



Synergy Psych  
— SYNERGY-PSYCH.COM —

# Collaborative Psychiatry

*Delivering exceptional services through the power of collaboration with private practice counselors and group counseling practices. You don't have to hire your own provider to have the collaboration you long to experience!*

## Our Core Values:

- ✓ Prompt & Responsive Availability
- ✓ Conservative Prescribing Protocols
- ✓ Collaboration with all providers
- ✓ Creative problem solving for effective symptom management



## Working Together Works Better

- ☎ 336.791.7390
- ✉ [info@synergy-psych.com](mailto:info@synergy-psych.com)
- 📍 983 Mar-Don Dr., Winston-Salem, NC 27104
- ✓ In-person & telehealth options

## Who is Synergy?

Synergy was founded by **Ginny Mills, LCAS, LCMHC-S**, an established leader serving the needs of individuals and families affected by mental health and addiction recovery for over 30 years. Psychiatric provider, **Megan Trawick, PA-C**, joined Synergy in June, 2023 after treating the general mental health symptoms of patients in a nationally-recognized residential treatment program. Together, Ginny and Megan are joined by nationally-recognized leaders, **Drs. Christopher Lord, Warren Pendergast, and Eric Hedberg** as collaborators and advisors. Each member of the Synergy team has a deep appreciation for the unmet needs of patients seeking psychiatric support. To us, it seems like collaborating with follow providers should be the norm, not the exception.

## What defines "collaborative psychiatry?"

We define collaborative psychiatry as the intersection of general adult psychiatry with psychotherapy, primary care & gynecology, compassionate healthcare, and creative problem solving for symptom relief.

- **General Psychiatry:** Medications can help relieve symptoms.
- **Psychotherapy:** Many mental health challenges benefit from cognitive behavioral therapy, trauma-focused services like EMDR, brainspotting, and psychodrama. Talk therapy and experiential therapy should be the starting point. And many psychotherapists recognize that their patients could benefit from medications to improve their clients' ability to benefit from psychotherapy.
- **Primary Care:** Primary care physicians and gynecologists are often the first providers that patients reach out to for help with depressed mood, generalized anxiety, panic attacks, and insomnia. Often they recognize the value of referrals to psychiatric providers whose familiarity with current medications, research, and interventions can be some of the most effective ways to help.
- **Compassionate Healthcare:** Symptoms that cannot be verified with the tools of "hard science" (i.e., x-rays, scans, lab work) can sometimes be dismissed. We appreciate the importance of consistent messages of compassion and hope.
- **Creative Problem Solving:** All psychiatry patients need effective symptom relief, and a pill is not always the best solution. We collaborate and explore a full array of pharmacologic and non-pharmacologic solutions.

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## Who we partner with:

- ✓ Private Practicing Therapists
- ✓ Professional Monitoring Organizations
- ✓ Employee Assistance Programs
- ✓ Primary Care Physicians & Gynecologists
- ✓ College Counseling Centers
- ✓ Hospices and Grief Counselors
- ✓ General Psychiatric Hospitals/Units
- ✓ Clergy and others in the faith community

Now  
Accepting  
Patients

## "Working Together Works Better!"

Recovery wisdom reminds us that "when one helps another, both get better." This is true whether we are in the rooms of a 12-step program, in a meditation circle, church, fitness center, or counseling practice. No one person has all the answers, but together, we can make great strides despite huge challenges. Getting mentally healthy is hard, and when providers truly commit to working together, our patients and their families are better for it.

## Syn-er-gy /' sinərjē/ noun

1. the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects (eg. "the synergy between artist and record company")
2. when two or more individuals or organizations collaborate to achieve a common goal. The combined entities may benefit from shared research and decision-making.



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## Service & Referral Details that Matter

- Now accepting referrals
- First appointments in-person whenever possible
- In-person services in Winston-Salem, NC, Wednesday & Thursday
- Telehealth via HIPAA-compliant Zoom, Monday, Tuesday, & Friday
- Out-of-network provider, with pending approval for contracts with Carolina Behavioral Health Alliance and Medicare

## Our Commitment to Referral Partners

- Please try to get a release of information prior to referral so that we can collaborate going forward. We will honor your release unless the patient rescinds.
- Send medical records and discharge plans. We'll read them.
- Let us know how much follow-up you prefer. We'll let you know how your patient is progressing and how we can best work together.
- If you'd like regular clinical updates, we'll summarize conclusions from appointments.
- If you'd like to meet with our provider to discuss one or more patients, our provider is available for fee-based multi-provider team meetings (monthly, quarterly, or PRN).
- Please keep us informed if you are aware that a patient we share is not experiencing adequate symptom relief, not taking medications as prescribed, is experiencing significant side effects, or engaging in self-destructive behavior.
- Remember, we're all in this together, because **Working Together Works Better.**



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