

Clinical Services Policy

Services

Singularity provides outpatient **psychiatric services to adults** age 18 and up who are capable of providing their own informed consent for treatment, and in limited circumstances, have a guardian who provides consent for them.

- 1) Diagnostic evaluation: gold standard clinical interview and assessment techniques, referral for testing as indicated
- 2) Personalized Treatment Plans: medication, psychotherapy, lifestyle recommendations, self-guided behavior or skills development, crisis planning.
- 3) Medication management: collaborative, ongoing assessment of benefit and side effects based on clinical evidence, and best practices.
- 4) Brief therapy interventions: cognitive behavioral, acceptance/mindfulness, sleep management, motivational interviewing (supports habit change), skills coaching for emotional regulation, executive function (ADHD), social and occupational skills.

We're happy to provide care coordination with outside physicians and other providers, subject to federal and state law, and privacy regulations.

We are able to complete forms/paperwork for sick leave, disability insurance or FMLA, school or work forms, and in some limited cases, paperwork for civil or other legal matters. If this work requires more than 15 minutes to complete, there may be associated fees.

Special Service Areas

Dr Toups completed fellowship training in assessment and treatment of **mood disorders**, particularly major depression. She has extra expertise in evidence based treatment for complex and treatment resistant patients with mood disorders and common associated illnesses such as PTSD and anxiety.

She also has a clinical interest in adult patients with “**neuroatypical cluster**” diagnoses (autism spectrum disorders, attention deficit disorder, anxiety/OCD, sensory processing and other neurocognitive disorders).

Non-Specialty Areas

Dr. Toups has limited training in **substance use disorders, complex or treatment resistant psychotic disorders, and eating disorders**. Although many patients may have some symptoms in these domains, patients whose primary reasons for seeking treatment fall into these categories may be better suited with care from systems specialized in these areas which offer more comprehensive services.

Dr. Toups has limited capacity as a single provider to deliver care to **young patients who require extensive involvement of family** in their treatment. Clinics that focus on adolescents and young adults and/or offer family treatment and have a larger capacity for coordination of care across families may be a better fit. In other words, even if a potential patient is 18 year old or older, if they are not yet functioning as an adult, we may refer them to a different provider.

Services we do not provide

Singularity does not provide emergency or urgent care. Although Dr. Toups works with all patients to anticipate and mitigate risk of urgent or emergent needs, it is impossible to fully prevent emergencies or to respond to them quickly as a small practice.

If you have an urgent need, please do contact the office, and we will do our best to respond quickly and help you access appropriate services, but you should always seek available care as soon as possible.

A list of local crisis services can be found under “Useful Information” in the patient portal, and can be located online. **If in doubt, call 911** - in Travis county 911 will connect you with mental health crisis services - or go to your nearest ER, or if possible, emergency psychiatric speciality care is available at the Dell/Seton Hospital emergency room.

Establishing and Terminating Services

A foundational principle of care for Dr. Toups is that care is collaborative. That means that part of the initial process of evaluation and treatment planning is to reach a collaborative understanding and agreement on the nature of the problems patients are experiencing and the way to approach their treatment.

If upon initial evaluation it isn't possible to reach agreement on the treatment plan, then we will work with you to find alternate providers. Patients may always choose to establish an ongoing treatment relationship - or not - and so may Dr. Toups and other providers.

Similarly we may terminate our care relationship at any time, based on failure to maintain collaborative agreement on treatment. We are happy to provide referrals and records to facilitate establishing new care.