Depression & Anxiety Specialty Clinic of Chicago

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**Telehealth Agreement**

You have agreed to have your sessions with your DASC therapist remotely through telehealth sessions. It is important that you understand some of the risks involved with participating in telehealth sessions. These risks include but are not limited to:

-Breach of Confidentiality: It is possible that given a telehealth platform is accessed via the internet someone other than the patient and the therapist may be able to witness or hear the session. The therapist will take reasonable security precautions to minimize breach of confidentiality. However, the patient is responsible for taking security measures regarding his*/*her computer.

-Reduced Accessibility: Since the patient will not be meeting with their therapist face to face and there is significant distance between the physical locations of the therapist office and the patient, the therapist may not be as accessible to the patient in case of a crisis. In some cases a patient may need immediate services such as an evaluation for hospitalization, inpatient services, etc. The therapist may not be as accessible through telehealth sessions (i.e. the therapist could not accompany the patient to the ER). Additionally, the therapist's familiarity with community services in the geographic location of the patient may be limited given the distance between therapist and patient.

-Some patients may feel that the therapist is unable to fully understand the functioning of the patient when sessions are not conducted face to face. Some patients may feel that the sessions are not as personable or comfortable via a telehealth platform as they are when face to face.

The following precautions are required to minimize any risk with engaging in remote telehealth sessions.

1) The patient must be in touch on a regular basis (i.e. once per month) with a local provider regarding mental health issue.

2) The telehealth agreement is time limited. It is valid for 6 months, at which time the patient will transfer to a local provider if patient and therapist feel further treatment is warranted.

3) The patient will inform the therapist if any concerns arise about the nature of the telehealth session.

Sessions will be submitted to insurance but DASC cannot guarantee they will be covered. It is the responsibility of the client to clarify coverage with their individual insurance provider. In the event that sessions are not covered under the client’s plan the client will be responsible to cover the cost of the session.

*I have read and understand the above risks involved with engaging in telehealth sessions. I agree to engage in treatment via telehealth.*

Patient Signature Date

Therapist Signature Date