



# Family Psychiatry and Therapy

17 Arcadian Way, Paramus, NJ 07652  
Phone: 201-977-2889 Fax: 201-977-2890

## PATIENT REGISTRATION FORM

(Last Name) \_\_\_\_\_ (First Name) \_\_\_\_\_ (Middle Initial) \_\_\_\_\_

Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_ Gender:  Male  Female  Other

Mailing Address \_\_\_\_\_  
(Number/Street/Apartment)

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (Zip) \_\_\_\_\_

Home Phone \_\_\_\_\_ May we leave you a message?  Yes  No

Cell Phone \_\_\_\_\_ May we leave you a message?  Yes  No or Text you?  Yes  No

Email \_\_\_\_\_ May we email you? Yes No  
Please note that email is not considered to be a confidential medium of communication

Please list any children/ages: \_\_\_\_\_

Marital Status:  Never Married  Married  Domestic Partnership  Separated  Divorced  Widowed

Ethnic Group: \_\_\_\_\_ Race: \_\_\_\_\_ Language: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

### WHO MAY WE THANK FOR YOUR REFERRAL?

Doctor/Therapist \_\_\_\_\_  Friend/Family Member \_\_\_\_\_

Attorney/Other Professional \_\_\_\_\_

School/Contact Name \_\_\_\_\_

Google Search  HealthGrades  Psychology Today  ZocDoc  Yelp  Don't Recall/Other \_\_\_\_\_

**(Mandatory) Why are you here today?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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## HEALTH AND SOCIAL INFORMATION

Do you currently have a primary care physician? ( )Yes ( )No When was your last physical? \_\_\_\_\_

If yes, Dr.'s Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Are you currently seeing more than one medical Health Specialist? ( )Yes ( )No

If yes, why? \_\_\_\_\_

Please list any allergies / reactions \_\_\_\_\_

Please list any persistent physical symptoms, or health concerns (e.g. chronic pain, headaches, hypertension, diabetes)

\_\_\_\_\_

Are you currently on medications to manage a physical health concern? ( )Yes ( )No

If yes, list \_\_\_\_\_

Are you having any problems with your sleep habits? ( )Yes ( )No

If yes, ( )Sleeping too little ( )Sleeping too much ( )Poor quality sleep ( )Disturbing dreams ( )Other \_\_\_\_\_

How many times per week do you exercise? \_\_\_\_\_ What activities? \_\_\_\_\_

Are you having difficulty with appetite or eating habits? ( )Yes ( )No

If yes, ( )Eating less ( )Eating more ( )Binging ( )Restricting ( )Purging ( )Other \_\_\_\_\_

Have you experienced significant weight change in the last 6 months? ( )Yes ( )No

Do you drink alcohol? ( )Yes ( )No If yes, how many drinks per day? \_\_\_\_\_ a week? \_\_\_\_\_

Do you engage in recreational drug use? ( )Daily ( )Weekly ( )Monthly ( )occasionally ( )Never

If yes, list: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ For how long? \_\_\_\_\_

Do you smoke cigarettes or use other tobacco products? ( )Yes ( )No If yes, Type/Frequency \_\_\_\_\_

Have you had suicidal thoughts recently? ( )Frequently ( )Sometimes ( )Rarely ( )Never

Have you ever attempted suicide? ( )Yes ( )No If yes, When? \_\_\_\_\_

Do you self-harm? (e.g. cutting) ( )Frequently ( )sometimes ( )Rarely ( )Never

In the past year have you experienced any significant life changes or stressors? If yes, explain: \_\_\_\_\_

\_\_\_\_\_



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## HEALTH AND SOCIAL INFORMATION CONTINUED

Are you currently in a romantic relationship? ( )Yes ( )No If yes, how long? \_\_\_\_\_

What is the quality of your relationship? \_\_\_\_\_

Extreme depressed mood	Yes / No	If yes, When?
Dramatic mood swings	Yes / No	If yes, When?
Rapid speech	Yes / No	If yes, When?
Extreme anxiety	Yes / No	If yes, When?
Panic attacks	Yes / No	If yes, When?
Phobias	Yes / No	If yes, When?
Sleep disturbances	Yes / No	If yes, When?
Hallucinations	Yes / No	If yes, When?
Unexplained losses of time	Yes / No	If yes, When?
Unexplained memory lapses	Yes / No	If yes, When?
Alcohol/substance abuse	Yes / No	If yes, When?
Frequent body complaints	Yes / No	If yes, When?
Eating disorder	Yes / No	If yes, When?
Body image problems	Yes / No	If yes, When?
Repetitive thoughts (e.g. obsessions)	Yes / No	If yes, When?
Repetitive behaviors (e.g. frequent hand washing)	Yes / No	If yes, When?
Homicidal thoughts	Yes / No	If yes, When?
Suicidal attempts	Yes / No	If yes, When?

