

AGREEMENT TO PARTICIPATE IN TELEHEALTH with Silvia DaRe, LMFT

Definition and Details: Telehealth refers to clinical services that are provided remotely using videoconferencing or telephone. You or the minor patient are entitled to the same rights and have the same responsibilities as with in-person sessions. Providers will maintain the same level of ethical conduct and protection of privacy, including the maintenance of records, as with in-person sessions. You as the patient or legal caregiver, together with the provider, will determine the best form of telehealth to use during your sessions based on access, your preference, and clinical indications. To participate in videoconferencing, basic competency with and access to necessary technology, hardware, software, and internet access are required. If you will be using videoconferencing sessions, you will receive the appropriate instructions in advance.

Financial: Telehealth is a billable service for some, but not all, insurance plans. Either your insurance or you (if you are a self-pay client) will be billed accordingly. Fees for telehealth may be comparable to in person session fees. Most insurance companies have wider coverage of telehealth during infectious outbreaks. Check with your insurance company and/or behavioral health plan. There may be additional costs incurred during telehealth visits due to data usage or technology, and you or legal caretaker(s) are responsible for such costs.

Benefits of Telehealth: 1. Telehealth can be as clinically effective as in-person services. 2. Telehealth allows for clinical visits to continue in the context of the current and possible future social distancing recommendations related to infectious outbreaks. 3. Telehealth allows you and your provider to meet despite being in separate locations, promoting more consistent visits and easier access to care, especially during public health emergencies.

Potential Risks of Telehealth: 1. Confidentiality. The provider will ensure that your sessions are private and confidential to the extent possible. However, there may be challenges with confidentiality using telehealth including: the potential for others to overhear and/or oversee sessions on your end, as well as technology-related issues (e.g., others accessing your private conversations or stored information without your knowledge). We recommended that you are in a private and quiet place during your session, that you consider using earbuds or headphones, and when possible, use a secure internet connection rather than public/free Wi-Fi to protect your privacy. The sessions will not be recorded without your permission.

2. Crisis Management. It can be more difficult to manage a crisis situation via telehealth versus in person sessions. To ensure your safety, the following measures will be taken: a. At the beginning of each session, your provider will inquire about the address of your location during the session. You will also be asked about your safety in the location. b. Silvia DaRe, LMFT will require the name and contact information of an emergency contact person, who may be contacted on your behalf in an urgent or emergency situation. c. You and your provider may develop an emergency response plan to address potential crisis situations as appropriate to your particular treatment plan. d. If there is an active crisis during your visit, or if your provider is concerned about serious risk of harm to you or others, the provider may call the emergency contact person, 911, or other emergency personnel.

3. Interruptions during sessions. Technology may unexpectedly stop working during a session. Your provider will request an alternate way to reach you, e.g. your phone number if you are using videoconferencing. a. If the connection is lost during a session, your provider will try to reconnect with

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you immediately and then every 5 minutes for 15 minutes or until your session time has expired, whichever comes first. If your provider is unable to reconnect with you during the session time and the situation is not urgent, your provider or proxy will reach out to reschedule or schedule a follow-up appointment. b. If you are disconnected from your provider and your provider is unable to immediately reach you during an urgent or emergency situation, your provider will attempt to reach your emergency contact person and might call 911 or other emergency services to respond, if necessary. In the event that your provider is unable to reach you and you are still in need of emergency assistance, you should call 911 or have someone take you to an emergency department.

4. Effectiveness. Most research shows that telehealth is effective. However, certain aspects of telehealth may be different and less ideal compared with in-person sessions. Your clinician will be prepared to discuss this with you in detail.

Attestation I have read this document and been advised of the potential benefits and risks of telehealth. I have had an opportunity to ask questions and discuss concerns, and I understand the information provided herein. I agree to participate in telehealth services.

NAME OF PATIENT (1)

Signature of Patient or Legal Caregiver ----- Date-----

NAME OF PATIENT (2) -----

Signature of Patient or Legal Caregiver ----- Date-----

NAME OF PROVIDER

Silvia DaRe, LMFT Signature of Provider _____ Date _____