

Working Together with Your Doctor



**Tuolumne County
Behavioral Health Department
105 Hospital Road
Sonora, CA. 95370**

For general information regarding
services, call our business line:
(209) 533-6245
M-F 8:00 am – 5:00 pm

***24-hour Crisis Line and
Support for Behavioral
Health:
(209) 533-7000***

***In an emergency
please call 911.***

**TUOLUMNE COUNTY
BEHAVIORAL HEALTH
DEPARTMENT**

**105 HOSPITAL RD.
SONORA, CA. 95370**

**MEDICATION
SERVICES**



*Promoting Recovery and
Self-Management for Persons Living
with Mental Illness*

***Medication Services
Refills/Requests:
(209) 533-6227***

Appointments and Intakes:
Business Line: (209) 533-6245

This brochure is to help you get the most out of the medication support services that we provide. It is important to work closely together and we encourage good communication and support personal responsibility.

Our goal is to provide you with medication that effectively treats your symptoms at the lowest dosage needed with the fewest, if any side effects and have you return to the care of your doctor whenever possible.

Your medication services are part of "Specialty" Mental Health Services, which means once you have the correct medications, you may return to your primary doctor to continue your prescriptions. The staff work together to support your success and include the psychiatrist, the nursing staff and a clinician who will coordinate your care with your doctor, provide ongoing assessment of your needs and refer you to additional services when needed.

Welcome to Medication Services



Your First Visit

First time appointments with the psychiatrist will be scheduled by your intake clinician or your assigned clinician. If your appointment cannot be scheduled at the time of your visits, you will be contacted within 3 days with the time and date of your first appointment with the psychiatrist.

FOR YOUR FIRST VISIT PLEASE BRING THE FOLLOWING:

- ✓ A list of any doctors that you see with their contact information.
- ✓ All your current medications.
- ✓ Any questions regarding your treatment or diagnosis
- ✓ If you did not do so during your intake, any contact persons that you wish to have involved in your treatment.
- ✓ Contact for information for previous providers

ONGOING MED SERVICES

All follow up appointments are made at the reception office window when you finish your appointment with the doctor or nurse. Please make sure we have correct contact information for you as we will make a reminder call before your next visit.

REFILLS:

First contact your pharmacy for all refill requests.
If you need to discuss your refill or ask about a non-urgent medication issue call:

(209) 533-6227

Messages on the Medication Line are checked regularly and all efforts will be made to respond the same day.

Refills are handled in the order received, but there may be up to 3 business days between request and filling of requests- so call early.

You Must Attend All Your Appointments!

Missing appointments with the doctor may jeopardize your care and/or continued refills of your medications. You **must** see the doctor *at least* once every three months, though you may be seen more often. Ongoing refills without seeing the doctor **will not** be continued beyond the three months.

Effective care can only happen if you are prepared to discuss your progress and meet regularly with your treatment team. We are here to support you and evaluate your ongoing treatment to achieve personal recovery.

Also, visit Tuolumne County's Network of Care for Behavioral Health www.tuolumne.networkofcare.org/mh/

- Local listings of behavioral health, recovery, and many other resources
- Easily searchable resources
- Community calendar & announcements
- Library and Wellness tools, including health information and WRAP plans
- Social Networking and Legislative info
- Similar site for veterans:

<http://tuolumne.networkofcare.org/veterans/>

Develop a Wellness Recovery Action Plan (WRAP),

Ask about getting support for:

- Developing a Wellness Toolbox and a daily maintenance plan;
- Understanding triggers and what to do about them;
- Identifying early warning sign that things are breaking down and developing an action plan
- Crisis and Post crisis plan

