

MEDICATION MANAGEMENT

Would your patient benefit from adding medication to their treatment plan?

We can help with that.

While many mental health issues and symptoms can be treated effectively with psychotherapy or counselling, there are times when prescribing medication becomes essential. **The Medication Management team** at Central Iowa Psychological Services provides an initial evaluation, short-term and long-term medication plans, and psychotherapy or social services based on the diagnosis and client needs.

COMMON ISSUES THAT MAY REQUIRE MEDICATION MANAGEMENT

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|--------------------|---|
| ✓ ADD/ADHD | ✓ Obsessive-Compulsive Disorder (OCD) |
| ✓ Anxiety | ✓ Post-Traumatic Stress Disorder (PTSD) |
| ✓ Bipolar Disorder | ✓ Schizoaffective Disorder |
| ✓ Depression | ✓ Severe and Chronic Mental Illness |
| ✓ Eating Disorders | ✓ Sexual Behaviors |
| ✓ Grief | ✓ Trauma |
| ✓ Mania | |

MAKE A REFERRAL

515.348.8257
lowaCounseling.com

OUR MEDICATION MANAGEMENT PROVIDERS



JUDITH A. GONZALES
ARNP, West Des Moines Office

- Board Certified Advanced Practice Psychiatric Mental Health Nurse Practitioner
- TMS Therapy



JODY KAPUSTKA
ARNP, Ames Office

- PMHNP-BC
- Psychiatric Mental Health Nurse Practitioner -Board Certified



JENNIFER SAMBU
ARNP, Ankeny Office

- Nurse Practitioner- Psychiatric Mental Health
- Advanced Registered Nurse Practitioner



SARAH SCHULLER
ARNP, Ankeny Office

- Psychiatric Mental Health Nurse Practitioner



NICK STULL
FPMHNP, Ames Office

- Family Psychiatric Mental Health Nurse Practitioner

MEDICATION MANAGEMENT

COMPASSIONATE, WHOLE PERSON CARE

Central Iowa Psychological Services makes it easy for primary care physicians, therapists, and other healthcare professionals to confidently refer patients for psychiatric care and medication management. Our comprehensive service model for medication management allows individualized care for each patient's unique needs.

OUR PROCESS & SERVICES

Medication Therapy Review (MTR): Our systematic process of patient-specific data collection helps our team assess therapies to identify medication-specific problems and formulate a plan to resolve them.

Personal Medication Record (PMR): This list allows our providers to assist the patient with overall medication therapy self-management and ensure reduced chances for inter-drug reactions or serious adverse side effects.

Medication-related Action Plan (MAP): The MAP details a list of actions to take (or not take) in order to track progress for achieving specific health goals while on the medications.

Intervention and/or Referral: Some patients require direct interaction with the pharmacist and the prescribing provider to determine if additional monitoring, patient education, or a return visit to the provider is needed.

Documentation and Follow-up: Documentation is intended to be a complete record of patient care steps, a detailed history of medications, past interactions, or unintended side effects.

CONNECT YOUR PATIENTS TO CARE

Our online referral form makes it easy to get your patients access to our Medication Management team. After submitting the referral form, our staff will contact your patient to schedule an appointment with one of our providers who accepts their insurance. Then, we will contact you in order to let you know the status of their initial appointment.

We're ready to help.

515.348.8257 | IowaCounseling.com

INSURANCE ACCEPTED



LOCATIONS

Ames Office

223 Walnut
Ames, IA 50010
515.598.5249

West Des Moines Office

3737 Woodland Ave., Ste 415
West Des Moines, IA 50266
515.222.1999

West Des Moines Office – Med Clinic

3737 Woodland Ave., Ste 425
West Des Moines, IA 50266
515.223.1630

Ankeny Office

215 NW 18th St,
Ankeny, IA 50023
515.222.1756

