

Informed Consent

Welcome to the Moab Regional Hospital Mental Health Clinic (MHC). Please take the time to read and understand this document. We encourage you to discuss any concerns with your counselor or ask any questions that arise from your reading.

AVAILABLE SERVICES

The Mental Health Clinic provides individual, group and family counseling services. If we do not have the skills or resources to meet your needs, we will refer you to other counselors who can be of assistance. If our counselors become unavailable to provide care, we will help you find another counselor.

APPOINTMENTS

Due to the limited staffing of the clinic it is sometimes necessary to reschedule appointments. We will endeavor to avoid rescheduling appointments whenever possible, but it does happen on occasion. Our apology if this occurs.

You will receive a general phone call reminding you of your appointments with this clinic. Please inform your therapist if this is not acceptable for you. Please feel free to contact the MHC if you need confirmation of your appointment date and time. You will also be contacted if you miss an appointment.

TREATMENT

If you and your counselor decide that treatment is appropriate for the concern that brings you to the clinic today there are a number of issues you should be aware of.

- There are different forms of treatment for the problems that bring people to the MHC. Some of the choices are medicine; stress management, healthy living, parenting, or couples communication; individual, group, or family psychotherapy; as well as other options. You will decide what choice is most likely to be helpful to you in consultation with your counselor.
- Psychotherapy and medications can have risks. Since therapy involves discussing unpleasant aspects of your life, you may experience uncomfortable feelings. You may think of things you have not thought about in a long time. Making changes in your beliefs or behaviors may be scary and sometimes may be disruptive to the relationships in your life. Medications may have unwanted side effects. Psychotherapy and/or medication may not give you the results you expected.
- On the other hand, psychotherapy and medications have been shown to have many benefits. Therapy often leads to better relationships, solutions to specific problems, and significant reductions in feelings of distress. Medications have been found to relieve distressing symptoms. There are no guarantees, but most people report they were satisfied with their treatment and found it helpful.
- It is difficult to predict how long you could be in therapy. The length of time is determined by the seriousness of the problem, your interest and motivation, and negotiation with your counselor.
- You, normally, will be the one who decides when therapy will end. You have the right to discontinue treatment when you choose. Anytime you wish to resume treatment you may call the MHC to schedule an appointment.

EMERGENCIES

Our hours of operation are Monday – Friday 8:00 a.m.-6:00 p.m. We do not have after hours services. If you find yourself in an emergency situation after normal hours please go to the Emergency Room at Moab Regional Hospital or call 911.

RECORD KEEPING

We are required to maintain records of your care. This is a professional requirement. The only detailed records of your treatment will be kept locked in the MHC. Records are maintained at this clinic for a minimum of 5 years or as required by state law.

LIMITS TO CONFIDENTIALITY AND PRIVACY

Information disclosed during therapy sessions is usually confidential and may not ordinarily be revealed to anyone outside the clinic without your written permission. State and/or federal law may require disclosure. The following are some of the more common exceptions to the rule of confidentiality.

1. Where we suspect child or elder abuse, we must make a report to local family protective agencies.
2. Where the client presents a serious threat to the lives of others unless protective measures are taken.
3. Where the client presents a serious threat to him or herself unless protective measures are taken.
4. Where consultation with other professionals is helpful for your care.
5. Subpoena by a court.
6. Review by insurance companies during the process of seeking permission to provide services.
7. Other releases where required by law or regulation.

OTHER RIGHTS

You have the right to ask questions about anything that happens in your treatment with your counselor. Your counselor is willing to discuss how and why they make decisions regarding your treatment. Feel free to ask your counselor to try alternatives that you think would be more helpful.

ACKNOWLEDGEMENT

I have read the above information and understand the information provided. I understand the limitations of confidentiality and these limitations will apply to any treatment I may receive from Mental Health Clinic counselors. I voluntarily consent to receive services from the Mental Health Clinic. I understand that I may withdraw my consent at any time by informing a staff member at the Mental Health Clinic.

_____ Date: _____
Client or guardian signature