



River Valley

psychological services

Disclosure Statement

Sarah Pullen, MD

Psychiatrist

Thank you for entrusting your care to River Valley Psychological Services. This letter provides information that is important in helping you make informed decisions regarding your psychiatric care, as well as your rights and responsibilities as a client.

Background

I am a Board Certified General Psychiatrist in the state of Washington. After receiving my MD at University of South Florida College of Medicine in Tampa, FL, I made the move to the Pacific Northwest for my residency in psychiatry at University of Washington. Following residency, I completed 5 years of active duty military service in the US Air Force at Mountain Home AFB in Idaho. I consider the Pacific Northwest home and recently returned to Seattle following my military service.

Approach to Care

I take a collaborative and balanced approach to psychiatric care. This means first listening to you in an empathic and supportive way then working together towards your goals. To do this, I combine medication management with brief psychotherapy while also encouraging use of other modalities to include more in depth therapy, mindfulness, nutrition, and exercise. I see adult patients (18 to 60 years) and am experienced with treating a wide range of psychiatric conditions.

As a new patient, you can expect the first visit to include a thorough review and discussion of your psychological, emotional, and medical history. We will review your needs in these domains and then progress to talking about a treatment plan which may include recommendations for laboratory testing, medication, and coordination with other providers. Treatment options are then reviewed together and treatment decisions made jointly. Treatment may require adjustment as we continue to work together. Duration of treatment varies depending on your specific situation and goals. Termination of treatment services may be initiated by either one of us.



Renton Office

600 Oakesdale Avenue SW Suite 104
Renton, WA 98057
Telephone (425) 228-5336
Fax (425) 228-4540

rivervalleypsych.com

Your Rights and Confidentiality

All information is held confidential except in specific situations or if you grant permission for me to share information by completion of a Release of Information Form. The laws of the State of Washington require that confidentiality be breached in the following situations: 1) abuse of a child or elder, 2) there is an imminent risk of you harming yourself or others, 3) some instances of court subpoena. In addition, I must provide information regarding your treatment to your insurance company if they are paying for your services.

I am legally required to maintain a written record of all of our appointments. You have the right to review your records at any time.

Scheduling Appointments

The initial evaluation is 60 minutes and subsequent medication management appointments are 30 minutes. If you happen to arrive late for an appointment, the time may not be extended as there may be another person scheduled for the following session. When an appointment is missed or cancelled without a minimum of 24 hours notice, you are responsible for payment of the cancellation fee as that time is reserved for you. Please reschedule with as much notice as possible as this is helpful for others waiting for appointment times. My appointment times are from 8:30 to 4:30 on Wednesday, Thursday, and Friday. I return phone calls and refill medications on those days as well. Office hours for River Valley are Monday through Friday from 9am to 5pm excluding holidays. If I am unavailable to take your call, please leave a message with our office staff or on my voicemail for non-emergent concerns. Our office staff can assist with scheduling appointments and with billing questions. If you have an emergency after hours, please call our answering service at [425-228-5336](tel:425-228-5336) or call [911](tel:911).

Fees

I participate in most insurance plans. It is your responsibility to check with your insurance plan and to understand your benefits including deductible, copayment, and coinsurance. Services not covered by your insurance will be your responsibility. The co-payment is due at each visit. River Valley Psychological Services will bill your insurance company for the remainder. For self pay, payment for services is due at each visit. For insurance companies of which I am not a provider, I will provide you with billing information to access out of network benefits. Payments will be credited to your account and any overdue accounts will be sent to a collection agency.

I have read the above material and agree to the terms.

Signature _____ Date _____



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