Peace of Mind Mental Health Services

Telehealth Informed Consent Form

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(patient’s name) hereby consent to engage in telehealth with Peace of Mind Mental Health Services as part of my psychotherapy. I understand that “telehealth” includes the practice of health care delivery, diagnosis, consultation, treatment, transfer of medical data, and education using interactive audio, video, or data communications. Because of recent advances in communication technology, the field of tele-therapy has evolved. It has allowed individuals who may not have local access to a mental health professional to use electronic means to receive services. Because it is relatively new, there is not a lot of research indicating that it is an effective means of receiving therapy. An important part of therapy is sitting face to face with an individual, where non-verbal communication (body signals) are readily available to both therapist and client. Without this information, tele-therapy may be slower to progress or less effective. With the telephone, the client’s tone of voice, pauses and choice of words become especially important and therefore an important focus of the sessions. What is important here is that you are aware that tele-therapy may or may not be as effective as in-person therapy or medication management services and therefore we must pay close attention to your progress and periodically evaluate the effectiveness of this form of therapy. With tele-therapy, there is the question of where is the therapy occurring – at the therapist’s office or the location of the client? The law has not yet clarified this issue, therefore it is my policy to inform clients that they are receiving services from our office (as if they were physically traveling to Easton, MD) and therefore are bound by the laws of the State of Maryland. In addition, clients must reside within the State of Maryland. These laws are primarily related to confidentiality as outlined in this form and our disclosure form. I understand that I have the following rights with respect to telehealth:

1) I have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment nor risking the loss or withdrawal of any program benefits to which I would otherwise be entitled.

2) The laws that protect the confidentiality of my medical information also apply to telehealth. As such, I understand that the information disclosed by me during the course of my therapy is generally confidential. However, there are both mandatory and permissive exceptions to confidentiality, including, but not limited to reporting child, elder, and dependent adult abuse; expressed threats of violence towards an ascertainable victim or self ; and where I make my mental or emotional state an issue in a legal proceeding. I also understand that the dissemination of any personally identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without my written consent.

3) I understand that there are risks and consequences from telehealth, including, but not limited to, the possibility, despite reasonable efforts on the part of my psychotherapist or prescriber, that: the transmission of my medical information could be disrupted or distorted by technical failures; the transmission of my medical information could be interrupted by unauthorized persons; and/or the electronic storage of my medical information could be accessed by unauthorized persons. In addition, I understand that telehealth based services and care may not be as complete as face-to-face services. I also understand that if my psychotherapist or prescriber believes I would be better served by another form of psychotherapeutic services (e.g. face-to-face services) I will be referred to a psychotherapist or prescriber who can provide such services in my area. Finally, I understand that there are potential risks and benefits associated with any form of psychotherapy or medication management, and that despite my efforts and the efforts of my psychotherapist or prescriber, my condition may not be improve, and in some cases may even get worse.

4) I understand that I may benefit from telehealth, but that results cannot be guaranteed or assured.

5) I understand that if I am in need of emergency mental health services, I may contact my local emergency room or call 911.

6) I understand that I have a right to access my medical information and copies of medical records in accordance with Maryland law.

I have read and understand the information provided above. I have discussed it with my psychotherapist or prescriber, and all of my questions have been answered to my satisfaction.

Signature of patient/parent/guardian/conservator. If signed by other than patient, indicate relationship. Print Name Patient’s Signature or Personal Representative's Signature Date If Personal Representative, describe relationship.

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Signature Date