

# Minor Confidentiality & Parental Access Disclosure

**Practice:** Mental Wellness for the Human Experience, LLC

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Connecticut law allows minors to consent to certain types of mental health treatment without parental permission. When a minor legally consents to their own care, information related to that treatment may be confidential and not automatically accessible to a parent or legal guardian. This disclosure explains how confidentiality and parental access are handled by this practice.

## Key Points Under Connecticut Law

- Minors may consent to outpatient mental health treatment under specific circumstances permitted by Connecticut law.
- When a minor consents to their own treatment, the parent or guardian does not have automatic access to those records.
- Parents or guardians may access information when required by law, authorized by the minor, or necessary for safety.
- The provider may limit or deny parental access if disclosure would be reasonably likely to endanger the minor or compromise treatment.
- Billing and insurance communications may result in limited disclosure of information.

## Coordination and Safety

This practice encourages appropriate involvement of parents or guardians when clinically appropriate and with the minor's consent. Confidentiality may be broken if required by law, including situations involving risk of harm to the patient or others, abuse or neglect, or court orders.

## Acknowledgment

By signing below, I acknowledge that I have received and understand the Minor Confidentiality & Parental Access Disclosure. I understand that Connecticut law may limit parental access to certain mental health records when a minor consents to their own care.

Minor Name:		Date of Birth:	
Parent/Guardian Name: _____			
Signature (Minor or Parent/Guardian): _____		Date:	_____