

Treatment Consent Form and Program Policies

Program Description:

The Mindfulness Based Outpatient Program is a medically supervised outpatient program intended to support individuals suffering from a variety of mental health disorders. Such disorders include moderate to severe mood disorders, anxiety disorders, ADHD, eating disorders, and substance abuse. The program is intended to provide support for those who require more intensive treatment than routine outpatient care. Examples include patients who are currently undergoing medication adjustments or detoxification, those stepping down from residential treatment or those currently residing in sober living. Other appropriate candidates include individuals who are seeking to incorporate complementary practices into their mental health treatment, as well as individuals who are trying to minimize their reliance on medications. The program is also appropriate for those seeking to learn about mindfulness techniques, coping skills, stress management/relaxation, distress tolerance, and emotional regulation.

The program is small in size, with a maximum of 8 participants at any given time. It is appropriate for both male and female participants, although certain groups are gender specific.

Program Structure:

The outpatient program is a two day per week program, meeting on Tuesdays and Thursdays. A minimum four week commitment is required, however a patient may extend their treatment participation beyond four weeks as appropriate.

Each treatment day involves approximately 3 ½ hours of therapeutic activity. The program hours vary between 11 am and 5 pm, depending on each individual's particular schedule. The schedule includes a one hour gender specific yoga therapy group, a one hour group acupuncture and meditation group, and a 1 ½ hour therapy group (Tuesdays: Mindfulness skills group, Thursdays: Distress Tolerance and Emotional Regulation group). Two appointments with Dr. Vasa will also be scheduled during the four week program in order to monitor status and progress towards treatment goals. Patients will be expected to continue individual therapy with their individual therapists; if a patient does not have an individual therapist but is in need of one, he or she will be appropriately referred.

Please note that there will be several breaks throughout the day in between sessions. Please feel free to relax in the group rooms, waiting room, or in the outdoor common

areas. Please feel free to bring snacks to eat during the breaks, as well as a small towel for use during yoga sessions. There are several public restrooms located throughout the office building.

Please do not leave the building during the hours of the program; if you choose to leave, please note that you are responsible for your own safety and well being while off site.

Because this is a two day per week program, individuals may also participate in part time employment, school, and/or 12 step involvement as appropriate. Please note that patients may be randomly drug tested during participation in the program.

Treatment Team:

Dr. Monisha Vasa is a General and Addiction Psychiatrist who developed the outpatient program in her office in Newport Beach, California. Dr. Vasa evaluates each patient prior to participation, in order to assess appropriateness, and also monitors each patient throughout their time in the program. If a patient is already being treated by a psychiatrist, Dr. Vasa will monitor the status and progress of the patient, but will defer any decisions regarding medication changes to the active treating psychiatrist. Dr. Vasa also leads the treatment team and ensures regular communication between all members of the treatment team in order to provide comprehensive, collaborative care. Dr. Vasa's treatment philosophy is based on the idea that a psychiatrist needs to work with each patient from a 360 degree perspective, evaluating each individual's biological, psychological, spiritual, emotional, health, and relationship needs. She strongly believes in the importance of integrating a variety of tools into mental health care, such as psychotherapy, nutrition, exercise, meditation, yoga, and acupuncture, in order to fully maximize functioning and lifestyle change, rather than focusing on symptom relief only. Dr. Vasa personally selected each participating clinician for their skill, compassion, dedication to patient care, and the ability to communicate effectively as a member of a treatment team.

Dr. Anna McCarthy conducts the talk therapy groups centered around mindfulness, emotional regulation, distress tolerance, and coping skills. Dr. McCarthy is a licensed psychologist who specializes in the treatment of PTSD/trauma, family and marital issues, mood and anxiety disorders, and substance use/dual diagnosis issues. Dr. McCarthy is also currently a staff psychologist at the VA Long Beach Healthcare System in addition to operating a small private practice in Corona Del Mar, where she enjoys providing individual, couples, family, and group therapy sessions.

Kate Fennelly is an acupuncturist who leads the group acupuncture and meditation sessions. Kate is a licensed California Acupuncturist, Herbalist and Acupuncture

Detoxification Specialist. Kate believes in taking a holistic approach in examining and treating each patient, balancing nutrition, emotional health and environmental factors using alternative medical practices such as Acupuncture, Herbal supplements, Acupressure, Meditation and Reiki.

Shelby Castille is a licensed Marriage and Family Therapist, as well a registered yoga teacher, who leads the female yoga therapy sessions. Shelby's areas of expertise include depression, anxiety, eating disorders, body image issues, addiction, and co-dependency. Shelby believes in the importance of addressing both mind and body in each session. She utilizes yoga to empower people and prime them to access their deepest emotions, while maintaining empathy and positive regard for their experiences. Shelby also maintains a private practice in Newport Beach.

