

## **CATHERINE L. MCCARTHY M.D., PLLC**

CHILD, ADOLESCENT AND ADULT PSYCHIATRY

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### **PATIENT INFORMATION**

Welcome to my psychiatric practice. This flyer contains information in response to frequently asked questions by new patients. Please read it over, and feel free to raise any questions you may have with me at our first appointment.

#### **CONFIDENTIALITY**

One of the cornerstones of the doctor-patient relationship is confidentiality. It is important for you to discuss whatever you want in treatment without fear that it will leak out and create problems for you in your life. However, there are certain situations in which the doctor may be compelled to break confidentiality. The following situations are examples in which the doctor would need to report information revealed to a third party:

1. Virginia law requires the reporting of child or elder abuse to the proper authorities, even when it is revealed in the privacy of the doctor's office.
2. If the patient poses a serious danger to him/herself or others, the doctor may insist that this person be admitted to the hospital, or at least transported to an emergency room to be evaluated for admission, even if this is against the patient's will. If the patient is under the age of 18, their parent or guardian will be informed of the safety concerns.
3. The physician is obligated to warn a person if s/he thinks this person is likely to become a victim of violence at the hands of a patient.

The confidentiality of your personal health information is very important to me. Your health information includes records that I create and obtain when I provide you care, such as a record of your symptoms, examination and test results, diagnoses, treatments, and referrals for further care. It also includes bills, insurance claims, or other payment information that I maintain related to your care. At your first visit, you will be asked to sign a consent form, indicating that you have consented to the use and disclosure of your protected health information for treatment, payment, and healthcare operations.

#### **EVALUATION AND THERAPY SESSIONS**

The ideal setting for evaluating, treating, and consulting on clinical matters is the traditional one-on-one setting. For this reason, I provide face-to-face treatment and consultation interventions at regularly scheduled appointments.

#### **CHILDREN UP TO AGE 13**

For children up to age 13, the first appointment is 50 minutes in length, is focused on obtaining a comprehensive history of the parents' concerns about the child, and is with the parents only. I prefer to meet with both parents during this initial meeting whenever possible. During this visit, I will be getting an understanding of the child's current level of functioning, routines, strengths, and weaknesses. I will also ask questions about the child's developmental history. In addition, I am interested in any previous therapy, psychological evaluations, school assessments, and previous medication treatments.

For the initial consultation, I will need the most current copies of any of the following documents the parents have obtained for the child: Individualized Educational Plan or Individual Family Service Plan, previous psychological and educational testing, Occupational and Speech-Language Therapy evaluations, results of neurological evaluations (including EEG, MRI, and metabolic/genetic testing results when applicable), pertinent

medical records, a baby book/photo album if available, and custody documents (when applicable). It is preferable if the copies of any and all previous evaluations are sent ahead of time; otherwise they can be brought to the first appointment. As part of a Child and Adolescent evaluation, additional time is spent consulting with the patient's teacher(s), medical provider(s), and other therapist(s) (with consent from the family), as well as reviewing documents.

During the intervals between these appointments, medical tests, such as laboratory tests, EKGs, EEGs, or imaging scans, or other physical assessments may be indicated depending on the individual circumstances. I recommend that the child have a physical if one has not been done recently, or if I am considering the use of certain medications. I will need a copy of the most recent physical for my records. Psychological or Neurophysical testing may sometimes be recommended for clarification of diagnoses, for assessment of treatment interventions and school IEP's.

The second appointment, 45 minutes in length, is spent with the child doing a clinical interview. The style of this interview is tailored to the developmental level of the child, and may involve the use of play and games for therapeutic purposes, in addition to verbal questioning. I use my observations to identify areas of strength as well as weakness, and then develop a strategy to use the child's abilities to maximize growth and development.

The third appointment, usually 45 minutes in length, is used for me to meet with the parents again to discuss the diagnosis and treatment alternatives, and to help the parents begin implementing a treatment plan.

