

New Directions Counseling Services
Maintenance of Confidential Information and Records & Consent to Treat

1. Statement of Policy - Compliance with HIPAA Privacy Regulations (VI.2.1)

New Directions Counseling Services LLC endeavors to preserve the privacy and confidentiality of the protected health information and medical records. We strive to fulfill this responsibility in accordance with state and federal statutes and regulations. Further, New Directions Counseling Services LLC acknowledges its general obligations of trust and confidentiality reposed in its employees, clinical residents, interns, and private contractors who are responsible for medical or mental health treatment at our offices. As an entity under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), New Directions will ensure that its designated "covered components" comply fully with the requirements of 45 C.F.R. Parts 160, 164, which are the HIPAA Privacy Regulations.

HIPAA - Health Insurance Portability and Accountability Act of 1996, which mandates significant change in the laws and regulations governing the provision of health benefits, the delivery and payment of healthcare services, and the *security and confidentiality of individually identifiable, protected health information in written, electronic, or oral formats.*

New Directions Counseling Services and its entities will keep confidential anything you say and all documents which result from our work together, with the following exceptions: you direct us in writing to exchange information with someone else, we determine you are a danger to yourself or to someone else, we suspect child or elder abuse, we are ordered by a court to disclose information, or you are a minor, and the information is disclosed to a parent or guardian.

I/we fully understand my rights and the safety measures and expectations of New Directions Counseling Services LLC regarding the maintenance of my information and records.

2. I/we hereby give consent for treatment for mental, emotional, and behavioral health services from New Directions Counseling Services LLC. Services may include one or more of the following: (1) Mental Health/Substance Abuse Assessment; (2) individual, family and/or group counseling-psychotherapy services; (3) Case Management Services; (4) community support program services; (5) referral to an appropriate alternative provider. For therapy to be successful it is imperative that you commit to the process as we seek to understand the dynamics that are preventing your mental and emotional health and wellbeing.

Psychotherapy is an interpersonal, relational intervention that we use to aid clients in problems of living. This usually includes increasing individual sense of well-being and reducing the subjective discomfort experience. We use a range of techniques based on experiential relationship building, dialogue, cognitive and behavior change that are designed to improve the mental, emotional and spiritual health of a client, or to improve group relationships (such as a family). It is our responsibility to listen to and observe the variety of verbal and nonverbal messages that you will be providing in order to gain insight into the thoughts, emotions, and behaviors that are causing you or your family member distress.

In the counseling/psychotherapeutic process there is some inherent risk of emotional distress. Our counseling practice will be such that we challenge your current thought processes as we work to ameliorate the risk to you and your family.

It is our intent to join with you and possibly your family system as co-facilitators of healthy change and improved functioning for your life. Through the therapeutic relationship we hope to help increase your levels of positive self-confidence, self-esteem, life coping skills, emotional and behavioral stability and sense of hope.

It is our belief at New Directions Counseling Services that most of the struggles that we face in life can be overcome with new tools for living, time, hope, and kind and supportive professional care. It is our pledge to do our best for you and your family.

PLEASE SIGN THE SERVICE INTAKE FORM