



# Denver DBT and Psychotherapy, INC

## INFORMED CONSENT FOR IN-PERSON SERVICES DURING COVID-19

This document contains important information about our decision (yours and your clinician's) to begin/resume in-person services in light of the COVID-19 public health crisis. Our decision is based in part on recommendations by the Center for Disease Control (CDC), but other factors may be considered. Some of these include but are not limited to: whether we and our families have been vaccinated, our health or the health of those we are in close contact with, and risk of exposure outside of this setting. There may be other concerns that we can talk about.

Please read this carefully and let your clinician know if you have any questions. When you sign this document, it will be an official agreement between you and your Denver DBT clinician/clinicians.

### **Decision to Meet Face-to-Face**

We have agreed to meet in person for some or all future sessions. If there is a resurgence of the pandemic or if other health concerns arise, however, Denver DBT may require that we meet via telehealth. If you have concerns about meeting through telehealth, we will talk about it first and try to address any issues. You understand that, if our team believes it is necessary, we may determine that we return to telehealth for everyone's well-being.

If you decide at any time that you would feel safer staying with, or returning to, telehealth services for individual therapy, we will respect that decision, as long as it is feasible and clinically appropriate. Reimbursement for telehealth services is also determined by the insurance companies and applicable law, so we'll discuss any financial implications if needed.

### **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 risks). This risk may increase if you travel by public transportation, cab, or ridesharing service.

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

To obtain services in person, you agree to take certain precautions which will help keep everyone (you, your direct clinician, our families, and other clinicians/clients) safer from exposure, sickness and possible death. If you do not adhere to these safeguards, it may result in our starting/returning to a telehealth

arrangement. Initial each to indicate that you understand and agree to these actions:

You will be honest about your vaccination status. If you haven't been vaccinated, we'll talk about the reasons and whether it's possible to meet safely in person.

You will only keep your in-person appointments if you are symptom free.

You will cancel your in-person appointments or switch to a telehealth appointment if you have been in contact with someone who has tested positive within the last 14 days.

You will wait in your car or outside until no earlier than 5 minutes before our appointment time (at which point you are welcome to wait in the waiting room area or the group room if you are attending group).

You will wear a mask in the office waiting room and keep a reasonable distance from other clients and clinicians.

You will speak directly to your clinician if there is a need to bring an unvaccinated child to our office. If this is the case, you will make sure that your child follows all of these safety and distancing protocols.

If you have a job that regularly exposes you to other people who are infected, you will discuss this with your clinician.

Our team may change the above precautions if additional local, state or federal orders or guidelines are published. If that happens, we will talk about any necessary changes.

### **Our Commitment to Minimize Exposure**

Our practice has taken steps to reduce the risk of spreading COVID 19 within the office. These steps include implementing the above policies as well as wiping down high touch surfaces, and providing both hand sanitizer and air purifiers in each office/waiting room. Please let us know if you have questions about these efforts.

### **If You or Your Clinician Are Sick**

You understand that Denver DBT is committed to doing whatever we can to keep you, our clinicians and all of our loved ones safe from the spread of this virus. If you show up for an appointment and your clinician believes that you have a fever or other symptoms, or you have been directly exposed, we will have to require you to leave the office. For individual sessions, we can follow up with services by telehealth as appropriate.

If your clinician (or another Denver DBT team member working in the location where you have been meeting) tests positive for the coronavirus, they will notify you 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 our visits. By signing this form, you are agreeing that we may do so without an additional signed release.

### **Informed Consent**

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

Your signature below shows that you agree to these terms and conditions.

Client or Parent/Guardian Signature

Typing your name above will stand in for the signature.

Date

Clinician Signature

Date