

Nancy's Prevention Clinic
1279 East First Avenue
Chico, California, 95926-1542
Telephone: 530-342-NANC (6262)

Code of Conduct—Patient and Family Responsibility

1. Take medications exactly as prescribed. It is not acceptable to change dosage, miss pills, take extra, or add any other chemical substance to your body without talking to Nancy first. This includes vitamins, so-called health or natural remedies, or any other substance. If there is any question whether a contemplated over the counter or other remedy is a violation of this rule, then ask Nancy first before starting on this path.
2. No alcohol or street drugs at any time. For some patients this will mean no caffeine of any kind either, for others it will mean a minimum amount of caffeine (1-2 cups of coffee, 6 oz size, or 1 -2 cans of soda, 12 oz size per day). Random testing can be performed at any time Nancy or the family has a question whether additional substances other than those prescribed are in use.
3. The patient is responsible for keeping all appointments, following medical advice as recommended by Nancy. Once we agree on a course of action then any change would have to be discussed first with Nancy.
4. If there is an emergency of a life threatening nature then emergency room services would be sought, and then Nancy would be contacted just as soon as is feasible regarding any changes or recommendations as a result of any emergency evaluation. Short of this kind of emergency situation, any changes in the medical treatment (adding, subtracting medications, vitamins, natural home remedies, etc or any part of our treatment contract regarding patient's behavior) would be done after consultation with Nancy, generally during our regular meetings, unless of such urgency that phone consultation or a sooner appointment is necessitated.
5. There can be no violence or verbal abuse toward oneself or others, including in the home. If that behavior cannot or is not contained within the home, then hospitalization or the requirement to live elsewhere is expected.
6. The effectiveness of any medical treatment is dependent on the patient's follow through, among other factors, and the patient's honesty with the provider. Deceiving the provider, or deception by omission, can cause treatments to fail, and the provider may not have all of the necessary and accurate information about what is really happening.
7. Exercise is a fundamental part of a healthy human existence, and a major benefit in stabilizing many mental illnesses, and in decreasing anxiety. A regimen of at least 30 minutes three times a week, and preferably daily, is part of the overall approach to treatment, unless specifically contraindicated by a known medical condition under a provider's care and with a formal recommendation not to exercise, from that provider.

Name _____ Date _____

Nancy's Prevention Clinic
1279 East First Avenue
Chico, California, 95926-1542
Telephone: 530-342-NANC (6262)

8. The typical adult spends approximately 8 hours per day working, 8 hours per day in leisure and other activities of their own discretion, and 8 hours a day sleeping. As in the recovery of all medical illness, we want to strive to return your life to this same healthy balance, which is also the way to emotional and financial independence and self-sufficiency. For those who do not yet have jobs to support themselves, Nancy will recommend that that time be spent on obtaining a job each day (filing applications, doing interviews, working on skills that help one obtain a job) or in the earlier stages of recovery if the above is not feasible, tasks around the home and group activities that aid in developing the social and human interaction skills that are part of maintaining jobs and human relationships.
9. Violation of these terms of working together will prevent the treatment from being fully effective, and it may be cause for ending the provider/patient relationship. Nancy will then provide summary of treatment and assist in giving information (if requested) so that you may obtain continued care with another provider.
10. The demands on the family members, particularly those living with a person with a significant mental illness are enormous, and often without knowing it, family members may react or function in ways that are harmful to their own emotional health, or to that of the patient, or both. Therefore, it is expected that patients will engage the **family members** who live with them in attending the **FREE** Family Support Group the **fourth** Tuesday of each month at 6:30 PM at 109 Parmac Road, Ste. 2, Chico, California (**Iverson Center**). You as the patient is encouraged to attend the Depression, Bipolar group hosted by Butte Behavioral Health every Tuesday from 6-8 PM at 1560 Cohasset Road in the Shasta Room. **FREE**
11. This group, or another similar one, should be considered a mandatory part of the beginning treatment. Since families vary in the amount of assistance they need, the exact length of attendance is determined in conjunction with group therapist. Of course the family members (not including the person with the designated mental illness) may attend the group at any time during the process that they wish, and are not just restricted to the beginning period.
12. While the patient is still dependent on the family (financially or otherwise, and/or is still living with the family), then the family will need to be involved in the treatment, and attend a portion of some of the patient's individual sessions. This applies any time there is a psychotic illness involved, since the distorting of reality these illnesses cause, require there to be a trusted agent who can make outside observations. When the illness is under the patient's control, and the patient has become self-sufficient financially and otherwise, then involvement of other family is optional. This helps Nancy get the most accurate information possible, and prevents the family from being left in the dark without knowing how to help the person they love, and thus improving patient care during these very serious illnesses.

Name _____ Date _____

- Copy in the chart _____
 Copy for patient _____