

## Informed Consent for Telemental Health Treatment

Telemental Health is a broad term referring to the provision of mental health and substance abuse services from a distance through an electronic platform. The Telemental Health services provided at the Better Mood Clinic of South GA (BMC of SGA), focuses on two-way, interactive videoconferencing as the modality by which telemental health services are provided. The process occurs in *real time*, meaning there are minimum delays in speech, interactions or processes. Initially this new process may be a little awkward for you, but we hope in time the computer screen will become transparent to you and it will feel like your provider is with you in the office.

During this time of heightened anxiety and stress, because of the COVID – 19 virus, it is important to continue to have access to mental health treatment. Thus, the Better Mood Clinic of South Georgia will continue to monitor the evolving situation and implement additional precautions to meet the needs of our community. Due to the COVID - 19, the usual requirements for Telemental Health services have been relaxed and they are allowing us to use many different platforms, however, we remain committed to a platform ensuring your privacy.

At this time, insurance companies have not all agreed to reimburse providers for Telemental health treatment. If Telemental health services are covered through your insurance provider, it will be made available to you. Copays would be collected prior to services rendered. If Telemental Health services are not covered by your insurance, you have the option to pay out of pocket.

Telemental Health sessions are conducted between mental health providers in consultation, between a provider and another health care provider (e.g., case manager, clinical nurse practitioner or physician assistant), or between mental health professionals and a patient. Other persons, such as another health care provider or family member, may also be present in a session. As the patient or patient's representative, you have the right to request inclusion of any additional individual, or the exclusion of any additional individual from the treatment process.

During your Telemental Health session your provider will assess, diagnose and treat you as they would if you were in the office with few exceptions requiring hands on practices. As always, if you have any questions, please don't hesitate to ask.

As always if concerns occur after hours, call the ER at South Georgia Medical Center (229-433-1000) or Greenleaf Center at (855-493-6283). If there is an emergency, please call 911.

We are thrilled to be able to offer you this service and are grateful you are entrusting us to continue to serve you. As always, feel free to ask any further questions of the BMC of SGA staff you may have regarding this treatment process.

Please sign below indicating your understanding and consent to Telemental Health Services.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

If patient is a minor, we require the child's guardian or parent to sign noting their representation and understanding of the Telemental Health process. Thank you!

\_\_\_\_\_  
Parent or guardian

\_\_\_\_\_  
Date