

## PAYMENT

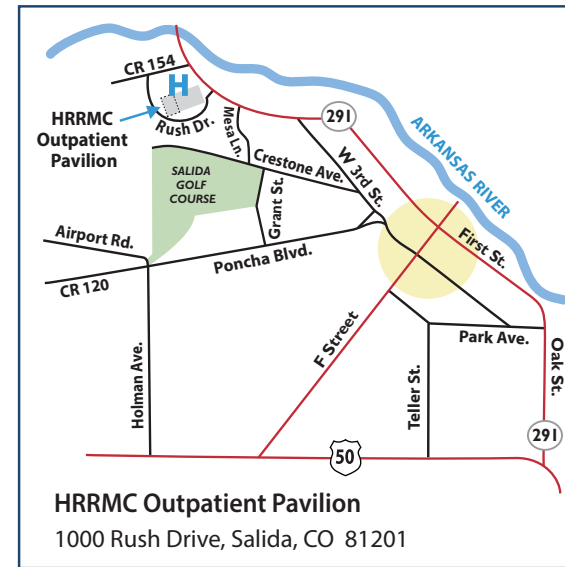
- Payment/copay is due at time of service.
- There will be a fee for your visit. Other services, including lab tests, will be billed in addition.
- You may request an estimate of charges at time of service.
- Medicare patients of the HRRMC Buena Vista Health Center will receive two explanations of benefits—one for the office visit/procedures and one for any additional diagnostic services.
- Medicare patients of the HRRMC Outpatient Pavilion in Salida will receive one explanation of benefits—clinic charges will be added to any hospital charges that may be incurred on that same day. Medicare patients are charged the same amount as non-Medicare patients, but the bill is broken down differently for Medicare reimbursement.
- A 15% prompt-payment discount is available to self-pay and uninsured patients.
- We accept cash, check, Visa, Mastercard and Discover.
- Claims with most insurance plans are filed on your behalf.
- Structured payment plans are available.
- Billing questions may be directed to account representatives by calling (719) 530-2475.

HRRMC Psychiatry Services is a primary care clinic that provides essential services regardless of a patient's ability to pay. Our office participates in Medicare and Health First Colorado (Colorado Medicaid) and is also a National Health Service Corps (NHSC) site.

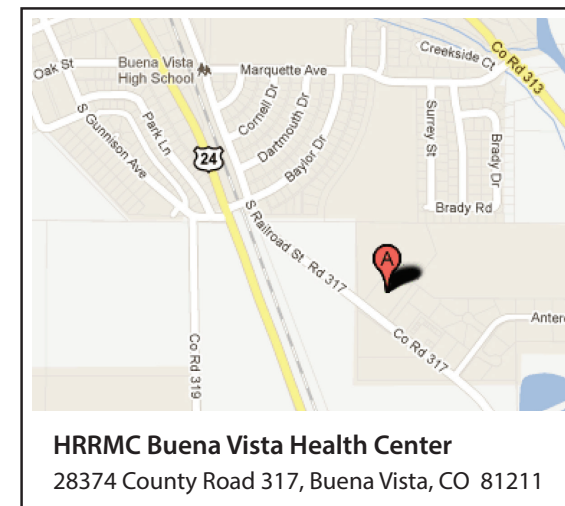
As an NHSC site, we offer a sliding-fee payment scale for self-pay and uninsured patients based on income and family size. For more information about our sliding-fee payment scale, visit [hrrmc.com](http://hrrmc.com) and under the Services menu, click on Psychiatry.

## POLICIES AND PROCEDURES

- For EMERGENCIES, call 911 or go to the nearest hospital emergency room.
- Contact your pharmacy directly for all refills and renewals of medications. Allow 72 hours for processing. Only first-time prescriptions and narcotic refills are generated from our office.
- All test and laboratory results are communicated back to the patient as promptly as possible.
- When leaving a message, please spell your name and provide date of birth, phone number, and a detailed request, including level of urgency. After hours, if you have an urgent healthcare need, please contact the HRRMC Emergency Department at (719) 530-2157.
- If you are unable to keep an appointment, please give 24 hours notice of cancellation.



The HRRMC Outpatient Pavilion is attached to the hospital but has a separate entrance. Patients will check in for their appointment in the Outpatient Pavilion, not at the hospital's main registration desk.



## HRRMC Psychiatry Services



HRRMC Outpatient Pavilion  
1000 Rush Drive, Salida, CO 81201  
HRRMC Buena Vista Health Center  
28374 Cty. Rd. 317, Buena Vista, CO 81211

(719) 530-2000

## Welcome to HRRMC Psychiatry Services

HRRMC Psychiatry Services specializes in mental health medication management for adults, children and adolescents. We are committed to helping our patients lead healthy and balanced lives.



