



Statement re Chronic Disease Mitigation & Prevention and the Importance of Mind Body

Medicine: Evidence based allopathic medicine confirms that Adverse Childhood Events known as ACEs have been linked and are predictive of future chronic diseases in adults. Medical science confirms that prevention is the key to a health optimization. Many factors including trauma, harmful habits, genetics, environmental factors, cultural differences, gender, race, relationship difficulties and substance use disorders can significantly contribute to the development of chronic diseases such as dysmetabolic conditions, COPD/emphysema, diabetes, obesity, hypertension, cardiovascular disease, stroke, chronic pain, PMS, etc. Unfortunately, these chronic illnesses are further exacerbated by coexisting states of anxiety, depression, harmful behaviors, use disorders and unchallenging personal, familial and work-related relationships to name a few. Dr. Moayed offers a comprehensive, individualized, introspective assessment of a patient's nutritional axis, physical activity scale, relationship axis, genetics, race, subculture influences with consideration of prior childhood adverse effects. Dr. Moayed will work with the patient to achieve peak personal health through motivation, one on one support, education and ultimately sustainable behavior change. She utilizes Mind Body medicine, mindfulness techniques, genetic testing, appropriate laboratory testing to help the patient embark on a lifelong journey of effective and Sustainable Behavior Change. By helping to shift the mindset, she will motivate the patient to first and foremost invest in his/her health, change ineffective habits and unhealthy compulsive behaviors and thereby mitigate some of these chronic and at times "treatment resistant" disease processes.

My Mission Statement re Use Disorders: Use and overuse disorder assessment, treatment, relapse prevention, recovery are ongoing processes. A critical assessment is a critical part of patient engagement and treatment planning. Dr. Moayed's job is to determine the appropriateness of level of care given the patient's place on the spectrum of the addictive cycle. She will determine appropriateness of medication assisted therapies, utilize helpful psychosocial therapies, refer the patient for appropriate laboratory & diagnostic procedures, perform a thorough physical examination, conduct clinical interviews and collaborate with other physicians when warranted. She will help the patient rebuild their social and familial support systems and to emphasize patient safety and treatment adherence strategies for optimal clinical outcome.

Addiction Medicine: What is addiction medicine? Addiction is a genetically predisposed, environmentally affected, neurological and biopsychosocial disease that impacts many aspects of a patient's life, requiring long-term, coordinated care and recovery. Dr. Moayed can help the patient determine whether or not use disorder or behavior compulsions classified under (ICD) Impulse Control Disorders on DSM-V, have had an adverse effect on the patient's various physical, mental, social, psychological and economic ramifications. Given her advanced and unique understanding of the dynamics of addiction and the dynamics of recovery, she will provide assessment and diagnosis,



treatment planning and management, care transition and care coordination, relapse prevention and most importantly, continuing care for the lifelong process of recovery.

Referral: Dr. Moayed will provide recommendations and referrals for continued professional Care and / or self-management. Dr. Moayed will assure that the community and medical resources available to the patient, including the resources available through the patient's primary care provider have been identified in a way that will maximize the patient's sustained functional recovery and is aligned with the patient's goals.

Scope of Practice: Dr. Moayed has a certificate from the American Society of Addiction Medicine (ASAM), and upholds the ethics policies of her addiction specialty organization. Dr. Moayed is a member of the American College of Radiology and ASAM and has had over two decades of experience working with patients suffering from chronic pain. She upholds additional & unique professional expectations as outlined by The American Society of Addiction Medicine as follows:

1. Dr. Moayed understands and complies with all applicable federal, state, local regulations related to patient confidentiality
2. Dr. Moayed obtains informed consent and ensures the patient understands the extent and limits of privacy protections.
3. Dr. Moayed keeps abreast of changes in laws regarding illegal substances, the prescribing of Controlled Substances, and interfaces between the healthcare system in the Criminal Justice System, including Community Corrections.
4. Dr. Moayed maintains her licensure to practice medicine and her certification as an addiction specialist. She remains current regarding clinical advances, participating in regular self-assessment and demonstrating that, through participation in a plan of lifelong learning and practice improvement, she is actively engaged in the maintenance of her specialized clinical knowledge and competencies commensurate with a complex and ever-changing field.
5. Dr. Moayed will work closely with patients' primary care physician as well as other specialists to achieve optimal health for the patient. She will ascertain that the patient receives optimal care when it comes to use disorders and will guide patients through various motivation, educational and experiential scenarios, Twelve Step Facilitation (TSF), Contingency Contracting and Family Systems so as to help with the recovery process, prolong relapse prevention and redirect the patient and treatment plan in case of relapse.

