

# What to Expect:

## Perinatal Psychiatric Services

Psychiatric Medication Providers diagnose mental health disorders and provide treatment with medications.

### Program Details

Services provided focus on psychiatric medication management for women who are planning to conceive, are currently pregnant, postpartum, or going through menopause.

### Who is eligible?

- ▶ Everyone over the age of 16 is eligible
- ▶ Individuals diagnosed with depression, anxiety disorders, bipolar, schizophrenia and other mental health issues that have not been fully resolved through psychotherapy and other non-medical treatments
- ▶ Individuals seeking treatment for psychotropic medications and other somatic treatments use in psychiatry such as ECT, TMS, and light therapy
- ▶ Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover psychiatry services

### What can I expect?

- ▶ Your first appointment will consist of completing paperwork that helps your provider obtain a basic history related to your mental health
- ▶ After completing the paperwork packet, you will have an appointment with your provider so they can get to know you, your history of prior treatment, and current symptoms
- ▶ Your provider may discuss different medication options to you based on their clinical judgment and will also take into account other concerns which can affect the safety and efficiency of psychiatric medications such as your medical condition, other medications you are taking and whether or not you are using drugs or alcohol
- ▶ Your provider may request laboratory or psychological testing before starting or continuing certain medications
- ▶ Your return appointments with your provider will be shorter in length, usually around 20 minutes
- ▶ It is important you are involved in your care and make informed decisions regarding your medications
- ▶ You should carefully review our prescribing guidelines for controlled medications

### What is taught?

- Medication education related to:
- ▶ Patient-specific symptomatology
  - ▶ Prescriptions
  - ▶ Dosing Instructions
  - ▶ How to monitor for possible side effects

### Virtual and in-person services offered in Baxter, Eden Prairie, and Otsego.

- ▶ To schedule with Samantha Huguelet, visit: [nystromcounseling.com/profile/samantha-huguelet/](http://nystromcounseling.com/profile/samantha-huguelet/)
- ▶ To schedule with Brielle Stoyke, visit: [nystromcounseling.com/profile/brielle-stoyke/](http://nystromcounseling.com/profile/brielle-stoyke/)