

Welcome to Providence Psychology & Psychiatry

First Visit Guide

We're glad you're here and look forward to partnering with you in your care.

BEFORE YOUR VISIT

- Complete any MyChart forms.
- Bring photo ID and current insurance card.
- Bring medication list if seeing Psychiatry.
- Bring any Advanced Directives you would like included in your medical record.
- Arrive 15 minutes early.

DURING YOUR CARE

- Attend scheduled appointments and follow-up visits as recommended.
- Follow care-team recommendations.
- Notify us of contact, insurance, or pharmacy changes.
- Cancel or reschedule at least 24 hours in advance.

Arrivals more than 10 minutes late may need to be rescheduled. Missed follow-up may affect our ability to continue providing care.

RESPECTFUL CARE

We maintain a safe, respectful environment for patients, visitors, caregivers, and providers. Verbal abuse, threats, or disruptive behavior are not tolerated.

PRESCRIPTION REFILLS

- Contact your pharmacy first.
- Allow at least 3 business days.

Medication shortages are outside our control; if unavailable, ask your pharmacy about other locations with stock.

NEED HELP?

Clinics: 105 W. 8th Avenue, Spokane, WA 99204

Psychology: Suite 418C | 509-474-6920

Psychiatry: Suite 560E | 509-474-3030

Directions, Parking & Clinic Location

Providence Psychology & Psychiatry — Sacred Heart Outpatient Health Center

105 W. Eighth Avenue, Spokane, WA 99204

CLINIC SUITES

Psychology: Central Tower, Suite 418C | **Psychiatry:** East Tower, Suite 560E

DRIVING DIRECTIONS

From I-90 Westbound: Take Division Street exit; turn left on Second Avenue, left on Browne Street, then left on Eighth Avenue. Immediately enter the Sacred Heart Outpatient Health Center parking garage.

From I-90 Eastbound: Take Division Street exit; turn right on Division, right on Seventh Avenue, follow Seventh as it becomes McClellan Street, then turn left on Eighth Avenue. Immediately enter the parking garage.

PARKING

Park in the garage at Browne Street and Eighth Avenue. From the West Tower entrance, pass the information desk to the Central Tower elevators for Psychology or continue through the hallway to the East Tower elevator for Psychiatry.

- **Rates:** Less than 30 minutes free; 30–90 minutes \$3; over 90 minutes \$4.
- Garage exits accept credit cards only. The west lobby kiosk accepts cash.

PSYCHOLOGY SERVICES

Suite 418C
Psychotherapy
Psychological assessment/testing

PSYCHIATRY SERVICES

Suite 560E
Psychiatric evaluation & treatment
Psychiatric prescription services

PROVIDERS

Psychology Providers — 418C

Alexandra Schmidt, PsyD
Chelsea Bremer, PsyD
Eric Desmarais, PhD
Sean Hayes, PsyD
Lisa Koch, PhD
Jennifer Mays Suk, LICSW
Chloe Boling, PhD
Michael Johnston, LICSW
Alison Goodman, LICSW
Chelsie Diaz, LICSW

Psychiatry Providers — 560E

Jared Maybee, DO
Naaman Griffin, ARNP
Megan Foster, ARNP

