

# Boynton Health - Mental Health Clinic

## Informed Consent for Online Group Psychotherapy and Workshops

1. The purpose of this form is to inform you, the client, about the process of online therapy services and the risk and potential benefits of those services. The purpose is also to help safeguard you, the client, and give you information regarding alternatives to online services.
2. Confidentiality
  - A. In compliance with state and federal laws, group facilitators will protect the confidentiality of workshop participants.
  - B. You must agree to maintain confidentiality for other group participants. This means you may not disclose the identities of other members, and you may not share with non-group members what was discussed by others in the group.
  - C. You are not permitted to use any recording devices during online groups.
  - D. It is imperative that you are in a private space and that no family member or friend is in hearing or visual proximity to you or to your electronic device during the session.
3. Teletherapy Rights
  - A. I understand that I have the right to withhold or withdraw my consent to the use of telehealth in the course of my care at any time, without affecting my right to future care or treatment.
  - B. I understand that if my mental health provider/prescriber believes I would be better served by another form of intervention (e.g., face-to-face services), I will be provided with referral resources for mental health professionals who are able to provide me in-person services during this time.
  - C. In Minnesota, telehealth may only be provided to those individuals who are in the state of Minnesota during the time of the telehealth session. I understand that, outside of Minnesota, I am not able to connect from an alternative location for the provision of audio-/video-/online based telehealth services. However, I understand that if the laws, rules, and regulations regarding telehealth change to allow services for individuals outside of the state of Minnesota, available telehealth services will change accordingly.
4. Risks and Benefits of Online Group Therapy and Workshops
  - A. Online group therapy has potential benefits including easier access to care, continuity of care, and the convenience of meeting from a location of your choice.
  - B. Potential risks to this technology include interruptions, unauthorized access, and technical difficulties, which cannot be predicted. Group facilitators strongly encourage, but are not able to guarantee, that all members will maintain confidentiality. You or your health care provider can discontinue online group therapy if it is felt that the videoconferencing connections are not adequate for your situation.

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5. If you should find yourself in crisis before, during, or after an online group therapy session, you may:
  - A. Notify your individual counselor, if you have one, or the group facilitator by phone (612-624-1444) or secure message through the patient portal to arrange an appointment or to discuss other options.
  - B. Arrange to speak with an urgent counselor at Boynton Mental Health Clinic by calling (612) 624-1444.
  - C. Call a local 24-hour crisis telephone service. For example, UMN Crisis Line 612-301-4673; Suicide Prevention 612-873-2222; Crisis Intervention Center (Hennepin County) 612-873-3161; or the Mental Health Crisis Program (Ramsey County Regions Hospital) 651-523-7900.

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### Patient Consent To The Use of Telehealth Services

I have read and understand the information provided above regarding telehealth services, and all of my questions have been answered to my satisfaction. I hereby give my informed consent for the use of telehealth in my mental health care. **This consent is given by a YES reply to this message.**