gabapentin	
Keppra/Levetiracetam		Tegretol/Carbamazine	
Lithium/Eskalith/Lithiobid		Topomax/Topiramate	
Lamictal/Lamotrigine		Trileptal/Oxcarbazepine	
Symbax		Zonegran/Zonisamide	

Alcohol/Opioid Abstinence Medications			
Revia/Naltrexone		Methadone	
Antabuse/Disulfiram		Suboxone/Subutex/Buprenorphorphine	
Campral/Acamprosate			

ADHD MEDICATIONS

Please note: you may be asked to have ADHD testing done with a psychologist before we can prescribe these medications. We may not prescribe these medications if you are taking narcotics, pain medications, methadone, or suboxone.

Adderall/Amphetamine		Intuniv/Guanfacine	
Adderall XR/Amphetamine ER		Metadate/Methylphenidate	
Concerta/Methlylphenidate ER		Methylin/Methylphenidate	
Daytrana/Methylphenidate patch		Quelbree/Viloxazine	
Desoxyn/Methamphetamine		Ritalin/Methylphenidate	
Dexedrine/Dextroamphetamine		Ritalin SR/Methylphenidate ER	
Dextrostat/Dextroamphetamine		Ritalin LA/Methylphenidate LA	
Focalin/Dexmethylphenidate		Strattera/Atomoxetine	
Focalin XR/Dexmethylphenidate ER		Vyvanse/Lisdexamfetamine	

ANTIANXIETY MEDICATIONS

Please note: we may not prescribe these medications if you are taking narcotic pain medications, methadone, suboxone, or ADHD medication.

Atenolol		Librium/Chlordiazepoxide	
Ativan/Lorazepam		Serax/Oxazepam	
Buspar/Buspirone		Tranxene/Clorazepate	
Catapres/Clonidine		Valium/Diazepam	
Inderal/Propranolol		Vistaril/Hydroxyzine	
Klonopin/Clonazepam		Xanax/Alprazolam	

Medications Used for Side Effects			
Austedo/Deutetrabenzine		Inderal/Propranolol	
Artane/Trihexyphenidyl		Ingrezza/Valbenzaine	
Atenolol		Metformin	
Benadryl		Topamax/Topiramate	
Cogentin/Benzotropine			

Sleep/ Wake Medications			
Ambien/ Zolpidem		Nuvigil/Armodafinil	
Ambien CR/ Zolpidem		Periactin/Cyproheptadine	
Belsomra		Provigil/Modafinil	
Dalmane/Flurazepam		Restoril/Temazepam	
Dayvigo		Rozerem/Ramelteon	
Desyrel/Trazodone		Silenor/Doxepin	
Gabitril/Tiagabine		Sinequan/Doxepin	
Halcion/Triazolam		Sonata/Zaleplon	
Intermezzo		Xyrem/Sodium Oxybate	
Lunesta/Eszoplicone			

Antipsychotics			
Abilify/Aripiprazole		Prolixin/Fluphenazine	
Clozaril/Clozapine		Rexulti/Brexpiprazole	
Fanapt/Iloperidol		Risperidol/Risperidone	
Haldol/Haloperidol		Saphris/Asenapine	
Invega/Paliperidone		Seroquel/Quetiapine	
Latuda/Lurasidone		Seroquel XR/Quetiapine XR	
Loxitane/Loxapine		Stelazine/Trifluoperazine	
Mellaril/Thioridazine		Thorazine/Chlorpromazine	
Moban/Molindone		Trilafon/Perphenazine	
Navane/Thiothixine		Vraylar/Cariprazole	
Nuplazid/ Primavanserin		Zyprexa/Olanzapine	

Alzheimer's Disease Medications			
Aduhelm/Aducanumab		Exelon/Rivastigmine	
Aricept/Donepezil		Namenda/Memantine	
Cognex/Tacrine			

Herbal/Supplements			
Ashwaganda		Melatonin	
B12		N- Acetylcysteine	
Lavella (Lavender Pill Form)		Omega 3 Fatty Acids	
Lithium Orotate		SAMe	
L-Methylfolate		St. John's Wort	
L- Tryptophan		Vitamin D	
Magnesium		Others Tried	

Psychiatric History

Check the types of Psychiatric treatments you have participated in, if applicable:

- ☐ Individual Therapy
- ☐ Group Therapy
- ☐ Couples Therapy
- ☐ Family Therapy
- ☐ Day Treatment
- ☐ DBT
- ☐ EMDR
- ☐ Biofeedback
- ☐ ECT: When?_____Treatments: _____
- ☐ TMS
- ☐ VNS
- ☐ Psychiatric Hospitalization: When?
- ☐ Substance Use Disorder Treatment: When?
- ☐ Other: _____

Have you ever attempted suicide or engaged in self-injurious behavior?

- ☐ Yes
- ☐ No

If yes, when and by what means? (Overdose, cutting yourself, etc.)

Means: Year:

_____ _____

_____ _____

_____ _____

Family History

Please complete the table below if you have any relatives with a history of mental illness and/or chemical dependency:

Illness	**Relationship to you** (e.g. mother, father, brother, sister, grandfather, cousin, aunt, etc.)
ADD/ADHD	
Alcoholism	
Anxiety, Panic Disorder, PTSD, OCD	
Bipolar Disorder	
Dementia	
Depression	
Drug Abuse	
Learning Disability or Low IQ	
Schizophrenia or Psychosis	
Suicide Attempts	

Medical History

Please list all your physical medical illnesses/conditions (problems with your heart, lungs, liver, stomach, bowel, skin, joints, thyroid, etc. including if you are currently pregnant).

