



Moundville Medical Associates

Thank you very much for your interest in obtaining psychiatric care from Dr. Dorsey and his colleagues at Moundville Medical Associates (part of the Hale County Hospital System). To help set you up for success and a positive experience, we want to share our approach to care to make sure it matches your expectations. Each provider has a different approach to care and it is not setting you up for success when our approach differs from your expectations. To help avoid this, please read the following carefully before scheduling your appointment with us. If our approach is not what you are looking for, we encourage you to seek out care with another provider who will be a better match for your expectations. Thank you.

Controlled Substances*

**Controlled substances include STIMULANTS such as Adderall (amphetamine/dextroamphetamine), Ritalin (methylphenidate), and Vyvanse (lisdexamfetamine) and BENZODIAZEPINES such as Ativan (lorazepam), Xanax (alprazolam), Klonopin (clonazepam), Valium (diazepam), and Ambien (zolpidem).*

- Dr. Dorsey steers strongly away from and does not routinely prescribe controlled substances for patients. Instead, our approach with patients is to focus on appropriate non-controlled substance medications in combination with behavioral interventions. When patients actively invest in this approach, most see at least significant partial improvement of symptoms. From a behavioral standpoint, we tend to focus on helping patients move towards healthier behaviors such as exercise and physical activity, diet/decreased caffeine consumption/decreased sugar consumption, healthy relationships, healthy sleep patterns, healthy management of screentime, and other healthy habits.

Team Approach to Care

- Dr. Dorsey sees all new patients for an initial evaluation. In most cases, after the initial evaluation with Dr. Dorsey, your care will transition either to Dr. Dorsey's nurse practitioner (April Tucker) or to Dr. Rachel Rackard who is a family medicine physician at Moundville Medical Associates who has experience and background in mental health. Dr. Dorsey is available to April and to Dr. Rackard for consultation in your ongoing care. If needed, you can always be referred back to Dr. Dorsey for additional follow up.

Please initial _____ to confirm that you have read and understand the above.

Please complete the following (please see next page and bring completed information with you and share with Dr. Dorsey at your appointment):

1. Reason that you are coming to see us:

2. Please list any Medical Problems (ie high blood pressure, diabetes, chronic pain, etc)

3. Does/did anyone in your family (brothers, sisters, parents, grandparents, aunts, uncles) suffer with mental illness or drug/alcohol problems? Please list their relationship to you and their diagnosis if you know it.

4. Have you ever been hospitalized in a psychiatric hospital. Please list approximate year for each psychiatric hospitalization and how long was each stay.

5. Current Medications (medical and psychiatric) including dosage and what times you take the medicines (use additional pages if needed). Please also list any allergies:

6. Please list all psychiatric medications that have worked well for you in the past and psychiatric medicines that have not worked well for you in the past or have had intolerable side effects.

7. Please share your highest level of education and if applicable degree(s) completed, best and worst job you have ever had, most recent employment (and if applicable, when stopped), marriage status, number of children and ages.