Providing Therapeutic Alternatives: Dr. Moayed will discuss and offer clinically indicated psychosocial and pharmacologic therapy to all patients and ensure that the patient is aware of therapeutic alternatives. Alternatives include advantages and disadvantages of medications for use disorder, taking into consideration the cost, availability and potential for diversion. In the scenario where pharmacotherapies are part of the treatment plan,



she will decide with the patient about the setting for treatment, issuing appropriate dosage and duration for the medication, monitoring adherence and assures psychosocial therapies to continue throughout the treatment process.

Assuring Continuity of Care: Dr. Moayed encourages meeting with the patient regularly in order to maintain an effective and high quality of recovery. She will regularly review medications, evaluate for possible drug-drug interactions with the over the counter medications patients often eliminate talking about, review laboratory studies and engage the patient with her/his recovery activities. She realizes obstacles to one's motivation can be problematic in various phases of recovery. She will shed light and educate the patient regarding the various physical and psychosocial obstacles that arise in recovery and make appropriate recommendations and referrals.

Discussion of Treatment Plan, Consultation with Patient's Primary Care &

Specialists: Within a reasonable period of time after the initiation of consultation and treatment, Dr. Moayed will discuss with the patient her working understanding of the problem, the treatment plan and therapeutic objectives and her view of possible outcomes of treatment. Consultation with patient's primary care and other medical team members is typically warranted. Dr. Moayed and the patient will agree upon the content of information and nature of such consultations beforehand. She will consult such professionals only with a written authorization consent from you, the patient. If you have any unanswered questions about any of the procedures used in the course of your treatment, the possible risks, Dr. Moayed's expertise in employing them or about the treatment plan, please ask and you will be answered fully. If the patient would benefit from a treatment that Dr. Moayed does not provide, she has an ethical obligation to assist you in obtaining these treatments.

Determining clinical progress: If the patient and Dr. Moayed agree that progress towards certain goals are adequate, the plans will be made to continue as planned. If the patient and/or Dr. Moayed believe that progress is not being made toward agreed-upon goals, the patient and Dr. Moayed will reassess the diagnosis, treatment modalities, treatment intensity and treatment goals in order to revise the treatment plan. Lack of treatment progress should lead to treatment plan revisions and not necessarily in termination of care.

Confidentiality: All information disclosed within the appointment/session and the written records pertaining to those sessions are confidential and may not be revealed to anyone without the patient's written permission, except where disclosure is required by law. Dr. Moayed follows strict rules and regulations of HIPAA as well as Confidentiality (42 CFR part 2).



Emergencies: If there is an emergency during our work together, or in the future after termination where Dr. Moayed becomes concerned about your personal safety, the possibility of you injuring someone else, or about receiving proper medical & psychiatric care, she will do whatever she can within the limits of the law and her scope of practice, to prevent you from injuring yourself or others and to ensure that you receive the proper medical and psychiatric care. For this purpose, she may also contact the person whose name you have provided on the biographical sheet.

Telephone and Emergency Procedures: If you are in a life-threatening or true emergency, PLEASE DIAL 911. The Santa Clara 24-hour crisis hotline is (650) 494 - 8420. If you need to contact Dr. Moayed between office hours and/or our treatment sessions, please leave a message on the answering machine (408) 992-5141 and Dr. Moayed will return your call within 24 hours. She checks my messages a few times during the daytime only, unless she is out of town. When an emergency situation arises, please indicate so in your message. Please do not use email or fax for emergencies.

Emails, Cell Phones, Computers and Faxes: It is very important to be aware that computers, email and cell phone and fax communications can be relatively easily accessed by unauthorized people and hence can compromise the privacy and confidentiality of such communications. Dr. Moayed's emails are not encrypted. Faxes can easily be sent erroneously to the wrong address. Dr. Moayed's computers are equipped with a firewall, virus protection and password. Dr. Moayed backs up all confidential information from her computer into flash drives on a regular basis. The flash drives are stored securely off site. Please notify Dr. Moayed if you decide to avoid or limit in any way the use of any or all communication devices such as emails, cell phones and faxes. If the patient communicates confidential information by email, Dr. Moayed will assume the patient has made an informed decision, will view it as agreement from the patient to take the risk that such communication may be intercepted. Please do not use email or fax for emergencies.

When Disclosure Is Required By Law: Some of the circumstances where disclosure is required by the law include: where there is a reasonable suspicion of child, dependent or elder abuse or neglect; where and when a patient presents a danger to self, to others, to property or is gravely disabled or when patient's family members communicate to Dr. Moayed that the patient presents a danger to others or self.

When Disclosure May Be Required: Disclosure may be required pursuant to a legal proceeding by or against you. If you place your physical health, mental health at issue in litigation initiated by you, the defendant may have the right to obtain the medical records & psychotherapy records and/or testimony by Dr. Moayed. Addiction is a family disease.



