

TRACEY BEAGLE LPC PC

TELEMENTAL HEALTH SERVICES INFORMED CONSENT

**OVERVIEW**

\*You will need access to certain technological services and tools to engage in telemental health-based services.

\*Telemental health has both benefits and risks, which you and I will be monitoring as you proceed with your work.

\*It is possible that receiving services by telemental health will turn out to be inappropriate for you, and that you and I may have to cease work by telemental health.

\*You can stop work by telemental health at any time without prejudice.

\*You will need to participate in creating an appropriate space for your telemental health sessions.

\*You will need to participate in making a plan for managing technology failures, mental health crises, and medical emergencies.

\*I follow security best practices and legal standards in order to protect your health care information, but you will also need to participate in maintaining your own security and privacy.

**WHAT IS TELEMENTAL HEALTH?**

Telemental health means, in short, provision of mental health services with the provider and recipient of services being in separate locations, and the services being delivered over electronic media.

I typically use the following tool for sessions: <https://doxy.me/traceybeagle>

You will need access to Internet service and technological tools needed to use the above listed tool. Use of Google Chrome or Firefox browsers are required for this tool.

**BENEFITS AND RISKS OF TELEMENTAL HEALTH**

\*Receive services at times or in places where the service may not otherwise be available.

\*Receive services in a fashion that may be more convenient and less prone to delays than in-person meetings.

\*Receive services when you are unable to travel to the service provider's office.

\*Telemental services can be impacted by technical failures, may introduce risks to your privacy, and may reduce your service provider's ability to directly intervene in crises or emergencies.

\* Interruptions may disrupt services at important moments and your provider may be unable to reach you quickly or using the most effective tools. Your provider may also be unable to help you in-person.

\*There may be additional benefits and risks to telemental health services that arise from the lack of in-person contact or presence, the distance between you and your provider at the time of service, and the technological tools used to deliver services. Your provider will assess these potential benefits and risks, sometimes in collaboration with you as your relationship progresses.

### **YOUR TELEMENTAL HEALTH ENVIRONMENT**

You will be responsible for creating a safe and confidential space during sessions. You should use a space that is free of other people. It should also be difficult or impossible for people outside the space to see or hear your interactions with your provider during the session.

### **OUR COMMUNICATION PLAN**

At our first session, we will develop a plan for backup communications in case of technology failures and a plan for responding to emergencies and mental health crises.

The best way to contact me between sessions is either by phone: 503.644.7242 or email: [tracey@traceybeagle.com](mailto:tracey@traceybeagle.com). I am in the office Tuesday-Friday and will respond during office hours.

### **YOUR SECURITY AND PRIVACY**

Except where otherwise noted, I employ software and hardware tools that adhere to security best practices and applicable legal standards for the purposes of protecting your privacy and ensuring that records of your health care services are not lost or damaged.

\_\_\_\_\_ I understand and agree to the use of telemental services and acknowledge the risk and benefits of using technology for sessions.

\_\_\_\_\_

Print name

\_\_\_\_\_

Signature

\_\_\_\_\_

Date