## TREATMENT HISTORY

Are you currently receiving psychiatric services, counseling, or psychotherapy? ( )Yes ( )No

If yes, current practitioner's name \_\_\_\_\_

No, but past practitioner's name \_\_\_\_\_

Are you currently or previously taking prescribed psychiatric medications (antidepressants or other)? ( )Yes ( )No

If yes, please list medications \_\_\_\_\_

Prescribed by \_\_\_\_\_ Dates taken \_\_\_\_\_

## OCCUPATIONAL INFORMATION

Are you currently employed? ( )Yes ( )Full-time ( )Part-time ( )No

If yes, who is your current employer/position? \_\_\_\_\_

Please list any work-related stressors, if any \_\_\_\_\_



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## RELIGIOUS / SPIRITUAL INFORMATION

Do you consider yourself to be religious? ( )Yes ( )No

If yes, what is your faith? \_\_\_\_\_ If no, do you consider yourself to be spiritual? ( )Yes ( )No

## FAMILY MENTAL HEALTH HISTORY (Immediate Family Members Only – Do not include yourself or spouse)

DIFFICULTY	YES / NO	FAMILY MEMBER
Depression		
Bipolar disorder		
Anxiety disorder		
Panic disorder		
Schizophrenia		
Alcohol / Substance abuse		
Eating disorder		
Learning disability / Special education		
Trauma history		
Suicide attempts		
Chronic illness		
ADHD / ADD		
Anger management		
Sudden cardiac death before age 50		
Birth defects		



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### LIMITS OF CONFIDENTIALITY

*Contents of all therapy sessions are considered to be confidential. Both verbal information and written records about a client cannot be shared with another party without the written consent of the client or the client's legal guardian. Noted exceptions are as follows:*

**Duty to Warn and Protect** When a client discloses intentions or a plan to harm another person, the mental health professional is required to warn the intended victim and report this information to legal authorities. In cases in which the client discloses or implies a plan for suicide, the health care professional is required to notify legal authorities and make reasonable attempts to notify the family of the client.

**Abuse of Children and Vulnerable Adults** If a client states or suggests that he or she is abusing a child (or vulnerable adult) or has recently abused a child (or vulnerable adult), or a child (or vulnerable adult) is in danger of abuse, the mental health professional is required to report this information to the appropriate social service and/or legal authorities.

**Prenatal Exposure to Controlled Substances** Mental Health care professionals are required to report admitted prenatal exposure to controlled substances that are potentially harmful.

**Minors/Guardianship** Parents or legal guardians of non-emancipated minor clients have the right to access the clients' records.

**Insurance Providers** (when applicable) Insurance companies and other third-party payers are given information that they request regarding services to clients. Information that may be requested includes, but is not limited to: types of service, dates/times of service, diagnosis, treatment plan, description of impairment, progress of therapy, case notes, and summaries.

I agree to the above limits of confidentiality and understand their meanings and ramifications.

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Client Signature (Client's Parent/Guardian if under 18)

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Date



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## AUTHORIZATION TO RELEASE MEDICAL INFORMATION / HIPPA NOTICE

Patient Name \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

\_\_\_\_\_(Initials) Information is **not** be released to anyone.

**OR**

\_\_\_\_\_(Initials) I authorize the release of information including the diagnosis, records, examination rendered to me and claims (financial) information.

### Information May Be Released To:

Spouse Name of Spouse \_\_\_\_\_

Children Name(s) of Children \_\_\_\_\_

Other Name(s) \_\_\_\_\_

### Authorization to Release Information to Your Insurance Company

We need your authorization to release your medical information to your insurance companies so that we can determine your benefits, initiate treatment, receive authorization for continued treatment, and receive payment for services rendered.

I, \_\_\_\_\_, authorize Helene Miller, MD and Family Psychiatry and Therapy to release my medical information (or information for my child, \_\_\_\_\_) to Medicare and/or my insurance company to determine my benefits, initiate treatment, receive authorization for continued treatment, and receive payment for services rendered.

