

CONNECTIONS: HOW-TO

IF YOU DON'T KNOW WHAT YOU OWN, YOU CAN'T PRACTICE OWNERSHIP

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Appointments and Medication Refills

Please **connect** with my helpful and informed PCC - Patient Care Coordinator - for appointments and medication refills through this internal email link: **Janittia James** manages the details at: jjames@commonwealthcounseling.com

Prevent Emergencies from the Outset

An ounce of prevention is worth a pound of cure: Always keep about 7 of *each medication* in your hidden **Back Up Stash** so you do not require an immediate refill TODAY. Serotonin antidepressant medications can cause a discontinuation syndrome [shaky, overwhelmed, depressed, confused] if you don't taper them – thus the Stash. You aren't addicted, it's just that your inadequate neurotransmitter systems come to rely on them.

This plan works well for stimulants and other meds as well, so you don't get into a jam by running out on the weekends. They **will not decay** in the Stash.

Plan Ahead for Your Medication Review Checkups

We **cannot** turn around medication refills in 1-2 days – and require at least 3 days to fit those refills into our schedule. Bear in mind we do NOT do refills on Friday - so prepare ahead with your Stash. These issues directly connect with your improving practice of informed self-management with planning and schedules. **Explanations** in videos regarding ownership: <http://corepsych.com/path>

Children and Adolescents

Train them to **keep you informed** so that you can handle refills for them. They should know what the medications are for, how they work, and the importance of paying attention to timely refills. We make that information part of our working responsibility with your family. Hold them accountable to help you keep us posted on refills. College? No excuses. Teamwork matters.

Insurance Variables

Each insurance company has its own view of right and wrong – independent of the standard of care or neuroscience data points. The variety of their multiple opinions keeps us all on full alert regarding how they permit refills and specific medications. We are quite experienced with companies that permit 90-day refills and *need to know if they provide that option as soon as possible* - both at the outset - and if changes take place during our work together. Keep us posted. If we can give you 90-day prescriptions it **saves both of us** considerable time. Ask them when you sign up.

Video Links on Medication Awareness

<http://corepsych.com/how>