

Turning Point Family CARE

► COUNSELING ► ADVOCACY ► RESOURCES ► EMPOWERMENT

WWW.TPACENTER.ORG

CONSENT FOR OUTPATIENT COUNSELING AND ASSESSMENT SERVICES

Turning Point Family CARE has a team of licensed professionals who conduct outpatient counseling and assessment services. Outpatient services consist of counseling appointments that are usually conducted on a weekly basis to support consumers with current challenges. Counseling may be provided on an individual or family basis to support you in reaching your goals. Additionally, detailed clinical assessments are conducted that evaluate your strengths, needs, and preferences. You have a right to be informed about your diagnosis and any treatment recommendations by the clinician. There are many approaches to counseling. The licensed professionals focus on assessing the best developmental approach to serve each consumer. For example, behavioral counseling may be appropriate for with younger children and some teens, while cognitive behavioral and client-centered interventions may be appropriate for some teens and adults. All services that are provided emphasize client strengths and abilities. Goals of counseling may include assistance with decision-making, increasing symptom management, working with grief and loss, increasing self-esteem, improving relationships, and developing strategies to improve daily functioning.

Know Your Rights: You have a right to privacy and confidentiality. Counselors abide by all State and Federal laws that protect your confidentiality and PHI (Protected Health Information) as outlined in the Health Insurance Portability and Accountability Act (HIPAA) of 1996. This law guarantees protection of your personal information. While basic information may be given to your insurance company such as a diagnostic statement, they too are required to follow these rules and regulations. However, there are some limits to confidentiality. These include reports or concerns regarding the abuse of a child, elderly, or disabled person. Also, if we have concerns that you or others are in immediate danger, or need emergency services, we have a right to contact others, the authorities, or other professionals to ensure your safety. You also have a right to know any and all fees for service prior to participation in counseling or assessment.

Potential Benefits of Participation: Benefits of participation include working collaboratively with professionals to increase your overall well-being, improve self-care skills, and improve relationships and communication. Your input into goals is critical.

Potential Risks of Participation: There may some risk with any counseling or therapy. Consumers may be advised that counseling may bring up difficult topics about your history or relationships. The goal is to address these issues respectfully and with sensitivity.

Being Informed About Services and Interventions: Turning Point Family CARE does not condone the use of experimental interventions or medications. You have a right to be informed about the potential risks and benefits of all services and interventions provided by Turning Point Family CARE.

Missed Appointments: If you need to cancel or reschedule an appointment, please give your clinician 24 hours notice.

Role of the Local Management Entity and ValueOptions: The Local Management Entity (Wake County LME) is responsible for oversight of mental health services in Wake County. ValueOptions, a private insurance company, has been contracted by the State of North Carolina to review and authorize mental health services for consumers who have Medicaid or Health Choice insurance. Basic information such as progress on goals, demographic information, and diagnostic information may be given to the Wake LME and ValueOptions for review and authorization of services.

By signing this form, I consent to receive outpatient counseling and assessment services. **Consent is valid for one year.**

Consumer Signature: _____ Date: _____

Legal Guardian Signature: _____ Date: _____

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Staff Responsible Signature: _____ Date: _____