UHURU JUSTICE
COUNSELING AND CONSULTING CENTER

INFORMED CONSENT TO PARTICIPATE IN MENTAL HEALTH SERVICES

Counseling:

Direct contact and Telehealth are confidential processes designed to help you address your concerns, come to a greater understanding of yourself, and learn effective personal and interpersonal coping strategies. It involves a relationship between you and a trained therapist who has the desire and willingness to help you accomplish your individual goals. Counseling involves sharing sensitive, personal, and private information that may at times be distressing. During counseling, there may be periods of increased anxiety or confusion. The outcome of counseling is often positive; however, the level of satisfaction for any individual is not predictable. Your therapist is available to support you throughout the counseling process. In addition, Telehealth is a mode of delivering health care services, including psychotherapy, via communication technologies (e.g., Internet or phone) to facilitate diagnosis, consultation, treatment, education, care management, and self-management of a patient's health care.

POTENTIAL BENEFITS AND RISKS OF COUNSELING: Participating in counseling can result in several benefits to you, including reducing psychological symptoms, improving interpersonal relationships, increasing personal effectiveness, and resolving specific concerns that brought you to counseling. However, counseling requires your active involvement, honesty, and openness to experience growth and change. During counseling, you may experience discomfort by talking about unpleasant events, feelings, or thoughts. It is possible for things to seem to get worse before they get better, and there is no guarantee of a positive result. You have the right to access covered services in either in-person or via telehealth.

PARTICIPATING IN TELEHEALTH SERVICES: "Telehealth" or "teletherapy" is a mode of delivering health care services(psychotherapy) via phone or video to facilitate the diagnosis, consultation, treatment, education, and care management. The use of telehealth is voluntary and consent for the use of telehealth can be withdrawn at any time without affecting the ability to access covered services in the future.

You should be aware that providing telehealth therapy in this manner has its drawbacks:

- The connection may not be stable. Video can freeze, audio can be dropped, the connection may go black, and if you are in a state of crisis (considering self-harm or suicide), losing the connection would be very bad. The therapist can terminate a telehealth session if it is determined that a stable telecommunication connection cannot be adequately maintained.
- Your computer or phone may have problems that might affect a telehealth session. Again, the therapist can terminate a telehealth session if it is determined that a stable telecommunication connection cannot be adequately maintained.
- The session may not be secure or confidential unless you make it so. The therapist will be in a private office for your security and confidentiality, so it is encouraged that you locate yourself in a place that you know is private and secure. Therefore, initiating a session at the beach, a park, Denny's, or Starbucks is neither private, confidential, nor secure.

- Crisis support services may not be available via telehealth where you are currently residing or in your geographic area. If you are in a state of crisis and you have no place to get help, there is little a therapist can do remotely. The therapist will help identifying resources in your area based on your geographical location, but it is entirely up to you to access and utilize those resources.
- There is a lot a therapist CANNOT see during a telehealth session. Noteworthy mannerisms, gestures, body language or expression, physical appearance, grooming, appropriateness of dress are just a few marks of data that can be missed in a telehealth session. This information could be very helpful to your progress in treatment.

There are also advantages to using telehealth as a medium for therapy services:

- Therapy in the privacy of your own location
- You can schedule sessions around your schedule.
- Even if you are not feeling up to going to an office, you can still attend a session from your home.

CONFIDENTIALITY: Personal or identifying information will not be disclosed to anyone outside the therapist-client relationship without your written consent. Exceptions to confidentiality include: 1) evidence suggests physical, sexual, or emotional abuse and neglect of a child, a disabled individual, or the elderly, 2) you present with suicidal ideation and refuse to engage in safety planning or safety precautions, 3) you report a plan to harm a specific-named individual, 4) where permitted by or required by law (i.e., insurance agreement, legal subpoena), 5) consultations with the clinical supervisor.

I consent to and authorize to receive mental health services that may include the following:

- **Individual Therapy**
- **Group Therapy**
- **Telehealth Services**

Mental health services will be provided by Virginia Jones, Licensed Clinical Social Worker #91328

I acknowledge that I have read this consent, understand its contents, have had the opportunity to discuss it, and have had any questions answered to my satisfaction. I have read and I understand the drawbacks and disadvantages of using telehealth as a mode of psychotherapy and mental health treatment. Acceptance of and participation in mental health services is voluntary; Individuals receiving mental health services have the right to request a change of provider, when available.

NOTICE TO CLIENTS The Board of Behavioral Sciences receives and responds to complaints regarding services provided within the scope of practice of (marriage and family therapists, licensed educational psychologists, clinical social workers, or professional clinical counselors). You may contact the board online at www.bbs.ca.gov, or by calling (916) 574-7830.

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Signature of Client Signature of Therapist

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Date