



Telebehavioral Health Informed Consent

CLIENT NAME _____

DATE OF BIRTH ____/____/____

Nature of Telebehavioral Health

Telebehavioral health is the provision of behavioral health services with the clinician and recipient of services being in separate locations and the services being delivered over electronic media. Services delivered via telebehavioral health rely on a number of electronic, often internet-based, technology tools. These tools can include videoconferencing software, email, text messaging, virtual environments, specialized mobile health (“mHealth”) apps, and others.

Telebehavioral health allows your clinician to diagnose, consult, treat and educate using interactive audio, video or data communication regarding your behavioral health services. The telebehavioral health appointment will be similar to a therapy appointment in the office, except interactive video technology will allow you to communicate with a clinician at a distance. *Tulalip Tribes’ Behavioral Health* may not provide telebehavioral health services to you if you are outside of Washington state.

Technology

You will need to have a broadband internet connection or a smart phone device with a good cellular connection at home or at the location deemed appropriate for services. In case of technology failure, you may contact *Tulalip Tribes’ BH&R* by phone to coordinate alternative methods of treatment.

Your Telebehavioral Health Environment

You will be responsible for creating a safe and confidential space during sessions. You should use a space that is free of other people. It should also be difficult or impossible for people outside the space to see or hear your interactions with your clinician during the session. If you are unsure of how to do this, please ask your clinician for assistance.

Healthcare Records and Confidentiality

All existing laws regarding your access to healthcare information and copies of your healthcare records apply to telebehavioral health services. As a general practice, *Tulalip Tribes’ BH* DOES NOT record telebehavioral health sessions without prior permission. Please do not record video or audio sessions without your clinician’s consent. Making recordings can quickly and easily compromise your privacy, and should be done so with great care.

Reasonable and appropriate efforts have been made to eliminate any confidentiality risks associated with telebehavioral health. All existing confidentiality protections under federal and Washington state law apply to information disclosed during telebehavioral health services. *Tulalip Tribes’ BH* platform is HIPAA compliant to protect your privacy and confidentiality.

Our Communication Plan

At our first session, we will develop a plan for backup communications in case of technology failures and a plan for responding to emergencies and behavioral health crises.

Scheduling is conducted through *Tulalip Tribes’ BH* and is based on your clinician’s normal clinic hours. Telebehavioral health appointments are considered outpatient services and not intended as a substitute for emergency or crisis services. Crisis or behavioral health emergencies should be directed to the Snohomish County Crisis Line (1-800-584-3578) or by dialing 911.

Our Safety and Emergency Plan

As a recipient of telebehavioral health-based services, you will need to participate in ensuring your safety during behavioral health crises, medical emergencies, and sessions that you have with your clinician. Your clinician will require you to designate an emergency contact. You will need to provide permission for your clinician to communicate with this person about your care during emergencies.

PRINTED NAME OF EMERGENCY CONTACT

RELATIONSHIP TO CLIENT

(____)____-____
PHONE NUMBER FOR EMERGENCY CONTACT

Your clinician will also develop with you a plan for what to do during behavioral health crises and emergencies, and a plan for how to keep your space safe during sessions. It is important that you engage with your clinician in the creation of these plans and that you follow them when you need to.

Risks and Consequences

There are risks unique and specific to telebehavioral health, including but not limited to, the following:

- At first you may find it difficult or uncomfortable to communicate using video images. The use of video technology to deliver healthcare and educational services is a new technology and may not be equivalent to direct client to clinician contact.
- There is a possibility that therapy sessions could be disrupted or distorted by technical failures or could be interrupted or could be accessed by unauthorized persons.
- There are potential risks and benefits associated with any form of behavioral health services, and that despite your efforts and efforts of your clinician, your condition may not improve, or may have the potential to get worse. While behavioral health treatment of all kinds has been found to be effective in treating a wide range of behavioral health disorders and personal and relational issues, there is no guarantee that all treatment of all clients will be effective. While you may benefit from telebehavioral health, results cannot be guaranteed or assured.

Authorization

I have read and understand the information provided above. I understand that:

- I have the right to discuss any of this information with my clinician and to have any questions I may have regarding my behavioral health services answered to my satisfaction.
- I may withhold or withdraw my consent to telebehavioral health at any time without affecting my right of future care or services.

I hereby consent to participating in therapy via telebehavioral health (i.e., telephone or the internet).

Minor Client Signature

SIGNATURE OF CLIENT (if 13 yrs of age or older)

PRINTED NAME

DATE

Adult Client and/or Guardian Signature

SIGNATURE OF CLIENT/LEGAL GUARDIAN

DATE

PRINTED NAME OF CLIENT/LEGAL GUARDIAN

RELATIONSHIP TO CLIENT

(_____)_____
PHONE NUMBER FOR CLIENT/GUARDIAN