### Coordination of Care

In addition, we may need your authorization to release information to certain professionals (e.g., physician, therapist, attorney, etc) involved in your treatment so that we can collaborate and provide more comprehensive care. You may revoke this authorization at any time in writing, except if we have already taken action based on the authorization.

**Please list the names and phone numbers of the other Providers from whom you are receiving care.**

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### HIPPA

I have received notice of Family Psychiatry and Therapy Privacy Practices and understand the document completely.

Printed Patient Name: \_\_\_\_\_ Signature of Patient: \_\_\_\_\_

Printed Name of Responsible Party (if not patient) \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_



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## HIPPA - NOTICE OF PRIVACY PRACTICES

**THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

The Health Insurance Portability & Accountability Act of 1996 ("HIPAA") is a federal program that requires that all medical records and other individually identifiable health information used or disclosed by us in any form, whether electronically, on paper, or orally, are kept properly confidential. This Act gives you, the patient, significant new rights to understand and control how your health information is used. "HIPAA" provides penalties for covered entities that misuse personal health information. As required by "HIPAA", we have prepared this explanation of how we are required to maintain the privacy of your health information and how we may use and disclose your health information. We may use and disclose your medical records only for each of the following purposes: treatment, payment and health care operations.

- Treatment means providing, coordinating or managing health care and related services by one or more health care providers. An example of this would include referral to/from another physician, health care agency, dentist, school.
- Payment means such activities as obtaining reimbursement for services, confirming coverage, billing or collection activities, and utilization review. An example of this would be providing you with a bill for your visit that you will send to your insurance company for reimbursement.
- Health care operations include the business aspects of running our practice, conducting quality assessment and improvement activities, auditing functions, cost-management analysis and customer service. An example would be an internal assessment review, sharing your health information with staff members to assess our performance, assess quality of care and learn how to improve services.
- To avert a serious threat to health or safety of you, the public or any other person
- Law enforcement/national security/protective services. We may release medical information in response to a court order, a subpoena, warrant, summons or similar process; to identify or locate a suspect, fugitive, material witness or missing person; about the victim of a crime if under certain circumstances we are unable to obtain the person's agreement; about a death we believe may be the result of criminal conduct; in emergency circumstances to report a crime.
- As required by law. We will disclose medical information about you when required to do so by federal, state or local law. An example of this is to report information related to victims of abuse, neglect or domestic violence.
- Appointment reminders/Treatment Alternatives/Health-Related Benefits and Services, or payment of your care.
- Individuals involved in your care or payment of your care. If you do not wish such information be shared, please follow the procedures described in the Right to Request Restrictions.
- Health Oversight Activities. We may disclose medical information to a health oversight agency for activities authorized by law such as audits, investigations, inspections and licensure.
- Worker's Compensation. We may release information for workers' comp or similar programs.
- Public Health Risks for example to prevent or control disease, injury, disability; reactions to medication, food, other products; to report births, deaths, abuse, neglect, or domestic violence
- Coroners, Medical Examiners and Funeral Directors so they can carry out their duties.

We may also create and distribute de-identified health information about treatment alternatives or other health-related benefits and services that may be of interest to you.

Any other uses and disclosures will be made only with your written authorization. You may revoke such authorization in writing and we are required to honor and abide by that written request, except to the extent that we have already taken actions relying on your authorization.

You have the following rights with respect to your protected health information, which you can exercise by presenting a written request to the Privacy Officer, Helene Miller, MD; 17 Arcadian Way Paramus, NJ 07652:

- The right to request restrictions on certain uses and disclosures of protected health information, including those related to disclosures to any person identified by you. You must request a restriction in writing. We are, however, not required to agree to a requested restriction. If we do agree to a restriction, we must abide by it unless you agree in writing to remove it.
- The right to reasonable requests to receive confidential communications of protected health information from us by alternative means or at alternative locations.
- The right to inspect and copy your protected health information, however we have the right to deny request for psychotherapy notes and provide treatment summary in lieu of psychotherapy notes. If you request copies there is a charge of \$1.00 per page, with a minimum charge of \$10.00 for records of 10 or fewer pages and a maximum charge of \$100.00. If you request an alternative format, we will charge a cost-based fee for providing your health information in that format. Physician's fees are based upon their hourly rate.
- The right to amend your protected health information.
- The right to receive an accounting of disclosures of protected health information.
- The right to obtain a paper copy of this notice from us upon request.

