

Rising Peak Informed Consent for Therapy Services

RISING PEAK-CLIENT SERVICE AGREEMENT

Welcome to Rising Peak Therapeutic Services. This document contains important information about our professional services and business policies. It also contains summary information about the Health Insurance Portability and Accountability Act (HIPAA), a federal law that provides privacy protections and patient rights about the use and disclosure of your Protected Health Information (PHI) for the purposes of treatment, payment, and health care operations. Although these documents are long and sometimes complex, it is very important that you understand them. When you sign this document, it will also represent an agreement between us. We can discuss any questions you have when you sign them or at any time in the future.

COUNSELING / THERAPY SERVICES

Therapy is a relationship between people that is successful in part because of clearly defined rights and responsibilities held by each person. As a client in therapy, you have certain rights and responsibilities that are important for you to understand. There are also legal limitations to those rights that you should be aware of before engaging in services. Rising Peak Therapeutic Services also has corresponding responsibilities to you. These rights and responsibilities are described in the following sections.

Therapy has both benefits and risks. Risks may include experiencing uncomfortable feelings, such as sadness, guilt, anxiety, anger, frustration, loneliness and helplessness, because the process of counseling often requires discussing the unpleasant aspects of your life. However, counseling has been shown to have benefits for individuals who undertake it. Therapy often leads to a significant reduction in feelings of distress, increased satisfaction in interpersonal relationships, greater personal awareness and insight, increased skills for managing stress and resolutions to specific problems. But, there are no guarantees about what will happen. Counseling requires a very active effort on your part. In order to be most successful, you will have to work on things discussed outside of sessions.

The first few sessions will involve a comprehensive evaluation of your needs. By the end of the evaluation, we will be able to offer you some initial impressions of what our work might include. At that point, we will discuss your treatment goals and create an initial treatment plan. You should evaluate this information and make your own assessment about whether you feel comfortable working with a Rising Peak counselor. If you have questions about the procedures for Rising Peak Therapeutic Services, we should discuss them whenever they arise.

APPOINTMENTS

The time scheduled for your appointment is assigned to you and you alone. If you need to cancel or reschedule a session, we ask that you provide us with 24-hour notice. If you miss a session without canceling, or cancel with less than 24-hour notice, Rising Peak's policy is to charge a \$25 cancellation fee. It is important to note that insurance companies do not provide reimbursement for cancelled sessions; thus, you will be responsible for the portion of the fee as described above.

PROFESSIONAL FEES

Clients are responsible for paying at the time of the session unless prior arrangements have been made. Payments must be made by cash or debit/credit card. Rising Peak Therapeutic Services does not accept checks as a form of payment. If you refuse to pay the debt incurred for services, Rising Peak Therapeutic Services reserves the right to use an attorney or collection agency to secure payment.

INSURANCE

Rising Peak Therapeutic Services will file claims and bill your insurance carrier and ascertain information about your coverage with your permission. Ultimately, you are responsible for knowing your coverage and for letting Rising Peak Therapeutic Services know when your coverage changes.

You should also be aware that most insurance companies may require Rising Peak Therapeutic Services to provide them with a clinical diagnosis. (Diagnoses are technical terms that describe the nature of your problems and whether they are short-term or long-term problems. All diagnoses come from a book entitled the DSM-5. Sometimes Rising Peak may have to provide additional clinical information such as treatment plans or summaries, or copies of the entire record (in rare cases). This information will become part of the insurance company files.

PROFESSIONAL RECORDS

Rising Peak counselors are required to keep appropriate records of the therapeutic services that are provided to you. Your records are maintained in a secure location in the office. Rising Peak counselors keep brief records noting that you were here, your reasons for seeking therapy, the goals and progress we set for treatment, your diagnosis, topics discussed, your medical, social, and treatment history, records we receive from other providers, copies of records we send to others, and your billing records. You have the right to request that a copy of your file be made available to any other health care provider at your written request.

CONFIDENTIALITY

Rising Peak Therapeutic Services policy about confidentiality, as well as other information about your privacy rights, are fully described in a separate document entitled Notice of Privacy Practices. You have been provided with a copy of that document and your counselor will answer any questions you may have regarding confidentiality. Please remember that you may reopen the conversation at any time during the counseling process.

PARENTS & MINORS

While privacy in therapy is crucial to successful progress, parental involvement can also be essential. For children 14 and older, we request an agreement between the client and the parents allowing the counselor to share general information about treatment progress and attendance, as well as a treatment summary upon completion of therapy. All other communication will require the child's agreement, unless the counselor feels there is a safety concern, in which case the counselor will make every effort to notify the child of her/his intention to disclose information ahead of time and make every effort to handle any objections that are raised.

CONTACTING RISING PEAK

You can contact Rising Peak Therapeutic Services Monday through Friday from the hours of 10am to 5pm. If you are unable to reach us at the time of your call, you may leave a message on the confidential voicemail and your call will be returned as soon as possible. If you do not hear from a Rising Peak counselor within 24 hours, and you feel you cannot wait for a return call or if you feel unable to keep yourself safe, 1) contact Georgia Crisis and Access Line (GCAL) at 1-800-715-4225 or 2) call 911 and ask to speak to the mental health worker on call. Rising Peak counselors will make every attempt to inform you in advance of planned absences, and provide you with the name and phone number of the mental health professional covering in his/her absence.

OTHER RIGHTS

If you are unhappy with what is happening in therapy, we hope that you will talk with your counselor so that she/he can respond to your concerns. Such comments will be taken seriously and handled with care and respect. You may also request that the counselor refer you to another therapist and are free to end therapy at any time. You have the right to considerate, safe and respectful care, without discrimination as to race, ethnicity, color, gender, sexual orientation, age, religion, national origin, or source of payment. You have the right to ask questions about any aspects of therapy and about the counselor's specific training and experience. You have the right to expect that the counselor will not have relationships with clients or with former clients that cross professional boundaries.

CONSENT TO COUNSELING

Your signature below indicates that you have read this Agreement and the Notice of Privacy Practices and agree to their terms.

Signature of Client or Legal Representative / Date

Printed Name of Client or Legal Representative / Date