

What to expect from your Rula psychiatry provider

Rula psychiatry providers offer telehealth-only psychiatric medication management. In person psychiatry visits are not currently available at this time. Visits are for ongoing psychiatric care, not one-time requests for paperwork, letters or guaranteed medications.

Psychiatry services are telehealth only

- All psychiatry visits at Rula are conducted **via telehealth**
 - In-person psychiatry visits are not available
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What our psychiatry providers will provide

For all patients, your psychiatry provider will:

- Conduct a **comprehensive psychiatric medication management assessment**
 - Review symptoms, psychiatric history, medical history, and current medications
 - Discuss diagnostic considerations relevant to your concerns
 - **Recommend medications when clinically appropriate**
 - Complete ADHD evaluations using **validated screening tools and a comprehensive clinical assessment** when indicated
 - Request and review **medical records or collateral information** when clinically necessary
 - Provide education on risks, benefits, and alternatives to treatment
 - Engage in shared decision-making whenever possible
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Purpose of Psychiatry Visits

Psychiatry services at Rula are intended for **ongoing medication management and treatment**, not one-time evaluations or documentation requests.

Appointments are **not designed** to support visits where the primary or sole purpose is paperwork, letters, evaluations, or administrative forms without establishing care.

Expectations for New vs Established Patients

New Patients

For patients who are new to a provider or who have not established an ongoing treatment relationship, psychiatry providers **will not provide:**

- **Disability-related paperwork**, including short- or long-term disability forms, disability extensions, or FMLA documentation
- **Emotional Support Animal (ESA)** letters
- **Evaluations or clearance letters for surgical procedures**, including bariatric surgery
- **One-time visits** intended only for documentation, letters, or administrative requests
- Any service where there is **no intention to engage in ongoing medication management care**

These services are only considered for established patients. While a prior provider may have discussed form completion, Rula psychiatry providers must follow their own clinical standards and policies when determining what services they can offer.

Established Patients (Ongoing Care Relationship)

For patients who have an **established, ongoing treatment relationship**, some providers may consider additional requests **when clinically appropriate**, including:

- Disability paperwork or extensions
- Employer or accommodation forms
- Emotional Support Animal (ESA) letters
- Surgical clearance or evaluation letters (including bariatric surgery)

Important notes:

- These services are not guaranteed
- Decisions are based on clinical judgment, documented medical necessity, and longitudinal knowledge of the patient
- Not all providers offer form or letter completion, even for established patients
- These requests are considered part of long-term care, not stand-alone services

Important Medication Expectations

- Establishing care at Rula **does not guarantee continuation** of any existing medication regimen
- This includes patients transferring care from another provider
- Providers may recommend **dose adjustments, medication changes, tapers, or discontinuation** if a regimen is unsafe, not clinically appropriate, or inconsistent with clinical guidelines or state regulations
- There is **no guarantee** that controlled medications will be prescribed ([more information](#))

Care Appropriateness and Level of Care

Psychiatry providers must determine whether care delivered through this platform is **clinically appropriate and safe**.

- If a patient's symptoms, safety concerns, or level of acuity indicate a need for a **higher level of care**, the provider may:
 - Recommend in-person treatment, intensive outpatient care, or emergency services
 - Provide referrals or appropriate resources
 - Determine that ongoing care through Rula is **not clinically appropriate**
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What Our Psychiatry Providers Do Not Provide (All Patients)

Regardless of visit type or duration of care, Rula psychiatry providers **do not offer**:

- **Neuropsychiatric or developmental evaluations**, including autism evaluations
 - **Computerized ADHD testing**, including QbTest, TOVA, or similar computerized or performance-based tests
ADHD evaluations at Rula are completed using clinical assessment and validated screening tools. Medical records may be requested when clinically appropriate.
 - **Forensic or legal evaluations**, including court-ordered treatment, legal affidavits, DMV re-evaluations, or military or fitness-for-duty letters
 - **Psychiatric care for children under 13 years of age**
 - **Therapy-only visits**
 - **Guarantees of controlled medications**
 - **Prescribing stimulants in states where restricted by law or regulation**
Ketamine, Psychedelics, Weight loss medications and primary care medications are not prescribed by Rula providers
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Before You Schedule

- Psychiatry care at Rula is intended for **ongoing treatment**
 - Requests for documentation without engagement in care are not supported
 - Prescribing practices vary by provider and state
 - **Please review your provider's bio carefully before booking**
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Our Commitment

Our goal is to provide ethical, patient-centered psychiatric care while prioritizing safety, clinical integrity, and continuity of treatment. Clear expectations help ensure the best experience for everyone.