

Information, Authorization, & Consent to TeleMental Health via Video Conferencing

TeleMental Health via Video Conferencing is an option for us to conduct remote sessions over the internet where we not only can speak to one another, but we may also see each other on a screen. The law now states that you have to be physically located in Missouri for me to work with you unless special permission has been granted by the state you are visiting. I utilize the video conferencing platform called Doxy.Me. This video conferencing platform is encrypted to the federal standards, is HIPAA compatible, and has signed a HIPAA Business Associate Agreement (BAA). The BAA means that Doxy.Me is willing to attest to HIPAA compliance and assumes responsibility for keeping our video conferencing interaction secure and confidential. If we choose to utilize this technology, I will give you detailed directions regarding how to log-in securely. I also ask that you please sign on to the platform a few minutes prior to your session time to ensure we get started promptly. I might be delayed by a few minutes due to logging in right after a previous telehealth/face to face session.

Additionally, you are responsible for initiating the connection with me at the time of your appointment. I strongly suggest that you only communicate through a computer or device that you know is safe (e.g., has a firewall, anti-virus software installed, is password protected, not accessing the internet through a public wireless network, etc.). You will need to attest to the items at the end of this document before we can schedule a session via video conferencing.

The expectation is that as a client, you are fully dressed to our sessions. I also do not allow smoking or drinking alcohol during our sessions.

Limitations

TeleMental Health services should not be viewed as a complete substitute for therapy conducted in my office unless there are extreme circumstances that prevent you from attending therapy in person. It is an alternative form of therapy and it involves limitations. Primarily, there is a risk of misunderstanding one another when communication lacks visual or auditory cues. There may also be a disruption to the service (e.g., phone gets cut off or video drops). This can be frustrating and interrupt the normal flow of personal interaction. Please know that I have the utmost respect and positive regard for you and your wellbeing. I would never do or say anything intentionally to hurt you in any way. I invite you to keep our communication open at all times to reduce any possible harm.

Emergency Procedures Specific to TeleMental Health Services

There are additional procedures that we need to have in place specific to TeleMental Health services. These are for your safety in case of an emergency and are as follows:

_____ You understand that if you are having suicidal or homicidal thoughts, experiencing psychotic symptoms, or in a crisis that we cannot work through remotely, I may determine that you need a higher level of care and TeleMental Health services are not appropriate.

_____ You agree to inform me of the address where you are at the beginning of every TeleMental Health session.

In Case of Technology Failure

During a TeleMental Health session, we could encounter a technological failure. If we get disconnected from a video conferencing session, end and restart the session. If we are unable to reconnect within ten minutes, please call me.

Structure and Cost of Sessions

Please you are required to contact your insurance company to verify that you have telemental health as an option in your plan, AND that your insurance company will pay the same amount that for a teleMH session as they would for an office session. If your insurance company states that they will pay less, then we might have to discontinue your telehealth sessions or you may choose to pay out of pocket, which is \$140.00, not billable to insurance company. If you choose the latter as an option, then you would be required to complete and sign an “opt out of network” form from me. I require a credit card ahead of time for TeleMental Health therapy for ease of billing. I use Ivypay which is a safe and secure financial transaction for therapists. Your credit card will be charged at the beginning of each TeleMental Health interaction. Your telehealth session will not be longer than 45-53 minutes, as it gives me time to log on to other clients and handle any technological issues in a timely manner.

You understand that this form is signed in addition to the Notice of Privacy Practices and Consent to Treatment and that all office policies and procedures apply to telemental health services.

Cancellation Policy

In the event that you are unable to keep a TeleMental Health appointment, the same cancellation policy as a face to face session applies. You would be charged my market value rate of \$140.00. I require at least a 24 hours notice of cancellation in order to avoid the cancellation fee.

You understand that if there is an emergency during a telemental health session, then my therapist may call emergency services and/ or my emergency contact. In the event of a MH emergency after a teleMH session, here are #s that I ask that you call to get the help that you need.

- Behavioral Health Response, (314)469-6644 or (800)811-4760, www.bhrstl.org, Free & Available 24/7
- Suicide Prevention Lifeline, (800)273-8255
- Call 911 or Go to the emergency room of your choice.

Please print and sign your name below along with the date indicating that you have read and understand the contents of this form and you agree to the policies above.

Client Name (Please Print)	Date
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Client Signature

Therapist Signature and Date