We are required by law to maintain the privacy of your protected health information and to provide you with notice of our legal duties and privacy practices with respect to protected health information.

This notice is effective as of 1/1/17, and we are required to abide by the terms of the Notice of Private Practices currently in effect. We reserve the right to change the terms of our Notice of Privacy Practices and to make the new notice provisions effective for all protected health information that we maintain. We will post and you may request a written copy of a revised Notice of Privacy Practices from this office. You have recourse if you feel that your privacy protections have been violated. You have the right to file a written complaint with our office or the Dept. of Health & Human Services, Office of Civil Rights about violations of provisions of this notice or the policies and procedures of our office. We will not retaliate against you for filing a complaint. For more information about HIPAA or to file a complaint:

The U.S. Department of Health & Human Services, Office of Civil Rights  
200 Independence Ave, S.W.

Washington, D.C. 20201 (202) 619-0257 Toll Free: 1-877-656-6775 Effective Date April 25, 2006



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## Financial Policy

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Please understand that payment of your bill is considered part of your treatment. The following is a statement of our financial policy which we require you to read and sign prior to any treatment.

### PATIENTS WITH NO MEDICAL INSURANCE:

**BASIC POLICY:** Payment for services is due in full at the time service is provided in our office. We accept cash and credit cards. Patient is ultimately responsible for all professional fees.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### PATIENTS WITH MEDICAL INSURANCE:

We do not participate on any panels with any Medical Insurance Carrier. If your Medical Insurance carrier covers out of network benefits, we will submit claims for you. Please be advised that we will balance bill you for our private pay rate. If you receive a check from your insurance, you must forward check to Family Psychiatry & Therapy.

Payment in full is due at the time of each appointment and will be collected prior to appointment, the patient is ultimately responsible for all professional fees.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### PATIENTS WITH AUTO INS. (MOTOR VEHICLE ACCIDENTS):

Charges for services incurred as a result of an automobile accident will be treated as a Personal Injury claim. You must provide necessary information to bill the carrier. We will bill the Auto Insurance carrier as a courtesy. If the Auto Insurance carrier determines that your condition is not as a result to your automobile-related injury, or your claim is denied for other reasons, you will be required to PAY ALL AMOUNTS DUE WITHIN 30 DAYS.

**NON-COMPLIANCE & FAILURE TO SHOW FOR TREATMENT:** Insurance carriers and attorneys will require continuous updates on your case, which cannot be provided if the patient is non-compliant to treatment. More than two missed appointments can result in discharge from the practice.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### PATIENTS WITH WORKERS COMPENSATION INS. (WORK RELATED ACCIDENT/INJURY):

Charges for services incurred as a result of a verified work-related injury will be treated as a Workers' Compensation claim and we will bill the Workers Compensation carrier as a courtesy. If the Workers' Compensation carrier determines that your condition is not as a result of your work-related injury, or your claim is denied for other reasons, you will be required to PAY ALL AMOUNTS DUE WITHIN 30 DAYS.

**NON-COMPLIANCE & FAILURE TO SHOW FOR TREATMENT:** Insurance carriers will require continuous updates on your case, which cannot be provided if the patient is non-compliant to treatment. More than two missed appointments can result in discharge from the practice.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_





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## Medication Refill Policy

Patient Name \_\_\_\_\_

Pharmacy Name \_\_\_\_\_

Pharmacy Address \_\_\_\_\_

Pharmacy Phone / Fax \_\_\_\_\_

**Allergies** \_\_\_\_\_

### PLEASE READ CAREFULLY:

- An Initial Prescriptions may take up to 3 hours to process. Please verify with your pharmacy that it is filled, and do not call our office.
- Please contact your pharmacy to request a refill, and do not call our office for refills.
- Please allow up to 48 hours for your refill to be processed.
- Refills are only processed during weekday office hours (10:00am thru 5:00pm Monday thru Friday).
- Refills sent over the weekend will not be received or reviewed until the next business day.
- Refills will not be renewed unless patient is seen on a regular basis.
- If you are due for an appointment and in need of a refill, you will only be given enough medication until your next scheduled appointment.
- Any adverse reactions to medication are to be reported to the office.
- If you are being prescribed a controlled substance and not compliant with your appointments or urine drug screening, you will not receive a refill until your next scheduled appointment.
- For medical emergencies, call 911, or go to your nearest Hospital Emergency Room.