At times it is necessary to communicate with all family members who are affected by this disease. In couple, family therapy or when different family members are seen individually, even over a period of time, confidentiality and privilege do not apply between a couple and my family members, unless otherwise agreed upon. Dr. Moayed will use her clinical judgement when revealing such information. Dr. Moayed will not release records to any outside party unless she is authorized to do so by all adult family members who were part of the treatment.

Sharing Information and Protecting Privacy: During care transitions, Dr. Moayed will only share direct information with subsequent providers about the patient's health status, current treatment plan, treatment adherence and treatment progress after ascertaining that proper authorization for release of information are obtained. If the patient asserts their privilege to not permit sharing of confidential treatment information with other providers, Dr. Moayed will educate the patient about the health and safety risks inherent in poorly Coordinated Care but will respect the patient's request.

Health Insurance & Confidentiality of Records: Dr. Moayed is contracted with health insurance carriers including PPO United Health care, Cigna, Aetna and Medicare Plan B. Patient must be aware that submitting a mental health invoice for reimbursement carries a certain amount of risk to confidentiality, privacy or to future capacity to obtain health or life insurance or even a job. The risk stems from the fact that physical and mental health information is likely to be entered into big insurance companies' computers and is likely to be reported to the National Medical Data Bank. Accessibility to companies' computers or to the National Medical Data Bank database is always in question as computers are inherently vulnerable to break-ins and unauthorized access. Medical Data has been also reported to be legally accessed by enforcement and other agencies, which also put you in a vulnerable position. As an Out of Network Provider for other insurance companies, she can provide a comprehensive superbill to the patient. The patient can submit the superbill and receive direct payment from the insurance company.

Records and Your Rights to Review Them: Both the law and my standards require that Dr. Moayed keep appropriate treatment records for at least 7 years. Unless otherwise agreed upon, Dr. Moayed will retain clinical records only as long as it's mandated by California law. If you have concerns regarding the treatment records please discuss them with Dr. Moayed. As a patient, you have the right to review or receive a summary of your records at any time, except in limited legal or emergency circumstances or when Dr. Moayed assesses that releasing such information might be harmful in any way. In such a case, Dr. Moayed will provide the records to an appropriate and legitimate health professional of your choice. Considering all of the above exclusions, if it is still appropriate, upon your request, Dr. Moayed will release information to any agency / person you specify unless Dr. Moayed assesses that releasing such information might be harmful in any way. When more than one patient is involved in therapeutic aspect of the



treatment, such as in cases of couple and family therapy that often arise in addiction treatment, Dr. Moayed will release records only with the signed authorizations from all the adults (or all those who legally can authorize such a release) involved in the treatment

Payments: Co-pays and out of network full payments are expected at the time of visit unless concierge package(s) have been obtained. These payments are required by insurance companies and are subject to investigation. Telephone conversations, site visits, report writing and reading, consultation with other professionals, release of information, reading records, longer sessions, travel time, er etc. may have additional charges, unless indicated and agreed-upon between Dr. Moayed and the patient. Please notify Dr. Moayed if any problems arise regarding your ability to make timely payments.

Session Cancellation Policy: Given the fact that scheduling an appointment involves reservation of a time period specifically for you, it is expected that a minimum of 48-hour notice is required for rescheduling or canceling an appointment. Unless a different agreement is agreed upon or in extenuating circumstances, the full fee will be charged for sessions missed without such notification. Our protocols encourage healthy behavior modification and healthy boundaries which are paramount to a well-functioning patient doctor relationship.

Insurance reimbursement statement: As indicated in the section *Health Insurance & Confidentiality of Records*, you must be aware that submitting a health invoice for reimbursement carries a certain amount of risk. Not all issues / conditions / problems, which are dealt with in treatment are reimbursed by insurance companies. It is your responsibility to verify the specifics of your coverage.

The Process of Therapy Evaluation and Scope of Practice: Participation in recovery treatment can result in a number of benefits to the patient, including improving interpersonal relationships and resolution of specific concerns that led you to seek help. Working toward these benefits, however, require effort on your part. Treatment requires your very active involvement, honesty, open-mindedness and willingness in order to change your behavior and subsequently at times your feelings and thoughts. Dr. Moayed will ask for your feedback and views on your sessions, its progress and other aspects of the treatment and will expect you to respond openly and honestly. Sometimes more than one approach may be helpful in dealing with certain situations in order to bring about sustainable behavior modifications. During evaluation, remembering or talking about unpleasant events, feelings and thoughts can result in the patient experiencing considerable discomfort and at times strong feelings of anger, sadness, worry, fear and shame. Experiencing anxiety, depression and insomnia may be inevitable. Dr. Moayed may challenge some of your assumptions or perceptions or propose different ways of