### ADOLESCENTS

For adolescents, I will need the same information as that described above for younger children. However, I usually approach the evaluation differently. At the first appointment, both the teenager and the parents attend together. This arrangement is designed to avoid the perception on the part of either the parents or the child that the evaluation is biased toward either the parents' or the child's point of view. I usually begin with parents and the teenager in the room together in order to ascertain everyone's concerns and to obtain medical, family and past treatment history. I then will ask the parents to wait in the waiting room while I talk with the teenager alone for the remainder of the hour.

The second appointment, usually 45 minutes in length, is initially spent with the teenager alone to complete the evaluation that was begun in the first appointment. I then ask the teenager to wait in the waiting room while I meet with the parents alone to talk about their concerns and treatment plan. Toward the end of the appointment, I invite the teenager back in with the parents to talk about implementing a treatment strategy. Thus, the adolescent evaluation is usually completed in two appointments, although in certain situations this may be extended to three appointments if the concerns are more complex.

### ADULTS

My evaluation for adults usually consists of a single hour spent both gathering information about the problems and concerns that led to the consultation, as well as all history gathering and treatment decision planning. On occasion longer periods of time are needed for more complex situations, but the majority of adult consultations are completed in one hour.

I do not automatically prepare a written summary or evaluation report for diagnostic assessments; however, I am happy to do so for any patient or family that requests one. There will be an additional fee based on the time it will take to prepare the report.

### REFILLS

Medication adjustments, along with prescriptions for medications and refills, are generally provided during appointment times. This system exists so that we can carefully address the response to medication, any side effects, make dosage adjustments, and discuss treatment alternatives as indicated. Refills for medications that are controlled (such as stimulants like ritalin/adderall) must be given on a paper prescription, and are dispensed

in 30-day increments. Federal law precludes me from providing refills for such substances in the event they are lost, so please store these and all medications securely.

### TELEPHONE CALLS

My office is open Monday-Thursday, except for holidays. I will generally return phone calls within 24 hours, or if after Thursday at 5 pm, on the following business day. I do not charge for routine calls lasting less than five minutes duration. Please see the fee schedule below for charges relating to calls exceeding five minutes.

Insurance companies typically do not cover telephone consultations.

### **FEE SCHEDULE**

Each session has designated time limits, as indicated in my fee schedule. For example, a one-hour Psychotherapy appointment includes a 45-minute meeting and time for me to write up the patient's case notes. A medication management appointment includes a 20- to 25-minute meeting.

<u>Fee</u>	<u>Service</u>
\$400 for first 60-minute consultation	<ul style="list-style-type: none"> <li>• Initial session of psychiatric intake and evaluation for children and adolescents</li> <li>• Psychiatric intake and evaluation for adults</li> <li>• Review of all previous testing and other materials</li> </ul>
\$285 per 45 minutes	<ul style="list-style-type: none"> <li>• Second and third sessions of child and adolescent intake and evaluation</li> <li>• Individual and family therapy</li> <li>• Extended medication management appointment</li> </ul>
\$195 per half hour	<ul style="list-style-type: none"> <li>• Medication management</li> </ul>

Written reports to agencies, professionals, schools and insurance companies will be billed at the same hourly rate as psychotherapy. Review of documents, such as test reports or hospital records, will also be billed at this rate.

**There will be a \$15.00 charge for each prescription that is not written or called in during a scheduled session.**

ALL telephone calls of 10 minutes or longer will be billed at the following rates:

10 minutes	\$50
20 minutes	\$100

Telephone calls 25 minutes or longer will be billed at the same rate as psychotherapy. Rates are also applicable to phone calls made to teachers, therapists, other physicians, or other individuals involved in a patient's care.

### **BILLING AND PAYMENT EXPECTATIONS**

Payment is due at the time services are rendered. I will provide you with a bill that contains the codes necessary for your insurance company to evaluate all claims. I accept cash and personal checks. If an adolescent transports himself/herself to therapy sessions, s/he should be provided beforehand with the means to make the payment at each session. A monthly billing fee of \$15 will be charged for all unpaid balances that require billing by mail. Prescriptions and continued treatment will not be provided for patients with unpaid bills.

