



TREATMENT AGREEMENT / INFORMED CONSENT

Teletherapy

Due to public health concerns related to Covid-19, Downstate Medical Center, Counseling Services will provide scheduled clinical phone services to currently enrolled students who are physically in New York State at the time of their session during the interim of the campus closure. Both student and clinician agree to maintain privacy during the scheduled phone session. Should the need for higher level of care emerge during the phone session, the student agrees to heed the counsel of the clinician and pursue this higher level of care.

In the event you are outside of New York, we can assist you in finding local providers. If we are unable to do that, it may still be possible (although our first triage will be to assist you in finding a local provider). Please let us know if you are currently seeking services outside of New York State as there are exceptions when we would work with students remotely via teletherapy. A Staff Psychologist will be able to discuss this further with you.

The Student Counseling Services (SCS) are available free to all currently enrolled, full-time SUNY/ Downstate Medical Center students who want help with academic, career, or personal concerns. The Student Counseling Service uses a short-term treatment model in which students are offered up to 8 sessions of counseling per academic year which begins on July 1st of each year. If, after two to three sessions of evaluation, the counselor determines that your treatment requires resources beyond what the SCS can provide, the counselor will assist with a referral to an appropriate provider.

In accordance with legal and ethical guidelines, all communications between a student client and the psychologist (including information about your attendance at counseling, the content of your counseling, and/or your progress in counseling) are confidential and cannot be revealed to anyone without your written authorization.

Please note, however, that there are legal and ethical exceptions to confidentiality that requires a psychologist to take responsible action. These are described below.

- In situations where there is a clear danger that you might kill yourself or someone else:
 - I am obligated to notify someone who can help keep you safe such as a relative or emergency medical personnel.
 - I am obligated to notify anyone whom you have threatened.
 - I will notify the Office of Student Affairs in the event of an emergency that requires hospitalization.

- If you report knowledge of current child abuse or neglect, I am required to report abuse of any child under the age 18 to authorities.
- If you are involved in a legal matter and I receive a court order for records, I may be required to release information to the court.
- Finally, to provide you with the best care, as your psychologist I may consult with another professional held to the same level of confidentiality.

Counseling Records

Counseling information is not included in a student's academic or educational record. Except as noted above, no information about counseling can be released without your explicit written permission.

Appointments

Regular attendance at your counseling sessions is important in order to help you achieve your goals in an efficient manner. If it is necessary to cancel an appointment, please call or email. We ask that you give the counselor 24-hour's notice whenever possible. (An appointment cancelled on the same day counts as an allotted session for the academic year) A cancelled counseling session is generally NOT rescheduled within the same week.

The first time you miss an appointment, the counselor will contact you to ask if you'd like to reschedule. In most circumstances (except if the counselor believes you present a serious risk of danger to yourself or others), you are free to end counseling at any time. Counseling files are closed if you are persistently unable to keep your scheduled appointments (2 consecutive missed appointments) or do not attempt to schedule ongoing appointments. Closing your file does not preclude you from contacting or utilizing the SCS in the future (including same academic year) if the need arises.

E-mail

Email is not a completely confidential medium. For this reason, the counselor uses e-mail only for administrative matters such as scheduling appointments. Please do not relay any important personal concerns via email, and do not use email to communicate about any urgent matters. The staff at the Student Counseling Service may not always be capable of receiving email or may not always monitor email, so always contact the Student Counseling Service by phone for any important business.

Consent for Services

I consent to participate in counseling at the SUNY/Downstate Student Counseling Service.

My signature indicates that I have read and understood the above information.

Student Full Name:

Age:

Home Country:

Local Phone Number:

Local Address:

Local Emergency Contact:

Relationship to Emergency Contact:

Phone:

Closest Emergency Department:

Address and Phone:

Agreed to by:

Student Signature

on:

Date

Clinician:

Clinician Signature

on:

Date