Condition:_____ Year Diagnosed: _____

_____ _____

_____ _____

_____ _____

_____ _____

Have you ever experienced any form of trauma/abuse?

- ☐ Yes
- ☐ No

Have you ever had any Legal History?

- ☐ Yes
- ☐ No

How often do you exercise?_____times per week.

Have you ever had a seizure, or have you ever been diagnosed with epilepsy?

- ☐ Yes
- ☐ No

Have you ever had a period of unconsciousness (coma, knocked out, brain injury, concussion)?

- ☐ Yes
- ☐ No

If yes, please describe what happened and how long you were unconscious:

_____

_____

_____

Are you currently pregnant?

- ☐ Yes
- ☐ No

If yes, about how many weeks along are you? _____

Have you recently given birth?

- ☐ Yes
- ☐ No

If yes, about how many weeks ago? _____

Are you currently breastfeeding?

- ☐ Yes
- ☐ No

How many previous pregnancies have you had? _____

How many live births have you had? _____

Are you currently or have you ever experienced complications during pregnancy such as Gestational Diabetes?

- ☐ Yes
- ☐ No

If yes, please specify what those complications were/are:

_____

_____

_____

Surgical History

Please list all surgeries you have had:

Surgical Procedure:	Year:
_____	_____
_____	_____
_____	_____

Additional Comments:

_____

_____

_____

Substance Use History

Do you use ANY alcohol, or have you EVER used any drugs?

- ☐ Yes
- ☐ No

If yes, please complete the table below:

Drug	List the specific name of what you use(d).	Typical Amount Used	Date of Last Use	How Many Times Per Week or Month Do You Use?
Alcohol				
Marijuana Medical Cannabis, CBD, THC				
Illicit Drugs Methamphetamine, Crank, Heroin, Ecstasy, Speed				
Prescription Drugs **Pain Medications** (oxycodone, oxycontin, Percocet, codeine, Darvon, Vicodin) **Tranquilizers** (Xanax, Valium, Ativan, Klonopin) **Stimulants** (Ritalin, Adderall, Metadate, etc.)				

If you use ANY alcohol or drugs, please complete the table below:

STATEMENT	Yes	No
I feel the need to reduce my use of alcohol or drugs.		
People have complained to me about my use of alcohol or drugs.		
I feel guilty about my use of alcohol or drugs.		
I have used alcohol or drugs to help me get through the day.		

Caffeine/Tobacco Use

How many caffeinated beverages do you have perday? _____

Do you use tobacco?

- ☐ Yes
- ☐ No

If yes, what type of tobacco do you use (chewing tobacco, cigarettes,etc.)? _____

How much per day?_____

ADULT Health Screening Questionnaire

Ages 18 and older

Date: _____ Clinician: _____

Name: _____ Birth date: _____

Please answer the following questions to help our providers learn more about your nutrition and physical health.

Do you skip breakfast, lunch or dinner?	Yes / No
Do you ever eat to the point where you feel uncomfortable or out of control?	Yes / No
(CIRCLE THOSE THAT APPLY) Do you have a history of, or are currently struggling with, an eating disorder, binge eating or emotional eating?	Yes / No
Do you have trouble sleeping?	Yes / No
Do you drink more than two servings of caffeine daily?	Yes / No
Do you have pre-diabetes or diabetes?	Yes / No
Do you have high cholesterol, high triglycerides or take medication for lowering cholesterol?	Yes / No
Do you have high blood pressure or take medication to lower blood pressure?	Yes / No
Have you lost or gained more than 10 pounds in the last 6 months? **(IF YES, CIRCLE ONE)**	Yes / No
Have you experienced unintentional weight loss or weight gain? **(IF YES, CIRCLE ONE)**	Yes / No
During a normal week, how often are you physically active? _____ minutes per day _____ days per week	
On a scale of 1-10, how ready are you to be more physically active? _____ *(10=extremely motivated; 1= no motivation at all)*	
(CIRCLE THOSE THAT APPLY) Do you have any problems with swallowing, chewing, diarrhea, or constipation?	Yes / No
Do you follow any special diet? If yes, what type of diet? _____	Yes / No
Do you have any food allergies/intolerances/sensitivities? If yes, what foods? _____	Yes / No
Do you experience significant pain on a regular basis? *Examples: migraines, Fibromyalgia, Irritable Bowel Syndrome, etc.*	Yes / No
Do you have enough food to eat?	Yes / No
During a normal meal, is half the food on your plate fruits and vegetables?	Yes / No
On a scale of 1-10, how ready are you to eat more fruits and vegetables? _____ *(10=extremely motivated; 1=no motivation at all)*	
Do you eat protein with every meal?	Yes / No
Do you drink 8 or more glasses of water a day?	Yes / No
What concerns, if any, do you have with your eating habits? _____ _____	
Do you smoke cigarettes?	Yes / No
On a scale of 1-10, how ready are you to quit smoking cigarettes? _____ *(10=extremely motivated; 1=no motivation at all)*	
Would you like to schedule an appointment with the Dietitian? *If you answer YES to this question, a Registration staff member will contact you to schedule for nutrition services.*	Yes / No

An initial nutrition assessment is recommended to compliment the care you are already receiving here at Nystrom and Associates. Please discuss this with the Front Office Associate after your initial appointment or call (651) 529-8671 to speak with our Registration team.