



## Telemental Health Informed Consent: Teen Support Series – Handling Emotion



Client Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### Definition of Telehealth

Telehealth involves the use of electronic communications to enable Old Mill Center mental health professionals to connect with individuals using interactive video and/or audio communications. Telehealth includes the practice of psychological health care delivery, diagnosis, consultation, treatment, referral to resources, education, and the transfer of medical and clinical data. This form grants permission for Old Mill Center for Children and Families (OMCCF) counseling staff to provide assessment and mental health services utilizing telemental health mediums.

### Risks and Benefits

Please review and initial spaces below. I understand that I have the following rights with respect to telemedicine:

1. I have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment nor risking the loss or withdrawal of any program benefits to which I would otherwise be entitled.
2. The laws that protect the confidentiality of my medical information also apply to telemedicine. As such, I understand that the information disclosed by me during the course of my therapy is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality including, but not limited to: reporting child, elder, and dependent adult abuse; expressed threats of violence towards an ascertainable victim; and where I make my mental or emotional state an issue in a legal proceeding. (See also Office Policies and HIPAA Notice of Privacy Practices forms, provided to me, for more details of confidentiality and other issues.)

I also understand that the dissemination of any personally identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without my written consent.

3. I understand that a library staff person will be present at all Teen Support Series meetings, as the series is a partnership between the Corvallis Public Library and Old Mill Center. I understand that the library staff person in attendance will maintain confidentiality and is also a mandatory reporter – they are required to report abuse and other circumstances listed above in #2.

## **Telemental Health Informed Consent: Teen Support Series – Handling Emotion**

4. I understand that confidentiality expectations will be reviewed with all participating group members, and acknowledge that, while group leaders can expect confidentiality, they cannot guarantee it. If I have concerns about relationships among members of the group, or that confidentiality has been breached, I can contact the leading therapist directly to discuss those concerns.
  
5. I understand that there are risks and consequences from telemedicine. These may include, but are not limited to, the possibility, despite reasonable efforts on the part of my psychotherapist, that: the transmission of my medical information could be disrupted or distorted by technical failures; the transmission of my medical information could be interrupted by unauthorized persons; the electronic storage of my medical information could be accessed by unauthorized persons and/or misunderstandings can more easily occur, especially when care is delivered in an asynchronous manner.

In addition, I understand that telemedicine-based services and care may not yield the same results nor be as complete as face-to-face service. I also understand that if my psychotherapist believes I would be better served by another form of psychotherapeutic service (e.g. individual therapy services), I will be referred to a psychotherapist in my area who can provide such service. Finally, I understand that there are potential risks and benefits associated with any form of psychotherapy, and that despite my efforts and the efforts of my psychotherapist, my condition may not improve and in some cases may even get worse.

6. I understand that I may benefit from telemedicine, but results cannot be guaranteed or assured. The benefits of telemedicine may include but are not limited to: finding a greater ability to express thoughts and emotions; transportation and travel difficulties are avoided; time constraints are minimized; and there may be a greater opportunity to prepare in advance for therapy sessions.
  
7. I understand that I have the right to access my medical information and copies of medical records in accordance with Oregon law. Records may be requested from Old Mill Center, if desired.
  
8. By signing this document, I agree that certain situations, including emergencies and crises, are inappropriate for audio-/video-/computer-based psychotherapy services. If I am in crisis or in an emergency, I should immediately call 9-1-1 or seek help from a hospital or crisis-oriented health care facility in my immediate area. If the group leaders are concerned for your safety, they will call emergency services to support you.

## **Telemental Health Informed Consent: Teen Support Series – Handling Emotion**

### **Patient Consent to the Use of Telehealth**

I have read and understand the information provided above regarding telehealth, have discussed it with my counselor, 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. I hereby give my informed consent to participate in the use of telehealth services for treatment under the terms described herein.

By my signature below, I hereby state that I have read, understood, and agree to the terms of this document.

**Client Name (Please Print):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Client Signature:** \_\_\_\_\_