

## **Client Information and Acknowledgment of Informed Consent to Treatment** **Insight Therapeutic Services, LLC, Sarah Headley, LISW**

I am licensed as a Licensed Independent Social Worker and am engaged in private practice providing mental health services.

### *Mental Health Services*

The purpose of mental health services is to help you better understand your situation, change your behavior or move toward resolving your difficulties. Using my knowledge of human development and behavior, I will make observations about situations and help you to develop new ways to approach them. It will be important for you to examine your own feelings, thoughts and behavior, and to try new approaches in order for change to occur.

The services offered can have risks as well as benefits. Treatment often involves discussing unpleasant issues, and you might experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. On the other hand, mental health care may often lead to better relationships, solutions to specific problems, and significant reductions in feelings of distress. But there are no guarantees of what you will experience.

### *Appointments*

Appointments are made by calling or texting (513) 313-2536 or emailing at sarah@insighttherapy.net. **Please call to cancel or reschedule at least 24 hours in advance, or you will be charged \$150 for the missed appointment.** Third party payers will not cover or reimburse for missed appointments. Appointments are 50-55 minutes in length, but session length may vary for clinical reasons. The number of appointments depends on many factors and we will discuss this as part of your treatment planning.

### *Relationship*

My relationship with clients is a professional and therapeutic relationship. In order to preserve this relationship, it is imperative that I not have any other type of relationship with you. Personal and/or business relationships undermine the effectiveness of the therapeutic relationship. Please do not attempt to “friend” me on Facebook or on any other social media site.

### *Goals, Purposes and Techniques*

There may be alternative ways to effectively treat the problems you are experiencing. It is important for you to discuss any questions you may have regarding the treatment I recommend and to have input into setting the goals of your therapy. As therapy progresses, these goals may change. You and I will jointly determine how to effect the changes you are seeking to make for yourself. You always have the opportunity to seek either another opinion or a different therapist. I will let you know if I feel that we are not a good fit or if you might obtain better help elsewhere.

### *Confidentiality*

Laws protect the privacy of all communications between a client and a therapist. In most situations I can only release information about your treatment to others if you sign a written authorization. There are some situations where I am permitted or required to disclose information either with or without your consent or authorization. For example:

- If you are involved in a court proceeding and a request is made for information concerning your treatment, I cannot provide such information without your (or your legal representative’s) written authorization, or a court order. If you are involved in or contemplating litigation, you should consult your attorney to determine whether a court would be likely to order me as your therapist to disclose

information;

- If a government agency is requesting the information, I may be required to provide it;
- If you file a complaint or lawsuit against me, I may disclose relevant information about you in order to defend myself;
- If you file a worker's compensation claim, I may be required, upon appropriate request, to provide a copy of your records, or a report of your treatment.

There are some situations in which I am legally obligated to take actions that I believe are necessary to attempt to protect others from harm, and in such cases I might have to reveal some information about your treatment. If such a situation arises, I will make every effort to fully discuss it with you before taking any action, if I deem that to be appropriate under the circumstances, and will limit disclosure to what is necessary. For instance:

- If I have reason to believe that a child or vulnerable adult is being neglected or abused, the law requires that the situation be reported to the appropriate state or local agency;
- If I believe you present a clear and substantial danger of harm to yourself and/or others, I may be obligated to take certain protective actions. This may include contacting family members, seeking hospitalization for you, notifying any potential victim(s), and notifying the police.

I may need to discuss your situation with colleagues from time to time and you agree that I may do that. If I do that I will only release the information necessary in order for me to provide help to you, the client.

You agree that I may release information about your claim(s) to the Ohio Department of Insurance in connection with any insurance company's failure to properly pay a claim in a timely manner as well as to the Ohio Department of Commerce, which requires certain reporting of unclaimed funds. In those instances, only the minimal, required, information will be supplied.

You agree that from time to time I may have the need to consult with my practice attorney regarding legal issues involving your care (this is an infrequent occurrence, but does happen from time to time). My practice attorney is bound by confidentiality rules also. In addition, I will reveal only the information that I need to reveal to receive appropriate legal advice in connection with those contacts.

This summary is designed to provide an overview of confidentiality and its limits. It is important that you read the Notice of Privacy Practices form that has been provided to you for more detailed explanations, and that you discuss with me any questions or concerns that you have.

