

Judy Schrader, Licensed Mental Health Counselor
Beachside Counseling and Wellness
Informed Consent for Treatment and Financial Agreement

Welcome to the practice of Judy Schrader, LMHC. Your trust and the opportunity to be of help to you is valued. The following information is provided to make your visit as comfortable and productive as possible, as well as introduce you to available services and inform you of applicable policies and procedures. A therapeutic relationship is not created until you have willingly consented to treatment and have met with your provider. Also, you may withdraw your consent for services at any time.

Services: My goal is to promote the best possible emotional, interpersonal, academic, and/or vocational health in my clients. My services may include psychotherapy, assessment, consultation, and referral assistance. To best serve the needs of my clients, treatment planning is tailored to your individual needs. Should treatment needs extend beyond my scope of practice, referrals will be made to other providers. During your first meeting, information will be gathered to help clarify your concerns and for your provider to discuss what services may be most appropriate. A treatment plan may also be established using a collaborative approach. My practice entails evidence-based interventions and assessment techniques, relying on clinical experience, standards of care, and research to guide the therapeutic and assessment process.

Benefits/Risks: There can be both benefits and risks for seeking assistance for personal and/or emotional concerns. Most clients can expect to benefit from mental health services, as it is an active and collaborative process involving you and your provider to explore thoughts, feelings, and concerns you believe are important to your personal development and well-being. You are the principal agent of change, so you play an important role to better your emotional health.

However, some may not find therapeutic services beneficial, and a few may have a negative experience. Even with the most successful cases, dealing with personal concerns can be emotionally painful. In discussing these types of concerns, there may be times when you experience intense emotions that may result in greater emotional distress. You may also find that with positive changes you make, there are changes in the relationships in your life. If at any time you have any concerns about your treatment, I encourage you to discuss them immediately.

Treatment Expectations: During your first appointment, information will be gathered to better understand your needs and treatment recommendations will be collaboratively determined. Throughout treatment, all treatment procedures used, including advantages and disadvantages, will be explained. You have the right to ask questions and/or discuss any concerns about your treatment, decline participation in certain forms of treatment you are uncomfortable with, and to refuse or end treatment at any time. In addition, if it is determined that other services may be better suited to your needs, referrals will be made to other providers.

Confidentiality/Limits to Confidentiality: Judy Schrader is a Licensed Mental Health Counselor and you can be assured that your confidentiality is respected and protected by law. This level of confidentiality provides an environment where you can feel safe to deal with your personal concerns. Therefore, information you share with your provider will be kept confidential. However, there are limitations to confidentiality that are outlined below. There may be some circumstances when a provider is required by the law to disclose client information, without your consent. These circumstances are as follows:

- If, in your provider's professional judgment, there is reason to believe that you present a clear and immediate danger of harming yourself/others, or lack the capacity to care for yourself, your provider is required to take protective action;
- If you disclose, or your provider suspects, an incident of abuse/neglect of child(ren) and/or vulnerable adult(s), Florida State Law requires your provider to make a report to the Florida Abuse Hotline;
- If you are involved in the court system where the judge court orders a release of your records, or when a release is otherwise required by law.

In addition, you should be aware of other limitations to confidentiality, which are as follows:

- Information you allow us to exchange with other professionals or information you might choose to provide to your provider via phone, email, or fax cannot be guaranteed confidential;
- Security measures are in place to protect your information, and made accessible only to your provider. Although rare and unexpected, it is possible this information could be accessed illegally by others.

If you have any questions and/or concerns about confidentiality and its limits, it is your responsibility to discuss them with your provider before signing this form and beginning treatment.

The Notice of Privacy Practices explaining the Health Insurance Portability & Accountability Act (HIPAA), a federal law providing rights to privacy regarding the use/disclosure of your protected health information for purposes of treatment, insurance, and health care operations is available at the front desk. To obtain a personal copy, please ask the administrative assistant.

"You-First Policy:" If you see your provider outside of the Beachside Counseling and Wellness property, please be aware that your provider will operate under a "you-first" policy, which means your provider will not speak to you unless you speak first, and if so, expect a brief conversation. This helps to preserve your confidentiality.

Appointments: The initial appointment is scheduled for 60 minutes and is dedicated primarily to information gathering and assessment of your concerns. We will also discuss your goals for therapy. Please come 15 minutes before your appointment to complete necessary paper work. Subsequent appointments are scheduled for approximately one hour and generally on a weekly or bi weekly basis.

Cancellations: There is a **\$80** charge for appointments missed or not canceled 24 hours in advance. Medical or other emergencies will be considered on an individual basis. If you are late, I will wait 30 minutes before considering the appointment canceled. Insurance does not cover fees for missed appointments.

Emergencies: During regular office hours (9:30 am-5:30 pm, M-TH; F) you may call me at 321-327-3793 and our receptionist will contact me. After hours and on weekends, all calls are answered by an answering service. If you have an emergency after hours please call 911 or go to the nearest emergency room.

Financial Agreement: The initial intake appointments and couples or family appointments are **\$175.00**, and subsequent individual appointments are **\$160.00**, unless another fee is explicitly determined at the time of intake. Medical evaluations are subject to a different fee schedule. Returned checks are subject to a **\$35.00** fee. If

financial emergencies arise, you are encouraged to discuss these with me as soon as possible, to see if accommodations can be made.

Commitment to Treatment: The effectiveness of our collaboration is greatly enhanced when you commit to the therapeutic process. By signing below, you are stating that you have read and fully understand the information provided in this form and give your informed consent to receive services from Judy Schrader, LMHC.

Client Name (print)

Date:

Client Signature/Legal Guardian Signature (if client is a minor)

Consent Received by: (staff use only) Date: