

## **Informed Consent for In-Person Services during Covid-19 Public Health Crisis**

Although at this time, services are mostly being provided via telehealth, TBC for CBT recognizes there may be some clinical situations that warrant in person sessions and as essential workers and services we will do so with the following agreements. If there is a resurgence of the pandemic or if other health concerns arise, or if there are any government ordered changes, or if we believe it is necessary, your therapist may require that you meet via telehealth for everyone's well-being. The precautions below can be changed at any time if necessary. If you have concerns about meeting through telehealth, you and your therapist will talk about it first and try to address any issues.

If you decide at any time that you would feel safer staying with, or returning to, telehealth services, we will respect that decision, as long as it is feasible and clinically appropriate. Reimbursement for telehealth services, however, is also determined by the insurance companies and applicable law, so that is an issue you and your therapist may also need to discuss.

### **Risks of Opting for In-Person Services**

You understand that by coming to the office, you are assuming the risk of exposure to the coronavirus (or other public health risk). This risk may increase if you travel by public transportation, medical transportation or other ridesharing services.

### **Your Responsibility to Minimize Your Exposure**

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, staff, all our families, and other patients) safer from exposure, sickness, and possible death. If you do not adhere to these safeguards, it may result in starting/returning to a telehealth arrangement. Initial each to indicate that you understand and agree to these actions:

- You will only keep your in-person appointment if you are symptom free. \_\_\_\_\_
- You will take your temperature before coming to each appointment. If it is elevated (100 Fahrenheit or more), or if you have other symptoms of the coronavirus, you agree to cancel the appointment or proceed using telehealth. If you wish to cancel for this reason, you will not be charged the normal cancellation fee. \_\_\_\_\_
- You will wait in your car or outside until staff comes to get you or calls you to come into the building for your appointment time. \_\_\_\_\_
- You will wash your hands or use alcohol-based hand sanitizer when you enter the building. \_\_\_\_\_
- You will adhere to the safe distancing precautions we have set up in the waiting room and the therapy office. \_\_\_\_\_

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- You will wear a mask in all public areas of the office, until further notice. \_\_\_\_\_
- You will keep a distance of 6 feet and there will be no physical contact. \_\_\_\_\_
- If you are bringing your child, you will make sure that your child follows all of these sanitation and distancing protocols. \_\_\_\_\_
- You will take steps between appointments to minimize your exposure to COVID. If you suspect or you are exposed, or you test positive, you will quarantine for 14 days before coming in, and will immediately let your therapist know and will resume telehealth treatment. \_\_\_\_\_
- If you have a job or commute or have other responsibilities or activities that exposes you to other people who might be or are infected, you will let your therapist know. \_\_\_\_\_
- If you are exposed to someone who tests positive for the infection, you will immediately let your therapist know and you will then resume treatment via telehealth. \_\_\_\_\_

### **TBC for CBT's Commitment to Minimize Exposure**

TBC for CBT has taken steps to reduce the risk of spreading the coronavirus within the office and we have posted our efforts on our website and in the office. Please let me know if you have questions about these efforts.

### **If You or Any Staff Are Sick**

You understand that we are committed to keeping clients, staff, and all of our families safe from the spread of this virus. If you show up for an appointment and any TBC for CBT staff believe that you have any symptoms, or believe you have been exposed, you will be required to leave the office immediately. We can follow up with services by telehealth as appropriate.

If any TBC for CBT staff, test positive for the coronavirus, you will be notified so that you can take appropriate precautions.

### **Your Confidentiality in the Case of Infection**

If you have tested positive for the coronavirus, we may be required to notify local health authorities that you have been in the office. If we have to report this, we will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for your visits. By signing this form, you are agreeing that we may do so without an additional signed release.

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**Informed Consent**

This agreement supplements the general informed consent agreement that we agreed to at the start of our work together.

By my signature below, I hereby state that I have read, understood, and agree to the terms of this document.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Client's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Therapist Signature

\_\_\_\_\_  
Date