

## Telemental Health Services Informed Consent

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Telemental health refers to services that rely on electronic, often Internet-based, technology tools to allow you to participate in psychotherapy from a remote location. I use the HIPPA certified, Doxie.me website and the Ivy Pay app, designed especially for mental health providers. You will need access to Internet service and technological tools needed to use the above-listed tools in order to engage in telemental health work. If you have any questions or concerns about the above tools, please email or text me. I will be happy to discuss the risks, benefits, and specific application to your treatment. Telemental health has both benefits and risks, which we will be monitoring as you proceed with your work.

### **Benefits and Risks of Telemental Health**

Receiving services via telemental health allows you to:

- Receive services at times or in places where the service may not otherwise be available.
- Receive services in a fashion that may be more convenient and less prone to delays than in-person meetings.
- Receive services when you are unable to travel to the service provider.
- The unique characteristics of telemental health media may also help some people make improved progress on health goals that may not have been otherwise achievable without telemental health.
- It is possible that receiving services by telemental health will turn out to be inappropriate for you. If so, you can stop work by telemental health at any time without prejudice.

Your responsibilities for participating in telemental health sessions:

- You will need to be responsible for creating an appropriate space for your telemental health sessions.
- You will need to participate in making a plan for managing technology failures, mental health crises, and medical emergencies.
- I am licensed to provide therapy only in the state of North Carolina. You must be in NC to participate in therapy with me. Please let me know if you re-locate.
- I follow security best practices and legal standards in order to protect your health care information, but you will also need to participate in maintaining your own security and privacy.

## **Our Safety and Emergency Plan**

As a recipient of telemental health-based services, you will need to participate in ensuring your safety during mental health crises, medical emergencies, and therapy sessions.

You will need to designate an emergency contact and provide permission for me to communicate with this person about your care during emergencies. We will also develop a plan for what to do during mental health crises and emergencies, and a plan for how to keep your space safe during sessions. It is important that you participate in the creation of these plans and that you follow them as needed.

I use software and hardware tools that adhere to security best practices and applicable legal standards for the purposes of protecting your privacy and ensuring that records of your health care services are not lost or damaged.

As with all things in telemental health, however, you also have a role to play in maintaining your security. Please use reasonable security protocols to protect the privacy of your own health care information. For example: when communicating with your provider, use devices and service accounts that are protected by unique passwords that only you know. Also, use the secure tools that your provider has supplied for communications.

Please do not record video or audio sessions without consent. Making recordings can quickly and easily compromise your privacy and should be done so with great care. I will not record or save your session in any format.

Telemental health sessions are under the same cancellation policy as in person sessions. Unless there is an extreme emergency, there will be a \$50 charge for cancellations withing 24 hours of the appointment.

Client signature

Date

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Clinician signature

Date

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