



Behavioral Health Prescription Refill Guidelines

If your child has been prescribed medication for ADHD, anxiety, depression, or other behavioral health concerns, please review the guidelines below.

- These medications are safe and effective, but close supervision is required in order for your child to experience the maximum benefits and minimum side effects. This is the best way to ensure your child's physical, emotional, and academic well-being.
 - **Starting a medicine or changing doses:** We require weekly to monthly visits with a doctor or nurse practitioner to determine the best medication dosing for your child.
 - **Regular monitoring:** After the appropriate medication and dose have been established, visits are required at least every 3 months. We will often ask for a standard form to be completed at these visits to compare progress and ensure ongoing effectiveness.
 - **Long-term stable medications:** For some patients who have shown a positive response to a stable dose of medicine, a provider may extend in-person visits to a maximum of every 6 months. We will provide 3 months of medication at each visit and will require a phone or email check-in to get a refill. We ask you to schedule an appointment sooner if your child's situation changes. Your provider will work with your family to determine the timing of visits.
- Behavioral health issues take time to improve. A trusting relationship between the patient and the provider is important to safely monitor these types of medications. We ask that you plan ahead when scheduling to ensure follow-up visits are with the same provider. After school appointments are the most popular. Please book as soon as possible if this is important to you.
- For your child's safety, we will not continue to refill your child's medication unless appointments are scheduled in a timely manner. Depending on the situation, we may refill a partial prescription until your child is seen.
- Please allow a minimum of two business days for processing of prescription refills. It is best if your refill request is handled by the provider managing your child's care.
- Prescriptions for controlled substances cannot be mailed, faxed, or called to your pharmacy. They must be picked up at the office of the prescribing provider. We hope to soon be able to send prescriptions electronically, but many providers do not yet have this capability.
- Lost prescriptions will require individual consideration prior to refill.
- Allegro providers will not refill behavioral health medications managed by a community provider.