### *Legal Situations*

If you become involved in legal proceedings that require my participation you will be expected to pay for all of my professional time, even if I am called to testify by another party. I will ask that a retainer be paid of half of the expected fees at least one week prior to providing these services, and the second half of expected fees and any additional fees that may have been accrued be paid within one week after services are delivered. My professional time for legal proceedings may include preparation (document review or letter preparation), phone consultation with other professionals or you, record copying fees, and travel time to and from proceedings, testifying, and time that I wait in court prior to or after I may be called to testify). Due to the time-consuming and often difficult nature of legal involvement, I charge \$ 150.00 per hour for these services. You will also be responsible for any legal fees that I may incur in connection with the legal proceeding, which may include responding to subpoenas.

### *Professional Records*

The laws and standards of my profession require that I keep Protected Health Information about you in your Clinical Record. Your Clinical Record includes information about your reasons for seeking therapy, a description of the ways in which your problems affect your life, your diagnosis, the goals for treatment, your progress toward those goals, your medical and social history, your treatment history, results of clinical tests (including raw test data), any past treatment records that I receive from other providers, reports of any professional consultations, any payment records, and copies of any reports that have been sent to anyone. You may examine and/or receive a

copy of your Clinical Record if you request it in writing. If the law allows it, and if I determine that for clearly stated treatment reasons that disclosure of the records to you is likely to have an adverse effect on you, I may exercise the option of turning the records over to another mental health therapist designated by you. Because these are professional records they can be misinterpreted and/or upsetting to untrained readers, I therefore recommend that you initially review them with me, or have them forwarded to another mental health professional so you can discuss the contents. In most circumstances, I am allowed to charge fees set under Ohio laws for copying and sending records. These fees change every year, so I will let you know what the charge is at the time that a records request is made.

### *Fees, Payments, and Billing*

Payment for services is an important part of any professional relationship. This is even more true in therapy; one treatment goal is to make relationships and the duties and obligations they involve clear. You are responsible for seeing that my services are paid for. Meeting this responsibility shows your commitment and maturity.

My current regular fees are as follows. You will be given advance notice if my fees should change.

Regular therapy services are \$150 for each 50-55 minute session. Please pay for each session before it begins. I have found that this arrangement helps us stay focused on our goals, and so it works best. It also allows me to keep my fees as low as possible because it cuts down on my bookkeeping costs. I suggest you make out your check before each session begins, so that our time will be used best. Other payment or fee arrangements must be worked out before the end of our first meeting.

If you choose to not have me send information to your insurance company, you must select this option before each session and then pay for the session in full. I will then not report any information to your insurance company about that session.

Telephone consultations: I believe that telephone consultations may be suitable or even needed at times in our therapy. If so, I will charge you my regular fee, prorated over the time needed. If I need to have long telephone conferences with other professionals as part of your treatment, you will be billed for these at the same rate as for regular therapy services. If you are concerned about this, please be sure to discuss it with me in advance so we can set a policy that is comfortable for both of us. Of course, there is no charge for calls about appointments or similar business issues.

Reports: I will not charge you for my time spent making routine reports to your insurance company.

If you think you may have trouble paying your bills on time, please discuss this with me. I will also raise the matter with you so we can arrive at a solution. If your unpaid balance reaches \$ 300.00 I will notify you by mail. If it then remains unpaid, I may stop therapy with you if we cannot agree on a payment plan. Fees that continue unpaid after this may be turned over to small-claims court or a collection service and you agree to allow me to do that. If I choose to do that I will report only enough information to collect fees due to me.

A late payment fee of \$ 25.00 will be charged each month that a balance remains unpaid, since I will incur costs to rebill and other accounting costs.

Because I am a licensed independent social worker many health insurance plans will help you pay for therapy and other services I offer. Because health insurance is written by many different companies, I cannot tell you what your plan covers. Please read your plan's booklet under coverage for "Outpatient Psychotherapy" or under "Treatment of Mental and Nervous Conditions." Or call your employer's benefits office to find out what you need to know.

If your health insurance will pay part of my fee, I will help you with your insurance claim forms. However, please keep two things in mind: 1. I had no role in deciding what your insurance covers. Your employer or you (if you have individual coverage) decided which, if any, services will be covered and how much you have to pay. You are responsible for checking your insurance coverage, deductibles, payment rates, copayments, and so forth. Your

insurance contract is between you and your insurance company; it is not between me and the insurance company unless I have signed a separate agreement with that particular company; 2. You are responsible for paying the fees we agree upon. If you ask me to bill a separated spouse, a relative, or an insurance company and I do not receive payment on time, I will then expect this payment from you. In addition, the plan may have rules, limits, and procedures that we should discuss and I may not be on one of their panels. Please bring your health insurance plan's description of services to one of our early meetings, so that we can talk about it and decide what to do.

