

**Richard Born PhD LLC**  
**One Huntington Rd #205**  
**Athens, Georgia 30606**

**INFORMATION, AUTHORIZATION, &  
CONSENT TO TELEMENTAL HEALTH**

“TeleMental Health means the mode of delivering services via technology-assisted media, such as but not limited to, a telephone, video, internet, a smartphone, tablet, PC desktop system or other electronic means using appropriate encryption technology for electronic health information. . . .” (Excerpt from Georgia Code 135-11-.01)

**The Different Forms of Technology-Assisted Media Explained**

**Video Conferencing (VC)**

Video Conferencing is a preferred option for us to conduct remote sessions over the internet where we not only can speak to one another, but we may also see each other on a screen. I use a secure site named Doxy.me. This VC platform is encrypted to the federal standard (HIPAA compatible) and thus assumes responsibility for keeping our VC interaction secure and confidential. If we choose to utilize this technology, I will give you detailed directions regarding how to log-in securely.

**Landline Telephones and Cell phones:**

Landline and cell telephones are not completely secure and confidential. It is possible that someone could overhear your conversation or see your telephone bill. Individuals who have access to your cell phone may be able to see who you have talked to, who initiated that call, how long the call was, and where each party was located. However, most people have and utilize a cell phone. I may also use a cell phone to contact you. I do not keep your phone number in my phone.

**Text Messaging and Email:**

Many people prefer to use these methods to communicate because they are convenient for conveying information. However, they are not private and risk compromising confidentiality. I recommend that you refrain from communicating therapeutic content or clinical information via these means to prevent compromising your confidentiality. They may be used for appointment scheduling.

**Social Media - Facebook, Twitter, LinkedIn, Instagram, Pinterest, Etc:**

I do not use social media to provide TeleMental Health services . It is my policy not to accept "friend" or "connection" requests from any current or former patients on my personal social networking sites because it may compromise your confidentiality and blur the boundaries of our relationship.

**Confidentiality & TeleMental Health**

Just like in-person visits, the Confidentiality and Privacy of Information concerning you and your TeleMental Health visits is of primary importance. It is your responsibility to ensure that you are using secure technology and are at a secure location for the interaction. All of your interactions with me are considered privileged and confidential. Information regarding your evaluation and treatment here can be released only with your explicit authorization. The only exception is in situations where information is shared regarding potential child or elder abuse, in which cases I am legally obligated to file a report with DFCS. If you do wish to authorize release of information regarding your care here, you can complete the Authorization for Release of Information form found on the Patient Forms page of my website: <https://appliedpsychhealth.com>.

**Communication with the Office**

Judy is at the front desk from 12 pm till 5 pm Monday – Thursday. If you are not able to reach us you can leave a voicemail and we will return your call within 24 hours. After hours, on weekends, and during Holiday breaks all phone calls coming to the office number go into voicemail that I monitor. Unless there is a critical need, I may not respond to voicemails, texts, or emails until the next work day.

### **In Case of an Emergency**

If you have a mental health emergency, I encourage you not to wait for communication back from me, but do one or more of the following:

- Call Behavioral Health Link/GCAL: 800-715-4225 or other 24 hour crisis hotline in your area
- Call the Advantage Behavioral Health Crisis Center direct line: 706.583.7307 located at 240 Mitchell Bridge Road in Athens. This is a Walk-in Center open 24/7 that provides Temporary Observation and Crisis Stabilization Services Call 911.
- Go to the emergency room of your choice. In Athens this is either St. Mary's Hospital, 1230 Baxter St. or Piedmont Athens Regional Hospital, 1199 Prince Avenue in Athens.

### **Emergency Procedures Specific to TeleMental Health Services**

- You understand that if you are having suicidal or homicidal thoughts, experiencing psychotic symptoms, or in a crisis that we cannot solve remotely, I may determine that you need a higher level of care and TeleMental Health services are not appropriate.
- I require an Emergency Contact Person (ECP) who I may contact on your behalf in a life-threatening emergency only. Please write this person's name and contact information below. Additionally, if either you, your ECP, or I determine necessary, the ECP agrees to take you to a hospital. Your signature at the end of this document indicates that you understand I will only contact this individual in the extreme circumstances stated above.

Please list your ECP here Name: \_\_\_\_\_ Phone: \_\_\_\_\_

- You agree to inform me of your location at the beginning of every TeleMental Health session.

### **In Case of Technology Failure**

In the event that the TeleMental Health session is interrupted due to technological problems, efforts will be made to restart the connection. The secondary option would be to use telephone.

### **Structure and Cost of Sessions**

The structure and cost of TeleMental Health sessions are the same as face-to-face sessions described in my general "Information, Authorization, and Consent to Treatment" form. I may require a credit card ahead of time for TeleMental Health therapy for ease of billing. Insurance companies have many rules and requirements specific to certain benefit plans. At the present time, most insurance companies currently cover TeleMental Health services at the same rate as in person services.

### **Cancellation Policy**

In the event that you are unable to keep either a TeleMental Health appointment, we ask that you notify us at least 24 hours in advance. If such advance notice is not received, you may be subject to a \$50.00 late cancellation fee. Please note that insurance companies do not reimburse for missed sessions.

### **Consent to TeleMental Health Services**

In summary, technology is constantly changing, and there are implications to all of the above that we may not realize at this time. Feel free to ask questions, and please know that I am open to any feelings or thoughts you have about these and other modalities of communication and treatment.

Please print, date, and sign your name below indicating that you have read and understand the contents of this form, you agree to these policies, and you are authorizing me to utilize the TeleMental Health methods discussed.

\_\_\_\_\_  
Patient (Please Print)

\_\_\_\_\_  
Patient Signature

Date: \_\_\_\_\_