



INFORMED CONSENT FOR TELEMENTAL HEALTH SERVICES

In addition to all agreements we made in the Consent for Services you signed in your initial session, we will need to agree to the following, prior to starting video-conferencing services. Telemental health services use interactive technologies (audio, video, or other electronic communications) between a practitioner and client who are not in the same physical location. Research has shown telemental health services are just as effective as in-person sessions. There are potential benefits and risks of video-conferencing that differ from in-person sessions. Benefits include continuing treatment when obstacles prevent in-person sessions. Risks include, but are not limited to:

- Limits to confidentiality as someone may overhear our conversation if you are not in a private place
- Delays in evaluation or treatment could occur due to interruptions or failures of the equipment
- Software systems could fail, causing a breach of privacy of personal information
- Exchange of information, such as forms, may need to be done via email. My therapist uses the encrypted system, Hushmail, to communicate and respond when the scheduling system doesn't allow.

If something occurs to prevent or disrupt any scheduled appointment due to technical complications and the session cannot be completed via online video, the therapist will either use the in-session video chat to troubleshoot or will call you to complete the session. If there is significant difficulty connecting at the beginning of the session, you will not be charged for the incomplete session.

Please list your phone number here:

Confidentiality still applies for telemental health services, and no one will record the session.

- Be in a quiet, private space free of distractions (including cell phone or other devices) during the session.
- Do not travel, drive, or be in the driver's seat during a session. Not only is this a safety risk, it is a distraction.
- We agree to use Zoom for our virtual sessions, and you will receive logon instructions. Use a webcam or smartphone during the session.
- For security and privacy, use a secure internet connection rather than public/free Wi-Fi.

If you are in need of care outside of the online session, or in case of emergency:

- Call Foundation 2 Crisis Line: 800.32.4224 in Cedar Rapids area
- Call 911
- Text or call 988
- Go to the nearest Emergency Room

I hereby authorize the use of telehealth services with Andrea Nus, LMFT, as indicated above and I agree to participate in and pay for telehealth services. I have had a direct conversation with my provider, during which I had the opportunity to ask questions regarding this process. My questions have been answered and the risks, benefits, and any practical alternatives have been discussed with me in a language I understand. I understand any of the points mentioned above can be discussed and I can ask questions at any time, and either of us may determine the adequacy of use of telemental health services at any time.

Printed Name of Client

Signature of client

Date

I, Andrea Nus, LMFT, have met with the above referenced client, informed them of the issues and points raised in this document, and responded to all of their questions.

Andrea Nus, LMFT

Date