**Initial**  
x \_\_\_\_\_ I have Read and Understand the Prescription Policy and agree to abide by the policy.

x \_\_\_\_\_ I have received a copy of this signed agreement.

\_\_\_\_\_  
Patient's Signature (Parent/Guardian if under 18)

\_\_\_\_\_  
Relationship

\_\_\_\_\_  
Print Patient's Name

\_\_\_\_\_  
Date



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### Patient Credit Card on File Agreement

We have implemented a policy which enables you to maintain your credit card information securely via encryption on file with Family Psychiatry and Therapy. In providing us with your credit card information, you are giving Family Psychiatry and Therapy permission to automatically charge your credit card on file for your session fee, co-pay, or deductible at time of service. This agreement will remain in effect until the expiration of the credit card account and that you may revoke this form at any time by submitting a written request.

The card may automatically be charged in the event of a late cancellation (less than 24 hours' notice), a no-show/missed appointment.

**Outstanding Balance:** If there is an outstanding balance owed, Family Psychiatry and Therapy will notify you via phone and/or email. If by the final billing notice, we do not receive a response from you or your payment in full, at that time, any balance owed will be charged to your credit card. A copy of the charge will be sent by email or mailed to you. This in no way compromises your ability to dispute a charge or question your insurance company's determination of payment.

**Multiple Users:** This card will only be authorized for the use of the credit card holder, his/her minor(s), or any person(s) listed below.

*I authorize Family Psychiatry and Therapy, to charge session fees, co-pays, deductibles and outstanding balances on my account to the following credit card:*

Credit Card Type: Debit / Credit //  Visa  Mastercard  Amex  Other

Credit Card Holder's Name: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_ Cvv: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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### Third Party Payment Agreement

Should you receive a check or other form of remuneration from an insurance company or other third-party payer for services rendered at our office, you agree to immediately release that payment to Family Psychiatry & Therapy with a copy of the explanation of benefits provided. Failure to do so may be construed as "Theft of Services" pursuant to Title 2C:20-8 of the NJ Permanent Statute Law and will be procedure to the fullest extent of the law.

Patient's Signature \_\_\_\_\_ Date \_\_\_\_\_



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## General Practice Policies - PLEASE READ CAREFULLY

### Appointment Policy

An appointment is considered a mutual commitment between you and your clinician and is subject to personal accountability and responsibility in keeping and managing the appointment. A 24 (twenty-four) hour notice is required to reschedule or cancel your appointment and to avoid automatic billing for payment of your session. Monday appointment cancellations must be received by the previous Friday. Appointments for which you arrive late will still end at the appointed time. As a courtesy, you may receive a reminder phone call, email and/or text for your appointment; however, responsibility for keeping your appointment is ultimately yours. All patients must arrive on time for their scheduled appointment. Failure to do so will result in a fee and rescheduling (if applicable) of the appointment.

Agree and Initial Here \_\_\_\_\_

### Drug Screening Policy

Drug screens are performed on patients when necessary. All new patients and patients who are prescribed controlled substance medications will have an initial drug screen and may be subjected to ongoing and/or random drug screening after. All patients who are prescribed controlled substances either by medical staff or any other third-party providers will be subject to regular drug screening. Any charges that may result from the drug screens will be the responsibility of the patient if not covered by the insurance company.

Agree and Initial Here \_\_\_\_\_

### Payment for Services

If we are not billing an insurance company for your service, the full payment is due at the time of service. Your co-payment and any deductibles and balances, which may apply, will be collected when you check-in. Family Psychiatry accepts cash, debit and all forms of credit cards. Balances and payment arrangements are the patient's responsibility and should be treated as a personal commitment and subject to personal accountability. Credit cards on file may be charged for outstanding balances.

Agree and Initial Here \_\_\_\_\_

### Confidentiality

The practice operates in a "multi-disciplinary" way, meaning that the clinician's function as a team. Therefore, it is important to understand that the information in the chart is accessible to other clinicians in the office in order to provide you with quality and consistent care. However, no information about you or your care will be released to anyone outside the office without your consent or a court order. The only exceptions include suicidal or homicidal risk factors or child/elder abuse or neglect. You will complete a Release of Information that you can use to list person(s) to whom we may have communications with about you, your care and/or financial matters concerning your account. Children (under the age of 17) have the right to confidential exchanges with clinicians. However, if there are issues that pose grave or immediate danger, these issues may be discussed with parents or legal guardians or child protective services.