**Dr. Joshua Hogins** is a board-certified psychiatrist who provides outpatient care at the HRRMC Outpatient Pavilion in Salida and the HRRMC Buena Vista Health Center in Buena Vista. He is also available for inpatient consultations

at Heart of the Rockies Regional Medical Center.

Dr. Hogins earned his osteopathic medical degree from the Kansas City University of Medicine and Biosciences in Kansas City and completed his psychiatry internship, residency and fellowship at Washington University School of Medicine in St. Louis. He is a fellow of the American Psychiatric Association.

Prior to relocating to the Upper Arkansas Valley, Dr. Hogins served as a senior instructor for the University of Colorado Anschutz School of Medicine and staff psychiatrist at the Colorado Mental Health Institute in Pueblo. He was also an instructor of psychopharmacology and adjunct faculty for the advanced psychiatric nurse practitioner program at CSU Pueblo.

### Behavioral Health Care Nurse

Our nurse will link patients with counselors, resources and services. The nurse communicates with medical and behavioral health care providers to foster collaboration and continuity of care.

## Appointments

- Patients do not need a referral.
- For new patient visits, please make your plans well in advance by contacting our receptionist. New patients are required to arrive 30 minutes prior to their appointment time. Established patients are required to arrive 20 minutes prior to their appointment.
- For an urgent-care appointment, please contact our receptionist. We will do our very best to schedule you.
- In an emergency, call 911. Support is also available 24/7 by calling the Colorado Crisis Hotline at 844-493-8255.
- HRRMC Psychiatry Services requires every patient to confirm or reschedule their appointment at least 24 hours in advance.
- Please arrange all appointments by calling (719) 530-2000.
- Our hours in Salida are Monday through Wednesday from 8 a.m. to 5 p.m.
- Our office in Buena Vista is open Thursdays from 8 a.m. to 5 p.m.

## Services

- Medication treatment and management of psychiatric issues for children, adolescents and adults
- Behavioral health care coordination
- Psychiatric diagnostic evaluations and consultations

### NONDISCRIMINATION POLICY NOTICE

HRRMC Psychiatry Services does not discriminate against any person on the basis of race, color, national origin, disability, or age in admission, treatment, or publication in its programs, services, and activities, or in employment. For further information about this policy contact: HRRMC Compliance Officer Barb Lutz at (719) 530-2214.

## Psychiatric Medication Management

Psychiatric medications are any medications used to treat a mental health disorder (for example, ADHD, depression, psychosis, etc.). Medications under the prescription of a treating medical professional and when taken as prescribed, along with other non-medication interventions such as therapy/counseling, are important elements in successfully treating psychiatric disorders. Medications can help to control symptoms, make other kinds of treatment more effective, and most importantly, may help people to live normal lives.

### Some facts to know

**Medications do not cure psychiatric disorders**—Medications may not cure psychiatric disorders, but in many cases, along with other non-medication interventions (therapy/counseling), they can help people function despite continuing mental distress and difficulty coping effectively.

**Length of treatment depends on the individual and the disorder**—Certain people may only need to take medication for a set time period and then never need it again, while others may have to take medication for longer periods of time.

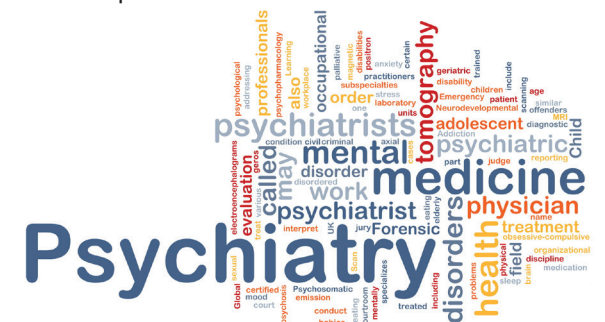
**Medications may not produce the same effect in everyone**—Certain people may respond better to one medication than another, often due to factors such as age, sex, body size, body chemistry, physical illnesses, diets and other treatments. Some may need larger doses versus smaller doses. Some may have side effects, while others may have no side effects. Some may experience minimal symptom relief as opposed to having complete symptom relief.

**Only used when benefits outweigh the risks**—Medications should be used only when the anticipated benefits outweigh the risks. This is why it is so important to discuss all available treatment options with your medical provider.

**It is not unusual for people to require changes in dosages and/or medications** over time. It is important to regularly monitor the impact of medications.

### Some helpful questions to ask the medical professional:

- What is the name of the medication, and what is it supposed to do?
- How and when should I take it, and when do I stop taking it?
- What foods, drinks or other medications should I avoid while taking the prescribed medications?
- Should it be taken with food or on an empty stomach?
- What are the side effects and what should I do if they occur?
- Is there any written information available about the medication?
- How much does it cost? Are there less expensive options?



Adapted from Maryland's Children's Mental Health Matters! Campaign. To learn more, visit [childrensmentalhealthmatters.org](http://childrensmentalhealthmatters.org).