

# Christopher Lamps, M.D., F.A.A.C.A.P.

## Clinical Services Overview

Welcome to C2 Your Health!

### **Mission Statement:**

My goal is to provide high quality and more personalized psychiatric care across the developmental spectrum from young children to early adulthood. This care may include individual or family psychotherapy, medications, or a combination of treatments.

### **Credentialing:**

The American Board of Psychiatry and Neurology certifies my qualifications in General Psychiatry as well as Child and Adolescent Psychiatry. I have practiced in both academic and private practice environments, and have been licensed in Virginia since 2007.

### **Practice Overview:**

At the end of the initial session, I typically offer my impressions recommendations for further interventions. Follow up visits vary in frequency and length. In some cases, 30 minute follow up visits every few months are all that is needed. In other cases, weekly visits of 30-60 minutes that may include medication treatment and/or psychotherapeutic interventions are needed for several weeks or months. With improvement these visits are gradually tapered in frequency and duration.

### **Missed appointments:**

Missed appointments limit the effectiveness of treatment and reduce my ability to give care to others. If possible, give at least 24 hours notice if you need to cancel. Patients who fail to cancel an appointment and do not show will be charged a fee, except in case of an emergency. If multiple appointments are missed without cancellation or notification, I may terminate our treatment relationship.

### **Refills:**

I generally write prescriptions for enough medication to last until the next scheduled appointment. In the case where refills are needed before an appointment, please give at least 48 hours notice. Some prescriptions cannot be called in to a pharmacy - those require more than 48 hours notice of a needed refill.

### **After Hours:**

Currently I may be reached by message at 804-325-1669. I generally answer all messages within 24 hours. I can also be reached by email at calampsm@gmail.com . After hours and on weekends, I share call with a group of other psychiatrists. I will leave the number for how to reach the on call physician on the office phone above. In case of a clinical emergency that jeopardizes life or limb, please call 911 or proceed to the nearest emergency room.

### **Questions:**

If you have questions about any of the above, I encourage you to bring them up with me. I look forward to the opportunity to work with you and your loved ones.