

Generational Wellness

Our approach starts with listening

Medication Management is a strategy for engaging with our patients to create a complete and accurate medication list. A complete and accurate medication list is the foundation for addressing medication reconciliation and medication management issues.

Mood Disorders

Mood disorders are emotional disturbances which consist of prolonged periods of excessive sadness, excessive joyousness, or both. Mood disorders can occur in children and adolescents (see Depressive Disorders in Children and Adolescents). Examples of mood disorders are Major depressive disorder — prolonged and persistent periods of extreme sadness. Bipolar disorder — also called manic depression or bipolar affective disorder, depression that includes alternating times of depression and mania.

Trauma & PTSD

Trauma & PTSD is a disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event. It may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions. Symptoms may include nightmares or unwanted memories of the trauma, avoidance of situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood.

ADDICTION: Substance Abuse & Use - Alcohol & Opioid Dependence

Addiction is a disease that affects your brain and behavior. When you're addicted to drugs, you can't resist the urge to use them, no matter how much harm the drugs may cause. Drug addiction isn't about just heroin, cocaine, or other illegal drugs. Medication-assisted treatment (MAT), including opioid treatment programs (OTPs), combines behavioral therapy and medications to treat substance use

disorders.

Naltrexone – office-based non-addictive opioid antagonist that blocks the effects of other narcotics; daily pill or monthly injection

Buprenorphine – office-based opioid agonist/ antagonist that blocks other narcotics while reducing withdrawal risk; daily dissolving tablet, cheek film, or 6-month implant under the skin.

Psychotherapy

Psychotherapy, or talk therapy, is a way to help people with a broad variety of mental illnesses and emotional difficulties. This is in conjunction with Medication Management.

Conditions Treated

Mood Disorders

Trauma Care and PTSD

Anxiety

Depression

Bipolar DO

Psychosis

Substance Abuse & Use: Opioid Dependence

Procedures

Trauma Care: Most of our mood disorders stem from untreated traumatic events. Tackling those areas

of our lives and correcting some chemical imbalances which may exist in our lives, are great ways to healthy living. Using evidence-based care is crucial to sustained recovery.

This is what we specialize in at Generational Wellness.

INSURANCE

Pending

We are currently being credentialed for more Health plans.

CASH Patients are welcomed.

ANXIETY DISORDERS

Call office for pricing (623) 295-2323

The term “anxiety disorder” refers to specific psychiatric disorders that involve extreme fear or worry, and includes generalized anxiety disorder (GAD), panic disorder and panic attacks, agoraphobia, social anxiety disorder, selective mutism, separation anxiety, and specific phobias.

Also offering

SPRAVATO

Generational Wellness we aim to improve life to the fullest potential by utilizing all available treatment options. These options include using newer medications and modalities of treatment. This is why we have taken the necessary steps to become a certified Spravato treatment center.

Treatment-resistant depression often fails to respond to traditional anti-depressants alone. We encourage you to follow the links below to educate yourself about Spravato through the literature and informative videos on the Spravato websites. Initiating treatment with Spravato is a more involved process than some other treatment options. Please review and decide if the process is something that is feasible for you before you schedule your consultation. Scheduling your initial consultation does not guarantee treatment with Spravato if it is not appropriate for you or your condition. You may be referred by your current providers and continue to follow-up with them while receiving Spravato treatments at our center. We encourage you to call your insurance to see if this medication is covered under your current plan. If you feel that Spravato is a good option for you, then call our office or fill out the new evaluation form on our contact page.

Additional Information

Spravato Information

Spravato Preparing for Treatment Video

Spravato Real Patient Videos

Spravato Medication Guide

WELCOME

PATIENT RECORDS will need each patient to complete intake forms
Contact information for your doctor, therapist, pharmacy. A Form of ID, driver license etc
bring the contact information for your doctor, therapist, pharmacy, etc.

MEDICATION HISTORY

For your first appointment Bring current prescriptions and all over the counter medication bottles
and prescription bottles medications.

Please arrive 15-30 minutes prior to your appointment

Complete all paperwork needed for your visit on the patient portal or before coming for your
appointment.

TELEPSYCHIATRY SESSIONS

review all information complete, and submit all required documents

test your electronic system for sound and video