



TELEMENTAL HEALTH POLICY & INFORMED CONSENT

Own Your Evolution (OYE) offers Telemental Health (TMH) - a treatment modality that occurs via live, interactive audio and/or videoconferencing in lieu of an in-person session. This includes both audio and visual components that allow you to receive mental health services remotely. OYE exclusively utilizes TMH platforms that meet or exceed HIPAA requirements of privacy protection including Doxy.me.

Please know that due to COVID-19, OYE is also using Zoom and FaceTime if requested and these are not HIPAA compliant platforms. Permission has been given from the state to use these platforms due to the pandemic and current state of emergency. Telemental Health does not include audio-only phone conversations, email or text messaging.

WHAT TO EXPECT:

Before beginning TMH treatment:

1. Confirm you have access to the technology needed to participate in audio or videoconferencing. This includes a strong, reliable internet connection and one of the following: computer (desktop or laptop) with a video camera, a tablet with a video camera or a mobile device
2. Ensure you have the ability to create a safe and confidential space during our sessions.
3. Identify an emergency contact and locate information for local crisis services.

(Please note, online therapy is not usually appropriate for clients in crisis and/or experiencing suicidal or homicidal thoughts in general, but at the time of the pandemic all sessions will be held via Telehealth for safety.)

The first TMH session, we will:

1. Verify your identity as the client, parent or guardian.
2. Verify my location.
3. Verify our contingency procedure of re-establishing electronic or other connection if communication is terminated.
4. Verify your physical location. You must be in the state or Maryland (or other state your clinician is licensed to practice mental health in) at the time of the session.
5. Confirm that there is no one present in your location who is not permitted to hear or share personal health information.





TECHNICAL DIFFICULTIES:

1. Online therapy is technical in nature and problems with technology may occur. If something beyond our control disrupts the connectivity of our session, all parties should attempt to reconnect to the video or audio call.
2. If after 10 minutes, the video call is repeatedly unsuccessful, we can decide to either complete the session via phone, reschedule for another time, discount the session based on length of session prior to disruption (e.g. less than 15 minutes the session will be rescheduled at no cost, 16-30 minutes will result in a charge for a 25 minute session.)

POTENTIAL BENEFITS ASSOCIATED SPECIFICALLY WITH TELEHEALTH MAY INCLUDE, BUT ARE NOT LIMITED TO:

1. Increased feelings of comfort from being in a personal space instead of an office setting.
2. Improved access to qualified mental health professionals.
3. Increased convenience of scheduling.
4. Ability to engage with your/your child's clinician regularly.
5. Inclusion of family members who may not be able to travel to the office.

POTENTIAL RISKS ASSOCIATED SPECIFICALLY WITH TELEHEALTH MAY INCLUDE, BUT ARE NOT LIMITED TO:

1. Insurance companies may not reimburse therapy delivered via telehealth, however at this time due to COVID-19, most insurance plans will reimburse. Please call your customer service number to confirm.
2. Interruptions to the session due to technological difficulties.
3. Discomfort with virtual face-to-face interactions versus in-person treatment.
4. Limited access to immediate resources if risk of harm to self or others becomes apparent.
5. Potential introduction of risks to your privacy.

ASSESSING TELEHEALTH'S FIT FOR YOU OR YOUR CHILD:

1. Although it is well validated by research that TMH is an effective modality of treatment, service delivery via TMH may not be a good fit for every client.
2. During the course of treatment, it may become evident that telehealth is no longer an appropriate medium for





providing counseling services. If this occurs after, I will schedule an in-person session. (At this time, face to face sessions will be scheduled following the advice of the CDC regarding safety of in person interactions due to the spread of COVID-19.)

3. You also have the right to stop receiving services via TMH at any time you request.

CONFIDENTIALITY:

1. Because online therapy utilizes the internet for the transmission of personal information, I cannot guarantee confidentiality of the personal information provided via this form of communication.
2. Typically, Own Your Evolution exclusively utilizes Telehealth platforms that meet or exceed HIPAA requirements of privacy protection and encryption. However, at this time other platforms have been permitted for use due to COVID-19 pandemic.

RECORDINGS:

1. Audio and/or video recordings are prohibited without the consent of OYE. Making recordings can quickly and easily compromise your privacy.
2. In the event that client and clinician agree to record sessions, a separate consent document will be provided and discussed.

HARM TO SELF OR OTHERS

If there is an emergency during our work together where I am concerned about your personal safety, the possibility of you injuring someone else or about your receiving proper psychiatric care, I will do whatever they can within the limits of the law to prevent you from injuring yourself or others and to ensure that you receive the proper medical care. For this purpose, I may also contact law enforcement, hospital or an emergency contact whose name you have provided.

FINANCIAL AGREEMENT

Payment information is collected prior to the Initial Intake and thereafter a credit card is stored to be automatically charged either just before or at the time of session. At this time, you may also pay via PayPal. Policies for late cancellations and missed appointments for TMH are the same as for in-person sessions.





AGREEMENT TO TELEMENTAL HEALTH POLICY

My signature below indicates my understanding of and agreement to the Telehealth Policy. I further understand that the policies and procedures included in the Telehealth Policy are in addition to and contingent upon signing the Notice of Privacy Practices and Client Agreement/Consent to Treatment.

I understand online therapy is not typically appropriate if I am experiencing crisis or having suicidal or homicidal thoughts. Should a crisis occur, I agree to call 911, go to the nearest emergency room, or contact a crisis hotline.

By signing the box below, I am agreeing that I, as either the client or parent/legal Guardian of the client, have read, understood and agree to the terms contained in the Telemental Health Policy & Informed Consent.

Client Signature

Date

ONCE COMPLETED:

Email your completed form to ownyourevolution@gmail.com