Agree and Initial Here \_\_\_\_\_

### Contact and Treatment

Our office staff will take messages during regular business hours. Please allow 48-72 (business) hours for a response as clinicians have varied schedules and are not in the office each day. Please do not wait until a crisis to contact our office. We can address routine concerns much more effectively than crisis concerns. You may be asked to schedule a sooner appointment with your provider if our staff cannot address your concerns. Please note that most concerns are best addressed in sessions, and providers cannot be interrupted from treating others to take your calls. If your concern involves a safety issue, please notify our office immediately. If you have an after-hours concern, you may leave a message on our voicemail. If your need is emergent due to safety issues at any time, please call 911 or go to the nearest Emergency Department.

Agree and Initial Here \_\_\_\_\_

### Discharge

If you are "discharged" from the practice you can no longer schedule appointments, get medication refills, or consider us to be your physician/therapist. You must find a provider(s) in another practice. Common reasons for discharge include failure to keep appointments, frequent no-shows, noncompliance with treatment plan or medical advice, verbally abusive or threatening behaviors to any of our staff or failure to pay your outstanding balance. We will send a letter to your last known address, notifying you that you are being discharged. If you have a medical emergency within 30 days of the date on the letter, we may assist you with care options.

Agree and Initial Here \_\_\_\_\_

Printed Patient Name: \_\_\_\_\_ Signature of Patient: \_\_\_\_\_ Date: \_\_\_\_\_

*Office Use Only:*

Office Staff Name: \_\_\_\_\_ Signature of Office Staff: \_\_\_\_\_ Date: \_\_\_\_\_

Comments: \_\_\_\_\_ Reviewed with Provider? Yes ( ) No ( ) \_\_\_\_\_



## Beck Depression Inventory

Circle the answer the best describes how you felt *in the last month*.

Client/Patient Name \_\_\_\_\_ Date: \_\_\_\_\_

Score	0	1	2	3
1.	I do not feel sad	I feel sad	I am sad all the time and I can't snap out of it	I am so sad and unhappy that I can't stand it
2.	I am not particularly discouraged about the future	I feel discouraged about the future	I feel I have nothing to look forward to	I feel the future is hopeless and that things cannot improve
3.	I do not feel like a failure	I feel I have failed more than the average person	As I look back on my life, all I can see is a lot of failures	I feel I am a complete failure as a person
4.	I get as much satisfaction out of things as I used to	I don't enjoy things the way I used to	I don't get real satisfaction out of anything anymore	I am dissatisfied or bored with everything
5.	I don't feel particularly guilty	I feel guilty a good part of the time	I feel quite guilty most of the time	I feel guilty all of the time
6.	I don't feel I am being punished	I feel I may be punished	I expect to be punished	I feel I am being punished
7.	I don't feel disappointed in myself	I am disappointed in myself	I am disgusted with myself	I hate myself
8.	I don't feel I am any worse than anybody else	I am critical of myself for my weaknesses or mistakes	I blame myself all the time for my faults	I blame myself for everything bad that happens
9.	I don't have any thoughts of killing myself	I have thoughts of killing myself, but I would not carry them out	I would like to kill myself	I would kill myself if I had the chance
10.	I don't cry any more than usual	I cry more now than I used to	I cry all the time now	I used to be able to cry, but now I can't cry even though I want to
11.	I am no more irritated by things than I ever was	I am slightly more irritated now than usual	I am quite annoyed or irritated a good deal of the time	I feel irritated all the time
12.	I have not lost interest in other people	I am less interested in other people than I used to be	I have lost most of my interest in other people	I have lost all of my interest in other people
13.	I make decisions about as well as I ever could	I put off making decisions more than I used to	I have greater difficulty in making decisions more than I used to	I can't make decisions at all anymore
14.	I don't feel that I look any worse than I used to	I am worried that I am looking old or unattractive	I feel there are permanent changes in my appearance that make me look unattractive	I believe that I look ugly
15.	I can work about as well as before	It takes an extra effort to get started at doing something	I have to push myself very hard to do anything	I can't do any work at all
16.	I can sleep as well as usual	I don't sleep as well as I used to	I wake up 1-2 hours earlier than usual and find it hard to get back to sleep	I wake up several hours earlier than I used to and cannot get back to sleep
17.	I don't get more tired than usual	I get tired more easily than I used to	I get tired from doing almost anything	I am too tired to do anything
18.	My appetite is no worse than usual	My appetite is not as good as it used to be	My appetite is much worse now	I have no appetite at all anymore
19.	I haven't lost much weight, if any, lately	I have lost more than five pounds	I have lost more than ten pounds	I have lost more than fifteen pounds
20.	I am no more worried about my health than usual	I am worried about physical problems like aches, pains, upset stomach, or constipation	I am very worried about physical problems and it's hard to think of much else	I am so worried about my physical problems that I cannot think of anything else
21.	I have not noticed any recent change in my interest in sex	I am less interested in sex than I used to be	I have almost no interest in sex	I have lost interest in sex completely



