

# Informed Consent for Evaluation and Treatment

## Right to Choose the Best Treatment and Provider

There are a variety of professionals offering counseling, psychotherapy, and psychiatric evaluation. There are also many different approaches to working with human issues. It is your right and responsibility to choose the treatment and provider that best matches your needs. You also have a right to a detailed explanation of any treatment or procedure your provider may choose to use including the risks involved and the side effects if any. If you believe you are not receiving the treatment you require, please raise this concern with our providers and we will work with you to revise your treatment plan or to refer you to other professionals who may be able to meet your needs.

## Qualifications and Training

Alexa Velez Pearson, ARNP, PMHNP is a Master's prepared Psychiatric Mental Health Nurse Practitioner trained at Walden University and Dr. Ruth Mongare is a Doctorate prepared Psychiatric Mental Health Nurse Practitioner trained at Boston College. Both are nationally board certified by ANCC and are licensed to provide psychotherapy and prescribe psychiatric medications. In addition to the information used to determine appropriate psychiatric treatment, they obtain additional information from reading peer-reviewed journals, consulting with experienced providers, and participating in regular continuing education.

## Risks & Benefits

The therapy methods and medications prescribed have shown to be effective with some but not all clients and possibly for indications other than how they are prescribed for you. We cannot guarantee positive results, though will of course use the best science, experience, and collaborative input with you to guide medication decisions. Every patient's brain and body responds differently to each medication. External factors, such as events in the client's life or irregular attendance, can interfere with progress. In addition, at times therapy can also lead clients to experience distress for a time as they are dealing with painful feelings. Please feel free at any time to discuss your questions or concerns with us about the treatment we are providing.

## Right to Refuse or Stop Treatment

It is your right to stop treatment at any time and for any reason. If the client is a minor, then the parent(s) or legal guardian has the right to refuse or stop treatment for the minor. We also have the right to refuse or terminate treatment, in which case you will be provided a 30-day notice including medication refills during this time (if applicable). You may choose a new provider of your choice or we can provide you with a recommendation. If you have concerns regarding your treatment or wish to discontinue, you are encouraged to discuss this with either your provider or the .

## Medication Management

All medications have the potential for causing side effects in some individuals. Please be advised that medications used in psychiatry are often prescribed "off-label", meaning that they are prescribed to control symptoms other than those that the FDA originally approved the medication. Despite the need, very few psychiatric medications are tested by pharmaceutical companies for use in children and adolescents. If you are taking psychotropic medications, please discuss the risks with your provider if you are considering or could become pregnant (i.e., are sexually active with a male partner and not using an

effective form of birth control). All medications have potential risks and benefits and many are potentially dangerous for fetal development. If you become pregnant, it is your responsibility to inform your provider immediately to discuss the potential risks and benefits of continuing to take psychotropic medications during pregnancy. Many risks are most significant in the first and third trimesters.

### **Length and type of treatment**

The initial evaluation is approximately 60 minutes, and up to three visits may be necessary in order for the provider to determine a diagnosis and come up with a treatment plan that is best suited for you. Medication management sessions are also more frequent in the beginning or after changes are made, and then typically occur monthly and evolve to every three months. Appointment lengths range from 20-60 minutes (i.e., the last minutes of scheduled time is customarily for completing chart notes or coordinating care). For example, a 30-minute medication management appointment is actually 20-25 minutes. Duration of treatment varies depending on individual client needs. For almost all mental health conditions, participation in psychotherapy is a vital part of long-lasting recovery. Generally, we refer therapy to licensed qualified providers who can collaboratively ensure the best quality care for your mental health, unless you are already working with a therapist. Should you not schedule an appointment for 6 months after your last appointment and make no arrangement in writing with this provider for said time, you will no longer be considered an active client of your provider or of Eastside TMS and Wellness Center, PLLC and therefore have terminated treatment and need to request to have your care reopened if needed in the future.

### **Minors 13 & UP**

Psychiatric Mental Health Nurse Practitioners may provide treatment to a client who is thirteen years old or older without the consent of his/her parent. However, our strong preference is for family involvement whenever feasible to optimize safety and support.

### **Limits of confidentiality**

The contents of an intake, medication management, counseling, or assessment session are considered to be confidential. Both verbal information and written records about a client cannot be shared with another party without the written consent of the client or the client's legal guardian. It is the policy of this office not to release any information about a client without a signed release of information. Noted exceptions are as follows:

#### **Duty to Warn and Protect, Abuse of Children and Vulnerable Adults & Court Orders**

When a client discloses intentions or a plan to harm another person, the health care professional is required to warn the intended victim and report this information to legal authorities. In cases in which the client discloses or implies a plan for suicide, the health care professional is required to notify legal authorities and make reasonable attempts to notify the family of the client. If a client states or suggests that he or she is abusing a child (or vulnerable adult) or has recently abused a child (or vulnerable adult), or a child (or vulnerable adult) is in danger of abuse, the health care professional is required to report this information to the appropriate social service and/or legal authorities. Health care professionals are required to release records of clients when a court order has been placed. We do not provide 24-hour call services. If you are in need of emergency services (i.e., experiencing a potentially life-threatening side effect, are feeling suicidal or homicidal) after hours, call 911, go to the nearest emergency room or call the Care Crisis Line (800-584-3578) as appropriate. During weekday working hours, messages can be left with the office and are relayed to your health care provider and returned according to urgency. Most issues should be addressed during your regular appointments.

### **Text Message and Email Account Alerts**

We send text messages and/or emails for appointment reminders, provider updates/changes, and billing information. Individuals associated with your account may receive alerts referencing your information. You should be aware that text message charges from your cell phone provider may apply. Authorization for text message and email alerts may be revoked in writing. Please understand that text message and email communication is not always secure. Text messages and emails can be intercepted, and for that reason, personal health information will not be communicated with you through this method.

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Client Signature

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Date