

June 13, 2018

I am writing to let you know that I plan to close my practice of psychiatry on September 1, 2018. This was a difficult decision, as I really enjoyed working with you and your family. I will be taking a non-clinical position, so I'm unable to bring any patients with me to my next job. I hope this next part of my career will be as fulfilling and meaningful to me as working with you has been. I truly appreciate the trust and collaboration I've had with you during the time we've worked together.

The therapist who works in my office, Angie O'Shea, LMFT, will continue to see patients without any break in care. She will open her own practice and will follow-up soon with further details. Please feel free to contact her with any questions or concerns regarding this matter and your care.

It is important that you continue to receive appropriate treatment. I have listed below several options for follow-up treatment:

- PrairieCare (children, adolescents and adults) – 888-9-PRAIRIE, they take insurance except Medica. They offer a free needs assessment for more urgent needs.
- Allina mental health clinics – 866-603-0016, they take all insurance. Danielle Goerke, DO sees children and adolescents. There are also several adult psychiatrists.
- St. Paul Childrens – 651-220-6894, they have several psychiatrists and they are all great. They are having a lull right now, so call soon before they get filled up again.
- Nystrom and Associates (adult, child and adolescent) – they have several locations and the phone number to the Eden Prairie location is 952-746-2522. They take insurance and have many psychiatrists.
- Choices Psychotherapy (adult, child and adolescent) – they have offices in St. Louis Park and Chanhassen. The phone number is 952-544-6806. Their website is choicesspsychotherapy.net. Juliette Peterson, MD is an adult psychiatrist and is great. They take insurance.
- Mary Beth Lardizabal, DO (child and adolescent) – she does integrative treatment along with traditional treatment. Her phone number is 612-454-7471 and her address is 790 Cleveland Ave S, Suite 217, St Paul, MN 55116. She has a small

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CHILD, ADOLESCENT & ADULT PSYCHIATRY AND THERAPY

Change is within reach.

private practice and only takes Blue Cross Blue Shield or self-pay. Her hours are limited to late afternoon or evening, and some Saturdays.

- Kerry Fox, MD (child and adolescent) – Her address is 11010 Prairie Lakes Drive, Eden Prairie, Mn 55347, and her phone number is 952-943-0836. She does not accept insurance. She is full for the summer but will likely open up again in the fall.
- Benita Dieperink, MD (adult) – you can reach her at bd@aspirehealth.info or 651-769-7998. She is in St. Paul. Please tell her you are coming from my practice.
- Paul Jandl, MD (adult) – 651-789-0658 and his address is 1595 Selby Ave Ste 102, Saint Paul, MN 55104
- Carrie Parente, MD (adult) – 952-476-0783, 250 Central Ave. N, Ste 114, Wayzata, MN 55391, she does not accept insurance.
- Ron Groat, MD (adult) – Minnetonka, 952-224-7212
- Helen Wood, MD (adult) – 952-236-7623, Edina, she does psychotherapy and medication management.
- Abraham Verhovsky, MD (adult), (612) 208-9778 , he also does TMS treatment. He does not accept insurance.
- Peggy Baker, MD (adult) – 952-949-8826, Eden Prairie – email peggybakermid@comcast.net, she does not accept insurance.
- Plymouth Psych Group (child and adults) – 763-559-1640, they have several psychiatrists and they accept insurance.
- Scott Yarosh, MD (adults and adolescents) – 651-955-6255, he is in St. Paul and has a PA who sees children and adolescents. He takes insurance.
- Innovative Psychological Consultants (mainly they see adults but they also see some children and adolescents) 763-416-4167 – they have several psychiatrists and they take some insurance.
- Mary Androff, MD – 651-917-9395, St Paul, doesn't take insurance

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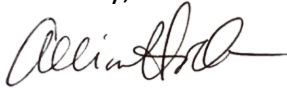
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Since the records of your case are confidential, we will require your written authorization to release your information to another physician. For this reason, I am enclosing an authorization form. You can also download a form from my website allisonholtmd.com, under the new patient forms tab. Please complete the form and return to the address or fax listed. Typically, I send a new physician my initial evaluation, medication list, and the last three progress notes.

Please note that after September 1, 2018, I will no longer be available to answer your questions or calls. If you need assistance after this date, please contact one of the doctors on the above list. Alternatively, you may contact your health care insurer for a list of other providers in your coverage/plan area.

I recognize that changing your psychiatrist may be stressful. I encourage you to seek continuity by accessing a replacement physician as soon as possible. It may take 1-3 months to get into a new psychiatrist. I hope the next step in your mental health care journey is fulfilling and meaningful for you.

Sincerely,



Allison Holt, MD

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