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**Heidi Savell, LCSW, CADC I**  
**NOTICE OF PRIVACY PRACTICES**

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The privacy of your health information is important to me. I will maintain the privacy of your health information and I will not disclose your information to others unless you tell me to do so and provide written consent, or unless the law authorizes or requires me to do so.

A new federal law commonly known as HIPAA requires that I take additional steps to keep you informed about how I may use information that is gathered in order to provide health care services to you. As part of this process, I am required to provide you with the attached Notice of Privacy Practices and to request that you sign the attached written acknowledgement that you received a copy of the Notice. The Notice describes how I may use and disclose your protected health information to carry out treatment, payment or health care operations and for other purposes that are permitted or required by law. This Notice also describes your rights regarding health information I maintain about you and a brief description of how you may exercise these rights.

If you have any questions about this Notice or would like additional copies please contact Heidi Savell, 503-490-1906

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**THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED  
AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE  
REVIEW IT CAREFULLY.**

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I am required by applicable federal and state law to maintain the privacy of your health information. I am also required to give you this Notice about my privacy practices, legal obligations, and your rights concerning your health information ("Protected Health Information" or "PHI"). I must follow the privacy practices that are described in this Notice (which may be amended from time to time).

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**I. USES AND DISCLOSURES OF PROTECTED HEALTH INFORMATION**

**A. Permissible Uses and Disclosures without Your Written Authorization**

I may use and disclose PHI without your written authorization, excluding Psychotherapy Notes as described in Section II, for certain purposes as described below. The examples provided in each category are not meant to be exhaustive, but instead are meant to describe the types of uses and disclosures that are permissible under federal and state law.

**1. Treatment:** I may use and disclose PHI in order to provide treatment to you. For example, I may use PHI to diagnose and provide counseling service to you. In addition, I may disclose PHI to other health care providers involved in your treatment.

**2. Payment:** I may use or disclose PHI so that services you receive are appropriately billed to, and payment is collected from, your health plan. By way of example, I may disclose PHI to permit your health plan to take certain actions before it approves or pays for treatment services.

**3. Health Care Operations:** I may use and disclose PHI in connection with our health care operations, including quality improvement activities, training programs, accreditation, certification, licensing or credentialing activities.

**4. Required or Permitted by Law:** I may use or disclose PHI when I am required or permitted to do so by law. For example, I may disclose PHI to appropriate authorities if I reasonably believe that you are a possible victim of abuse, neglect, or domestic violence or the possible victim of other crimes. In addition I may disclose PHI to the extent necessary to avert a serious threat to your health or safety or the health or safety of others. Other disclosures permitted or required by law include the following: disclosures for public health activities; health oversight activities including disclosures to state or federal agencies authorized to access PHI; disclosures to judicial and law enforcement officials in response to a court order or other lawful process; disclosures for research when approved by an institutional review board; and disclosures to military or national security agencies, coroners, medical examiners, and correctional institutions or otherwise as authorized by law.

**5.** I am permitted without your authorization to disclose the minimum necessary PHI to collect debts from family members or friends or close associates or social service agencies who have contracted to pay your treatment costs (see IA-2).

**6.** If you are a minor age 14 or older you may seek mental health or addictions counseling without your parent's permission under Oregon Law. But Oregon Law also requires that I involve your parents before the end of treatment unless your parents refuse to be involved or unless there are clear clinical indications to the contrary documented in the treatment record. For example, if you have been sexually abused or there is reason to believe that your health and safety may be endangered if your parents are notified. If you are an emancipated minor, your privacy will be the same as an adult.

**7.** I reserve the right contact you by phone with appointment reminders and to follow-up missed appointments and treatment aftercare. You have the right to object this policy.

## **B. Uses and Disclosures Requiring Your Written Authorization**

**1. Psychotherapy Notes:** Notes recorded by your clinician documenting the contents of a counseling session with you ("Psychotherapy Notes") will be used only by your clinician and will not otherwise be used or disclosed without your written authorization. Your clinician is not required to let you review psychotherapy notes or disclose psychotherapy notes to a third party even if you request that they be released.

**2. Marketing Communications:** I will not use your health information for marketing communications without your written authorization.

**3. Other Uses and Disclosures:** Uses and disclosures other than those described in Section I.A. above will only be made with your written authorization. For example, you will need to sign an authorization form before I can send PHI to your life insurance company, to a school, to your attorney or to family members or friends. If you are a minor age 14 or older see 1A6 above. You may revoke any such authorization at any time.

**3a.** If you are over 18 years old I will not communicate with your family, friends or associates about your treatment without your written authorization except as provided in the Permissible Disclosures in Section 1. If you are a spouse or partner in couples or marriage counseling, treatment related communication will be restricted to therapy sessions.

## **II. YOUR INDIVIDUAL RIGHTS**

**A. Right to Inspect and Copy.** You may request access to your medical record and billing records maintained by me in order to inspect and request copies of the records. All requests for access must be made in writing. Under limited circumstances, I may deny access to your records. For example, I do not have to let you see my psychotherapy notes about your treatment or if I believe that seeing your medical record would result in a danger to your treatment. I may charge a fee for the costs of copying and sending you any records requested. If you are a parent or legal guardian of a minor, please note that certain portions of the minor's medical record will not be accessible to you.

**B. Right to Alternative Communications.** You may request, and I will accommodate, any reasonable written request for you to receive PHI by alternative means of communication or at alternative locations.

**C. Right to Request Restrictions.** You have the right to request a restriction on PHI used for disclosure for treatment, payment or health care operations. You must request any such restriction in writing. I am not required to agree to any such restriction you may request.

**D. Right to Accounting of Disclosures.** Upon written request, you may obtain an accounting of certain disclosures of PHI made by me after August 10<sup>th</sup>, 2015. This right applies to disclosures for purposes other than treatment, payment or health care operations, excludes disclosures made to you or disclosures otherwise authorized by you, and is subject to other restrictions and limitations.

**E. Right to Request Amendment:** You have the right to request that I amend your health information. Your request must be in writing, and it must explain why the information should be amended. I may deny your request under certain circumstances.

**F. Right to Obtain Notice.** You have the right to obtain a paper copy of this Notice by request at any time.

**G. Questions and Complaints.** If you desire further information about your privacy rights, or are concerned that I have violated your privacy rights, you may contact me, Heidi Savell, at 503-490-1906 or heidi@savellcounseling.com. You may also file written complaints with the Director at Office for Civil Rights of the U.S. Department of Health and Human Services. I will not retaliate against you if you file a complaint with the Director or myself.

### **III. EFFECTIVE DATE AND CHANGES TO THIS NOTICE**

**A. Effective Date.** This Notice is effective on August 10<sup>th</sup>, 2015.

**B. Changes to this Notice.** I may change the terms of this Notice at any time. If I change this Notice, I may make the new notice terms effective for all PHI that I maintain, including any information created or received prior to issuing the new notice. If I change this Notice, I will post the revised notice in the waiting area of my office. You may also obtain any revised notice by contacting me directly.

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**Please sign confirming you have received this document:**

Signature and date:

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