In order to make it possible to spend more time on matters directly related to patient care, I do not participate in healthcare, managed care, or HMO insurance programs. Additionally, I do not participate with Tricare, and will not evaluate or treat any patients with Tricare at this time. I do not complete or submit claims to your insurance company. You are responsible for obtaining your own reimbursement from your insurance company. To obtain any reimbursement that you may be eligible to receive, you will need to fill out the forms your insurance carrier requires, and submit such forms to your insurance company along with my bill. If your insurance plan requires prior approval or authorization before a psychiatric evaluation, please contact your plan directly to obtain authorization before we meet.

## **CANCELLATION AND LATE ARRIVAL POLICY**

If for any reason you are unable to meet for your appointment, you are responsible for calling to cancel at least 24 “business” hours prior to your scheduled time (e.g., you must cancel a Monday appointment by 5:00 pm on the prior Friday). You will be charged for a missed appointment that is not cancelled accordingly.

The time for your sessions is reserved specifically for you. We will need to begin and end on time. I cannot extend our session beyond the agreed upon times; thus, if you are late for a scheduled appointment, that time is lost from your session. If I am late, I will either reduce your fee proportionally or make up the time when it is convenient for both of us.

## **HOW TO REACH DR. McCARTHY**

My practice phone number is 703-288-3535. If an urgent matter requires my consultation, please call my practice phone number and listen to the instructions about how to reach me. In the event of a medical or psychiatric emergency, please call your family physician or go to the nearest emergency room.

If I am on vacation or extended leave, or otherwise unavailable, I will have another physician covering my practice. The covering physician’s contact number will be available on my recorded phone message during my absence.

## **TREATMENT CONSIDERATIONS**

I will discuss your condition, the recommended therapy, and the relative benefits and risks of the recommended therapy. If at any time you have any questions about your treatment, please ask me. If you are dissatisfied with the treatment I am providing, please bring this up with me directly. I believe it is critical to good treatment for the doctor and patient to have a basic alliance and a clear vision of what they are trying to accomplish together. I look forward to our work together.

## DIRECTIONS TO DR. McCARTHY'S OFFICE

My office is located at 6723 Whittier Ave, Suite 403, in McLean, Virginia 22101. The building is multi-storied with a dark glass exterior. Parking is available on the sides and the rear of the building. You can enter at either the front or rear of the building, and then take an elevator to the fourth floor.

From the intersection of Old Dominion Drive with Dolley Madison Blvd. (Route 123), if you are driving on Route 123 (Dolley Madison Blvd) toward McLean from the Tysons Corner area, turn right on Old Dominion Drive, cross Chain Bridge Road and then make the second right onto Whittier Avenue. Proceed one block. The building is on the left just after crossing Emerson Avenue.

From the Beltway (Rt. 495), take exit 46 to SR-123 North (Dolley Madison Blvd.), heading toward McLean. Proceed for 0.8 miles past intersection with Great Falls St on the right and Lewinsville Rd on the left. Turn right at traffic light onto Old Dominion Drive, cross Chain Bridge Road and then make the second right onto Whittier Avenue. Proceed one block. The building is on the left just after crossing Emerson Avenue.

From Chain Bridge (where Glebe Road and SR-123 converge to cross the Potomac and join Canal Road), proceed on SR-123 South (Chain Bridge Rd/Dolley Madison Blvd) toward McLean for 4.1 miles. Turn left on Old Dominion Drive, cross Chain Bridge Road and then make the second right onto Whittier Avenue. Proceed one block. The building is on the left just after crossing Emerson Avenue.

From George Washington Parkway, exit onto SR-123 South heading toward McLean. Continue on SR-123 (Dolley Madison Blvd.) toward McLean for 3 miles. Turn left on Old Dominion Drive, cross Chain Bridge Road and then make the second right onto Whittier Avenue. Proceed one block. The building is on the left just after crossing Emerson Avenue.

### 6723 Whittier Ave