looking at, thinking about for handling situations, which can cause you to feel very upset, angry, depressed, challenged or even disappointed. Attempting to solve issues that brought you to treatment in the first place, such as personal or interpersonal relationships may result in changes that were not originally intended. Behavior modification may result in changes in one's employment, substance use or abuse, schooling, housing or possibly even relationships. Sometimes a decision that is positive for one family member may be viewed quite differently by another family member. Change may be at times easy and swift, but more often it may be slow and even frustrating. There is no guarantee that treatment will yield positive or well-intended results. During the course of treatment, Dr. Moayed is likely to draw on various approaches used in addiction medicine, including motivational interviewing, ACT therapy, behavioral, cognitive-behavioral, experiential, developmental, humanistic, psychodynamic or psychoeducational approaches in order to shed light on the problem at hand. Dr. Moayed provides neither custody evaluation recommendation nor legal advice. These activities are outside of the scope of Dr. Moayed's practice.

Dual Relationships: Not all dual or multiple relationships are unethical or avoidable. The Healing Arts of Medicine includes working with the family system, crucial to an individual's health, recovery and well-being. These relationships can be challenging and at times difficult. Dr. Moayed will objectively navigate the pertinent issue to a patient's well-being. Established healthy boundaries will be reviewed by all members. It is important to realize that dual or multiple relationships can enhance trust and therapeutic effectiveness but made detract from it long time. If you believe that the doctor patient relationship is in any way impeding your treatment, please let Dr. Moayed know. She will refer you to other competent professionals promptly.

Healthy boundaries in regard to unintentional encounters in the community require that Dr. Moayed not acknowledge your presence (unless otherwise agreed upon by us). Please be aware that Dr. Moayed will not acknowledge knowing you and/or working with you due to the ethical and legal matters at hand. You can discuss the complexities and drawbacks when you meet in our session.

It is important to realize that dual or multiple relationships can enhance trust and therapeutic effectiveness but made detract from it long time. If as a patient, you believe that the doctor patient relationship is in any way impeding your treatment, please let Dr. Moayed know. She will promptly refer you to other competent professionals.

Working with Minors: If you are under 18 years of age, please be aware that the law may give your parents or Guardians are right to obtain information about your treatment and / or examine your treatment records. It is Dr. Moayed's policy to request a written agreement from your parents or guardians indicating that they consent to give up access



to such information and / or to your records. If they agree, Dr. Moayed will provide them only with general information about our work together subject to your approval, or, if Dr. Moayed feels it is important for them to know in order to make sure that you and people around you are safe. Should Dr. Moayed believe it is appropriate, she will involve them if she feels that there is a high risk that you will seriously harm yourself or another / others. Before giving them any verbal or written information, Dr. Moayed will discuss the matter with you, if possible. Dr. Moayed will do the best she can to resolve any differences that you and Dr. Moayed may have about what she is prepared to discuss.

Group Therapy: Group connections skills are arena for further fine tuning of interpersonal skills. In group therapy, patients learn to practice interpersonal skills, learn to trust, ask for what they need and realize they are never alone. Interpersonal communication and group skills are closely interlinked. In a safe and trusting group setting, patients learn to listen, agree or disagree with the advice of others. Group skills similar to the aforementioned interpersonal recovery skill. In this safe and facilitated setting, patients derive meaning from the group wisdom, and in so doing, experience and acknowledge gratitude from one another. For many patients with history of trauma or abandonment, group therapy can be the building blocks to build a more trusting relationship with oneself as well as others.

Limitation: Due to the nature of the therapeutic process and the fact that it involves making full disclosure about confidential matters, it is agreed that should have been legal proceedings neither the patient, nor the patient's attorneys, nor anyone else acting on the patient's behalf will call Dr. Moayed to testify in court or at any other proceedings.

Termination: Set forth above, after the first several sessions, Dr. Moayed will assess so as to see if she can be of benefit to you. Dr. Moayed does not accept patients whom she believes she can help or treat effectively. In such a case, she will give you a number of referrals that you may contact. If at any point during treatment, Dr. Moayed assesses that she is not effective in helping you reach your therapeutic goals or that you are non-compliant, she is obligated to discuss it with you and if appropriate to terminate the treatment. In such case, she will give you a number of referrals that may be of help to you. If you request it and authorize it in writing, Dr. Moayed will talk to other physicians of your choice in order to help with such transition. You have the right to terminate treatment with Dr. Moayed anytime. If you choose to do so, if appropriate, Dr. Moayed will offer to provide you with the names of other qualified professionals and a prompt referral. Dr. Moayed considers continuity of care of utmost importance and aims for health optimization of her patients.



Our signatures on this agreement indicate full understanding of the agreement with the above information.

Patient Printed Name

Date:

Patient *Signature*

Date:

Physician *Signature*

Date:

Staff *Initial* _____