PARTNERING WITH US

## What partners *can expect.*

We want referring practices to feel like part of the care team, not just a fax number.

- **Your clients remain yours**
  We provide psychiatric care alongside your services, never in place of them.
- **Closed-loop communication**
  With written consent, we confirm receipt of referrals and share updates so you are never left wondering.
- **Practice-level support**
  Our clinicians work as a team, giving partners more than one path to timely care.
- **Privacy at every step**
  Referrals move through secure channels. We share only what is needed and permitted.

WHO WE PARTNER WITH

- Therapy and counseling practices
- Recovery residences and sober living
- MOUD and primary care clinics
- Perinatal and women's health
- Community behavioral health
- University and employer programs

> *"Good care is built on relationships, between clinicians as much as with the people we serve."*

OUR CLINICIANS

## Experienced. *Collaborative.*



### Lem Scott

**DNP, PMHNP-BC, FOUNDER**

Psychiatric NP and nurse educator with experience in crisis care, substance use and co-occurring disorders, MOUD and first-episode psychosis.



### Zachary Imholte

**MSN, PMHNP-BC**

Psychiatric NP providing adult psychiatric evaluation and medication management in person and by telehealth.

### Let's start a *conversation.*

No commitment needed. We would welcome the chance to learn about your practice and how we might support the people you serve.

CONNECT


**919.820.8377**
Fax 919.820.8914
info@ashbloomwellness.com
8300 Health Park, Suite 201, Raleigh


Ash & Bloom
WELLNESS PLLC
INTEGRATIVE PSYCHIATRY

FOR REFERRING CLINICIANS + PARTNERS

# Refer with *confidence.*

A psychiatric partner for the practices caring for our community. Your clients stay connected to you.

SEND A REFERRAL


**919.820.8377**
Fax 919.820.8914

WHO WE ARE

# Whole-person care, *built on collaboration.*

An integrative psychiatry practice led by board-certified psychiatric nurse practitioners, with longer visits and time to understand the whole person.

### Psychiatric evaluation

Comprehensive assessment and diagnostic clarification, with a written plan that supports the care your client already receives.

### Medication management

Evidence-informed prescribing with regular follow-up and attention to side effects, goals and preference.

### Co-occurring substance use care

Mental health and substance use together, including buprenorphine treatment. Recovery-friendly.

### Psychotherapy

Therapy within psychiatric care when it fits, and a respectful handoff when therapy is already in place.

### Cognitive assessment

Validated computerized testing (Creyos) of attention, memory, processing speed and executive function.

### Pharmacogenomic testing

GeneSight cheek swab to help guide medication selection.

### Integrative approaches

Sleep, nutrition, movement and stress routines alongside evidence-based care, never in place of it.

CONDITIONS WE TREAT

Depression · Anxiety · ADHD · Trauma and PTSD · Bipolar · OCD · Insomnia · Substance use · Perinatal mood · Burnout · Cognitive testing

## Practice *at a glance.*

| | |
|---|---|
| **Ages** | Adults 18+. Adolescent services coming soon. |
| **Settings** | In person in Raleigh. Telehealth for patients in NC. |
| **Access** | Same-week appointments available. Most new patients within 1 to 2 weeks. |
| **Hours** | Mon to Fri, 8 to 5. Evenings and weekends by appointment. |
| **Visits** | Initial evaluation 60 to 90 minutes. Follow-ups typically 25 to 30 minutes. |
| **Prescribing** | Controlled substances only after full evaluation. Benzodiazepines limited to supervised tapers. |
| **Insurance** | Aetna, Blue Cross NC, Cigna, UnitedHealthcare, Optum, Oscar, GEHA and Tricare. Self-pay available. We verify coverage first. |
| **Safety** | Outpatient only. Not an emergency or 24/7 crisis service. |

HOW REFERRALS WORK

# Simple for you. *Warm for them.*

*1* **Send a referral**

Fax 919.820.8914 or call 919.820.8377. Please keep health details out of regular email.

*2* **We reach out**

Our team contacts the client directly to discuss fit, scheduling and payment options.

*3* **Evaluation**

The client meets with one of our psychiatric nurse practitioners for a full evaluation.

*4* **Ongoing coordination**

With consent, we keep you informed and coordinate care as treatment moves forward.

HELPFUL TO INCLUDE

Client name and contact, reason for referral, insurance, current medications if known, and the best way to reach you.

## Ready to *refer?*

Call, fax or send a secure online referral.

**919.820.8377**

Fax 919.820.8914

ashbloomwellness.com/refer