



NOTICE TO MINOR CLIENT AND THEIR FAMILY

Rooted Vines Counseling LCSW PLLC

123 Saratoga Rd. Building 1, Suite 7, Glenville, NY 12302

Why You're Here

We are therapists. Our job is to help people deal with tough thoughts, feelings, and situations. In therapy, we'll talk about what's going on in your life – things that are going well and things that aren't going well. We try to help you understand yourself more, feel better, learn ways to deal with difficult things, and support you in achieving your goals.

Confidentiality and Your Privacy

You are our client, which means you are the person we are here to help. Therapy works best when you feel safe talking freely about your thoughts and feelings. That's why most of what you share with us is private - we won't tell other people. That is called "confidentiality."

For adults (age 18 and older), we never share what they say in therapy unless they give us permission - except in special situations (we talk more about that in our Notice of Privacy Practices). The same goes for kids and teens, but there are a few more rules.

When We Might Need to Share Something

If you say that someone is hurting you or that you plan to hurt yourself or someone else, we may tell your family or the police. We'll talk to you about this beforehand when appropriate.

What We Tell Your Parents

Your parents agreed to respect your privacy and the work we are doing together. With this document, we are giving you a copy of the Consent to Confidentiality Between Therapist and Minor that they signed. We might tell your parents how you're doing in general - like whether you're making progress or if you need more support - but we won't share all the details. If we think it may be helpful to share something more specific, we will usually discuss it with you before speaking with them. We will only share what's necessary and will keep other things private, especially if sharing certain information could hurt your progress or your relationships.

When Your Parents Request More Information for Themselves or Others

Sometimes your parents or guardians might ask to see your therapy records or share them with someone else, like your doctor or school. If that happens, we'll usually talk to you about it first. If you don't want your records shared, we'll usually respect that - but in some cases, we might still need to share the information. We'll explain why and talk to you about it beforehand when appropriate and possible. As described in our Notice of Privacy Practices, we keep Progress Notes that record your health information, such as your diagnosis, symptoms, and progress. We also keep Psychotherapy Notes—personal reflections kept separate from your treatment record. We do not share these notes with parents or guardians, schools, or others unless required by a court order.

If You Want Us to Talk to Someone for You

Sometimes it helps to have us explain something to your parents, your school, or others. If at any point you want your therapist to explain something to someone, let your therapist know.

Special Rules for Certain Kinds of Care

In New York, there are some types of care where your parents cannot get your records without your permission, even if you're under 18. These include:

- Sexual assault support
- Birth control or pregnancy care
- STD testing or treatment
- Help with drug or alcohol use

Court Cases and Other Legal Proceedings

What you say in therapy is usually protected by law. That means we can't be forced to tell a judge, lawyer, or anyone else what you've said, unless a judge orders us to. That's called the "psychotherapist-patient privilege." If we are asked or ordered to go to court or talk to lawyers or others, we'll think carefully about what's best for you and what the law requires us to do. Most of the time, we don't go to court unless a judge says we have to. We are not trained in making any determinations regarding custody in family court cases.

Expectations

It might take some time to feel comfortable in therapy, and that's okay. You can move at your own pace while you get to know your therapist and figure out what to share. We're here to help, but therapy works when you are open and we are honest with each other. If we aren't able to build that trust, we may decide that this is not the right time or fit for therapy. Your parents, guardians, or family are also part of your support system. They help make sure you're getting the care you need. It helps when everyone in your support system works together and treats each other with respect. If one of your parents or guardians is not cooperative, we may have to stop working with you.

Questions

You can ask us anything - especially about what stays private and what your rights are. Our goal is to show you respect, give you support, and help you feel safe.

Consent to Confidentiality Between Therapist and Minor

I (parent) understand and agree that:

- Therapy is most effective when there is a trusting and confidential relationship between the therapist and client. To support that relationship, I shall respect my child's privacy throughout the course of treatment with Rooted Vines Counseling LCSW PLLC.
- Although I may have a legal right to access my child's mental health records and information, my child's therapist will not automatically share everything my child discusses in therapy. Certain limits apply to what the therapist may share.
- The therapist may provide general updates regarding my child's treatment progress, participation, and will always address concerns related to safety or well-being.
- The therapist will notify me, another parent or guardian, the police, or other appropriate authorities if there are serious safety concerns, including if my child is at risk of harming themselves, harming others, or being harmed.
- I may request information; however, the therapist will use clinical discretion to determine whether disclosing specific details is in my child's best interest and whether such a disclosure is consistent with applicable laws and professional ethics.
- In some cases, the therapist may require my child's consent before sharing certain information with me.
- The Practice may release information or records to any parent or legal guardian who has the right to access such records, without requiring additional authorization from the other parent or guardian.