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Informed Consent for Telemental Health Service

Introduction of Telemental Health Services

Telemental health is the delivery of mental health care using interactive technologies between you and your therapist when you are not in the same location. Telemental health includes the practice of health care delivery, including mental health care delivery, diagnosis, consultation, treatment, transfer of medical data, and education using interactive audio, video, and/or data communications.

The interactive technologies used in telemental health incorporate network and software security protocols to protect the confidentiality of the information transmitted via any electronic channel. These protocols include measures to safeguard the data and to aid in protecting against intentional and unintentional corruption.

Benefits and Risks

There are a number of possible benefits from telemental health, but results cannot be guaranteed or assured. The benefits of telemental health may include, but are not limited to: experiencing a greater ease in expressing thoughts and emotions; avoiding transportation and travel difficulties; minimizing time constraints; and increased opportunity to prepare in advance for therapy sessions.

There are risks and consequences from telemental health services. These may include, but are not limited to: the possibility, despite reasonable efforts on the part of Savell Psychotherapy, that the transmission of your medical records could be disrupted or distorted by technical failures; the transmission of medical information could be interrupted by unauthorized persons; the electronic storage of medical information could be accessed by unauthorized persons, and/or misunderstandings can more easily occur.

In addition, telemental health based services and care may not yield the same results nor be as complete as face-to-face service. We will regularly reassess the appropriateness of continuing to deliver services through the use of telemental health. If I believe that you would be better served by another form of psychotherapeutic service (e.g. face-to-face), and you are unable to attend in-person sessions with me, I will attempt to offer you referrals to therapists in your area.

Plan for Communication

In order to participate in telemental health service, you will need access to, and familiarity with the appropriate technology. You will also need a private space, free from disruptions, for the duration of each session.

In the event of technological issues that result in the disruption of a telemental health session, it may be necessary to communicate by other means. I will contact you from my cell phone if needed

Self-Termination

You have the right to decline use of telemental health services at any time without jeopardizing access to future care, services, and benefits.

My Fees

Fees for telemental health session are the same as established in your initial “Professional Disclosure Statement and Informed consent” form unless otherwise specified. If we are billing insurance, I will do my best to estimate your portion of the fees, but because of certain insurance billing practices, it is impossible for me to know exactly what portion your insurance provider will cover until I have received payment from them, which can take some time. **Please understand that you are responsible for any fees not covered by insurance.**

Appointment Cancellation Policy

Telemental health sessions are subject to the same appointment cancellation policy as outlined in the initial “Professional Disclosure Statement and Informed consent” form.

Fees for Interrupted Session

If the video session gets interrupted, the therapist will call the client back from her work number (503) 490-1906 or from a personal cell phone. If this occurs, the session will continue as a phone session and the charges will remain the same as established in your initial “Professional Disclosure Statement and Informed consent” form unless otherwise specified. **Please understand that you are responsible for any fees not covered by insurance.** If the session cannot be continued for other reasons, the therapist and client will discuss changes to the fees. This will occur on a case by case basis.

My Commitment to Ethical Practice

I strive to uphold the highest ethical standards. If you feel I have acted in an unprofessional manner and are unable to resolve your concerns with me, you may contact the Oregon Board of Licensed Social Workers at 503-378-5735

Laws and Standards

The laws and professional standards that apply to in-person behavioral health services also apply to telemental health services. This document does not replace other agreements, contracts, or documentation of informed consent.

ACKNOWLEDGEMENT

I have read and understand the information described in this form.

Printed Name

Signature

Date