

TREATMENT AGREEMENT

Dr. Jill Zechowy provides outpatient counseling and/or medication management for improvement of mental health. This will occur at Dr. Jill Zechowy's office at 725 College Avenue in Santa Rosa, CA or via telemedicine. Dr. Zechowy is a family physician who holds a master's degree in counseling psychology.

Treatment by the above means is likely to improve the client's symptoms, but there are no guarantees. With counseling there are often times in which client may feel worse before they feel better or develop a worsening of symptoms at a later date. How each client will do can not be predicted. It is important for you, the client, to let Dr. Zechowy know if you are feeling worse. The client and Dr. Zechowy will work together to decide if medications might be helpful. You, the client, can refuse medications or counseling at any time.

Clients are required to have a separate primary care physician. Often physical illness can cause or contribute to psychological problems. In addition, psychiatric medications can have adverse effects that can affect your physical health. As our goal is your optimal wellness, it is important to care of your total health.

Emergencies: Dr. Zechowy's office number is often turned off at night and on weekends and holidays. Urgent medical concerns can be answered by your covering primary care doctor. In case of medical emergency call 9-1-1. If you are in crisis call Sonoma County Psychiatric Emergency Services at 707-576-8181, or go to the nearest hospital.

Contacting Dr. Zechowy: Dr. Zechowy's office phone is 707-515-6673. Calls will be returned by the next business day. Please limit non-urgent phone calls to regular business office hours 8am-5pm Monday - Friday.

Fees: Dr. Zechowy does not accept insurance, but you may seek partial reimbursement from your health insurance. 45-50 minute appointments are \$190. Twenty minute medication checks are \$130. Phone calls or texting requiring over 15 minutes per week are charged a prorated fee. Returned checks will result in a \$45 fee. Fees are subject to change and will be reassessed periodically.

Cancellations and Rescheduling Appointments: When an appointment is made, Dr. Zechowy reserves that time for you. If you cannot attend the appointment, please reschedule as soon as you are aware of the conflict - at least one week's notice is preferred. For cancellations under 24 hours notice, a fee of \$130 is incurred. Exception for illness may be made at Dr. Zechowy's discretion. Upon the third late cancellation or missed appointment the full fee will begin being charged.

Medication Refills: It is Dr. Zechowy's practice to prescribe enough medication at each appointment to last until your next appointment. If you run out of medications, is it likely that you were expected to follow up. Please monitor your quantity of medications so that you do not run out. When you have five days of medications left, call your pharmacy and request a refill. They will fax a refill request to me. Refill turnaround time is 3 business days for my office. Do not wait until you are nearly out of medications to request a refill.

Confidentiality: Your confidentiality and privacy are of the utmost importance. Any information about you will be shared only with your written consent. However, there are legal limitations of confidentiality that apply:

- 1) When the patient communicates threat of bodily injury to self or another,
- 2) When the patient communicates that he/she is the victim of abuse by another,
- 3) When there is reasonable suspicion of child abuse or abuse to a dependent adult has or will occur,
- 4) When information is required by law or ordered by court,
- 5) At times, I receive professional consultation. This psychotherapist is also bound by client confidentiality.

I, _____ have read, understood, and agree to abide by the terms of the treatment contract outlined above.

Signature: _____ Date: _____

Reviewed with client on: _____ By: _____