

Telehealth Informed Consent for Counseling

Student: _____

Birthdate: _____

This form is in addition to the Counseling Consent Form that you must sign in order for your child to receive services from a JCPs mental health practitioner (MHP). Telehealth refers to providing counseling services remotely using telecommunications technologies such as audio or video conferencing via the internet or telephone.

BENEFITS AND RISKS OF TELEHEALTH

One of the benefits of telehealth is that counseling can be done without students and the MHP being in the same physical location. This can be helpful in ensuring continuity of services if the student is at a different location from the MHP, takes an extended vacation, or is otherwise unable to continue to meet in person. It is also more convenient and takes less time.

Telehealth, however, requires technical competence on both our parts to be helpful. Although there are benefits for telehealth, there are some differences between in-person counseling and virtual counseling, as well as some risks.

RISKS TO CONFIDENTIALITY

Because virtual sessions take place outside the school and the MHP's office, there is potential for other people to overhear sessions if you are not in a private place during the sessions or to intercept a session if you are using public Wi-Fi. It is important for you to make sure you find a private place for your child's session where they will not be interrupted. It is also important for you to protect the privacy of the session on your cell phone or other device. Your child should participate in a session only while in a room or area where other people are not present and cannot overhear the conversation. If you are using Wi-Fi, it is important that it is your own private system and not a publicly available Wi-Fi.

ISSUES RELATED TO TECHNOLOGY/ELECTRONIC COMMUNICATION

There are many ways that technology issues might impact counseling via telehealth. For example, technology may stop working during a session, and your MHP may not be able to reestablish the connection. It is important that they have a phone number to call you back in case that happens.

Telehealth is only available to you if you have a personal computer or laptop with video or camera and an internet connection with a minimum of a 5 Mb upload and download, though a faster connection is advisable. In the event that a personal computer or laptop is not available, a cell phone or tablet may be used. However, please be advised that the risk to your privacy is greater if you use those items.

CRISIS MANAGEMENT AND INTERVENTION

Usually the MHP will not engage in virtual counseling with students who are currently in a crisis requiring high levels of support and intervention, as these situations may require in person

intervention. During this state of emergency, this can be challenging. It is very important that the MHP knows the actual address of where the student is, as well as emergency contact information (i.e. phone numbers of parents and family members they can reach should a crisis develop).

If your child is having an emergency or is in crisis, call a doctor or 911, or go to an emergency room. Call the MHP back after you have obtained emergency services.

If the session is interrupted and you are not having an emergency, disconnect from the session and the MHP will re-contact you via the same platform. If you see no connection within two (2) minutes, then call or email the MHP to discuss options of continuing your session.

EFFICACY

Most research shows that telehealth is about as effective as in-person counseling. However, if you have concerns about misunderstandings between you, your child, and your MHP related to the use of technology, please bring up such concerns immediately so they can be addressed together.

CONFIDENTIALITY

Mental health practitioners will maintain your child's confidentiality, but there are limits to that, such as when

- There is a serious danger to your child or another person including, but not limited to, evidence or disclosure of abuse (physical or sexual) or neglect, or substance use.
- There is a threat to school security
- Required by a subpoena or court order

The mental health practitioner may share other general information from the counseling sessions with the parent or appropriate school staff only after discussing such disclosure with the student.

The nature of electronic communications technologies is such that we cannot guarantee that our communications will be kept confidential or that other people may not gain access to our communications. We will use updated encryption methods, firewalls, and back-up systems to help keep your information private. However, there is a risk that our electronic communications may be compromised, unsecured, or accessed by others. You should also take reasonable steps to ensure the security of our communications. For example, use only secure networks for telehealth sessions and have passwords to protect the device you use for telehealth.

RECORDING

These sessions will NOT be audio or video recorded in any way by the MHP or you or your child. If you or your child attempt to audio or video record the sessions, the MHP will no longer be able to provide services to your child remotely. The MHP may take notes or keep a log of when sessions occurred for their records.

INFORMED TELEHEALTH CONSENT

Your electronic signature indicates agreement with all terms and conditions in this Informed Consent for Telehealth document.

____ I give consent for telehealth counseling services.

____ I deny consent for telehealth counseling services.

Signature

Date

Printed Name

Relationship to Student