Newton Campbell is a registered yoga teacher who leads the male yoga therapy sessions. Newton's classes are designed to open the body and enhance circulation, as well as facilitate a deeper awareness and connection to the mind, body, and spirit. Newton adopts a compassionate and patient style, encouraging male students to open up to yoga as a possible transformative factor in their journey towards improved mental health and well being. Newton is co-owner of Triad Yoga and Pilates, a yoga and pilates studio located on the border of Irvine and Newport Beach.

Risks and Benefits of Treatment:

Psychiatric Evaluation and Monitoring: The benefits of psychiatric evaluation and monitoring include proper diagnosis, close monitoring of medications, doses, and side effects, and overseeing of treatment plan. The risks of psychiatric evaluation and monitoring involve being asked questions that may bring up uncomfortable emotions or prior/current experiences. Sometimes, the "fit" between a psychiatrist or treatment program and a patient is not the right one; in such cases, Dr. Vasa would always assist you in finding a more appropriate clinician or treatment setting.

Group Psychotherapy: The benefits of group psychotherapy involve increased support, improved coping skills, and improved interpersonal relationship skills. The risks of group psychotherapy involve the potential for increased anxiety and discomfort when certain topics are discussed, being "triggered" by other members of the group, and interpersonal conflict. One role of the group facilitator is to help manage these risks, and turn them into therapeutic opportunities for each patient.

Acupuncture: Based in traditional Chinese medicine, acupuncture is the process of inserting or manipulating sterile needles on various parts of the body for therapeutic purposes. The potential benefits of acupuncture include relaxation, improved sense of well being, and decreased distress during processes such as medication tapering, titration, or drug and alcohol detoxification. Potential risks include mild discomfort,

mild bleeding or bruising, unfamiliar sensations, and risks associated with superficial needle insertion into the body. In the group setting, primarily auricular (ear) acupuncture or acupressure will be utilized. Sterile technique will always be utilized; all needles are sterile, disposable, and used one time only. If at any point, you become aware of discomfort or pain, please notify the acupuncturist immediately.

Yoga: In the treatment setting, yoga is the use of breathing techniques and physical postures to improve physical and emotional health. Each yoga group will be gender specific, meaning all female or male participants, led accordingly by a female or male teacher. The potential benefits of yoga include improved mood, decreased anxiety, enhanced well being, improved self esteem and self acceptance, improved physical health, and the learning of breathing and meditative techniques. Risks include physical discomfort, pain, or injury, as well as possible increased awareness of uncomfortable emotions or experiences. Please be aware of your own physical limitations, and proceed at a pace that is comfortable. Please notify the teacher prior to class of any physical injuries or limitations, or any medical problems, that he or she should be aware of. Please take breaks as needed. Please do not hesitate to notify the teacher of any emotional or physical discomfort that arises during class.

Confidentiality: It is the treatment team's legal and ethical duty to keep all sessions confidential from outside parties. In the severe circumstances where the team is concerned that you are an imminent danger to yourself, others, or unable to adequately provide for your own food, clothing, or shelter, the treatment team may be required to break confidentiality. In these situations, we will only reveal what information should be necessary to insure that you receive the best care possible. Other situations where we may need to break confidentiality in a limited fashion are: if you are being treated in an emergency room, if there is suspicion that you are harming a minor or a vulnerable adult, or if a judge requires the team to provide information as part of a legal trial. Wherever possible, we would first discuss with you the urgency and necessity of the situation, with the goal of agreeing upon the need and extent of disclosure.

Communication: Any questions regarding the outpatient program, anticipated absences, absences due to illness, or scheduling issues should be handled through Dr. Vasa's office. Dr. Vasa's phone number is: 949-612-3955. Email may also be used, although email is not an appropriate mode of communication for emergency issues. Dr. Vasa's email address is: mvasamd@gmail.com. For any after hour issues that are urgent, Dr. Vasa may be paged through her outgoing voicemail system. For any after hour issues that are life threatening, please call 911 or go to the nearest Emergency Room. If Dr. Vasa is away from the office for an extended period of time, the name and number of a covering clinician will be available through Dr. Vasa's voicemail.

Professional Reimbursement: The professional fees for the four week program, inclusive of all therapeutic activities and supplies, is \$4000. Payment is due at the

beginning of each four week block via check or credit card. A superbill will be provided that can be submitted to insurance companies for reimbursement, however, the degree of reimbursement will vary based on each individual's insurance coverage for outpatient programs.

Please sign and date below to indicate that you have read and agree to abide by the above policies and procedures, and that you hereby consent to participation.

Patient name (please print): _____

Patient signature: _____

Date: _____

Psychiatrist name: Monisha Vasa, M.D.

Psychiatrist signature: _____