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INFORMED CONSENT FOR TELEHEALTH

This Informed Consent for Telehealth contains important information focusing on providing healthcare services using the phone or the Internet. Please read this carefully, and let Russ Reed LICSW, LLC know if you have any questions. When you sign this document, it will represent an agreement between us.

Benefits and Risks of Telehealth
Telehealth refers to providing teletherapy services remotely using telecommunications technologies, such as video conferencing or telephone. One of the benefits of telehealth is that the client and clinician can engage in services without being in the same physical location. This can be helpful - particularly during the Coronavirus (COVID-19) pandemic - in ensuring continuity of care as the client and clinician likely are in different locations or are 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 of telehealth, there are some differences between in-person treatment and telehealth, as well as some risks. For example:

- Risks to confidentiality: As telehealth sessions take place outside of Russ Reed LICSW, LLC's office, there is potential for other people to overhear sessions if you are not in a private place during the session. Russ Reed LICSW, LLC will take reasonable steps to ensure your privacy. It is important; however, for you to make sure you find a private place for our session where you will not be interrupted. It is also important for you to protect the privacy of our session on your cell phone or other device. You should participate in therapy only while in a room or area where other people are not present and cannot overhear the conversation.
- Issues related to technology: There are many ways that technology issues might impact telehealth. For example, technology may stop working during a session, other people might be able to get access to our private conversation, or stored data could be accessed by unauthorized people or companies.
- Potential benefits: You may benefit from teletherapy, but the results cannot be guaranteed or assured. There are potential risks and benefits associated with any form of psychotherapy. Despite your best efforts and the efforts of Russ Reed LCSW, LICSW, your condition may not improve, and in some cases may even get worse. In addition, teletherapy based services and care may not be as complete as face-to-face services. If Russ Reed LCSW, LICSW, believes you would be better served by another form of

therapeutic services (e.g. face-to-face services), you will be referred to a professional who can provide such services in your area.

Electronic Communications
You may have to have certain computer or cell phone systems to use teletherapy services. You are solely responsible for any cost to you to obtain any necessary equipment, accessories, or software to take part in telehealth.

Confidentiality
Russ Reed LICSW, LLC has a legal and ethical responsibility to make his best effort to protect all communications that are a part of telehealth services. The nature of electronic communications technologies, however, is such that Russ Reed LICSW, LLC cannot guarantee that your communications will be kept confidential or that other people may not gain access to your communications. Russ Reed LICSW, LLC will try to use updated encryption methods, firewalls, and back-up systems to help keep your information private, but there is a risk that your 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, only using secure networks for telehealth sessions and having passwords to protect the device you use for telehealth). The extent of confidentiality and the exceptions to confidentiality outlined in the Informed Consent still apply in telehealth. Please let Russ Reed LICSW, LLC know if you have any questions about exceptions to confidentiality.

Appropriateness of Telehealth
Russ Reed LICSW, LLC will let you know if he decides that telehealth is no longer the most appropriate form of treatment for you. If you decide telehealth is not optimal for you, it is important to let him know so that he can make a referral to another professional in your location who can provide appropriate services.

Emergencies
Teletherapy does not provide emergency services. If you are experiencing an emergency situation, call 911 or proceed to the nearest hospital emergency room for help. If you are having suicidal thoughts or making plans to harm yourself, call the National Suicide Prevention Lifeline at 1-800-273-8255 for free 24 hour hotline support. You can also call or text 988 to be connected to a Lifeline Crisis Call Center based on your area code. Clients who are actively at risk for harm to self or others are not suitable for teletherapy services. If this is the case or becomes the case in the future, Russ Reed LICSW, LLC will recommend more appropriate services.

Technology
If the session is interrupted, disconnect from the session. Russ Reed LICSW, LLC will wait two (2) minutes and then re-connect via the telehealth platform. If reconnection via the telehealth platform is not made within two (2) minutes, call Russ Reed LICSW, LLC at 530-957-1815.

Fees
Currently, Russ Reed, LICSW, LLC does not accept insurance and is private pay only. The same fee rates will apply for telehealth as apply for in-person therapy. If there is a technological failure and we are unable to resume the connection, you will only be charged the prorated amount of actual session time.

Records
The telehealth sessions shall not be recorded in any way unless agreed to in writing by mutual consent. Russ Reed LICSW, LLC will maintain a record of our session in the same way he maintains records of in-person sessions in accordance with his policies.

Informed Consent
I, _____ (Client Name), hereby consent to engage in teletherapy with Russ Reed, LICSW, LLC. Teletherapy is a form of psychological service provided via internet technology which can include: consultation, treatment, transfer of medical data, emails, telephone conversations and/or education using interactive audio, video, or data communications. I also understand that teletherapy involves the communication of my medical/mental health information, both orally and/or visually. Teletherapy has the same purpose or intention as psychotherapy or psychological treatment sessions that are conducted in person. However, due to the nature of the technology used, I understand that teletherapy may be experienced somewhat differently than face-to-face treatment sessions. I understand that I, the client, need to be a resident of California or Vermont. I understand that I, the client, have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment. I understand that Russ Reed, LICSW, LLC uses the telemedicine platform Doxy.me, which is HIPAA safe and secure. I understand that dissemination of any personally identifiable images or information from the telemedicine interaction to researchers or other entities shall not occur without my written consent.

I have read, understand, and agree to the information provided above regarding telehealth.

Your signature below indicates agreement with its terms and conditions.

Client Name: _____ Date:_____Signature: _____
Client Name: _____ Date: _____Signature: _____

Russ Reed, LICSW, LLC
Printed Name_____ Date_____
Signature_____ Title: Member