## Beck Anxiety Inventory

Below is a list of common symptoms of anxiety. Please carefully read each item in the list. Indicate how much you have been bothered by that symptom during the past month, including today, by circling the number in the corresponding space in the column next to each symptom.

Client/Patient Name \_\_\_\_\_ Date: \_\_\_\_\_

No.	Response	Not At All	A little bit	Moderately	Extremely
1.	Numbness or tingling	0	1	2	3
2.	Feeling hot	0	1	2	3
3.	Wobbliness in legs	0	1	2	3
4.	Unable to relax	0	1	2	3
5.	Fear of worst happening	0	1	2	3
6.	Dizzy or lightheaded	0	1	2	3
7.	Heart pounding/racing	0	1	2	3
8.	Unsteady	0	1	2	3
9.	Terrified or afraid	0	1	2	3
10.	Nervous	0	1	2	3
11.	Feeling of choking	0	1	2	3
12.	Hands trembling	0	1	2	3
13.	Shaky / unsteady	0	1	2	3
14.	Fear of losing control	0	1	2	3
15.	Difficulty in breathing	0	1	2	3
16.	Fear of dying	0	1	2	3
17.	Scared	0	1	2	3
18.	Indigestion	0	1	2	3
19.	Faint / lightheaded	0	1	2	3
20.	Face flushed	0	1	2	3
21.	Hot/cold sweats	0	1	2	3



## Trauma (PTSD) Check List

Below is a list of problems and complaints that people sometimes have in response to stressful life experiences. Please read each one carefully, pick the answer that indicates how much you have been bothered by that problem *in the last month*.

Client/Patient Name \_\_\_\_\_

Date: \_\_\_\_\_

No.	Response	Not at all	A little bit	Moderately	Quite a bit	Extremely
1.	Repeated, disturbing <i>memories, thoughts, or images</i> of a stressful experience from the past?	1	2	3	4	5
2.	Repeated, disturbing <i>dreams</i> of a stressful experience from the past?	1	2	3	4	5
3.	Suddenly <i>acting or feeling</i> as if a stressful experience <i>were happening</i> again (as if you were reliving it)?	1	2	3	4	5
4.	Feeling <i>very upset</i> when <i>something reminded</i> you of a stressful experience from the past?	1	2	3	4	5
5.	Having <i>physical reactions</i> (e.g., heart pounding, trouble breathing, or sweating) when <i>something reminded</i> you of a stressful experience from the past?	1	2	3	4	5
6.	Avoid <i>thinking about</i> or <i>talking about</i> a stressful experience from the past or avoid <i>having feelings</i> related to it?	1	2	3	4	5
7.	Avoid <i>activities</i> or <i>situations</i> because they <i>remind you</i> of a stressful experience from the past?	1	2	3	4	5
8.	Trouble <i>remembering important parts</i> of a stressful experience from the past?	1	2	3	4	5
9.	Loss of <i>interest in things that you used to enjoy</i> ?	1	2	3	4	5
10.	Feeling <i>distant</i> or <i>cut off</i> from other people?	1	2	3	4	5
11.	Feeling <i>emotionally numb</i> or being unable to have loving feelings for those close to you?	1	2	3	4	5
12.	Feeling as if your <i>future</i> will somehow be <i>cut short</i> ?	1	2	3	4	5
13.	Trouble <i>falling</i> or <i>staying asleep</i> ?	1	2	3	4	5
14.	Feeling <i>irritable</i> or having <i>angry outbursts</i> ?	1	2	3	4	5
15.	Having <i>difficulty concentrating</i> ?	1	2	3	4	5
16.	Being " <i>super alert</i> " or watchful on guard?	1	2	3	4	5
17.	Feeling <i>jumpy</i> or easily startled?	1	2	3	4	5