

Parent Child Therapy Clinic Inc.
Tele Mental health Informed Consent

Intended Use

This form is provided as an additional consent and will be added to your file along with your initial paperwork which includes informed consent and practice policies. This form is used when the therapist and client have determined that online counseling is a necessary and supportive service for client's treatment. All telehealth sessions will be billed in the same manner as an in-person office session.

What is Tele Mental Health?

Telehealth is the use of technology, like video conferencing software, to provide services at a distance. Your treatment will be provided through interactive audio, video, and/or telephone communication.

Telehealth by Simple Practice is the technology service we will use to conduct telehealth videoconferencing appointments. It is simple to use and there are no passwords required to log in. It is 100% HIPAA Compliant and Secure. Telehealth by Simple Practice is NOT an Emergency Service and in the event of an emergency, I will use a phone to call 911.

My health care provider will explain to me how the video conferencing technology that will be used to conduct sessions will not be the same as a direct client/health care provider visit due to the fact that I will not be in the same room as my provider.

Benefits & Risks

There are several benefits to using telehealth services. It increases accessibility to treatment, reduces travel time, and allows for participation in therapy from an environment of your choosing. Years of empirical research has established tele mental healthcare as a useful and effective mode of healthcare delivery.

When using technology, however, there is the risk of security and technical difficulty (e.g., disconnection of internet, computer or software not working, etc. Please refer to the telehealth checklist for more information.

Additionally, technical issues can sometimes limit visual or auditory cues and contribute to miscommunication or misunderstanding. Please know that open, clear, and meaningful communication is one of our highest priorities. Please talk to us about any communication challenges or perceived misunderstandings during our sessions.

If issues persist and impact your treatment, we will discuss alternatives and consider referrals for in-person counseling.

We will discuss how Telehealth services through Simple Practice will work with you. You will have the opportunity to ask questions in regard to this procedure.

Please do not share my telehealth appointment link you receive with anyone unauthorized to attend the appointment.

Necessity of In-Person Evaluation

Telehealth is not appropriate for all clients. Parent Child Therapy Clinic Inc requires an in-person Intake meeting in order to determine if tele mental health meets your needs. We will regularly evaluate the appropriateness of this modality for your goals. If it becomes clear that telehealth is not ideal, we will assist you in finding alternative options (e.g., face-to-face therapy).

Privacy & Confidentiality

The laws that protect your privacy and the confidentiality of your health information also apply to telehealth services. For more information about exceptions to confidentiality, please refer to our NOTICE OF PRIVACY PRACTICES and our INFORMED CONSENT documents.

Video Recording

No permanent video or voice recordings are kept from our telehealth sessions. To preserve your privacy and confidentiality, it is also advised that you do not record or store videoconference or phone sessions.

Location

For safety reasons, **you will be asked to disclose your physical address at the start of each session.** If you anticipate that you will be traveling within California or changing locations, please let us know in advance so that we can make the appropriate arrangements for privacy and format of our sessions. Please refer to the INFORMED CONSENT for more about our availability and emergency resources.

Emergency Contact Person

You are required to provide your contact information to an emergency person of your choice. This person would be contacted only in cases of an emergency. This person must be over the age of 18 and willing and able to physically go to your location in the event of an emergency. Alternatively, and depending on the nature of the emergency, we might

contact local authorities or mental health deputies. **Your therapist will ask you for this emergency contact name and phone number at the beginning of each session.**

Bringing Someone to Sessions

If you would like to have a family member or another person join you in your session, please first discuss this with us to make arrangements. If you do not make prior arrangements, sessions that include unapproved individuals will be terminated.

Technical Difficulties

If reception is bad, or if our session gets disconnected, we will try to reconnect by restarting the video platform. If we still experience technical difficulties, we will use phone to continue with our session. You also have the option to cancel or reschedule your session.

I have read and understand the information provided above regarding telehealth, have discussed it with my child's therapist, and all of my questions have been answered to my satisfaction. I have read this document carefully and understand the risks and benefits related to the use of telehealth services and have had my questions regarding the procedure explained.

My therapist will get my verbal consent to engage in telehealth service and it will be documented as such in my medical record per CA regulations.

I understand that I have the right to withhold or withdraw my consent to the use of telehealth in the course of my care at any time, without affecting my right to future care or treatment.

Tele Mental Health Checklist

- Choose a "meeting" space or environment that allows you to focus on the discussions you want to have with your therapist. If you have technology options (phone, laptop, tablet, etc), choose the one that allows you to have the best telehealth experience. If your environment or your technology is creating distractions, you won't get as much out of the sessions.
 - Situate yourself in a private space Think about the best way to make your privacy a priority so you feel comfortable talking freely. For example:
 - Close the door
 - Put a Do Not Disturb sign out (if appropriate)
 - Go for a walk in a park or neighborhood with privacy
 - Inform people in your house or office that you have an important meeting and ask that they not interrupt you unless absolutely necessary.
 - Consider who might enter the room/space during your meeting time and prepare your response to get back to the session quickly.
 - For video sessions: Your laptop with a microphone and speaker are ideal because it will feel most natural for talking to one another. Using headphones with your laptop might work even better for you. Confirm that your internet speed and therefore your

video quality allow us to see and hear each other. Good lighting and a stabilized video camera (not walking with your phone or moving around often) will help both you and your therapist get the most out of our video experience with each other.

- For Phone/Voice sessions: Consider whether you need to be on wifi to get the best experience and choose your location accordingly. Using headphones when possible is the best way to have a clear and volume regulated conversation.

With a little attention to a comfortable environment and technology, tele mental health offers a wonderful alternative to in-person meetings and can have many benefits to your personal counseling goals.