

TELE-MENTAL HEALTH INFORMED CONSENT

This document is meant as an overview of how you will access Tele-mental health-based services with John Henry/ NC Christian Counselor. Tele-mental health has both benefits and risks, which we will be monitoring as we proceed with your clinical work. It is possible that receiving services by Tele-mental health will turn out to be inappropriate for our work together at this time. Please know, you can stop work by Tele-mental health at any time without prejudice. You will need to participate in creating an appropriate space for your Tele-mental health sessions. This means agreeing to a plan for managing technology failures.

“Tele-mental health” or “Distance Counseling” means, in short, “Delivery of clinical services via technology-assisted media such as telephones, use of video, or the internet.” . You can read more about “Distance Counseling” here <https://ncblpc.org/LawsAndCodes>. Services delivered via Tele-mental health rely on a number of electronic, often Internet-based, technology tools.

We will typically use Tele-mental health services with the Psychology today platform. This is a HIPPA compliant secure telehealth software. You will just need to click on the video link at the bottom of every email from me when it is time to start your session. If you have any questions or concerns about the above tools, please let me know directly.

Some of the Benefits and Risks of Tele-mental Health are as follows:

Benefits -

- 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 my office location. The unique characteristics of Tele-mental health media may also help some people make improved progress on health goals that may not have been otherwise achievable without Tele-mental health.

Risks -

- Tele-mental health services can be impacted by technical failures.
- There may be risks to your privacy.
- I may not be able to directly intervene in crises or emergencies.
- Internet connections and cloud services could cease working or become too unstable to use
- Cloud-based service personnel, IT assistants, and malicious actors (“hackers”) may have the ability to access your private information that is transmitted or stored in the process of Tele-mental health-based service delivery.
- Computer or smartphone hardware can have sudden failures or run out of power, or local power services can go out.
- Interruptions may disrupt services at important moments, and I may not be able to reach you quickly.

There may be additional benefits and risks to Tele-mental health services that arise from the lack of in-person contact or presence. We will assess these potential benefits and risks in an ongoing basis. Although tele-mental health is well validated by research, Tele-mental health may not be a good fit for

every person and diagnosis. If we decide telehealth is NOT appropriate, I will help you find in-person providers with whom to continue services.

Please know this is a collaborative process, and I welcome any questions or concerns you may have along the way. I typically conduct therapy as an in-person process. If we are reasonably able to access in-person services, that is my preferred method.

As we proceed with telehealth format, you will be responsible for creating a safe and confidential space for yourself during sessions. This means you will need to be in a space that is free of other people, and a place where you have confidentiality as we conduct our session. We can discuss this further as we progress.

If the computer is not working or stops working for any reason, we will use the telephone, and I will call you in the event of a breakdown in video communication.

The best way to contact me in between sessions is via Email. Any correspondence should be related to general business subjects such as setting up appointments. Unless we have a different arrangement, our work is done primarily during our appointed sessions. Please note I may not respond at all on weekends or holidays. All textual messages we exchange (, e.g. emails and text messages) are subject to becoming part of your health record. I will use reasonable care to ensure that those communications are secure and that they safeguard your privacy.

There are no recordings of audio or video of material during our session unless otherwise agreed upon by us for specific reasons.

By signing below, you are acknowledging that you have read this document and have discussed any questions you have with me, and agree to the terms stated within the document.

Client 1 Printed name: _____ Date _____

Client 1 Signature _____

Client 1 Printed name: _____ Date _____

Client 2 Signature _____

Counselor: John A Henry, Jr LCMHC Date _____

Counselor Signature _____