

CONSENT FOR TELEMENTAL HEALTH SERVICES

WHAT IS TELEMENTAL HEALTHCARE?

Telemental health is a subset of telehealth services that uses online, interactive videoconference software to provide mental health services from a distance. Telemental health includes terms such as telepsychology, telebehavioral health, online counseling, and distance counseling. Private insurance companies in CT and many other states do cover telemental health services, however this coverage does vary and, at times, is not covered. Client is responsible for checking plan coverage. Telehealth **does not include** the use of fax, audio-only telephone, e-mail, or videotelephony products such as FaceTime and Skype.

PROVIDER LICENSE INFORMATION

Telehealth Service Provider through Undivided Soul LLC:
Kathryn Gelinis, Professional Counselor, Connecticut license number #3103

SOME POTENTIAL RISKS OF TELEMENTAL HEALTH

- Technological failures such as unclear video, loss of sound, poor internet connection, or loss of internet connection
- Nonverbal cues might be more difficult to observe and interpret during therapist and client interactions
- Must electronically share and sign practice and consent forms and accept risks that come with transmitting information and documents over the internet

BENEFITS OF TELEMENTAL HEALTH

- Less limited by geographical location and transportation concerns
- Decrease in travel time and ability to meet virtually during inclement weather conditions
- Ability to participate in treatment from your own home or other environment where you feel safe, secure, and comfortable

ELIGIBILITY

Undivided Soul LLC is only able to provide telemental health services to clients **physically located in Connecticut** at the time of service, where Kathryn Gelinis LPC holds a valid license as a professional counselor. Clients must present a valid ID during the initial consultation and provide a copy for the medical file. Telemental health may not be the most effective form of treatment for certain individuals or presenting problems. If it is believed the client would benefit better from another form of service (e.g. face-to-face sessions) or another provider, an appropriate recommendation will be made.

PRIVACY AND CONFIDENTIALITY

The current laws that protect privacy and confidentiality also apply to telemental health services. Exceptions to confidentiality are described in the Notice of Privacy Practices. All existing laws regarding client access to mental health information and copies of mental health records apply. No permanent video or voice recordings are kept from telemental health sessions. Clients **may not** record or store video from sessions. "Telehealth by SimplePractice" is the technology service used to conduct telehealth videoconferencing appointments. It is simple to use and there are no passwords required to log in. The Telehealth by SimplePractice Service facilitates videoconferencing and is itself not responsible for the delivery of any healthcare, medical advice or care.