I will provide information about you to your insurance company with your consent, and by signing below you agree that I may do that. If I have a contract with your insurance company then billing will be sent in accordance with the contract I have with that company. If I am not contracted with that insurance company then I will supply you with an invoice for my services with the standard diagnostic and procedure codes for billing purposes, the times we met, my charges, and your payments. You can use this to apply for reimbursement.

### *Minors*

If you are under 18 years of age, please be aware that the law may provide your parents the right to examine your treatment records. Before giving parents any information I will discuss the matter with you, if possible, and do my best to handle any objections you may have. In addition, if one parent brings a child and the therapy only involves the child, under Ohio law both parents have access to the child's records and anything the other parents says in the sessions, unless a parent is blocked by court order from obtaining information on their child, although your therapist may provide your records to another therapist if he or she believes the records could have an adverse effect on the client. Minors 14 years of age and older should be aware that they have an option to see me on a limited basis without their parents' knowledge, except where there is a compelling need for disclosure based on a substantial probability of harm to the minor or to other persons, and if the minor is notified of the my intent to inform the minor's parent, or guardian. Only the minor is responsible for paying for services under this option.

### *Court Policies and Fees*

Due to the nature of the therapeutic process and the fact that it often involves making a full disclosure with regard to many matters which may be of a confidential and highly personal nature, it is agreed that should there be legal proceedings (such as, but not limited to divorce and custody disputes, injuries, employment lawsuits, etc), neither you nor your attorney, nor anyone else acting on your behalf, will call on me to testify in court or at any other proceeding, nor will a disclosure of the psychotherapy records be requested. I will not voluntarily participate in any litigation, or custody dispute (including child custody) in which you and another individual, or entity are parties. I have a policy of not communicating with your attorney and will generally not write or sign letters, reports, declarations, or affidavits to be used in legal matters. I will generally not provide records or testimony unless compelled to do so. Because of the difficulties and complexities involved in attending to legal matters, my fees for participation differ from my clinical rates. Should I be subpoenaed or ordered by a court of law to appear as a witness in an action involving you, you agreed to reimburse me at my usual and customary court rate of \$250/hour for any time spent on preparation, travel, appearance in court, or other related activities. Fees will not be prorated, and will be rounded up to the closest hour mark. Should travel more than 50 miles from my residence be required to participate in any related activities, you will also be responsible for all costs incurred as a result of travel, including mileage, accommodations, and meals. You will be expected to pay for my time even if I'm ordered to court by another party. All costs are required upfront.

### *Evaluations*

I will not provide the aforementioned types of evaluations: court-mandated treatment, probationary care plans, parental custody evaluations, emotional support animal letters, return to work fitness for duty evaluations, weapons purchase clearance evaluations or other like evaluations. As well, therapy is the primary goal in attending sessions, and by attending sessions, there is no expectation that a recommendation for disability would be given. Receiving therapy services here does not at all guarantee any requests made of the clinician to sign paperwork for time off from work due to mental health reasons. Time off of work does not necessarily lead to improved mental health outcomes and may even have a undesired effect.

*Emergencies and After-Hours Care*

I may be reached at (513) 313-2536. I will make every effort to return messages within 24 hours; however, I may not always be able to do that. Current clients will be notified during sessions of upcoming travel or vacation. If you have an emergency you should go directly to a hospital emergency department, or call 911. Emergencies are urgent situations and require your immediate action.

*Email and Texting*

If you decide you want to utilize either email or texting as a form of communication you acknowledge that there are confidentiality risks inherent in such communications and you accept those risks. If you wish to use texting or e-mail for communications, please place your initials in the space below:

\_\_\_\_\_ (By initializing this section you agree that you understand the risks involved in texting and e-mailing and agree to accept such risks in communications from either me to you or you to me that involve scheduling and/or therapy)

***Acknowledgment of Informed Consent to Treatment***

**I voluntarily agree to receive mental health assessment, care, treatment, or services and authorize Sarah Headley, LISW, practicing as Insight Therapeutic Services, LLC, to provide such care, treatment or services as are considered necessary and advisable.**

**I understand and agree that I will participate in the planning of my care, treatment, or services and that I may stop such care, treatment or services that I receive through Insight Therapeutic Services, LLC at any time.**

**By signing this Acknowledgment of Informed Consent to Treatment, I, the undersigned client, acknowledge that I have both read and understood all the terms and information contained herein and I agree to be bound by the provisions in this agreement. Ample opportunity has been offered to me to ask questions and seek clarification of anything unclear to me. If a minor is the client I am signing on behalf of the minor as the authorized parent/guardian. (Information on Minor rights will be shares with the minor)**

**Client Name/Parent or Guardian of minor child (please print)**

\_\_\_\_\_ Date

**Client Signature/Parent or Guardian of minor child**

\_\_\_\_\_ Date