

MEMORIAL HERMANN HEALTH CENTERS FOR SCHOOLS COUNSELING PROGRAM DESCRIPTION AND CONSENT

Participant: _____
Last First Middle

Date of Birth: _____

Description of Program and Services:

Licensed Counselors ("Counselors") are professionally trained to use evidence-based methodologies to help you find value in changing beliefs, attitudes, and behaviors toward developing a healthier lifestyle. Licensed Counselors may include, but are not limited to, Licensed Professional Counselors or Licensed Clinical Social Workers, Licensed Professional Counselor Interns, Psychology Interns, or Psychiatrists. Psychiatrist or medical provider may also provide evaluation for psychotropic medications and/or medication maintenance. While no guarantees as to outcomes can be made, participation in the counseling program may lead to potential benefits including improved emotional wellbeing and an improved, healthier and more balanced lifestyle.

Memorial Hermann Health System d/b/a Population Health Services Organization provides a counseling program to help employees improve their emotional health and wellbeing. Services provided may include individual or group counseling.

The Therapeutic Process:

Counseling has been shown to have many benefits including, but not limited to, improved relationships, significant reduction in feelings of distress, and resolutions of specific problems. During the therapeutic process, Psychiatrist and other medical staff may collaborate with Counselors in the treatment and/or medication management of participants. Counseling may reveal unpleasant aspects of your life; therefore, you may experience uncomfortable feelings including, but not limited to, sadness, guilt, anger, frustration, loneliness, and helplessness. Counselors will use evidence-based techniques including, but not limited to, Motivational Interviewing, Solution-Focused Brief Therapy, and Cognitive Behavioral Therapy to assist you with problems surrounding your health and wellness. The counselors are unable to make guarantees regarding your specific experience with the Counseling process.

Participant Expectations:

The participant shall make a good-faith effort at personal growth and engage in the counseling process as an important priority. Counseling has the option of being delivered in multiple approaches including individual sessions and group sessions. Individual sessions are generally 45-60 minutes. Promptness assures you of your full session; otherwise, you will only have the remaining time in the scheduled session or may have to reschedule if not enough time permits for an adequate session. Please notify your individual counselor as soon as possible should you need to reschedule. If any participant needs to reschedule please notify the counselor in advance by email or phone. Group sessions, if applicable, will be 45 to 60 minutes long as part of the program. If you need to reschedule an individual counseling session, please notify your Counselor, contact wellness@memorialhermann.org, or contact your Memorial Health Centers for Schools clinic.

The Therapeutic Relationship

The relationship between the counselor and participant is the primary mechanism through which change can take place. As such, emotional bonds may develop through this relationship; however, it is a professional relationship, in which appropriate boundaries must be maintained. In order to maintain appropriate, therapeutic boundaries necessary to maintain the counselor-client relationship, counselors cannot be involved in any relationships or friendship that exists as part of a non-counseling activity and unrelated to therapy or outside of the counseling room.

Confidentiality

The information you share with your counselor is considered confidential and will be kept private in accordance with State and Federal laws. The information in your record will not be disclosed to anyone, including your employer, without your written consent, unless authorized or required by state or federal law. Under Texas law, your confidentiality may be limited as Licensed Professional Counselors, Licensed Professional Counselor Interns, Licensed Clinical Social Workers, and Licensed Psychologists may be required to release information about you to law enforcement, other healthcare providers, or other State or Federal agencies:

- If there is reason to believe that you may imminently harm yourself or others,
- If there is reason to believe that you are involved in or have knowledge of abuse or neglect of a child,
- If there is reason to believe that you are involved in or have knowledge of abuse, neglect, or exploitation of a person who is elderly or has a disability,
- In an Administrative or Judicial proceeding, or
- As otherwise required or authorized by law.

A counselor may find it helpful to consult the counseling team in regards to your treatment. A counselor may also find it helpful to consult other professionals regarding participants in this program. If this should arise, your identity will not be revealed. Some of the

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counselors may be licensed as a Licensed Professional Counselor Intern or a Psychology Intern, and are required by Texas State Board's rules and regulations to practice under an appropriate licensed individual and meet for consultations, such as a Licensed Professional Counselor Supervisor or Licensed Psychologist. The supervisor's information will be provided to you, and will also be available upon request. Your counselor is ethically bound to keep the information confidential.

Group sessions can be a part of the counseling services offered in the counseling program. It is important to understand that while it is encouraged to keep everything discussed in the group confidential, this cannot be guaranteed. If there is something that you want kept confidential, you are encouraged to share that information in the individual sessions rather than the group sessions. If you believe there has been a breach in confidentiality, please bring it to the attention of your counselor.

Release of Information

If information, of any kind, needs to be released, it will be done with your written authorization or consent unless State or federal law authorizes the release without your consent.

Program Fees

Individual counseling and group counseling with the Wellness Department is free to all Memorial Hermann Health System employees. No compensation will be provided to you for your participation in the counseling program.

Participant Rights

As a participant, you have the right to a second opinion and to end treatment at any time. There are no penalties or consequences of any kind if you decide that you no longer want to participate. You have the right to file a complaint about the professional services provided to you by any counselor.

You may file a complaint for a Licensed Professional Counselor, Licensed Professional Counselor Intern, or Licensed Clinical Social Worker by contacting the **Texas Department of State Health Services, Complaints Managements and Investigative Section at P.O. Box 141369, Austin, TX 78714-1369, 512-834-6658, or call 1-800-942-5540** to request the appropriate form or obtain more information. You may file a complaint against a Licensed Psychologist by contacting the **Texas State Board of Examiners of Psychologists at 333 Guadalupe, Suite 2-450, Austin, TX 78701 or call the complaint hotline at 1-800-821-3205 or 512-305-7700.**

Professional Records

If you choose to participate, a record of all services provided will be maintained within the program. You may ask to see and/or copy your record by making an appointment with your individual counselor. You may also ask to correct health information about you that you think is incorrect or incomplete. We may say "no" to your request, but we will tell you why in writing within 60 days. Your record will be kept for a minimum of five years and in accordance with State law and Memorial Hermann policy from the date of the last contact with the program. In the event of the licensee's death or incapacity, or the termination of the licensee's employment, your records will remain in the custody and control of Memorial Hermann.

Outside Contact and Emergencies:

If you need to contact the Wellness Department you may e-mail Wellness@memorialhermann.org or contact your Memorial Health Centers for Schools clinic.

This e-mail address may be checked by different members of staff throughout the week. If you have already been assigned a counselor, you may contact them and leave a detailed message at their phone number or e-mail address. Their contact information will be provided to you when you are assigned to your counselor. In the case of an emergency and need of immediate assistance, you are encouraged to call the Houston Crisis Line at (832) 416-1177, The National Suicide Prevention Lifeline at 1 (800) 273-8255, 911, or go to your nearest emergency room.

Consent for Counseling:

By signing this form, I am consenting to participate in the counseling program. I acknowledge that I have read and fully understand this document. I understand that participation in any of these services is strictly voluntary and is not a requirement of employment. I have had an opportunity to ask questions and those questions have been answered to my satisfaction. I understand that this consent:

- Is not a condition for receiving care or treatment by my physician or coverage by my health plan,
- Will remain in effect as long as I remain in the counseling program unless revoked, and
- May be revoked, by me, in writing, at any time by notifying Memorial Hermann at wellness@memorialhermann.org or by contacting your Memorial Health Centers for Schools clinic.

Parent / Guardian Signature	Print Name	Relationship to patient	Date	Time
				AM PM
Counselor Signature	Print Name	Date	Time	AM PM



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